# MENDLESHAM NEWSLETTER



**Issue 481** 

December 2023

### **CLASSIFIED ADS**

To Advertise here email Keith on shelton@live.co.uk

### Your Local Handyman

Minor repairs around the home Including taps, immersion heaters Flat pack assembly Shed & fence painting MANY more services provided Tony 07771 800072 01449 781993 gooderhamt@aol.com

To Advertise here email Keith on shelton@live.co.uk

To Advertise here email Keith on shelton@live.co.uk

The Mendlesham Community Charity launch their website in August.

Why not have a look.

Here is the QR Code and the Website address:

https://sites.google.com/mendleshamcommunitycharity.com/home

https://tinyurl.com/MendleshamCC



Here is a link for guidance on submitting articles for the newsletter

https://sites.google.com/mendleshamcommunitycharity.com/ home/newsletters/guidance-for-contributors

Or

https://tinyurl.com/32byjppr

### Newsletter supported by Mendlesham Community Charity

#### **Newsletter Team**

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

### Deadline for January Issue 4th December 2023

### Front Cover Meg Clarke

#### **Editorial**

Welcome to the December issue. In this fast-changing troubled world in which we live, it is comforting to follow long held traditions of the Advent season. Decorations for home and tree, buying and giving presents, carol-singing and enjoying seasonal food may be on your list.

Perhaps it is more important than ever to reflect on the message of Christmas and make sure that love, laughter and friendship are at the heart of our celebrations.

Best Wishes Gemma

| Dates for your diary |                                      |      |  |  |
|----------------------|--------------------------------------|------|--|--|
| Dec                  |                                      | Page |  |  |
| 2nd                  | Community Cafe                       | 3    |  |  |
| 4th                  | Newsletter Deadline                  | 1    |  |  |
| 5th                  | Soup, Coffee, Cake                   | 8    |  |  |
| 5th                  | Camera Club                          | 10   |  |  |
| 6th                  | Parish Council<br>Meeting            | 2    |  |  |
| 6th                  | WI Knit, Stitch &<br>Yarn            | 14   |  |  |
| 6th                  | Over 60's Meeting                    | 15   |  |  |
| 7th                  | MCC Mulled Wine & Mince Pies         | 4    |  |  |
| 8th                  | MURCies                              | 13   |  |  |
| 9th                  | Walking Group                        | 9    |  |  |
| 9th                  | Scouts - Christmas<br>Coffee Morning | 12   |  |  |
| 10th                 | Shoebox Appeal Deadline              | 21   |  |  |
| 11th                 | Knit & Natter                        | 13   |  |  |
| 12th                 | Writing Group                        | 6    |  |  |
| 12th                 | Soup, Coffee, Cake                   | 8    |  |  |
| 12th                 | WI Meeting                           | 14   |  |  |
| 14th                 | Mobile Library                       | 10   |  |  |
| 17th                 | Santa Visit & Carol<br>Singing       | 48   |  |  |
| 17th                 | Grand Christmas<br>Draw              | 18   |  |  |
| 19th                 | Soup, Coffee, Cake                   | 8    |  |  |
| 24th                 | Candlelight Carols                   | 48   |  |  |

### 50/50 shop open -

Every Tuesday & Friday see page 3 for further details

Don't forget the Parish Church & URC from page 45

#### THE PARISH COUNCIL

Parish Clerk: Sharon Jones, Honeysuckle, Hockey Hill,

Wetheringsett, Suffolk IP14 5PL

Tel 01449 766139

Email: parishclerk@mendleshampc.org
Web site: https://mendlesham.suffolk.cloud

#### Your Councillors are:

- Paul Allen tel 766543
- Andy Davey tel 01449 768862 (Chairperson)
- Mike Exley tel 766246 (Emergency Planning Co ordinator for Mendlesham)
- Denise Foster tel 768978
- Norman Foster tel 768978
- Sandie Judd tel 0333 006 2706
- Daniel Lummis 07584630988
- Helen Orton tel 767741
- Mick Orton
- Liz Ward tel 766562

Emergency Planning Co ordinator for Mendlesham Green: Mr David Nunn tel 767158.

### Wednesday 6 December 2023

Mendlesham Parish Council Ordinary meeting 7pm Old School Room, Mendlesham

Agendas for formal meetings for Mendlesham Parish Council, Mendlesham Community Centre Charity and Mendlesham Memorial Playing fields Charity are published via E News and Parish Notice Boards. Please note any extraordinary meetings may not be able to be published in this newsletter due to publication dates.

Please note dates for our Planned meetings will be published via the website, E News and Parish Noticeboards, once they have been confirmed at our meeting on 6 December.

### Mendlesham Community Café

Saturday 2<sup>nd</sup> December 10am - 2pm Old School Room, Mendlesham

Come and join us for our **Christmas Café.** Our usual menu is available but with Yuletide specials, including a complementary glass of Buck's Fizz.

There will also be a, not to be missed, **Bumper Christmas Draw.** 

October Draw Winner (Cheese Hamper) Brenda Player

Want to join our team?
We are looking for volunteers. So please pop in and see us or call Helen on 01449 767741

# MENDLESHAM 50150 SHOP

Browse our range of clothing and shoes for all the family, plus jewellery, accessories, homewares, books and more.

Have clothing to donate? You receive 50% of the sale price, with the rest to the Mendlesham Community Charity.

### Open Tuesdays and fridays 2 - 4pm

Find us in the green pavilion near the toddler play equipment on Station Road, Mendlesham. What3words: ///novelist.thin.tint.

### Mendlesham Community Charity (MCC) Charity No: 282391

#### December 2023

#### **Cancelled Firework display**

We are so sorry that the fireworks event had to be cancelled again this year. It was very disappointing but having consulted the display organisers who had serious safety concerns regarding the forecast high winds we had to make this decision.

#### On a brighter note - MULLED WINE AND MINCE PIES

On **Thursday 7th December 2023 from 6.30 to 8.30pm** we will be holding a "drop in" mince pies and mulled wine evening in the Old School Room

There have been lots of comments on social media about the proposed new summer event. We would like to invite anyone with ideas on what they would like to see at the event (or even what they do not want), who can offer a demonstration by their club or society, or wish to express an interest in having a stall or volunteering some of their time to come along. You would not be committing to anything; we just need to get an idea of the level of interest. We will also have a "post box" for suggestions if you do not have time to stay and chat.

#### **Newsletter**

Please carry on sending your recipes, photographs, puzzles, reports, and articles to the newsletter. They have already made such a difference, keeping the newsletter an enjoyable as well as an informative read.

#### Website

Mendlesham Community Charity website – our website is live please visit us on <a href="https://tinyurl.com/MendleshamCC">https://tinyurl.com/MendleshamCC</a>

### **Mendlesham Community Charity Trustees**

Teresa Mills (Chair) 01449 766582

teresa.mills@mendleshamcommunitycharity.com

Letitia Goode (Secretary) 01449 768861

letitia.goode@mendleshamcommunitycharity.com

Sally Lovatt (Treasurer) 01449 541725

sally.lovatt@mendleshamcommunitycharity.com

Nathalie Crisp 07795 491781

nathalie.crisp@mendleshamcommunitycharity.com

Andrew Cullum 01449 767877

andrew.cullum@mendleshamcommunitycharity.com



### **Christmas Post**



I am aware there are Mendlesham residents with mobility issues who post their Christmas cards to other Mendlesham friends. I and some volunteers are willing to deliver Christmas cards in Mendlesham and Mendlesham Green – free of charge.

I ask that you address the Christmas card envelope with the name and Mendlesham address of the recipient and add your name, first line of address and postcode on the back - in case there is a problem with delivery. Seal the envelope. A special 'post box' will be at the November Over 60s; December W.I.; December Community Café; Friends and Food Friday on 1st December and Monday Morning meet-up on 4th December.

To use this service, remember it is only for Mendlesham and Mendlesham Green addresses and only use our box – not the Royal Mail post box for your cards.

Happy Christmas!
Shirley Furze
Beggars Roost, Church Road,
Mendlesham. IP14 5SF

**Are you on Facebook?** If so have a look for 'Spotted in Mendlesham'



'Spotted in Mendlesham Green' pages to keep up to date with what's going on in the villages.



### **Mendlesham Carpet Bowls Club**

(and short mat bowls)

2023 - 2024 season Keep fit and active

New comers and Experienced bowls players are always very welcome
Annual subs £5.00. Weekly Playing fee £3.00
(Includes tea/coffee and biscuits)

Mendlesham Primary School Hall most Tuesdays from September 5<sup>th</sup> 7:30 - 10:00pm

Email contact: rfouracre230@gmail.com
Affiliated to the Suffolk Carpet Bowls Association

# **Creative Writing**

With Mendlesham Writers Group

### You are Welcome

FREE!!

First visit Creative Writing Guidance Pack Advice and encouragement Guest speakers Refreshments 2nd Tuesday Every Month Old School Room Mendlesham 7.30pm

Contact: Noel on: 01449 766968

Create something worthwhile in your own special way No previous writing experience necessary

#### **Parish Council:**

**Flooding and recent storms:** Thank you to whoever has helped in whatever way over the last couple of weeks with the consequences of the storm and floods.

**Storm Babet:20/21 October 2023** We had staff at the school looking after children who were unable to get home, until with the help of so many tractor drivers, the remaining children and some staff were taken home around 9pm Friday evening. There were staff who then slept at the school until they could go home early Saturday morning. The school community provided support re blankets, equipment etc. We understand the children thought it was all marvellous fun. Not so sure about parents and staff?

Cllr Paul Allen and his staff at the Kings Head PH provided shelter for stranded visitors during the day.

Throughout the day, Parish Councillors checked on vulnerable persons and changing situation.

Mendlesham Parish Council plus volunteers, with the assistance of the Trustees of the Old School Room and Mendlesham URC provided evening/overnight accommodation for about a dozen people sleeping in the MRC chapel on put up beds, blankets and pillows provided by the community. We had a school rugby team from Sussex in the Old School Room, but they managed to get away about 9 or 10 in the evening.

We are also aware of volunteers helping remove stranded vehicles from the floods, individuals checking on neighbours, trying to clear blocked drains etc.

Emergency Services and the Health Centre also provided support as required.

The Shop and Fish & Chip Shop remained open.

**28/29 October 2023:** Just as most of the areas were starting to drain away, more rain led to areas flooding once again. Whilst we did not have to provide shelter for any stranded visitors, again Parish Councillors and volunteers provided valuable help.

Continued on page 8 ......

### .....continued from page 7

**2 November 2023:** Another repeat of the same levels and areas of flooding as Storm Babet, may be even more water, quicker? This time the Heath Centre had to close.

Thank you to everyone who has helped on whatever way. Thank you seems so inadequate for what was achieved with such a marvellous community spirit. We should all be really proud.

However, whilst some of the above can be attributed by volume of rain fall in such a short time, we do need to discuss what can be done to mitigate similar events in the future. In particular, there seems to be more than a rainfall issue at Chapel Road, Mendlesham which is really affecting local residents. This will need professional assessments and remedies from our partners such as Suffolk County Council

The Parish Council has these issues as agenda items for our meeting on 8 November and will be taking forward whatever actions are required.

Friends of St Mary's

Soup, Coffee & Cake

Every Tuesday 11:00am - 1:00pm

In St Mary's Church

All Welcome!

No Charge ... donations welcome



### Mendlesham Walking Group

ONLY ONE WALK IN DECEMBER on Saturday 9th December 2023

Meet at

Community Centre Car Park 10.00a.m. Short walk of about 1½ hours (3 miles) led by Alan

PLEASE WEAR STURDY WATERPROOF BOOTS

Dogs on leads welcome

Come and join us

Stay safe and keep walking

For more information please contact Angela - 01449 766483 Alan - 07790 124 509

If you would like to join Mendlesham Walking Group, please e-mail Angela: angiepickup@btinternet.com

PLEASE CHECK FACEBOOK SPOTTED IN MENDLESHAM FOR ANY CHANGES TO ADVERTISED WALKS

### **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 Charity. 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.

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 14th December 2023** 



### MENDLESHAM CAMERA CLUB



The next meeting will be on

Tuesday, 5th December at 7.30pm in the Old School Room. The club is a small group of mixed photography ability and new members are always welcome.

Each month we have a challenge, December being 'Your favourite photos taken during 2023' - bring your images along on a stick and we will admire the submissions on the screen.

Weather permitting the plan is to have a go at night photography with the lights and flashes on the sports pitch and skate park, if poor weather we will be in the Old School Room for table top photography. Hopefully there will be time for festive refreshments. We pay a fee at each meeting to cover the cost of the hall.

There will not be a meeting in January, but back in February.

For details please log onto the website:http://www.mendleshamcameraclub.co.uk/ or contact mike@favager.co.uk

#### Mendlesham Educational Foundation - Volunteer Trustees Wanted

The Mendlesham Educational Foundation are seeking a number of new trustees to replace existing trustees who have already retired. The role is purely voluntary, is not arduous, with meetings taking place only four times per year, some running decisions and discussions are made electronically. However, it is a very rewarding role helping to support youth groups and education within the parish up to the age of 25. The role would suit anyone with a willingness and interest to contribute to the community. In particular the trustees are looking to increase the existing skill set to include volunteers with a medical background or parents with younger children, although this is not a prerequisite for volunteering, just a wish list.

If you would like more information please contact the Clerk - Mike Favager mike@favager.co.uk or by phone or text on 07540 288388.

#### History and How the Charity Operates.

The Mendlesham Educational Charity was founded in 1516 by the will of Henry Jessop. The income for the charity is from dividends on investments, rent from land gifted to the charity over time, and a small income from the hiring of the Old School Room. This annual income is used to benefit the young of Mendlesham under the age of 25, by offering grants for 16-25 year olds in part-time or full-time education, youth groups benefit such as Scouting and Guiding, Football. These grants are applied for annually open to anyone living in the parish, and are granted at the discretion of the trustees. The amount awarded is dependent on a number of criteria, primarily the current financial situation of the Charity at the time of the awards.

To put some substance on the grants awarded:

In 2022/23 grants were awarded to 29 students (£17,035), 8 Youth Groups (£2400), Mendlesham Primary School (£8400) and other individual specialist awards.

In 2009 grants were made to 46 students attending further education in college or university, 11 village youth groups, Primary School, Toddler Group and towards paint for the St Joseph's Centre. A total of £33,040 was distributed in 2009 with 2010 being very similar.

Please be a volunteer Mike Favager Clerk to the Mendlesham Educational Foundation Reg No 271762

For more information on what it means to be a Trustee of a charity have a look at the Charity Commissions Website.

https://www.gov.uk/government/publications/the-essential-trustee-what-you-need-to-know-cc3/the-essential-trustee-what-you-need-to-know-what-you-need-to-do



Saturday 9th December

10am - 12pm

Mendlesham Community Centre

Hot and Cold Drinks Selection of Cakes Christmas Prize Draw

All proceeds towards Mendlesham Scout Hut Project



### Mendlesham Community Charity TOTE RESULTS

| Mendlesham Lottery |        |                   |        |  |  |  |
|--------------------|--------|-------------------|--------|--|--|--|
| 12th October 2023  | 3      | 26th October 2023 |        |  |  |  |
| Drawn at Mead Way  |        | Drawn at Mead Way |        |  |  |  |
| L. Stocker         | £35.00 | I. Driver         | £35.00 |  |  |  |
| I. Goode           | £25.00 | P. Andrews        | £25.00 |  |  |  |
| E. Palmer          | £15.00 | L. Shelton        | £15.00 |  |  |  |
| N. Fletcher        | £10.00 | E. Kingji         | £10.00 |  |  |  |

If you would like to purchase Tote Tickets, please contact Angela Pickup on 01449 766483 or <a href="mailto:anglepickup@btinternet.com">anglepickup@btinternet.com</a>

### **United Reformed Church**

**MURCies Coffee Bar** 

Friday - 8th December 2023 10am - 12pm

**Knit and Natter** 

Monday - 11th December 2023 2pm - 4pm



What's on at Cotton Village Hall

Our second Christmas Cracker to be held on 9th Dec 10-2pm

Last Pub Night of the year Dec 22nd 6-10pm

For more details contact Sharon Lear 07968117625 Or Village hall chair Stephen Winder 07944883791

Charity number 292467



### MENDLESHAM W

Our speaker at the October meeting demonstrated a variety of ways of wrapping presents and decorating the parcel. It looked so easy! At last I have found someone who collects all sorts of odd bits of ribbon, lace and 'might come in handies'. She even used sprays of flowers or leaves to enhance a package. Of course this all means organisation – not hurriedly doing up Christmas parcels on Christmas eve! We were then given the opportunity of making the paper fans decorations. The monthly competition for a wrapped parcel was won by Jill.

After a cup of tea we continued with our meeting followed by the business of the Annual Meeting. Kate Peacher, a federation advisor was welcomed to help us with the formal business. The retiring committee were elected en bloc with the exception of one member not standing for re-election. Nominations for president were then made and Anita was re-elected for 2023/24. Our thanks to the committee for the work they do on our behalf. The secretary and president annual reports summarised what we had achieved this year and the treasurer presented a healthy balance sheet which was adopted. Jill is retiring as secretary and was thanked for her hard work, the post will now be shared among committee members.

#### For the diary:

Dec. 6th: Knit, Stitch and Yarn in O.S.R. 10am - noon.

Dec. 12th: WI in the U.R.C. at 7.30pm – note a week earlier. This will be a Christmas Craft evening with Maria and Anne and festive refreshments.

We will be decorating a Christmas tree in St. Mary's for the festive period.

If you are interested in joining us please contact president Anita (766902). You will be made welcome.

Season's Greetings to you all.

### Mendlesham Over 60s Club - October 2023

Members were welcomed to the meeting and none were too badly affected by the floods.

Our speaker, Jeanne Mason, was an Air Hostess on Concord.

At a young age, Jeanne wanted to travel the world and the only way to do this was to become an Air Hostess. It took ten weeks training so hostesses could deal with all aspects of the job. She worked for BOAC on long-haul flights on the Boeing 707. When in New York she was called into the office and asked if she would like to be a hostess on Concord. Of course she said 'yes' to such a fantastic offer. Jeanne told us that Concord is quite small inside compared to other aircraft, it took 3 hours 10 minutes from Heathrow to New York, so she arrived there before she had left London! It cost about £2,000 for a flight, meals were served, menu very good – no bangers and chips! They even served champagne. The crew existed of three and there were six hostesses. She achieved her dream of seeing the world and spoke very nostalgically of her time on Concord.

Competition – 1<sup>st</sup> Brian Abbott, 2<sup>nd</sup> Enid Lambert, 3<sup>rd</sup> George Taylor.

The WI have asked if any of our members who find it hard to get around would like them to deliver Christmas cards to Mendlesham or Mendlesham Green only, free of charge, which is very kind of them.

Our next meeting: December 6<sup>th</sup>- Alan Wright 60/70s music Competition: A CD or record



A warm welcome awaits you at the

### **Mendlesham Art Group**



Meet every 2nd and 4th Tuesday of the month. 2pm - 4.30pm in the Old School Room. £10 yearly subscription. £4 per session (includes a drink and biscuits)

This is an informal friendly group where everyone can create what they want in their preferred medium and style.

Help and advice given if wanted!



An open letter to the members of Mendlesham, Mendlesham Green and wider community

Dear All

I am writing to extend my heartfelt thanks for the support offered to the school during the recent flood events.

On Friday 20<sup>th</sup> October, we found ourselves very suddenly cut off in the village with both pupils and staff unable to leave the school. Taxis for our special needs unit were unable to get through and those that did, had to return to us with the children and join the staff stranded at the school.

Parents, carers and wider family groups supported each other as they shared lifts in 4x4s to get as many children home as possible. Families looked after each other by offering to take children home on unplanned play dates. Parents waded through waist deep water to school.

As it became apparent later in the day that some of our families were not going to be able to reach school to collect their children, we put out a request for help from the local farming community. We were very soon receiving offers of support from 4 x 4 and tractor drivers who worked into the evening and between them managed to get all of our pupils and the vast majority of our staff home safely. Our cook, also unable to get home, had provided much appreciated chip butties and a home-made apple crumble for our supper. We also received support from our school community with offers of food and bedding for staff who remained, as well as moral support!

Whilst this is an experience that we would not want to repeat, we could not have wished to have been stranded with a better, more generous spirited community and remain truly grateful for all the support we received.

Tessa Sait Executive Headteacher

Old Station Road, Mendlesham, Stowmarket, Suffolk IP14 5RT 01449 766224

### Stowmarket Lions Santa Sleigh 2023

Stowmarket Lions will again be bringing festive cheer with our Santa Sleigh around Stowmarket Town and villages. Dates and approximate times are shown below but occasionally do change so please check on our website <a href="https://www.stow-lions.org.uk">www.stow-lions.org.uk</a> or on our Facebook page for latest information.

- 26 November we will be static at the Stowmarket Town Christmas Fayre
- 3 December we will be mobile around Lavenham Park from 16:30 to 19:00
- 4 ,5 & 6 December we will be mobile around Cedars Park from 18:00 to 20:00 each evening
- 9 December static at Asda from 09:00 to 15:00
- 10 December mobile around Needham Market (North) from 16:30 to 18:30
- 11 December mobile around Combs Ford from 18:00 to 20:00
- 12 December mobile around Needham Market (South) 18:00 to 20:00
- 13 December mobile around Stowupland from 18:00 to 20:00
- 16 December static at Asda from 09:00 to 15:00
- 17 December mobile around Chilton (North of Chiltern Way) from 16:30 to 18:30
- 18 December mobile around Chilton (South of Chiltern Way) from 18:00 to 20:00
- 19 December mobile around Northfields View from 18:00 to 20:00
- 22 December static at the Recreation Ground Café in Stowmarket from
- 16:00 to 18:00 then mobile around Onehouse from 18:15 to 20:00
- 23 December Static at Asda from 09:00 to 15:00

Please come and see Santa riding his sleigh and support his helpers who will be collecting for Lions and local charities

Thank you for your support





2024 will see the 80th anniversary of D-Day when Allied Forces invaded German-occupied Europe, beginning the eventual victory that ended World War Two.

The Mendlesham Community Charity are considering commemorating the occasion by holding a village event where we can all get together.

We need the event to be popular, inclusive and something that people would support by coming along.

Therefore, we are asking you for ideas.

Please can you let us know the type of event in which you would participate by emailing <a href="mailto:fosters@fostermail.co.uk">fosters@fostermail.co.uk</a> or by putting something on social media via "Spotted In Mendlesham"

Friends Of St Marys Church Mendlesham

### **GRAND CHRISTMAS DRAW**

1<sup>st</sup> Prize £100 With many more prizes

To be drawn on Sunday 17<sup>th</sup> December 2023
At St Marys Church Mendlesham at 11.00 am

Tickets available from Graham Baker, Anita Scruby 16 Freelands Mendlesham 01449766902 07912353105

All proceeds from all "Friends Of St Marys" events are designated to the upkeep and repair of the building and fabric of St Marys Church Mendlesham.

Charity No 284983

### produced by Street Forge Workshops Activities for Adults with Diabilities



Phone 01379 678543 Charity No. 298301

Street Forge Workshops The Street, Thornham Magna, IP23 8HB

### OPEN DAY

FRIDAY 1<sup>ST</sup> DECEMBER 10.00 - 15.00

Workshops open, free refreshments, Raffle.

Shop early for Christmas!



### Friends & Food Friday

Every Friday in the Old School Room 12-2 pm. *MENU* 

And

Bacon roll
Or
Paninicheese & ham
or cheese &
tomato

Piece of homemade cake

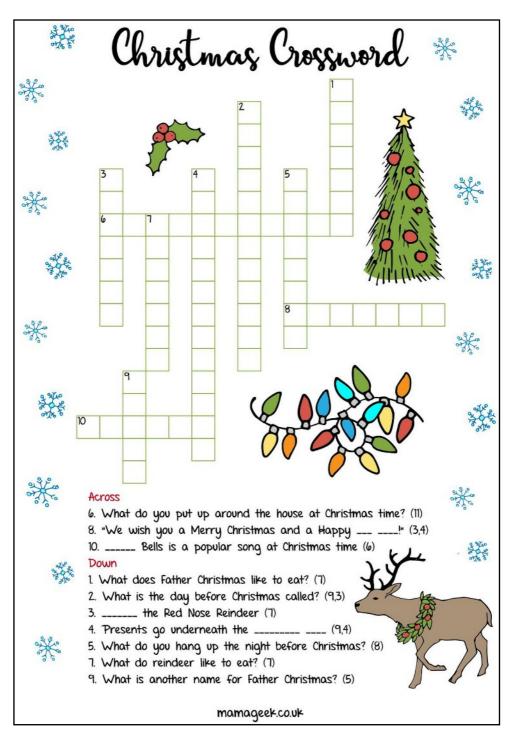
And
Endless tea & coffee ...



Supported by a grant from BMSCC







### Shoeboxes for the homeless and their dogs

It's been a very challenging year for everyone, not least for the homeless and their dogs. With everything going up, its been tough for those on the streets as people have had less to spare to help.

It's no life for any person or dog to live on the streets with no place to call home. This Christmas we are again hoping to bring a little Christmas cheer to these people and their 4 legged friends to say that they have not been forgotten.



I am organising shoeboxes for homeless people and their dogs and I am hoping that you will be able to help.

**Suggestion for the shoeboxes** Thermal gloves, socks, hats, scarf, roll-on deodorant (no aerosols) toothbrush & paste, soft sweets, chocolates, wet wipes, windup torch, aluminium thermal blanket, dried coffee/soup sachets, mug & spoon, notepad, pens, envelopes, stamps and a really nice touch would be to add a Christmas card.

<u>**Doggy box**</u> Dried dog food, treats, chews, toys, collar, lead, bowl, dog coat, fleece blanket

All the above are just suggestions please feel free to add anything you think would be useful.

All the shoeboxes stay local. They are taken to the night shelter in Ipswich and also to the soup kitchens and hostels. Any extra go to Bury and Norwich.

If you cannot do a shoebox but would still like to help with a donation, any of the items listed would be very much appreciated. I made an extra 15 boxes from donations last year which really boosted the total.

Boxes or items can be dropped off at my house any time from now **until Saturday 10th December**.

My contact details are - Julie Williams17 Front Street, Mendlesham, 01449 766006 neil.williams38@btinternet.com

Many thanks in advance for your kindness and generosity xx

### **Monday Morning meet-up**



We are now open again!

Every Monday morning in the Old Schoolroom 10am-12pm

**EVERYBODY** welcome. If you are on your own, retired, widow, widower, new mum/dad, looking for work or whatever your situation...

Come on down and enjoy free tea, coffee, cake and sausage rolls, plus good friendly company.

There is also a selection of jigsaws, books and magazines to take away free of charge.

Funded through Suffolk community foundation through the East of England Co-op lunch club/warm hub fund.

### Mendlesham Baby and Toddler Group

Meets in the large hall of the Community Centre.



Tuesday Mornings 9:15 to 11:15



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

Contact Simona Pounds 07585093311

MendleshamBabyGroup@gmail.com
Facebook; Mendlesham baby toddler group
for further information.



I am a single parent with two kids and I'm really worried about how I'll afford to pay my energy bills when I have to start putting the heating and lights on more now winter is here. At the moment I just about have enough money to cover my bills but there is nothing left over.

The thought of getting into debt keeps me awake at night but the idea of my children being cold and possibly unwell as a result is just unbearable. What can I do?

You are not alone - a record number of people came to Citizens Advice with energy debt in the first four months of 2023 (32,400) - a 112% increase on the same period in 2020 (15,200).

There are things you can do to feel in control when it comes to your energy bills. These tips won't cover all the extra costs, but they can make a difference:

- Check your thermostat: A room temperature between 18°C and 21°C is ideal for most people. Try turning your thermostat down by one degree within this range it could save you around £115 a year. If a medical condition means you need a warmer home, ask your GP what room temperature you should aim for.
- Keep the heat in: Check your home for any gaps in the doors, windows and floors. Blocking any holes where you could get a draught could save you around £30 a year. It is important to allow for some ventilation as without it mould and damp can form.
- Turn off anything you're not using: Turning your appliances, like TVs and washing machines, off instead of leaving them on standby could save around £60 a year. Turning off lights when you're not using them even if it's just off for a few seconds could save around £25 a year.
- Consider using LED lightbulbs, which cost less to run.
- Watch your water usage: Cutting your shower time by just one minute can make a difference. If everyone in a four-person household with a water meter did this, they could save around £75 a year.

If you're struggling to afford your energy bills, you don't have to deal with it alone. Get in touch with Citizens Advice Mid Suffolk and you can get free advice on the help available to you.

Citizens Advice Mid Suffolk can provide advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

| MENDLESHAM DIRECTORY                |                    |              |  |  |  |
|-------------------------------------|--------------------|--------------|--|--|--|
| 1 <sup>st</sup> Mendlesham Guides   | Emma Munday        | 01449 768843 |  |  |  |
| 3 <sup>rd</sup> Monday Book Club    | Doug Williams      | 01449 766498 |  |  |  |
| Ancient Order of Foresters          | Beatrix Wrinch     | 07885 909869 |  |  |  |
| Beavers, Cubs and Scouts            | Martyn Bryant      | 01379 788998 |  |  |  |
| Bowls Club                          | Peter Coleby       | 01449 766985 |  |  |  |
| Brownies                            | Brenda Stannard    | 01449 766308 |  |  |  |
| Camera Club                         | Mike Favager       | 01449 766007 |  |  |  |
| Carpet Bowls Club                   | Roger Fouracre     | 01449 766229 |  |  |  |
| Community Centre Hall               | Becky Herbert      | 01449 672531 |  |  |  |
| Computer Club                       | Giles Godart-Brown | 07500 042836 |  |  |  |
| District Councillor                 | Andrew Stringer    | 01449 780339 |  |  |  |
| Explorer Unit                       | Jonathan Freeman   | 07756 761590 |  |  |  |
| Football Club                       | Ashley Roshier     | 07909 113676 |  |  |  |
| F.O.M.S.A                           | C.P School         | 01449 766224 |  |  |  |
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| History Group                       | Sue Michell        | 01449 766434 |  |  |  |
| Mendlesham Art Group                | Anne Heaton        | 07719 244076 |  |  |  |
| Mendlesham Community Charity        | Teresa Mills       | 01449 766582 |  |  |  |
| Mendlesham Education Foundation     | Mike Favager       | 01449 766007 |  |  |  |
| Mendlesham Welfare Foundation       | Mike Favager       | 01449 766007 |  |  |  |
| Old School Room Bookings            | Daphne Lambert     | 01449 766320 |  |  |  |
| Over 60's                           | Annette Taylor     | 01449 766552 |  |  |  |
| Parish Council & Playing Field      | Sharon Jones       | 01449 766139 |  |  |  |
| Parish Party Committee              | Rachel Roshier     | 07881 816622 |  |  |  |
| Rainbows                            | Becky Froude       | 07774 581503 |  |  |  |
| St Mary's Parish Church             | Father Philip Gray | 01449 766359 |  |  |  |
| St Mary's Church Council            | Chris Elstone      | 07530 769676 |  |  |  |
| Toddler Group                       | Simona Pounds      | 07585 093311 |  |  |  |
| United Reformed Church              | Margaret Jackson   | 01449 766321 |  |  |  |
| Village Recorder for Mendlesham     | Geoff Clarke       | 01449 766447 |  |  |  |
| Walking Group                       | Angela Pickup      | 01449 766483 |  |  |  |
| Walking on Wednesdays               | Alan Chattell      | 07790 124509 |  |  |  |
| Woman's Institute                   | Anita Scruby       | 01449 766902 |  |  |  |
| Writers Group                       | Noel Fletcher      | 01449 766968 |  |  |  |

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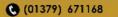




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Mr Steve Fenning

MURCies - Coffee and Carols & Christmas Draw - Friday 8th Dec 10.00 - 12.00 noon

Knit & Natter - Monday 11th Dec - 2.00 - 4.00pm

Isaiah 9: 6

A child is born to us! A son is given to us! And he will be our ruler. He will be called, "Wonderful Counsellor", "Mighty God", "Eternal Father", "Prince of Peace".

I wonder if like me you have heard the comments about the Christmas adverts, that they do not have the "Feel Good Factor" that makes us look forward to Christmas. One of my biggest complaints is that adverts do not give the message of the real Christmas Story, they are more about getting the latest and most expensive must have or fill ourselves with food until we burst. I have even heard it said of the true Christmas story, that Jesus Christ was born into a world of trouble, gets in the way of Christmas!

I feel we need reminding of that true Christmas story: Mary, a young woman was betrothed to Joseph when she finds that the Holy Spirit has made her pregnant with God's Son. Joseph who, when he finds out about this wants to quietly brake off their engagement, is visited by an Angel who explained everything to him. At that time Israel was occupied by the Romans. Emperor Augustus ordered a census to take place, everyone had to return to their hometown as Joseph was from the line of King David they had to return to Bethlehem. When they could not find anywhere to stay, they were offered a stable where Jesus would be born. (this is only a short summary of the Christmas Story you can read it for yourself (Luke 1:26-80 & Luke 2; 1-20).

Continued on page 46...

United

### .....continued from page 45

The Christmas story is a story of Hope, happening in a time of trouble, telling us that from a baby born into a poor family and under occupation that He will grow up to be the Saviour of the world and will die to take away our sins.

At this time, we do need a glimmer of Hope with all the wars that are going on in the world, in the Holy Land, Ukraine, Yemen, Ethiopia to name but a few in fact it's said that there are 32 wars going on at the moment.

If we remember the true Christmas story and look forward to the New Year, we will be given the hope that things can and will get better.

Happy Christmas and a Joy filled New year.

Robert

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

Anita Scruby **December** 



# ST MARY'S ENDLESHAM www.stmarysmendlesham.org.uk



Vicar: Fr. Philip T Gray, BA, SSC Mendlesham Vicarage Tel: 01449 766359 Churchwardens: Andrew Fleming: 01449 711065; Chris Elstone: 07530 769676

### WORSHIP

SUNDAYS: 9.30 a.m. Parish Mass also LIVESTREAMED on Facebook stmarysmendlesham

<u>First Mass of Sunday</u>: Saturdays 10.00 am.

Weekday Mass: offered every day. For times, see calendar on church website and porch notice.

For pastoral visits, Marriage, Baptism (Christening), Naming & Blessing etc - contact Fr Philip.

**Sacrament of Reconciliation:** see church website & porch notice.

You are welcome to any of our services, as are your children.

## SOUP, COFFEE & CAKE 11.00-1.00 in church. (Not 26 Dec or 2 Jan)

Ph

ALL WELCOME No Charge, but donations welcome to Friends of St Mary's.

### SPECIAL EVENTS

Mon Dec: 2.30 pm: MONTHLY HEALING SERVICE - laying-on-of hands/ anointing. Sun 17<sup>th</sup> Dec: 9.30: Parish Mass & blessing of outside crib; Friends' Christmass Draw 5.00 pm: Santa Visit and Carol Singing around the parish.

<u>Sun 24<sup>th</sup> Dec: Advent IV:</u> 9.30: Parish Mass <u>Christmass Eve</u>

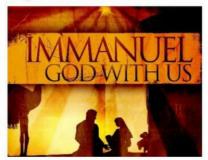
5.30 pm: Sung Mass of Christmass 7.00 pm: Candlelit Carol Service Mon 25<sup>th</sup> Dec: CHRISTMASS DAY

9.30: Parish Mass

### Fr Philip Writes .....

What is the message of Christmass? As we view

the crib in the churchyard or church, we see a child in the humblest of surroundings. This child is **Jesus**, God made Man. He would go on to give his life for the salvation of the world. The word 'Christmass' means 'Mass of Christ' and in the Mass Jesus becomes food and drink for our spiritual life. The manger has been reconstructed into an altar where we come to be fed and saved.



The message of Christmass announces that this baby has shown us the human face of God. Christ is born in time but wants to be born in our hearts. This is a life of sacrificial love and we need to ask what is the quality of our discipleship. The carol

"O Little Town of Bethlehem" includes the words: "Be born in us today," and that is my prayer for us all

this Christmass.

### A PRAYER FOR THE CHRISTMASS SEASON

Father, draw us more deeply into the meaning of Christmass; Do not let us be spectators, but draw us into the life of Jesus. May we be messengers of your love to all we meet.







Helping individuals and families in need in this



The Christmass Eve Carol Service Collection

Crib Appeal

### **CHRISTIAN AID**

Helping young women in very poor areas of Bangladesh complete their education and start their own businesses.





Collecting for St Martin's Housing Trust
Norwich: supporting the homeless

ALL WELCOME TO JOIN IN!

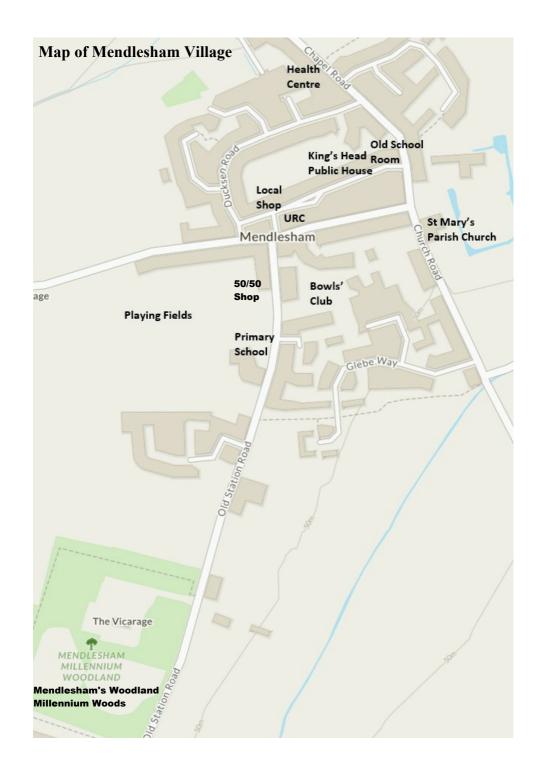
for more details see church website and village e-news

### Save the date: Monday 6 May 2024 – Heritage Fair

in St Mary's Church and Churchyard part of our Armoury Facelift project

For more information unable to fit into the 2 pages allotted to the Parish Church, see 'This Month's Newsletter' and 'What's On at:

www.stmarysmendlesham.org.uk





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