The Messenger



Issue 153
October
2024

Serving Gislingham, Mellis and the Thornhams

WINNER
NATIONAL
PARISH
MAGAZINE
AWARDS

THE MESSENGER TEAM



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News and features from the Messenger are added every month to the Messenger website **www.the-messenger-online.com**

Next issue: November 2024
Copy deadline: Monday 14th October

E-mailed or hand-written submissions always welcome. The editor reserves the right to edit, amend or omit submitted items at his discretion.

You can find the Messenger Facebook page at:
https://www.facebook.com/themessengergismeltho

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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



EDITOR'S NOTES – October 2024

Welcome to the October issue!

With Christmas fast approaching, October is the month we always launch our Children's Christmas Artwork competition. Same format as usual, there are four age categories so that irrespective of age all the children will have the chance to have their picture featured in the magazine. There will be a winner in each age category and the four winning pictures will all appear in the December issue. One will be chosen to feature on the cover. (Full details can be found on page 9).

Despite some unpredictable weather, the August Bank Holiday weekend, once again, saw excellent support for the annual Gislingham Flower Festival at St. Mary's Church. The event raised a total in the region of £2400. My thanks to Mae-Li Sun for supplying the photos of the flower arrangements, which can be seen in our centre pages.

September 14th saw the return of the 'Gislingham Gardening, Art and Produce Show', or GISGAPS, after a 5-year absence. The event was a huge success and money was raised for two local charities – Street Forge Workshops and Beyond the Wall, in Thornham. (Full details and a list of winners can be seen on page 7).

Looking ahead to November, I would like to draw your attention to a new production by the Gislingham Variety Club – 'Hillbilly Hoedown' – tickets for the 3 performances are now on sale – details are on page 10. If you aren't sure what to expect, think wisecracking storyline and more country music classics to sing along to than you could crack a whip at. This is sure to be a great night of fun and entertainment!

There are lots of other upcoming events that have been organised locally, including – Book Sale, Pub Night with Open Mic, Breakfast Club, Film Night, Autumn Fair. Details of these ,and others, are included in this issue.

I hope you enjoy this issue!



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover photo: Aurora Borealis, taken in Burgate Road, on 10th May at 11.39pm.
Photographer: Danielle Booth

DIARY & LOCAL EVENTS



Tuesday 1st October: Rural Coffee Caravan
- Mellis Memorial Hall: 10.00am – 12.00 mid-day

Friday 4th October: Pub Night + Open Mic
- Gislingham Village Hall: 5.00pm – 9.45pm

Saturday 5th October: Book Sale
- Gislingham Village Hall: 10.00am – 12 noon

Sunday 6th October: Breakfast Club
- Thornhams Parish Hall: 10.00am. See page 12 for details.

Saturday 12th October: Garage Sale
- 'Woodberry', High Street, Gislingham: 9.00am – 3.00pm. See page 59 for details.

Saturday 12th October: Cake & Savouries Sale
- 6 Church Street, Mellis. 9.30am – 10.30am. See page 59 for details.

Sunday 13th October: Autumn Fair
- Thornhams Parish Hall: 11.00am – 3.00pm

Wednesday 16th October: Gislingham WI - Soup Supper
Plus, a follow up presentation by a Gislingham Scout on her World Scout Jamboree experience. Gislingham Village Hall: 7.30pm

Saturday 19th October: Quiz Night
- Gislingham Village Hall: 7.00pm / SOLD OUT

Friday 25th October: Film Night – 'Swimming with Men'
- Thornhams Parish Hall: 7.30pm. See page 27 for details

Thursday 14th to Saturday 16th November: GVC presents 'Hillbilly Hoedown'
- Gislingham Village Hall: 7.00pm. Tickets on sale now! See page 10 for details.

SAVE THE DATES:
- **Saturday 12th July 2025:** Gislingham Summer Fair
- **Saturday 9th August 2025:** Gislingham Arts and Produce Show

Please note, any event changes after the magazine goes to print are updated on our website at: http://www.the-messenger-online.com/diary

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

Our next issue is November 2024. The "What's On" Diary deadline is: Monday 14 Oct.

CLUBS, CLASSES & REGULAR EVENTS

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

Baby and Tots Group for the Under 2's: Gislingham Primary School.
Every Wednesday 9.45am – 11.00am. Contact Debbie Nicholls: 07931 665 205

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

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

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

Yoga Classes: Gislingham Village Hall. Tuesdays 7.00pm - 8.30pm
Contact Clare Hall on 07704 570877 or email: thornhamyoga@yahoo.com

Pilates Classes: Thornham Parish Hall
Tuesdays 10.00am - Pilates Seated & Standing (no floorwork)
Wednesdays 11.15am Every Body Pilates (general & all levels)
Contact: Michelle via email hello@yapl.co.uk

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

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

Gislingham WI: Gislingham 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.

Mellis Canicross: Mellis 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

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

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

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GISLINGHAM GARDENING, ART & PRODUCE SHOW

The Gislingham Gardening, Art & Produce Show took place on Saturday 14th September and the GISGAPS committee would like to thank all of the entrants for taking part in what was a very successful and well-attended show.

The committee would also like to thank the judges, Lawrence Thompson (Vegetables), Eileen Tordoff (Flowers), Reg Siger (Art) and Natasha Suprun (Produce) for giving their time, and also to Street Forge Workshops and Beyond The Wall for coming and setting up their stalls. Thanks also go to all those who helped with setting/clearing up.

Penny Marland was crowned Best in Show. The winners of the other trophies were:

- **Archdeacon Trophy - Anne Smethurst**
- **GAGA Trophy - Ron Taylor**
- **George Tuffs Cup - Carola Siger**
- **Hurrell Cup - Penny Marland**
- **Barstow Cup - Mary Whatling & Anne Cottee** (to be shared 6 months each)
- **Wallis Cup - Anne Smethurst**
- **Lodge Trophy - Mae-Li Sun & Mike Heath** (to be shared 6 months each)
- **H. Fisk & Son Cup - Janet Smyth, Robert Smyth, Heather Moore & Helen Marsh** (to be shared 3 months each)
- **Pickle & Tiny Shield - Sophie Whatling**
- **George & Charlie Shield - Jacob Whatling**

We also handed out many raffle prizes including three large hampers which were generously donated by Tesco (Stowmarket) along with the cakes and refreshments. Our thanks goes to them and to all those who kindly donated raffle prizes.

Thanks to all those who participated and came along, we raised £375 and that will be shared equally between two charities, Street Forge Workshops and Beyond The Wall, Thornham.

GISGAPS 2025 will be on Saturday 9th August 2025 so please save the date!





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23rd November - **Bruges by Eurotunnel**
1st December - **Presents Galore at Rowley Mile**
4th December - **Lion King the Musical**
5th December - **London Lights**
7th December - **Mill Road Winter Fair**
9th December - **Winter Trail at Wimpole Hall**
11th December - **Westfield Shopping**
18th December - **Only Fools and Horses the musical**
21st December - **G4 performing at Bury St Edmunds Cathedral**

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Children's Christmas art competition

It's time for the Annual Christmas Artwork Competition for children under the age of 12 living in Gislingham, Mellis and the Thornhams.

The winning picture will appear on the cover of the December issue and the winners of each age category will be published inside the magazine.



The age categories are:

- **Age 2-4**
- **Age 5-6**
- **Age 7-8**
- **Age 9-11**

The criteria are:

1) Paper used must be no bigger than A4.
2) Actual design must be 20cm high x 17cm wide.
3) Closing date for entries: **8/11/24**
4) Submit entries to: Gislingham School Office, Mellis School Office, Gislingham Playgroup or Strawberry Fields, High Street, Gislingham (next to Gislingham Village store)
5) Name, address and age of child MUST be written on BACK of picture.
6) The Committee of the Messenger magazine will choose the winners.
8) A small prize will be awarded to the winner of each category.
9) The artist's name and age will be credited alongside their picture.

We look forward to seeing your entry!
The Messenger Committee

Gislingham Variety Club Presents

HILLBILLY HOEDOWN

A Chaotic Ode to Country Music

Thurs 14th - Sat 16th November 2024

Doors open 7pm

Yee haw



TICKETS

£9 adult

£6 under 16's

Gislingham Village Hall

Bookings: 01379 788 304 / gislinghamvariety@gmail.com

GVC

NEWS FROM GISLINGHAM VILLAGE HALL

FUTURE EVENTS

Friday 4th October 2024: Pub Night + Open Mic

Doors Open 5.00pm. Last orders 9.45pm.

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 19th October: Quiz Night

This event has sold out. Doors open 7pm.

Saturday 7th December: Christmas Quiz Night

There are a few tickets remaining for this event.



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.



Bookings: breakfast@thornhams.org

NEWS FROM THORNHAM PARISH HALL



GREASE SING ALONG









We held our 'singalong' film night on 23rd August which was most successful! We watched Grease (which many of us hadn't seen since our much younger days!). A free ice cream was on offer if we dressed up in character. We will definitely do this again and are planning a Mama Mia singalong next.

NEXT EVENTS:

Sun 6th October, 10am: Breakfast club – Jo-Jo from the Thornham Estate and Walks £10 Bookings: breakfast@thornhams.org

Sun 13th October, 11am–3pm: Autumn Fair – Raffle, tombola, gift/craft stalls, refreshments, vintage gazebo and much more…

Fri 25th October, 7.30pm: Film night £5 - Swimming with Men. Bookings: films@thornhams.org

Sun 3rd November, 10am: Breakfast club - TBA. £10 Bookings: breakfast@thornhams.org

REGULAR WEEKLY EVENTS:

Pilates Classes on Tuesdays 10.00am – Pilates gentle floorwork
and Wednesdays 11.15am – Pilates floor work – all levels

SAVE THE DATES!

Our lovely village hall will be 100 years old at the beginning of December and we are going to hold a weekend of celebrations from 29th November to 1st December. Watch this space for more details.

THORNHAM VILLAGE HALL KITCHEN REVAMP

The events team have agreed with the trustees to use a small portion of the funds we have raised to re-vitalise our kitchen. We have started with a good clear out and tidy up and we are planning to repaint the cupboards with a vintage theme. Along with a fresh lick of paint and some new additions, this will make our kitchen a much more efficient serving area.

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

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GISLINGHAM PLAYGROUP NEWS

We have started the new school year welcoming new children and families to the playgroup.

We have enjoyed spending time out in our garden playing with the new mud kitchen that was given to us by the children and families that left us in July, to start their new adventure at school.

This week our theme has been Harvest. We have been on a walk looking at the changes to the fields and looking at the fruit on the trees .We have picked the apples from our tree in our garden.

Next Term we'll be practicing our Christmas songs.









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

THE OLD CHAPEL, MILL STREET, GISLINGHAM



Built in 1860 for the United Methodist Free Church, the old Chapel in Mill Street, Gislingham had stood, empty, sad and derelict for many years. However, in 2015, Nick and Camille Glendinning, of Suffolk-based Nest Developments, rescued it.

They worked closely with local architect Andrew Hughes to produce a design that involved the rebuilding and restoring of the original building, as well as the addition of extensions on either side to provide additional living/bedroom space.

Nick and his team salvaged and re-used materials wherever possible. Some Suffolk White Bricks, which were traditionally made from Gault clay, were re-used in the entrance hallway and as a hearth for the fireplace. Gault clay was found in abundance in the eastern counties, especially in Cambridge and Suffolk, but shortages of the clay, which was thought to have been laid 120 million years ago, caused Suffolk White bricks to become extremely rare and expensive. In fact, they were rumoured to have even been used in the construction of part of the White House in Washington.

Most of the materials and supplies came from within 30 miles of Gislingham and local craftspeople, from upholsters to furniture makers, as well as the building trades, were involved in the renovation.

The vestry was converted into the kitchen/dining area. The extension echoes the shape of the chapel but provides a striking contrast, through the use of stained black timber, to the original red brick Chapel.

Whilst externally the appearance has changed little, the building has been remarkably transformed into a four-bedroom house and includes a spectacular double height living room in place of the original chapel nave. The timber choir gallery has also been retained.

Source material: East Anglian Daily Times, 2015 and Wikipedia



Opposite: The Chapel before renovation.
Above: Postcard from 1928.
Right: After renovation.



The United Methodist Free Church - Background

The United Methodist Free Church, sometimes called Free Methodists, was an English Nonconformist denomination in the last half of the 19th Century.

The United Methodist Free Church was formed in 1857 when a number of Methodist ministers were expelled from the Wesleyan Methodist Church after a series of anonymous pamphlets were circulated to Wesleyan Methodist ministers between 1844 and 1849, criticising centralization, ministers staying too long in office and extravagance within some areas of the leadership.

A pamphlet war ensued between factions and, instead of addressing the complaints raised, the leaders set about trying to discover the authors of the pamphlets. Ministers were asked to sign a declaration to say that they disagreed with the criticism and were not involved in the production of the pamphlets. Thirty-six ministers refused to sign and a move was made to examine them. It was all rather like the McCarthy era in the USA in the 1950s.

Three ministers were ultimately charged with insubordination and expelled. Their expulsions were met with condemnation, the loss of 100,000 members and the formation, in 1857, of The United Methodist Free Churches.

In 1932, the United Methodist Church merged with the Wesleyan and Primitive Churches to form The Methodist Church.

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WORTHAM & BURGATE TWINNING



Wortham and Burgate Twinning Association is looking for new members. We are an organisation that has been going since 1991 and although we have a thriving membership, we would welcome more, particularly families.

The Twinning movement started as a post war idea to generate friendship between England and other European countries. In the current climate, this idea is still very valid and as an organisation we have been seeking to promote friendships between us and the people of Hédé Bazouges in Brittany for more than thirty years. During the covid years things faltered briefly but now not only are we still engaging with our French partners but we are also extending our partnership to include a German town, Badbergen in Northern Germany.

In May a group of 15, including two families, visited from Hédé Bazouges for a long weekend. Whilst their hosts looked after them for much of the time, other twinning members were also involved with giving lifts and providing meals. We fully recognise that not everyone can provide accommodation to host a guest, and some prefer not to. Work commitments can also make it difficult to host. We have introduced a system of 'host buddies' so that everyone can be involved if they wish. There are also social events during the visit which all members are invited to join in with. A visit to Bressingham Gardens was enjoyed by our French visitors, old and young alike.

Whilst it can be an opportunity to practise any language skills you might have, the ability to use our phones to translate what we are saying means that communication is not difficult. In any case many of our visitors speak excellent English. As an organisation we do promote language skills for those that wish to try and we have regular French conversation groups. This may extend in future to German conversation also.

We are looking forward to a group of 10 visiting us from Badbergen in September and also plan to be visiting Hédé Bazouges for their Christmas Market in December. Return visits to both Hédé Bazouges and Badbergen are planned.

Of course, as a small community group it is not just about friendships with Europe but also links within our own communities. We are happy to have members from the surrounding area and hold social events on a regular basis. We currently have members from five other nearby villages.

If you are interested in making friends in our own community but also further afield in France and Germany and would like to join us or find out more, please either contact me (07949 204820) or visit:

www. worthamandburgatetwinning.onesuffolk.net
facebook.com/worthamburgatetwinning
email: worthamandburgatetwinning@gmail.com
Linda Simpson Chairman Wortham and Burgate Twinning





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THE AUTHENTIC SPIRIT OF HALLOWE'EN?



The authentic spirit of Hallowe'en? The sights, sounds and smells of a medieval mass for the dead

SATURDAY 2ND NOVEMBER, 6pm

Writing in September, we are already at that time of year when the plastic pumpkins and spray-on cobwebs start appearing in supermarkets. Children get excited about dressing up, being scared and eating sweets.

Exploring how we remember and relate to our departed forebears is a common theme in the autumn. Remembrance day falls on the 11th November, and in churches, the much older festivals of All Saints and All Souls fall on 1st and 2nd November, respectively.

One of the key purposes of saints in the church has been to ask for intercession. Saints are already in heaven, so can provide a hotline to God for your prayers. All Saints Day is a celebration of what the saints have done for us.

But what about everyone else? All Souls Day remembers the vast majority of departed friends and family who are, like most of us, far from saints. It is an opportunity in particular to remember by name those who have died in the past year - rather than being about what the dead can do for us, it's about what we can do for them.

The modern world finds death and bereavement difficult. We don't tend to talk about it. We don't seek answers because we hardly know what the questions are. But in earlier times, death was a more prominent part of life, and society's coping and hoping mechanisms were much better developed.

For All Souls day this year, the church at Thornham Parva will be re-creating medieval Requiem Mass, including authentic choral music, vestments, liturgy, incense, all in the setting of our beautiful medieval church and its world-famous medieval altarpiece.

We are offering this authentic, beautiful and personal context for anyone who wishes to come to remember a loved one this year.







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Saturday 12th October 8.30pm ***KARAOKE DISCO***

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Thursday 17th October 7.30pm ***PUB QUIZ***

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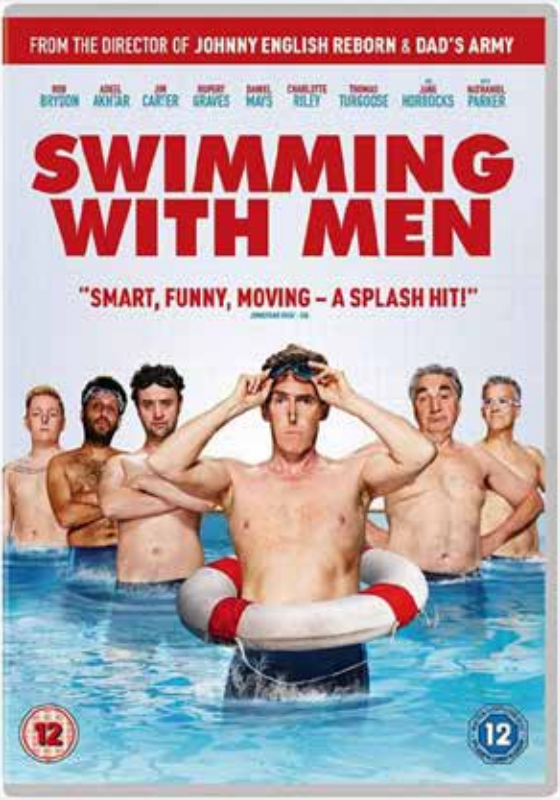
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LATEST: THORNHAM WALKS RESURFACING



The preliminary works were completed in September and we are very grateful to our volunteer teams for all their efforts.

You will notice soil piles and debris at the footpath edges. Please do not disturb the soil or debris.

Resurfacing works were postponed and didn't start until 30th September. They are anticipated to take between 3 and 6 weeks, weather permitting. The surfaced footpath will be closed for short periods during the resurfacing period, dates TBC with contractor. For the most part, there will be a temporary 'closed' area around the area of resurfacing works. We hope that these closures will be limited in both location and time and that users may still access the footpath.

Please note: there may be increased risks to footpath users during the resurfacing works, due to, for example, temporary obstructions and/or exposed footpath edges and drop-offs.

For further information, please contact the Walks office: Tel: 01379 831242. Email: thewalks@thornhamestate.com.

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GISLINGHAM SPEED WATCH QUARTERLY REPORT (MAY - JULY 2024)

The Gislingham Speedwatch team has continued monitoring the speed of vehicles through the village on Mill Street and on Thornham Road over the past few months carrying out on average 7 out of 10 sessions a month. We were very pleased to welcome a new volunteer in June which has helped greatly but we really need more!

The results for the period covering May - July 2024 are as follows: -
May: 11 vehicles recorded (Thornham Rd 9; Mill Street 2) - highest recorded speed 43mph.
June: 12 vehicles recorded (Thornham Rd 5; Mill Street 7) - highest recorded speed 41mph.
July: 20 vehicles recorded (Thornham Rd; 4 Mill Street 16) – highest recorded speed 47mph.

All recorded vehicles travelling at 35MPH or more will have received first or final warning letters from Suffolk Constabulary.

A recent nationwide study by Staffordshire University looking at the role of CSW volunteers in roads policing initiatives, including CSW, looking to improving their deployment and management has resulted in the revision of the warning letters. A receipt of a second warning will inform drivers that any further recorded speeding will result in a visit by the local police.

The new letters will be issued from September onwards.

Once again, if anyone can spare a couple of hours a month it would enable us carry out more sessions and help protect our young people on their way to and from school and it would be greatly appreciated. If you feel you can help, please give me a call on 783825 or email me on s.j.critchley@btinternet.com and I can give you more information.

On another welcome matter, the Gislingham School Junior Road Safety Officers have asked to carry out a Speedwatch session with the team in October and we are delighted to work with them again!

Finally, once again, I would like to express my thanks to all the Speedwatch volunteers and for the support of the village community.

Steve Critchley – Gislingham Speed watch Co-ordinator







GISLINGHAM FLOWER FESTIVAL 2024

Very many thanks to all those who supported Gislingham Flower Festival 2024. Without all the volunteers, both on the Bank Holiday weekend and beforehand it would have been impossible to stage.



Of course, the stars of the show were the exuberant, beautiful, spectacular, artistic and imaginative flower displays in the church. The sights and scents were breathtaking.

Outside, much fun was had trying to herd reluctant ping pong balls into jars that seemed to resent their space being invaded. Very frustrating!

In addition, there were opportunities to remember where numbered squares were, guess the weight of the cake (3.498Kg or 7lb 113/8 oz in old money), win a plethora of prizes on the tombola and have a chance of winning £50 for a mere £1 stake on a Treasure Hunt.

Also, of course, there were many prizes available in the lottery, again with a fist prize of £50. In the hall there was a full range of delicious cakes and refreshments available as well as some interesting items on the bric-a-brac tables. There was indeed something for everyone and many visitors commented on how well it all went.

Especial thanks are due to Elspeth Tranter for organizing the flower displays again, and of course to Ann Smethurst for her herculean efforts organizing the refreshments, with the help of the cake makers and all those who helped in the village hall on the three days, and to Jackie Campbell for the cake sale and bric-a-brac stand.

For my own part, thanks to the humpers and dumpers for setting everything up on the Friday and returning all to its rightful place on the Monday. Martyn Bryant and his team once again showed us how a marquee should be put up!

So, to some of the results. The top two prizes in the lottery all went to people in the village with Norman Anton of Back St taking the first prize of £50; Michael Gardiner the second prize of £25. The winner of the £50 in the Treasure Hunt was Reg Siger.

Financially, despite some disappointing weather on Saturday, the results were very similar to last year with approximately £1000 going to the PCC and more than £1400 going to FOSM.

Once again very many thanks to all who helped in any way. No doubt planning for FF25 will begin very soon.

Chris Pitt, Chairman FOSM

GISLINGHAM FLOWER FESTIVAL 2024









Flower Festival photos by: Mae-Li Sun

All of these pictures are available to view on our website.







GISLINGHAM FLOWER FESTIVAL 2024















GISLINGHAM FLOWER FESTIVAL 2024













NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes!

Last month I mentioned a lack of flying insects this year, such as butterflies and bees. Another species conspicuous by its absence just now is the wasp. In times gone by, this would be the time of year when sitting in the garden would often be spoilt by annoying wasps buzzing around. This year, though, I've hardly seen any, even around fallen fruit from my two small pear trees. Still, what's to be done if you should have an unfortunate encounter with a wasp and get stung? Writing in The Daily Telegraph, Jack Rear offers some advice. The first thing to do when wasps are about is not to increase your chance of getting stung in the first place, eg: don't wave your arms about, which may only serve to agitate the wasps making them angrier. If you are unlucky enough to be stung, the good news is that, unlike a bee sting, there is unlikely to be a stinger to remove. Moreover, for the majority of people, wasp stings are not dangerous, although they can be painful. The area around the sting should be washed with soap and water and an ice pack applied. An antihistamine may help further reduce itchiness and reduce swelling. For a few people, a wasp sting can result in them experiencing an anaphylaxis shock and this is a serious matter requiring immediate emergency care. See here for further information on the treatment of stings *www.nhs.uk/conditions/insect-bites-and-stings/*.







I did manage to track down a wasp in my garden and grabbed this photo, happily without being stung! I've also been pleased to see a few bumble bees around, taking nectar from some late flowering Verbena plants.

Whilst there are fewer flying insects about, there seems to be no shortage of spiders - inside my house I have more than enough of what I believe may be Long Bodied Cellar Spiders!

In early September I had the pleasure of a visit to Orford and a walk along the banks of the Rivers Ore and Alde. I'd describe the weather on that occasion as squally - generally bright and sunny but with sudden gusts of strong wind blowing some dark clouds across the sky. Aside from the wind, the conditions were very pleasant for walking.

It had been a couple of years since my last visit to Orford, actually to the adjacent Gedgrave marshes, in search of Short Eared Owls. Although I didn't see any owls on my latest visit, it was heartening to learn from recent notices posted at the quay that they are still in the area - on Orford Ness. That area is under the custodianship of the National Trust and can be reached by boat. Access to the Ness is seasonal and I understand that it is now closed until next March.

One thing that is noticeably absent from the scene today is the Orford Ness lighthouse that I photographed in 2015 - was it really that long ago? Sadly, the iconic red and white striped structure was demolished in the summer of 2020 as its foundations became unsafe. Happily, the lamp and some other pieces of equipment were saved for posterity.

We've recently had some excellent starry night skies but my attempts to photograph the Milky Way have been thwarted by the presence of the bright moon. Frustratingly, the next new moon does not occur until 2nd October, so I shall just have to be patient and hopeful!









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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TRIED & TESTED RECIPES by Debbie



GARDEN PEA AND MINT TART WITH SALAD

Cooking Time = 30/40 mins

This garden pea and mint tart can be served as part of a starter, or a main vegetarian dish – but without the salad.



INGREDIENTS for 6 people:

For the pastry:
- 125g unsalted butter
- 250g plain flour
- Pinch of salt
- 1 egg yolk

For the filling:
- 1 x tbsp. olive oil
- 1 x onion, finely chopped
- 3 x handfuls frozen peas
- Small handful mint, chopped
- 6 x eggs, beaten
- 100ml double cream
- 200g parmesan cheese, grated



For the salad:
- 4 x rashers smoked streaky bacon, cut into small strips
- Bistro style leaves
- Maple syrup
- Balsamic syrup

Method:

1. Preheat the oven to 170c/gas mark 3. Pulse the butter, flour and salt in a food processor until the mixture resembles fine breadcrumbs. Add the egg yolk and enough water to bring together into a dough. Lightly flour a work surface and roll the pastry out to pound coin thickness. Use to line a 25cm round tin then line the pastry with foil and fill with baking beans or dried beans. Bake blind for 20 minutes or until the pastry is starting to colour.
2. For the filling, decrease the oven heat to 120c/ the lowest gas setting. Heat the oil in a frying pan and gently fry the onions until soft. Add 2 handfuls of the peas and just cover the water.
3. Throw the remaining peas into the pastry case then pour the mixture over the top. Grate the parmesan over the top and bake for 30-40 mins., or until the filing is just set.
4. For the salad, fry the bacon until crisp then toss with the salad leaves. Dress with maple and balsamic syrup and serve with the tart.

Recipe from: Paul Emery, 'Come dine with me'

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ART THAT INSPIRES...

The Art Society Diss continues its season of talks on 15th October. It's fun, sociable, and at the Corn Hall in Diss where you can have a coffee or light lunch beforehand.

The subject matter is varied but always enjoyable and delivered by knowledgeable speakers who know how to entertain their audience. Why not come along and try us out?

Our programme for the next four months is as follows:

15 October: Princess Kesnia Pterovic Njegas. The princess who recorded a lost way of life in Montenegro.

19 November: Chrysanthemums in Art and Culture. Japonismé, operetta and the Chrysanthemum Throne.

3 December: Les Trois Grandes Dames: Three Impressionist artists: Mary Bracquemond, Berthe Morisot and Mary Cassatt.

21 January: Frederic Lord Leighton. The Curator of Leighton House explores Leighton's life and work.

All meetings are at the Corn Hall in Diss on the third Tuesday of the month (except December), at 2pm. Suggested donation for guests is £8. For more information about membership: art-socdiss.org.uk or info@artsocdiss.org.uk. New members and guests are welcome.



Photo:
Princess Kesnia Pterovic Njegas



Photo credit:
Young Mother Sewing by Mary Cassatt. On display at the The Metropolitan Museum of Art, New York



Photo:
Frederic Lord Leighton

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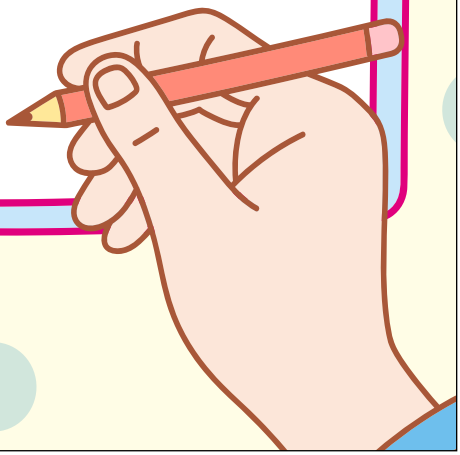
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STAYCATION & WALKING IN FOR HEALTH

We have changed things a little this month, as we celebrated Emma's birthday with a 'Staycation' which incorporated a short 'Walk For Health', so we thought we'd share what we got up to with you.

Staycation – Day 1: Norwich

When we go away, we like to find somewhere interesting and good value and the 'Assembly House' in Norwich ticked both boxes. Recently featured in the Norfolk Magazine, has some excellent reviews. To make our stay more memorable, we visited several locations in Norwich inspired by Martin Dunfords book, '111 Places in Norwich That You Shouldn't Miss'*.

The Assembly House offers free car parking during your stay but we arrived well before check in so we paid for the first few hours. Our first stop and No. 1 in the book, was the 'Adam & Eve' pub. It's been tucked away on an ancient street near the cathedral for 750 years and beer has been brewed on the site since 1249. During the Kett's Rebellion of 1549 a local landowner was murdered by rebels nearby and died in the pub, which is said to harbour this ghost. The landlady was very pleased to learn that her pub was featured in the book. We had a lovely drink outside and had a quick browse of the pub's extensive menu.



On the way back to the Assembly House, we passed Augustine Steward's House, one of the wonkiest buildings in Norwich, and visited the Bridewell Museum, where the City's prison was housed from 1585 to 1828. The displays cover all sorts, from the history of businesses like Colman's and Start-rite, and fascinating facts about Norwich City F.C.

Back at the Assembly House, we enjoyed a 'Beauty & the Beast' afternoon tea; finger sandwiches, filled rolls, mini savouries, sausage rolls, some famous Mark Mitson cheese and fruit scones plus an array of cakes, all of which we washed down with a bottle of Prosecco. A large selection of teas are available. We couldn't finish all of it, but took a goody box up to our room, which was in the eves of the building and accessed through the garden. We had a lovely lounge with a small fridge that had fresh milk for hot beverages, a bottle of mineral water and some home-made biscuits. The bedroom was large and had a super bed and quality bedding and the bathroom was spacious and had a lovely walk-in shower. The bathroom 'smellies' were of a very high quality.

Later we ventured out to the Rooftop Garden, which is on top of an office block on Rose Lane, and provides lovely views across the roof tops of Norwich and the cathedral. There is an indoor restaurant and bar and a large outside eating area which, it being such a lovely evening, was nearly full. We just had a drink and headed back to the Assembly Rooms for some sleep. Assembly Rooms does not serve evening meals but there are loads of eateries in the area.

Staycation – Day 2: Norwich and Holt



After a lovely night's sleep came breakfast, there was a lovely selection, all cooked to order, using local ingredients. Unbelievably, the bill was only £199 for the room, the breakfast, the afternoon tea and the prosecco!

Now, back to places in the book. We parked at the Roman Catholic 'Cathedral of John the Baptist', which is where the prison moved to from the Bridewell Museum building. Construction started in 1882 and took 30 years to complete. The building is amazing and there is also a good cafe on site. Donation stations are dotted around should you want to help with the upkeep or restoration work.

Just a few metres away, on Earlham Rd., are the Plantation Gardens, a former chalk quarry that is now so peaceful that you forget you are in the city. After the owner's death in 1897, it was forgotten, and became a jungle. It was only discovered and revamped in the 1980's and is now managed and maintained by the Plantation Garden Preservation Trust. There is a small charge for entry.

Next we moved on to Holt, a lovely town with some quality shops and eateries. Byfords is a renowned cafe, shop and B&B. Opposite is an antique shop with a small entrance but loads of space inside. There are several other eateries and shops, but Bakers & Larner's of Holt is the flagship store and a must visit.

We are staying in the Garden Room at the 'Wiveton Bell'. We had a small lounge and a bedroom and bathroom, with a huge bath, upstairs. The tea & coffee area was inside a wardrobe and had good coffee and a small fridge with fresh milk. We had a beer in the sun on the sunny front terrace. There's another large terrace where they do a BBQ at weekends. Arriving for dinner, we were amazed at how full the restaurant was, it had a real buzzy atmosphere. There was a good selection of food and we weren't disappointed with the quality or portion size.



Staycation – Day 3: Walk at Cley Salt Marshes *(O/S Map: 251 / Distance: 4.5kms/2.7 miles)*

After breakfasting in the Conservatory, we travelled the short distance to Cley Salt Marshes. We are members of Norfolk Wildlife Trust so have free entry and car parking.

Ironically, I was reading the 'Lantern Men', an Elly Griffiths 'Ruth Galloway' book which features locations around the Cley salt marshes and the Visitors Centre.



If you want to visit the salt marsh area and hides, you will need to pay at the Visitor Centre. Take binoculars if you have them. If you take the other paths to and from the beach, there is no charge.

To start your walk, exit left from the car par, cross the road, turn left and walk along the footpath adjacent to the road. Turn right onto the boardwalk which leads to three hides. The wildlife you will see depends on the time of the year. We witnessed several swallows and realised that there were a couple of nests in this hide.

Return to the footpath via the boardwalk and turn right at the end. At the 'To the Beach' sign, turn right and follow the road until you see steps on the left. Join the path and turn right onto the Peddars Way and the Norfolk Coastal Path. Continue to the car park and beach where you will see people fishing and abandoned boats. Turn right, go past the shelter with wildlife information and continue along the shingle beach. Take a quick look in the small open hide on the beach and then continue along the beach until you reach the next path, which leads to another hide. Here two swallows flew right over our heads to feed their chicks that were in a nest the hide. It was truly amazing.

At the end of the path, when you reach the road, turn right and continue back to the Visitor Centre where there's a shop, toilets and a very nice cafe, selling good scones, cakes, snacks and coffee.

If you are feeling fit and adventurous, continue along the beach to Salhouse, where there's a pub, and return to the Visitors Centre via an off road path that will add another 3.7 kms to your walk. Bear in mind, it is hard walking along the pebble beach.

We had planned to return home via Blakeney, Morston, Walsingham, and Swaffham, but Emma remembered she'd left a dress in the wardrobe at the Assembly House, necessitating a unscheduled return to Norwich...

Emma & Martyn Bryant

**Other locations in the book include the Britons Arms, Jarrolds department store, Norwich Market, Bread Source, the Edith Cavell Memorial, Elm Hill, Looses Emporium, Maids Head Hotel.*

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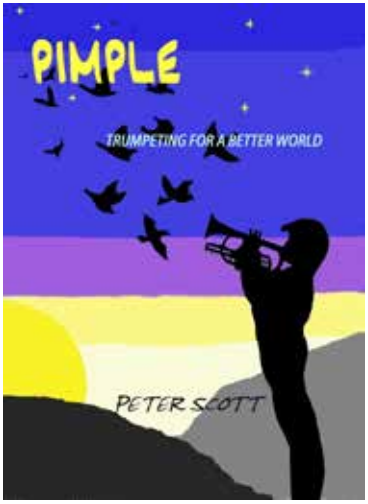
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BOOK NEWS

This month we have 'Book News', rather than a book review as we are showcasing two books by Mellis author Pete Scott. Both are available on Kindle but Peter also has some hard copies available for purchase. Proceeds from the sale of Pete's books are going to Mellis Church so you can support a worthy cause while you settle down with a cuppa and a good read. Pete describes his books as humorous; observational and hopeful; which sounds like what is needed with the autumn evenings approaching...



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TERRAPIN NEWS





On the 5th September I attended a "Call for Biodiversity Land" Summit at The Mix in Stowmarket. This event was sponsored by Mid Suffolk District Council and an open invitation was sent out to any landowner who would like to use their land to help wildlife – for example by tree or hedge planting or creating a meadow.

There were about 90 people present to meet and talk with representatives from The Woodland Trust, Suffolk Wildlife Trust, Suffolk Tree Warden Network, The Forestry Commission, Suffolk and Essex coast and heaths National Landscape and Claire Ward, the project manager who leads Suffolk County Council's: Local nature Recovery Project.

In November last year we launched our Call for Land initiative, bringing together various environmental organisations, including Suffolk Wildlife Trust, Woodland Trust, Forestry Commission, Suffolk Tree Warden Network, with landowners wanting to do something with their land to benefit biodiversity. By doing this, we can provide landowners with a range of advice, support and resources to help them both to decide what to do and make their project happen, catering for sites both large and small.

The event was organised by Richard Parmee, Biodiversity Project Manager, Environment and Projects at MSDC who can be contacted for advice and information by email: Richard.Parmee@baberghmidsuffolk.gov.uk

This MSDC initiative "The Call for Land," initially arose as a means of addressing the low tree canopy cover we have in our district, well below the national average. Trees provide us with multiple benefits as identified in the MSDC Tree Canopy Survey, link: https://www.midsuffolk.gov.uk/web/mid-suffolk/w/tree-planting

Already, MSDC have had many enquiries, seeking help for sites ranging from large gardens to tens of hectares. In some cases, there is already funding in place to start work this winter on woodland creation and hedge planting. Some schemes not only benefit wildlife, but also help reduce flooding and create a more attractive landscape.

Tree planting isn't the only approach. MSDC and partner organisations are also helping with hedge planting, ponds, wetlands, natural colonisation and meadow creation

The event was not just for large landowners but could also be for someone with a large garden, a small field near their house, or much larger fields. They just need to be interested in creating or improving habitat on their land.

There were some common threads running through all the presentations, firstly the enthusiasm of the volunteers and organisers and the conviction that progress was being made. Secondly that relatively fringe ideas such as the economic benefits of improving biodiversity were now mainstream. For farmers the support available, planning and maintenance, the long-term benefits were well and truly underlined in particular the possibility of improved management of flood water. The Upper Gipping Farm Cluster, supported by MSDC and Suffolk Wildlife is a good example of this. Yes we can have it all, improved biodiversity and productive farmland.

Rowland Warboys, Mid Suffolk Cllr. Gislingham Ward.
email: rowland.warboys@midsuffolk.gov.uk

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CHARITY MEADOW - NEW RESTRICTIONS



Following concerns shared by villagers about the damage to the surface and flora on Charity Meadow caused by horses, The Trustees of Gislingham United Charity, the owner of Charity Meadow, have made the difficult decision to prohibit, from 1 October 2024, horses being taken onto Charity Meadow.

To ensure that everyone is aware of this restriction, signage will be installed where footpaths 46, 42, 38 and 59A cross onto Charity Meadow. However the restriction will apply to the whole of Charity Meadow, regardless of the route used to gain access.



The restriction applies only to Charity Meadow land owned by GUC and doesn't affect any rights riders have to ride on any other land around Charity Meadow, subject to the rider having the appropriate landowner's permission.

GISLINGHAM UNITED CHARITY

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

The remaining meeting date for 2024 is 15th November. The meeting dates for 2025 are 10th January, 14th March, 9th May, 11th July, 12th September and 14th November.

All applications should be made to:
The Clerk at:
Lilac Cottage, Mill Street, Gislingham, IP23 8JR.
Telephone: 01379 783380
Email: gislinghamunitedcharity@gmail.com

Gislingham United Charity is a registered charity, No. 208340.

The Trustees are volunteers.

Lamberts Service Station Ltd

Shop Green, Bacton, Stowmarket, IP14 4LG, Tel: 01449 781260 Mobile: 07834 778116

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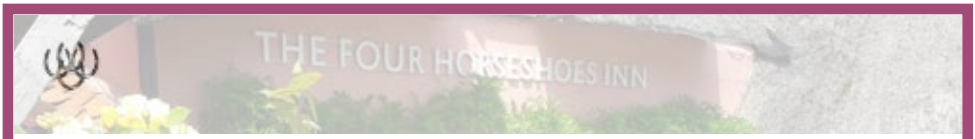
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Gislingham Village Hall	Wednesdays	9:15 a.m.
Gislingham Village Hall	Wednesdays	10:15 a.m.
Westhorpe Village Hall	Wednesdays	12:15 p.m.
Gislingham Village Hall	Thursdays	7:10 p.m.

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!



Suffolk Trading Standards are seeing more and more reports of fake QR codes on parking machines across the Country.

Quishing, also known as QR code* phishing, involves tricking someone into scanning a phony QR code with their phone or device.

The QR code then takes the user to a fraudulent website that might download malware or ask for sensitive information. It's the latest trend used by scammers to get to your hard-earned cash.

QR codes are often found on things like parking machines, charging points, emails, even restaurant menus. Once scanned, scam codes will take you to a bogus website where you innocently input your details thinking you're paying for a service or visiting the genuine site, when in fact, you're sharing all your personal details with the scammers.

How to prevent quishing attacks:

- If the QR code is on a poster in a public area, always check whether it appears to have been stuck over the original. If the sign or notice is laminated and the QR code is under the lamination or part of the original print, chances are it's more likely to be genuine.
- If in doubt, download the app from the official Google or Apple store or search the website on your phone's internet browser, rather than scanning a QR code to take you there. It may take longer, but it's more secure.
- Check the preview of the QR code's URL to see if it appears legitimate. Make sure the website uses HTTPS rather than HTTP, doesn't have obvious misspellings and has a trusted domain.
- Trust your instincts. If something doesn't seem right, don't share your details.

THE MESSENGER CONNECTION QUIZ

There are 10 questions. The answers to the first 9 questions form a connection of some kind.

1) This Andrew Lloyd Webber musical is based on a 1950 Billy Wilder film starring William Holden and Gloria Swanson.
2) TV Quiz Show hosted by Bradley Walsh
3) A rectangle with two equal length adjacent sides
4) 1977 film directed by Steven Spielberg about a UFO.
5) Known for her distinctive voice, this English broadcaster, journalist and wirer has been a regular panellist on 'Loose Women' since 2011.
6) The galaxy that includes the solar system. With the name describing the galaxy's appearance from earth.
7) Liverpudlian writer who wrote TV sitcoms, 'The Liver Birds', 'Butterflies' and 'Bread'.
8) This shape or symbol is an emblem used to represent the lunar phase.
9) You do this with a car.
10) What is the connection between the first nine answers?

Answers appear on page 59.

SUDOKU CHALLENGE

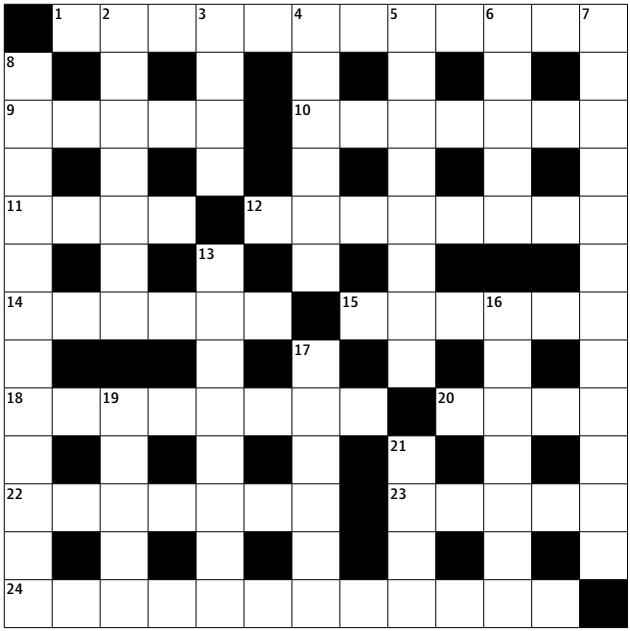
		5			6			
9			2					
8				9		4		1
4					2		5	
	5		4		1		6	
	9		7					4
2		4		7				9
					9			7
			1			3		

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

1 Sovereign's body of advisers (5,7)
9 Female relatives (5)
10 Oriental (7)
11 Urban area (4)
12 1815 battle (8)
14 Famous Five author (6)
15 Old two-shilling coin (6)
18 Slaughterhouse (8)
20 Strong restless desire (4)
22 Large city in Illinois (7)
23 Creator (5)
24 Perfumed mixture of alcohol and essential oils (3,2,7)

Down

2 Absconder (7)
3 Immense (4)
4 Ides of March victim (6)
5 Indecorous (8)
6 Fisherman's basket (5)
7 English county (12)
8 Complete freedom to act as one wishes (5,7)
13 Computer programs (8)
16 Captured again (7)
17 Japanese robe (6)
19 Farewell (5)
21 Military supplies (abbr) (4)

Last issue solution

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

HOXON HUNDRED COTSWOLD DANCERS



Hoxon Hundred Morris dancers practice every Wednesday from September till the end of April in St Edmunds Hall, Hoxne, IP21 5AN from 7.30 onwards.

At this time of year we encourage new members to come and give it a try and we are offering free taster sessions from 16 October and until the end of November.

In 1993 I was a divorcee feeling lost as to how to lead my single life. I joined the Hoxon Hundred Morris dancing team and it offered me a new focus. I'm not as agile now as I was then, but even after all these years I would not be as fit as I am had I not been introduced to Morris dancing. Not only has it helped me keep fit but has given me a full social life and I've made many friends.

Please come along and give this inexpensive activity a try. It's such a good way to keep the body and brain exercised during the cold dark winter months. We advise you to wear comfortable clothing and footwear. If you wish to continue dancing throughout the Summer, you can join us at fetes, festivals and regular Wednesday night pub dance outs.

We are also extremely happy to welcome musicians. Even if you are not feeling very confident, drop in any Wednesday and see how you get on.

For more information, please contact Jenny on 07403637517, or Jane on 0756468186. We're also on Facebook under Hoxon Hundred Morris Dancers.

We all look forward to meeting you. ***Jan*** (janbud@live.co.uk)

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NOTICES



GARAGE SALE

Saturday 12th October in Gislingham

Woodberry, (opposite Six Bells), High Street, Gislingham from 9,00am to 3.00pm

CAKE & SAVOURIES SALE



Saturday 12th October

Fleurs Artisan, 6 Church Street, Eye, Suffolk IP23 7BD from 9.30-10.30.

All proceeds for restoration of St Marys Church, Mellis.

Pre-orders welcome.

WOULD YOU LIKE TO BE PART OF THE AWARD WINNING MESSENGER TEAM?

We are always looking for additional volunteers to help with The Messenger Magazine. There are a variety of ways you can get involved... For example, we are currently looking for backup magazine distributors to provide holiday cover for the main distribution team. Or maybe you'd like to write about your hobby or interests etc.

Maybe you have a recipe, a book or a place to visit that you'd like to recommend to our readers?

We are open to suggestions!



If you would like to volunteer for a regular role or on a 'one-off' basis, please email: themessengereditorial@gmail.com

Answers to the Connection Quiz on page 56.

1. Sunset BOULEVARD, 2. The CHASE, 3. SQUARE, 4. CLOSE encounters of the third kind, 5. Janet STREET-Porter, 6. Milky WAY, 7. Carla LANE, 8. CRESCENT, 9. DRIVE, 10. They are all roads.

SOUTH HARTISMERE BENEFICE

From Revd Canon Susan, the Rural Dean

First about our parishes. Unfortunately, we did not get any candidates when we advertised the post for a new Rector. However, the profile has been reworked and the advert goes out again in November – please pray! In the meantime, the ministry team is working hard to keep the services going, others are helping in all sorts of ways but there is always room for more.



One of the things we would like to do is to set up an Open the Book team or teams. This is a small team which goes into schools and tells and acts out bible stories, with the help of the children. It is an effective way to tell them about the God who loves them. If you are interested, please get in touch.

October! Where has the year gone…
I love the changing of the seasons. I have enjoyed the summer months with its more relaxed pace, but I do love autumn and I am looking forward to the changing colours of the season. As the dark nights draw in, it's good to keep warm indoors, perhaps with a book or a film on the TV.

But of course, we are being warned that 'things' are going to get harder. People having to make a choice to keep warm or eat well; people on their own not seeing others and feeling lonely.

Recently in the church calendar, we have been reading the book of James in the New Testament. It is thought that James the brother of Jesus wrote it. What I love about this short letter – just five chapters, is that it is full of practical advice on living. We are told that every generous act of giving, and every perfect gift comes from God, the God who never changes in his love for humankind.

James warns us against showing partiality to people, instead to treat everyone with love and respect and to care for widows and orphans. He tells us to be doers of the word. In other words, do not just say kind things, do them!

James also talks about taming the tongue: he says we can do so much damage with our unkind or careless words, and he is right. Whether the words are spoken to someone in person or written online – the damage can be enormous.

So, this month, let us decide to speak only encouraging and helpful words, cut out gossip and unhelpful words. And be doers not just talkers; give if you can to the local foodbank, keep your eyes open to those who are struggling and be ready to help, look out for the lonely and take notice, maybe invite them for a cuppa or stop and have a conversation with them.

Take care, keep warm, and may God bless you.
Susan

From the Parishes:
Baptism of Billie Marie Blofield-Jamieson & **Wedding Blessing** of Kerry and Daniel Blofield-Jamieson (Gislingham).
In loving memory of Marion Robinson (Thorndon) and Michael Hollidge (Thorndon)

Sunday 6th October	Gislingham	10.30am	**Harvest** Worship for All
19th Sunday after Trinity	Wetheringsett	10.30am	**Harvest** Worship for All *followed by a Harvest lunch in the village hall*
	Thorndon	10.30am	Holy Communion
Sunday 13th October	Mellis	10.30am	Holy Communion
20th Sunday after Trinity	Stoke Ash	3.00pm	**Harvest** Festival
Sunday 20th October	Thornham Parva	8.30am	BCP Holy Communion
21st Sunday after Trinity	Gislingham	10.30am	Holy Communion
	Thorndon	10.30am	**Harvest** Worship for All *followed by a Ploughman's lunch*
	Thorndon	4.00pm	CONNECT
Sunday 27th October	Thornham Magna	10.30am	Worship for All
Last Sunday after Trinity	Wetheringsett	10.30am	Holy Communion
	Yaxley	10.30am	Holy Communion

Telephone Church BCP Holy Communion is on Thursdays at 11.00am



Reverend Canon Susan Loxton
Rural Dean of the Hartismere & Hoxne Deanery
revloxton@gmail.com ✆ 01379 388 493

Reverend Debbie Nicholls
Curate
rev.d.nicholls@gmail.com 01379 678 753

Find us on Facebook:
South Hartismere Churches

LOCAL INFORMATION

BUS TIMETABLES

Gislingham Bus timetable

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

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

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

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



Post Van: Gislingham
Fridays at Village Hall:
12.15 – 14.15



Mobile Library: Gislingham
The 2024 dates for the Mobile Library are: 9 October, 6 November, 4 December.
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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