The Messenger



Issue 156
February
2025

Serving Gislingham, Mellis and the Thornhams

WINNER
NATIONAL
PARISH
MAGAZINE
AWARDS

THE MESSENGER TEAM

Please send your letters and articles to the Editor
email: themessengereditorial@gmail.com

Editor & Photographer: Jeff Norman 07795 088764
Strawberry Fields, High Street, Gislingham. IP23 8JD

Advertising: Tracey Askew 01379 783427
email: traceyaskew@outlook.com

Treasurer: Terry Williams 01379 783903
email: terry.williams1947@gmail.com

Mellis Correspondent & Features Writer: Angeline Braidwood
email: angeline_braidwood@yahoo.co.uk

Thornham Correspondent:

Graphic Design: Jo Clifford, email: joclifford@cadecreative.com

Website: Mallen Baker & Bob Stuart, email: mallen@mallenbaker.net

Facebook: Bob Stuart, email: stuart.bob@gmail.com

Distribution Co-Ordinator: Goyle Weir
email: goyle@mac.com

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

Next issue: March 2025
Copy deadline: Monday 10th February

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



Happy New Year to you and welcome to the February issue.

After our short seasonal break, welcome back to our first issue of 2025 which we hope you will find an interesting and informative read.

Looking back to last year, Gislingham Variety Club performed 'Hillbilly Hoedown' at Gislingham Village Hall, which was enjoyed by all those who attended across the three performance nights. The dates of the production were after the deadline for the December issue. Hence this month, we feature a review and photos on pages 17 – 19.

This year, we have introduced a new Quiz on page 56 – "Nine Letters" and our new recipe page will concentrate on baking. So "Bake Off" can be found on page 37. This month the recipe has been submitted by the Gislingham WI (so it must be good!) – no pressure ladies! But I would like to open this page each month to any reader that would like to submit and recommend a recipe to our readers. Please email me your recipes and any photos you have of your recommendations.

We've also updated and changed the layout of the local, 'Clubs, Classes and Regular Events' listings on page 5 and they are now listed by village.

By the time this magazine lands on your door mat, January will almost be out of the way, and our villages are already offering a variety of events in 2025 for us all to enjoy.

I've never promoted a "Special Offer" on this page before – but there is always a first! As many of you will know, the Gislingham Book Sale on January 4th had to be cancelled, but it is back on Saturday 1st February (details on page 4) with a "TBFTP" Promo aka - "3 Books for £2" offer!

Please support his event as it is an important fundraiser for the 'Friends of St. Mary's Church'

Finally, please note, our March issue, which will be out for distribution the weekend of, 22nd/23rd February, has a very early deadline date of Monday 10th February. Please send your contributions as soon as possible.

Thank you. Until next month,

Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover photo: Princes Farm, Gislingham taken on 5th December 2012

DIARY & LOCAL EVENTS

Saturday 1st February: Book Sale
- Gislingham Village Hall: 10.00am – 12 noon
- Special offer this month - 3 books for £2!

Sunday 2nd February: Breakfast Club – with talk on The National Trust
- Thornham Parish Hall: 10.00am. See page 14 for details.

Tuesday 4th February: Rural Coffee Caravan
- Mellis Memorial Hall: 10.00am – 12.00 mid-day.

Friday 7th February: Pub Night
- Gislingham Village Hall: 5.00pm / Last orders 9.45pm

Saturday 8th February: Jumble Sale
- Gislingham Village Hall: Doors open 10.00 am. Free Entry. Clothes, Bric-a-brac, Toys, etc.
- See page 12 for more details.

Wednesday 19th February: Health & Wellbeing Group
- Gislingham Village Hall: 2.00pm – 3.30pm. FREE to attend. See page 31 for details.

Wednesday 19 February: Gislingham WI. 'An Entertainment in Verse' Robin & Sue Franklin.
- Gislingham Village Hall 7.30pm.

Friday 21st February 2025: Pub Night
- Gislingham Village Hall. Doors Open 5.00 pm / Last orders 9.45pm

Friday 21st February: Film Night – 'Mama Mia' – Singalong for the whole family
- Thornhams Parish Hall: 7.00pm. See page 34 for details.

SAVE THE DATES:
- **2nd, 3rd & 4th May:** Thornham Arts and Craft Show
- **Saturday 12th July:** Gislingham Summer Fair
- **Saturday 14th September:** Gislingham Gardening, Arts & Produce Show

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

Events and Club meetings etc., for inclusion in future issues should be sent to: themessengereditorial@gmail.com

Our next issue is March 2025. The "What's On" Diary deadline is: Monday 10th Feb.

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: 07931 665 205

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

FRENCH CLASSES: Village Hall. Every Thursday 10.00am – 11.30am. Contact Karen 07952 908125 / fluent.fast@outlook.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

THORNHAM

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

Pilates Classes: Parish Hall. Tuesdays 10.00am - Pilates Seated & Standing (no floorwork). Contact: Michelle via email hello@yapl.co.uk

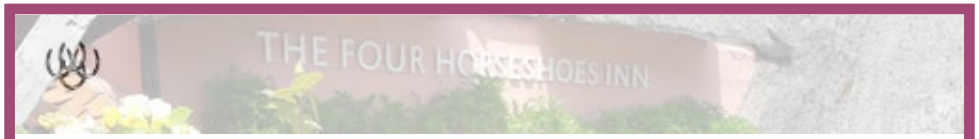
Thornham Bowls Club: Thornham Road
New Members welcome. For more details contact Keith: 01379 871881

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



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COULD YOU BE A VOLUNTEER?

A Village Hall Trustee, a School Governor, a Parish Councillor, a Trustee or helper at the Scout groups? A member of the Gislingham Variety Club, maybe writing articles for this magazine, the list is almost endless!

As we start a new year, what our villages need more than ever are those willing to take on some of the current vacancies.

But what is involved and could you help? Generally, what is needed is people with ideas, expertise, energy or perhaps just an extra pair of hands are needed by so many of our local groups and clubs.

Since covid, there has been a crisis in volunteering in the UK, as 47% of people who were happily volunteering have not returned to their original roles. According to the Charity Commission, there are 100,000 vacancies for charity trustees in the UK.

Although not always the case as Editor of this magazine, there are wellbeing benefits. Volunteering is very good for mental and physical health. Sometimes volunteers even learn new skills and this can improve their CV as well.

School governors help plan the "strategic direction" of a school, make sure public money is well spent and hold school leadership to account. They provide the scrutiny and challenge which is important in any well-functioning organisation, and the support that leaders need in what is often an incredibly tough job. Meetings are held approx. 6 times a year and you don't need a child attending the school or to be an education expert.

Governing bodies are always on the lookout for individuals who bring a blend of skills into the organisation. (Gislingham School is currently looking – see page 23).

If you look through the pages of this magazine, there are various organisations……Gislingham Variety Club (It's not all about being a luvvie and treading the boards; would you like to learn about stage lighting, or programming the music for a production? Set building and painting, front of house duties on performance nights? – Then there are our churches (perhaps helping with fund-raising activities, such as the Annual Flower Festival, or monthly Book Sale or maybe helping to keep our roads safe as a Speedwatch volunteer? Then there are the Litter Picks in our villages, they only take an hour or two of your time, once or twice a year! Summar Fairs are only one day a year, but often helpers are needed on the day – Gislingham and Mellis always have vacancies for Parish Councillors. If you are more sport minded, then there is Thornham Bowls Club and Mellis Cricket Club locally as well as many Boys and Girls local football teams always looking for help.

Could you take on one of these voluntary roles?

My call to action is for all of us to think how we can get to that feeling of collective community. The many active volunteers in our villages are stretched to the limit and we owe them our gratitude and to offer them some help. But I hope we can tap into the generosity and goodwill of many more people in 2025.

I am sure that the many volunteers we have in our villages won't mind me saying they're not getting any younger, and I include myself in that statement! If you are new to our villages, joining one of these groups is a great way to get to know your new neighbours in our communities.

Jeff Norman

Martin Roper
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GISLINGHAM LITTER PICK REPORT

Scouts
1st Mendlesham

The Parish Council Autumn Litter Pick took place on Sunday 24th November in Gislingham organised by Martyn Bryant and supported by 1st Mendlesham Scout Group.

Fourteen people (including three scouts, one cub and one Brownie from the village), turned out on a blustery morning, to pick up all the litter from the roadsides, grass verges, and footpaths around the village.

The most notable discovery was a wheel barrow handle!

Thank you to everyone who helped and Martyn Bryant for organising.



Photo – shows the Litter Pickers with the rubbish they collected.



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12th March from £92pp - **Phantom of the Opera**
15th March from £55pp - **Creative Craft Show**
20th March from £92pp - **Clueless the Musical**
21st March from £99pp - **Come Alive the Greatest Showman Spectacular**
23rd March from £38pp - **Thriplow Daffodils**
29th March from £57pp - **Ideal Home Show at Olympia**
3rd April from £62pp - **Bure Valley Railway and Norfolk Broads Cruise**
22nd or 23rd May from £175pp - **Chelsea Flower Show**
24th May or 16th August from £95pp - **Emmerdale Village Star Tour**
29th May from £165pp - **Mamma Mia the Party at the O2**
4th June from £110pp - **Oliver! At the Gielgud Theatre**
25th June or 12th October from £89pp - **Elvis Evolution!**
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NEWS FROM GISLINGHAM VILLAGE HALL

Gislingham Village Hall is a registered charity, run by a volunteer committee, who are Trustees of the Charity. In the New Year we are losing a couple of our Trustees and are looking for some new members to join the Committee.

We hold twelve committee meetings a year, usually lasting about an hour. Trustees help in the running of our various fund-raising activities.

If you are interested in joining the Committee, please contact either Scott Ronayne on 01379 783992, Terry Williams on 01379 783903 or by email: gislinghamvillagehall@gmail.com

FUTURE EVENTS

Friday 7th February and Friday 21st February: Pub Nights
Doors Open 5.00 pm. Last Orders 9.45 pm. Again, we would like to point out that under the terms of our licence, only drinks purchased at the bar can be consumed on the premises.

Saturday 8th February: Jumble Sale
Doors open 10.00 am. Free Entry. Clothes, Bric-a-brac, Toys, Books. Refreshments.
Please take jumble for sale to the Hall on the day between 9.00 am and 9.30 am

Saturday 15th March: 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.



NEWS FROM THORNHAM PARISH HALL





We had a great weekend of celebrations to mark our hall's 100th anniversary. All residents were invited to a free Friday film night and free afternoon tea on Sunday 1st December which included bell ringing by local residents after only one practice! On the Saturday evening, we had a real fun night with a Ceilidh followed by a disco which attracted people from 2 years old to over 80!

FUTURE EVENTS:

Sunday 2nd February: Breakfast Club – with talk on The National Trust
10.00am: £10 / Bookings: breakfast@thornhams.org

Friday 21st February: Film Night – 'Mama Mia' – Singalong for the whole family
To include hot dogs. Adults £10 / Children £7. 7.00pm: Booking: films@thornhams.org

Sunday 9th March: Breakfast Club – Speaker tbc
10.00am: £10 / Bookings: breakfast@thornhams.org

Sunday 16th March: Litter Pick. 10.00am

Friday 21st March: Film Night – title tbc. 7.30pm: £5. Booking: films@thornhams.org

Sunday 23rd March: Spring Fair. 11.00am to 3.00pm

2nd, 3rd & 4th May: Arts and Craft Show

Bank Holiday Monday 26th May: Special Afternoon Tea in aid of MacMillan Cancer Support - with fun events for children

REGULAR WEEKLY EVENTS:

Pilates Classes on Tuesdays 10.00am - Pilates gentle floorwork

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

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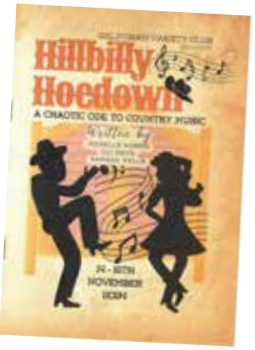
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HILLBILLY HOEDOWN – A CHAOTIC ODE TO COUNTRY MUSIC





What a fabulous Autumn 24 show from Gislingham Variety Club. A Riotous, toe tapping musical bonanza that entertained the audiences in true western style. The dynamic acting and singing were testament to the development of the Gislingham Variety Club cast members, especially considering the show was an original piece, written by three members of the cast (including the raucous and toe-tapping song 'Ma's Been on the Moonshine Again!').

Imagine the scene, an old western bar room, extending into the whole of the village hall. A silver haired songstress appears and delivers a lilting 'Walking After Midnight', before Beau, Moon Saloon's bearded owner, takes over with 'Desert Pete'. It seems a night of songs is on the cards; but no! From that moment on, the story of the Godloves unfolds: Ma, Pa, and their three grown up offspring - beautiful Amanda (Beau's sweetheart) and the two, daft as brushes, 'identical' twins, Grover and Cletus. Ma's a sucker for Pa's moonshine and enjoys making her very own preserves (from rather ambiguous 'ingredients'), while Pa, the town Sheriff, struggles to solve the crimes with hardly any teeth to go by and all the DNA being the same!

When seductive singing sensation, Lurlene, fresh in from the big city, takes a turn on the mic the troubles begin. Jealousy and anguish ensue, woven humorously among a score of ever more fabulous singers, including The Serviettes, The Waveney Valley Trio from deepest Suffolk and the troublesome Applejacks, causing mayhem wherever they go and performing the Cups song with ease and precision. Famous western 'stars' were also part of the musical sets, classic country numbers belted out by June & Johnny Cash, Dolly & Kenny and the one, the only, Elvis!!

Does Beau have eyes for Lurlene? Are Grover & Cletus even real brothers? The brilliant use of the projector depicts Facebook posts from Grayson & Carson, another set of 'identical' twins, living a luxurious high life in the city…and they look EXACTLY like Grover & Cletus…what is going on?! From a huge bust up during Duke's Ukes' rendition of 'Bad Moon Rising' to an unsuccessful duel and a visit from Dakota Slim, the panto horse town judge, the chaos leaves the audience reeling and laughing - when everything is sorted out will there be a wedding…or THREE???

The cast of quirky characters, plot, staging & lighting, costumes, music and props has resulted in another fantastic offering from the GVC. Much effort from all created a show to be proud of. It was a sellout success!

GVCs 2025 productions will be a Music Night - 50s, 60s and 70s, and an end of year panto - Cinderella! Watch this space. Heck, get in touch and join them – they would love to welcome you onboard. See the fun they have? You could be part of that too! If you would like to have as much fun as them, email gislinghamvariety@gmail.com to find out more.

HILLBILLY HOEDOWN – PHOTOS















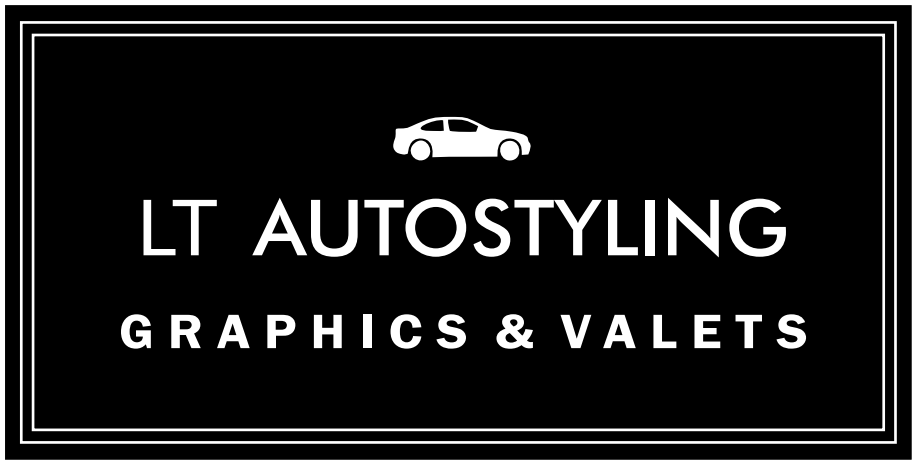












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Thursday 13th February 8.30pm ***OPEN MIC NIGHT***

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ASSOCIATE COMMUNITY GOVERNOR



Gislingham C of E Primary School, part of the Tilian Partnership Multi Academy Trust

Governor focus - Arts or Finance

Are you interested in making a real difference in your local community? Would you enjoy being part of the school governing body team at our friendly and inclusive village school helping to support the strategic leadership?

Gislingham C of E Primary School has a team of Governors with a wide range of expertise who work to support leadership and to develop our great school even further. We are now looking for two Associate Governors with an interest in the arts or with a financial background to enhance our skill set.

Governors meet six times a year with dates set well in advance. We work in flexible ways so we can also meet remotely when needed. Governors also visit the school as part of their monitoring role.

What we do:

- We meet six times a year, face to face, with meetings being held at the school during the week. Meetings are held at either 9.45am or 3.45pm.
- Two visits to the school per year dependent on the area of responsibility and the School Development Plan.
- Participating in distance learning and face-to-face training when available to increase your knowledge.

Associate Governors participate fully in the work of the governing body but do not have full voting rights. It is a good way of getting to know the school and giving something back.

Gislingham C of E Primary School is fully committed to safeguarding. Governors are required to undertake DBS and other mandatory checks.

If you are interested in these positions, please contact Becky Morrisson, Chair of Governors by emailing gislingham@tilian.org.uk

THE SIX BELLS PUB - WALSHAM LE WILLOWS



Postcard showing the Six Bells in the early 1900s.

The Six Bells in Walsham Le Willows is a former wool merchant's house at the very centre of the village, opposite the Blue Boar Public house, just off the main crossroads in the centre of the village.

Grade II listed, it is a substantial, thatched 16th century building featuring heavily carved timbers in the bar. It consists of six rooms and two bars.



It has huge fireplaces and dark timbers, seating for up to 58 customers. Outside is a beer garden and a car park.

The first record of this establishment selling ale was in 1423. This house was known as 'Fullers' from around 1476 when John and Margaret Fuller lived there. It was used to bake bread and brew ale (the staple medieval diet). The present building was erected in 1523 and had various owners. Initially occupied by William Vincent. His son Stephen died in 1549 leaving his son John his mercer's shop and candle making equipment. Later Stephen Vincent had a grocers shop here. His wife Elizabeth spun and wove flax and hemp here and, after Stephen's death, married Samuel Canham from Crownland Hall.

At the beginning of the 19th century, it belonged to John Clamp whose daughter Charlotte married widower William Day. The county directory of 1844 shows him to be a beer seller.

In the census of 1851, James Mitson is the new beer seller with his wife Penelope (Nunn), and in the 1855 directory a change is shown with the arrival of James Leech and his wife Caroline (Vincent).

The census of 1861 gives details of another beer seller George Catling who was still here 10 years later in the 1871 census with his wife Mary Ann (Buck). It was during this time that the name The Six Bells was first used, after the number of bells in the church tower. (Similarly, The Six Bells in Gislingham)

The Catlings moved across the road to run the Blue Boar Inn and, according to the 1873 county directory, Joseph Balls became the publican. His wife Charlotte (Day) was the daughter of the first publican.

After a couple of years the Cash family had moved in, arriving from Lakenheath with five children. The census of 1881 shows that Jacob Cash was thirty-six and his wife Lucy thirty-four. They remained there for many years.

At this time the Six Bells was advertised in county directories as an old established Commercial Inn and Posting House with good stabling. Later it was also listed as having good accommodation for cyclists. Information was also given that Jacob Cash was clerk to the Parish Council.

Jacob died in 1913 aged sixty-nine after being publican for some thirty-seven years. His daughter Annie Cash took over and she is recorded as being the innkeeper in 1916 during the First World War.

Directories from 1922 to 1933 show that Frederick (Dick) Bellinger ran the Six Bells for this period of time, and then in 1937 An Algy Watts became the publican He was there for some years before Tuck took over in about 1950.



Above: Postcard showing the Six Bells in the 1960s.
Below right: The Six Bells today.

'Lovejoy' filming location

Several scenes of seasons 1-3 of the TV Series, 'Lovejoy' starring Ian McShane were shot inside the Six Bells. The Lovejoy cast are pictured bottom right (not at the Six Bells). Below is a still of a scene filmed at the Six Bells.

In 1956 Bob and Ella Austin moved in and stayed for 14 years. Bob died in 1970 and his son Robin took over with his wife Anne.

In 1977 John and Pat Wraight became the licensees for about four years and then Gordon and Pat Atkinson arrived from the Lake District. They remained at the 'Bells' for twelve years before retiring to London. In October 1993 Gordon Blake with his partner Kathy moved in.

In May 2024, the owner (Admiral Taverns) put the 4-bedroom pub with adjoining 2 bed cottage on the market.









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NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes and Happy New Year!

In early January there was an opportunity to see a wonderful astronomical sight when the new crescent moon appeared close to the planet Venus, low in the southern sky. On the evening of 3rd January, there was also a beautiful sunset to complete the picture. This was one of those occasions when seeing the sight in real time was more satisfying than looking at a photograph, but anyway here's my record of the event! I've been reading about several other interesting astronomical events to look forward to in the coming weeks involving Mars, Saturn, Jupiter and Venus as well as the arrival of another comet and a meteor shower - take a look at www.skyatnightmagazine.com/news for more info.





As I write in mid January we're in the middle of a cold snap and have seen some very frosty mornings and brilliant blue skies. Here's a photo taken from Mill Street during a walk around Gislingham showing the low position of the sun one morning. As ever in winter, please do spare a thought for our feathered friends. Our smaller songbirds in particular can have trouble maintaining their body heat at this time of year and a lack of food can be fatal for them. Fat balls, peanuts or sunflower seeds that we put out for the birds can make all the difference for them. And when it's really cold and ponds freeze over, do put out some water for the birds for them to drink and bathe in. I think that this is something that our children can also enjoy getting involved with.

I thought it might be fun to start the New Year with a little quiz. On the opposite page are nine photos of birds that I've taken in the past few months. Can you name them? Most were taken locally but one was at the North Norfolk Coast - give yourself a bonus point if you can guess which it was. Answers below.

1. Jay. 2. Tree Creeper. 3. Chaffinch. 4. Goldfinch. 5. Greenfinch. 6. Bullfinch.
7. Wheatear (North Norfolk Coast). 8. Goldcrest. 9. Nuthatch



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.

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'BE BRIGHT BE SEEN' DAY

On Tuesday 14th January we ran a "be bright be seen day" in school. Dressing up brightly helped to reinforce our road safety message!

We worked throughout the day with Holly from Suffolk Roadsafe to deliver fun and interactive education and training on all thing's road safety. Themes covered included recognising hazards and dangers on the roads, the importance of observation, safe fitting of a seatbelt, the green cross code, the importance of wearing a helmet when on a bike or scooter, and the dangers of using mobile phones while walking as a pedestrian and when driving (which is of course ILLEGAL.) We hope that the children took something from the day which will stay with them in helping us all to keep safe and making us more responsible.

It was SO difficult to judge the be bright competition and we had a lot of fun doing it! There was such an incredible amount of effort put in. We will not forget Hallie's earrings (year 4), Ellie's amazing trousers (year 6), Sofia G's incredible rainbow jumper (class 4), Sophia W's attention to detail (class 4) and Matilda B's incredible dress which she designed and made herself!!!!!! (class 4). It was such a hard choice BUT there had to be some winners...

Reception: Lilly
Class 1: Naomi
Class 2: Bailey
Class 3: Milo
Class 4: Bella
Class 5: Theo
Class 6: Tom

Massive congratulations go to the overall school winner Henry Barker (class 2). Money raised from the voluntary donation will go towards road safety equipment and good causes, we will keep you posted...

Ruby, George, Alice and Jacob
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APRICOT BREAD

BAKE OFF



This is a soft, sweet, quick bread recipe that is great for breakfast or as an afternoon snack cake with coffee. Easy to make and so delicious!

Ingredients:

- 8 oz plain flour
- 1 level tsp bicarbonate of soda
- 1 tsp salt
- ½ level tsp cinnamon
- ½ tsp of ground cloves
- Pinch of nutmeg
- 8oz of dried apricots
- ½ pint of water
- 6oz of caster sugar
- 3oz of butter
- 1 egg

Method:

- Sift the flour, bicarb, salt, cinnamon, ground cloves and nutmeg onto a square greaseproof paper already prepared.
- Snip the apricots into small pieces and place in a large saucepan. Add the water sugar and butter and place over a low heat.
- Stir to dissolve the sugar, and then bring up to the boil and simmer for five minutes.
- Draw the pan off the heat and allow to cool until your hand can be comfortably held against the sides of the pan.
- Beat in the egg, then stir in the sifted flour mixture and heat thoroughly.
- Turn the mixture into a greased and lined 9" x 5" x 3" loaf tin.
- BAKE FOR 1 HOUR AT 350F
- It freezes well, and will keep in a tin for a week.





Recipe courtesy of Gislingham WI.

Gislingham WI meets on the third Wednesday of every month at Gislingham Village Hall, 7.30pm. If you would like more details, please phone Margaret on: 01379 783903

CIRCULAR WALK FROM HAUGHLEY VIA HAUGHLEY GREEN

O/S Map: 211 Distance 7.4 kms/4.6 miles

This walk includes footpaths, roads, railways and a lovely pub at the end of the walk.



We parked on the triangle next to Palmers Bakers is one of the oldest bakeries in the UK which was established in 1752. Every November, the village erects the black silhouettes of the number of soldiers from the village who lost their lives in the war, on the small green.

Haughley is an ancient village which overlooks the river Ratt and the Gipping Valley. The parish is divided into four divisions, Haughley Green, Old Street, New Street and Tothill. The village has evidence of Neolithic, Pagan, Iron Age, Roman and Saxon settlements and is mentioned in the Doomsday Survey of 1086. Haughley contains many thatched, painted and listed buildings.



Turn left at the post office which is one of the oldest in the UK and head to St Mary' church. This is a very interesting church. As you enter the porch, on the left is the entrance to the belfry, however, it is closed off. Look above the archway at the entrance and see three 18thc leather fire buckets. There are stained windows on the right wall as you enter. Look above these windows to see 9 carved angels on the supports with some playing musical instruments. St Mary's dates back to the 14thc and is dedicated to the 'Assumption of the Virgin Mary'.





When you leave the church, go back to the gate and turn left along the path that meanders through the churchyard, which is much larger than we thought. As you leave the churchyard, on your left you will see the remains of the Motte and Bailey and the Castle which is in ruins and is on private land.

The footpath splits, so keep to the right-hand side and head for a gap in the hedge and go over a wooden bridge. As you reach the road, bear left along the footpath keeping the hedge to your right. At the gap in the hedge cross over the sleeper bridge and continue and cross another sleeper bridge. Continue along the footpath and head for the white gate. You will now be crossing the railway line, so please be careful here.

Continue on the other side for about 100 metres and cross over a wooden bridge and follow the footpath with a gravel drive of your left and paddocks on your right. At the next wooden bridge you reach the road, cross over and continue along the footpath. Continue past the sign for private land and when you reach a finger post next to a large oak tree. Turn right here and continue up a slight slope. The footpath bears slightly right and then left, so keep the hedge to your left. At the corner of the field there is a path that goes over a wooden bridge, however, turn right here and keep the hedge to your left.

The footpath ends next to some old cottages and turns into a grass track. When you reach the road, turn right, which then bears left and you will then reach the main road in Haughley Green. Cross the road and turn down New Bells Lane. The road has an avenue of wooden tree trunks. When you reach Oxerfield Cottage, continue straight onto the bridleway. Continue until you reach a road and turn left. Go past the 'No Through Road' sign and at the entrance to Wassicks Farm, continue straight onto another bridleway.



At the corner of the field, at the T-junction of footpaths, turn right and continue, ignoring the footpath to the left which goes over a railway bridge. The grass track ends and turns into a concrete track. Go under the railway bridge, keep to the track that bears right and then left and ahead is a wide grass track. When you reach the main road, turn left heading back to Haughley. Enter the car park of the playing fields, keep to the left-hand side of the buildings and follow the path that goes behind the football pitches. At the end next to the play area, turn right and head for the exit which is opposite the school. Turn left and head for the Kings Arms for some refreshments.

The Kings Arms is the last remaining pub in the village dating back to 1617, so the inside is very stylish. There used to be nine pubs in the village.

The Kings Arms sells a good range of beers and a good menu selection. They do not do sandwiches; however, the starters can be recommended. Emma had home-made cauliflower soup and I had potted shrimps, which I have not seen on a menu for many years. The landlord has returned to the pub after an absence of some 20 years.

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The Ashcan Painters: The Eight: early 20th century founders of New York Realism.

Tuesday 18 March:
Studio Pottery: A Concise History. The Curator of the Fitzwilliam Museum explores handmade pottery in Britain from the late 19th century to the present day.

Tuesday 15 April:
The Women who Made Modernism: Paula Modersohn-Becker, Kåthe Kollwitz, Gabriele Münter, and Marianne von Werefkin: pioneers of German avant-garde.

Tuesday 20 May:
Textile Visionaries of Modern Art. The Textile Revolution and post war female designers.

Tuesday 17 June:
The Golden Age of Danish Painting: Landscape art showing changing Danish society between 1800 and 1850.

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Lectures start at 2.00 pm and coffee & tea is available from the Corn Hall, who also serve light lunches.

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Image credit:
Paula Modersohn-Becker, Self-Portrait,1907, MOMA

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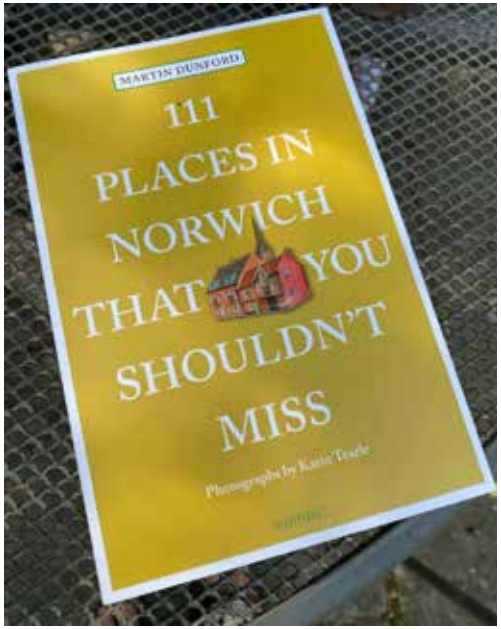
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MARTYN'S BOOK BLOG



"111 Places In Norwich That You Shouldn't Miss"
by Martin Dunford

If you were able to read our recent 'Walk for Health' and 'Staycation', you will have read that on our stay in Norwich, we used the book '111 Places in Norwich' to plan our visit.



This book is one of over 27 which covers other towns and cities around the UK.

If you want to plan a visit to a place you have a little knowledge of or is totally new to you, a book like this will be invaluable.

J.B. Priestley once said 'What a grand, higgledy-piggledy, sensible old place Norwich is!'

The book list pubs, eateries, museums, shops, buildings, villages, parks and various other places of interest. Some places are outside Norwich, but equally are very interesting.

It gives you a concise overview of the entry with some very interesting bits of history and also gives you details of location, how to get there, opening hours, and tips, which are very useful.



On our Staycation and other times in Norwich, we have visited, The Adam & Eve pub, The Assembly House (we stayed here), Bishops Garden, The Bridewell Museum, Briton Arms, Cathedral of St John the Baptist, Norwich Cathedral and the Cathedral Precincts, Elm Hill, Jarrolds, Looses Emporium, Maids Head Hotel (stayed here as well), Benedicts, Bread Source, Carrow Road, Norwich Market, Plantation Garden, Pulls Ferry, Strangers Hall, and Subterranean Norwich so we still have quite a few more to visit, so plans are in place to stay again in this fine city to explore more.

The book is available from all good book shops, Jarrolds and Amazon.

I hope you enjoy it and make the most of your visit to Norwich.

Martyn Bryant

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TERRAPIN NEWS



Last Thursday 9th January I was at the Suffolk County Council Extraordinary Meeting to decide whether or not to apply to be part of the devolution priority programme (DPP) – the Fast Track, and also request to postpone (in reality cancel) the elections in May.

That afternoon, the Conservative Administration debated to put Suffolk forward to be part of the first cohort of local authorities moving towards a mayoral strategic authority and Unitary Authorities. It was a well conducted although possibly rehearsed debate with many points raised on all sides that on balance tipped towards the approval of doing so, mapping out the perceived advantages of unitary authorities over a two tier system. With an overwhelming conservative majority supported by the Labour Councillors the vote was a predictable conclusion.

One of the unanswered criticisms of the current administration was that it was unprepared to face the electorate on its record.

If accepted onto the Devolution Programme, then Suffolk and Norfolk will likely form a Strategic Authority with a single elected Mayor and a lower tier of two or three Unitary Authorities with elected councillors. Forming a single Unitary Authority to take over from Suffolk County council would appear the most straightforward however this is contrary to the government's guidelines for a Unitary Authority to serve a population of around 500.000 and could be considered too complex and cumbersome with a workforce of over 6,000.

The time line for this major upheaval is: May 2025 CC Elections (maybe cancelled), May 2026 possible Mayor Elections (no CC elections possible), May 2027 Shadow Unitary Authority Elections (no CC or BC Elections possible), April 2027 Unitary Authorities formed, no further elections until 2031. It may be just as at present there are some District Councillors who also serve as County Councillors there will be some Councillors elected to a Shadow Unitary Authority who for the transition also serve as district and county councillors – "triple hatters."

It is expected that in order to fill the possible gaps left by the abolition of the district councils, Parish Councils and Meetings will have more responsibilities.

The newly formed Unitary Authorities will face the same economic pressures as the current county councils for example: Unitary Authorities struggling to balance their budgets will be forced to prioritize essential services (e.g., social care) while cutting others, like libraries or recreational facilities. In order to balance its budget, last year SCC had to put in place plans to make £64.7 millions of savings over two years.

And what of the assets Mid Suffolk holds on behalf of its residents? Under UK legislation governing local government restructuring, assets, liabilities, and responsibilities of the district councils will be automatically transferred to the new unitary authority on a specific date.

There is little room for "savings." The majority of the current workforce will be reformed into to the new authorities, services will still have to be delivered, there may be some savings at managerial level. In addition, there will be a new mayoral office of around 300 officers. This will be an expensive and distracting process.

Yes, devolution does present opportunities for better coordination, working with communities not doing to them. So far this has been a "top down" decision. At present there has been no discussions between the different council political administrations, regarding devolution, and how it will address the diversity of political, economic and cultural groups that make up Suffolk. The government have promised a decision on whether SCC has been accepted onto the fast Track and whether it will be allowed to postpone the May Elections by the end of the month.

Cllr. Rowland Warboys, MSDC and Gislingham Ward.

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Gislingham United Charity

Registered charity: No. 208340 • Trustees are Volunteers

Gislingham United Charity continues to welcome applications for short term support from **Gislingham residents** who find themselves in hardship or need. We also consider requests for educational purposes, for **Gislingham residents** of all ages, whether at School, in further or higher education, or undertaking vocational training.

All applications are treated in the strictest confidence and in accordance with GDPR Data Protection Regulations.

GUC Trustees meeting dates for 2025 are as follows: Friday 14th March, Friday 9th May, Friday 11th July, 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
Tel: 01379 783380, Email: gislinghamunitedcharity@gmail.com
Or can be downloaded from the "Organisations" page on the Parish Council Website:
https://gislinghamparishcouncil.com/organisations/gislingham-united-charity/

GISLINGHAM PLAYGROUP



We provide a safe, warm, friendly and caring setting for children aged 2-5 years, in a purpose built building on the same site as Gislingham CEVCP School, with whom we work closely to provide an excellent education.



Breakfast Club 8.00am - 8.45am

Morning 8.45am to 11.45am

Lunch Club 11.45am to 12.45pm

Afternoon 12.45pm to 3.45pm

"Children arrive with a 'spring in their step' and are welcomed by friendly staff. They immediately join in with their friends and explore a well resourced and fun environment." Ofsted, May 2022.

Please visit our website www.gislinghamplaygroup.com
or phone us on 01379 788934

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NOTICES

POPPY APPEAL for 2024 in Gislingham, Westhorpe and Finningham

This year's House-to House collection in Gislingham, Westhorpe and Finningham raised the sum of £2012.89. (The lion's share raised in Gislingham). I would like to express my sincere thanks on behalf of The Royal British Legion for all the donations.

Paul Trew, Poppy Appeal Organiser for Gislingham, Westhorpe and Finningham

CHRISTMAS LIGHT DISPLAY - 10 Chapel Farm Close, Gislingham

Thank you to everyone who donated to our Christmas charity light display this year! We have raised a grand total of £166.83 for Great Ormond Street Children's Hospital.

Kerryann & Charlie Baxter



GISLINGHAM CAROL SERVICE

Thank you to all who gave so generously at the Carol service held on December 5th. The total raised for EACH (East Anglian Children's Hospice) was £210.

Ann Cottee, churchwarden

SURVIVING WINTER APPEAL

If you, or anyone you know, is struggling to stay warm this winter, there is support available. You may apply for support if you meet the criteria below:

- **Aged 66 plus**
- **Not on pension credit**
- **Maximum income £20k individual and £24k couple**
- **Maximum savings £5,000**
- **Live in Suffolk**

Suffolk Community Foundation is working with three charity partners to manage the applications and payments.

Please visit **www.suffolkcf.org.uk** for more information and to donate to the appeal. You can also donate in branch at Suffolk Building Society. Please spread the word to help Suffolk's vulnerable stay warm and healthy this winter.

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Becky Cruickshank

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PILATES (1 hour):

Yaxley Village Hall	Mondays	9:30 a.m.
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Gislingham Village Hall	Wednesdays	9:15 a.m.
Gislingham Village Hall	Wednesdays	10:15 a.m.
Westhorpe Village Hall	Wednesdays	12:15 p.m.
Gislingham Village Hall	Thursdays	7:10 p.m.

TOTAL FITNESS (45 mins):

Gislingham Village Hall	Thursdays	6:15 p.m.

GENTLE FITNESS (45 mins)

Westhorpe Village Hall	Fridays	10:00 a.m.

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For more information contact Becky on 07734 414151/beckycruickshank@btinternet.com

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TIP OFF, RIP OFF!



Scam Alert - Fake parcel delivery messages

Trading Standards are continuing to warn residents about messages claiming to be from parcel delivery companies stating they are unable to deliver an item or that you have missed a delivery.

Fake parcel delivery messages will claim to come from well know parcel delivery companies and will include links in the message often with the genuine parcel companies name included within it. These messages will frequently claim that you have a very short time window to rearrange a delivery or pay an outstanding fee to prevent a parcel being returned to the sender

Anyone clicking on these links will be taken to fake website made to look like the genuine ones, with the same branding, layout, and font choices. These sites have been built by criminals and are used to gather personal and financial information or take the required 'payments'.

If you receive a suspicious parcel delivery message ***do not click on any links.***

If you think you have interacted with a scam message and provided scammers with your financial details you should contact your bank immediately on a number you know to be correct, such as the one on the back of your bank card

Scam Alert - Text messages relating to 'UK Government Winter Living Welfare'

Trading Standards are also warning residents about text messages circulating which claim to be notifications from the 'UK Government'.

One recent example states that 'in order to resist the coming cold winter the Winter Living Welfare has been fully opened online'.

The message then goes on to say that 'our welfare officer has tried and failed to contact you several times' and that you need to 'update your information' via a link in the text.

The message then claims that 'this is our last attempt to contact you before this closes'.

These messages are ***not genuine*** and anyone following the link will be taken to a fake version of the official government website which will look to gather personal and financial information.

Reporting

Suspicious or scam text messages can be reported by forwarding the message to **7726**.

You can report suspicious emails by forwarding them to report@phishing.gov.uk

You can also report scams received to via the Citizens Advice consumer helpline on: **freephone 0808 223 1133.**

THE MESSENGER NINE LETTERS QUIZ

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

1. JFK Airport used to be known as what?
2. Who was the subject of the film “The Coalminer’s Daughter”?
3. The African mammal Earth Pig is also known as what?
4. Montgomery is the state capital of which US state?
5. K is the chemical symbol of which mineral?
6. What was the title of the Spice Girl’s debut album?
7. Who had a hit in the 1960’s with “For Your Love”?
8. What was the surname of the Belgian guitarist who often played with the violinist, Stephane Grappelli?
9. What building is used for the election of a Pope?

Answers appear on page 59.

SUDOKU CHALLENGE

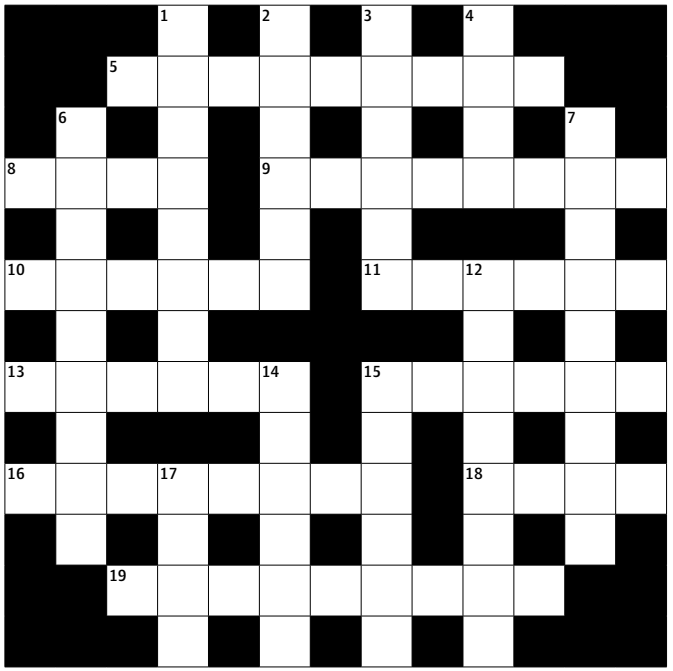
9	8		2					7
7		5	8	9				
	6					4		
3		8			4			
	5						2	
			9			8		5
		4					3	
				3	5	6		2
5					2		9	8

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

5 Consent (9)
8 Nicoise salad ingredient (4)
9 Summary of news – blunt lie (anag) (8)
10 Decorative fabric strip (6)
11 Pillar of the community (6)
13 Gripping pair? (6)
15 Job (6)
16 Dutch liqueur made with egg yolks and brandy (8)
18 Sleeveless top or underwear (4)
19 Step up (9)

Down

1 Frantically grope (8)
2 Greasy substance used to waterproof leather (6)
3 Shout of anger (6)
4 4,840 square yards (4)
6 Burst of gunfire (9)
7 Not to be trusted (9)
12 Bring back to life (8)
14 Heavily criticised (6)
15 Most recent (6)
17 Swinish sound (4)

Last issue solution

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

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1st Mendlesham

Are you looking to volunteer locally?

Why not join one of our teams!

1st Mendlesham Scout Group is increasing its volunteer capacity and has a variety of teams that you can join.

Whether you are interested in volunteering directly with young people or would like to support us behind the scenes, we're sure we have an opportunity for you!

If you would like to find out more about joining any of our teams, please contact us for a chat!

Lil Evans – Chair of Trustees 07545 322087 Elizabethevans81@hotmail.co.uk

Martyn Bryant – Group Lead Volunteer 07900 147912 Martyn_bryant@hotmail.com

Fundraising Team

Purpose: To co-ordinate our fundraising activities throughout the year.

Plan and oversee a variety of fundraising events throughout the year, which includes tasks such as:

- booking venues
- promoting events locally
- ensuring sufficient volunteer support at events
- purchase/hire of equipment for events
- ensuring events are run within budget and make a profit



Scout Hut Team

Purpose: Co-ordinate our new scout hut build project

This team will focus on the scout hut build project, driving it forward to completion

This will include:

- Contacting trades for quotes and liaising with contractors
- Monitoring progress of build plan through various phases
- Monitoring build budget
- Identifying suitable funding/grant opportunities and supporting funding applications
- Liaising with Trustee Board and Fundraising team regularly



Answers to the Nine Letter Quiz on page 56.

The answers are: 1. IDLEWILD 2. LORETTA LYNN 3. AARDVARK 4. ALABAMA 5. POTASSIUM 6. SPICE 7. YARDBIRDS 8. REINHARDT 9. SISTINE CHAPEL. The anagram spells out PARALYSIS

SOUTH HARTISMERE BENEFICE



Cloister of St Andrew's Abbey, Zevenkerken-Brugge

Last autumn I got lost in a monastery (as one does). The monastery in question is on the outskirts of Bruges in Belgium, and I was there with a small group of priests from this diocese. The monastery is immense. It was once home to over a hundred monks, but the community is now down to less than a dozen. The thing about traditional monasteries is that they were often built round a square cloister - turn the wrong way, on entering the cloister, and it's easy to get lost, because every door looks the same.

There was no one around, and I didn't want to risk going where I shouldn't. Eventually, through a glazed door, I spotted one of the domestic staff. "I'm lost", I said to this lady. She gave me a sweet smile, and said: "You're not lost, because you've been found."

You're not lost, because you've been found. Those words stayed with me. Being lost - and being found - are experiences that strike deep chords in the human psyche. Maybe this is so from our very beginning. The new-born baby, expelled from the security of the womb, is lost until it's found again in its mother's arms. I don't know whether my rescuer had ever sung Amazing Grace, whether in Flemish or English, but she was certainly near the heart of it: 'I once was lost, but now I'm found'.

Some people experience this when falling in love: the sense that the days of searching and confusion are over; the sense of self-discovery; the sense of being found. I certainly resonate with that. At other times it might be discovering a skill, a career path, a sport, a new interest. For some, it might be coming, as an outsider, to live in Suffolk. I resonate with that too!

We have to be honest, of course: sometimes events challenge the source of the security and identity we thought we had found. 'I once was found, but now I'm lost.' Bereavement, is a case in point, as I can also testify. I was fortunate in a wise counsellor who persuaded me that nothing could take away the experience and impact of being found, or the love that had found me.

If the sense of being lost and found is so central to human life, it's no surprise to find it at the heart of Christianity also. Jesus said of himself that he had come "to seek and to save the lost". Down the centuries, men and women have discovered that in following Jesus they have been received a new identity, a new sense of direction and purpose. A moral dimension has been given to lives that might otherwise have drifted or focused on self-satisfaction alone. They have found that what they are in Christ is somehow truer and more authentic than they would ever have been without him. We are no longer lost, because we have been found. As a modern hymn puts it:

"For the wonders that surround us,
For the truths that still confound us,
Most of all, that love has found us,
Thanks be to God!"

Alan Harding

From the Parishes: In loving memory of Brian Atkinson, Thorndon

FEBRUARY 2025

Sunday 2nd February	Thorndon	10.30am	Worship for All
The Presentation of Christ in the Temple (Candlemas)	Gislingham	10.30am	Holy Communion
Sunday 9th February	Stoke Ash	10.30am	Worship for All
4th Sunday before Lent	Thornham Parva	10.30am	Holy Communion
Sunday 16th February	Mellis	10.30am	Worship for All
3rd Sunday before Lent	Thorndon	10.30am	Holy Communion
	Gislingham	10.30am	Worship for All
	Thorndon	4.00pm	CONNECT
Sunday 23rd February	Wetheringsett	10.30am	Holy Communion
2nd Sunday before Lent	Yaxley	10.30am	Holy Communion
	Thornham Magna	10.30am	Mattins

Telephone Church BCP Holy Communion is on Thursdays at 11.00am



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Reverend Debbie Nicholls
Assistant Curate
rev.d.nicholls@gmail.com 01379 309 953

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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
Fridays at Village Hall:
12.15 – 14.15



Mobile Library: Gislingham
26 Feb, 26 Mar, 23 April,
21 May, 18 Jun, 16 Jul, 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 - Ann Cottee Mellis - Vacant (TBC)	01379 788633
Thornham Magna and Thornham Parva - James Fawcett	01379 788130
Citizens Advice Bureau Diss	01379 640530
Clerk (Parish) (Gislingham) 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 rowland.warboys@midsuffolk.gov.uk	01379 783412
Electricity Emergency	08007 838838
Essex & Suffolk Water Emergency	08457 820999
Eye Health Centre	01379 870689
Hall Bookings: (Gislingham - Terry Williams) email: gislinghamvillagehall@gmail.com	01379 783903
(Mellis - Helen Timmons) email: bookmellishall@gmail.com	01379 783449
(Thornham Parish Hall - Beth Fredrikssen-Jones) email: hallhire@thornhams.org	
Mellis Parish Council Chairperson (Lawrie Read) mellisparishcouncil@gmail.com	01379 788248
Mendlesham Health Centre	01449 767722
Member of Parliament - Adrian Ramsey adrian.ramsay.mp@parliament.uk	07534 933356
NHS Direct	111
Suffolk Doctors On Call	03001 303066
Suffolk Fire Service & Community Fire Safety	01473 260586
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