Welcome to The Messenger's 15th birthday edition

The Messenger



Issue 160
June
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: July 2025
Copy deadline: Monday 16th June

E-mailed or hand-written submissions always welcome.

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

Digital copies of each issue can be downloaded from the Messenger website at:
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 our June issue and 15th anniversary of publication!

When we launched this community magazine in 2010, I am not sure anyone would have envisaged we would still be publishing 15 years later; but thanks to all the local businesses who have supported us, we're still here!

This is the perfect opportunity to also say Thank You to everyone who has worked on the magazine over the years. A great deal of free time has been given up by Committee members, contributors and distributors, past and present.

On this note, I would particularly like to say a big THANK YOU to Barbara Banwell who will shortly be moving from Gislingham and has 'retired' from her Messenger distribution round. Not only has Barbara been with us since the very first issue but she also delivered the largest "round" of 90 copies each month. So, by my calculation, Barbara has delivered approx. 14,000 copies of the magazine.

If there was an award for 'Dedication and Walking' I can think of no better recipient!

We are delighted with the response to our call for annual advertising renewals, over the past month. We'd like to thank all the businesses who have committed to advertising with us for the next 12 months, including the many loyal advertisers who have supported us since we started 15 years ago. We also welcome several new advertisers this month, and these advertisers, new and old, have ensured our future for another 12 months! All these small businesses help support our local communities by advertising with us – please support them and if you contact any of the advertisers you've seen in the magazine, please mention you've seen their advert in The Messenger.

The magazine has always been a real community effort. All articles published are written/researched by residents and all our cover photos and feature article photos are taken by local residents.

Therefore, in closing, this is the perfect opportunity to say Thank You to everyone who has contributed to the magazine over the past 15 years.

I hope you enjoy this issue!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover design: Jo Clifford

DIARY & LOCAL EVENTS



Tuesday 3rd June: Rural Coffee Caravan
- Mellis Memorial Hall: 10.00am – 12.00 mid-day.

Friday 6th June: Pub Night
- Gislingham Village Hall: Doors Open 5.00 pm. Last Orders 9.45 pm.

Friday 6th June: Mellis Film Night – "Wilding"
- Mellis Memorial Hall: 7.00pm. Free admission.
- To book email: bookmellishall@gmail.com

Saturday 7th June: Book Sale
- *Gislingham Village Hall: 10.00am – 12 noon*

Sunday 8th June: Breakfast Club – Tin Shed Flowers
- Thornham Parish Hall: 10.00am. See page 14 for details.

Friday 13h June: Quiz Night
- Thornham Parish Hall: 7.00pm. See page 39 for details

Saturday 14th June: Gisfest
- Gislingham Village Hall: 4.00pm onwards. See page 31 for details

Friday 20th June: Film Night – 'Bridget Jones Mad About the Boy'
- Thornham Parish Hall: 7.30pm. £6 on the door. See page 40 for details.

WHAT ARE THE NEIGHBOUR'S DOING?
- **Sunday 22nd June:** Finningham – "Games on The Green" – See page 45 for details.
- **Sunday 29th June:** Yaxley – 'Strawberry Tea' at Yaxley Village Hall – See page 47 for details

SAVE THE DATES:
- Saturday 5th & Sunday 6th July: Mellis Flower Festival
- Saturday 12th July: Gislingham Summer Fair
- Saturday 9th August: Gislingham Gardening, Arts & Produce Show
- Sunday 14th September: Bulb Planting: Mellis Garden 10.00am.
- 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 July 2025. The "What's On" Diary deadline is: Monday 16th June

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 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

Pilates Classes: Memorial Hall. Mondays 9.30am.
Becky Cruickshank: 07734 414151

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GISLINGHAM PARISH COUNCIL RECEIVES FUNDING FROM PRIDE IN YOUR PLACE GRANTS



Gislingham residents have benefited from a grant of £1164.15 from the BMSDC 'Pride in your Place' scheme that has gone towards the installation of the new Bus Stop Bench.

Some residents who use the bus service rely on walking aids and others, who are pensioners, have trouble standing for long periods of time. The grant has enabled the Parish Council to install a concrete base and a 1.8m bench at the bus stop opposite our village shop and the Community and Parish Council Noticeboard. The Parish Council is confident that the bench will support the independence of people in our village, some of whom struggle to walk very far, as it will give them somewhere to rest when they have walked to the bus stop or the village shop and will provide a place to meet other residents for a chat and enjoy being outdoors. Knowing that the bench is there if a rest is needed will, hopefully, give residents the confidence to get out and about more.

The Parish Council wishes to thank BMDSC for the 'Pride in your Place' Grant on behalf of Gislingham residents.



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18th June £83pp - **Just for One Day, Shaftesbury Theatre**
24th June £49pp - **Woodbridge and Deben Cruise**
25th June £69pp - **Hever Castle with Afternoon Tea**
3rd, 4th or 5th July from £85pp - **Hampton Court Garden Festival**
26th July or 16th August £95pp - **Emmerdale Star Tour**
2nd August from £95pp - **Magic Mike at the Hippodrome Casino**
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GISLINGHAM FOOTPATH WARDEN'S UPDATE – JUNE 2025

I endeavour to keep everyone up to date with what is happening with the footpaths through my articles on 'the Messenger' and 'Help & Support in Gislingham' Facebook pages, so I trust everyone has found this of assistance.

My role is to ensure that our footpaths are free from obstructions which I regularly check and from the help of villagers who contact me. I report any issues to the Parish Council and also to Suffolk County Council who will facilitate any necessary work.

Last Summer, we did experience an issue with the footpath cutting by Suffolk County Council and the Parish contractor, which necessitated several emails to and fro. I am confident that SCC will be up to speed with their cutting list this year and the Parish Council have now discussing a new contract with a local gardener who will be able to cut the list as specified by the PC and myself, so we will not have any issues with our footpaths not being cut, so no wet legs after rain.

I continue to re-number the way markers with the FP number, so if you do have an issue, you can quote the number, which will help me identify the location much quicker. If any have faded, please let me know.

You may have noticed that several footpath posts have rotted and fallen over or disappeared, however, all have been reported to SCC and they are slowly being replaced. Unfortunately, the SCC contractor who replaces the post, has a long list and we are still awaiting several to be replaced. I have been given some way marker posts, so I am able to replace any that are not on the road side.

In the past we have had many comments about dog fouling on the footpaths, but I must say, this has been much better, however, there a few lazy dog owners who do not clear up, so please remember, you can be fined if you do not clear up after your dog.

We have had some new improvements to some of our footpaths. FP35, next to the school, FP36 (Bowling Alley) and FP32 Coldham Lane to the Lovells estate, have all had a new surface laid. This has been a vast improvement especially for FP36 & 32, as these were overgrown with nettles and brambles or very muddy in the wet weather. A new bridge has been erected to cross the ditch on FP25, which now gives a safer access towards the railway line and back to Morley's Lane near Redhouse Farm, so a nice circular route.



Foothpath 35



Foothpath 36

Finally, I would like to express my thanks to the residents of Gislingham who do contact me to report any concerns which is really helpful. You can contact me on 07900 147912 or email: martyn_bryant@hotmail.com.

Martyn Bryant


Flower Festival
Mellis Common: Past & Present
Mellis Church
5th-6th July 2025
11am-4pm
Followed by Hymns & Pimm's Sunday 4.30pm

MELLIS CHURCH HAS LOST ITS TOWER



There's something reassuring about an ancient church in a small village, even if it doesn't have a tower. It's a sort of venerable presence presiding over us and our heritage, and for many of course – much more than that.

Conceived in an age without bulldozers or heavy lifting equipment, serious dedication and strong belief must have kept those ancient hammers and chisels ringing over the countryside to create such impressive structures. Spires and towers still poke up everywhere, and for the youth of my generation they signalled a reward for us to move away from sinning. Given that our default position was mainly towards sinning, a few top-up points for church attendance seemed a small price to pay. Neighbours would feign approval at our arrival for the Sunday Service. A few girls would eye us suspiciously from the choir, and the Vicar would pretend a welcome while recalling the latest scrumping episode in the Rectory Orchard. Yet a full church and the communal warmth of those services, augmented by the bass pedal tones of the organ, would edge us away from reward seeking into something powerful and wonderful, and we didn't want to lose it.

But times have changed, and locally, big wind turbines on the Eye Business Park are waving industrial infrastructure into Mellis. High pylons could soon be changing the mood behind the church, and all this while the leading churchly trumpets seem to be blowing an uncertain tune. So, the donation box is unlikely to collect enough funds for minor repairs - let alone a new tower. Perhaps a carefully worded contract for Amazon to market the rules for a happy hereafter might freeze hands on knives; curb scammers, and shame the poisonous social media barons. It might even put more bums on pews. Wishful thinking of course, but how rewarding if the community buzz from those earlier services could return to fill our village churches and continue towards a kinder world.

Meanwhile, a few hard-working volunteers polish church floors, arrange flowers, and bake cakes, while our local clergy are working their collars off serving several parishes.

Oh, and just a reminder that Mellis Flower Festival will be on Saturday 5th and Sunday 6th July.

It would be great to welcome you all at our tower-less church.

Pete Scott



A Summer Celebration of Hymns & Pimms



At Mellis Church

On Sunday 6th July at 4.30pm

Do come and join us to sing your favourite hymns followed by strawberries, cream and Pimms

If you would like to take part by choosing your favourite hymn,

Please contact Rev David Mulrenan at: djmulrenan@gmail.com or on: 07881 481745.

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NEWS FROM GISLINGHAM VILLAGE HALL

The Barrel and Bridle, who run the Pub Nights, have decided to discontinue having two nights in a month due to low turnouts. Going forward the Pub Night will take place on the first Friday of each month.

FUTURE EVENTS

Friday 6th June: Pub Night
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 14th June: Gisfest
Doors open 4.00pm. Free Entry. Bar serving Beer, Lager, Cider, Wine and Soft Drinks. BBQ. Live music featuring the Zillionaires Farewell Concert and many other acts. (See details on opposite page).

Saturday 19th July: Quiz Night
Doors open at 7.00 pm. Entrance Fee £5.00. Bring your own Food, Drinks and Glasses.

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.



Enjoy a delicious breakfast in the warm and friendly atmosphere of our Sunday Breakfast Club and listen to a fascinating talk by the owners of Tin Shed Flowers

Booking essential at breakfast@thornhams.org

NEWS FROM THORNHAM PARISH HALL



FUTURE EVENTS:

Sunday 8th June: Breakfast Club
10.00am: £10 / Bookings: breakfast@thornhams.org

Friday 13h June: Quiz Night
7.00pm: £5 per person. Bring your own snacks. Bar & Ice Cream available.
Bookings: events@thornhams.org

Friday 20th June: Film Night – 'Bridget Jones Mad About the Boy'
7.30pm: £6. Booking: films@thornhams.org

Sunday 13th July: Wimbledon Men's Final with Ploughman's and Eton Mess

Sunday 5th September: Bingo

Sunday 12th October: Autumn Fair

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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Gislingham SUMMER FAIR 2025

Saturday 12 July

at Gislingham Primary School

12.00 – 4.30pm

Fancy Dress Parade - Prizes Awarded
Come dressed as your 'Super Hero'

- ✓ Vintage Tractor Parade
- ✓ Dog Show
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DUE TO UNFORESEEN CIRCUMSTANCES THIS WILL NOW TAKE PLACE ON THE 6TH JUNE

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Wilding tells the story of a young couple who bet on nature for the future of their failing, 400 year old family estate.

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Ripping down the fences, they set the land back to the wild and entrusted its recovery to a motley mix of animals, both tame and wild. It is the beginning of a grand experiment that will become one of the most significant experiments in Europe.

Entry is free, a raffle will be arranged to help raise money to support MMH and donations of course are welcome.

Soft drinks, snacks and ice cream available BYO alcohol and cushion to sit on.

To reserve your spaces email: bookmellishall@gmail.com

THE CHURCH OF ST. MARY THE VIRGIN, MELLIS



Picture of Mellis Church taken in 1921

The Church of St Mary in Mellis dates back to the late 13th century, though it stands on the site of an earlier building (early 4th century, mentioned in the Domesday Book of 1086). The church, dedicated to St Mary, is a Grade II listed building. It has been the subject of significant restorations, notably in 1859 and 1900, including structural repairs and alterations to the interiors and its square western tower was replaced after the original one collapsed in 1730. It was never rebuilt. Without a tower and surrounded by trees, it does not stand out from distance, but occupies a peaceful and picturesque setting on the Gislingham Road, across the road from the common.

A considerable amount of the ruins remained in the early 1800's, when Isaac Johnson made a sketch of the church. It is said the stone from the fallen tower was used to make the raised path across the common known locally as "The Carnser". Decorated and carved stone was also part of a building near the existing railway crossing. It "disappeared" in the early 1900's when the property changed hands. There is however photographic evidence of the material. Money from the sale of some of the tower material, with £170 raised by subscription, was not used until 1784. £80 was spent on a tenement, with an acre of land and a common right for use by paupers, who were the responsibility of the parish at that time. The cottage continued in use until 1830 when it was sold to the Great Eastern Railway to make way for the new railway line to Norwich. The remainder of the money was used to repair the church roof. Fragments of the north and south walls of the tower still remain and have been used as buttresses to support the west end of the nave. A small portion of the east wall of the tower remains and rises a short distance above the nave roof and contains a brick bellcote which now houses the remaining bell. This is 30" in diameter bell and was cast in 1626 by Miles Graye of Colchester. It was brought to Mellis from Thwaite church in 1859. There were four bells in 1553 and five in 1725; perhaps the reason why the tower collapsed!



Inside:

The church has a number of early survivals which are outstandingly lovely and give great character to what was necessarily a substantial restoration. The first of these is the font, a fine example of the 15th Century East Anglian pattern and its base step is embellished with stone quatrefoils. Around the stem are four lions, above which is a band of flowers and angels with outstretched wings supporting the bowl. The bowl panels contain emblems of

the Four Evangelists, alternating with Tudor roses. Traces of the original colouring survive in the base panels.

Another is a grouping of medieval glass in the south side of the nave. This is also 15th Century. The upper lights depict saints, mostly fragmentary, and the two lower lights are also fragmentary, but include two angels standing on wheels. All of it looks to be glass of the Norwich school, although it is now in very poor condition. A third is the beautifully carved rood screen. It has been repainted, but the lions in the spandrels are a delight.



The chancel was in poor condition by 1823 when a local newspaper reported "One Sunday the Parish Clerk was standing by the altar rail when a vault under the floor suddenly gave way, through which he sank to his neck to his great terror and astonishment, the communicants had not long quitted the scene".

The organ was built by Bedwell in 1898. It has two manuals, pedals and nine speaking stops.



The Royal Arms are a rare set for Charles I, dated 1634. They are often found in churches and may be part of larger displays, sometimes with biblical verses or inscriptions. These arms were often commissioned to be displayed in churches.



The south porch was originally 2-storeyed with a priest's chamber, this was removed in 1858 when the church roof was lowered.

In the churchyard to the east of the chancel, there are some 18th century headstones, which are carved with skulls etc.

Source material:
Simon Knott, Suffolk Churches and 'The Brief Guide' by Roy Tricker and Alan Spence. Interior photos by JN.

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JUNE 2025

Thursday 5th June 7.30pm ***POP MUSIC QUIZ***

A fun music quiz. 1960's to 2000's. Maximum six people per team. £2 per person.

Saturday 7th June 8.30PM ***THE RUM DOGS***

A fantastic night of Pogues style Irish music, guaranteed to get you dancing.

Thursday 12th June 8.00pm ***OPEN MIC NIGHT***

Calling all musicians and singers. Come along and have a go, hosted by Mike & Gemma.

Thursday 19th June 7.30pm ***PUB QUIZ***

A fun general knowledge quiz. Maximum six people per team. £2 per person.

Saturday 21st June 8.30pm ***KARAOKE DISCO***

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Sunday 22nd June 5pm ***DISCORD & RHYME***

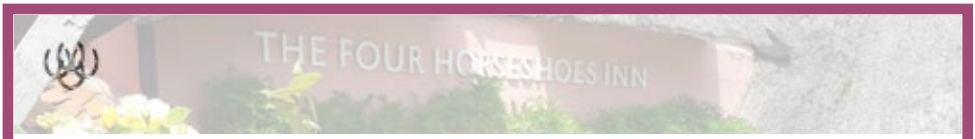
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CHARLOTTE'S BOOK BLOG



After She Fell by Mary-Jane Riley ★★★★★ 5/5

Hello everyone, happy June! I hope you have all been enjoying the lovely weather recently and used it as an opportunity to get outside to read a book!

This month, I would like to follow on from having previously reviewed "The Bad Things" by Mary-Jane Riley, as I have since finished her second novel, After She Fell. Please be warned that this book and my review does cover some difficult topics.



After She Fell is the second novel in the Alex Devlin series. Whilst not following on from the same plot, the protagonist, journalist Alex Devlin, is the same. This book can be read as a stand-alone as background information on the characters is briefly explained, however I would highly recommend reading the first one before this one so that you get the full background of Alex's life.

Alex Devlin has moved since the truth of what happened to her sister's children emerged at the end of The Bad Things, she now lives in London, far from Sole Bay.

In this book, Catriona needs help. Her 17-year-old daughter Elena was found at the bottom of a cliff near her boarding school. As a young g girl with a history of depression and eating disorders, her death has been ruled as suicide, however Catriona isn't convinced.

She asks her old friend Alex Devlin to investigate, and she soon learns that life in the boarding school isn't as idyllic as its surroundings may suggest.

In amongst a culture of drug-taking and bullying, tensions form between the school and the village, and people aren't always who they make out to be. With Alex's moves getting riskier and riskier as she starts to unravel the truth, her time starts to run out and the people of the village very quickly become very wary of her presence.

This gripping plot is told between two time zones, and two different perspectives, as Alex seeks to find out what really happened the night that Elena fell whilst we also get to hear Elena's story leading up to the fall throughout.

Yet again, Mary-Jane has managed to amaze me with her writing, another ending that I certainly didn't have down to happen! It's leaving me very excited to eraser her third one, Dark Waters.

If any of you have read this, I'd love to hear your thoughts. Y**ou can find me on Instagram at @charlottes.bookblog** where you can also see all of my reading progress and some extra reviews.

Charlotte x

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SUFFOLK OPEN STUDIOS IN MELLIS

During the month of June artists throughout Suffolk give people the opportunity to visit their studios. This year five artists in Mellis are participating in this event.

Michelle Watson at The Glebe, Thrandeston Road, Sally Tyley and Philip Cunningham at The Chapel, Earlsford Road, Jane Durant at Sutton House, Yaxley Road, and Frances Beasley at Easter Barn, opposite The Mill at Mellis.











Michelle (sample top right) depicts the modern female, where, as she says, 'reality becomes entwined with abstraction.' Beauty and emotion are highlighted in her works.

Sally (sample second right) concentrates on landscapes and still life compositions using oil and charcoal.

Philip (sample third right) states that his paintings are scenes of everyday life, some of which are historical and of a past that has gone forever.

Jane (sample fourth right) uses a variety of media and enjoys reflecting the world that she sees around her, incorporating a wonderful sense of design.

Much of what Frances (sample bottom right) produces is very much based on her sketches of the natural world and she too employs a variety of media. Colour, linear effects and pattern are reflected in her work.

We are all looking forward to the month of June and hope that this article entices many of you to visit our studios, where you will be more than welcome.

Dates of our openings are in the Suffolk Open Studios directory which can be found in local venues such as libraries, pubs and local businesses. There will be plenty of signage in the village to point you in our direction, so you will not be able to miss us!

www.suffolkopenstudios.org

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Trophies to be awarded in the following categories:-

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

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





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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 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/

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NATURE NOTES by Darrel Charles



Hello everyone and welcome back to Nature Notes

This month I'd like to start with a visit report. On this occasion though it's not only from outside of Suffolk but outside of the UK - a visit to Ireland, specifically County Kerry in the south-west of the country. This was my first visit to the Emerald Isle and, although the region is often associated with storms and rain, our visit at the end of April was blessed by glorious sunny weather. We flew to Kerry airport and the subsequent drive to our hotel near the village of Sneem took us on part of the Ring of Kerry, a popular tourist route that offers beautiful views of the rugged coast, mountains and lakes. We were staying at a hotel on the coast where there were miles of way-marked paths - we chalked up 25 miles of walking during our four day stay. The coast here is completely unspoilt and very beautiful, being characterised by many rocky river inlets that attract a great deal of wildlife, especially Grey Herons and Egrets. The area where we stayed also benefitted from very low levels of light pollution and so during a late night walk we were rewarded with fine views of the starry sky - although it must be said we were pestered by annoying midges!





Little Egret in a Hurry…..



….and Catching a Fish



Grey Heron



I'm not a great fan of moths but this colourful specimen caught my eye recently when I saw it resting by my front door. It's a Brimstone Moth and, like its butterfly namesake, has a vibrant sulphur-yellow colour. Although a common moth, It isn't one that I've noticed before. This particular species flies between April and November and so there's plenty of time to look out for one. A good place might be around any night lights you have outside the house.


Brimstone Moth

Another kind of moth that has caught my eye is the Humming Bird Hawk Moth. These large moths have a wingspan of around 2 inches and, as the name suggests, can be seen hovering around flowers like a humming bird as they take nectar. These moths fly between June and September and are well worth looking out for.


Humming Bird Hawk Moth

Red Kites have again been spotted over Gislingham recently - these elegant birds of prey make an impressive sight as they patrol overhead. I particularly like to watch as they use their tail feathers to manoeuvre around the sky as they look for prey below. Their food is mostly carrion, ie: dead animals, but they will occasionally take live small birds, worms and frogs.


Red Kite

The East Anglian Daily Times has recently reported sightings of a rare bird of prey in Suffolk. This time it's the Red Footed Falcon that has turned up at the Suffolk Wildlife Trust reserve at Carlton Marshes near Lowestoft. In early May, between five and eight birds were being seen every day. This reserve is home to many kinds of dragonflies, which will no doubt be appreciated by the hunting falcons!

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.

GISLINGHAM CELEBRATES VE DAY













GISLINGHAM CELEBRATES VE DAY

VE DAY 11.5.2025

On a glorious sunny day Gislingham celebrated the anniversary of the end of World War II in Europe. The event was started off with a rendition of the Last Post that was played by the Gislingham Silver Band, followed by the raising of the VE Day Commemoration flag by ex-serviceman David Braybrooke while, overhead, Swifts swirled around in the sky in a display that was poignantly reminiscent of Spitfires engaged in a dogfight with enemy planes.





Many villagers enjoyed drinks from the bar, served by Barrel & Bridle. Pork buns with all the trimmings were also served by Harris's Hog Roast and ice creams were snapped up from the Whip it like Webber van. Teas and coffees were provided by the Parish Council. There was even a Red Kite spotted hoping for unguarded hog roast bun.

The Parish Council would like to thank everyone who came to mark the anniversary, the Silver Band for their wonderful wartime music and the Gislingham Variety Club singers who entertained the crowd with renditions of many 'all-time favourite' wartime songs.

One thing we must not forget is that, although we were celebrating the end of the war in Europe, a whole generation of young men had already made the ultimate sacrifice for our freedom and many more were still fighting or being held as POWs in other parts of the world.




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GOLDEN SYRUP CAKE



This month, Gislingham WI recommends this Mary Berry recipe for Golden Syrup Cake.

This is the sort of cake you wrap in greaseproof paper and forget about for a day or two… only to find it's even better when you remember it again.



Ingredients:

- 100g Butter
- 50g Light brown sugar
- 50g Caster sugar
- 200g (9 tbsn) Golden syrup
- 1 egg
- 150ml Milk
- 200g Self-Raising Flour
- 2 tbsps. Golden syrup

Method:

- Melt butter, syrup and sugars. Set aside and chill for about 15 minutes.
- Whisk together milk and egg and add to sifted flour and chilled syrup mixture until a lump-free batter is formed.
- Pour into a 2lb lined loaf tin.
- Bake for about an hour 160C or 140C for a fan-assisted oven.
- After cooling for 10 minutes, skewer cake and drizzle 2 tbsps. golden syrup on top.

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.

MUSIC AT THORNHAM

Six Concerts for the summer at the church of
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Saturday June 7th 4pm

Awake My Lyre: Henry Purcell and his Circle

The John Jenkins Consort directed by **Peter Holman**

A programme of music from 17th C London, works for virtuoso violin as well as traditional Welsh and Scottish tunes

---

19th - 20th July

Isabelle Flory violin & **Stéphane Spira** piano

Two programmes featuring **Beethoven** violin sonatas, with **Mozart**, **Schubert,** and **Maurice Ravel**'s sonata to mark his centenary year

---

26th - 27th July

Fra Rustumji violin **Corentin Chassard** 'cello
Guillaume Mathias piano, plus guests

The Saturday programme will include Oliver Messiaen's *Quatuor pour la fin du temps* - further programme details to be announced

---

Saturday 13th September 7.30pm

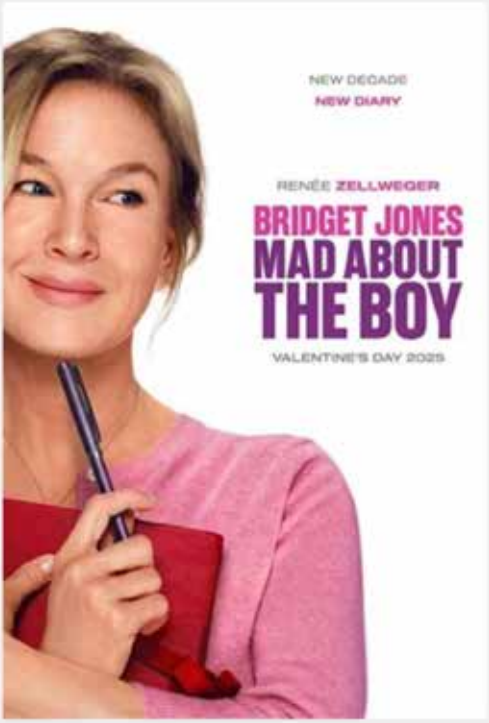
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VOLUNTEERING AT THORNHAM WALKS



Thornham Walks provides excellent volunteering opportunities to a wide variety of people, structured to suit most people's abilities and age. Every second Wednesday of the month is volunteer day, starting at 10am and finishing by 3.30pm, however if you would only like to work the morning, enjoy your lunch and free cake with us, that's also very welcome. These Wednesdays are open to everyone whether you have experience of practical conservation work or not. Our experienced volunteers are always happy to share their knowledge and expertise with newcomers. New faces are very welcome to join our team and we also welcome corporate volunteering for people who would like to give back something to a place of nature. The days are designed to get people out into the countryside where they can learn new skills, meet new people and get a bit of exercise at the same time.






The types of general maintenance around Thornham Walks that we undertake are:

· Grassland management · Coppicing · Footpath management · Scrub clearance
· Bridge repairs · Willow or Hazel weaving · Pond clearance and maintenance



If the practical side of volunteering does not interest you, then there are other areas where Thornham Walks needs help. For example, patrolling the footpaths throughout the year and trimming back hedges, loose brambles etc or helping with events.

Tea, coffee and cake will be provided at lunchtime, but you will need to bring your own packed lunch. You will also need to wear suitable clothing and footwear, i.e. waterproof coat, work boots, walking boots or Wellingtons. We provide high visibility vests to wear whilst working which sport the Thornham walks logo.

Please contact: Tracey Brown (Volunteers supervisor)

Tel. 01379 831242 Email: thewalks@thornhamestate.com

VOLUNTEERS WANTED



COMMUNITY SPEEDWATCH

If you're passionate about road safety and want to connect with your neighbours, consider becoming a Community Speed Watch volunteer in Gislingham. It's a rewarding experience that can have a lasting impact. To get involved, contact Steve Critchley at: s.j.critchley@btinternet.com

MENDLESHAM SCOUTS

Currently looking for the following:

- Adult Leaders/Assistant Leaders for Beavers, Cubs and Scouts
- Project Coordinator for the building of our new HQ
- Fundraising Team - to raise funds for the project and organising events
- Secretary/Group Administrator

Contact: Lil Evans – Chair of Trustees 07545 322087 Elizabethevans81@hotmail.co.uk
Martyn Bryant – Group Lead Volunteer 07900 147912 Martyn_bryant@hotmail.com

MELLIS CHURCH

The Treasurer on the PCC at Mellis who has managed the finances of our church for several years will shortly be stepping down from this role.
We are looking for someone who may be able to take on this voluntary position, which involves oversight of the finances, attending four meetings each year and preparing end of year accounts for our auditors.
If you feel you have the skills and would like to join our small, friendly team, please email Owen at pandomurphy@aol.com for more information.

GISLINGHAM PARISH COUNCILLORS

If you feel that becoming a Parish Councillor is something you would like to do or if you would be willing to take on any role to help the community, please contact our clerk and we can give greater insight into what is involved in any role. Email: clerk@gislinghamparishcouncil.com

VOLUNTEERING AT THORNHAM PARKRUN

The Thornham parkrun takes place every Saturday and everyone is welcome to volunteer. There are plenty of opportunities to try new roles, apply your skills or learn new ones, be with friends and family, meet people and be a part of the parkrun community. You don't need any experience of parkrun. You can volunteer alone or team up with someone else, and there are always people on hand if you have any questions. Anyone wishing to volunteer can email thornhamwalks@parkrun.com or look on our Facebook page.

If your group or organisation is looking for volunteers and you would like us to publish the details on this page next month, please email: themessengereditorial@gmail.com

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GAMES ON THE GREEN
FINNINGHAM SUNDAY 22nd JUNE

Please come and join us for an afternoon of games, starting at 2.30pm.

There will be a variety of games for all ages, the main event being a knock-out Rounders tournament. We are hoping to see entries from our neighbouring villages, and there is a trophy for the winning team.

To enter a team of 8 contact **Ian Armstrong, phone 01449 780215 or email ianbacton@aol.com** - or you can just turn up! Teams can be formed on the day or If you would just prefer to watch we look forward to seeing you.

Feel free to bring a picnic and drinks, perhaps a chair.
An ice cream van will visit at around 4 o'clock.
A tug-of-war competition will round off the afternoon.

There is no entry fee (but a donation to Friends of Finningham on the day would be much appreciated).

You've forgotten how to play rounders? Don't worry, you are in good company. "Bash and run" is about all you need to know – but if you would like a reminder, try "The Basic Rules of Rounders" by Darren Wilks, it's on You Tube.



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TERRAPIN NEWS



As I write this, officers of Mid Suffolk and Babergh District Councils are preparing posters, postcards and flyers to initiate a district wide consultation of what the residents of Mid Suffolk and Babergh would like to see from Local Government Reorganisation.

On the 2nd May the Chief Executives of the Borough Councils and the County council all received the same feedback from the Ministry of Housing, Communities and Local Government in response to the three separate Interim Plans, one from the County Council and one from the Joint District Councils and Ipswich Borough Council.

I quote: "We welcome the work that has been undertaken to develop Local Government Reorganisation plans for Suffolk. This feedback does not seek to approve or disprove any option or proposal, but provide some feedback designed to assist in the development of final proposal(s)."

From my annual MSDC Report given to Parish Councils and meetings: "For the 2025/26 budget, agreed in the February Council Meeting, the administration committed to a capital programme of £36m for the district, which is partially funded by the council's reserves. This includes investment in health facilities, primarily including the ongoing SHELF project, investment into new skills and innovation within the district, and an increase in funding for the communities across Mid Suffolk's smaller towns and villages. In addition to these spending plans, there was also no planned increase in council tax, which was frozen at its current rate of £175.03 for a Band D property. Finally, the council is additionally estimated to have a surplus of £2.4m at the end of the financial year."

By comparison the County Council approved £10.9 million pound in new savings on top of savings of £17.5 million from last year – a total of £28.4 million whilst increasing its share of council tax by 4.99%. This will mean cuts to non-mandatory services. Other County Councils across the country are in a similar financial situation faced by a rising demand in children's and adult social needs, underfunded by central government and rising interest rates on loans.

The County Council Network has provided figures claiming that the savings from a single unitary authority are significantly higher than if 2 or more unitary councils were formed in Suffolk.

Mid Suffolk and Babergh together with the other District Councils are also considering the Government Criteria: "Identify the likely options for the size and boundaries of new councils that will offer the best structures for delivery of high-quality and sustainable public services across the area, along with indicative efficiency saving opportunities."

One way in which Mid Suffolk can invest in communities is through the collection of the Community Infrastructure Levy, CIL. This is paid by developers and is ring fenced for spending on making communities more sustainable and resilient. For example, on residential developments it is between £214.73 and £286.23 per square metre. Between 15% and 25% of the money collected is made available to Parish Councils impacted by the development to identify where it should be spent, the rest is held as a strategic fund and parishes can bid for the resources to carry out major works that can be identified as having a wider more strategic impact.

Mid Suffolk and Babergh are approaching LGR positively and are investigating how a single unitary authority can improve transparency and accountability without losing touch with our local communities. Size does matter and the District Councils will put forward by September 2025 a financially sustainable and evidenced based proposal for Unitary Councils of the most appropriate size for our residents.

Rowland Warboys MSDC Councillor Gislingham Ward

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A WORD FROM ROSEDALE...



Here at Rosedale, when we run our bereavement support groups, week three can be quite a difficult week for participants. We ask them to bring in a photograph of their loved one and talk for about five to ten minutes about them. Most people feel trepidation about doing this as they worry, they will get upset or freeze. For some, even bringing in a photograph is a major milestone as they may not have been able to look at photos since their bereavement.

Just for this week, we ask that participants focus on the life of their loved one, rather than their illness or the circumstances of their death. In this way, we are trying to see the big picture and understand that their death is a small part of who they are and the full life they have lived. Everyone is different but being with someone as they died can be a mixed blessing. We may feel grateful we were with them as they passed away but also be traumatised by the experience. Some find that their mind keeps replaying unpleasant memories they would rather forget. Sharing photographs is about reframing what has happened and putting their death into the much bigger context of their life.

In reality, as is true with so many things, the build-up and anticipation are usually worse than doing the thing itself. As they recall how they met, special moments, holidays or their funny quirks, there are often tears and usually lots of laughter. Almost without exception, most participants find that talking about their loved one's life offers a therapeutic release and an opportunity to recall and appreciate the happy times they shared. As facilitators, it is always lovely to see the group members bonding together as they reach a deeper level of empathy.

Memories can be bittersweet and we may get upset, but crying is a normal response to grief. Our loved ones will always be part of us. We are the person we are today, partly because of them. They live on in us.

Talking to others who are also grieving can be very supportive. Rosedale's groups are free and open to everyone. Call 01379 640 810 to reserve your place.



This article was written by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

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

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TIP OFF, RIP OFF!



This month we warn you of two fake text messages which have been doing the rounds recently.

Scam Alert 1 - Fake parcel delivery text messages



We are warning residents about text messages claiming to be from parcel delivery companies stating they are unable to deliver an item.

Recent examples have included messages claiming to be an 'Evri Package Notification' stating that 'your package cannot be delivered due to missing or damaged address information'.

The message goes on to say that 'to ensure timely delivery' you need to update your details via a link in the message. These messages are sent by criminals who have created websites which are used to gather personal and financial information or take payments.

If you receive one of these messages **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.

You can also report scams received to us via Citizens Advice Consumer Service on **freephone 0808 223 1133**.



Scam Alert 2 - Text messages claiming to be from DWP

We are again warning residents to be alert for text messages claiming to be from DWP.

One recent example, which is titled 'Subsidy Payment Reminder', states 'As of this date you have not yet submitted an application for a subsidy for 2024-2025'.

The message then claims that 'all applications must be completed' via a link in the message within a short time window, usually around 24 hours from when the message is received 'in order to be eligible for the £200 to £300 subsidy'.

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.

If you receive any suspicious text messages you can report them by forwarding the message **free of charge to 7726**.

THE MESSENGER NINE LETTERS QUIZ

The first letter of each answer will spell out an anagram. The clue is it's a Dog's Life. What is it?

1. The 7th planet from the sun is ……..?
2. Who was the Formula 1 Champion in 1996?
3. What is the singer Adele's surname?
4. What is the fear of enclosed spaces called?
5. Who won the 1974/1975 Division 1 Football Championship?
6. What is the Spanish word for Christmas?
7. What is the oldest university in the USA?
8. What English was granted city status in October 2021?
9. What was the surname of the author who wrote "The Old Man and The Sea"?
10. The answers are...?

Answers appear on page 59.

SUDOKU CHALLENGE

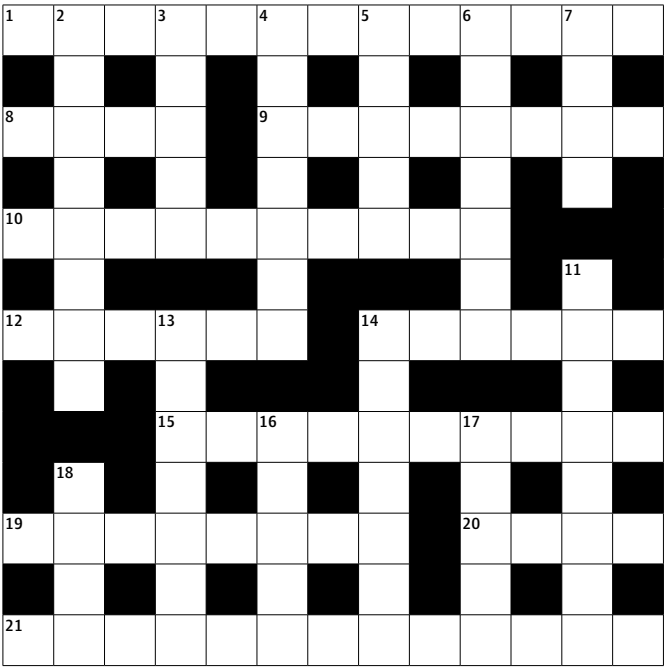
	6			7			1	
			4					3
	1				3	7		
5	9		7					8
		2		6		4		
					1		2	5
		7	1				9	
3					7			
	5			8			6	

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

1 I'll risk more to win back my money (6,2,5)
8 Boyfriend (4)
9 Carved (raised design) (8)
10 Rock-crushing device – hard round sweet (10)
12 Ice-cream alternative? (6)
14 Persian Gulf state (6)
15 Criminal (10)
19 Art of engraving designs into gems – ligation (anag.) (8)
20 Swing this way and that (4)
21 Turnip, e.g. (4,9)

Down

2 Phone call facilitator (8)
3 Promotional description (5)
4 Periodic table member (7)
5 Cube man (5)
6 Open (7)
7 Hike (through mountains?) (4)
11 Blazing sphere (8)
13 Capital where the Titanic was built (7)
14 Sing-along 'entertainment' (7)
16 An Ideal Husband author (5)
17 On the Med, e.g. (2,3)
18 Details (4)

Last issue solution

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

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NOTICES



GISLINGHAM GARDENING, ART & PRODUCE SHOW ("GISGAPS")

Saturday 9th August 2025 from 2.00pm to 4.00pm at Gislingham Village Hall

Following on from last year's successful Gislingham Gardening, Art & Produce Show, where we saw in excess of 100 entries, we are delighted to announce that the event will be repeated this year on Saturday 9th August.

We will be reinstating the Cottage Garden Trophy this year and a few of last year's categories will be altered to keep things interesting. So please remember to get planting in readiness!

More details to follow in subsequent editions of the Messenger but if you have any questions please contact the team at GISGAPS@gmail.com

You can also follow our Facebook page for updates (search for Gislingham Gardening, Art & Produce show on Facebook).

The GISGAPS Committee

U3A DISS

U3A Diss's moto is Learn, Laugh, Live sums up perfectly this vibrant self-help, self-managed society.

If you are interested in coming to see what U3A is all about, why not come to their monthly meeting (first Thursday in the month, 9.45 am with refreshments followed by the speaker at 10.30 am). You will have the opportunity to meet and chat with members who have joined one or multiply groups. Our 5th June Meeting we have Sarah Spooner giving a talk entitled 'The Norfolk landscape in ten maps'.

More information on other talks **https://diss.u3asite.uk/events/**

The opportunity for lifelong learning is good both mentally and physically for everyone and U3A welcome new members to their monthly meeting and the diverse groups that run throughout the month. The group you could join could be crime fiction, dance use it or lose it, a variety of history groups, mah-jong, pétanque, crafts to writers' groups, so whatever your interest is then you may well find it at U3A Diss. For a full list: www.**dissu3a.org.uk**

THANK YOU!

The people and, especially, the clubs of Yaxley would like to send a big **THANK YOU** to the Management Committee of the Mellis Memorial Hall.

Your help with bookings and use of the equipment of the hall was vital in keeping our clubs going while the Yaxley Village Hall was out of action.

The anagram spells out DACSHUND

6. NAVIDAD, 7. HARVARD, 8. SOUTHEND ON SEA, 9. HEMINGWAY.

1. URANUS, 2. DAMON HILL, 3. ATKINS, 4. CLAUSTROPHOBIA, 5.DERBY COUNTY

Answers to the Connection Quiz on page 56.

SOUTH HARTISMERE BENEFICE



When I was driving recently, my attention turned to the on-coming cars, as I momentarily glanced at the passengers in the front seats. As they passed, I noticed that some of the passengers were sleeping. I certainly have a cat nap when someone else is driving. I guess to do so is to subconsciously have complete trust and faith, believing we are in safe hands, and that we will arrive at our correct destination.

I was turning thoughts about faith whilst sitting in church on Easter morning, as a friend of mine told me about his recent trip to Canada for his daughter's wedding, a wedding which took place on the ice of a frozen lake near Banff. I would never condone walking on a frozen lake or river, but to do so would require complete faith that ice would support me, and an unquestionable trust in those that gave that assurance. My friend told me that as they stood in the middle of the lake, they were informed that someone had in fact fallen through the ice only a matter of days before. I guess trust in humankind sometimes requires an act of blind faith, you make your choice and accept the outcome and decide whether to trust in the advice which you are given.

With Easter only a matter of 6 weeks behind us, the most poignant part of the Easter story that remains for me is the part about 'Doubting Thomas'. Whilst many of Jesus's disciples who heard of the resurrection needed no persuasion that Jesus had risen from the dead, Thomas needed proof, he wanted to initially put his faith in only what he could see and touch. I suspect there may have been arguments amongst them about who was right and who was wrong, I guess an early form of PCC, where disagreements can occur, but over much smaller and seemingly irrelevant things. At that same service on Easter morning, I was talking to a fellow Church-Elder who re-told me his journey of how a single prayer took him from being an atheist to a Christian in a matter of moments. He describes the moment he decided to say the Lord's prayer. His faith that day in something that he did not believe in, resulted in something that, to this day, is even harder to describe.

Modern day life is becoming ever more complex, the world that we may have become comfortable with can change in a moment's notice. Every now and then someone will come along and revolutionise it or make it ten times worse? We have decisions to make, who to trust and who (or what) to believe in. What is truth and what is fake, especially now we have to contend with CGI, AI and fake news. Are we metaphorical passengers in a car with our eyes shut, trusting that all will work out fine in the end or are we perhaps heading to an unknown destination? Do we have a blind faith that the metaphorical ice on which we all stand will continue to sustain us by placing an unwavering trust in humankind to always tell us the right things? There is a line in a song that I have always struggled with, that is until this last Easter Sunday, the line says, "just prayed to a God I don't believe in". If that is true for any of us, be warned that doing so may give you the answer that you may not expect but something which will make an indescribable and life changing difference.

Tim Rowe, Lay Elder

Sunday 1st June	Thorndon	10.30am	Worship for All
7th Sunday of Easter	Gislingham	10.30am	Holy Communion
Sunday 8th June	Thornham Parva	10.30am	Benefice Holy Communion
Pentecost			
Sunday 15th June	Mellis	10.30am	Worship for All
Trinity Sunday	Thorndon	10.30am	Holy Communion
	Gislingham	10.30am	Worship for All
	Thorndon	4.00pm	CONNECT
Sunday 22nd June	Wetheringsett	10.30am	Holy Communion
1st Sunday after Trinity	Yaxley	10.30am	Holy Communion
	Thornham Magna	10.30am	Mattins
Sunday 29th June	Thornham Magna	10.30am	Benefice Holy Communion
2nd Sunday after Trinity			

Telephone Church BCP Holy Communion is on Thursdays at 11.00am



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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
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) Thornham Magna and Thornham Parva - James Fawcett	01379 788633 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 (Mellis - Helen Timmons) email: bookmellishall@gmail.com (Thornham Parish Hall - Beth Fredrikssen-Jones) email: hallhire@thornhams.org	 01379 783903 01379 783449
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
Suffolk County Council -Cllr Jessica Fleming jessica.fleming@suffolk.gov.uk	01449 711065

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