The Messenger



Issue 174
September
2026

Serving Gislingham, Mellis, Yaxley and the Thornhams

THE MESSENGER TEAM



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E-mailed or hand-written submissions always welcome.

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

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

WELCOME TO THE MESSENGER



Welcome to the September Issue!

In this edition, we feature two very successful events that have taken place in Gislingham and Mellis since our last issue.

We are pleased to publish a selection of the category winners from the Gislingham Gardening, Art & Produce Show (GISGAPS), together with some colourful photographs from the event. Proceeds from the show are being shared between two local charities, Beyond the Wall and The Forge Workshops, both based in Thornham.

On pages 36 and 37, we feature the Mellis Mini Music Fest, organised by The Railway Tavern. It was wonderful to see both events so well supported by the local community.

Unfortunately, there simply isn't enough space in the magazine to publish all the photographs from these events. However, you can see the full collections on our Facebook page: https://www.facebook.com/themessengergismeltho. Please do give us a "like" and follow the page! My thanks go to Darrel Charles and Frank Hill for kindly supplying the photographs.

Neither of these events would have been possible without the considerable hard work, time and organisation of the many people involved. It was therefore particularly pleasing to see them both so well supported. And the good news is that both events will be back next year!

This month, Yaxley Village Hall celebrates its Centenary, with a number of events taking place over three days. Full details can be found on pages 16 and 17.

After a short summer break, the Thornham Film Nights return for the autumn, starting on Friday 25th September. Details are on page 22.

Finally, as this edition will be distributed over the August Bank Holiday weekend, a reminder that the Flower Festival will be taking place over the three-day Bank Holiday weekend at Gislingham Church.

There's plenty to enjoy in our local villages this month, so I hope you have a wonderful Bank Holiday weekend and enjoy this edition of The Messenger.

Until next month,



Jeff Norman, Editor e) themessengereditorial@gmail.com

Cover photo: Taken at Mellis Road, Mellis

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DIARY & LOCAL EVENTS



SEPTEMBER:

Tuesday 1st September: Rural Coffee Caravan
- Mellis Memorial Hall: 10.00am to 12.00 noon.

Friday 4th to Sunday 7th September: Yaxley Village Hall Centenary
- Yaxley Village Hall: See page 16 for programme of events.

Saturday 5th September: Coffee morning & Book sale
- Gislingham Village Hall: 10.00am to 12 noon.

Saturday 12th September: Quiz Night
- Gislingham Village Hall: 7.30pm. For more details see page 13.

Wednesday 16th September: Gislingham WI. - Speaker Christopher Bales, Norfolk Constabulary 'Protecting against Cybercrime' - Open meeting and guests are welcome. £4 payable on the door. Gislingham Village Hall: 7.30pm.

Saturday 19th September: Bingo Night
- Yaxley Village Hall: 7.00pm. See page 27 for details.

Sunday 20th September: Gislingham Silver Band Concert
- Town Yard, Gislingham: 2.00pm – 4.00pm. – See page 12 for details.

Friday 25th September: Thornhams Film Night – 'tuner'
- Thornhams Village Hall: 7.30pm. £6 at the door. To book: films@thorhams.org
- See page 22 for details.

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

SAVE THE DATES:

Saturday 10th October: Quiz Night
- Mellis Memorial Hall. 7.30pm. (£5.00 per person)
To book: bookmellishall@gmail.com - See page 19 for details.

Our next issue is October 2026. The "What's On" Diary deadline is: Saturday 12th September

CLUBS, CLASSES & REGULAR EVENTS

GISLINGHAM

Chat & Craft Club: Gislingham Village Hall. 1st Wednesday of every month. 12.00-2.00pm. Contact: Elspeth Tranter on 07473 131841.

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

Carpet Bowls Club: Village Hall. Every Monday 2.15pm to 4.15pm. £3.00 per session. All equipment provided. Contact Terry Williams on 01379 783903

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

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

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

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

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

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

THORNHAM

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

Pilates Classes: Parish Hall every Tuesday. Sit to Stand Pilates – 10.00am. Pilates – Strong, Stretch, Relax – 11.30am For information please contact: Michelle 07572 500465 or via email: hello@yapl.co.uk.

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

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

The Pub Book Group (Sonnets and Psalms) *starts in September 2026* Last Tuesday of each month at The Four Horseshoes at 6.00pm for dinner followed by discussion. Contact: Sheila Linder e) sheilalinder@hotmail.com

Mellis Cricket Club plays at Thornham Estate (May to Sept.) Phone: James on 07789 111165 or email: jameshkw@icloud.com

MELLIS

Circuit Training Fitness Class: Memorial Hall. Mondays 7.30pm – 8.30pm
Gus: T: 01379 788506 or 07716 118235 / anguswilkinson@btinternet.com

Scentwork for Dogs
Meetings on Tuesdays 2.00pm – 3.00pm at Mellis Memorial Hall
Further details: 07725 567110 or email: info@trailingtails.co.uk

YAXLEY

The Art Club
Meetings on Tuesdays 10.00am to 12 noon once weekly at Yaxley Village Hall
Dates: 1st, 8th, 15th, 22nd & 29th September. All abilities are welcome. £4.00 per session. Come and create something artistic in your own style. Further details: Glyn Owens 07768 026065 or email: gavowens@aol.com

The Garden Club
Thursday 3rd September: A talk by Jane Bastow "Going to Chelsea"
Yaxley Village Hall: 7.30pm.
More details: Abby Brett: 01379 783984 or email: tony1andabby2@hotmail.com

Yaxley Needlework & Craft Group
Meetings on alternate Wednesdays. 2nd, 16th, & 30th September.
From 2pm to 4pm at Yaxley Village Hall - £2.50 per session
Finish old projects or start a new one – enjoy a chat and a cuppa!
Further details: Celia Armstrong 01379 788754 or email: celiaarmstrong@hotmail.co.uk

THE PUB BOOK GROUP
New Members

Join the pub book group known as the Shakespeare Group to enjoy and discuss **SONNETS AND PSALMS**

All welcome. Enthusiasm is the only qualification

Starting in September 2026

Where : The Four Horseshoes Pub
When : Last Tuesday of each month
Time : 6 pm for dinner followed by discussion

Contact : Sheila Linder sheilalinder@hotmail.com

The Shakespeare Group has been meeting for over 15 years. During those years the group (members coming and going) has read :
Shakespeare – all the plays (41) plus the long poems.
Thomas Hardy – all the novels and most of the poems.
Philip Larkin – poems.
The Bible – Old and New Testaments.

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GISLINGHAM PARISH COUNCIL NEWS

Play Area Feedback Survey

The Gislingham Play Area was fully refurbished a couple of months ago. Please can you spare 2 minutes to scan this QR code and complete the survey now the play area is complete. Your feed-back would be very much appreciated.

Scan me!

New defibrillator in High Street

At the end of July, the Parish Council completed the installation of the new defibrillator, which is located at the bus stop opposite the village shop. We would like to thank Gislingham Primary School and Rowland Warboys for their additional funding towards this project.

The defibrillator is fully registered with The National Defibrillator Network (The Circuit). So, the ambulance services can locate it when needed.

Sharlene Budd, Clerk to Gislingham Parish Council



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REMEMBERING CHRIS MURTON

The sudden loss of Chris Murton has left an enormous void in the lives of his family, friends and the wider community.



Chris, aged 41, farmed in Thrandeston and tragically lost his life in a farming accident on 20th July. He leaves behind his wife, Carys, and their five young children – a family whose world has been changed forever by the loss of a much-loved husband and father.

For Chris, there was nothing more important than his family. His children were the light of his life, and he treasured the time he spent with them. Those closest to him remember a man who found his greatest happiness not in material things, but in being at home with Carys and the children, enjoying the simple moments they shared.

His sister-in-law, Rosie Lewis, has set up a GoFundMe appeal to support Carys and the children through the difficult months and years ahead. As well as helping to ease the sudden financial pressures they now face, the appeal will help give Chris the farewell he so richly deserves.

Rosie said: “Anyone who knew Chris knew that his children were the light of his life. He used to joke that he'd never stop having kids if he could. No matter the stress he would face in a day at work, he used to say that as long as all his children got home at night, nothing else mattered. Every decision he made, every long day he worked, and every sacrifice he made was for Carys and their children.”

Chris devoted his working life to farming. It was not simply his occupation; it was a way of life that shaped who he was. He was known as a humble, hardworking and selfless man, someone who quietly got on with whatever needed to be done. Farming could mean long, demanding days, but however busy life became, Carys and the children remained at the centre of his world. Away from the farm, he enjoyed his other passions of shooting and fishing.

Rosie said: “Chris's sudden passing has left an unimaginable hole in the lives of everyone who knew him, but especially for Carys and their five children, who are now facing a future without their husband and dad.”

More than £20,000 has already been raised towards the £22,000 target – a remarkable reflection of how many people want to help Carys and the children.

No amount of money can fill the space Chris has left behind, but every donation can help relieve some of the practical pressures facing his loved ones and allow them to concentrate on one another as they begin to navigate life without him.

The GoFundMe appeal to support Carys and the children can be found here: https://www.gofundme.com/f/support-for-chris-murton-family-after-farming-accident

Free event sponsored by Gislingham United Charity

GISLINGHAM SILVER BAND
TOWN YARD* IN GISLINGHAM
2-4pm, 20 SEPTEMBER



All are welcome to this free village event.

Pack a picnic and come and enjoy the music.

For more information:
gislinghamunitedcharity@gmail.com

**Town Yard is the small park on the High Street in Gislingham, between More Moto and the Six Bells*

NEWS FROM GISLINGHAM VILLAGE HALL

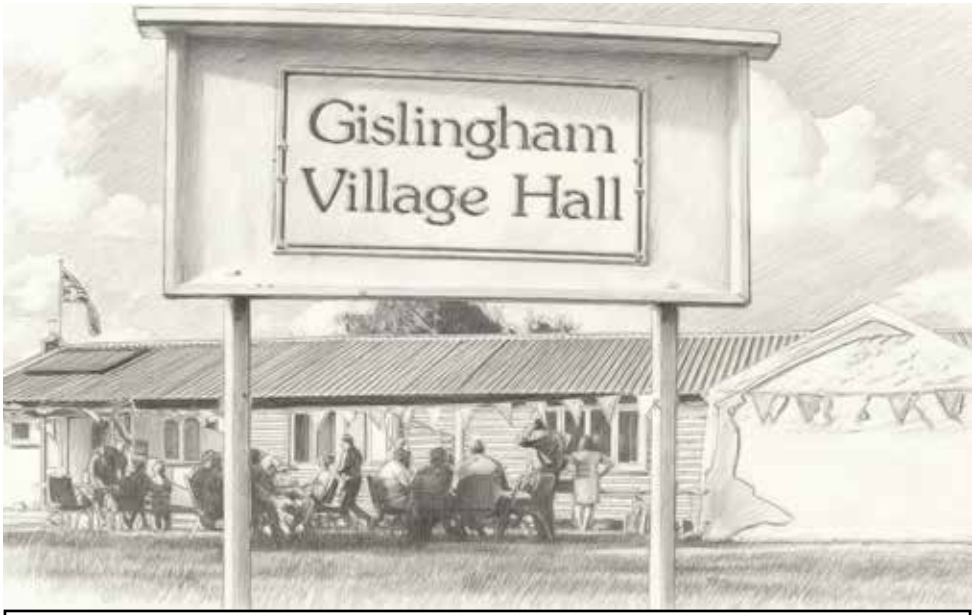
FUTURE EVENTS

Saturday 12th September: Quiz Night:
Doors open at 7.00 pm. Bring your own food and drinks. £5.00 entry. Tickets available from Terry Williams at gislinghamvillagehall@gmail.com or 01379 783903

Saturday 17th October: Bingo Night:
Watch this space for details.

Saturday 7th November: Music Night:
– watch this space for details

Saturday 12th December: Quiz Night:
Doors open at 7.00 pm. Bring your own food and drinks. £5.00 entry. Tickets available from Terry Williams at gislinghamvillagehall@gmail.com or 01379 783903



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.

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

YAXLEY PARISH COUNCIL NEWS



As the disconcertingly hot weather grinds on I find myself looking back wistfully to my childhood summers on a Newquay beach curled up in a deck chair under a plastic mac whilst the rain pattered down, and the adults muttered about 'typical British summers'. Those were the days. I do wish our farmers the best of luck now their harvests are virtually over; it is clearly a very difficult year for them. I will begin with three good news stories for Yaxley before moving on to the ever present infrastructure issues concerning the Parish Council this month.

New Parish Councillors

I am delighted to announce that Yaxley Parish Council is back to full strength following the co-option of Mr Matt Mills and Mrs Cathy Thomas at our meeting on 5th August to fill the two 'casual vacancies' that had arisen. Both of these new councillors bring a wealth of talent and experience to our parish council, and I am sure they will enhance our already strong team of councillors.

Yaxley Speed Watch

Speeding remains a cause for concern in our village, largely on the long straights of Old Ipswich Road and Mellis Road. Our two speed indicator devices do make a difference with absent minded speeders, but data from an Automatic Number Plate Recognition (ANPR) camera which we borrowed from Suffolk County Council in June showed that a hard core continue to place others at risk by ignoring the speed limits which are set at 30mph for good reason. The data obtained from a five-day deployment in Yaxley on the Mellis Road showed:

- Total Photos: 1416
- 30-34mph: 1083
- 35mph+: 333
- 40mph+: 64
- 50mph+: 1
- Fastest Speed: 50mph

Of course, without data as to how many vehicles in total passed the camera it is hard to place these figures in proportion but nonetheless 1416 speeding vehicles represents a considerable hazard and the 398 exceeding the limit by 5mph or more pose a serious risk to the pedestrians, horses and cyclists which use Mellis Road daily. A vehicle travelling at 30mph will take on average 23 metres or 75 feet to stop. The same vehicle travelling at 40 mph will take 36 metres or 118 feet to stop. That extra 13 metres or 43 feet may well make the difference between hitting a pedestrian or stopping in time.

In the face of this problem, I am proud and pleased to announce that the people of Yaxley have stepped up to the challenge and we now have sufficient volunteers to enable the establishment and training of a Speedwatch Group in the village. We have contacted Norfolk and Suffolk Constabularies to begin the process of setting this up.

Response to Eco Power

The Clerk and I attended the online meeting run by Councillor Richard Rout who was the Cabinet Member under the previous administration and now is the Shadow Spokesman on the County Council for Nationally Significant Infrastructure Projects (NSIPs) affecting Suffolk, such as Eco Power. The meeting was designed to help parish councils to shape their own responses to the Eco Power consultation which closes on 16th August. Yaxley's response

is its own, agreed by our Parish Councillors and reflecting factors unique to Yaxley but of course it has many points in common with surrounding villages who were also present at the meeting. Yaxley's response can be viewed on our website so there is no need for me to run through it in depth here, but rest assured that it is wide-ranging and reflects concerns brought to us by villagers such as fire safety, unsuitability of local roads, unfair concentration of infrastructure on this area west of the A140, effects on wildlife, spoilation of wonderful farmland and many more. Please view our response at https://yaxley.onesuffolk.net/

Most unfortunately for the area, Cllr Rout indicated at the end of the meeting that, although he felt that not all would go through, there are currently prospective plans for applications for 13,000 hectares of solar energy projects and battery storage systems in the Yaxley area. These could potentially change our environment for ever.

Visits of Adrian Ramsey MP to Yaxley

Perhaps because of the potential and actual disproportionate impact of energy and other infrastructure focused on this area Mr Ramsey visited Yaxley twice in early August. He made himself available for a question-and-answer session at the Cherry Tree Public House Bar and Tandoor on Monday 3rd August and attended the meeting of Yaxley Parish Council on Wednesday 5th. I apologise to readers and the people of Yaxley that owing to a critical illness affecting a close member of my family I was unable to attend either event although I had intended to do so. I have of course been informed by my Vice Chairman, Mr Julian Moore and the Clerk Mr Philip Freeman of significant statements made by Mr Ramsey at the Parish Council meeting which I presume mirrored much of what he said in the Cherry Tree. The issues Mr Ramsey covered which are relevant to local people were:

- His intention to propose an adjournment debate in the House of Commons allowing him to highlight the disproportionate burden of energy infrastructure on this area, citing Yaxley as an example of project overload.
- His attempts to expedite a decision on the planning application for change of use regarding the Cherry Tree Public House which has been in the hands of MSDC planning for over two years.
- His concerns about the Eco Power Suffolk scheme.
- His search for greater health support for Hartismere Hospital
- His lobbying for extra local places for SEND students in alternative provision and mainstream education
- His concerns about the Essex and Suffolk Water scheme for a Western Service Reservoir likely to be built north of Eye on the eastern side of the A140. This may involve possible distribution mains running through Yaxley on the Mellis Road and sweeping round and through parts of the southern side of the village. Whilst this route has not yet been officially chosen it is a fact that a number of residents of Yaxley have received letters from Essex and Suffolk Water indicating a possible need to go through parts of their property.

These are difficult times for Yaxley, and the other villages covered by the Messenger. I don't think Yaxley Parish Council is alone in feeling rather 'out gunned' as central government mobilises billions from investment funds to throw energy projects our way with no overall strategic planning whatsoever. Yaxley Parish Council is appreciative of the supportive attitude of Mr Tim Weller, our district councillor, Mr Paul Bains, our county councillor and of Adrian Ramsey MP.

Ian Luff, Chairman, Yaxley Parish Council

YAXLEY VILLAGE HALL CENTENARY CELEBRATION

(1926 to 2026)

4th to 6th September 2026



PROGRAMME OF EVENTS

(free entry to all events listed)

Friday 4th September

The hall will open at 3pm. Visitors will be able to view a display of photographs and memorabilia on the history of the hall and village
Bar will be open for refreshments throughout.
7.00pm JUKE BOX MEMORIES
An evening of music across the years for you to enjoy relax have a drink and even a dance

Saturday 5th September

The hall will be open from midday to view the display.
2.30pm. The Family Magic Show for young and old
Followed by Balloon Modelling for all.
Tea/cake and soft drinks available
(The bar will be open for the adults)

7.30pm The Village Brought to Life
A presentation by Mr John Hawes and Dr Ian Luff
Cheese and wine included
(The bar will be open throughout.

Sunday 6th September

The hall will be open from midday to view the display.
3.00pm Traditional Morris Dancing and music
Refreshments available (Including the bar)
(The bar will be open throughout.)

YAXLEY VILLAGE HALL NEWS

Our Centenary Weekend takes place from Friday the 4th September to Sunday 6th September. Yaxley residents will receive a copy of the programme with this magazine.

The Centenary weekend is being supported by the Yaxley Hall Committee. Entrance to all events is free. The bar will also be subsidised and the selection of beers from Grain Brewery will be selling for £3 per pint so come along and enjoy a discounted drink. Wines will also be available at £2 for a generous glass. Non alcoholic and soft drinks will be available as well. The bar will be open each day and remain open till 10pm.

As you will see detailed opposite, Friday kicks off with Music across the years from 7pm. Saturday there is a Magic Show for all, followed by Balloon Modelling for the children.

Saturday evening is a talk given by Dr Ian Luff and Mr John Hawes on the history of the village and hall; this will also include a cheese and wine buffet.

Sunday the display will be open and of course the bar.

Village Hall History

Yaxley Village Hall was opened on Tuesday 26th November 1926 by Lord Henniker (the local landowner). The original building was a 60-foot-long army hut as used since the First World War. Mr A B Sutton a local resident was the driving force behind the venture in providing a meeting place for all ages. The total cost, including associated ground works was £310, an amount that could have purchased two reasonably sized cottages at the time, and remembering a labourer's wage would have been £1 a week.

Initially the hall was a great success but by 1929 there was a decline in receipts. However, the hard work put in by the villagers arranging many events and fetes saved the hall's continuation.

In September 1932 a treasure hunt organised by the hall committee and run in conjunction with the newly formed athletics club, caused uproar. The event was cancelled by order of the police after the local vicar, the Rev. R.C. Magee had said the event would distract parishioners from attending morning service as it had been organised on a Sunday.

The Women's Institute met on a regular basis in 1933 and a full-sized billiard table added to the popularity of the hall and provided a steady income.

During the Second World War the hall continued as a centre point of the village. Yaxley's children enjoyed a Christmas party in 1940.

In 1953 a Christmas Fayre and jumble realised the princely sum of £13-14s-5d.

Many of the events and various clubs have continued over the years. Covid curtailed these for two years but the hall will continue to be a focal point for the people of Yaxley.

Finally, join us on Saturday 19th September in Yaxley Village Hall for BINGO with your resident caller Mr John Hawes

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QUIZ NIGHT

SATURDAY 10 OCTOBER 2026

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THE FOLLY AT THORNHAM WALKS

Tucked away within the beautiful landscape of Thornham Walks stands a small but intriguing reminder of the estate's Victorian past – the Folly.

The Folly can be reached by following the paths for approximately a mile from the main car park at Thornham Walks. The route takes you past Spinney Pond and the bird hide, continuing towards the Walled Garden. Along the way, the surrounding woodland and countryside provide a sense of the peaceful landscape that would once have formed part of the formal gardens of Thornham Hall.

The Folly stands beside the estate's pet cemetery. Such small cemeteries were a familiar feature of many Victorian country estates, reflecting the important place that domestic animals held within country-house life. The small gravestones provide a poignant reminder of the much-loved family pets that once belonged to the household.



A Victorian summer house

The building we see today is a remnant of the formal Victorian gardens and originally took the form of a Gothic-style summer house. Its construction incorporated weathered stonework and a medieval font removed from the nearby St Mary Magdalene Church.

The use of these older materials gives the building an unusual character. Rather than being simply a decorative garden feature, the Folly contains elements of the area's earlier history within its walls. The combination of Gothic design, weathered stone and medieval material would have created an appropriately romantic atmosphere for a Victorian garden.

For the Victorian gentry, a country estate was not simply a place to live. The gardens and surrounding parkland were an important part of everyday life, providing opportunities for walking, socialising and entertaining. The Folly *(pictured opposite Circa 1875)* would have formed

part of these leisurely excursions.

Imagine members of the household and their guests setting out from the Hall for a walk through the gardens and woodland. The Folly offered a place to pause, sit and talk, or perhaps enjoy a picnic. For larger groups, it could provide a welcome destination during a longer stroll around the estate. There is even a tradition that a gardener might be sent ahead to light a fire, making the Folly a comfortable stopping place for those following afterwards.



The Hermitage

The building was also sometimes known as 'The Hermitage', a name which adds another layer of romance to its history. The name is said to recall a structure believed to have stood elsewhere in the Thornhams for a few years during the 13th century.

Over time, however, the Folly fell into disrepair. By the beginning of the 20th century, the building had become a ruin, a far cry from the attractive garden retreat it had once been.

Restored as a memorial

The story of the Folly did not end with its decline. It was rebuilt by Lord John and Lady Julie

Henniker as a memorial to the Sixth Baron, who died in 1956.

The memorial is particularly poignant because the Sixth Baron never fully recovered from the horrors he experienced at Ypres. The decision to restore the old Folly in his memory gave the building a new purpose, connecting the landscape not only with the Victorian history of Thornham but also with the personal and family history of the estate.

Today, visitors walking through Thornham Walks can easily pass this modest building without realising how much history is associated with it. Its secluded position means that it can feel like a discovery rather than a major landmark, but that is part of its charm.

The Folly is a small surviving fragment of a much larger story – one that encompasses the Victorian country-house tradition, formal gardens, family life, much-loved pets, medieval heritage and the lasting impact of the First World War.



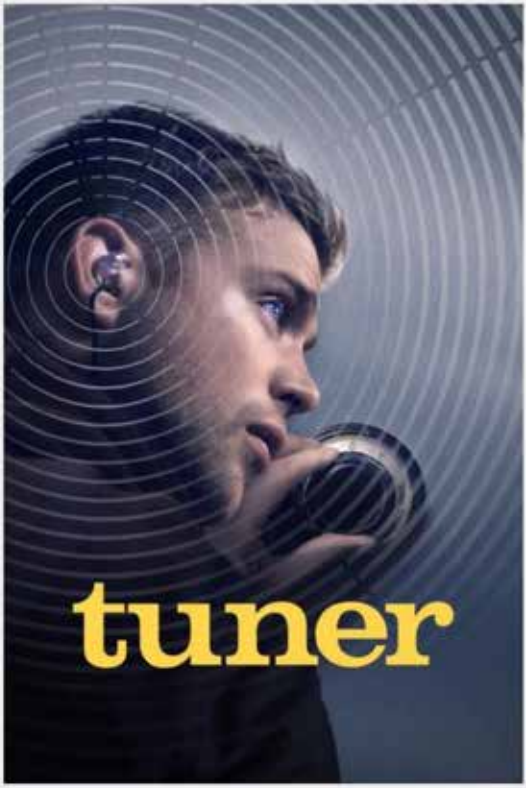
Next time you walk towards the Walled Garden, take the time to look out for the Folly beside the pet cemetery. Pause for a moment and consider the generations of people who have walked these same paths, and the very different lives that were once lived here. What now appears to be a quiet and weathered building was once part of the life and leisure of a country estate.

Source material: Thornham Estate website and 'Notes from Thornham' by Stephen Schwarz taken from the August 2021 issue of The Messenger.

Jeff Norman

Thornhams Film Night
Friday, 25th September 7:30pm

starring Leo Woodall and Dustin Hoffman



Thornhams Village Hall
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Bookings films@thornhams.org

NEWS FROM THORNHAM PARISH HALL



FORTHCOMING EVENTS:

Friday 25th September: Film Night – 'Tuner'
- 7.30pm. £6.00 at the door. Bookings: films@thornhams.org

Sunday 4th October: Coffee Morning - details to follow

Sunday 15th November: Winter Fair - details to follow.

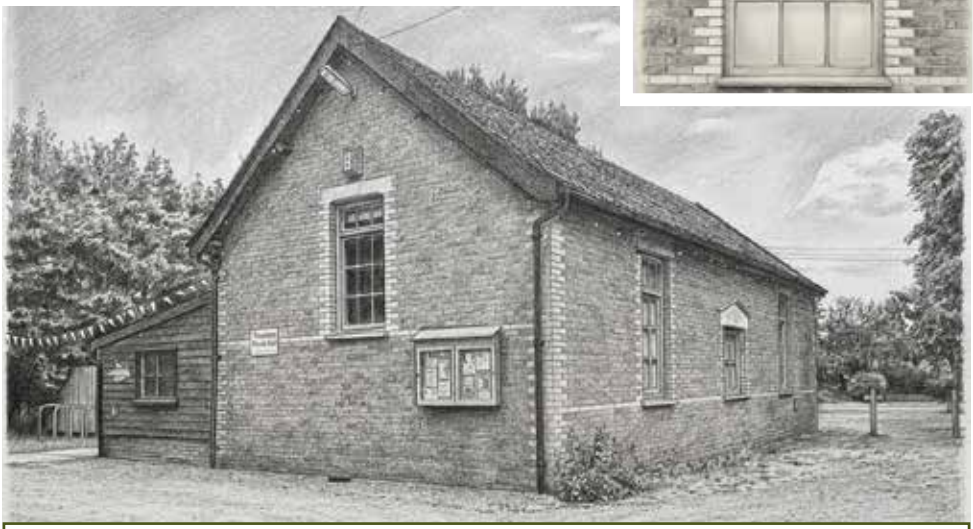
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A WORD FROM SARAH AT ROSEDALE BEREAVEMENT SUPPORT...



As I write, we are in the middle of school summer holidays. Roads, airports and ferry terminals will no doubt be packed as usual! Wildfires are raging in parts of Europe and the UK due to the soaring temperatures and lack of any substantial rain. This does not seem to deter those determined to enjoy their annual summer getaway.



For those who are bereaved, holidays may feel very different, especially when a partner has died.

When someone dies there are many losses. The Primary loss is the death of the person themselves but there are also many other Secondary losses. The types of losses felt will vary, depending on the relationship with that person. For example, when a close parent dies, the adult child may feel they have lost their best friend, advisor, mentor or shoulder to cry on in a crisis. Of course, not all relationships are easy or loving and loss can sometimes feel like guilt or regret about an estranged or fractured relationship.

When a partner dies, it is often the practical everyday losses that hit the hardest, due to constant everyday reminders. That person may have played many different roles in the relationship, such as cook, cleaner, gardener etc. They may have been the one to take the bins out, to fix a broken curtain rail or take the car for its annual MOT. Suddenly being responsible for all household tasks can feel extremely overwhelming.

Where there are children to care for, this now becomes the sole responsibility of the surviving parent which can be a heavy burden to bear.

Many bereaved people say the biggest loss is often companionship- someone to watch TV with, talk about the day over dinner or go on holiday with. It is often the simple things we miss, such as making plans together, deciding what to eat for the week ahead or even just being together in companionable silence.

Though we can never replace that special person and the roles they played in our life, it can be helpful to think about who else could help to fill some of the gaps left behind. Perhaps there is a single friend who would also like to go on holiday or for a day trip? When a family member offers help with odd jobs or gardening, take them up on their offer. If you belong to a supportive church, friendship circle or community group, accept those invitations for coffee or lunch or maybe initiate an invitation yourself? Maybe contact an old friend you haven't seen in a while and suggest a meet up. Helping and supporting others can also provide purpose and ease the loneliness and isolation of grief.

It may feel difficult at first but strengthening and developing our existing networks and building new ones can provide emotional support, practical help, companionship and connection.

When we have lost someone who brought so much to our life, connecting with others in a meaningful way can help to ease the burden of grief.

If you would like to join one of our bereavement groups in your area, call 01379 640 810 or visit www. rosedalefuneralhome.co.uk for more information. All groups are free and confidential.

Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator.

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Thank you to our sponsors (especially Tesco) and the providers of our raffle prizes – with a particular mention for our chairman who was unable to be here this weekend and very sorry to have missed it but provided the vouchers for David Austin roses. Thank you to all of our judges including Lawrence the gardening guru, Gislingham's own celebrity gardener, Ross, and Gary from Authentic Floristry. Details for the last two are available from the GISGAPS team – look for our Facebook page or email GISGAPS@gmail.com for further information. A further thanks to Heather for running the raffle ticket sales with military precision! and thanks to our photographer Darrel – whose photos are on the opposite page.

Particular thanks to everyone who has entered. At a time when the news is generally too miserable and all of our farmers and gardeners are struggling with the weather, walking into this hall today is an amazing tonic showing loads of talent and perseverance. A huge thank you also to all those who came along to view all the entries and join in the festivities and raffle. As a result, we made in excess of £500, with all net proceeds going to our two nominated charities for 2026 – Beyond the Wall (Thornham Walks) and The Forge in Thornham.

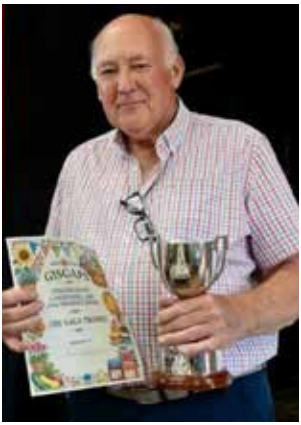
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The Archdeacon Trophy – Anne Smethurst
The George Tuffs Cup – Kevin Chapman
The Cottage Garden Challenge Prize – Kevin Chapman
The Barstow Cup – H. Booty and Martin Bryant
The Wallis Cup – Helen Spencer and Anne Smethurst
The Lodge Trophy – Mike Heath
The Morris Shield – Emilio John
The Fen Shield – Sophia Whatling
The GAGA Trophy - Ron Taylor
The Hurrell Cup – Jo Pitt
The Fisk and Son Cup– Heather Moore
AND…. Best In Show… Anne Smethurst

As we think ahead to next year, we'd welcome any feedback or ideas you might have – please feel free to drop us an email or speak to one of the committee members. We'd also love to see more children taking part next year. We're looking at launching a GISGAPS calendar (don't worry – no saucy poses!), so keep an eye out for more news on that soon.

The GISGAPS Committee
GISGAPS@gmail.com








GISGAPS




FIRST PRIZE








FIRST PRIZE


46.
FIRST PRIZE

NATURE NOTES by Darrel Charles



Hello everyone, welcome back to Nature Notes

As we all know, it has now been several weeks since we had any substantial rainfall and our gardens and surrounding fields are clearly showing signs of drought. Like many others, I have given up on my lawn and just hope that it will eventually recover, as the experts tell us it will. I must say, it's a sad sight seeing Blackbirds hopping around on the lawn in their doomed search for worms. And, of course, it's not just Blackbirds that are suffering. Apparently, some 96% of birds eat insects and they are in short supply because of the lack of moisture and high temperatures. To make matters worse, in drought conditions trees and shrubs do not produce as many seeds, nuts or berries as they struggle to survive. For these reasons, it's not surprising that birds have increasingly been turning to garden feeders for their nourishment. I have seen a notable increase in the numbers of birds visiting my own garden in search of food and, of course, water. To that end, I'm pleased to say that I have been lucky enough to receive an early birthday present of a new bird bath and that it is proving to be a big hit with our feathered friends. If you haven't got a bird bath in your own garden now would be a great time to set one up. As I write this piece, an unexpected visitor has appeared at the bird bath - a Sparrowhawk, which predictably caused a temporary exodus of other birds from the garden. Truly, it's tough out there.



A Blue Tit Prepares to Take a Sip

One particular kind of bird that's been suffering in the drought is the Swallow. These spectacular flyers have been regular summer migrants along Mill Street in Gislingham for years but they're having a particularly hard time



Sparrowhawk



Fledgling Swallows

this year. Anne Braybrooke has been fortunate in having witnessed Swallows successfully bring up their young over many seasons. This year, though, it has been a sorrowful sight, seeing the parents struggling and their babies perish through lack of food. As Anne has noticed, there just aren't enough insects flying around for them to feed upon. The nest that Anne has been keeping an eye on has seen the first brood fail and she is hoping that the second, of just two fledglings, will survive to undertake their migration to Africa later in the year. In the photo opposite, the two youngsters have left their nest and are eagerly awaiting mum and dad to bring them food.

Last month I took myself off to Bradfield Woods with the aim of seeing some woodland butterflies. I soon came across several fast flying Silver Washed Fritillaries and a couple of White Admirals, as well as Ringlet, a Speckled Wood and Green Veined Whites.


Silver Washed Fritillary


White Admiral


Ringlet


Purple Emperor

Unfortunately, one species I did not see at Bradfield was a Purple Emperor, although the woods are reportedly a hot spot for this splendid creature. These butterflies spend most of their time high up in the canopy of oak trees, making them difficult to see, only occasionally descending to the ground in search of mineral salts. My photo of a Purple Emperor, above, was taken some years ago in Fermyn Woods, Northamptonshire. Perhaps I'll have better luck during my next visit to Bradfield.

The eclipse of the sun by the moon will be taking place shortly - hopefully I'll have a photo to share next month.

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.









MELLIS MINI MUSIC FEST – A WONDERFUL WEEKEND OF MUSIC AND COMMUNITY SPIRIT

What a wonderful weekend we enjoyed at this year's Mellis Mini Music Fest, now in its 14th year! The village of Mellis came alive with music, laughter and community spirit and welcomed families, friends and music lovers for another memorable celebration. Bringing together local talent, great food, and a relaxed festival atmosphere, the event once again proved that some of the best festivals come in the smallest packages.

Visitors were treated to a vibrant programme of live entertainment. Throughout the weekend, performers took to the stage with an eclectic mix of music, creating an atmosphere that appealed to all ages. Whether people were dancing in front of the stage, relaxing on picnic blankets or catching up with friends, there was a genuine sense of community that defined the festival.

Saturday treated us to glorious sunshine, making it the perfect backdrop for an afternoon on Mellis Common. The music got underway at 2pm with 'The Dividers', who entertained everyone with a lively selection of rock and pop favourites including Blondie and The Cranberries. At 4pm, 'Johnny Pasque' slowed the pace with a superb acoustic set before 'Big Black Cadillac' rounded off the day's entertainment at 5pm with an energetic mix of rock 'n' roll and rockabilly.

No music event would be complete without good food, and Harris's Hog Roast kept everyone well fed with their delicious hog roast, which proved to be a popular choice throughout the afternoon.

On Sunday, the weather kindly improved just in time for the music to begin. At 2pm, 'Remedy' entertained the crowd with their mix of blues, rock and funk plus an impromptu appearance by former 'Makeshifts' singer Simon sporting a leg cast! 'Sane Revolution' followed at 4pm with a brilliant set of sing-along rock anthems, before 'Beergut 100' brought the festival to a fitting close with an enjoyable performance of rock and pop covers including Led Zeppelin and The Foo Fighters.

Sunday's food offerings were provided by the Mellis Memorial Hall Committee, whose barbecue was greatly appreciated by everyone attending.

A special thank you goes to Steve, our PA man, who provided the sound system and expertly looked after the audio throughout both days. His hard work behind the scenes ensured that every performance sounded its best and helped make the weekend such a succes

One of the event's greatest strengths continues to be its community focus. Organised by the village pub, The Railway Tavern, the festival highlights what can be achieved when a village comes together. The friendly atmosphere made newcomers feel welcome while providing returning visitors with another opportunity to celebrate everything that makes Mellis such a special place.

Events like the Mellis Mini Music Fest simply wouldn't happen without the hard work of so many people. Our sincere thanks go to all of the musicians, to our food providers, to the staff of The Railway Tavern who worked so hard before, during and after the event, and to everyone who came along to support it.

We hope everyone had as much fun as we did and look forward to welcoming you all back for another Mellis Mini Music Fest next year.

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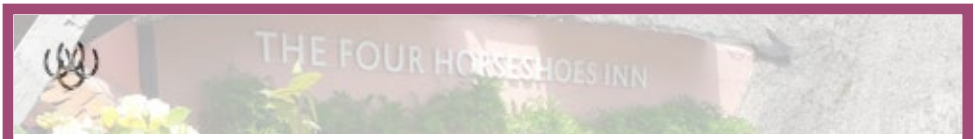
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O/S Map: 230. *Distance: 3.7 miles/6km*
What//three//words: lay-by – exists.imitate.amending. Car park – jams.dolphin.chaos

You have two locations to park your car. As you turn onto the A143 at the BP garage roundabout, there is a small lay-by on your right. Otherwise, opposite the lay-by is an entrance to an off-road car park. If you park in the lay-by be careful crossing the road.



Start the walk at the entrance to the road that leads to the car park. You will see the carved sculpture at the entrance to the car park. Continue over Scole Bridge with the River Waveney underneath, a bit green and not that flowing.

Continue along the road, go through the barrier and past the Crossways pub on your right and the Scole Inn a bit further on, just afterwards, turn left onto Low Road and continue until you reach the footpath sign. Turn right and pass the housing development. At the main road, cross over and head for St Nicholas Church. When we viewed the church, we thought it looked a bit modern. Researching, we found the following: -

A Mix of Old and New: The building features 14th and 15th-century medieval stonework mixed with mid-20th-century architecture.

- The 1963 Fire: An arson attack in January 1963 completely gutted the interior and destroyed its historic 15th-century hammer beam roof.



- Patrick Reyntiens Window: The standout feature of the 1964 rebuild is a magnificent modern East Window designed by Patrick Reyntiens, who also created the famous baptistry window at Coventry Cathedral.
- Historic Graffiti: Several pillars inside feature centuries-old graffiti, including repetitions of the name "Thomas Gage" from the 17th century.
- Community Space: Most of the traditional pews have been removed and replaced with flexible seating to accommodate modern village events, coffee mornings, and playgroups.

Leave the church and turn right and follow the pavement along the road, past the school and the garage. Opposite the garage, there is a small housing development which has been named in honour of a decorated soldier.

Gordon Muriel Flowerdew (January 2 1885 - March 30 1918) was born in Billingford, near Scole, and was the Canadian recipient of the Victoria Cross, the highest and most prestigious award for gallantry, for his actions at the Battle of Moreuil Wood during World War I.

When you reach the road on the left, turn right onto Angles Way. Cross the field and at the time of walking, the fields were full of wild flowers. At the end of the field turn right and then left, with the hedge of your right. You will see some farm buildings on your right, so continue along around the edge of the field to reach a gravel road.



Turn right and continue along the gravel track, past the sign for Thorpe Parva Hall Farm until you reach the buildings either side of the track Take the footpath to the left. Keeping the hedge to your right and the field will open up to give you a vista to see the Billingford Mill in the distance.



Continue along the path until the corner of the field and cross the wooden sleeper bridge onto the road.

Turn right and if you wish to take refreshments at the Billingford Horse Shoes pub continue to the main road. (We didn't) Otherwise continue until the signpost is for the Angles Way on your right (ignore the one to the left). The post is slightly obscured, so take this track.

When you reach the end of the track, you will see the remains of St Mary's church, Thorpe Parva.



This is the ruin of round-towered church. There is no village, and probably there hasn't been for a very long time. At the Reformation, the church fell in to disuse, probably as early as the 1540s. Without a parish population there was no need for a church, and the structure would have been mined for materials for building elsewhere. Interestingly though the tower appears to have been retained by the Hall for use as a dove house, which probably explains why so much of it survived so long after its abandonment.

Given the lack of any surviving ornamentation, it's not possible to date the round tower exactly, but it was probably one of the later ones, perhaps early 14th Century.

Continue past the remains and as the track bears left continue straight. You will pass a long wooden fence and the edge of a building and arrive at a T-junction, turn left and reach the road. Turn right and head back to Scole.

We decided to have a drink at the Scole Inn, as we stayed here some 20 years ago. It was a 1655 coaching inn, with many existing features. You may wish to visit the Crossways pub just a bit further down the road. Once refreshed, continue back past the Crossways and return to where your car is parked.

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‘B.B. KING’S BLUES SUMMIT 100’ – JOE BONAMASSA AND VARIOUS ARTISTS

MUSIC NOTES



Few artists loom larger over the blues than B.B. King. Known simply as “The King of the Blues,” his elegant guitar phrasing and soulful voice shaped generations of musicians from Eric Clapton to Gary Moore. Born Riley B. King in Mississippi in 1925, he rose from poverty and segregation-era hardship to become one of the most influential musicians of the twentieth century, carrying the blues from juke joints to concert halls around the world. His landmark recordings such as ‘Live at the Regal’ and classics like “The Thrill Is Gone” helped introduce blues music to mainstream audiences and inspired countless young guitarists.

To mark what would have been King’s 100th birthday on 16th September 2025, Joe Bonamassa assembled an ambitious tribute project titled ‘B.B. King’s Blues Summit 100’. The album takes its name from King’s Grammy-winning 1993 release ‘Blues Summit’ and brings together an extraordinary cast of blues, rock and soul musicians to celebrate both the man and his music.

The 2CD (32-track) set was released in the UK in February - and features contributions from artists including Eric Clapton, Buddy Guy, Derek Trucks, Susan Tedeschi, Paul Rodgers, Jimmie Vaughan, George Benson, Chaka Khan, Michael McDonald, Slash, Marcus King and Christone “Kingfish” Ingram. Rather than simply imitate B.B. King’s originals, the performers reinterpret them with fresh energy while still respecting the emotional heart of the songs. The result is a record that feels both reverent and vibrant.

At first, I was hesitant about buying this compilation, as I’m not a fan of Joe Bonnamassa’s modern blues-rock style. But when I saw that every song was a collaboration featuring some of the world’s best blues musicians, I was in! It certainly doesn’t disappoint!

The album succeeds because it understands what made B.B. King special in the first place. King never relied on speed or technical showmanship; his genius was in phrasing, restraint and emotion. Bonamassa and his collaborators wisely avoid overplaying. Tracks such as “The Thrill Is Gone” and “Every Day I Have the Blues” retain their timeless power, while newer interpretations introduce King’s music to younger listeners who may never have explored traditional blues before. This project respects King’s legacy with outstanding musicianship and his belief that the blues should continue to evolve rather than become a museum piece.

The production throughout is rich and polished, with authentic horns, strings and vintage blues textures helping recreate the warmth and atmosphere of classic recordings. There is a genuine sense of celebration here — not just of one man, but of the blues tradition itself.

Ultimately, ‘B.B. King’s Blues Summit 100’ is more than a tribute album. It is a reminder of why the blues still matters. Through heartbreak, joy, struggle and perseverance, B.B. King gave voice to universal human emotions with extraordinary grace and humanity. It succeeds because it honours not only the sound of the blues, but also the spirit of the man who carried it to the world.

Long live the Blues!

JAN Author's Rating: ★★★★★ 5/5



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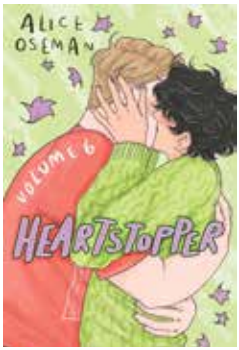
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CHARLOTTE'S BOOK BLOG





Heartstopper by Alice Oseman

★★★★★ 5/5

When I first started reviewing books for *The Messenger*, I wrote an article about author Alice Oseman and the first three graphic novels in their *Heartstopper* series. Since then, Oseman has published three more volumes, with the most recent (Volume 6) released just a few weeks ago, marking the final ever instalment of the beloved teenage love story.

Within the first five *Heartstopper* books, Charlie Spring and Nick Nelson's friendship develops into a romantic relationship. After meeting at school, Nick realises he has feelings for Charlie and begins questioning his sexuality before coming out as bisexual. Together, they navigate their relationship while dealing with bullying, homophobia and pressure from their peers. As their relationship becomes more serious, Charlie's struggles with his mental health and eating disorder become increasingly important, with Nick supporting him through recovery. Alongside their romance, the books explore the lives of their friends, including Tao, Elle, Tara and Darcy, as they face their own challenges, relationships and experiences of growing up.



Photo: Me on the set of Heartstopper.

Volume 6 is a bittersweet but fitting ending to Nick and Charlie's story. As Charlie works towards becoming head boy and Nick prepares to leave for university, the pair face the uncertainty of growing up and what the future might mean for their relationship. Charlie also continues to navigate his mental health and recovery, while Nick begins to think seriously about his plans beyond school. Their relationship is tested by the pressures of exams, university applications and the prospect of being apart. The final volume feels more mature than its predecessors, exploring love, independence, mental health and the fear of change while still keeping the warmth and humour that made the series so special. It's emotional without becoming overly dramatic, and Oseman gives both characters room to grow and develop. It felt like a genuinely heartfelt goodbye to a much-loved series.

Over the past few years, *Heartstopper* has also been adapted for the screen as a three-season TV series, becoming one of Netflix's most popular shows. Starring Joe Locke and Kit Connor, alongside famous faces such as Olivia Colman, Anna Maxwell Martin and Eddie Marsan, the series brought Nick and Charlie's story to an even wider audience. For its finale, however, the last instalment of Heartstopper for tv was released as a feature-length film, Heartstopper Forever. Released on July 17th, the film brings Nick and Charlie's story, as well as the journeys of their friends, to a close. It is still available to watch and in my opinion was such a joyous end to what has been an incredible series and was filled with so much celebration and joy after what the characters had been through and I felt like the way it all ended was perfectly done and their stories were rounded off very nicely. ***Charlotte***

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TERRAPIN NEWS



On Tuesday 10th August 2026 Mid Suffolk Cabinet agreed to establish the BRACE (Building Resilience and Adaptation through Community Energy) Programme across Mid Suffolk. The programme is comprised of two strands.

One will support community organisations to improve the resilience and energy performance of community buildings through renewable energy generation, battery storage, energy efficiaency improvements, air-air heat pumps and other appropriate technologies.

The other will provide technical support, funding and partnership development to support and scale community energy projects and create a pipeline of future community energy opportunities across the district to support communities to derive more benefits from renewable energy, gain greater control over their energy futures and become more resilient to energy costs.

The Cabinet approved establishing the comprehensive BRACE (Building Resilience and Adaptation through Community Energy) Programme for the benefits of residents and communities across the district and that a budget of £500,000, with a mixture of £265,000 capital and £235,000 revenue, be funded from the Mid Suffolk Implementation Reserve to deliver the BRACE Programme, including both BRACE Delivery and BRACE Development for the period 2026/27 to 2027/2028.

Energy used to power and heat buildings accounts for around 22% of UK greenhouse gas emissions and continues to be a significant operating cost for many community organisations. Rising energy costs also place increasing financial pressure on residents, affecting the affordability and long-term sustainability of vital local services and community facilities.

Climate change is increasing the frequency and intensity of extreme weather, including periods of prolonged heat and higher maximum temperatures. Climate projections indicate that Suffolk is expected to experience more frequent and intense heat waves, with a substantial increase in the number of hot days over coming decades. Many community buildings were not designed to cope with these conditions, increasing the risk of overheating, higher energy costs and disruption to the services they provide. Rural communities can also be susceptible to other emergency events such as power interruptions. Improving the resilience of community buildings and increasing the number of buildings suitable for emergency usage will help protect vulnerable residents, support community wellbeing and strengthen local resilience.

BRACE also recognises the need for a holistic approach, passive building measures such as insulation and shading together with energy-based systems for heating and cooling

Community organisations across Mid Suffolk face a range of barriers to delivering community energy and resilience projects. These barriers can prevent otherwise viable projects from progressing beyond the initial idea stage. To facilitate delivery the BRACE Programme has two complementary strands: “BRACE Delivery” – Supporting community building improvements through the addition of renewable energy, energy storage and cooling, amongst other interventions, through technical support, funding and project delivery; with capital grants of £1,000 to £30,000 if eligible and “BRACE Development” that will support the development of community energy projects through partnerships, local energy planning, capacity building and identifying external funding opportunities.

Rowland Warboys - District Cllr. Gislingham Ward

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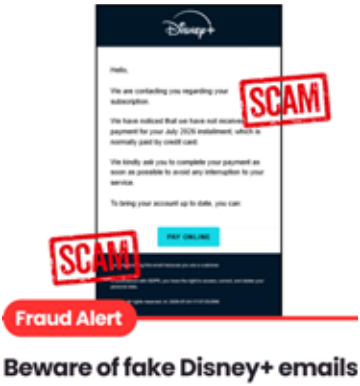
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TIP OFF, RIP OFF!



This month, Suffolk Trading Standards are warning us of two scams.

Fake Disney+ emails



Beware of these fake Disney+ emails that claim payment has not been received for your subscription. The link within the email leads to a convincing looking website where you are asked to log into your account. This then leads to another page that asks for payment.

A quick tap on the sender's address also instantly reveals the email is not from a Disney email address.

You can report scam emails to: report@phishing.gov.uk and malicious websites to the National Cyber Security Centre. If you've lost money or provided personal information as a result of a phishing scam, notify your bank immediately and report it to Report Fraud.

Airport Parking



If you haven't yet booked your holiday this year, Trading Standards would like to remind you to do your research on the company that you use to park your car at the airport.

Meet and Greet services are quick and easy, and often take the stress out of your travel plans. The services involve meeting a company representative at an airport and then handing over the keys. The firms take the car away and bring it back on the traveller's return to the airport.

However, each year TS receive a string of complaints from travellers who have unwittingly used a bogus company, and have returned from their holiday to find unexpected mileage, damage and content theft.

If you look closely some companies offering 'meet and greet' services do not have full contact details on their websites so you have no way of making contact if you have a complaint.

In some cases claims of secure parking can actually mean a field or a street near to the airport.

Choose a reputable company:

- Use one of the main car parking companies whose name you recognise.
- Visit the official airport website: All of the major UK airports have links to approved airport parking sites.
- Pre-book in advance: You'll be able to compare different options and prices.
- Remove or hide any valuables: Even when using secure car parking, it's important to keep valuables out of sight.

Anyone who believes they have fallen victim to rogue parking services is encouraged to report the matter to Trading Standards via 0808 223 1133

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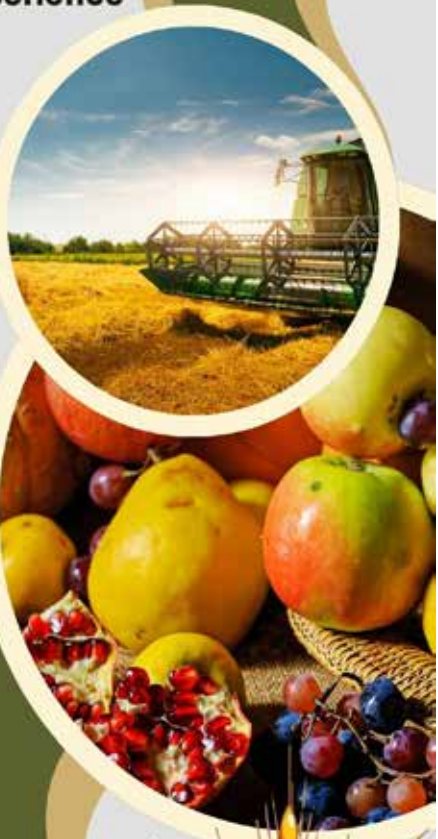
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WHO AM I? QUIZ

Below are eight clues as to who I am this month..

1. I celebrate my birthdays twice a year, on June 25th and December 25th.
2. I first appeared in 1958, the creation of a BBC cameraman.
3. I put Jeremy Clarkson through private school as his parents created a toy version of me, earning millions in royalties.
4. I've advertised Marmite, Barbour and Marks and Spencer.
5. My Peruvian birth name is actually 'Pastuzo', named after my famous uncle.
6. I took the surname 'Brown' as my original one is too hard to pronounce.
7. My first name came from a railway station.
8. Aunt Lucy taught him a special technique—the famous "hard British stare"—to use on people who forget their manners

The answer appears at the foot of page 63.

SUDOKU CHALLENGE

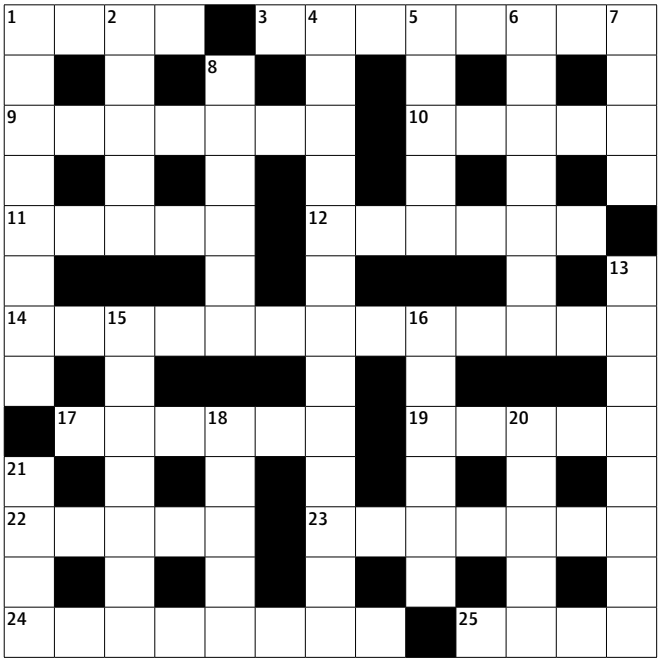
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		4	5				1	9

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

Last issue solution

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

CROSSWORD CHALLENGE



Across

1 Composer, CPE or JS? (4)
3 Atmospheric gas (8)
9 Russian playwright (7)
10 Defendable (5)
11 Succumb to giddiness (5)
12 Rile (6)
14 Wartime campaign slogan (3,3,7)
17 Butcher, at times (6)
19 Lot hammer? (5)
22 Nonsense (5)
23 Pet (7)
24 Improve (as in the appearance of an image) (8)
25 Twelve (4)

Down

1 Rear (8)
2 Cored (anag.) (5)
4 Alcohol will free the tongue (2,4,7)
5 Spike (5)
6 Italian astronomer (7)
7 Sans clothes (4)
8 'Way of the gods' in Japan (6)
13 Plant with backward-turned petals (8)
15 Allurement (7)
16 Telling (6)
18 Screen (5)
20 Star sign (5)
21 Design (4)

Last issue solution

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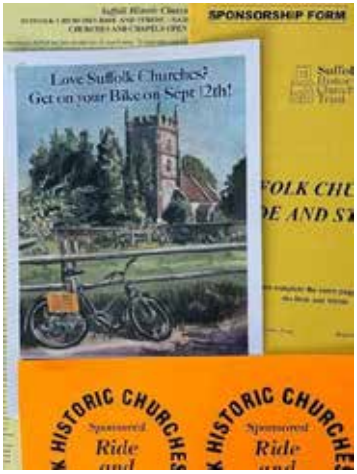
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NOTICES



LOVE SUFFOLK CHURCHES? GET ON YOUR BIKE ON SEPT 12TH!

The Suffolk Churches Ride and Stride event for 2026 will take place on Saturday, September 12th. Participants can cycle, walk, or ride horses between local places of worship from 9:00am to 5:00pm, raising sponsorship money split equally between the Suffolk Historic Churches Trust and a specific church of their choice.

The annual event is the largest fundraiser for the Suffolk Historic Churches Trust and helps preserve over 500 historic churches and chapels across the county. Participants plot their own routes, enjoying Suffolk's countryside while gathering signatures at each church they visit.

You can sign up as an individual or group, download sponsorship forms, and set up a donation page directly via the Suffolk Historic Churches Trust Ride and Stride page at:

https://shct.org.uk/ride-and-stride/

The Gislingham bike ride organiser is Jackie Campbell for St. Mary's Church and she can be contacted on: 01379 783329 if you would like to participate.

The Arts Society Diss

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  - G.F. and Mary Watts in Compto
- **20th October - CARTOONS & CONTRAPTIONS - Barry Venning**
  - The wonderful world of Heath Robinson
- **17th November - STANLEY SPENCER - Amy Lim**
  - Cookham, a village in heaven
- **19th January - AUSTRALIAN ABORIGINAL ROCK ART - Paul Bahn**
  - The world's longest art tradition
- **16th February - THE BANKSY EFFECT - Mariska Beekenkamp Wladimiroff**
  - Art with attitude

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Answers to the Who Am I? Quiz on page 60. *Paddington Bear.*

SOUTH HARTISMERE BENEFICE

A Dangerous Calling*

One of my favourite moments in the film "Darkest Hour" is towards the very end, when the members of the House of Commons start boisterously applauding Churchill's call to stand up to Hitler's tyranny and waving their white handkerchiefs in the process. At the end of Churchill's great rallying cry, the M.P. sitting next to Lord Halifax asks him in a bemused sort of way, "What just happened?" and Halifax replies, "Winston mobilised the English Language and sent it into battle". Five hundred years ago, the great Bible translator, William Tyndale, did a similar thing - he mobilised the English Language and sent it into battle on behalf of the plough boy.



In 1526, copies of Tyndale's translation into English of the New Testament were smuggled from the Continent and sent down the Thames. So dangerous and so subversive were these Bibles considered to be, that as many copies as possible were ceremonially burnt outside St Paul's Cathedral by the then Bishop of London, Cuthbert Tunstall. The Bibles used in parish churches at the time, the Vulgate, were in Latin and could therefore be understood only by an almost exclusively male, educated and wealthy elite. This left the vast majority of the population at the mercy of the rich and powerful for their understanding of scripture and so religion was being used not as a means of liberating the poor, as Christ had taught, but of control. It was this abuse of power which Tyndale sought to overturn and he brought his phenomenal linguistic powers to bear in the process.

Tyndale was a brilliant linguist who could speak several European languages and had studied Latin and Greek at university which gave him the great advantage of being able to translate from the original scriptures. But in addition to all this, he was a man with the soul of an artist. Most of us have heard of the King James Bible of 1611, one of the most influential books of all time, but what we may not realise is that 83% of the New Testament was lifted straight from Tyndale's translation, his words could not be improved on. Phrases that were his creation are still in use today – "the apple of his eye", "salt of the earth", "sign of the times", "a law unto themselves", "the powers that be", "eat, drink and be merry", "a wolf in sheep's clothing" and so many more. His ear for the music of language has meant that his words have a poetry which has taken hold in the popular imagination and they still resonate with us today.

He was a man of astonishing genius, but within 10 years of the arrival in England of his monumental translation, Tyndale was dead. He had lived much of his adult life as an exile, on the run and in hiding in Continental Europe. He was betrayed by a student friend of his from Oxford, was imprisoned and finally martyred by being strangled and burnt at the stake in 1536. But within two years of his death, thanks to another extraordinary man, Thomas Cromwell, there was a copy of the Bible in English in every parish church in the land.

Alison Williamson - Lay Elder

**A Dangerous Calling is the title of the exhibition at St Paul's Cathedral where one of only 3 surviving copies of Tyndale's original translation is on view. The exhibition runs until 27th February 2027.*

SEPTEMBER 2026

SUNDAY 6TH SEPTEMBER	Thorndon	10.00am	Together @ 10
14th Sunday after Trinity	Gislingham	10.30am	Harvest Holy Communion
SUNDAY 13TH SEPTEMBER	Mellis	10.30am	Holy Communion
15th Sunday after Trinity	Stoke Ash	10.30am	Worship for All
SUNDAY 20TH SEPTEMBER	Thorndon	10.30am	Holy Communion
16th Sunday after Trinity	Thornham Parva	10.30am	Harvest Holy Communion
	Gislingham Village Hall	3.00pm	God and Play
	Yaxley	6.00pm	Harvest Festival
SUNDAY 27TH SEPTEMBER	Thornham Magna	10.30am	Harvest Holy Communion
17th Sunday after Trinity	Wetheringsett	10.30am	Welcome to Harvest Holy Communion

Telephone Church BCP Holy Communion is on Thursdays at 11.00am



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LOCAL INFORMATION

BUS TIMETABLES

GISLINGHAM AND THORNHAM 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 460 (Thursday only) from Eye to Stowmarket
Leaves Thornham Magna (Four Horseshoes) 09.25 / Gislingham (Shop) 09.31 / Stowmarket (Argos) 10.02. **Returns** from Stowmarket (Argos) 12.15 / Gislingham (Shop) 12.45 / Thornham Magna (Four Horseshoes) 12.52.

Simonds Bus 72 (Fridays only) Gislingham (via Thornham) to Diss
Leaves Gislingham Village Hall 09.30 / Thornham Magna Four Horseshoes 09.41 / Diss Bus Station 10.05. **Returns** from Diss Bus Station 13.00 / Thornham Magna Four Horseshoes 13.30 / Gislingham Village Hall 13.35.

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



Post Van:
Yaxley
Fridays in the layby on Eye Road:
9.00am to 10.00am

Gislingham
Fridays at Village Hall:
12.15 – 14.15



Mobile Library: Gislingham
2026 visits will be on the following Wednesdays: 9 Sept, 7 Oct, 4 Nov, 2 Dec, 30 Dec.
Times: Broadfields Rd: 15.10-15.45

Mill St.: 15.50-6.05

IMPORTANT CONTACTS

Anglian Water Emergency	0800 145145
Botesdale Health Centre	01379 898295
Citizens Advice Bureau Diss	0800 8127 138
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: gislinghamvillagehall@gmail.com	01379 783903
Mellis - Helen Timmons: bookmellishall@gmail.com	01379 783449
Yaxley - Celia Armstrong: celiaarmstrong@hotmail.co.uk	01379 788754
Thornham - Beth Fredrikssen-Jones: hallhire@thornhams.org	
Mendlesham Health Centre	01449 767722
Member of Parliament - Adrian Ramsey adrian.ramsay.mp@parliament.uk	07534 933356
Mind's support line - a safe place to talk about your mental health	0300 102 1234
NHS Direct	111
Parish Councils:	
Gislingham (Clerk): clerk@gislinghamparishcouncil.gov.uk	07833 705915
Mellis (Chairperson - Lawrie Read): mellisparishcouncil@gmail.com	01379 788248
Yaxley (Clerk): Philip.c.freeman@btinternet.com	01379 783203 / 07958 623897
Thornham Parva (Clerk - Christine Moore):	01379 783226
Rev'd Debbie Nicholls, Rector of South Hartismere Benefice rev.d.nicholls@gmail.com	07762 116 335
Suffolk Police (non-emergency)	101
Suffolk Doctors On Call	03001 303066
Suffolk Fire Service & Community Fire Safety	01473 260586
Suffolk County Council - Cllr Paul Bains Paul.Bains@suffolk.gov.uk	
Samaritans – for everyone:	116 123

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