# The Messenger




Issue 162
August
2025

Serving Gislingham, Mellis and the Thornhams

WINNER
NATIONAL
PARISH
MAGAZINE
AWARDS

# THE MESSENGER TEAM




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News, features and advertised events in the Messenger magazine are added daily to the Messenger Facebook page at:
**www.facebook.com/themessengergismeltho**

**Next issue: September 2025**
**Copy deadline: Monday 18th August**

E-mailed or hand-written submissions always welcome.

The editor reserves the right to edit, amend or omit submitted items at his discretion.

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**www.the-messenger-online.com**

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Disclaimer: The articles published herein do not necessarily represent the views of The Messenger. They are the opinions of individual contributors and are published with a view that free expression promotes discussion and interests.

# WELCOME TO THE MESSENGER



**Welcome to the August issue!**

In this issue, Mellis Parish Council have contributed an article on page 7 and we look forwarding to receiving their updates every month.

Congratulations go to the Gislingham Primary School Junior Road Safety Officers who received a gold award by Suffolk Country Council. (Page 9).

August 15th marks the 80th anniversary of VJ Day. My Father was part of the 'Forgotten Army', as were the relatives of a number of local residents. At 22 years old, my Father was part of the British forces fighting in the Arakan region of Burma – a campaign marked by intense fighting, long marches and challenging conditions, including sustained Japanese attacks. For months after VE Day on 8th May 1945, war continued to be waged in the Asia-Pacific region. It only came to an end after two atomic bombs were dropped on the Japanese cities of Hiroshima and Nagasaki. Back in 1945, those that were still fighting in the 'Far East', long after victory had been secured in Europe, were largely overlooked but, 80 years on, we haven't forgotten their courage and sacrifice and we remember the local men among them on pages 22 & 23.

Saturday July 12th July saw the Gislingham Summer Fair greeted with a heat wave! The day before, the Met Office put an amber heat health alert in place for 3 days, so unfortunately the Fun Dog Show was cancelled; but this did not stop the rest of the entertainment programme going ahead. Full credit to everyone who was part of the entertainment on the day and all those who helped set-up and clear-up. There was great support from the community and I think it is fair to say, "fun was had by all!". We have included a report and four pages of colour photos of this event.

The Fair was also featured in the 18th July edition of the Diss Express newspaper with a double-page spread of photos as well as online at:

https://www.dissexpress.co.uk/news/hundreds-flock-to-fair-raising-thousands-for-good-causes-9425674/

In August there are still a number of events to enjoy this summer, details can be found on page 4 and through the magazine.

Finally, on pages 36/37 'Charlotte's Book Blog' includes an "exclusive" interview with author Emma Cowell and her publishers have very kindly donated a signed copy of her latest novel as a competition prize.

Until next month!



***Jeff Norman, Editor*** e) themessengereditorial@gmail.com

*Cover photo: 'The Blue Wolves Cheer Group' taken at Gislingham Summer Fair, 2025.*

# DIARY & LOCAL EVENTS




**Friday 1st August: Pub Night**
- Gislingham Village Hall: Doors Open 5.00 pm. Last Orders 9.45 pm.

**Saturday 2nd August: Book Sale**
- Gislingham Village Hall: 10.00am – 12 noon

**Tuesday 5th August: Rural Coffee Caravan**
- Mellis Memorial Hall: 10.00am – 12.00 mid-day.

**Saturday 9th August: Gislingham Gardening, Arts & Produce Show**
- Gislingham Village Hall: 2.00pm – 4.00pm - See page 21 for more details

**Wednesday 20 August: Gislingham WI**
- With Soil Cinderellas: The Women's Land Army in Suffolk.
- Gislingham Village Hall: 7.30pm.

**Saturday 23rd to Monday 25th August: Gislingham Flower Festival at St. Mary's Church**
- St. Mary's Church: 10.00am – 4.00pm. – See page 17.

**WHAT ARE THE NEIGHBOUR'S DOING?**

**6th August: Yaxley Village Hall**
- A talk by Joy Evitt on "Textiles of the Arts and Crafts Movement".
- 2.00pm. Everybody is welcome £2.50.

**16th August: Yaxley Village Hall - Quiz Night. 7.00pm**
- Entrance £2.50 per person, bring your own drinks and nibbles.

**SAVE THE DATES:**

- Saturday 13th September: Jumble Sale, Gislingham Village Hall – see page 12 for details
- Sunday 14th September: Bulb Planting: Mellis Garden 10.00am.
- Saturday 27th September: Bingo Night, Gislingham Village Hall
- Sunday 12th October: Mellis Litter Pick 11.00am

**Please note, any event changes after the magazine goes to print are updated on our Facebook page at: https://www.facebook.com/themessengergismeltho**

**Our next issue is September 2025. The "What's On" Diary deadline is: Monday 18 August**

# CLUBS, CLASSES & REGULAR EVENTS

## GISLINGHAM

**Baby and Tots Group for the Under 2's**: Primary School**.** Every Wednesday 9.45am – 11.00am. Contact Debbie Nicholls: 07762 116 335

**Carpet Bowls Club:** Village Hall. Every Monday 2.15pm to 4.15pm. £3.00 per session. All equipment provided.

**Pilates Classes:** Village Hall. Wednesdays 9.15am and 10.15am and also Thursdays 7.10pm. Becky Cruickshank: 07734 414151

**Total Fitness:** Village Hall. Every Thursday 6.15pm - 7.00pm. A cardio fitness class that can be adapted to all abilities. Becky Cruickshank: 07734 414151

**Gislingham WI:** Village Hall. Meet the third Wednesday of every month at 7.30pm. New members welcome. For more details contact Margaret: 01379 783903 or Terrie: 01379 788521.

**Gislingham Silver Band:** Band Hut. Tuesdays 7.30pm - 9.30pm. Contact Iris Debock: 01379 788066 or debock.iris@gmail.com

**Yoga Classes:** Gislingham Village Hall. Tuesdays 7.00pm - 8.30pm
And via zoom on Thursdays 7.00pm – 8.00pm. Both term time only
Contact Clare Hall on 07704 570877 or email: thornhamyoga@yahoo.com

**Gislingham Variety Club:** A local multi-talented group who perform twice a year in the Village Hall. If you are interested to join us, please contact by email: gislinghamvariety@gmail.com

## THORNHAM

**parkrun: Thornham Walks**
Every Saturday at 9.00am. 5k. www.parkrun.org.uk/thornhamwalks/

**Pilates Classes:** Parish Hall. Tuesdays 10.00am. No floorwork.
Contact: Michelle via email hello@yapl.co.uk

**Thornham Bowls Club: Thornham Road. New M**embers welcome. For more details contact Keith: 01379 871881

**Bellringing: Thornham Magna Church.** Mondays 7.30pm – 9.00pm. For details contact Sylvie: 01379 788130

## MELLIS

**Circuit Training Fitness Class:** Memorial Hall. Mondays 7.30pm – 8.30pm
Gus: 07540 473203 / anguswilkinson@btinternet.com

**Mellis Canicross:** Memorial Hall. Meet Saturdays 7.30 am Autumn/Winter; 7.00am Spring/Sumner. Jog with your dog. Check out our Facebook page for updates. Contact Lorraine on 07913 183534

**Pilates Classes:** Memorial Hall. Mondays 9.30am.
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# MELLIS PARISH COUNCIL NOTES




**Welcome to the first article in The Messenger from Mellis Parish Council. As the 'first tier' in local government the Parish Council is made up of volunteers from the community, supported by a professional Parish Clerk. We represent the community of Mellis, delivering local services such as the litter and dog waste bins, promoting community well-being through projects like Mellis Garden, and providing responses to local planning applications and Nationally Significant Infrastructure Projects (NSIPs), amongst other duties.**

The Parish Council meets on a monthly basis in Mellis Memorial Hall. Members of the community are always invited to attend; your input and help are vitally important.

The first point of contact for the council is always the Clerk, who can be contacted via email: clerk@mellisparishcouncil.gov.uk, or by calling 07796 410694.

There are currently two councillor vacancies. If you are interested in joining the Parish Council, or would like more information, please contact the Clerk. Your help and contribution will be most welcome.

You can find the date of the next meeting, along with agendas, minutes, and the latest news, on the Parish Council's website: https://www.mellisparishcouncil.gov.uk/, or by viewing the noticeboard outside of the Memorial Hall.

### Energy Infrastructure Proposals

There are currently numerous proposals relating to energy under consideration, principally the 'pylons'; National Grid Norwich to Tilbury, and solar farms with associated battery energy storage sites (BESS). Should these proposals go ahead in current form, they could have a significant impact on our community life for many years. Please engage with the Parish Council to help us consider and mitigate any impact, we cannot manage this in isolation without wider community involvement and undertaking. As an example of our stance on one of these proposals, our response to the recent non-statutory consultation from EcoPower Suffolk can be found on our website: https://www.mellisparishcouncil.gov.uk/energyprojects/

### Speeding and Traffic Concerns

Some of you may have noticed that we now have a Community Speed Watch Team, supported by the Parish Council. This is a great initiative to keep our community safe, particularly with the school and increasing traffic volumes. Thanks to all the current volunteers but they do need more help, so if you think you can, please contact the Clerk who will put you in touch. Their work will soon be supported by a vehicle activated 'flashing 30 mph warning sign', which has been organised by the Parish Council, with gratefully received funding support from District Councillor Warboys's locality budget.

### Diary Dates

A litter pick is due to be held on Sunday the 12th of October, meeting at 11am in the Memorial Hall. If you would like to volunteer your time, we would be very grateful.

A big thank you to all those that participated in the litter pick held in May, including our two Duke of Edinburgh Award volunteers.

If you fancy a spot of gardening, your help planting bulbs would be much appreciated in Mellis Garden, at 10am on Sunday 14th September.

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**Starlight Express** - *6th Sep or 8th Jan*
**Hercules the Musical** - *11th Sep*
**SIX the musical** - *2nd Oct*
**Oliver the Musical** - *3rd Oct or 25th Feb*
**Disney on Ice, Birmingham** - *8th Nov*
**Back to the Future the musical** - *13th Nov*
**Mamma Mia the muscial** - *13th Nov*
**Moulin Rouge** - *13th Nov, 5th Feb or 30th Apr*
**Wicked the musical** - *19th Nov*
**Thursford Christmas Spectacular** - *Multiple Dates*
**ABBA Voyage at the ABBA Arena** - *7th Nov or 20th Dec*
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# GISLINGHAM SCHOOL JUNIOR ROAD SAFETY OFFICERS: END OF TERM REPORT

**Team Gislingham JRSOs (Jacob, Ruby, George R and Alice) enjoyed a fantastic day at Endeavour House in Ipswich on 11th July where they attended the first in-person JRSO awards for 6 years.**

It was a great opportunity to meet other schools and to share good practice. I am delighted to say that they received a GOLD award! This reflects the dedication and hard work that they put into all the road safety activities including competitions, training and traffic observations.

The Diss Express were so impressed with what we had achieved that they wrote an article on our work which helped raise awareness about the JRSO scheme. Thank you also to the Messenger who are always keen to help us share our work and all things road safety.

We are really proud and thankful for our really great link with the brilliant Gislingham Speedwatch team, led by Steve Critchley. We believe that it sends out a powerful message to drivers seeing children working with adults to make our roads safer. The JRSOs developed skills including team work, responsibility, communication, creativity and reliability which will stand them in good stead for further achievements at high school. Well done team Gislingham JRSOs!

***Clare (JRSO adult lead)***



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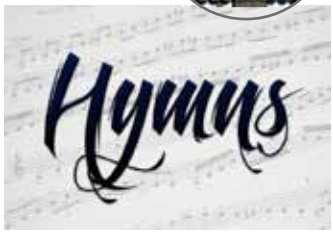
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# MELLIS FLOWER FESTIVAL AND HYMNS & PIMM'S




**Saturday 5th and Sunday 6th July saw Mellis Church filled with flowers and looking absolutely wonderful.**




Over twenty people were kind enough to create floral arrangements; including a selection of small wellies holding a host of beautiful flowers from Mellis Pre-School and fantastic art work from the children at Mellis School adorning the ends of the pews and the walls.

Many other people helped by donating cakes, plants, musical accompaniment, photographs of old Mellis, and of course, their time.



Particular thanks also go to the sponsors of the Flower Festival who kindly donated raffle prizes: The Auberge at Yaxley, The Four Horseshoes at Thornham Magna, The Mill @ Mellis, and the Railway Tavern at Mellis.

It was lovely to see the church in all its finery, to see local people gathering together to admire the flowers and enjoy the refreshments. Many also came to the Hymns & Pimm's Service late on Sunday afternoon to sing favourite hymns and chat over a glass of Pimm's and a bowl of strawberries and cream.

A big thank you to everyone who helped make the weekend such a success.

***Melanie McCarthy***



# Gislingham Village Hall

Registered Charity No. 304751

# JUMBLE SALE

## *Saturday 13th September*

***Doors open 10.00 am***
***Free Entry***
***Clothes, Bric-a-brac, Toys, Books***
***Refreshments***
***Sorry no electrical goods***



Please take jumble for sale to the Hall on the day between 9.00 am and 9.30 am

Thank you for your support

# NEWS FROM GISLINGHAM VILLAGE HALL

## FUTURE EVENTS

**Friday 1st August: Pub Night**
Doors Open 5.00 pm. Last Orders 9.45 pm.

**Saturday 13th September: Jumble Sale**
Doors open 10.00 am. Free Entry. Clothes, Bric-a-brac, Toys, Books and Refreshments. Please take jumble for sale to the Hall on the day between 9.00 am and 9.30 am

**Saturday 27th September: Bingo Night**
Watch this space for details

**Saturday 18th October: Quiz Night**
Doors open at 7.00 pm. Entrance Fee £5.00. Bring your own Food, Drinks and Glasses.

**Saturday 13th December: Quiz Night**
Doors open at 7.00 pm. Entrance Fee £5.00. Bring your own Food, Drinks and Glasses.




**Follow us at www.facebook.com/GislinghamVillageHall/**
**PLEASE SUPPORT YOUR VILLAGE HALL**

The Hall is available for hire at a cost of £10 per hour, which includes tables, chairs, lighting, heating, water etc. There are also village hall assets available for hire at an additional cost. These include, a sound system and a large screen television. Additionally, there are tables and chairs and a marquee which can be used outside of the hall.



# ART & CRAFT SHOW

**1 & 2 NOV 2025**

**THORNHAM MAGNA VILLAGE HALL**

**LOOKING FOR LOCAL ARTISTS & CRAFTERS**

**IF YOU WOULD LIKE TO EXHIBIT PLEASE EMAIL AMANDACHURCH562@GMAIL.COM FOR FURTHER INFO**

# NEWS FROM THORNHAM PARISH HALL



## FUTURE EVENTS:

**Sunday 5th September:** Bingo – details to follow

**Sunday 12th October:** Autumn Fair – details to follow

**1st & 2nd November:** Art & Craft Winter Show – details to follow
**Artists to contact: events@thornhams.org**

## REGULAR WEEKLY EVENTS:

**Pilates Classes on Tuesdays 10.00am** - Pilates gentle with no floorwork



To book please contact Beth Fredrikssen-Jones, the Booking Clerk, using hallhire@thornhams.org

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# St Mary's Church, Gislingham

## Annual Flower Festival in celebration of

# "FAMILY GAMES"

## August 23rd –25th 2025
## (Bank Holiday Weekend)
## 10am – 4pm daily








**Come and enjoy the flower displays**
**Enter the Grand Draw** (Drawn 3.30pm Monday 25th August)
**Take part in our games and activities**
**Join us for refreshments in the Village Hall**

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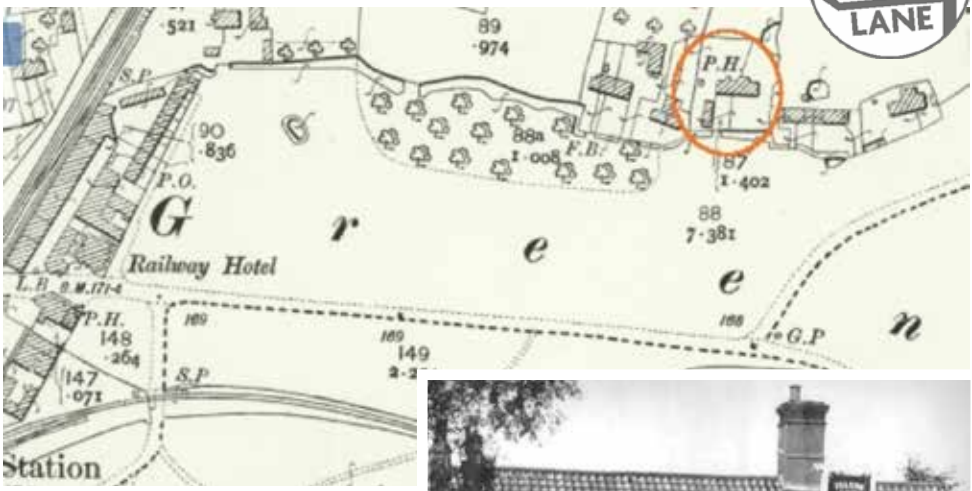
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# THE FALCON INN, MELLIS






**The Falcon was closed in 1925 as part of a scheme to reduce the number of alcohol licenses.**

The 1881 census shows that Edward Hines the landlord, lived in a cottage on Mellis Common next to The Falcon Public House. There is still a Falcon Cottage and maybe the building was once the pub. It stands on the north side of the road from Yaxley, mid-way between the railway crossing and the T-junction at the end of Mellis Road. The Falcon Public House stood on the far edge of this common.

### Historical interest

A report in the Ipswich Journal, June 3rd 1837, stated that Robert Koipe COBBOLD of the Eye Brewery was retiring from business & was looking to sell various Inns & Public Houses including the Falcon, Mellis Green.

### Landlords/residents

- 1839: Mr Jackson (Falcon, Mellis)
- 1841 - 1861: Samuel Bryant (Innkeeper, born Wortham)
- 1861: Robert Cooke (Innkeeper & Agricultural Labourer,born Yaxley)
- 1865 - 1879: Robert Cook (Farmer & Innkeeper, born Yaxley)
- 1879 - 1891: Edward Hines (Innkeeper, born Burgate)
- 1891 - 1900: Robert Cook (Innkeeper & Carter, born Yaxley)
- 1900 - 1911: John Buckingham (Innkeeper, born Braiseworth)
- 1911 - 1922: Horace Wilby (Merchants Labourer, not shown as publican, born Burgate)

***Source material: Red Cross & Ronnie Munday***

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**Gislingham Gardening, Art & Produce Show**
**Saturday 9th August 2025**
**Gislingham Village Hall**
**2pm-4pm**

Come and show us your fruit and veg!

Trophies to be awarded in the following categories:-

- Flowers & Plants
- Fruit & Vegetables
- Baking
- Preserves
- Handicrafts
- Art
- Childrens' categories

Tea, coffee & cakes. Raffle prizes to be won!

For more information or to request an entry form please visit our Facebook page (search for Gislingham Gardening, Art & Produce Show) or please contact GISGAPS@gmail.com.

Entry forms will also be available to collect/hand in at the monthly book sale.

Exhibitors to bring exhibits 9.30-10.30am and collect 4.00-4.30pm





# VICTORY OVER JAPAN (VJ) DAY

**VJ Day, or Victory over Japan Day, marks the Japanese surrender on August 15th 1945 and the end of WW2. This year's 80th anniversary of VJ Day provides an opportunity to remember the sacrifices made by men from our villages during the terrible conflict in the Far East. The accounts of fighting on the other side of the world were not followed at the time as closely as those in Europe, partly due to the distance from home. As a result, the soldiers became known as the 'Forgotten Army'. The atrocities experienced and the battles fought involved incalculable suffering. Indeed, VJ Day still conjures images of debilitating climate, tropical disease, starvation and inhumane treatment - all of which contributed to the heavy losses suffered in captivity. Many of those who survived returned home as little more than living skeletons, forever haunted by their experience.**

The 4th and 5th Battalions of the Suffolk Regiment were at the forefront of the war in the Pacific. Originally destined for Egypt, they were diverted to Singapore in late 1941 to strengthen the garrison there following Japan's entry into the war. However, following the fall of the island in February 1942, the men were subject to unimaginable hardship as prisoners of war (POWs). They were moved by their captors into Malaya (now Malaysia), and then Thailand, to build a railroad from Bangkok to Rangoon in Burma (now called Myanmar). The notorious Burma-Siam railway track cut through virgin jungle, mountain ranges and solid rock and it was all laid by hand. 60,000 allied prisoners were used by the Japanese as slave labour to build the 258-mile-long railway. Approximately 13,000 POWs and 90,000 Asian laborers, known as rŏmusha, died and were buried there. It is said that for every sleeper laid, an allied prisoner died.



*Reginald Mayes' Japanese POW card records his details; home address, previous occupation, next of kin, which camps he was in, date, cause and location of death etc.*

Inscribed on the Thornham Magna war memorial is the name **Reginald Victor Mayes** of the Suffolk Regiment 5th Battalion, who died of malnutrition and illness aged 28 in September 1943.His body lies with over 5,000 other Commonwealth casualties in the Kanchanaburi War Cemetery in Thailand - the main cemetery for Japanese POWs labouring on the Thai segment of the railway. Tragically, his father, who was killed WW1, is commemorated on the same memorial.

Each of the Gislingham and Mellis war memorials is also inscribed with the name of a young man who is buried in the Far East.

**Corporal Herbert George Finbow** of Gislingham fought with the 1st Battalion of the King's Regiment (Liverpool) and died in 1944, likely during an airborne, large-scale, deep-penetration raid (or 'Chindit' operation) which involved fierce jungle warfare behind the Japanese lines in Burma.

**Private Wilfred John Wicks** of Mellis, a member of the South Staffordshire Regiment, also died during the same 'Chindit' operation in 1944.

The names of these three brave men on our war memorials link our villages directly to the courage, suffering and sacrifice of the war in the Far East, giving us even more reason to pause, reflect and remember, on this eightieth anniversary of VJ Day, made the ultimate sacrifice for our freedom.

With the exception of Americans, whose remains were repatriated, the graves of those who died on the 'Death Railway', were located post-war by POWs volunteering with the War Graves Commission and transferred from camp burial grounds and isolated sites into three cemeteries: CHUNGKAI and KANCHANABURI (top right) in Thailand and TAUKKYAN in Myanmar.




TAUKKYAN (middle right) is the largest of three war cemeteries in Myanmar. It was created in 1951 to take bodies from four battlefield cemeteries (Akyab, Mandalay, Meiktila and Sahmaw) which were difficult to access and could not be maintained. Sahmaw was the original 'Chindit' cemetery, where many of those killed at the battle for Myitkyina were buried. The graves at Taukkyan are grouped to preserve the individuality of these battlefield cemeteries. Bodies were also transferred from civil and cantonment cemeteries and a number of isolated jungle and roadside sites. Prolonged post-war unrest in Myanmar delayed and disrupted the work of the Army Graves Service but, eventually, several hundred bodies were retrieved from graves and brought together at the cemetery. There are now 6,389 WW2 Commonwealth service persons buried or commemorated in this cemetery, 867 of which are, sadly, still unidentified.





It is touching and humbling that these men are remembered 80 years on from the end of the war in the Pacific; a war that saw more men die due to brutality, starvation and disease at the hands of their Japanese captors, than died in action fighting against them. Those at home had no news of their relatives for the 3.5 years that they had been in Japanese captivity and the months after VJ Day ended years of speculation as to the fate of their menfolk. ***GC***

***FOR OUR TOMORROWS, THEY GAVE THEIR TODAY.***

**REGINALD VICTOR MAYES**
Rank: Private
Service No.: 5828395
Born: 1915
Lived: Water Lane, Thornham
Regiment: Suffolk
Captured 1942 at the fall of Singapore; Japanese POW
Died: 1943 in Thailand
Aged: 28
Buried: Tasao No. 2 Cemetery. Reburied 1946 at Kanchanburi War Cemetary, Thailand

**WILFRED JOHN WICKS**
Rank: Private
Service No.: 5837448
Born: 1923
Lived: Hall Farm, Mellis
Regiment: South Staffordshire
Captured 1942 at the fall of Singapore; Japanese POW
Died: 1944 in Myanmar
Aged: 21
Buried: Taukkyan War Cemetary, Myanmar

**HERBERT GEORGE FINBOW**
Rank: Corporal
Service No.: 5831858
Born: 1920
Lived: Poplar Cottage, Gislingham
Regiment: King's (Liverpool)
Captured 1942 at the fall of Singapore; Japanese POW
Died: 1944 in Myanmar
Aged: 23
Buried: Taukkyan War Cemetary, Myanmar

For more information: https://en.wikipedia.org/wiki/Burma_Railway
https://www.nam.ac.uk/explore/far-east-campaign#:~:text=British%20offensive,now%20crossed%20the%20River%20Chindwin

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# GISLINGHAM SUMMER FAIR
## 2025

**What a difference a year makes! Last year we started the fair in a deluge, surrounded by umbrellas, and raincoats. This year it was gloriously hot with shorts, sun cream, and a need for shade.**



The Fair was opened formally by a new resident of Gislingham, Christine Webber, an EDP columnist and ex TV presenter for Anglia TV, who welcomed all and noted what a warm (sic) and friendly village it was. She quickly displayed her professionalism in a tricky situation when, finding there were no children entering the Fancy Dress competition, she invited children to come and say who they represented. A merry band of about 8 children answered the call and were awarded prizes for first, second, and third, - a unicorn, a lioness footballer and a statue. A wonderful humorous start to a fun filled afternoon.

Immediately following the impromptu fancy dress parade, the Gislingham School choir kicked off the event with a beautiful rendition of popular songs. They were well rehearsed and sang with great enthusiasm and verve. Next came a parade of 17 vintage tractors, many of them highly decorated. They were given a warm welcome by the crowd and many visitors had the opportunity to climb into or on the tractors. More energetically the first event in the arena were the Blue Wolves Cheer Group who put on a fantastic display of co-ordinated dance and gymnastics. The next planned event, the Dog Show was regrettably cancelled due to concern about excessive heat for the dogs. The cancellation did mean though that there was more time to visit the many stalls around the arena where you could "Bowl for a Pig", "Splat the Rat" display football skills, try your luck at tombola or of course just refresh yourself in the WI tent which had their normal fabulous range of home-made cakes to tempt the strongest of dieters. More substantial food was provided by the Mendlesham Scouts who did a grand job in uncomfortably hot surroundings by barbecuing hot dogs and burgers. Finally, of course there was a well-stocked bar ensuring everyone had the opportunity to remain hydrated.

Later in the afternoon, we were entertained by the Kenninghall Morris Dancers with their traditional costumes and dances. They even persuaded members of the public to join them for their last dance – all of whom proved to be natural candidates to join the dance troupe when they are old enough. For some it was a quick change from Morris Dancing outfit to cowboy/cowgirl costume as they were part of the Gislingham Variety club singers who sang a medley of songs including "Jolene", and "Jackson" made famous by Dolly Parton and Johnny Cash respectively.

Traditionally, the Fair is rounded off with a series of races and this was no exception. There were running races, egg & spoon races and sack races for Key Stage 1, Key Stage 2, High School and adult contestants. There was then a short break when prize winners for the Lottery, "Barrow of Beer ", "Pound in a Bucket" etc were announced. Finally came the water races and the various "Tug-of-War" competitions.

Once again it was a fun afternoon, drawing together villagers in a very rural setting. The event was made possible through the significant contributions of many volunteers, with particular recognition for the Summer Fair committee. All proceeds from the Fair are split equally between Mendlesham Scouts, Friends of St Mary's, Friends of Gislingham School, Playgroup, Gislingham WI and Gislingham Village Hall Committee. We look forward to another fun afternoon in July 2026.

***Chris Pitt***

# **GISLINGHAM SUMMER FAIR** IN PHOTOS














































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# NATURE NOTES by Darrel Charles

**Hello everyone and welcome back to Nature Notes**

Our local Woodpeckers have been busy raising their families and it's been a joy to see the parent birds in the garden feeding their young. Mike Heath sent in this excellent photo taken in his garden back in June. The photo shows a female Greater Spotted Woodpecker feeding her son (with the red cap). The mother bird was taking peanuts from Mike's feeder and then passing them on to her youngster, who will no doubt soon learn to tackle the peanuts himself, directly from the feeder.



Throughout much of July, I saw a female Green Woodpecker on my lawn in search of ants, sometimes in the company of her two offspring. Happily for the birds, there are many ants about although with the ground being as hard as it is due to lack of rain, the birds are having to work hard to dig them up. Thanks to their efforts, my lawn is peppered with holes that the woodies have made with their formidable beaks. Hopefully, this be helpful when the rain finally arrives.





Peter Gray in Gislingham uses a camera trap to see which animals are visiting his garden and caught this photo of a Muntjac deer near his pond. Unfortunately, the deer was not content with taking a drink but went on to have a nibble of Peter and Jan's roses, which was not appreciated!

I've been working in the garden recently, weeding and dead-heading. My activities soon attracted a Robin who obligingly posed on my spade for a photo. Although not seasonal, I think it's always nice to see a Robin.



Little Owls were a regular sight in Gislingham but a few years ago they seemed to have moved away - the last time I saw a Little Owl in the village was back in 2017. So, I was pleasantly surprised when I recently heard what I thought was the call of a Little Owl. I quickly turned to the Merlin app that I wrote about last month and, sure enough, the app confirmed that it was indeed a Little Owl. Funnily enough, as I was writing this piece, I heard the call again, as though he was reminding me to give him a mention! I haven't been able to see the owl yet but here's a photo from 2017 to remind us what they look like.



*Large White Butterfly*



*Little Owl*

Finally, a butterfly photo. Nothing exotic but I hope you agree that this Large White is a beautiful and delicate thing.

If you have any wildlife photos or stories you'd like to share, please send them to the Editor - we'd love to hear from you.

**Until next time, happy wildlife watching!**

*See these and other photos at my Flickr site: flickr.com/photos/darrelphoto/*

*See Tony Clarke's monthly list of local bird sightings at The Messenger on Facebook.*

# CHARLOTTE'S BOOK BLOG





**Hello bookworms! This month I have had the amazing opportunity to be able to chat with Emma Cowell and bring something a little different to my book blog. I hope you enjoy reading it.**

**What inspired you to write your first novel and was becoming an author always an aspiration of yours?**

EC: I've always written since I was little; whether it was making up stories, poems or taking a character from a book, I'd read and then inventing a new world for them. I then went into journalism- still writing but in a very different way. Drafting a news bulletin is a very different skill to writing fiction, but it's given me the ability to edit and try to curtail the waffle…a little! My first novel was born of entering a writing competition that was 500 words on the subject of an outfit I'll never wear again. I thought back to my mum's funeral and the pink cocktail dress I wore, skyscraper heels and the broach I'd bought her for Christmas that she never got to open. Nothing came of the writing competition, but in lockdown when I had the time to devote to writing, I returned to those 500 words and they formed the opening chapter of One Last Letter from Greece.

**What are your favourite books to read? Do you have any favourite authors?**

EC: When I'm writing, I read crime and gruesome things because I don't want my voice influenced by any other author in my genre. So, my go to authors in that space are MJ Arlidge, Helen Fields (who is a dear friend and an absolute boss!) and Angela Marsons. Then when I return to commercial fiction I will always read anything published by Adriana Trigiani, Joanne Harris, Margaret Atwood and Santa Montefiore or historical fiction which I adore- Philippa Gregory and Alison Weir.

**Which of your books has been your favourite to write so far? Was there one in particular that you were most excited to share with the world?**

EC: My second novel, The House in the Olive Grove, has been my favourite to write- though I love all my books like they're pets or babies. I didn't know if I could do it again after my debut, which was so successful, I was blown away. And then comes the imposter syndrome… but I'd had the idea for the three main female characters and the story just unfurled with no giant dramas or blocks. I wish I could say that was true for all my novels. I also began to play with the idea of a mythical voice in my novels to reflect the ancient Greek gods and writing as the bees that the main character, Maria, keeps in that novel was so much fun. It gave my writing a sprinkling of magic and I've carried that element through in all my books to date.

**As someone who clearly has a love for Greece, what was it that initially inspired you to set your books there in the first place?**

EC: Because I began my first novel in lockdown, all I could think about was travel, food and friends - those things were missing from all of our lives and being unable to physically leave the country, I travelled in my head instead. But my love affair with Greece began so many years ago that it made perfect sense to set my novels there, not only because it is the most exquisite backdrop for a story, but because I know it so well…all those years spent in tavernas were not in vain!

**On the topic of Greece, what's your favourite Greek island or part of Greece?**

EC: Whenever I think I've found my favourite part, I discover a new corner and fall in love. I'm such a romantic that I allow Greece to seduce me with its sights, sounds, tastes and smells. I adore the mainland and spend as much time as I can there, especially when I'm writing. But

I always visit the place I'm setting a novel and explore it top to bottom so I can write authentically. Hydra- where I set The Island Love Song- is up there amongst my favourite parts of Greece. No cars are allowed on the island and the only way to get around is on foot, water taxi or on horseback- SO romantic!




**If you could choose one of your books to become a screen adaptation, which one would you choose and who would your dream cast be?**

EC: I think the House in the Olive Grove would make a wonderful series with its cast of core characters and then new ones coming in and out to the cooking school. Kind of like The Durrells but with a lot of Greek food! Casting would be so much fun, but ultimately it would likely be out of my hands. It's a peculiar concept as I'm so clear about what everyone looks like in my head, how the houses are furnished, the colours…but if a TV or film producer wants to come along and change it, I would be flattered and not in the least bit cross! I think Javiar Bardem would make a divine Leonidas…I wonder what his Greek accent would be like…I'm already swooning!

**What advice would you give to anybody wanting to become a writer or write a book?**

EC: Don't be intimidated by the blank page and simply start writing. You don't know if you can do it until you start and you learn so much about yourself and your style the more you press onwards. And ask for advice- don't be shy! Most writers are only too happy to share the wisdom that they received when they were starting out. The writing community - authors and all the bookish gang online- is so supportive, so reach out to your favourite writers and ask for tips. I love it when people do that to me and am only too happy to share the nuggets I've picked up along the way from the lovely authors who supported me when my journey began.

**Your fourth book 'Under the Lemon Tree' came out on the 8th May, do you have a fifth in the making? Is there anything you can tell us about that or is it all top secret?**

EC: I can tell you it is set in Greece! It's focussed on two women who have been best friends since they were eleven and now, they're in their fifties at very different stages in their lives, they decide to recreate a teenage road trip to Greece. And it doesn't quite turn out as they expected…. There will be love, tears and tons of delicious food!

**If you could describe Under the Lemon Tree in 5 words, what would they be?**

Hopeful, healing, uplifting, tender, empowering (and lemony!)

**Thank you so much again to Emma for agreeing to help out with this month's article, I really appreciate it. However, that is not all. Emma's amazing publishing team at Avon Books UK, have kindly given me 4 signed copies of Emma's latest novel for me to give away. Those of you who follow my instagram will have seen that I recently ran a competition for three lucky winners, however I made sure, of course, to keep the fourth and final copy for one lucky reader of The Messenger.**

**If you want to be in with the chance of winning a signed copy of 'Under The Lemon Tree' by Emma Cowell, all you need to do is email me at charlotte_norman@me.com with your name and the answer to the following question: What is the title of Emma Cowell's second novel?**

*Competition closes at 23:59 on Friday 15th August 2025, and the winner will be announced in the September issue of The Messenger. Best of luck!* Charlotte x

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**GUC Trustees meeting dates for 2025 are as follows: Friday 12th September, Friday 14th November**

Applications, together with the necessary supporting documentation, should be received **seven working days before the meetings** to allow Trustees time to consider applications and request additional information if required. In the event of emergency applications, Trustees will consider an application when received and, if necessary, will call a special meeting to review the application.

**Application forms can be obtained from:** The Clerk, Lilac Cottage, Mill Street, Gislingham, IP23 8JR
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*Map: Explorer 231 GR TM284856 (start). Distance 5 miles/8 km*



You may park in the Black Swan car park during the winter months and weekdays all year, if you are going to partake in some refreshments after the walk. Tony, the Landlord has agreed to this. There is also plenty of parking space alongside the playground.

At the start of the walk, the bridge behind you was built in 1870, which is the oldest remaining concrete bridge in Great Britain. It has cast iron balustrades and spans the River Waveney joining Norfolk and Suffolk. The bridge is now only open to pedestrians.




Start beside the Black Swan. Head away from the river towards the village. At the small triangular green with the village sign, turn left past the play area and an interesting noticeboard that informs you of the prehistoric life in the area. This first section follows the Angles Way.



As you reach the grassy area alongside the B1062, you will see a tree sculpture which has been carved to reflect life in the Waveney Valley in the past.

Continue walking along the road, there is a small grass verge to walk on until you arrive at a lane which is on your right. Continue past this lane. You will now have to walk on the road for the next 150 metres until you reach the sign for Angles Way on the right. (Please be careful, as the traffic tends to be fast along this road). Turn right along this short bridleway with the flooded gravel pit on your left. When you reach the wide gravel track, turn left, and walk along admiring all the wildlife on the water. If you continue for a few hundred metres, there will be a gate where the view is much clearer.

Continue along the track until you come to a crossroads with an empty

gravel pit to your right. Turn right and go uphill past the stile. Continue along the track ignoring the farm track on the left, the track bends right and you will see the 17c timber-framed Home Farm on your left, go past a pond on the right and then you will see a huge walled garden to your right, then as you continue to walk on the right is the converted Old Sawmill. Continue along the track until you come to Park Road.



Leave Angles Way here and turn right and walk approx. 200 metres. When the road bends around to the right, turn left into the drive towards College Farm. Cross the stile by the white gate and continue along a path along the side of the field, ignoring the path to the right. At the end of the second field turn right and walk along the side of the field towards the church. Enter the corner of the churchyard of St George's Church, St Cross, South Elmham.

This church has Norman origins – note the south doorway. It is a tall church with an extra set of windows. The chancel is 14c with the porch and tower 14-15c and the font 15c. It stands high up the adjoining meadow with The Beck stream running through it.



Come out of the churchyard and take the short footpath on the left bearing right just inside the meadow, go over a wooden bridge which takes you to the road. Turn right and when you arrive opposite a private driveway on the right, take the footpath on the left.

You will walk through a meadow and at the end go through a gate on the path. Descend down some steps with wooden surrounds, be careful, as if they are wet, they may be slippery. Continue along the path which will emerge into a small meadow and walk to the lane. Turn right onto the lane and ignoring the footpaths on the left and right, walk up the hill. At the T-junction, turn left (signposted to Mendham). Follow the lane for approx. 300 metres, then opposite the drive to Middleton Hall take the lane on the right towards Downs Farm. Follow this lane and go past the barns on your left ignoring the footpath on your left. Just before the gate, go to the right of the gate and walk beside the railings and cross the stile to reach a meadow. You are now back on the Angles Way.

Turn right along the side of the meadow with the barbed wire fence to your right. At the far end, there is a slope to a stile. Go over the stile and follow the path at the foot of a steep wooded bank for roughly ½ mile. Near the end of the lane, you will see the River Waveney to your left. At the road turn left and just before the buildings take the narrow lane to the left and follow it to a T-junction.

Turn right (signed St Cross and Halesworth). When the road bends to the right, turn sharp left onto a signed track to St Mary's Church. On the left of the track is a community wood with a Hazel Walk. At the church which has Norman origins, however, it is a simple aisleless building with its tower, nave and chancel severely restored by the Victorians. It stands above the village opposite a large lake formed from a flooded gravel pit.

At the church take the bridleway to the right of the graveyard and continue until you reach the village opposite the playing field. Return to the Black Swan.

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# DEACON BLUE:
## 'THE GREAT WESTERN ROAD'




**Back in May 1987, the Scottish pop/rock band Deacon Blue released their debut album 'Raintown'.**

It sold over 1 million copies and remained in the charts for 18 months. This explosive introduction spawned hits such as 'Dignity' and 'Chocolate Girl'. Whilst the group took a break in the early 2000s, they returned in 2012 with a string of under-appreciated albums.

And now, four decades into their career, and the group have delivered a stunning reminder of their brilliance with 'The Great Western Road'. This tenth studio album reached No.2 on the UK Album Chart in April, their highest chart placing in 34 years - proving that their music still resonates deeply with fans both old and new.

Celebrating 40 years since songwriter and frontman Ricky Ross and drummer Dougie Vipond formed the band, Deacon Blue have delivered one of the best albums of their career. Ross's poetic songwriting, Lorraine McIntosh's signature soulful harmonies, and the band's masterful instrumentation create an album that sounds familiar but refreshingly new. This is Deacon Blue at their finest!

Listening to this album periodically over the past couple of months, I think this is as good as any record they have released since 'Raintown'. In a year's time I will know if my initial enthusiasm is correct, but this feels like a very special collection of songs.

Whilst 'The Great Western Road' won't rewrite the history of pop music, it acts as a masterclass in classy instrumentation and great songwriting. For 40 years, that's what Deacon Blue have done and this latest offering proves that whilst the road may be well-travelled, their journey may be far from over.

***JAN***

Author's Rating: ★★★★★ 4/5

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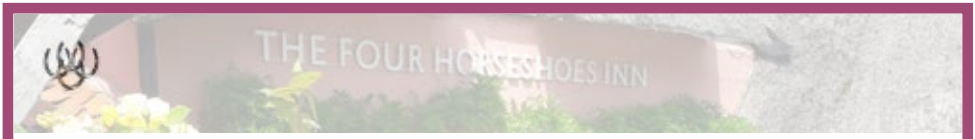
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Afternoon 12.45pm to 3.45pm

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Please visit our website www.gislinghamplaygroup.com
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# TERRAPIN NEWS



**Your District Council has mandatory responsibilities for: Waste Management, Planning & Development, Environmental Health, Housing, Leisure Facilities, Local taxation, Licensing, Registration of births, deaths and marriages, Elections, Emergency Planning and Local Land Charges. MSDC is the first point of contact for local services.**

As councillor I have oversight of Housing Solutions, they deliver the Council's response to Homelessness. They are also partly responsible for delivering the adaptations that enable residents to have their homes modified to meet their needs.

At the moment there are 229 open cases of homelessness in Mid Suffolk, this is a joint service with Babergh District Council that has an additional 285 cases. Although there are seasonal changes, sadly one peak is at Christmas, the number of applications is steadily increasing. The five main reasons for approach are: 1. End of private tenancy, 2. Family no longer able or willing to accommodate, 3. Domestic abuse - victim (20%), 4. End of social rented tenancy and 5. Non-violent breakdown of a relationship. Our Housing Solutions Officers are proactive in preventing homelessness, through advice, negotiations and finding alternative settled accommodation. They are successful in 73% of cases, well above the national average. These cases are time consuming taking on average 95 days.

At any one time there is in the region of 90 family units in temporary accommodation in Mid Suffolk, mostly in privately provided accommodation including hotels and Bed and Breakfast. Of the emergency accommodation available, B&B is the least suitable, particularly for children – the average placement for families with children has been 15 days with two instances of over six weeks.

Families are moved to more suitable temporary accommodation as it becomes available, MSDC rely heavily on the private sector. Accommodation is not provided free, families and single people are given support and advice claiming benefits, accommodation in the private sector is the most expensive. The average time to relieve homelessness is 67 days, although this conceals the longest stay of 216 days in 2024. This was because of the difficulty in finding 3-bedroom accommodation. Government funding is through the Homelessness Prevention Grant.

To reduce reliance on privately supplied accommodation, last year MSDC adopted a target of 30 units of temporary accommodation with appropriate facilities and high energy efficiency by 2029. By the end of this year 10 units will have been secured, 6 of them funded through the Government's Local Authority Housing Fund. In the council's budget for next year there are substantial funds for more MSDC owned temporary accommodation to relieve homelessness.

Mental health support is available for households who are temporarily homeless to improve outcomes and life changes. And also, for officers who must deal with traumatic cases, often over a period of many months.

The prevention and relief of homelessness is mandatory, MSDC has a proactive, well integrated and confident team with hard won local knowledge of people and places. A 2023 "Shelter" Review complimented their person-centred approach. Something that could so easily be lost within a single unitary authority for Suffolk with the stated ambition of making savings and integrating services.

**Rowland Warboys MSDC District Councillor**

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| Cotton Village Hall | Mondays | 7:20pm |
| Gislingham Village Hall | Wednesdays | 9:15am |
| Gislingham Village Hall | Wednesdays | 10:15am |
| Westhorpe Village Hall | Wednesdays | 12:15pm |
| Gislingham Village Hall | Thursdays | 7:10pm |

**TOTAL FITNESS** (45 mins):

| | | |
|---|---|---|
| Gislingham Village Hall | Thursdays | 6:15pm |

**GENTLE FITNESS** (45 mins)

| | | |
|---|---|---|
| Westhorpe Village Hall | Fridays | 10:00am |

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# TIP OFF, RIP OFF!




## New quishing alert: £3.5 million lost last year to fraudulent QR codes




**Action Fraud is urging people to look out for rogue QR codes, after 784 reports of 'quishing' were made to Action Fraud between April 2024 and April 2025, with almost £3.5 million lost.**

A new alert has been issued by Action Fraud, warning about quishing, a form of phishing where a fraudulent QR code is scanned, designed to steal personal and financial information. The warning encourages people to stay vigilant and double check QR codes to see if they are malicious, or have been tampered with, before scanning them online or in public spaces.

Claire Webb of Action Fraud, said: "QR codes are becoming increasingly common in everyday life, whether it's scanning one to pay for parking, or receiving an email asking to verify an online account. However, reporting shows cyber criminals are increasingly using quishing as a way to trick the public out of their personal and financial information. We're urging people to stop and check before scanning QR codes, to avoid becoming a victim of quishing. Look out for QR codes that may have been tampered with in open spaces, or emails and texts that might include rogue codes. If you're in doubt, contact the organisation directly. You can follow our advice on quishing, on our website at www.actionfraud.police.uk to help protect yourself."

Action Fraud can reveal that quishing happens most frequently in car parks, with criminals using stickers to tamper with QR codes on parking machines. Quishing also occurred on online shopping platforms, where sellers received a QR code via email to either verify accounts or to receive payment for sold items. Reports also showed phishing attacks were taking place impersonating HMRC, or other UK government schemes.

### What can you do avoid being a victim of quishing?

- QR codes used in pubs or restaurants are usually safe to scan.
- Scanning QR codes in open spaces (like stations and car parks) might pose a greater risk
- Check for signs that codes may have been tampered with (usually by a sticker placed over the legitimate QR code). If in doubt, do not scan them: use a search engine to find the official website or app for the organisation you need to make a payment to.
- If you receive an email with a QR code in it, and you're asked to scan it, you should be cautious due to an increase in these types of 'quishing' attacks.
- Finally, we recommend that you use the QR-scanner that comes with your phone, rather than using an app downloaded from an app store.

**If you receive a suspicious email, report it by forwarding it to phishing@report.gov.uk**

**If you've been a victim of fraud, report it at www.actionfraud.police.uk or by calling 0300 123 2040.**

# THE MESSENGER NINE LETTERS QUIZ

The first letter of each answer will spell out an anagram. What is it?

1. Which spice, native to Sri Lanka, India & Burma, was once more valuable than gold?
2. Which US city is known for music and cars?
3. What is a poetic name for water?
4. In which 1988 Oscar winning film do the characters Charlie and Raymond Babbitt appear?
5. What was the name of the supreme policy making authority in the Soviet Union that was abolished in 1991?
6. Where in the human body is the labyrinth?
7. Which actress has served as the Minister of Culture in Greece?
8. Where is the Ebor Handicap horse race run?
9. Which palace in Edinburgh is the Scottish residence of the British monarchy?
10. The answers are...?

*Answers appear on page 59.*

# SUDOKU CHALLENGE

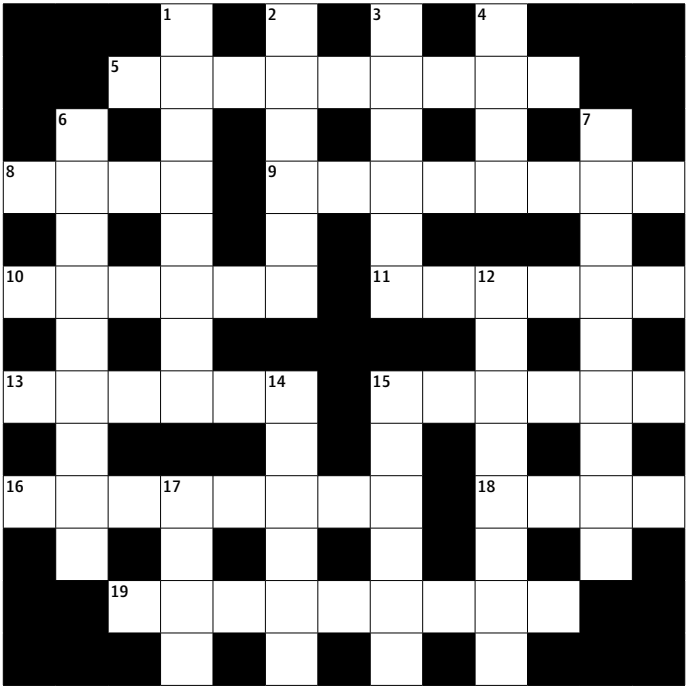
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| 5 | | 3 | | | | | 4 | 1 |
| | | | | 1 | 6 | | | 7 |
| | | | | | | 6 | | 5 |
| 2 | 9 | | 1 | | | | | |
| 1 | | | 4 | 3 | 9 | | | 6 |
| | | | | | 7 | | 1 | 9 |
| 3 | | 1 | | | | | | |
| 8 | | | 6 | 7 | | | | |
| 9 | 5 | | | | | 1 | | 8 |

Each 3 x 3 box, each row and each column must contain all the numbers 1 to 9

Last issue solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 1 | 8 | 2 | 5 | 3 | 6 | 7 | 9 |
| 2 | 5 | 9 | 6 | 1 | 7 | 3 | 8 | 4 |
| 3 | 7 | 6 | 4 | 8 | 9 | 5 | 2 | 1 |
| 5 | 4 | 7 | 3 | 6 | 2 | 9 | 1 | 8 |
| 8 | 3 | 2 | 9 | 7 | 1 | 4 | 5 | 6 |
| 9 | 6 | 1 | 5 | 4 | 8 | 2 | 3 | 7 |
| 1 | 2 | 5 | 7 | 9 | 4 | 8 | 6 | 3 |
| 7 | 9 | 3 | 8 | 2 | 6 | 1 | 4 | 5 |
| 6 | 8 | 4 | 1 | 3 | 5 | 7 | 9 | 2 |

# CROSSWORD CHALLENGE



**Across**

5 Type of verb which, loosely, has the same subject and object (9)
8 Wise men (4)
9 Oust from power (8)
10 Someone who joins pieces of metal (6)
11 Container for jewels or valuables (6)
13 Old Persian governor – Sparta (anag.) (6)
15 Cheerful (6)
16 Meringue-based confection (8)
18 Sell (4)
19 Slug or snail, e.g. (9)

**Down**

1 Puzzle (8)
2 Aircraft usually without an engine (6)
3 Excitingly foreign (6)
4 Finished (4)
6 Person shooting a film (9)
7 Jab (9)
12 Container for tobacco (8)
14 ASAP (6)
15 More youthful (6)
17 More's the pity (4)

Last issue solution

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | U | N | P | O | W | D | E | R | P | L | O | T |
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| S | A | W | D | U | S | T | ■ | L | A | T | E | X |
| ■ | ■ | Y | ■ | M | ■ | A | ■ | I | ■ | T | ■ | I |
| B | O | E | R | ■ | R | I | N | G | R | O | A | D |
| O | ■ | A | ■ | T | ■ | L | ■ | I | ■ | ■ | ■ | E |
| T | U | R | N | I | P | ■ | P | O | R | K | E | R |
| T | ■ | ■ | ■ | M | ■ | C | ■ | N | ■ | E | ■ | M |
| O | N | T | H | E | S | L | Y | ■ | A | S | H | Y |
| M | ■ | I | ■ | W | ■ | I | ■ | D | ■ | T | ■ | ■ |
| S | A | M | B | A | ■ | Q | U | A | R | R | E | L |
| U | ■ | E | ■ | R | ■ | U | ■ | W | ■ | E | ■ | E |
| P | A | R | A | P | H | E | R | N | A | L | I | A |

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# NOTICES

## GISLINGHAM SUMMER FAIR CHILDREN'S BOOK SALE



**I would like to say a big thank you to all those who bought pre-used children's books from my stall at the Summer Fair on Saturday 12th July.**

I am very pleased to say that 31 books were sold, raising an amazing £52! All profits going to friends of St Mary's Church. (The unsold books went to a charity, "The Children's Book project", for children from families who can't afford to buy books.)

***Di Herbert***

## U3A DISS

**The monthly meeting takes place on the morning of the first Thursday of each month at the United Reformed Church in Mere Street, Diss, IP22 4AD.**

Forty-five minutes are allocated to refreshment, socialising and catching up on the interest groups and notices. This is followed by a talk from an interesting guest speaker. Doors open at 9.45am and the meeting commences at 10.30am. Refreshments are available FOC until 10:15am.

Visitors/Non-Members are welcome. We ask for a £3 donation towards refreshments and the speaker. Our August Meeting is on the 7th August Speaker Brian Nichols 'Radio Caroline'

For information about https://diss.u3asite.uk/



## STOWMARKET TRADITIONAL MUSIC DAY, 27TH SEPTEMBER

**EATMT's (East Anglian Traditional Music Trust) biggest event of the year is the Stowmarket Traditional Music Day.**

This is being held in and around the town centre kicking off at 10.15am with an official opening. This will be followed by Morris, Molly and Step dancing around the town.

Inside venues are the Library, Fox Yard, 11 Market Place, British Legion, John Peel Centre, and the Scouts Hall where you'll find storytellers, jigdoll and step dance workshops, and concerts. Community groups of singers and choirs will be performing in the United Reform Church. Most of the events are free entry.

On Friday evening and throughout the Saturday, The Royal William hosts music sessions.

Evening concerts in the John Peel Centre and British Legion will be charged as will some of their daytime events. A full programme will be available on our website nearer the time.

We are looking for volunteer stewards. Please get in touch if you would like to assist on the day. Email info@eatmt.org.uk or our website has an application form www.eatmt.org.uk.

***Jan Robinson***

**Answers to the Connection Quiz on page 56.**

*1. Cinnamon, 2. Detroit, 3. Adam's Ale, 4. Rain Man, 5. Pollthuro, 6. Ear, 7. Melina Mercouri, 8. York, 9. Holyrood House. 10. The anagram spells out PACHYDERM (ELEPHANT, RHINOCEROS, OR HIPPOPOTAMUS)*

# SOUTH HARTISMERE BENEFICE

## AUGUST - A MONTH OF MANY SEASONS



If you are a child or young person of school age, August is Holiday time. Time not to be bound by waking early to get ready for school, or being pressured to catch the school bus, time without lessons and homework.

August for some young people will be a time of nervous waiting. After all the study and exams, they now wait for the results, these will influence their next steps.

August is a transition month, for parents and students alike, as they are preparing for the new school year: uniforms to buy, anticipation of new schools and new classes to go up to. For some, the preparation to move away from home for the first time.

I wonder what August is like for teachers and parents. I think of plate spinning – August brings many roles to keep spinning - jobs to go to, children to love and care for, holidays to plan and go away to, relationships with spouses and partners to keep healthy and strong; and for teachers, a time of preparing for the year ahead. I think too of grandparents and extended family, who step up to support the challenges of August.

August is busy for farmers, the harvest is being brought in, with the constant pressure of the need for just the right weather to bring in a high yield.

For me August is a time when all my children will come and visit for a weekend. My quiet house will become full of the energy of young adults. There will be laughter, reminiscing, discussing future possibilities, games and of course BBQs and meals to share together.

August can also be a lonely time, when clubs and community groups pause for the summer break. Those lifelines of meeting up and getting out of the house are not there and the weeks of August, for some brings isolation and feel long.

In one book of the bible it says 'for everything there is a season…A time to be born, a time to die, a time to plant and a time to pluck up what is planted; a time to weep, a time to laugh; a time to embrace and a time to refrain from embracing; a time to keep and a time to throw away, a time to keep silent and a time to speak…'

And I'm sure we could add our own, a time to…

In all these times we find a God of love, a God who is fully known in Jesus who will be with us always whatever the season we find ourselves in.

Whatever time August is for you the promise is God is present and walks with you.

I say a Celtic blessing as I start each day, may this be also with you

*"May the peace of the Lord go with you, wherever he may send you, may he guide you through the wilderness and protect you through the storm, may he bring you home rejoicing at the wonders he has shown you, may he bring you home rejoicing once again into these doors."*

***Rev. Debbie***

## SUPPORT OUR CHURCH IN THE SUFFOLK HISTORIC CHURCHES RIDE AND STRIDE – SATURDAY 13TH SEPTEMBER 2025

**This year's Suffolk Historic Churches Ride and Stride will take place on Saturday 13th September, and we'd love your support!**

This fun and family-friendly sponsored event helps raise vital funds to preserve Suffolk's historic places of worship — including our own! You can take part by walking, cycling, or riding between churches across the county at your own pace, visiting as many or as few as you like.

Half of all funds raised come straight back to our churches, with the rest going to the Suffolk Historic Churches Trust to support others in need of repair and conservation.

Could you:

- Take part as a rider, walker or cyclist?
- Help by welcoming visitors to our church on the day?
- Sponsor someone else?

Sponsor forms and more details are available from your local church coordinator, your local church, or visit www.shct.org.uk.

Let's keep Suffolk's churches open and thriving — with your help!"

| | | | |
|---|---|---|---|
| **SUNDAY 3RD AUGUST** | Thorndon | 10.30am | Worship for All |
| *7th Sunday after Trinity* | Gislingham | 10.30am | Holy Communion |
| **SUNDAY 10TH AUGUST** | Stoke Ash | 10.30am | Worship for All |
| *8th Sunday after Trinity* | Thornham Parva | 10.30am | Holy Communion |
| **SUNDAY 17TH AUGUST** | Mellis | 10.30am | Worship for All |
| *9th Sunday after Trinity* | Thorndon | 10.30am | Holy Communion |
| | Gislingham | 10.30am | Worship for All ***to include commemoration of the 80th anniversary of VJ Day*** |
| **SUNDAY 24TH AUGUST** | Yaxley | 10.30am | Benefice Holy Communion |
| *10th Sunday after Trinity* | | | |
| **SUNDAY 31ST AUGUST** | Wetheringsett | 10.30am | Benefice Holy Communion |
| *11th Sunday after Trinity* | | | |

**Telephone Church BCP Holy Communion is on Thursdays at 11.00am**

**Reverend Debbie Nicholls – Rector**
rev.d.nicholls@gmail.com ✆ 07762 116 335

Find us on Facebook:
**South Hartismere Churches**

# LOCAL INFORMATION

## BUS TIMETABLES

**Gislingham Bus timetable**

***Route No. VC0001: Gislingham to Stowmarket (Mondays, Wednesdays & Fridays)***
Leaves Gislingham 09.45 / Arrives Stowmarket, Bury Street 10.26
Returns from Stowmarket, Bury Street 13.00 / Arrives Gislingham 13.41

***Fareline Bus (Wednesdays only – Market Day) to Bury St. Edmunds:***
Leaves Gislingham 09:46am / Arrives BSE bus station 10.48
Returns from Bury St. Edmunds leaves 13:25 / Arrives Gislingham 14.32

**Mellis Bus Timetable**
https://www.simonds.co.uk/local-bus-times)
***110 – Eye to Diss***
Eye – Diss (Monday to Friday) - leaves Mellis, opp. Railway Tavern: 10.46
Diss – Eye (Monday to Friday) – leaves Diss, adj. Bus Station: 13.30

**Thornham Bus Timetable**
***Fairline Bus 320 (Wednesdays only)***
Thornham Magna (Four Horseshoes) 09:40am / Arrives BSE bus station 10.48
Returns from Bury St. Edmunds 13:25, arriving back at Thornham Magna 14:36




**Post Van: Gislingham**
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12.15 – 14.15




**Mobile Library: Gislingham**
13 Aug, 10 Sep, 8 Oct, 5 Nov, 3 Dec, 31 Dec.
**Times:**
**Broadfields Road:** 15.10 = 15.45
**Mill St.:** 15.50 – 16.05

# IMPORTANT CONTACTS

| | |
|---|---|
| Anglian Water Emergency | 0800 145145 |
| Botesdale Health Centre | 01379 898295 |
| Church Wardens: Gislingham - vacant<br>Mellis - Vacant (TBC)<br>Thornham Magna and Thornham Parva - James Fawcett | 01379 788130 |
| Citizens Advice Bureau Diss | 01379 640530 |
| Clerk (Parish) (Gislingham)<br>clerk@gislinghamparishcouncil.com | 07833 705915 |
| Clerk (Parish) (Christine Moore - Thornham Parva) | 01379 783226 |
| Connecting Communities = Suffolk Passenger Transport | 01449 614271 |
| Crime Stoppers | 0800 555111 |
| District Council - Cllr Rowland Warboys<br>rowland.warboys@midsuffolk.gov.uk | 01379 783412 |
| Electricity Emergency | 08007 838838 |
| Essex & Suffolk Water Emergency | 08457 820999 |
| Eye Health Centre | 01379 870689 |
| Hall Bookings:<br>(Gislingham - Terry Williams)<br>email: gislinghamvillagehall@gmail.com | 01379 783903 |
| (Mellis - Helen Timmons)<br>email: bookmellishall@gmail.com | 01379 783449 |
| (Thornham Parish Hall - Beth Fredrikssen-Jones)<br>email: hallhire@thornhams.org | |
| Mellis Parish Council Chairperson (Lawrie Read)<br>mellisparishcouncil@gmail.com | 01379 788248 |
| Mendlesham Health Centre | 01449 767722 |
| Member of Parliament - Adrian Ramsey<br>adrian.ramsay.mp@parliament.uk | 07534 933356 |
| NHS Direct | 111 |
| Suffolk Doctors On Call | 03001 303066 |
| Suffolk Fire Service & Community Fire Safety | 01473 260586 |
| Suffolk County Council -Cllr Jessica Fleming<br>jessica.fleming@suffolk.gov.uk | 01449 711065 |

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