The Messenger



Issue 152
September
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: October 2024
Copy deadline: Monday 16th September

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 – September 2024

Welcome to the September issue!

Firstly, in the last issue, I raised the issue of the online abuse that had been directed towards the current owners of the Six Bells pub and I called for this to end. I made no suggestion that anyone associated with the Six Bells Community Group had anything to do with this abuse but the Six Bells Community Group has asked me to make it clear that it condemns any such abuse and would never encourage anyone who supports its aims to take any such action.

I am, of course, happy to add the SBCG's collective voice to that of the Messenger in calling out such abuse, and I hope that abuse of any sort will not be part of any discourse relating to the future of the pub or any other village issue.

On a happier note, another event is returning to Gislingham this year after a 5 year absence! The 'Gislingham Gardening, Art & Produce Show' will take place on September 14th and many local gardeners, bakers, artists, crafts people and produce producers will be showcasing their talents. A great deal of time and effort has been spent organising this event so please go along to support it. Details of the event and how you can get involved can be found on page 7.

Finally, Chris Pitt has sadly decided to step down from the Messenger Committee. On the behalf of The Messenger team, I would like to thank him for his 14 years' service. As many of you will know, it was Chris' idea to start a community magazine, and he has been involved from the outset, initially as chairman, then treasurer and, most recently, as distribution coordinator. We would like to thank him for this service and commitment over the years.

Please note, the Deadline for the October issue is Monday 16th September. Please send all submissions to the editorial email address as I will be taking a short sabbatical and one of the Editorial team will be accessing the Messenger emails in my absence.



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover photo: flowers in a local field

DIARY & LOCAL EVENTS



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

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

Sunday 8th September: Breakfast Club
- Thornhams Parish Hall

Friday 16th August: Pub Night
- Gislingham Village Hall: 5.00pm – 10.00pm

Saturday 14th September: Gislingham Gardening, Arts & Produce Show
- Gislingham Village Hall: 2.00pm – 4.00pm – See page for details

Wednesday 18 September: Gislingham WI - speaker Penny Simmonds 'An Introduction to Reflexology'
- Gislingham Village Hall: 7.30pm

Friday 20th September: Film Night – 'Wicked Little Letters'
- Thornhams Parish Hall: 7.30pm. See page ABC for details

Saturday 28th September: Jumble Sale
- Gislingham Village Hall. See page 12 for details.

Saturday 28th September: Coffee Morning – in aid of The Air Ambulance
Thornham Bowls Club: 10.30am – 1.00pm

Sunday 29th September: Autumn fair
- Beyond The Wall, Thornham Walled Garden: 12.00 – 3.00pm. See page 20 for details

Sunday 29th September: The London Haydn Quartet
- St. Mary Magdalene, Thornham Magna: 4.00pm. See page 33 for details

SAVE THE DATES:
- **Saturday 12th July 2025:** Gislingham Summer Fair

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 October 2024. The "What's On" Diary deadline is: Monday 16th Sept.

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 ("GISGAPS")
SATURDAY 14TH SEPTEMBER @ 2.00PM- 4.00PM
GISLINGHAM VILLAGE HALL

After 5 years the annual Gislingham Gardening, Art & Produce Show is returning this September for Gislingham residents. Although this reincarnation has been formed under a new committee, we are trying to maintain its original format albeit with a few small tweaks. Many of the original cups and trophies are being polished in readiness!

Awards for sections and classes will include:

Gardening
4 varieties of tomatoes, heaviest marrow, longest carrot, vase of 3 different perennials, arrangement of flowers and foliage from the exhibitor's own garden or allotment, and flower heads/petals floating on water.

Baking & Preserves
Produce, such as a light fruit cake, a selection of 3 different cookies, or a variety of jams and chutneys.

Arts & Crafts
Photo of a floral scene or interesting building, a painting, drawing or sketch of any subject, handmade greetings cards, small crocheted items and handmade craft items.

Children's Categories (trophy for 5–8-year-olds & another for 9–12-year-olds)

3 decorated cupcakes, a Lego model, painting of a flower, home grown plants in a pot or an animal/monster made of vegetables.

These are just a few examples of some of the categories that can be entered and, at just 50p per entry, residents of Gislingham can enter as many classes as they wish. Any profits will be donated to local charities.

For more information and an entry form please contact GISGAPS@gmail.com. Entry forms can also be picked up at the monthly book sale at Gislingham Village Hall (first Saturday of every month 10am-12pm). Entry forms and fees should be submitted by 12pm on Saturday 7th September.

We look forward to seeing you there!

The GISGAPS Committee







WOULD YOU LIKE TO PLAY BOWLS?

THORNHAM MAGNA BOWLS CLUB WILL MAKE YOU WELCOME

No one is too young or too old
(Under 16's to be accompanied by an adult)

If you are interested come and give it try, we will be there every Saturday morning from 10-00am, May to September.

The address of the Bowls Club is, Gislingham Road, Thornham Magna, IP23 6HH
(Opposite the estate farm entrance)

(Just come with flat shoes, everything else will be provided)

GISLINGHAM SUMMER FAIR COMMITTEE NEWS

On Tuesday 30th June, the Gislingham Summer Fair 2024 committee had a de-brief meeting to discuss the recent Summer Fair, distribute funds to local groups and discuss if there was sufficient interest and enthusiasm to organise a similar event in 2025.



It was agreed to distribute £350 to each of the following village organisations who helped "plan and man" the event.

- Gislingham Village Hall
- Gislingham WI
- Friends of St Mary's Church
- Friends of Gislingham School
- Gislingham Playgroup
- 1st Mendlesham Scout Group

Besides raising money for local organisations, the other primary aim of the event is to bring the community together for a fun day. We felt we fulfilled that objective, based on the fantastic support from the community on the day, and also the positive feedback we have received following the event. It was therefore unanimously decided to organise a Summer Fair in 2025 – on Saturday 12th July 2025.



The three officers appointed in 2024, will continue in their roles: -
Philly Read – Chair
Jeff Norman – Secretary
Scott Ronayne - Treasurer

Already a number of new ideas have been discussed, so the plan is for a bigger and better Summer Fair next year!

We were humbled by and very appreciative of the support from everyone who helped make the 2024 Fair a success. However, we will be looking for even more help and support next year. (Details to follow in due course).

In December, we will give details about our first 'Summer Fair 25' meeting on January 28th 2025 and welcome anyone who would like to join us, to help plan and make the 2025 Summer Fair, a very special day!

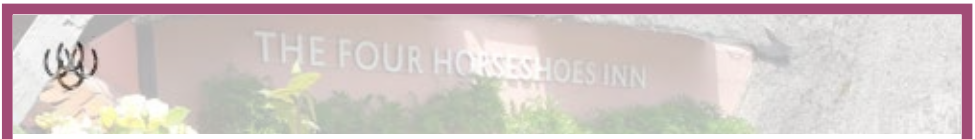
Gislingham Summer Fair Committee

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JUMBLE SALE

Gislingham Village Hall

Saturday 28th September 2024

- Toys
- Clothes
- Books
- Bric a Brac
- Refreshments
- No Electrical Goods

Please bring jumble for sale to the Hall on the day between 9:00am and 9:30am

Doors open at 10:00am

Free entry



NEWS FROM GISLINGHAM VILLAGE HALL

FUTURE EVENTS

Friday 6th September: Pub Night
Doors open at 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 28th September: Jumble Sale
Doors open 10.00 am. Free Entry.
- Clothes, Bric-a-brac, Toys, Books. Refreshments. Sorry no electrical goods.

Saturday 19th October: Quiz Night
Doors open at 7.00pm. £5 per ticket – available from Terry Williams on 01379 783903 or gislinghamvillagehall@gmail.com
Bring your own nibbles and drinks please.

Saturday 7th December: Christmas Quiz Night
Details to follow



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.



Back by popular demand - watch the dogs in action!

Enjoy our delicious breakfast while learning about the incredible work of Paul and his trusty companion Bailey and doggie friends from Suffolk Lowland Search & Rescue

Booking at breakfast@thornhams.org

NEWS FROM THORNHAM PARISH HALL



FUTURE EVENTS:

Sunday 8th September: Breakfast Club
– Paul with Bailey the dog – Suffolk Lowland Search and Rescue
10.00am: £10 / Bookings: breakfast@thornhams.org

Friday 20th September: Film Night – 'Wicked Little Letters'
7.30pm: £5. Booking: films@thornhams.org

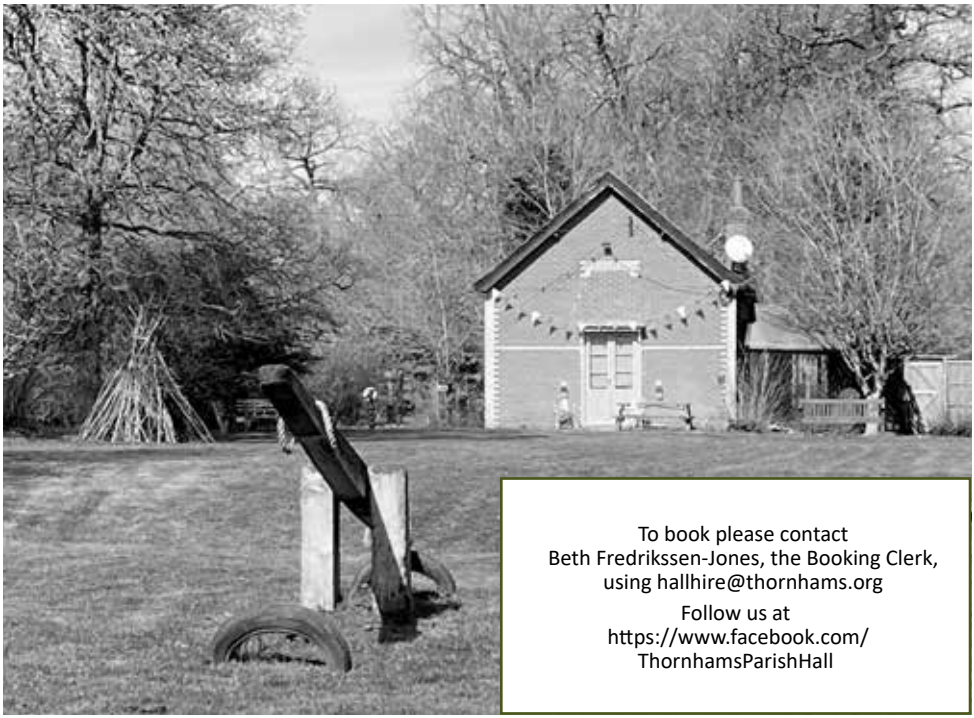
Sunday 6th October: Breakfast Club – Jo-Jo from the Thornham Walks
10.00am: £10 / Bookings: breakfast@thornhams.org

Sunday 13th October: Autumn Fair
11.00am – 3.00pm – Raffle, tombola, craft stalls, refreshments, and more…

Friday 25th October: Film Night – details to follow
7.30pm: £5. Booking: films@thornhams.org

REGULAR WEEKLY EVENTS:

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



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

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ThornhamsParishHall

THE TOWER MILL, WICKHAM SKEITH

In 1838, the Ordinance survey map showed no less than 430 windmills in Suffolk.



Wickham Skeith had two mills. The first, in Wickham Street was a post mill built in 1826 which then moved to Wickham Green. It was demolished in 1881.



c. 1870, a new mill, Wickham Skeith Tower Mill, was built. This was probably the last corn tower mill ever built in the county.

In January 1890, the miller, Mr. Harry Roper, was working the tower mill by means of the 8hp steam engine. Steam engines had been introduced to mills to provide auxiliary power so that the mills could keep working when the wind dropped, as was the case on that particular day.

The boiler, which was said to have been overhauled only 12 months previously, burst, causing damage estimated at £500, which was a great deal of money at that time!

Mr. Roper and two men inside the mill were unhurt, but a boy who was walking along a nearby path was struck by falling bricks and gravely hurt.

The mill was demolished in 1925; only the stump remains.



DOWN Memory LANE





Here is a photo taken in The Street. It is believed to have been taken in the summer, due to the trees being in full leaf. Researchers discovered that there were floods in Suffolk on Aug 28th 1912 so it may be that this is when this photo was taken.

Martin Roper
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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

ATTENTION USERS OF THORNHAM WALKS

Please note that we are having our surfaced footpath re-laid in September and there will be some disruption to user access during this time.

Preliminary works will be undertaken between Wednesday 4th and 13th September, when volunteers will clean and clear the footpath. The footpath will remain open to users during this time, although there may be some minor obstruction along sections of the path.

Resurfacing works will commence on Monday 16th September, and are anticipated to take up to 2 weeks, weather permitting.

The Walks will be closed on Monday 16th and Tuesday 17th September.

Subsequently, 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 throughout the duration of preliminary and resurfacing works, such as temporary obstructions and/or exposed footpath edges and drop-offs.

For up to the minute updates, please check our Facebook page: @Thornham Walks.
For further information, please contact the Walks office: Tel: 01379 831242.
Email: thewalks@thornhamestate.com




beyond the wall
AUTUMN
Fayre
Beyond The Wall
SUNDAY 29TH SEPTEMBER 2024 12PM-3PM
BBQ | DRINKS & CAKE | RAFFLE | PLANTS, PRODUCE & CRAFT FOR SALE | LIVE MUSIC BY HEIDI MARIE
Join us for our Autumn Fayre, celebrating the end of our growing year
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IN THE GARDEN



Summer is here!

With Mid-August finally presenting some very warm days indeed it certainly feels like summer, the days of endless rain seem well and truly behind us, with watering being a major job in the garden to keep plants looking fresh and at their best.

In the kitchen garden we have set up a sprinkler, that is of a size that fits the area that we grow vegetables in, so when left on to water, does an economical job. When it comes to pots we use watering cans, which allows us to know how much watering has been done, this not only allows us to give the appropriate amount of water to certain plants, but helps us to keep track on our water use, water is often overlooked as a resource for the garden, and as with all resources it's important to not take them for granted.

Its lovely to enjoy the garden, especially when it is sunny and warm, though here at the walled garden we never spend too much time admiring our work, when there is preparation to be done for the months ahead. Already we have started taking cutting of many of the plants that live within the walls, our nurture of these cuttings in the months ahead will ensure that we have plenty of plants for our plant sales, so that visitors can take a way a memory of the garden to grace their beds at home.



Apples are also starting to ripen, after a great show of blossom, and plenty of apples setting on the trees, there was a heavy June drop, that and squirrels robbing young fruit has left the trees with far less fruit than you may have expected, though with years of experience it's never wise to expect lots of fruit just because there were lots of blossoms. When picking fruit, a dry day is always preferred, apples should when ripe detach from the tree with a gentle twist, remember to be gentle with fruit, especially if you plan to store it, bruising can cause the fruit to rot quickly.



Our apples this year will be picked and pressed, to make a delicious juice that will be for sale in our Apple Store shop as well as to drink and enjoy in the garden at our cafe, perfect with a slice of our home-made cake.

Phill Williams, Lead Project Worker (Horticulture), Beyond The Wall, The Walled Garden, Thornham Magna



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FRIDAY NIGHT FISH FRY

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BURGER KITCHEN

Served every Friday from 6pm and Sundays from 1pm

Saturday 7th September 9PM *SHANE & THE KORRADO'S*

Just the best classic 1950's style Rock & Roll band.

Thursday 12th September 8.00pm *OPEN MIC NIGHT*

Come along and have a go on stage and support local musicians.

Saturday 14th September 8.30pm *KARAOKE DISCO*

Musical jollification with Mellis Legend Paul "On the Road Again" Draper

Thursday 19th September 7.30pm *PUB QUIZ*

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

Sunday 22nd September 5pm *MOTEL VANDALS*

The original Trash a Billy Outlaws playing country, blues, Surf, boogie, rockabilly & jive

Saturday 28th September 8.30pm *COUNTRY & WESTERN*

Country & Western Night with DJ's Denver & Wayne. A rooting tooting fun night.

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Kew Gardens
6th September - £65pp

Emmerdale the Tour
8th September - £75pp

Windsor Castle
9th September - £75pp

Bury St Edmunds Day Out
11th September - £29pp

Duxford Battle of Britain Airshow
15th September - £79pp

Bure Valley Railway & Norfolk Broads Cruise
17th September or 9th October - £59pp

Fawlty Towers the Play
18th September - 89pp

Bruges Day Out by Eurotunnel
21st September or 23rd November - £125pp

1940s Sheringham
21st or 22nd September - £37pp

Bletchley Park
25th September - £65pp

Knitting & Stitching Show at Alexandra Palace
12th October - £53pp

MJ the Musical at the Prince Edward Theatre
17th October - £109pp

Brighton
16th October - £41pp

Thursford Christmas Spectacular
Various November & December Dates - From £95pp

NEW 2025 DATES FOR ABBA VOYAGE!!!

16th February £129pp, 8th March £109pp, 3rd May £109, 11th May £129pp, 22nd June £129pp, 13th July £109pp, 24th August £129pp or 14th September £129pp

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Thornhams Film Night
Friday, 20th September 7:30pm



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MELLIS MUSIC FESTIVAL 2024



July saw the 12th annual Mellis Music Festival, albeit a scaled down event since lockdown, which is organised every year by The Railway Tavern in Mellis. The event held on the last Saturday and Sunday in July, was once again a well-attended weekend, helped along no doubt, by the fantastic weather and great line up of bands.

The live music started at 2pm on Saturday with a Blues Brothers Tribute act "Da Bluz Brothers". This father and son duo entertained us with all the great songs from the film including, Minnie the Moocher, Everybody Needs Somebody to Love, Rawhide and Think. An energetic and entertaining act with great vocals from Jake Blues and fantastic harmonica playing from Elwood Blues which had a lot of people up on their feet dancing in the sunshine.

Then at 5pm the stage was set for "The Motel Vandals", rising from the ashes of The Humdingers & Chuck Wills Widow Band, self-proclaimed 'Trash-a-Billy Outlaws' the Motel Vandals formed in 2023. The three-piece outfit from Suffolk, comprises of Voodoo Vernon, Pine-Tree Paul and Tex Western, bringing together three vocals, guitar, stand up drums, and upright double bass. The band performed a quick-fire delivery of original material combined with obscure cover versions spanning Country, Blues, Surf, Boogie, Rockabilly, Jive and more, much to everyone's admiration.

The party continued in The Railway Tavern afterwards into the wee small hours rounding up a great Saturday day and night.

On the Sunday the Live Music began again at 2pm with "The Open Mic Allstars". A mix of local musicians playing acoustic music of all genres hosted by The Railway Taverns very own open mic duo, Mike Clayton and Gemma Rose Wear. A relaxing chilled out Sunday afternoon in the Sunshine. You can see Mike and Gemma, or even take part in the Open Mic Night at The Railway Tavern in Mellis, every second Thursday of the month.





Then at 5pm it all changed as Jax & Co took to the stage, and wow did they get everyone up and dancing as they gave a 100 miles per hour performance. Blasting their way through Johnny Cash classics including Folsom Prison Blues, Jackson and Ring of Fire along with some great interpretations of California Dreaming and Blue Suede Shoes. A fantastic performance enjoyed by all that attended.



Food on the Saturday was courtesy of "Harris's Hog Roast" then on the Sunday a BBQ was supplied and staffed by volunteers from Mellis Parish Council who were raising money for the upkeep of Mellis Memorial Hall.

Frank Hill



NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes!



From top to bottom: Meadow Brown, Gatekeeper, Red Admiral, Common Blue

A question I've heard many times in recent weeks is "where have all the butterflies gone?" It's true - there are a lot less flying insects of all kinds about so far this summer, and not just butterflies. I have family up in Yorkshire and in previous years a visit there along the A14 and A1 roads in summer would result in the car's windscreen and numberplate being plastered with dead flies, but much less so in recent years and particularly this year. So what's going on? Certainly, this year's weather so far has a lot to do with it. And it may be that our more aerodynamic cars are having an effect as well. In early spring I saw a good number of the "early riser" butterflies in my garden including Peacocks, Brimstones, Red Admirals, Orange Tips, Commas and Holly Blues. Since then we have had a great many cool and wet days.

Writing in the Guardian, Tony Juniper, chair of Natural England, attributes the current situation to a combination of factors including intensive farming, use of pesticides, habitat loss, habitat fragmentation, pollution and the impacts of what he calls "climate breakdown".

Meanwhile, Richard Fox, Surveys Manager for the Butterfly Conservation organisation, reminds us to "mind the gap". This refers to the natural life cycle of butterflies whereby species such as Whites, Tortoiseshells, Peacocks , Brimstones and Commas are now gone and their second broods have yet to appear. Meanwhile, other kinds such as Gatekeepers, Meadow Browns, Marbled Whites and Ringlets have yet to emerge in numbers. Hopefully, Richard is right and we'll begin to see these beauties very soon in our gardens, meadows and hedgerows.

Another authority on butterfly populations is Dr Dan Hoare at the Butterfly Conservation organisation, who notes that "Butterflies need

some warm and dry conditions to be able to fly around and mate. If the weather doesn't allow for this there will be fewer opportunities to breed, and the lack of butterflies now is likely the knock-on effect of our very dreary spring and early summer."

Personally, I think that the weather is mostly to blame for this year's poor showing, exacerbated by some of the other factors mentioned above. Whilst we can't do much about the weather, let's hope that our increasing awareness leads to action to remedy some of the other issues that butterflies and other insects, including bees, face. As a reminder of what we're missing just now, the photos opposite are some of the species that we will hopefully be seeing over the next few weeks.



Whilst out surveying my parched lawn the other evening, I noticed a particularly hairy caterpillar scurrying over the grass. This specimen was about 40 mm long and had an orange stripe along the length of its brown body and blueish patches where its eyes would be. It is, I believe, the caterpillar of the Fox Moth, but please get in touch if you know otherwise!



The past few months have been tricky for taking astronomy photos because there are so few hours of darkness in the summer months. The corner has been turned now, though, and the days are getting shorter. It's now dark enough at about 11:00 pm for astro-photography and all that's needed now are some nights free of cloud and without a bright moon. Right now is an interesting time because of meteor showers that are presently visible in the sky. For some lucky people that have enjoyed clear skies, they have seen the meteors against a background of the Northern Lights. I shall keep a watchful eye on the heavens, hoping for the best but as I look out as I write the skies are cloudy again. Anyway, here's a photo of the moon I took recently from my garden. Amazing to think that 55 years ago Apollo 11 astronauts were walking on its surface nearly a quarter of a million miles away from Earth!

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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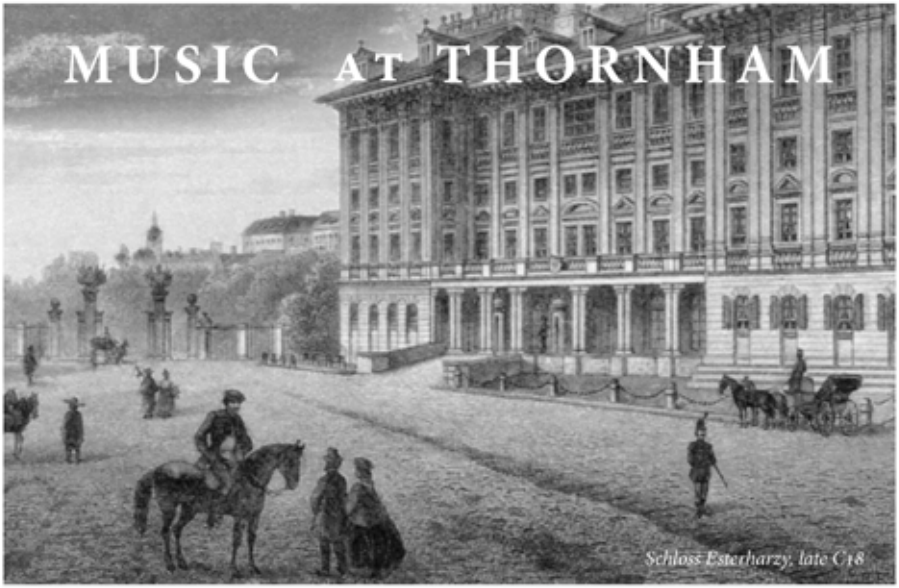
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ART THAT INSPIRES...

The Art Society Diss starts a new season of talks on Tuesday 17th September. 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 five months is as follows:

17 September:
The Jazz Age with Sandy Burnett and his double bass. The early years to the Second World War; Louis Armstrong and the dawn of 'swing'.

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 credit:
Chrysanthemums in the garden at Petit-Gennevilliers, by Gustave Caillebotte
On display at the Met Museum.



Photo credit:
Three Women with Umbrellas (The Three Graces), by Marie Bracquemond
On display at the Musée d'Orsay, Paris, France

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A CIRCULAR WALK FROM LAXFIELD



O/S Map: 231 - Distance: kms/miles 7.5/4.6

A church was recorded in Laxfield as far back as Saxon times and the village itself appears in the Domesday Book. In 1226 Laxfield was given charter to hold a market on Saturdays. Laxfield was the final station on the Mid-Suffolk Railway, which ran from the Great Eastern Railway line at Haughley. The railway opened in 1904 and eventually closed in 1952.

There are two pubs, the Royal Oak and the Kings Head (Low House), a village shop and a museum. We parked next to the church and the Royal Oak (which provides free parking).

Walk past the Royal Oak, turn left and continue up the hill until you reach the footpath sign on your right. Continue along this footpath, go through a metal gate and pass Hill Farm where the path turns into a grass footpath. At the end of the meadow, go through a wooden gate and continue along the footpath. After a short distance, go through a metal gate and over a sleeper bridge to reach the road. Turn right, continue along this 'Quiet Lane' for about a kilometre. On a right-hand bend, take the footpath (signed on the left) and go through a metal gate. Continue along this path going through another metal gate. This path follows the route of the River Blyth which was, unfortunately, very dry at the time of walking. After a short distance the path becomes a wide grass path. As you leave the wide path, there is a small sign on your left explaining that the trees planted were for the restoration of the River Blyth. When you reach a track, cross over and continue through the woods, following the route of the Blyth. Be careful, as there are many tree roots in the ground and there is a drop to the river bed. You then reach an open meadow with a sign asking you to keep to the footpath on the left of the meadow. Go through a simple wooden gate onto a gravel drive and head for the road. On the left is the private dwelling that used to be St. Peter's Church. It was, a bit disappointingly, converted in 1981.

At St. Peter's, turn left onto the road and after a short distance turn left again onto the old Roman road. Continue for a good kilometre and you will see a footpath sign on your left, opposite High House Farm. Turn left across the field, which had a crop of wheat at the time of walking. Near the end, the footpath bears left towards the hedge. At the FP sign, bear right, keeping the hedge to your left, and cross over a sleeper bridge.

Continue along the FP until you almost reach Turkey Hall on your right (although there is not a very clear view). Take the small bridge on your left and enter the meadow. Turn right, keep to the right-hand side of the meadow and continue to the right-hand corner of the meadow. Go through a metal gate and you will see a FP sign. The path drops down. Cross a wooden bridge and a stile. As you enter the meadow, there is a sign advising that the sheep in the field are suffering from a contagious illness called 'Orf' so keep away from any sheep. Walk straight, keeping the wooden fence to your right, until you reach a metal gate. Exit the field, cross the track, go through a wooden 5-bar gate and continue straight across the field, past the tree in the middle. Unfortunately, the path is not that obvious. In the corner of the field, go over a stile and continue along the track until you reach another 'Quiet Lane'. Bear right

and continue until you see an 'end of Quiet Lane' sign. On your right, note the animal on the ridge of the thatched house and, just afterwards, the road bears left and continues past a new housing development. At the last house on the left, go through a small gap in the hedge onto a footpath. Continue until the end and you will see where you turned off near the start of the walk. Continue down the hill into Laxfield.



Now, here is the dilemma. Where to have refreshments? You have the Royal Oak next to the church, which serves a range of good beers and food, or the Kings Head/Low House, which has a tap room, a snack/crisp cupboard. You pay for snacks in the tap room and help yourself from the cupboard (I've never heard of that before). We have decided on the Low House. They serve a good range of food and have a very large beer garden with a huge tent. We visited on a Sunday and, to our amazement and pleasure, they had live music from a duo who were very good.

We left the pub and made our way to All Saints Church. In the morning, they held a special service for pets/animals. We arrived towards the end of the service and many people were carrying pet boxes with cats, rabbits etc. from the church. What a lovely idea.

Construction of All Saints Church started in the 14th Century and was essentially completed by 1488. We were amazed at all the enclosed box pews and the length of the other pews. Six new bells have recently been rehung. Next, we crossed the road to Laxfield Museum. It is only open Saturday & Sundays and some bank holidays. The two volunteers on duty were so helpful. As you enter the 16th Century building, there are artefacts and photos on your right relating to the local school. The display in the next ground floor room tells you about the new bells installed at All Saints Church.



Go upstairs and see what rural life was like. There are several tableaux depicting the pub, shop and also a home. It is very interesting and I am sure you will come away saying, "I remember that product".

Entrance is free, but please give a donation in the ground floor room, it is so worth it.





Emma & Martyn Bryant

For more information in Laxfield Museum visit: https://laxfieldmuseum.onesuffolk.net/

For more information on All Saint's church visit: http://www.suffolkchurches.co.uk/laxfield.htm

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CHARLOTTE'S BOOK BLOG



The Bad Things by Mary-Jane Riley ★★★★★ 5/5



I hope you've all had a great summer and have managed to read lots in the sunshine. This month's review is one that I have been so excited to write and have had planned for a while. Mary-Jane Riley was the Messenger's original book reviewer before I took over. She is a local author of 4 psychological crime thrillers, all set in Suffolk and Norfolk. What she doesn't know, is that I've recently read her first book and have nearly finished the second one. I will be reviewing the series for The Messenger when I've finished them all. So, we start this off with 'The Bad Things' which was published in 2015.

Sasha's two young children disappeared 15 years ago, however only the body of one of them was ever found. Life for her and her journalist sister, Alex Devlin, has never been the same since, as they both struggle to continue with everyday life even after such a long period of time. Sasha's marriage dissolved, whilst Alex has been with a new partner and has lived her life protecting her son from the world after what happened to her niece and nephew.

However, despite the case being closed many years ago, Jackie Wood, the woman who was jailed as an accessory to the twin's murder but still claims she had nothing to do with it, is released from prison. Alex, a freelance journalist, decides to chase her for an interview and do some digging of her own in hope of finding Millie's body. Alex struggles with the dilemma of fulfilling her professional duty by meeting with Jackie Wood while remaining loyal to her struggling sister, who hasn't been the same since her children were murdered. With her mental health deteriorating, Alex is faced with some important decisions regarding the publication of her interview with Jackie Wood. However, before long, things take a turn and the article Alex is working on is in jeopardy and new information regarding the case is uncovered. It's down to Detective Inspector Kate Todd, who was involved with the children's disappearance 15 years ago, to re-open the case.

DI Todd was starting out in her career when she found Harry Clements' body 15 years ago. No matter how successful her career is, or how solid her long-standing relationship with Chris is, that day still haunts her. With new information and both Alex and Kate searching for clues, what really happened between Alex and Jackie that got the case reopened and made the locals suspicious? Well, you'll have to go and find a copy of this book to find out. The plot twists and turns and keeps you on the edge of your seat. I'd been forming theories as I read but none of them were even close to the ending, which is something I really enjoyed.

This an incredibly well written book and it was interesting to read a crime thriller set in familiar locations. I haven't experienced this before and I thoroughly enjoyed it. Mary-Jane's other novels, 'After She Fell', 'Dark Waters' and 'Gone in the Night', also feature Alex Devlin but there's a different murder in each book. All are available from Amazon, the Harper Collins website and, I believe, Diss Publishing.

Charlotte x

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TERRAPIN NEWS



I thought I would start this month with a comment from one of our Council officers.

Alicia Norman, the Lead Officer — Overview + Scrutiny and Projects at Babergh and Mid Suffolk District Councils:- *"And with that the mad post-election rush is over…"*

For most people working in elections all the hard work comes to an end after election day. But for those in Democratic Services that's when the hard work is only just beginning. Due to pre-election period restrictions, we were strictly limited as to what agendas we were allowed to publish and what items of business the Councils could consider in the run up to July 4th.

The last few weeks have been all about breaking through this bottle neck and getting business back moving again to deliver for our residents.

We've had 15 committee / councillor-related meetings in the last 15 days — including both Full Councils, Cabinet, and meetings of all our regulatory committees. It's been tough work keeping on top of it all and making sure we're consistently providing high-end support, but the team have smashed it! Here's to finally getting back to the normal schedule…"

And a mention of **our new MP, Adrian Ramsey** who has begun to hold surgeries throughout the Waveney Valley Constituency. If you have a matter, you would like him to take up, please contact him for an appointment as follows: **adrian@waveneyvalley.greenparty.org.uk or telephone +44(0) 7534933356.**

The Statutory Consultation on the proposed Norwich to Tilbury Pylons came to a close last month and the Chair of Mid Suffolk District Council has written to Edward Milliband MP, the Secretary of State for Energy, Security and Net Zero. His email address is: secretary.state@energysecurity.gov.uk

The council's response can be found at: https://www.midsuffolk.gov.uk/w/large-scale-energy-projects-and-nsips, together with a detailed report and also information on other Infrastructure Projects, including proposed solar farms.

Many residents copied me into their responses to National Grid's proposal and I sent my own, drawing on their comments, my own visits to sites, and making specific references to each of the 37 pylons that cross Gislingham Ward, from Wickham Skeith to Wortham Ling.

Our MP also visited the routes, asking councillors and residents for their opinions and has spoken in parliament since, drawing some criticism from the government for rightly advocating a pause in the project to allow an offshore integrated alternative to be developed in depth and so avoiding the negative impacts on communities along the route.

As National Grid responds to the points made, particularly how communities will be compensated, MSDC Principal Officer Bron Curtiss and her team of planning technicians will continue to engage with National Grid "and seek to minimise the impacts of the development on the communities and environments of the districts whilst maximising the opportunities for benefits that the districts and wider eastern region may realise as a result of the development."

Once National Grid comes forward, if ever, with a Planning Proposal there will be an opportunity to present further information to the Planning Inspectorate.

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

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The remaining meeting dates for 2024 are 20th September and 15th November. The meeting dates for 2025 are 10th January, 14th March, 9th May, 11th July, 12th September and 14th November.

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JEREMY PIKE *piano*
Mozart, Ravel, Pike, Grieg

SUNDAY 14 JULY 3PM
JENEBA KANNEH-MASON *piano*
Scarlatti, Chopin, Still, Liszt, Prokofiev

SUNDAY 28 JULY 3PM
MELIORA COLLECTIVE *septet*
Sibelius, Coleman, Montgomery,
Koechlin, Mozart, Ligeti

SUNDAY 11 AUGUST 3PM
TIM POSNER *cello*
MISHKA RUSHDIE MOMEN *piano*
Beethoven, Fauré, Saint-Saëns

SUNDAY 25 AUGUST 3PM
FITZWILLIAM QUARTET
Shostakovich, Dilnot Johnson, Mozart

SUNDAY 8 SEPTEMBER 3PM
HEATH QUARTET
Haydn, Williamson, Bosmans, Korngold













St Mary's Church, Church Road, Cratfield, East Suffolk IP19 0BU
www.concertsatcratfield.org

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THURSDAYS- 7.10PM

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TIP OFF, RIP OFF!



BEWARE OF FAKE CELEBRITY PAGES AND PROFILES ON FACEBOOK

This month Suffolk Trading Standards have received reports of residents being scammed by various fake high-profile individuals. In one incident a Felixstowe resident lost £200 to a scammer impersonating Kevin Costner, and in another incident a vulnerable resident came close to losing £1000's after following a Tom Jones profile on Facebook.

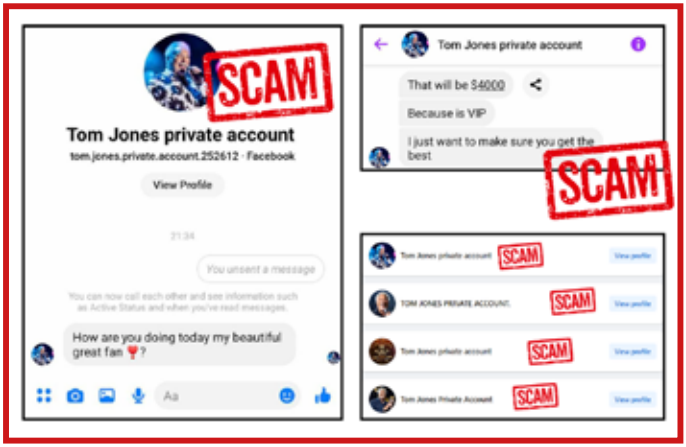
The Tom Jones fraudster used AI technology to mimic his voice, sending messages to the victim requesting money for a VIP experience.

The Kevin Costner fraudster also used AI technology to send videos to the victim, pretending to be the celebrity.

When interacting on social media, don't just look at the competition post. Look at the page history, and the other posts on the page. Does it look genuine? When interacting with public figures and brands, you should look for a verified badge on their Page or profile (the blue tick). The verified badge means Facebook has confirmed that the Page or profile is the authentic presence of the public figure or brand it represents.

Be careful if a public figure does something like:

- Ask you for payment in the form of gift cards, money transfer or through Messenger.
- Ask for your financial information as part of a giveaway, or direct you to a suspicious link or website asking for your personal information.
- Use a suspicious Page or profile URL that doesn't seem associated with the public figure.



If you come across a fake page on Facebook, report it by going to the page and tap *** from the top right and select "Find support or report".

Contact your bank immediately if you've been scammed and report it to Action Fraud.

If you see an online advert, particularly if it features a celebrity, always assume it could be a scam!

That's the warning from Martin Lewis after analysis of Action Fraud data found that the Money Saving Expert (MSE) founder, alongside Taylor Swift and Elon Musk, is the most featured public figure. www.moneysavingexpert.com/news/2024/07/martin-lewis-celebrity-scam-warning

THE MESSENGER CONNECTION QUIZ

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

1) Formerly the largest city in Vietnam.
2) British Formula 1 Racing Driver.
3) A common aerosol spray product.
4) Boardgame with Knights, Bishops and Rooks.
5) A leading advocate of the execution of Charles I. He ruled as Lord Protector from 1653 until 1658.
6) This USA city is known as 'The Windy City'.
7) This Italian expression literally translates as "my mother", but it is a common expression (especially in Southern Italy) that can be translated as "oh my god", "wow".
8) This Rolls Royce model, once again named after a ghost, replaced the Silver Ghost.
9) Nickname of the First Lady of Argentina from 1946 until her death in 1952.
10) What is the connection between the first nine answers?

Answers appear on page 55.

SUDOKU CHALLENGE

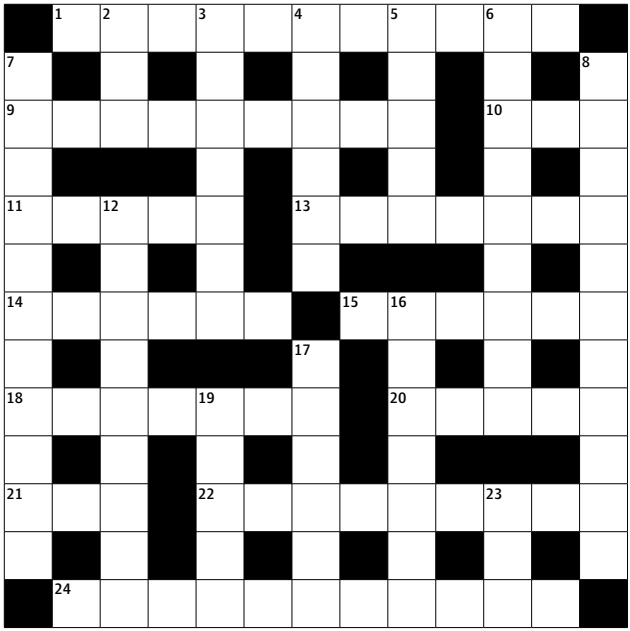
	2			9			7	
3	8					6		
		4			6			3
	6	7	5		8		9	
			4		7			
	3		6		9	5	8	
8			9			1		
		9					2	8
	4			8			3	

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

1 Beast at social events? (5,6)
9 Red drops (9)
10 Dish baked in pastry (3)
11 Ceremonial garments (5)
13 Condiment produced from the briny (3,4)
14 Cooking fat (6)
15 Guidance (6)
18 University college in Cambridge, Dublin or Oxford (7)
20 Dark — thing (anag) (5)
21 Clamour (3)
22 Creep (9)
24 Very tight end to a race (5,6)

Down

2 Dope (3)
3 Hot red pepper (7)
4 Discrimination against those getting on a bit?(6)
5 World's most populous country (5)
6 Desirable (9)
7 Thanklessness (11)
8 Most prominent position? (6,5)
12 1,000,000,000th (9)
16 Plant (or animal) naturalised in a region (7)
17 I (6)
19 Stein (anag) (5)
23 Coach (3)

Last issue solution

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

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NOTICES

THORNHAM MAGNA BOWLS CLUB – COFFEE MORNING

We are holding a coffee morning on Saturday 28th September at the bowls club, IP23 8HH, opposite the farm entrance. 10-30am to 1-00pm, all welcome

It will be a fund-raising event for the "Air Ambulance", We will have a "Raffle", "Bric-a-Brac" "Fruit & Vegetable Stall" in fact anything you don't want that you think will sell please bring it along.

BOTESDALE HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG)



If you, as a patient of Botesdale Health Centre, have any comments you would like the PPG to be aware of, please contact via this email: botesdaleppg@gmail.com

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 52.

1. SAIGON (Miss), 2. HAMILTON (Lewis), 3. HAIR SPRAY, 4. CHESS, 5. OLIVER Cromwell, 6. CHICAGO, 7. MAMMA MIA, 8. PHANTOM of the Opera, 9. EVITA, 10. They are all musicals.

SOUTH HARTISMERE BENEFICE



'Connected to the Universe (15)' *- Chiharu Shiota, thread on canvas, 2023*

I am writing this in late July, when the summer holidays seem to stretch forward for weeks and weeks to come. By the time these words are being eagerly read (!) we shall be into September, and the autumn will have started to beckon. What might we be feeling at that stage, I wonder? Rested and invigorated, cheered by happenings in the wider world - or anxious, worried for ourselves in the coming months, concerned for a world still divided and fractious and cruel? Will there be a prospect for peace in Gaza and Ukraine? Will there be hope for frightened children in conflicts across the world? Optimism can be a tough call, as the prophet Jeremiah found:

'The harvest is passed. The summer is ended. And we are not saved.'

These gloomy thoughts set me seeking out sources of hope - shafts of light in a dark world. I should like to share three that I have noted down in the last few months. The first was a short couplet, written in the form of a prayer. I don't know who wrote it, but it speaks of a yearning for care and compassion for the most vulnerable:

'Lord, give to men who are old and tougher
The things that little children suffer.'

The other two are, as it happens, both by Israelis conscious of their common humanity with Palestinians. One is by Sharone Lifschitz, whom you may have heard in interviews over the months since the Hamas attacks. Her parents were both taken hostage; her mother has been released, but (at the time of writing) the fate of her father is unknown. She wrote:

'I demand of myself to feel the pain of others.'

This is not to deny our own pain, or the rightness of feeling it; it is a disciplined resolve not just to recognise that others feel pain, but actually to suffer with them. Imagine a world in which everyone committed to that.

The other is by an Israeli poet Yehuda Amichai (1924-2000), who had fought in the Israeli war of independence, but who became an advocate for peace and reconciliation. He wrote this short poem on the asphyxiating effect of believing that you alone possess the truth:

From the place where we are right
Flowers will never grow
In the spring

But doubts and loves
Dig up the world
Like a mole, a plough

The place where we are right
Is hard and trampled
Like a yard.

And a whisper will be heard in the place
Where the ruined
House still stands.

Christianity teaches that we should live in the knowledge that God is present in every person that we meet; that our willingness - or our refusal - to cherish and nourish others, is service or rejection of Christ. What a world it would be if we all, believers and non-believers alike, treated and respected everybody else like that. As Jeremiah might then have written:

'The harvest is passed. The summer is ended. But we can still be saved.'

Alan Harding

From the Parishes:
Congratulations to: Colin Chapman and Hayley Majoram on their wedding at Stoke Ash
In loving memory of:
David Burn (Yaxley); Betty Wells (Mellis) and Anthony Russell-Roberts (Yaxley)

Sunday 1st September	Gislingham	10.30am	Worship for All
14th Sunday after Trinity	Thorndon	10.30am	Holy Communion
Sunday 8th September	Mellis	10.30am	Worship for All
15th Sunday after Trinity	Stoke Ash	10.30am	Holy Communion
Sunday 15th September	Thorndon	10.00am	Together at 10
16th Sunday after Trinity	Thornham Parva	10.30am	Harvest Worship for All
	Gislingham	10.30am	Holy Communion
	Thorndon	4.00pm	CONNECT
Sunday 22nd September	Thornham Magna	10.30am	Harvest Holy Communion
17th Sunday after Trinity	Wetheringsett	10.30am	Worship for All
	Yaxley	6.00pm	Harvest Festival
Sunday 29th September	Gislingham	10.30am	Benefice Holy Communion
18th Sunday after Trinity			

Telephone Church BCP Holy Communion is on Thursdays at 11.00am



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Curate
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LOCAL INFORMATION

BUS TIMETABLES

Gislingham Bus timetable

Gislingham to Stowmarket (Mondays, Wednesdays & Fridays) – starts 2nd Sept.
Leaves Gislingham 09.45 / Arrives Stowmarket, Bury Street 10.26
Returns from Stowmarket, Bury Street 13.00 / Arrives Gislingham 13.41

Fareline Bus (Weds 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 (Weds 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: 11 September, 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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