

# **MENDLESHAM NEWSLETTER**



**Issue 439**

**March 2020**

# CLASSIFIED ADS

<p><b>PAINTING AND DECORATING SERVICES</b> TWO LADY PAINTERS AND DECORATORS HERE TO HELP WITH YOUR PAINTING AND DECORATING NEEDS PLEASE CALL 07767773076</p>	<p><b>GENERAL PLUMBING</b> No Call Out Fee. No Job Too Small Adrian Stevens Tel: 01449 781823</p>
<p><b>A.R. PLASTERING</b> Excellent Service Guaranteed All areas of Plastering undertaken Free quote 01449 720274 Mobile 07736667447</p>	<p><b>Your Local Handyman</b> Minor repairs around the home Including taps, immersion heaters Flat pack assembly Shed &amp; fence painting MANY more services provided Tony 07771 800072 01449 781993 <a href="mailto:gooderhamt@aol.com">gooderhamt@aol.com</a></p>
<p><b>CHIMNEY SWEEP</b> Vacuum and Brush, Andrew Brundell 01449 766614 or 07776 215940</p>	<p><b>N.S. PLASTERING</b> no job too small free quotes mobile 07792304320</p>
<p><b><u>Hand in Hand</u></b> <b><u>Providing Professional Care</u></b></p> <ul style="list-style-type: none"><li>• Stroke support • Cancer care</li><li>• Stoma care • Personal care</li><li>• Dementia care • Respite care</li><li>• General housekeeping</li><li>• Company for times when you are just feeling lonely</li></ul> <p><u>'Person centred care, tailoring to your every need is what I deliver.</u> <u>Feel free to contact me for a free consultation'</u> Hayley Page MOB: 07551419310 <a href="mailto:hayleypage253@gmail.com">hayleypage253@gmail.com</a></p>	<p><b>Are you on Facebook?</b></p> <p>If so have a look for <b>'Spotted in Mendlesham'</b> &amp; <b>'Mendlesham Green Residents'</b> pages to keep up to date with what's going on in the villages.</p>

**Email reports, articles,  
photos and adverts to:  
gemma.green1202@gmail.com**

Editor: Gemma Green  
07733 333659  
Advertising: Keith Shelton  
01449 768744  
shelton@live.co.uk

**Paper Copies of Articles to:**

Jean Abbott, 11 Mayfield Way,  
Mendlesham (01449 766895)  
Pat Winslett 19 Glebe Way,  
Mendlesham (01449 767803)

**Deadline for April issue  
6th March 2020**

We produce 12 issues per year  
which are delivered to every  
household in the location of  
Mendlesham.

**Front Cover**

Meg Clarke

<b>Dates for your diary</b>		
<b>Mar</b>		<b>Page</b>
<b>2nd</b>	Bible Study	13
<b>3rd</b>	Mendlesham Camera Club	7
<b>4th</b>	Parish Council Meeting	2
<b>6th</b>	Newsletter Deadline	1
<b>7th</b>	SAT-CAF	3
<b>7th</b>	Mendlesham Walks	13
<b>7th</b>	Over 60's Cedars Meal	15
<b>9th</b>	Bible Study	13
<b>9th</b>	Knit & Natter	14
<b>10th</b>	Mendlesham Writers Group	9
<b>10th</b>	Fresh Coffee & Cake	17
<b>12th</b>	Mobile Library	11
<b>13th</b>	MURCies Coffee Bar	14
<b>16th</b>	Bible Study	13
<b>17th</b>	WI Meeting	16
<b>17th</b>	Fresh Coffee & Cake	17
<b>20th</b>	Mendlesham Film Night	8
<b>21st</b>	Baked Spud Bash	6
<b>23rd</b>	Knit & Natter	14
<b>26th</b>	Over 60's AGM	15
<b>27th</b>	Scouts - Chocolate Bingo	4
<b>28th</b>	Football Club Race Night	8

**Editorial**

Welcome to the March newsletter, as the sunshine tries to breakthrough it spreads warmth through us and encourages the plants to put on a growth spurt. Hopefully soon we can enjoy the colours of the flowers of Spring. In the meantime there are plenty of activities in Mendlesham to enjoy.

Best Wishes  
Gemma

## FROM THE PARISH COUNCIL



Parish Clerk: Sharon Jones, Honeysuckle, Hockey Hill,  
Wetheringsett, Suffolk IP14 5PL

Tel 01449 766139

Email: [parishclerk@mendleshampc.org](mailto:parishclerk@mendleshampc.org)

Web site: <http://mendlesham.suffolk.cloud>

Your Councillors are:

- Paul Allen tel 766543
- Andy Davey tel 01449 768862
- Mike Exley tel 766246 ( Chairperson) ( Emergency Planning Co ordinator for Mendlesham)
- Denise Foster tel 768978
- Norman Foster tel 768978
- Brian Gardiner tel 766648
- Sandie Judd tel 0333 006 2706
- David Nunn ( Emergency Planning Co ordinator for Mendlesham Green, Tan Office and outlying properties) tel 767158
- Helen Orton tel 767741
- Liz Ward tel 766562
- Sabrina Webb

### Meetings:

**Wednesday 4th March 2020** Old School Room, **7pm** Ordinary PC meeting

**Wednesday 8th April 2020** Old School Room, **7pm** Ordinary PC meeting

**Tuesday 14th April 2020 Annual Parish Meeting**, 7.30pm Small Hall, Mendlesham Community Centre

All welcome.

Please note the date for the Annual Parish Meeting. This is an opportunity for the electors of the Parish of Mendlesham to meet and discuss items of interest to them. It is not a Parish Council meeting. Over recent years this has been a very well attended and enjoyable meeting, providing the community with the opportunity to get together, share and celebrate good experiences, including the Community Awards, highlight any concerns or forthcoming matters and discuss a way forward.

At present this meeting is in the process of planning. More information will be available closer to the event.

# MENDLESHAM 'SAT-CAF'

**Saturday, 7<sup>th</sup> March 10.00 – 14.00**

**OLD SCHOOL ROOM, MENDLESHAM**

**Pre-Ordering or Take-Away Orders, phone the Café  
on 01449-767727 from 10 a.m.**

**Morning Coffee, Light Lunches and Afternoon Teas,  
including delicious homemade Quiches, Soups, Cakes  
and Desserts.**

**February Draw Winner (Romantic Evening In):  
Eileen Clarke**

**Mendlesham 50/50 Shop  
(located by the Recreation Ground swings)**

PLEASE COME ALONG TO SUPPORT THE SHOP AND  
HELP RAISE MONEY FOR THE COMMUNITY COUNCIL

The half price sale has ended and the Spring/Summer stock is now in place

Any contributions of Spring/Summer wear in good condition  
will be gratefully received

\*\*\*\*\*

Please note that the shop will be open on the day of the  
**Mendlesham Street Fayre (25<sup>th</sup> May this year)**  
when we hope to make good sales.

Normal Opening hours: Tue, Thurs and Fri – 2 pm to 4 pm

WE THANK YOU FOR YOUR SUPPORT

# Chocolate



**Friday 27th March, 6.45pm for 7pm start  
Mendlesham Community Centre**

**£1 per book  
10 games with chocolate prizes**

**Raffle**

**Refreshments available**

**Fundraising for  
1st Mendlesham Scout Group  
Registered Charity: 1038157**

## **Parish Council:**

### **Mendlesham Playingfields Project:**

Thank you to those volunteers who helped to demolish the old tennis courts fencing and also coordinated the removal of the tennis court walls. A huge thank you to James Baker, who provided the digger and driver to help remove the walls.

This work is the start of a project to provide a new Multi Use Games Area (Muga) and Wheel Sports area, mainly funded from S106 Developer Contributions for Station Fields.

It is anticipated that contractors will be on site from mid/late February and should take some six weeks or so to complete depending on the weather. At the time of writing, this may also be delayed as the surface of the tennis courts has broken up more than originally anticipated so additional base work may now be required.

In the meanwhile, we do apologise, there will be inconvenience to residents and users of the site, including the need to close off areas to the public. Hopefully it will all be worth while in the long run.

# Friends of Mendlesham School Association

## Easter Treasure Hunt

Come and solve the trail in the Millennium Wood to be entered into the prize draw.

All children to receive a prize for entering.

Easter refreshments available.



Good Friday  
10th April  
Millennium Woods  
9:30-12

If driving, please park at the Community Centre and walk down.

£5 per entry form/family.

All proceeds go to



**Start location: Stackyard Nursery,  
opposite the main entrance to the woods.  
(Entry forms to be collected from here)**

This event may have to be cancelled if there is really bad weather

# Baked Spud Bash



**SATURDAY 21ST MARCH 2020**



**11:30 to 14:00 in the U.R.C. Chapel**

**Baked potato with a choice of filling £5.50**



**Coffee or tea £1**

**Cakes £1**



Friends of St Marys Church Mendlesham Registered Charity number 284983



**Mendlesham Carpet Bowls Club**

**Carpet Bowls will start on Tuesday 24. September 2019 and run until March 31. 2020**

**The Club meets on Tuesday evenings in the main hall of the Community Centre starting at 7.30pm. Why not come along and see if this is something you would like to try**

**Contact Kenny Ager on 01449 766146**





## MENDLESHAM CAMERA CLUB



The March meeting will be on Tuesday, 3rd at 7.30pm, we will meet on the Playing Field - weather permitting to do some 'painting with light' under the instruction of Joe Grimmond. Bring your camera and tripod - if you have one, plus torches to add to the light sources. We will return to the Old School Room where we will view our monthly challenge 'macro' - and have a cup of coffee.  
If wet - straight to the Old School Room.

We are a small group of mixed photography ability and new members are always welcome. We pay just £1.50 at each meeting. For contact details see the website: <http://www.mendleshamcameraclub.co.uk>.  
Come and give us a look.

### **Parish Council:**

#### **Anti social/ criminal behaviour :**

Mendlesham Parish Council is aware that there may have been more incidents of antisocial/ potentially criminal activities around Mendlesham School/Community/ Centre/ Playingfields/ Old Station Road over the past few days and also the Ducksen Road area.

Whilst we are able and have reported incidents relating to Parish Council property to Suffolk Police, any incidents involving others can only be taken forward if those persons report these direct to Suffolk Police. So please do so and help all concerned sort this!

Please see below, the means of reporting whatever to the Police.

If you are computer literate, this is very easy to do on line via

<https://www.suffolk.police.uk/contact-us> .

Police advice on a variety of subjects can be accessed via

<https://www.suffolk.police.uk/advice>

To report something anonymously call Crimestoppers on 0800 555 111 or visit [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

Alternatively call **101** for non-urgent matters.

**Always call 999 in emergencies, or if an immediate police response is required.**

Mendlesham Community Centre – Small Hall



# FILM NIGHT



Friday 20th March 7pm

## The Bucket List

PG rating 12

Time to Start Living

2007

Starring Jack Nicholson Morgan Freeman

Two people from very different backgrounds share the best life has to offer before they 'kick the bucket'

Moving story with humour

Refreshments and Raffle

For further information or to let us know what you would like to see contact

Geoff & Meg 01449 766447 or Judith 01449 766327

## Mendlesham Football Club Race Night

Saturday 28th March @ 18:00

First Race  
Starts @ 18.30

Tickets

£7.00 for Adults – Includes Chicken & Chips

£4.00 for Children – Includes a choice of Sausage / Pizza & Chips

Race Night takes place @ The Village Hall

Tickets available from Angela Lockwood – 01449 767763

The Hair Studio or The Kings Head





## Mendlesham Writers Group



**“You should write that down -  
it would make a great story”**

**How will your children or grandchildren know about those escapades you have experienced through your life?**

**Come along and learn a simple way to ensure that your life experiences will not be forgotten and preserve them for the future.**

**We offer a free introductory guidance pack, guest speakers, practical exercise and a welcoming atmosphere.  
A small annual subscription is payable but your first visit is free.**

Please bring paper and a pen(cil)

**For more information please contact:**

Noel K Fletcher

Phone: 0799-0522-103

E-mail: noelkfletcher@gmail.com

Next Meeting

10<sup>th</sup> March

### MENDLESHAM

#### Cooking Club Dates 2020

WEDNESDAY 8<sup>th</sup> & 15<sup>th</sup> April  
Easter Holidays

WEDNESDAY 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> August  
Summer Holidays

WEDNESDAY 28<sup>th</sup> October

SATURDAY 12<sup>th</sup> December

Please book your child in early as places are limited.

Forms should be completed before the day, payment can be made on the day.

Many thanks

Sylvia

Don't forget to keep up to speed with the URC and Parish Church from page 47 onwards.

## **1st Mendlesham Scout Group Update**

As you probably know, we unfortunately lost our scout hut a few years ago. However, our scout group continues to thrive and meets each week at the Community Centre. We continue to fundraise in order to build a new scout hut and will be holding a variety of events throughout the year, starting with chocolate bingo on Friday 27th March.

Noel Fletcher, our project co-ordinator for the new scout hut, is working hard on putting together applications to secure funding for us to proceed with our building. As part of this we need to show evidence of community support for the new building, and there being a need for our building within our own community and the surrounding area.

In April we are planning a coffee morning in Mendlesham where we can show you our plans for the scout hut and ask for your comments and feedback on the project, which we can then use to support our applications.

In the meantime there are a few simple way that you are able to support our fundraising efforts, without any cost to yourselves.

### Used stamp collection

We continue to collect used stamps, and have had a fantastic response to our collection so far. We thank Mendlesham Bakery and Mendlesham Chip shop for having collection boxes at their businesses.

### Paper bank

We have a paper bank at the scout hut site in Mendlesham Green, provided by Bolton Brothers. You can dispose of newspapers, magazines and cardboard here, and we receive money in return for this.

### Easyfundraising.org.uk

We have an account with [easyfundraising.org.uk](http://easyfundraising.org.uk) This site enables us to receive cashback from major retailer websites when you buy online. This is at NO EXTRA COST to yourselves.

*Continued on page 11.....*

.....continued from page 10

All you need to do is register online with [easyfundraising.org.uk](http://easyfundraising.org.uk), then whenever you shop online visit this site first then select your retailer's site from here. This will take you to the normal retailers website with their usual prices.

<https://www.easyfundraising.org.uk/causes/1stmendleshamscouts/>

### Amazon Smile

This works the same as Easy fundraising in that we receive cash back from Amazon at no extra cost to yourself. Just visit the Amazon Smile site and log in with your normal Amazon account, then select 1st Mendlesham Scout Group as your chosen charity. Again, this will take you to the usual amazon site with their usual prices.

### Just Giving

We also have a just giving page for anyone that would just like to make a donation to us. You can do so here:

<https://www.justgiving.com/crowdfunding/1stmendleshamscoutgroup>

If you would like any more information about our scout group or our fundraising activities we can be contacted at [mendleshamscoutsfundraising@hotmail.co.uk](mailto:mendleshamscoutsfundraising@hotmail.co.uk)

Lil Evans  
Group Exec. Committee Chair  
1st Mendlesham Scout Group

The **Mobile Library** calls at Mendlesham & Mendlesham Green every 4 weeks on Thursday afternoon at the following times:

Mendlesham Fish & Chip Shop	15.15 - 15.30
Mendlesham Playing Field	15.35 - 15.50
Mendlesham The Green	16.00 - 16.20

The van's next visit is Thursday 12th March.

Mendlesham Community Centre – Small Hall



**Family Film Afternoon**  
**Children Free**

**Tuesday 7 April 2pm**

Parental Guidance **Lion King** Released 2019

Entrance to Hall £3.50 per adult – must be  
accompanied by a child!



**Refreshments**



**For further information contact**

Geoff & Meg 01449 766447 or Judith 01449 766327



# Rainbows

**1<sup>st</sup> Mendlesham Rainbows has spaces available!**

Being a Rainbow is all about developing self-confidence, building friendships, trying new things and having fun. Rainbows learn by doing - they get their hands dirty with arts and crafts, cooking, playing games and more! Rainbows are girls aged five to seven who follow an exciting programme, through which they can take part in lots of different activities with girls their own age.

Find out more online at

[https://www.girlguiding.org.uk/information  
-for-parents/](https://www.girlguiding.org.uk/information-for-parents/)

or contact Becky on 07774 581503



# Mendlesham Walks

Saturday 7 March

Meet 10am Community Centre  
Walking in our lovely parish in good company

Lunch available at the Sat Café

Please contact Judith on 07770 746619 or email  
[mendleshamwalks@gmail.com](mailto:mendleshamwalks@gmail.com)

Dogs on  
leads  
welcome



Wear  
comfortable  
footwear

See Mendlesham Parish Website for the 2020 Program and further information  
<http://mendlesham.suffolk.cloud/clubs-and-organisations>  
Select 'Walking Group' or just Google 'Mendlesham Walks'

## Bible study – all welcome

### Old Schoolroom

### Mondays

### 2<sup>nd</sup> 9<sup>th</sup> & 16<sup>th</sup> March: 7.15 pm

### beginning with a Bring & Share Supper

#### DISCLAIMER

All adverts are placed in good faith and the publishers cannot undertake responsibility for work carried out. Please note that the opinions expressed in articles are not necessarily those of the Mendlesham Newsletter committee or the Community Council. We cannot be held responsible for the accuracy of material submitted for publication, however we reserve the right to include, edit or amend as we think appropriate. Mendlesham Newsletter is produced in good faith but errors and omissions may occur during the process of production. Please let us know if this is the case so that these errors may be corrected in future editions.

# TOTE RESULTS

4th January		11th January	
<b>Drawn at Mason Court</b>		<b>Drawn at 5050 shop</b>	
Joan Rayner	£20	Nigel Mellish	£20
Joan Hill	£12	Fiona Sinclair	£12
Richard Batrum	£8	Fred Arbon	£8
Andrew Brundell	£4	Ken Abbott	£4
18th January		25th January	
<b>Drawn at Mother &amp; Toddlers</b>		<b>Drawn at Mason Court</b>	
Ferdi Vincent	£20	Sheila Batley	£20
Julie Williams	£12	Sarah Green	£12
Bub Lummis	£8	Harral Gadie	£8
Andrew Ward	£4	Sandra Exley	£4
1st February		<p style="text-align: center;"><b><u>United Reformed Church</u></b></p> <p style="text-align: center;"><b>MURCies Coffee Bar</b>                      Friday - 13<sup>th</sup> March 2020                      10am - 12pm</p> <p style="text-align: center;"><b>Knit and Natter</b>                      Monday - 9<sup>th</sup> &amp; 23<sup>rd</sup> March 2020                      2pm - 4pm</p>	
<b>Drawn at Galloways</b>			
Nancy Bagnall	£20		
Malcolm Martin	£12		
Chris Hame	£8		
Craig Lockwood	£4		

## **Mendlesham Baby and Toddler Group**

Meets in the large hall of the Community Centre.

Tuesday and Thursday Mornings

9:15 - 11:30



Come and join us for a drink, snack, activities and a large space to play in.



Contact Sabrina on 07809878834  
if you would like further information.



## MENDLESHAM OVER 60s – JANUARY 29<sup>th</sup> 2020

Tina Pipe welcomed fifty five members and two guests to today's meeting. The hall was cold because the boiler was being changed but we soon got warm. Money for our annual meal at the Cedars was collected, along with the menus.

Denise Foster told us of the V.E 75<sup>th</sup> Celebrations that are taking place on the 9<sup>th</sup> May. She asked if any members had interesting stories they would like to write down for an insight of what went on in and around Mendlesham during the war.

Our speaker, Mr Geoff Clarke, presented "Mendlesham 2018". He followed the progress of Station Fields through the year. He told us that 200 trees had to be cut down in the woods, due to disease, but there are still over 3,000 left. He had recorded all the usual activities of the village such as Pancake Races, Parish Party, Helpers Party, Street Fayre, Harvest Supper, Fireworks etc. Remembrance Day was special that year, with poppies everywhere and the beacon at Mendlesham Green was lit to mark 100 years since the end of the First World War. We also had gale force winds early in the year and our last significant snow. This was followed by a lovely hot dry summer to make up for it.

We are lucky to have our village recorded like this and we wish we could always remain a village.

**The competition** was "Something related to Mendlesham". First: Enid Lambert  
Second: Norman Foster Third: Brian Mayes.

**Next Meeting:** March 26<sup>th</sup> – A.G.M. Our speaker presents "An Armchair Walk around Ipswich",

Our **Cedars meal on March 7<sup>th</sup>** will leave the King's Head at 4.45pm.

Tina thanked everyone for attending and Marcel led us in the Anthem.



January 2020

President Anita welcomed members and guests to our 94<sup>th</sup> Birthday Meeting on Tuesday 21<sup>st</sup> January. This was held at the Stoke Ash White Horse. The meal and was enjoyed by all and this was an opportunity for new members in particular to get to know people. Thanks to Anita for organising a very enjoyable evening.

We have several upcoming events. The SEFWI annual meeting is on 3<sup>rd</sup> March 2020 at Trinity Park Ipswich. On the morning of Saturday 28<sup>th</sup> March there will be a 'Kurling' session in the large hall in the Community Centre. The Group Meeting is on 15<sup>th</sup> April at Wyverstone Village Hall hosted by Eye WI. The Upper Waveney WI Exhibition at Hempnall Village Hall is on the 15<sup>th</sup> and 16<sup>th</sup> April.

Our next meeting will be on Tuesday 17<sup>th</sup> March at 7.30pm in the small hall of the community centre. The speaker will be Jonathan Higgins and his topic and workshop will be '3D Origami'. I'm sure we will all come away with a beautiful piece of paper art! The competition will be 'An item made from paper'.

### Monday Meet up

EVERY Monday morning  
10 – 12 in the old school room  
FREE tea, coffee cake and biscuits.

Are you on your own and feeling a bit lonely, bored with daytime TV?  
if you are for example, retired, widowed, unemployed, new mum or dad with a baby, grandparent babysitting, carer – whatever your circumstances,  
-then please come and join us

**Every Monday morning** for tea, coffee, cake and biscuits  
and good company.

*We look forward to seeing you there*

Many thanks to the Community Council and Paul Allen for their support

## **Parish Council:**

### **Communication with Mendlesham Parish Council:**

Please be aware that to communicate with the Parish Council, you may

- Telephone the Parish Clerk tel 01449 766139 ( during working hours please, unless in an emergency)
- Email the Parish Clerk : [parishclerk@mendleshampc.org](mailto:parishclerk@mendleshampc.org) ( Please note emails will not normally be opened outside of working hours ( your clerk is part time) including weekends, evenings and bank holidays.
- Discuss with a Councillor : see contact details on the Mendlesham website <http://mendlesham.suffolk.cloud> and within this publication - again please be considerate regarding the timing of any call. Parish Councillors private email addresses are not a means of communicating with Mendlesham Parish Council, please send any emails or correspondence to the Clerk.
- Please note we do have a policy regarding how we will communicate, including via this newsletter and E News ( to register please see the home page of the Mendlesham website). Policies can be found under Parish Council on the website.
- Mendlesham Parish Council does not use social media.

Thank you for your help with this- we do not want residents to stop communicating with us, but thought it worthwhile to explain here how and when.

# **FRESH COFFEE & CAKE**

**St Mary's Church,**

**Tuesdays 10<sup>th</sup> & 17<sup>th</sup> March**

**10.15 – 12.00**

**Enjoy a cup of freshly brewed coffee or tea and  
homemade cake**

**Donations to Friends of St Mary's.**

# Looking for somewhere to live or stay? Self-Contained Annex

Own entrance, access to the garden.

Full Kitchen and Shower Room.

Lounge/dining area with seclude sleeping space.

Also available **Room in House** sharing bathroom and kitchen

Contact: Judith on 01449 766327 Mendlesham Green

**Is your laptop running slow?**

**Are you still running Windows 7?**

**You may be open to hackers!**

**Windows 7 is now end of life. Microsoft will not be providing support updates and you could be open to attack from hackers.**



**We can upgrade your computer to Windows 10 and upgrade your computer to a much faster SSD (Solid State Hard Disk).**

**Starting from £100**

Price does not include Windows 10 licence. Windows 7 to 10 upgrade may still be active. Price includes a 250GB SSD Hard disk

Laptop Repairs  
PC Repairs  
Networking  
Virus and Spyware Removal  
Upgrades

**We come to you!**

**Call Ben 07885100031**

**or email**

**help@suffolkpcsupport.co.uk**

**SuffolkPCSupport.co.uk**

YOUR LOCAL IT SUPPORT SPECIALIST

*Serenity Yoga*  
SUFFOLK



## YOGA CLASSES IN HAUGHLEY

**Wednesday 09.30**

**Thursday 19.15**

**at The Green Room**

Our classes are suitable for anyone, any age or experience,

Contact Bethany for more information

📞 07930 199582

✉ serenityyogabethany@outlook.com

[www.serenityyogasuffolk.com](http://www.serenityyogasuffolk.com)



# New Advert Coming Here Soon

Amanda Stoner

**Chiropodist/Podiatrist**

Surgeries at:  
- Stradbroke  
- Mendlesham Health Centre  
By appointment only

**Phone: 01379 384126**

**Mobile: 07985 377891**

Diploma of Podiatric Medicine

25+ years of experience

HCPC Registered - No.CH 18193



**Unisex Salon**  
For all Salon Services

Including perms,  
colouring, tints, highlights,  
cuts, blowdrys, etc

Only the best products from  
GOLDWELL are used.

Also offering a waxing service at  
competitive prices

**Phone GILLIAN**  
**For your appointment now**  
on **01449 766568**  
or **07795 087670**

The Brambles, Green Road,  
Mendlesham Green IP14 5RF



**ORTON-REYNOLDS**

lawn & hedge maintenance

**MOWING & STRIMMING**  
**HEDGE TRIMMING**  
**PATIO WASHING & GUTTER CLEANING**  
**GROUND CLEARANCE**  
**GARDEN WASTE CLEARANCE**

**CONTACT US**  
**FOR A QUOTE**



T: 07738 230549 E: [mail@ortonreynolds.co.uk](mailto:mail@ortonreynolds.co.uk) W: [www.ortonreynolds.co.uk](http://www.ortonreynolds.co.uk)

**NEW  
COURSES!**

## **PILATES - NEW COURSE DATES!**

**Location:** MENDLESHAM COMMUNITY CENTRE

**WEDNESDAY - 6 Week Course (£35)**

Every Wednesday from 8<sup>th</sup> January – 12<sup>th</sup> February

5:30pm-6:30pm **OR** 6:45pm-7:45pm

**Please contact me on the details below to secure a place.**

**Contact:** Lara Pepper

**Tel:** 07974 142 240

**Email:** [contact@larapepper.com](mailto:contact@larapepper.com)

**Website:** [www.larapepper.com](http://www.larapepper.com)



## **R S A PEST MANAGEMENT SERVICES HAUGHLEY**

**Tel No: 01449-672083 Mobile 07745-771516**

# **GAME OVER**

**For**

**Rats, Mice, Moles, Rabbits, Squirrels, Ants, Wasps, Flies,  
Birds, Bees, Cockroaches, Bed bugs, Fleas,  
Woodworm etc..**

**30 year guarantee available on timber treatments, damp proofing**

**Deer & Fox Management**

**Fully qualified and insured**

**For a service you can rely on for effective control of farm, garden and households pests.**



**Members of the National Pest Technicians Association  
Unmarked vehicles and discreet service**





## CLAIRE BISSET ACCOUNTANCY AND BOOKKEEPING

[www.clairebisset.com](http://www.clairebisset.com)



A friendly and affordable service offering help with:

- Year end accounts
- Regular bookkeeping
- Tax returns
- VAT returns
- Management accounts and budgeting
- And more....

Call Claire on

01449 781185

07710 514925

[contact@clairebisset.com](mailto:contact@clairebisset.com)



Amanda  
Polley

## Swimming Lessons

Private one-to-one swimming lessons nr Wetheringsett

30 min sessions on weekday evenings and weekends available

All ages (including babies from birth) and abilities

Experienced, STA Qualified, CRB checked and Insured

Call **07910 376 906** or Email [theswimteacher@yahoo.com](mailto:theswimteacher@yahoo.com) for details

## Wiggles & Snuggles Pet Care



care for all animals big or small

Pet Sitting

Dog Walking

Small Animal Care

Large Animal Care

Small Holdings

Caring for your pets as if they were my pets

DBS Certificate

Fully Insured

Contact Claire 01449 767861 / 07415953659

[wigglesandsnuggles@gmail.com](mailto:wigglesandsnuggles@gmail.com)

• INTERIOR & EXTERIOR • PRIVATE & COMMERCIAL • FREE ESTIMATES •

# S. C. CLIFFORD

## PAINTER & DECORATOR

9 Stowmarket Road, Stonham Aspal, Stowmarket, Suffolk IP14 6AE

Telephone: **(01449) 711369**



Jodi Palmer  
Acorns  
Wash Lane  
Mendlesham  
Stowmarket  
Suffolk  
IP14 5TD

## Acorn Kennels

Opening Hours  
Mon - Sat 9.00am to 12.00pm  
Visitors welcome other times  
by Appointment.

Fully Licensed and Insured

Tel:  
01449 767160  
07754 851789

For friendly  
personal care



For a professional caring service

Local Stowe Veterinary Group Surgeries at:

- Bury St. Edmunds
- Elmswell
- Needham Market
- Ipswich
- Stowmarket



54 Bury Road, Stowmarket, Suffolk IP14 1JF

Tel: 01449 613 130 | [www.stovevets.co.uk](http://www.stovevets.co.uk)



# HAYWARDS

— SOLICITORS —

- Conveyancing & Energy Performance Certificates
- Divorce, Separation, Childcare, Adoption and all other Family/Matrimonial problems including Collaborative Law
  - Wills, Probate and Inheritance
  - Elderly Client Care

**CAR PARK AVAILABLE FOR USE BY CLIENTS AT  
OUR OFFICES AT**

**7- 9 TAVERN STREET, STOWMARKET**

**Telephone: (01449) 613631**

**email: [enquiries@haywards-solicitors.co.uk](mailto:enquiries@haywards-solicitors.co.uk) [www.haywards-solicitors.co.uk](http://www.haywards-solicitors.co.uk)**

# 4 CLEANRIGHT

**CARPET, RUG & UPHOLSTERY  
CLEANING SPECIALISTS**

FULLY INSURED - WE MOVE FURNITURE  
NON-FRANCHISED. RELIABLE PROMPT SERVICE

**CARPETS** Lounge from £20. **RUGS** From £5  
**UPHOLSTERY** From £25

**DOMESTIC – END OF TENANCY - COMMERCIAL**  
PLEASE CALL US FOR A FREE QUOTE

**TEL 01449 711687**

# Dennis Green



An independant local company providing exceptional service in Stowmarket and surrounding areas

A wide range of **carpets, vinyls, tiles, laminate and wood flooring**

For personal service and all year competitive pricing, give Dennis a call

**Tel: 01449 774770**

**Mobile: 07879 485215**



*"We will bring our shop to you"*

Tailored quotes to suit your needs

Unit 6B, The Barn, Glebe Farm,  
Onehouse, Stowmarket, IP14 3HL  
[www.dennisgreenflooring.co.uk](http://www.dennisgreenflooring.co.uk)

ESTABLISHED 1976

# TAYLOR'S

## FLOORING & FURNITURE

**THE AREAS LARGEST STOCKIST OF  
CARPET, VINYL AND BEDS**

# 10% DISCOUNT

**ON ALL CARPET, VINYL & BEDS  
ON PRODUCTION OF THIS ADVERT**

ADVERT MUST BE PRESENTED AT TIME OF ORDER TO RECEIVE DISCOUNT  
(EXCLUDING REMNANTS & SPECIAL OFFERS)

**FREE MEASURING AND ESTIMATING SERVICE AVAILABLE**

UNIT 15, CHARLES INDUSTRIAL ESTATE, STOWUPLAND ROAD,  
STOWMARKET, IP14 5AH. 01449 615861

**Free advice on all your double-glazing enquiries including:**

- 'A' energy-rated UPVC windows
- Doors
- Conservatories
- Rain water goods i.e. fascias, soffits, guttering and downpipes

Removal and full replacement of the above.

All repair work undertaken e.g. sealed units, window/door handles, adjustments to windows/doors

Replace your old polycarbonate conservatory roofs with 'A' rated self-cleaning glass

**Enquiries to  
Michael Brame  
(Bacton)01449 781533  
or mob.07931 784470**

## **L & R Plumbing & Heating**

- Bathrooms & Tiling
- Central Heating & Boiler Installations
- Boiler Repairs, Servicing & Commissioning
- Oil Tanks Supplied & Installed

**Tel : 01449 766294  
Mobile : 07799 760561**



Registered  
Business



## David Foster Heating

Local Heating & Plumbing Engineer

Boiler Servicing & Repairs

Boiler & Central Heating Installations

Water Softeners, Pumps, Valves & Programmers fitted

Gas Appliance Installations

Tel: 01449 781477

Mobile: 07979 505618

e-mail: davidfosterheating@gmail.com



## YOUR RELIABLE LOCAL PLUMBER



Anglian Water Approved

**Mark Jardine**  
Plumbing & Heating



- All Household Plumbing, Large or Small
- Full Bathroom Installation
- Domestic Heating, Radiators, Pumps etc.
- Water Softeners
- All Work Anglian Water Certified
- Free Estimates & Fully Insured
- 24 Hour Emergency Call Out

**Tel: 01728 628291 Mob: 07854 924 801**

**Email: mgjardine@btinternet.com**

## Optimal Heating

Father & Son Team  
with over 30 years experience

Specialist Heating Engineers  
Oil, Natural Gas & LPG Servicing and Repairs



**Tel: 01728 628687**  
**Mobile: 07806 660399**





## Design - Manage - Build

All Electrical systems covered -  
New installs - Rewires  
Fault finding and Rectification - Process control  
Electric motors and Gearboxes  
Condition reporting  
General building – Landscaping – Extensions  
Conversions – Made to Measure Kitchens  
Cart Lodges – New Builds  
Full design / planning and consultancy service  
Garden / Ground clearance

Call Will Baker on  
**07387 075632**  
[info@owl-ebs.co.uk](mailto:info@owl-ebs.co.uk)  
[www.owl-ebs.co.uk](http://www.owl-ebs.co.uk)

18<sup>th</sup> Edition Part P Approved Electrical Installer

## GRAHAM MOORE ELECTRICAL LTD

Blacksmith Cottage, Silver Street,  
Old Newton, IP14 4HF

*For all your electrical needs*



For a friendly and efficient service

Call Graham on Tel: 01449 616946 Mobile: 07867 560357

**FREE ESTIMATES**

**ALL WORK GUARANTEED**

## Mendlesham Fish 'N' Chip Shop

Telephone: 01449 766987

Opening Times	Lunch	Supper
Sunday/Monday	Closed	Closed
Tuesday	11:30am - 1:30pm	4:30pm - 7:30pm
Wednesday	Closed	4:30pm - 7:30pm
Thursday	11:30am - 1:30pm	4:30pm - 7:30pm
Friday	11:30am - 1:30pm	4:30pm - 8:00pm
Saturday	11:30am - 1:00pm	4:30pm - 8:00pm

TELEPHONE ORDERS WELCOME  
PARTIES AND FUNCTIONS CAN BE CATERED FOR

# ALL SEASONS LANDSCAPE GARDENING

Garden Landscaping • Turf Laying • Paths & Patios  
Garden Maintenance • Hedge Cutting • Fencing  
Specialise in Low Maintenance Gardens

*Established since 1998* / *Fully Insured & Guaranteed*

For FREE estimates and more information on our service call **Simon** on

**01449 720221 / 07922 035204**

email: [suffolksi68@gmail.com](mailto:suffolksi68@gmail.com)

[www.allseasonslandscapegardening.co.uk](http://www.allseasonslandscapegardening.co.uk)

PLUMBING - AIR CON - HEATING

**BENTLEY**  
-GROUP.co.uk

**Tel 07929 333356**

[enquiries@bentley-group.co.uk](mailto:enquiries@bentley-group.co.uk)

## SPECIALISTS IN OIL BOILERS, SERVICE, REPAIR & REPLACEMENT

- Oil tank replacement
- Hot water cylinders serviced, repaired and replaced
- Heating service repair, replacement and upgrade
- Bathroom/showers installed and all other general plumbing work
- 95% breakdowns repaired within 1 hour on site - Fast response
- All work guaranteed for a minimum of 12 months - parts and labour

**Painting & Decorating**

**General Property Maintenance**

**Window Cleaning & Gutter Clearance**

**Carpentry and Joinery**

## STEVE'S HANDYMAN SERVICES

**Please call me to discuss your requirements**

**Fully insured**

Steve Mountain

2 Fairfield Cottage, Thorney Green,  
Stowupland, Stowmarket, Suffolk, IP14 4AD

**07764 373680**



*Andrew Bingham*

INDEPENDENT FUNERAL SERVICE

*Stowmarkets Independent Family Funeral Service*

24 Hour Personal Service • Private Chapel of Rest • FREE Parking



Telephone: **01449 771666**

[www.andrewbingham.co.uk](http://www.andrewbingham.co.uk)



The Nutshell, Milton Road South, Stowmarket, Suffolk IP14 1EZ

Golden Charter  
Funeral Plans 

**L. FULCHER**

FUNERAL DIRECTORS & MEMORIAL CONSULTANTS

**01449 613033**

58, Ipswich Street, Stowmarket IP14 1AD

We'll guide and assist you through all the funeral arrangements. Call us 24 hours a day.



*Low Cost Funeral Options  
available without any  
compromise on service*

  
**Dignity**  
CARING FUNERAL  
SERVICES

# Halls for Hire



Mendlesham Community  
Centre

Small and Large Halls  
available

Weekends, evenings and  
school holidays

Kitchen, bar facilities, Wi Fi

Ample Free Parking

Contact: Rachel Brown

email [communitycentre@mendleshampc.org](mailto:communitycentre@mendleshampc.org)

Tel: 07506388119

(unless an emergency, please contact Mon -Sat 8am - 6pm)

Just look  
at me now!

Unlike other weight-loss options, you're never on your own with Cambridge Weight Plan. You'll have your own Cambridge Consultant who will support you through every step of your weight-loss journey and explain the very real benefits of our flexible programmes.



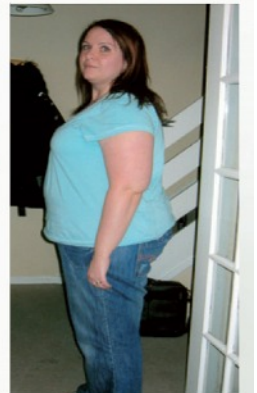
Cambridge<sup>™</sup>  
Weight Plan

Real people, real support, real results.

**Your Independent Cambridge Consultant:**

- \* I achieved my goal, now you can too
- \* Lose weight and keep it off
- \* Diet developed by doctors
- \* Established 1984
- \* One-to-one support
- \* Stowmarket or Eye consultations

John Howard  
Diet consultant  
01379 678416 or 0787 231 4653  
[john@live-everyday.co.uk](mailto:john@live-everyday.co.uk)  
[www.cambridgeweightplan.com/JohnH](http://www.cambridgeweightplan.com/JohnH)





**Providing Personal Care  
in your own Home**



**Recruiting  
NOW!**  
We need  
exceptional  
people who  
love to  
care

**Do you need help with:**

Personal Care  
Dementia Care  
Respite Care  
Help Around the  
House  
Day Trips Special  
Occasions

Request a  
Brochure or book  
an appointment  
on 01449 763086  
or 01284 711845



*We only employ people who love to care.*

 **MyCare  
at Home**  
Supporting independent Living

[www.mycare-at-home.co.uk](http://www.mycare-at-home.co.uk)

## **SHARON'S ALTERATIONS**

Roman Blinds

Zips replaced

Hems shortened / lengthened

Curtains made for Caravans, Home

School Name Labels

Collection & delivery available

Call Sharon on:  
Mob 07790 227488

Or email:  
[Sharonsmithwick@sky.com](mailto:Sharonsmithwick@sky.com)





**GT CARPENTRY & BUILDING**

**EMAIL: ENQUIRIES@GTCB.CO.UK TEL: 07887 796 619**

**KITCHEN FITTING • ROOFING • INTERNAL WORKS • DECKING • FENCING • PANELLING**



**GT CARPENTRY & BUILDING**



**GT CARPENTRY AND BUILDING**

# Clarity

Water Solutions  
from A.D. Veale  
Est. 1981



*I don't have a  
scale problem.  
Do you?*

- Water Softeners
- Drinking Water Systems
- Boiling Water Taps
- Repairs and Servicing
- Free Salt Delivery

[www.clarity-water.co.uk](http://www.clarity-water.co.uk)

01379 871020 [info@clarity-water.co.uk](mailto:info@clarity-water.co.uk)

THE GABLES, EYE ROAD, BROME, EYE, SUFFOLK IP23 8AL

## Massage Therapist

Head, Neck & Shoulder Treatments  
Deep Tissue Treatments  
Sports Massage

Effective in the treatment of...  
Headache - Migraine  
Back & Neck Pain  
Chronic Stress  
Sciatica

**Call Ines - 07946 722 306**

[www.suffolksportsmassage.co.uk](http://www.suffolksportsmassage.co.uk)



BTEC Qualified Female Practitioner

## Life Changing Hypnotherapy

Experience this effective, relaxing therapy for help with:

- Stopping smoking
- Weight loss
- Confidence issues
- Stress and anxiety
- Overcoming fears and phobias

**Free initial consultation**

Wendy Chalk BA (Hons), HPD, MNCH

07817 158429 or 01449 780352 [www.wendychalk.co.uk](http://www.wendychalk.co.uk)

# DIRTY OVEN ??

**DOMESTIC OVEN CLEANING**  
By the UK's leading  
oven cleaning company

## OVENCLEAN

**OVER 500,000 cleans**

NON caustic, fresh solution every time.  
Hobs, Extractors and Microwaves  
Aga's and Ranges

PHONE JOHN DYER on  
01359 259818 or 07835 256967  
[www.ovenclean.com](http://www.ovenclean.com)

## TIME FOR YOU™

DOMESTIC CLEANING

Typically £12.50 per hour

We clean so you don't have to!



Call us on  
01359 258991



[www.timeforyou.co.uk](http://www.timeforyou.co.uk)  
[Suffolk@timeforyou.co.uk](mailto:Suffolk@timeforyou.co.uk)

Regular - Weekly - Insured - Cleaners

## MID SUFFOLK MOBILITY

Open Tuesday to Saturday

- Scooters, Wheelchairs
- Recliner Chairs • Bath Lifts
- Stair Lifts and much more
- Competitive Prices



Finbow's Yard,  
Bacton, Stowmarket  
**Tel: 01449 781804**



DESIGN | PRINT | PROMOTION

Tel: 01449 721599 | [www.gippingpress.co.uk](http://www.gippingpress.co.uk) | [enquiries@gippingpress.co.uk](mailto:enquiries@gippingpress.co.uk)  
Units 1&2, Lion Barn Industrial Estate, Needham Market, Ipswich, Suffolk IP6 8NZ



# STACKYARD NURSERY

**New Garden or Old?**

We can supply you with

***Trees, Shrubs and Perennials***

and provide an onsite

***Garden Consultation Service* £30**

Old Station Road,  
Mendlesham, Suffolk  
IP14 5RS

Nursery 01449 768078  
Mobile 07951 590057

Karon@StackyardNursery.com  
www.StackyardNursery.co.uk



**Safe & Sound**  
**Hygiene and Pest Control**

**Is your garden over run with Moles ?**

**Do you have a wasp nest ?**

**Are your paddocks over-run with rabbits ?**

**For ALL your Domestic / Commercial Pest Control.**

**Woodworm treatment available.**

**No obligation – free survey/quotes.**



*Pest infestation can damage your health and your home. Recent surveys show that numbers of mice/rats and bed bugs found in UK homes are on the rise. As Local Authorities are cutting back on free pest control services. We are here to offer you a service at the right price.*

**Please call for a chat on 01379788865 • 07809226109 • 07518731106**

**[www.safeandsoundhygieneandpestcontrol.co.uk](http://www.safeandsoundhygieneandpestcontrol.co.uk)**

# Narey's Garden Centre

FOR ALL OF YOUR GARDENING NEEDS

Shrubs - Roses - Perennials - Annuals  
Indoor Plants - Compost - Paving - Walling  
Fencing - Water Features - Bird Baths  
Garden Furniture - Tools - Sundries  
AND MUCH MORE

**CAFE NOW OPEN**

Find us at Spikes Lane, Stowmarket  
Tel: 01449 612559



## J. LAWES

STATION ROAD, BACTON

**HARDWARE · IRONMONGERS**

**GARDEN AND BUILDERS SUPPLIERS**

*Including Sand, Ballast and Cement in large or small quantities.*

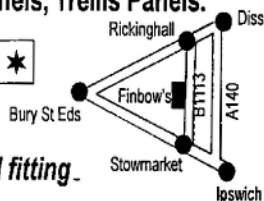
FENCING · GATES · GARDEN SHEDS · PEAT / COMPOSTS · LAWNMOWERS  
CHAINSAWS · PAINTS · HAND TOOLS · POWER TOOLS · HD & DOMESTIC  
ELECTRIC CABLE & FITTINGS · DOUBLE GLAZING · PVC SHEETING

All types of Timber. Timber prepared. Lap Fencing Panels, Trellis Panels.

★ Granular and Nut Salt ★ Timber Patio Decking ★

*Plywood, Chipboard & Hardboard Sheeting,*

*Drainpipe and Fittings, Full range of Copper Pipe and fitting.*



**Open Mon - Sat 8.30am to 5.30pm**

*Delivery on all items (including Color Gas)*

*- Credit Cards accepted*

**Tel: Stowmarket  
01449 781452**



## Suffolk Sweep

Chimney Sweeping  
Services



As a member of the Guild of Master Sweepers I am committed to providing a professional service, ensuring your chimney is kept clean and your home safe.

My services include:

The sweeping of open fires, all solid fuel appliances, gas and oil boiler flues.

Safety inspections and smoke testing.

Carbon monoxide and smoke alarms supplied and fitted.

Insurance company recognised certificates issued.

Fully insured

The safety of your home is paramount and all services are carried out in strict accordance with current regulations and approved sweeping methods.

Telephone John on 01449 737513

## Suffolk Computers

Our locally based computer engineers offer friendly and technical assistance for all your computing needs



Free Diagnosis

Site visits

Upgrades

**NO fix NO fee**

Tel: 01449 782195 / 07834 709970

Email: sales@suffolkcomputers.co.uk

Website: www.suffolkcomputers.co.uk

## CHIMNEY SWEEP

### ECO SWEEP

CHIMNEY SERVICES

- NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES.
- INDUSTRIAL HEPA FILTERED VACUUM.
- FULLY INSURED.
- INSURANCE RECOGNIZED CERTIFICATES ISSUED.
- SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
- ALL CHIMNEYS, WOOD BURNERS, AGA, BOILER FLUES SWEEP.
- GUILD OF MASTER SWEEPERS CERTIFICATED MEMBER.



Power sweeping



TEL. 01359 232335

## Karon Designs

LARGE RANGE OF  
DESIGNER FABRICS.  
MADE TO MEASURE  
CURTAINS AND SOFT  
FURNISHINGS.



www.karon-designs.com

Call 07951 590057 to view our ranges  
Stackyard Nursery, Old Station Road,  
Mendlesham IP14 5RS

# MPD TANKS LTD



**Registered  
Technician**

Steel and  
Plastic oil  
tanks  
installed  
Fully  
Insured  
Telephone  
Mendlesham  
01449767820  
07708395889

**T**ank  
Change  
Ltd

**TankChange Ltd.**



**Suppliers & Installers of Oil Tanks.**

Family Business with Over 40 Years Experience  
Steel & Plastic Oil Tanks available  
Fully Insured OFTEC Registered Engineers.

Telephone: 01449 781210  
(Out of Hours 01449 781498) / Mobile: 07899 898720  
Email: [Terry@TankChange.co.uk](mailto:Terry@TankChange.co.uk)

Visit our website @: [WWW.TankChange.co.uk](http://WWW.TankChange.co.uk)

*Discounts available to parish magazine readers*

# nexusheat<sup>flame</sup>



Nexus Heat offer a complete supply and installation service across a wide selection of traditional and contemporary Woodburners, Multi-fuel, Pellet and Gas stoves. Our beautiful showroom is always filled with a varied display from top manufacturers such as Heta, Parkray, AGA and Bellfires amongst others.

🌐 [www.nexusheat.co.uk](http://www.nexusheat.co.uk)

☎ (01379) 671168

✉ [info@nexusheat.co.uk](mailto:info@nexusheat.co.uk)

📍 Maltings Barn, Hinderclay Rd, Wattisfield, Diss, Suffolk, IP22 1NF

## PALMERS BAKERY

Est. c1752



**Traditional Family  
Bakers & Confectioners**

*"Two hundred years of Experience"*

**Baked Daily in Ancient Brick Ovens  
by Craftsmen with local ingredients**

**HAUGHLEY**

**WOOLPIT**

**STOWMARKET**

*(Station Road opposite the Parish Church)*

01449 673286

01359 242700 or 01449 613088

**Largest Stockists of Tiptree**

**Jams & Marmalades in East Anglia  
Suffolk Honeys & James White Juices  
Butterworth's Teas & Biscuits**

**Free Range Eggs & Local Produce**

**Freshly Made Sandwiches & Filled Rolls**

*"One of the Last Traditional Bakers in Suffolk"*

[www.palmersbakery.co.uk](http://www.palmersbakery.co.uk)

ALSO AT

STANTON & MEREDITH ROAD - IPSWICH

BRETTS of NEEDHAM MARKET

FRESHFILLS of CLAYDON

## D.I. Alston Ltd.

### The Cedars, Brockford.

20ft self storage  
containers to let.

£100 per month, inc VAT.

Outdoor caravan storage  
And light industrial units  
to let.

[Tonyalston@hotmail.com](mailto:Tonyalston@hotmail.com)  
07788 974169



**Your Local Independent  
Repairs Specialists**

BOSCH HOTPOINT ZANUSSI LIEBHERR  
Open: Monday to Friday 9-5pm  
Saturday 10-2pm

**DK Appliances Ltd**

**Domestic Appliances**

SUPPLY & INSTALL NEW  
AND REFURBISHED APPLIANCES  
INCLUDING BUILT-IN

**01449 780398**



Large Showroom,  
Finbows Yard, Bacton,  
Stowmarket, Suffolk



**[www.dkappliances.co.uk](http://www.dkappliances.co.uk)**

**KH**

**Kevin Hollings  
KITCHEN STUDIO**

Unit 14 Lodge Works,  
Stowmarket Road,  
Old Newton,  
IP14 4EE  
01449 257160

[info@kevinhollingskitchens.co.uk](mailto:info@kevinhollingskitchens.co.uk)

[www.kevinhollings.com](http://www.kevinhollings.com)



# classic stoves AND FIREPLACES



We stock the leading brands including Jøtul, Scan, Stovax, Dovre, Yeoman, Gazco, ACR Stoves, Hunter, Cleanburn, Di Lusso, Nordpeis, Burley, Aga and Vermont with up to off ex-display models

**Visit our showroom in Stowmarket called Classic Stoves and Fireplaces or visit our showroom in Long Melford to view our Lacanche, Aga and Rayburn ranges.**

Stocking good quality kiln dried wood, kindling and flammers from Certainly Wood.

We also deal in barbeques, pizza ovens and terrace heaters.

Follow us!



Web: [classicstovesandfireplaces.co.uk](http://classicstovesandfireplaces.co.uk)

Email: [sales@classicstovesandfireplaces.co.uk](mailto:sales@classicstovesandfireplaces.co.uk)

Tel: 01449 678659

Unit 16 • Charles Industrial Estate • Stowmarket • Suffolk • IP14 5AH

Tel: 01787 313699

Foundry House • Hall Street • Long Melford • CO10 9JR

# TRANSFORM YOUR CONSERVATORY

**NO  
DEPOSIT  
AND NOTHING  
TO PAY FOR  
12 MONTHS\***

*A solid roof offers the ultimate in year-round comfort, providing you with improved thermal efficiency and some much-needed protection from the heat of the summer sun.*



★★★★★ MULTI AWARD-WINNING

**Frames Conservatories**

Your Complete Home Improvement Centre

*Direct*

**Call 01379 629407**

36 Mere Street, Diss, IP22 4AD

[www.fcdhomeimprovements.co.uk](http://www.fcdhomeimprovements.co.uk)

\*15.9% APR Representative. Credit is subject to application and status. Frames Conservatories Direct Limited, Unit 3, Barton Road, Durgis, Edmunds, IP22 7DE is a credit broker (FRN 6607000) for the purpose of introducing the credit provided by iStock Personal Finance, a trading style of iStock Capital (UK) PLC (Registered No. 704348). Both are authorised and regulated by the Financial Conduct Authority.



## STOWMARKET EXHAUST & TYRE CENTRE

Unit 3, Charles Industrial Estate, Stowupland Road,  
Stowmarket, Suffolk  
Tel: 674141

**COMPARE OUR PRICES**

**HUGE DISCOUNTS**

**TRY US FOR PUNCTURES  
COMPUTER WHEEL BALANCING  
TRACKING**

**ON EXHAUST TYRES AND  
BATTERIES  
FITTED WHILE YOU WAIT**

Open 8.30 a.m. to 5.30 p.m. Monday to Friday  
Saturday 8.30 a.m. to 12.00 noon

**REMEMBER**

We are your local specialists



Specialising in:  
HORSE MANÈGES  
LANDSCAPING / DESIGN  
PROPERTY MAINTENANCE

ALL TYPES OF BUILDING WORK

Contact Details: 07899 953755 / Tony

*Fed up of running around after  
your car?*

Why not give us the inconvenience –  
it's part of our service

**WE COLLECT & DELIVER**

Servicing

General repairs - shocks, clutches,  
brakes etc

Air-conditioning recharged

MOTs arranged

Welding

All work guaranteed

**S & P Mot-care**

Established 1990

Contact: Shane on 01449 771102 or  
07802 545737

***Personal Service at  
Competitive Rates!***

**BOLT**  
Electrical Services

New Build & Extensions • Electrical Repairs  
Renovations & Rewires  
Consumer Unit Upgrades  
Alterations & Additions  
Testing & Inspecting • Certification

Chris - 07969 472540  
boltelectrical@mail.com



**D J HOWLETT**

**VW AUDI MERCEDES BENZ SPECIALIST**

(All cars catered for)

A complete service for your car carried out to the very  
highest standard - up to date diagnostic equipment used

- \* Servicing
- \* MOT Arranged
- \* Repairs
- \* Exhausts
- \* Batteries
- \* Air Conditioning Serviced and Repaired
- \* Courtesy Car Available
- \* Free Collection/Delivery

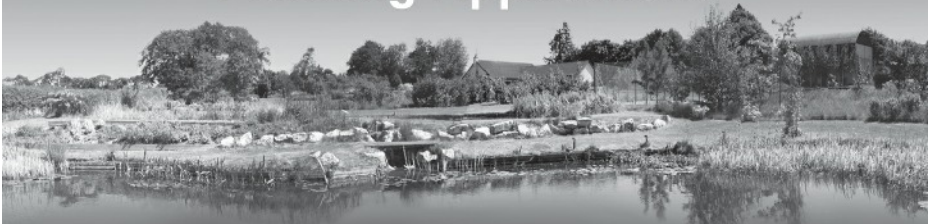
**Mendlesham Green, Stowmarket. Tel: 01449 766019**



# ELWOOD LANDSCAPE DESIGN

*A practice registered with the Landscape Institute*

**Garden Design • Landscape Design  
Planning Applications**



**01449 768828 team@e-l-d.co.uk  
www.e-l-d.co.uk**

The Barn Cherry Tree Farm Mendlesham Green Stowmarket Suffolk IP14 5RQ



**REWTS**  
TREES AND GARDENS



Tel: 0782 5253 720

Email: [info@rewtstreesandgardens.co.uk](mailto:info@rewtstreesandgardens.co.uk)  
[www.rewtstreesandgardens.co.uk](http://www.rewtstreesandgardens.co.uk)

Qualified tree surgeon & horticulturist  
offering

- Tree surgery:** from light pruning to large tree take down, surveys and stump removal.
- Garden landscaping:** fencing, patios, decking, ponds, water features, planting designs.
- Garden maintenance.**
- Firewood:** Split and seasoned ready to burn. Any size, any quantity.

## **Jackie Stevens** **Bookkeeping and** **Accounting Services**

Bookkeeping  
Payroll  
Accounts preparation  
Management accounts  
Self-assessment VAT PAYE  
Sage QuickBooks  
Ideal business start up

Please call Jackie on  
01449 781823 or 07988612032  
email:  
[jackiekstevens@live.co.uk](mailto:jackiekstevens@live.co.uk)

# Garwood's

OF SUFFOLK

TREE SERVICES AND GROUNDS  
MAINTENANCE



CROWN LIFTING  
TREE FELLING  
DISMANTLING  
REDUCTIONS  
PRUNING  
THINNING  
STUMP GRINDING



BASED IN WORTHAM, WE ARE DEDICATED,  
HARD WORKING AND TRUSTWORTHY.  
ALL OF OUR STAFF ARE FULLY TRAINED  
AND INSURED, RELIABLE AND  
PROFESSIONAL.  
ALL WORK IS CARRIED OUT RESPECTFULLY  
AND TO THE HIGHEST STANDARD.

**FOR A FREE ESTIMATE PLEASE CALL**  
Lee Garwood

Tel: 01379 890617 / 07880 528142  
[GARWOODSOFSUFFOLK@YAHOO.COM](mailto:GARWOODSOFSUFFOLK@YAHOO.COM)



## Pilates classes at Stoke Ash Primary School

9:45am Beginners & 11:00am Mixed Ability Group  
Every Thursday during term time

Or join my existing classes in  
Thorndon Village Hall on Monday Morning  
9:45am and 11:00am Mixed Ability Group

Pilates can benefit everyone, no matter what age, size or  
fitness level. My Classes are small groups to give you the  
attention you need.

Call Eleanore on 07881 814146 to book a space.  
£7 per class when booking for the term or £8 drop in.  
Your first class is free, so why not give it a try!

Improve flexibility, improve strength,  
improve posture, improve life.



## Park House Construction and Landscaping

- Home improvements (repair or replace)
- Roof repairs
- Painting
- Brickwork
- Repointing
- Paving
- Fencing
- Patios
- Guttering
- Garden maintenance
- Ground clearance
- Hedge cutting
- Decking

Free Quotations – Fully Insured – Reliable – Friendly Advice

Email: [ParkhouseCL@gmail.com](mailto:ParkhouseCL@gmail.com)

Phone: 07879358022



## A/C FENCING AND GARDENING REPAIRS



All fencing and gates supplied and erected.

All gardening work from regular grass mowing to hard landscaping.

Lawn mowing up to 3 acres, Ground care. Strimming - weeding - scarifying.  
Garden clearance. Concrete base and shed erecting. Tree felling - stump  
grinding. Hedge cutting. Fencing work

Repairs & Servicing to all Lawn Mowers,  
Strimmers & Hedgecutters etc.

Call Andy on 01449 403050 or 07748 785197 for a free quote.



Professional Tree Surgeon and team  
that can maintain your gardens big or small



### Trees & Hedges

Felled, Pruned, Shaped, Dead / Broken & dangerous hanging branches  
removed to make them safe.

Hedges cut and maintained to your specification

### Gardens

Lawns cut, Borders trimmed, Shrub beds cleaned

### Ground Clearance

Large or small areas of scrub cleared and removed

### Fences

Panelled. Wired, Post & Rail, Erected or Mended

---

*Free, no obligation, quotations*

---

01449 720157 / 07788590779

[james.firman@treesandfences.com](mailto:james.firman@treesandfences.com) / [www.treesandfences.com](http://www.treesandfences.com)



The Hair Studio at Mendlesham Ltd

# **BEV & KIRSTY**

**FORMERLEY CURL UP & DYE**

**WE ARE BOTH FULLY QUALIFIED WITH OVER 40 YEARS  
OF EXPERIENCE BETWEEN US**

**PROFESSIONAL ADVICE AND PERSONAL  
ATTENTION IN  
ALL ASPECTS OF HAIRDRESSING**

**PERMS: COLOURS: HI-LITES: CASUAL PUT-UPS  
WEDDING HAIR: RESTYLES Etc  
FOR ALL THE FAMILY AT UNBEATABLE PRICES  
SENIOR CITIZEN RATES TUESDAY ONLY  
EAR PIERCING AVAILABLE**

**EASY OFF ROAD PARKING**

**LOYALTY CARD, STAMP EVERY SERVICE  
ALL DEBIT/CREDIT CARDS ACCEPTED  
GIFT VOUCHERS AVAILABLE**

**FOR ALL ADVICE AND APPOINTMENTS  
CALL US ON 01449 766977**

**OR VISIT US AT**

**Ropers Farm, Church Road, Mendlesham, Suffolk**

**IP14 5SF**

**[www.hairstudioatmendlesham.co.uk](http://www.hairstudioatmendlesham.co.uk)**



## MENDLESHAM CHAPEL

Minister: In Vacancy

### SERVICES FOR MARCH

As shown below



**1<sup>st</sup> 10.25am - Church Anniversary at  
Stowmarket – Rev'd Andrew Royal**

**8<sup>th</sup> 10.45am – Mrs Nichola Glasse**

**22<sup>nd</sup> 10.45am – Mr Keith Scarff**

**Afternoon Fellowship - 1<sup>st</sup> & 3<sup>rd</sup> Wednesday at 2.30pm**

**4<sup>th</sup> Mrs Mary Durrant    18<sup>th</sup>    Mrs Veda Berriman**

**MURCies Coffee Bar - 2<sup>nd</sup> Friday 10.00 - 12.00 (13<sup>th</sup> March)**

**Knit & Natter - 2<sup>nd</sup> & 4<sup>th</sup> Mondays from 2.00 - 4.00 (9<sup>th</sup> & 23<sup>rd</sup> March)**

LUKE 24 v8 *“Then they remembered his words.”*

“I remember, I remember, the house where I was born, The little window where the sun came peeping in at morn,” is the start of a poem by Thomas Hood. It’s a poem I recall from my childhood and one which has always stuck by me. Not that I was born in the house of my childhood, Ipswich hospital had that experience; nor did the sun come peeping in at morn as the sun didn’t get to shine on the little window. But some things stick in your mind and this poem has stayed fresh in my mind for probably 50 odd years. The mind is a funny thing and what we recall can change over time. Some memories are really positive moments in our lives and others are ones we would like to forget but can’t. Remembering is important. We use the memory of events to register their significance. Events are not isolated but fit together to form a whole picture, the picture of our lives. Remembering allows us to learn from the past or help decide the future. We remember at so many times in our lives such as birthdays, anniversaries, Remembrance Day and Easter to name but a few. Then at the end of life there is often a tribute to the life of the one who has died which includes so much remembered past.

The 26<sup>th</sup> February was the first day of Lent. Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, Lent is a season of reflection and preparation.

*Continued on page 48.....*

.....continued from page 47

A time to remember the events leading up to and including Jesus' crucifixion. In observing the 40 days of Lent, Christians remember the sacrifice of Jesus Christ and his withdrawal into the desert for 40 days. Some use this time to give up things in their lives such as alcohol or chocolate, some use the time to do some small thing for others each day of Lent, and some take time to meet together to remember the life of Christ and all that led up to his death on the cross.

May we all remember the sacrifice that our Lord has made for us and look to the future with hope and faith.

Anne Scarff (Secretary to Stowmarket URC Group of Churches)

**CATHOLIC CHURCH OF OUR LADY, STOWMARKET**

Parish Priest - Father Ioan Sandor

The Presbytery, 29 Lockington Road, Stowmarket IP14 1BQ

Tel:-01449 612946. Email: pp@ourladystowmarket.org.uk

**MASS TIMES**

Saturday (First Mass of Sunday) - 6pm

at St Mary's C of E. Church, Woolpit IP30 9QG

Sunday mass times - 0830 & 1015

at Our Lady's, Strickland Road, Stowmarket IP14 1AW

Holy Days - 1000 & 1930

at Our Lady's, Strickland Road, Stowmarket

Weekday services in the parish are advertised at the front of Our Lady's Church, in the weekly Newsletter and on the parish website - [www.ourladystowmarket.org.uk](http://www.ourladystowmarket.org.uk)

Mendlesham village contacts

Margaret Cutting - 01449 766334

Mo Favager - 01449 766007

**New USAAF 34th Bomb  
Group Memorial Mendlesham  
Flower Rota**



**Peggy Knock  
March**



# M ST MARY'S MENDLESHAM

[www.stmarysmendlesham.org.uk](http://www.stmarysmendlesham.org.uk)

You are welcome to any of our services.

## SUNDAYS:

9.30 a.m. Parish Mass & Address

**First Mass of Sunday:**  
Saturdays at 5.00 pm


**Daily Mass:** *see calendar on back page & check porch notice & bulletin*

**Daily Morning & Evening Prayer**  
*see porch notice.*

**Baptism (Christening), Marriage,  
Anointing of the Sick & Holy  
Communion from the Reserved  
Sacrament - contact Fr Philip**

- *Fr Philip is always willing to visit the sick, dying and bereaved and to speak to any parishioner who has needs, concerns or questions about Christian faith and life, whether or not you regularly attend church. Just ask.*

**Sacrament of Reconciliation**  
Saturdays at 4.00 pm. *or contact Fr Philip*



Jesus calls us  
to love one  
another. Even  
ones who are  
unlovely. Jesus  
loved the  
unloved and  
unlovely. Love  
others as God  
loves us.

## Vicar:

**Fr Philip T Gray, B.A. S.S.C.**  
**Mendlesham Vicarage**  
01449 766359

## Churchwardens:

**Andrew Fleming**  
01449 711065

**Chris Elstone**  
07530 769676

## WHAT'S ON THIS MONTH

**Everyone is welcome at all events listed here**

<b>1<sup>st</sup> Mar</b>	<b>LENT I</b> 9.30: Sung Mass. Electoral Roll revision continues; nominations for Churchwardens.
<b>2<sup>nd</sup> Mar</b>	7.15: Shared Supper & Bible Study in Old School
<b>6<sup>th</sup> Mar</b>	2.30 pm: Mass at Mason Court, followed by refreshments.
<b>8<sup>th</sup> Mar</b>	<b>LENT II</b> 9.30 Sung Mass. Electoral Roll revision concludes
<b>9<sup>th</sup> Mar</b>	6.30 pm: Mass in church. 7.15 pm: Shared Supper & Bible Study in Old School
<b>10<sup>th</sup> Mar</b>	9.30: Requiem Mass – March anniversaries 10.15 – 12.00: Coffee & Cake in Church
<b>15<sup>th</sup> Mar</b>	<b>LENT III</b> 9.30: Sung Mass and Baptism 10.30: Annual election of churchwardens ('Vestry meeting') & Friends of St Mary's AGM
<b>16<sup>th</sup> Mar</b>	7.15 pm: Shared supper & Bible Study in Old School
<b>17<sup>th</sup> Mar</b>	<b>ST PATRICK</b> 2.00– 2.30 pm: Silent prayer before Blessed Sacrament 2.30 pm: Mass, laying-on of hands & anointing for healing.
<b>19<sup>th</sup> Mar</b>	<b>ST JOSEPH</b> 6.30 pm Mass (said)
<b>20<sup>th</sup> Mar</b>	2.30 pm: Mass at Mason Court, followed by refreshments.
<b>21<sup>st</sup> Mar</b>	9.30 – 11.30 am: Spring cleaning of church 11.30 – 2.00 pm: Baked Spud Bash in URC (Friends of St Mary's)
<b>22<sup>nd</sup> Mar</b>	<b>LENT IV – MOTHERING SUNDAY</b> 9.30: Sung Mass, distribution & blessing of candles to be lit as a sign of prayer & thanksgiving for our mothers (whether alive or departed) - and Adult Baptism
<b>24<sup>th</sup> Mar</b>	9.30: Mass (said) 10.15 – 12.00: Coffee & cake in Church. All welcome.
<b>25<sup>th</sup> Mar</b>	<b>ANNUNCIATION OF OUR LORD (Lady Day)</b> 9.30: Mass (said) 7.30 pm: Sung Mass, Address & Confirmation (Bishop of Richborough)
<b>28<sup>th</sup> Mar</b>	CLOCKS GO FORWARD: ONE HOUR LESS IN BED!
<b>29<sup>th</sup> Mar</b>	<b>LENT V – Passiontide</b> 9.30: Sung Mass & Address, followed by Annual Parochial Church Meeting ('AGM') 11.45: Benediction 12.00 noon: PCC lunch & meeting.

## LOOKING BACK

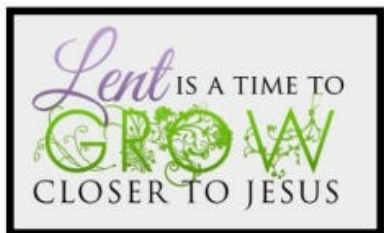
The Friends of St Mary's Coffee Morning on 1<sup>st</sup> Feb made £295 profit.  
Thank you to all who helped at and supported it.

---

### Fr Philip Writes

**"The time has come," Jesus said, "and the Kingdom of God is close at hand. Repent and believe the Good News."  
(Mark 1 v 15)**

Jesus calls us all to repent, and we think especially of this during Lent. Real repentance means that a person has come not only to be sorry for the consequences of his or her sin, but to hate the sin itself. Jesus tells us to believe the Good



News – that we take him at his word. Repentance involves getting rid of what is unclean and prevents Jesus from entering our lives, such as hatred for others, lack of forgiveness, grudges, jealousy, greed for material objects and obsession with money.

We need to open our hearts to all people and not be exclusive. Above all we need to acknowledge Jesus is the real Lord and Master of our lives.

The Kingdom of God is not something that can be seen, for God rules over people's hearts. An unknown poet wrote the words:

*"How I wish there was some wonderful place called 'The Land of Beginning Again', where all our mistakes and all our headaches... could be dropped like a shaggy coat at the door and never be put on again."*

There IS such a place – in God's heart, as revealed in Jesus Christ. What convinces me most that God isn't interested in what I was, but in what I can become; not in what I was, but in what I am becoming?

Alexander Pope wrote:

**Teach me to feel another's woe  
To hide the fault I see;  
That mercy I to others show,  
That mercy show to me."**

*(The Universal Prayer)*

It is a real discipline to allow yourself to be forgiven. To believe that God wants to wipe out all your guilt and give you a new heart and a new spirit is a challenge. It means you give up being in control and respond by saying: **"Yes, Lord, I need your help."**

The more you discover God's light and forgiveness, the more you discover that part of you that you keep hidden to yourself.



A patient was surprised to see a Bible on a psychiatrist's desk. He asked, **"Do you, a psychiatrist, need the Bible?"** He replied, **"I not only read it; I study it!"**

He then added: **"If people would absorb its message, a lot of us psychiatrists would close our offices and go fishing."** To clarify this point, he said that if patients plagued by guilt feelings took the heart of the prodigal son (*Luke 15 v 11-31*) they would be healed overnight. God's forgiveness is infinitely greater than any mistakes we can make. .... Remember the lovely quotation from St Isaac the Syrian:

*'Our sins are but a handful of dust  
thrown into the ocean of God's love.'*

This Lent, please ask yourself:

**"What is the one thing I find hard to forgive myself?"**

The Sacrament of Reconciliation is here to help you find that peace that our Heavenly Father wishes to give.

## PARISH CHURCH OF ST MARY'S MENDLESHAM - CHURCH CALENDAR FOR MARCH 2020

Date	Church Festival	Mass	Intention (we pray especially for....)	Parish Intention
1	<b>LENT I</b>	9.30	<b>Parish and Congregation</b>	<b>Front Street / Old Orchard</b>
2		9.30	Christian Aid	Old Market St / Braybrooke Close
3		9.30	Bible Study Group	Mill Road and Hobbies Lane
4		8.00 am	repentance & reconciliation	Chapel Road
5		9.30	a greater commitment to prayer	Church Road / St Mary's Gardens
6		2.30 pm MC	peace of the world	Brockford Road
7	Ss Perpetua and Felicity	5.00 pm	the future of St Joseph's Centre	Glebe Way
8	<b>LENT II</b>	9.30	<b>Parish and Congregation</b>	<b>Freelands</b>
9		6.30 pm	the Additional Curates Society	Ducksden Road
10		9.30	the departed - March anniversaries	Horsefair Close
11		8.00 am	HM Queen Elizabeth & her Government	Mason Court
12		9.30	all who are homeless	Mayfield Way
13		9.30	persecuted Christians	Mead Way
14		5.00 pm	our churchwardens	Old Station Rd / Cuttings Close / Schools Close
15	<b>LENT III</b>	9.30	<b>Parish and Congregation</b>	<b>Middy Close / The Sidings</b>
16		9.30	all who suffer from leprosy	Wash Lane / Oak Farm Lane
17	ST PATRICK	2.30 pm	the Healing Ministry	Norwich Road / Bluehouse Lane
18	St Cyril of Jerusalem	8.00 am	our Baptism & Confirmation candidates	Mendlesham Green
19	ST JOSEPH	6.30 pm	all fathers, foster parents and guardians	Tan Office
20		2.30 pm MC	greater love of God & neighbour	Outlying houses
21		5.00 pm	Walsingham	Farms in Mendlesham
22	<b>LENT IV Mothering Sunday</b>	9.30	<b>Parish and Congregation</b>	<b>Local industries</b>
23		9.30	all who are dying	Pub, Community Centre & places of recreation
24		9.30	Bishop Norman	Mendlesham School and Pre-School
25	ANNUNCIATION OF OUR LORD	9.30 (said) 7.30 pm (sung)	those being Confirmed; the Society of Mary	SMF : Patrons of Mendlesham
26		9.30	Christian unity	Village Organisations
27		11.00 am	The Society of the Holy Cross	Fr Philip
28		5.00 pm	our APCM & all elected to office	Other places of Worship
29	<b>LENT V - Passiontide</b>	9.30	<b>Parish and Congregation</b>	<b>PCC, Parish and Community Councils</b>
30		9.00	those falsely accused	Local Doctors and Nurses
31		6.30 pm	all who reject the faith	Neighbouring parishes

MC = MASON COURT SB = SEE BULLETIN

# Lamberts Service Station Ltd



- ✓ **MOTs while-you-wait**
- ✓ **Recovery Service and Home starts**
- ✓ **Service all makes and models**
- ✓ **Accident, Bodywork Repairs**
- ✓ **Welding**
- ✓ **Tyres and Batteries stocked**
- ✓ **Engine Diagnostics & Fault Finding**
- ✓ **Air Conditioning**
- ✓ **ABS**
- ✓ **Engine Management Lights**

**Please ring for a free estimate on any work  
needed**

**01449 781260**

**View our latest Car Sales at**  
**[www.lambertsservicestation.co.uk](http://www.lambertsservicestation.co.uk)**

**Forecourt Services—Unleaded & Diesel**

**Shop Green**  
**Bacton**

**Tel - 01449 781260 or 07834 778116**  
**Email [lamberts.1@btconnect.com](mailto:lamberts.1@btconnect.com)**