MENDLESHAM NEWSLETTER



Mendlesham School 1908 (St Joseph's Centre)

Issue 479

October 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

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

Deadline for November Issue 6th October 2023

Front Cover Andrew Cullum

50/50 shop open -

Every Tuesday & Friday see page 3 for further details

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

Editorial

Welcome to the October issue. If you are short of a conversation topic, the British weather is one that we can always fall back on. It is guaranteed to be hugely variable and surprising. Yet overall we seem to have our seasons and once more the crops are gathered in ready to celebrate harvest.

In a world that is ever changing it is good to have the security of longheld traditions. Enjoy the season and colours of Autumn.

Best Wishes Gemma

THE PARISH COUNCIL



Parish Clerk: Sharon Jones, Honeysuckle, Hockey Hill,

Wetheringsett, Suffolk IP14 5PL

Tel 01449 766139

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

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

Wednesday 4 October 2023

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

Wednesday 8 November 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.

Parish Council:

E News:

Please remember that you can subscribe to the Mendlesham E News via https://mendlesham.suffolk.cloud/

Mendlesham Community Café (Payment by card preferred)

Saturday 7th October 10am - 2pm Old School Room, Mendlesham

Come and join us for morning coffee, cakes, and delicious and very reasonably priced lunches.

All food is locally sourced and homemade.

September Draw Winner (Italian Hamper) Colin Hart

Want to join our team?
We are looking for volunteers, so if you would to like to get involved especially if you can make delicious cakes, please pop in and see us or call Brenda on

07502375253

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

October 2023

It is certainly autumn now- the season of mellow fruitfulness and weeds (at least in my garden!)

Firework display - Mendlesham Playing Fields

Just a reminder that there will be a short, professional firework display with low noise fireworks on Sunday 5th November. Gates will open at 5pm for the display at 5.30pm for about 15 minutes. We hope this means that younger children will be able to come as it should not be past their bedtime with school the next day. The Scouts will be doing burgers and hot dogs. There is no charge for children who will get a free glow stick on admission. The entrance fee for adults payable on the night will be £2.00 in cash or by card. Please NO private fireworks.

Events

We are already making plans for next year. If you are planning an event later this year or sometime next year please do get in touch as we may be able to provide funding as long as the event is open to everyone in the village of any age group and is not a private function.

Website

Mendlesham Community Charity website – our website is live please visit us on https://tinyurl.com/MendleshamCC

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



MENDLESHAM SCOUT GROUP

Do you have a youngster who would like to join either Beavers, Cubs, Scouts or Explorers?

As we start a new term, we have some new and exciting activities. We have spaces in all sections. We are also looking to fill some Volunteer roles, so please get in touch for your youngsters or if you would like more information about being a Volunteer

Please see below the details for each section.



6- 8 years Thursdays – 5.30-6.30pm Mendlesham Community Centre



8 – 10^{1/2} years Thursdays– 6.45 – 8.15pm Mendlesham Community Centre



10^{1/2} – 14 years Mondays – 7.00 – 9.00pm Mendlesham Community Centre

EXPLORERS

14 – 18 years Thursdays – 7.30 – 9.30pm Old HQ, Mendlesham Green

During the summer months all the sections may meet at the Old HQ at Mendlesham Green, weather permitting.

ADULTS

Would you like to help at a section or would like to help with our fundraising and events.

If you would like further information on any of the above, please contact:-

Martyn Bryant – Group Scout Leader – 01379 788998 martyn bryant@hotmail.com Flizabeth Evans – Group Chair – 07545 322087 –

Elizabeth Evans – Group Chair – 07545 322087 – elizabethevans81@hotmail.co.uk

Jonathan Freeman, Deputy Group Scout Leader – 07756 761590 – jonathan-freeman@hotmail.co.uk

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 5th 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:

St Joseph's Centre, Mendlesham

For the last few years, Mendlesham Parish Council has received several resident concerns and questions about who owns and is responsible for the St Joseph's Centre. Questions have included who owns the building, what the relationship is with St Mary's, if it was sold who would be the beneficiaries and more recently concerns about the appearance of the building and safety of the grounds.

There have been several meetings with the St Joseph's Centre Trustees and earlier this year, the Parish Council asked Mid Suffolk District Council Planning Control to liaise with the Trustees as required regarding concerns relating to the safety of the site.

Parish Council research and dialogue with the Trustees has established:

The Trustees of St Joseph's Centre: The current Vicar and Churchwardens of St Mary's Church, Mendlesham. Father Philip, Andrew Fleming and Chris Elstone. Their contact details can be found in the parish magazine and via the St Mary's Church website.

Please would residents contact the Trustees direct with concerns or questions as Mendlesham Parish Council is unable to represent the Trustees.

Beneficiaries of the Trust:

Further to Parish Council research, including at Ipswich Record Office, with some additional information from the St Joseph's Trustees, it has been determined:

- 1866 The land was originally transferred from Glebe Land to a trust to make provision for "the religious education and education of poor children in the parish".
- The free hold title is vested in the vicar and churchwardens (although as far as we are aware is unregistered with the Land Registry).
- The "trust" is also not a Registered Charity with the Charity Commission and has nothing to do with St Mary's Church, Mendlesham (as far as we are aware).
- There is local evidence that the Parish has financed the property over the years.

The Trustees have reported they are currently working to update the Trust, including registration as required with appropriate organisations. They also support the need to work with the Parish Council and keep the assets of the trust for the benefit of Mendlesham Parish. However, this is a complex road involving solicitors, HM Land Registry and the Charity Commission, so will take a little time to finalise.

Parish Council:

Dogs:

Please note that dogs are not allowed at Mendlesham Playingfields.

There is a public footpath through the Playingfields at Mendlesham Green and we politely ask that dogs are kept on a lead whilst passing through the area.

Dogs are allowed, under close control at Mendlesham's Woodland.

All areas are used by residents including children. Dog litter brings health issues and is unpleasant for those who have to clean it up, either from shoes and clothing, or volunteers who work so hard to keep these areas clean and tidy for all. Thank you.

Please pick up any mess and either take home or deposit responsibly at the nearby dog litter bins.

VILLAGE TOTE

Could you spare some time to become a Volunteer Collector for the village Tote? I am looking for a new Volunteer Collector for the Old Station Road area. There are currently 19 members. I have collected the Tote for the remainder of 2023, but it would be great to have someone new onboard to take over this round from January 2024. If you could spare some time to take this on, please contact Angela Pickup on 01449 766483 or angiepickup@btinternet.com.

Happy to meet up and discuss exactly what's involved and hand over all paperwork.

Thank you.

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.

Mendlesham Walking Group

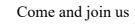
Saturday 14th October 2023 Meet at Community Centre Car Park 10.00 am. 2-hour walk led by Alan

AND

Walking on a Wednesday Shorter, slower walk of about 1½ hours led by Alan

> Wednesday 18th October 2023 Meet at

Community Centre Car Park 10.30 am.
PLEASE WEAR STURDY WATERPROOF BOOTS
Dogs on leads welcome



Stay safe and keep walking



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

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

o contraction of

&

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

Antiques Evening







With James Grinter

Of Auctioneers Reeman Dansie

BBC 'Flog It' Fame

Friday 6th October 2023@ 7.30pm

St Mary's Church, Church Rd, Mendlesham, IP14 5SF £10 including Coffee, Tea, Wine & Cake (Pay on the night)

Bring an Antique

organised by the Friends of St Mary's in aid of the Church Restoration Fund
The Friends of St Mary's

registered charity number 284983



MENDLESHAM CAMERA CLUB



Patrick Foster from Beyond the Image at Thornham gave a presentation at our

September meeting. Patrick spoke about his career in photography and showed us some black and white images from his portfolio and answered many questions.

We are grateful to Patrick for giving his time to come and speak to us. Final arrangements were discussed for our own exhibition in the Old School Room on Sunday, 24th September.

The next meeting will be on **Tuesday 4th October** in the Old School Room at 1930. Our challenge this month is 'The sky by day or night' - these will be displayed and discussed. In the second part of the meeting a member will talk about a photography related topic.

The club is a small group of mixed photography ability and new members are always welcome.

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

Mendlesham Scout Project

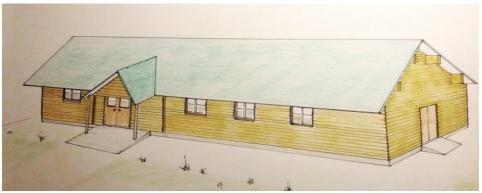
Nine years ago the Mendlesham Scout Group HQ and activity hall, in Mendlesham Green was deemed to be structurally unsafe and was demolished.

Unfortunately no building was provided to replace it so the Scout Group took on the task of raising sufficient funds for a new building.

To date the Scouts have raised some £30,000 towards the new building and



have recently received a very generous donation from a local businessman who has offered to provide all the necessary building materials to complete a weatherproof shell.



However, in order to complete the building, and resurrect all the scout and local social activities previously enjoyed, we seek further donations to support the project in terms of finance and professional ability in electrical, plumbing, decorating, finishes, furnishing and white goods.

If you feel that you *are* able to support this essential project, and help get the new building ready for all ages to once again enjoy those activities and social gatherings that were once the norm, please contact our

Project Coordinator, Noel Fletcher on 01449 766968 or our Group Scout Leader, Martyn Bryant on 01379 788998.

The Friends of St. Mary's Church

Invite everyone to their coffee mornings in the church every Tuesday between 1030 am and 1230 pm



Friends & Food Friday

Every Friday in the Old School Room 12-2 pm. <u>MENU</u>

Bacon roll
Or
Paninicheese & ham
or cheese &
tomato

And

Piece of homemade cake

And Endless tea & coffee ...



£2.50

Supported by a grant from BMSCC

Mendlesham Community Charity TOTE RESULTS

Mendlesham Lottery							
3rd August 2023		17th August 2023					
Drawn at Mead Wa	У	Drawn at Mead Way					
Mrs. K. Doughty	£35.00	Mrs. J. Martyn	£35.00				
Mrs. C. Triscott	£25.00	Mr. R. Avery	£25.00				
Mr. K. Stannard	£15.00	Mr. S. Boxunght	£15.00				
Mr. A. Hauwert	£10.00	Mrs. J. Shave £10.00					
31st August 2023		If you would like to purchase					
Drawn at Mead Way		Tote Tickets,					
Mr. S. Furze £35.00 please cor		please contact Angela F	ntact Angela Pickup				
Mrs. J. Wiltshear	£25.00	on	-				
Mrs. G. Fletcher	£15.00	01449 766483 or					
Mrs. G. Ives	£10.00	angiepickup@btinterne	t.com				

United Reformed Church

MURCies Coffee Bar

Friday - 13th October 2023 10am - 12pm

Knit and Natter

Monday - 9th & 23rd October 2023 2pm - 4pm

THE LEAVES ARE LEAVING.

The yellows and reds of leaves in the autumn Delight the eye as long as we've got them. But October wind shakes the limbs of the trees And the leaves start leaving in response to that breeze.

They flutter to earth with barely a sound Like Autumn confetti adorning the ground And when it appears that no leaves are left The naked branches look sadly bereft.

Now that the branches appear to be sleeping Only one more day of repetitive sweeping But just when you think the leaves have all gone There are more on the ground the following morn!

By Jack Kelly



MENDLESHAM WI

At our August meeting we discussed last month's Grow, Cook and Sew and how this could/couldn't be taken forward. It was felt the move to a July Saturday show was a good one, but more thought needs to be given to how to encourage more exhibitors and visitors. Final details of the cruise down the River Deben were given and dates for our diaries of planned workshops to look forward to. A thank you card from the King was passed around acknowledging the hand crafted card made by Jane sent for the Coronation. Following a cup of tea Jill tested our powers of observation, general knowledge and skill at anagrams with three quiz sheets. We were sorry to hear Jill will be standing down as secretary at the annual meeting.

On an idyllic September summer day 30 member of friends enjoyed a cruise down the River Deben from Waldringfield followed by lunch at The Maybush. A lovely trip and our thanks go to Jill for all the organising.

For the diary:

Oct. 4th: Knit, Stitch and Yarn in O.S.R. 10am - noon.

Oct. 17th: WI Annual Meeting in the U.R.C. at 7.30pm.

Oct. 18th: Group Meeting at Gislingham, speaker Lyn Whitehead subject textiles and clothing.

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

Mendlesham History Group

2023/24 Season begins on Wednesday October 18th at 7.30pm in the URC Chapel

Member subscription for the season is £15 per person, plus a £1 for each talk.

Non-members are also welcome at £4 on the door.

The first talk of the season:

'The rest of your natural life - Suffolk convicts transported to
Australia'
with Pip Wright

Over 60s Club on 30th August 2023

On August 30th 22 of us boarded the coach at the Kings Head for our mystery trip. Once comfortably seated we proceeded to Pensthorpe conservation park.

Once a gravel pit, it is now a lovely preservation park, with lots of interesting walks, an abundance of wild flowers and sculptures to walk round.

A viewing gallery lets you sit and watch the wild birds and ducks on the pond. There is also a Flamingo reservation and a Heron compound, such graceful birds. We were asked to keep quiet as there were young in the nest.

An interesting but tiring day.

We returned to the coach just as it started to rain, so we were very lucky with weather. We got back to Mendlesham just after 6 pm.

Next meeting: 25th October - Jeanne Mason "A Concord hostess"

Competition: A plane in any medium.

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 19th October 2023

An anecdote from the Mendlesham Writing Group - more info on page 6

Still got it?

By Sue Johnson

How quickly children grow. It seems not much more than five minutes ago when our first granddaughter arrived, a bundle of love and cuddles, and yet here we are, in our back garden with her latest bike. This one is bigger of course, her lengthening legs have more or less outgrown the last one, knees catching on the handlebars as she peddles. Gradually she's going through our stock of second hand contraptions, battered relics of our own childrens' childhood stored in the shed for days like today. The sun is shining, there's lots of laughter; it is a joyful afternoon.

"Nana! Can you ride a bike?"

Can I? That's a good question! I used to be able to, and it's something you're not supposed to forget, but I haven't even owned a bike for several years, and it's many more since I actually rode one.

"Yes, of course I can! But I haven't got a bike anymore."
"You can borrow mine Nana. Show me!"

That's how much she's grown, because it isn't totally ridiculous to suggest I try to ride her bike. Except of course, that it is. I don't want to fall off, but worse, I don't want to make a fool of myself. She looks at me, smiling, proud of herself for wanting to share her bike. I cannot disappoint her. I can hear Papa chuckling at the end of the garden; he's stopped what he was doing. It seems he can't wait to see this either. No pressure.

Sitting astride the bike I dig deep for the courage to push down on the peddles. Just a few yards ahead of me is the house; if I don't make the corner from the garden path onto the patio this immovable brick wall is going to properly spoil my day. Better not to think about it.

"Come on Nana; you can do it!"

She believes in me. She's already dancing around, waving her arms in the air, getting ready to celebrate my success. I can't bear to disappoint her; there's nothing for it, take a deep breath and ...

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....continued from page 16

"Nana, you did it!" She sounds surprisingly surprised for someone who was so confident that I could do it just a few moments ago. I feel a little unworthy of her admiration, after all, I only narrowly avoided a collision with the wall, and wobbling around that corner had involved considerably more luck than judgement. But she doesn't know that, and neither does she know how much my legs are now shaking!

Papa appears; he's grinning.

"Well done, my sweet!"

I cannot make out whether he's mocking me, or if he's genuinely impressed. I decide to accept his praise, but decline the offer of a new bike so that I can practise. I sense the need for a distraction, something to change the subject and get me off the hook.

"Tell you what, let's go and have an ice lolly."

It works like a dream!

RUSSKA by Rita Salisbury

He sat by the door. He didn't look happy Usually he's such a cheerful young chappie. But the world he had known, so secure, oh so cosy Had suddenly changed and life didn't look rosy.

Carried from his warm bed, with sleep heavy eyes He had been taken outside under rain-laden skies A long journey by car. It had made him feel queasy. He was also feeling a little uneasy.

But then they had left him, his 'Dad' and his 'Mum' Off to some remote island in search of some sun. Would he see them again? Had he done something bad? These were the thoughts that were making him sad.

But 'Nana' and 'Grandad' well, they knew the score When they saw him so sad as he sat by that door. They gave him a cuddle, walked him down a long lane They fed him and groomed him and cuddled him again.

The next seven days were really quite fun. He chewed some things up and made Rabbits run. Dug some holes in the lawn. Life began to look up For Russka, the mischievous six month old pup!

The Church Bells - St Mary's Church, Mendlesham

There are six bells in St Mary's our Parish Church. They are hung in an ancient oak bell frame which has deteriorated to an extent that it is irreparable. It is dangerous to ring them. Part of the frame was installed in the late 1490s when 2 of the existing bells were hung. A Royal census in 1553, recorded the existence of 4 bells. The frame was modified in 1612 and again in 1897 and has now become loose and badly worm eaten. In some timbers only half the section remains. However It is a Heritage Gem and it is certain that Heritage England will not allow it to be touched when an overdue restoration is undertaken. A new metal frame will be provided below and the existing one will be left in place. Bells are known by their weight/note, Mendlesham - 6 Bells,15cwt In E (Tenor weight and tuned to the scale of E)

Does anyone have a recording of them ringing? Like to hear what they sound like? Try Denningtons similar bells - a recording of those is on Suffolk Guild Website (suffolkbells.org.uk and click towers - 4 or more bells).

Bells were authorised for use in Christian churches in around 400AD and by about 650AD they had become common in the monasteries of Europe. The earliest English RING of church bells appeared in the 11th Century. Excavations have shown that bells were being cast in the churchyard but the earliest English foundries were built in 'Lyn' (Kings Lynn). Here metals could be brought in by sea and the finished product shipped to site on waterways. There are five Lyn bells in Ely Cathedral which are unringable and one of about 1380 in Little Cornard, All Saints, now the proud tenor in a newly restored ring of six. This bell has no date but markings cast on it indicate the name of the founder and therefore its origin. Soon after, foundries were built in Norwich and they were often owned by city dignitaries. This is where the first Mendlesham bells came from

Continued on page 19.....

....continued from page 18

Bell metal is extremely hard. It is an alloy of 78% Copper and 22% Tin, two soft metals, a variety of bronze. It is the hardness which causes them to ring when struck. Bell metal of these ratios has more elasticity giving it resonance and causing it to vibrate like a spring.

In the 1490s it seems the tower was heightened to above the clerestories which were added in the 1390s. One method of increasing the height of a tower was to build from the ground up on the outside thereby increasing the base to support the extra weight. Though not recorded, there are indications that this tower was raised like that. One indication can be seen in the frame of the west door, where there are differing layers of stonework. The second is the thickness of tower walls. Whether there are markings inside where the towers join at the top I have not discovered.

Keep an eye out for more information and pictures in future newsletters.

By John Taylor

Enid's Cheese Biscuits (makes two dozen)

Ingredients:

6 ozs Plain Flour

4 ozs Butter

4 ozs Extra Mature Cheddar Cheese (grated)

good dash of Pepper

small pinch of Salt

1 Egg to brush over only

Method:

- 1 Mix together flour, butter, cheese, pepper and salt.
- 2 Place in fridge to firm up before rolling out to 1/4" thick.
- 3 Cut into shapes; place on lightly greased baking tray.
- 4 Brush with egg.
- 5 Bake at 425F/220c for approximately 10 mins.

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.

Debenham Ladies Badminton Club

Debenham Ladies Badminton Club, now 16 years old, has a loyal group of regular, friendly members of mixed ages and abilities and meets weekly at Debenham Leisure Centre. Sessions are on Tuesday mornings from 9am to 10.15am, with the opportunity to purchase tea and coffee from the bar afterwards for anyone who has the time to stay for a chat. A session costs £6 and they are run by our professional coach, Jo Hughes, who was the club's founding member and gives us group and individual coaching (all included in the price!!!) in an encouraging and positive manner.

We provide feather shuttlecocks (better than plastic ones) and can lend new players a racquet, making it really easy for anyone to come along and see how they like it.

We welcome new members: so, whether you are a beginner, experienced player or fancy getting back into badminton after a break, this a highly enjoyable and sociable way of making new friends, and improving wellbeing and fitness. It would be lovely to see you.

You are welcome to just turn up, or, if you have any questions please call or email either:

Secretary Alison Millin, Tel: 07841646569, debenhamladiesbadders@gmail.com

Coach Jo Hughes, Tel: 07947 406476, joannhughes14@gmail.com

Or contact Debenham Leisure Centre on 01728 861101.



What's on at Cotton Village Hall

Sunday Bar 1st Oct 12-2.30pm

Pub night 27th Oct 6-10pm Halloween theme, come in your scariest outfit if you dare!!!!

> For more details contact Sharon Lear 07968117625 Or Village hall chair Stephen Winder 07944883791 Charity number 292467



I need a new car for work but I can't afford to buy a new one so I've been looking at second-hand options. I've heard so many horror stories about people buying cars that turn out to be faulty. I'm worried that I won't know what to check, especially as I know very little about cars. How can I make sure I don't buy a dud car?

For many people, buying a car is a major purchase and whether it's new or second-hand, the process can seem daunting and complicated.

First of all, where are you going to buy the car? If you're buying from a trader, choose a trustworthy one with an established name with a good reputation. Ideally, they will be part of a trade association or follow the industry's code of practice.

If you're buying via an auction, this is much riskier as you'll have fewer legal protections like the right to returns or refunds so carefully read the terms and conditions before you bid.

If you buy from a private seller, there's a few extra steps to take. For instance, try to inspect the car at their home address so if something goes wrong later, you have a record of that.

Make sure the car's details are correct by using the DVLA's free online vehicle information checker. You'll need the registration number, MOT test number, mileage and make/model of the car to do this check. Also, check the car's MOT history for free on gov.uk/get-vehicle-information-from-dyla.

Keep a copy of both these results (take a screenshot or download the information) as well as the original advert or description of the car. You might also consider getting a private history check to see if the car's been reported stolen, still has money owing on it, or has been in a serious crash. This will cost about £20.

Inspecting the car is crucial before buying. Ideally, do this during the day when it's not raining (scratches are harder to see on a wet car) and take it for a test drive for at least 15 minutes and on different types of road, if possible. Check you have the appropriate insurance for a test drive (either your own or the seller's policy might cover you).

Don't be afraid to haggle on the price, and only pay what you can afford. Make sure you get the original (not a photocopy) of the log book and valid MOT test certificate. Never buy a car without the log book.

Often, despite doing all these checks, you might find something wrong with the car after you've bought it. You may have a legal right to a repair, the cost of a repair or some money back but it's on a case-by-case basis. If something has gone wrong with your car and you need help, you can call the Citizens Advice consumer helpline on 0808 2231133.

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. Our opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

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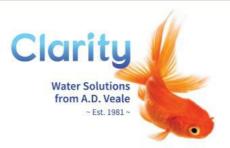
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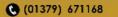




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Psalm 46: 10

"Be still, and know that I am God! I am exalted among the nations; I am exalted in the earth."

As I sit here looking out of my study window, on a very hot September day, I am finding it hard to think about the cold days of October and the rest of the year to come, trying to think of what to write for the October Newsletters, I am distracted by the colours and plants in the garden, the lush green of the grass and bushes, the scene is one of peace, it is a restful picture.

This causes me to pause and think how often we stop and just rest in the peace of God, I suspect many of us (and I include myself in this) don't often take time out to rest in God, and when we do we have to fill the silence with words or noise.

It is good to stop, look and listen for God, we find God within the glory of his creation, in the flora and fauna, the people that pass by, and in the silence, the opportunity to hear God.

So, within our busy lives we must find time to stop to let God in, recharge the batteries and therefore we hear the call of God, to be the people he would want us to be, as the hymn writer wrote:

Be still, for the presence of the Lord, the Holy One is here.

Continued on page 46....

United

Church

.....continued from page 45

Come, bow before him now with reverence and fear. In him no sin is found, we stand on holy ground. Be still, for the presence of the Lord, the Holy One is here.

Be still, for the glory of the Lord is shining all around; he burns with holy fire, with splendour he is crowned. How awesome is the sight, our radiant King of light! Be still, for the glory of the Lord is shining all around.

Be still, for the power of the Lord is moving in this place; he comes to cleanse and heal, to minister his grace. No work too hard for him, in faith receive from him. Be still, for the power of the Lord is moving in this place.

David J. Evans ©1966 Kingsway's Thankyou Music,

Robert

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Sunday - 8:30am & 10:15am
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Holy Days - 10am & 7:30pm

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Weekday Mass is usually 10am, see the weekly Newsletter or the Parish Website - www.ourladystowmarket.org.uk

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

Sacrament of Reconciliation: see church website & noticeboard.

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

COFFEE & CAKE
10.30-12.30 in church.
Charge but donation

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

SPECIAL EVENTS

1st Oct: 9.30: Parish Mass & Blessing of clothing, bedding & toiletries for homeless people in Norwich.

6th Oct: 7.30pm: Antiques Roadshow in church with James Grinter of TV's 'Flog It' fame. £10 including refreshments. Bring an antique for valuation.

8th Oct: HARVEST THANKSGIVING

9.30 Parish Mass & blessing of harvest produce for the homeless.

12th Oct: 2.30pm: Monthly Healing service. **29th Oct:** 9.30: Parish Mass, Blessing of Friends of St Mary's Boxes & November candles for the Departed.

Fr Philip Writes

In 1948 John Betjeman wrote these words: "Some learn their faith from books, some from relatives.

some (a very few) learn it at school. I learned mine from church crawling. Indeed it was through looking at churches that I came to believe in the reason why churches were built, and why despite neglect and contempt, innovation and business bishops, they still survive."

I am sure that the vast majority of Mendlesham parishioners would be up in arms should St Mary's church be abandoned because it is so expensive to maintain. Over the Summer we have had extensive repairs to the roofs, alarm system and the electrics and there is much more to be done: the glazing in the clerestory windows is loose and the 'Good Shepherd' window in the chancel needs urgent repair. The armoury needs considerable restoration before it can be open to visitors again. The last Sunday in October is the Dedication Festival when we thank God for this wonderful church consecrated in C1200 on the site of one even older, for the worship of God.



In his 'Guide to Suffolk Churches', D P Mortlock says of St Mary's: "The church within is bright with light and beautifully

kept." Roy Tricker writes: "Flickering votive lamps, the objects of piety and the Blessed Sacrament reserved here, create the atmosphere which brings people to their knees, in a building which is so obviously used and prayed in." Roy's words echo what John Betjeman wrote in 1947 in his pamphlet 'Atmosphere of a Church'. I quote: "The purpose of a church is not to express the age which it was built or the individuality of its designer. Its purpose is more to worship, to bring a man to his knees, to refresh his soul in a weary land."

Many of our visitors say there is something different about St Mary's. With 3 services every day it exudes serenity and prayer. I urge all of you, whatever your beliefs, to help us preserve it for this and succeeding generatons. William Morris, founder of the Society for the Protection of Ancient Buildings wrote: "These buildings do not belong to us. They belonged to our forefathers and will belong to our



descendants unless we play them false. They are not in any sense our property to do as we like with them. We are only trustees for those who come after us."

This is where I appeal to you of any faith or none. Please support Friends of St Mary's events (such as the Antiques Roadshow on 6th October) join the Friends of St Mary's and have a collecting box to raise funds for our lovely church. Full details from Graham Baker, Anita Scruby or Ferdi Vincent.

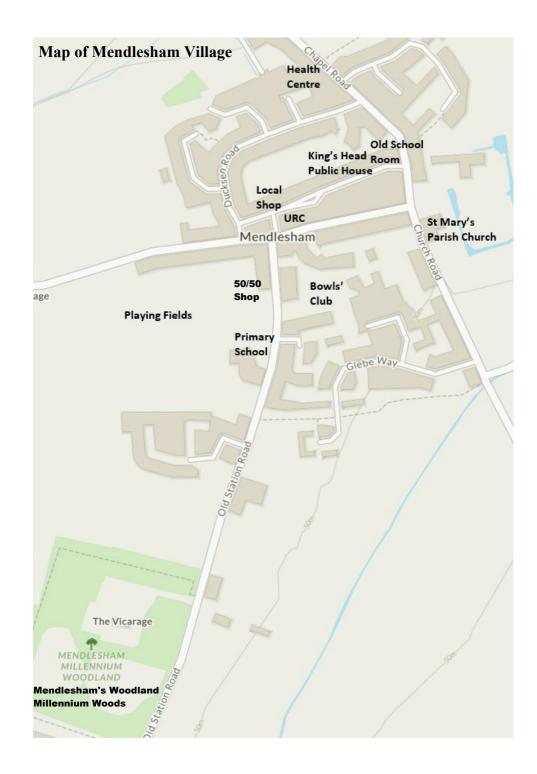
After our recent Summer Festival, Bishop Norman wrote to say, "Thank you for such a splendid Assumptiontide celebration at St Mary's. A thoroughly enjoyable

evening... always a privilege to be with you and your folk for Mass. You are beacons of light in deepest Suffolk."

May we continue to be a beacon of light.

For more news, information + daily service calendar which can no longer fit into the 2 pages now allotted to the Parish Church, see 'This Month's Newsletter' and 'What's On' at:

www.stmarysmendlesham.org.uk





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