

MENDLESHAM NEWSLETTER



Issue 478

September 2023

CLASSIFIED ADS

MANNY ODD JOBS

Do you need any odd jobs doing around the house or garden?
I cover many odd jobs such as DIY, domestic cleaning, gardening...
£10.50 p/h
Please contact Manny on 07873202691 for more details.

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 October Issue

6th September 2023

Front Cover
Andrew Cullum

50/50 shop open -
Every Tuesday & Friday
see page 3 for further details

Dates for your diary

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

Editorial

Welcome to the September issue. How quickly the months fly by but hopefully you have had opportunities to enjoy summertime activities even on rainy days! Now we move towards autumn where in some households there will be a frenzy of fruit picking, jam-making and preserving tasks to do.

A new school term begins and I wish the children well as they face new challenges, new teachers and some exciting learning.

Best Wishes
Gemma

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

Wednesday 6 September 2023

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

Wednesday 4 October 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.

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 Community Café
(Payment by card preferred)

Saturday 2nd September
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.

August Draw Winner
(Relaxing Hamper)
Val Lawes

Want to join our team?

We are looking for volunteers, so if you would like to get involved in this much-loved community project, please pop in and see us or call Helen on 01449 767741



MENDLESHAM 50150 STOP

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

September 2023

Welcome to the September issue; where is this year going?

Volunteers

Our brilliant volunteers continue to run the 50:50 shop, the tote and deliver the newsletter each month. We are very grateful for their continued support. Have you seen the amazing stock the 50:50 shop has? Why not call in it is open Tuesdays and Fridays between 2.00 and 4.00pm.

Newsletter

The newsletter is delivered free of charge to every home in Mendlesham Parish. Gemma as editor and the newsletter team would love your input. Do you have one of your family's tried and tested recipes to share, or a gardening tip for the less green fingered of us, could you create a quiz or a crossword? Maybe you have discovered something about the area you would like to share? Do you have some old photographs others might like to see? Or are you part of a club or group which you could tell readers about and maybe gain new members?

We cannot guarantee a date for your items or articles to be included but they will be used when space permits.

Annual General Meeting

Our AGM will be held on Wednesday 27th September in the Old School Room from 8pm to 9pm. Everyone is welcome. Come and see who we are, hear what we have been doing and maybe you could offer some suggestions for events and activities.

Mendlesham Community Charity website – our website is now 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

**Parish Council:
Mess Free Mendlesham**

Mess Free Mendlesham is a Parish Council project, co-ordinated by Cllrs Denise and Norman Foster, whereby volunteers, normally at the end of each month undertake a litter pick on various highway routes around the Parish. This supports the work undertaken by Parish Council Officer Mark Dixon to litter pick designated routes within Mendlesham Village including Mendlesham Playing fields.

Mess Free Mendlesham has been supported financially by Cllr Andrew Stringer's Mid Suffolk District Council locality grant, local businesses and individuals. Mid Suffolk District Council are also providing assistance to collect the rubbish which is sorted into black and recyclable items by the volunteers and to help fund Mark's role.

Thank you to all involved we are very proud of you.

Since last year the Mess Free project has been extremely successful, growing in the numbers of volunteers helping each time and is now in a position to extend the project to cover more areas, more frequently.

In many ways the success of this work by all concerned is hidden to the rest of us, because litter of so many different types and in large quantities are removed so are not then seen by ourselves. However, we are talking many bags of rubbish, glass, cans and other one-off items each month.

If you wish to become involved, please contact Denise and Norman tel 768978.

**Parish Council:
Playingfield matters:**

Mendlesham:

We have some superb facilities which are checked daily by volunteers to ensure that they are fit for purpose. School holidays, understandably sees an increase of use and it is great to see so many enjoying the investment made into the area over recent years.

However, please can all concerned, remember to use the litter bins, not create fires, or mis use the equipment such as wrapping the swing chains over the frames. We also find that items from any skips are removed, placed around the site which then need to be carried back to the skip. Please help our volunteers help us.

Mendlesham Green:

We hope to repaint and clean items of play equipment and improve the football area. If you are able to help with this work, please can you contact Cllr Helen Orton tel 767741 or Cllr Liz Ward tel 766562.

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



Mendlesham Writers Group

Back in action

FREE !!

First visit
Intro Guidance Pack
Advice and encouragement
Guest speakers
Refreshments

2nd Tuesday Every Month

Old School Room

Mendlesham

7.30pm

Contact: Noel on 01449 766968

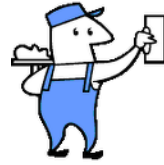
Or Just pop in

Bring a friend if you wish

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



MENDLESHAM EDUCATIONAL FOUNDATION



Are you planning to go to college or university later this year 2023/24? The above Charity has limited funds available to give grant assistance to eligible students under the age of 25 living in Mendlesham, or whose parents live in Mendlesham. To apply for consideration please request application details from the clerk Mike Favager, by email mike@favager.co.uk or phone 07540 288388

Completed applications must be received by mid September to be considered for the autumn term payment.



Mendlesham Camera Club

We are holding a Photo Exhibition

**Sunday 24th September 2023
10am till 4pm**

**The Old School Room
Old Market Street, IP14 5SA**

Everyone Welcome



Mendlesham
Primary School
LEARNING FOR LIFE

It has been another very busy school year at Mendlesham Primary School and it is hard to believe that we are already preparing for the beginning of a new year when we welcome in a whole new class of reception children.

In the last year, our children have taken part in visits to Piper’s Vale Gymnasium, The Food Farm Fayre, Lopham and Redgrave Fen and our oldest children even slept over at the Natural History Museum in London on a “dinosnores” adventure. Our youngest children were visited by a creepy crawly zoo and also spent time getting to know two beautiful puppies who were in training to be therapy dogs.

As a school, we have been visited by a children’s author, “bikeability” and “scootability” coaches and celebrated Hindu culture with a visit from Kalpesh Zalavadiya where we learnt to dance and throw paint! We have also continued with our programme of forest school for all children.

Our school continues to thrive with 5 classes in the main school and 2 classes in our Mulberry Unit (specialist SEND unit for pupils with cognition and learning needs). We have taken part in community events, including the Street Fayre and are grateful for the support of our PTA (FOMSA) and the wider community.

If you have young children who are school age or approaching school age, please ring for an appointment for a tour. We will schedule an open evening for September 2024 joiners during the autumn term – please keep an eye on our website for details.



Tessa Sait

Executive Headteacher

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

Wraparound care daily 7.45am – 5.30pm

Mendlesham Walking Group

Saturday 9th September 2023

Meet at

Community Centre Car Park 10.00a.m.

2-hour walk led by Alan

AND

Walking on a Wednesday

Shorter, slower walk of about 1½ hours led by Alan

Wednesday 20th September 2023

Meet at

Community Centre Car Park 10.30a.m.

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**

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 Coronation Legacy

We need your ideas!!



As you know, the Mendlesham Parish recently celebrated the Coronation of King Charles III enthusiastically, with a music evening and a children's fun day. Now, we're inviting you and your family to be a part of the celebration by helping us to create a lasting legacy that commemorates this special event and brings our community together.

Firstly, we need to decide on the type of legacy. Some ideas are:

- A bench for neighbours to gather,
- Trees symbolizing growth and harmony,
- A plaque with a heartfelt message,
- Bulbs that bloom year after year,
- Recycling bins to be used at the Mendlesham Street Fayre
- *Or something else!*

Let us have your ideas by emailing Norman and Denise Foster on fosters@fostermail.co.uk or Phone 01449 768978. **By the end of September.**

Secondly, we are inviting people to contribute financially. Some of our community organisations, individuals and the Mendlesham Community Charity, have already made donations towards this legacy.

By contributing to this endeavour, you and your family, or the community group to which you belong, will become an integral part of the history of our community. Your support will be a testament to the strength and generosity that binds us together.

To donate or learn more about this initiative, please visit <https://www.justgiving.com/campaign/mendlesham-coronation-legacy>. If you have any questions or prefer to donate in person, feel free to contact Sally Lovatt, the MCC Treasurer on 01449 541725

Let's come together once more and create a lasting symbol of our community's spirit. Your involvement will ensure that you are forever woven into the fabric of our community's history.

Thank You
Mendlesham Community Charity Trustees

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.

FRIENDS OF ST. MARY'S MENDLESHAM Present

An ANTIQUES ROADSHOW Evening

On Friday 6TH October 2023 At 7.30PM

In St Marys Church Mendlesham

*Dig out your heirlooms and bring them
to be valued by an expert auctioneer*

*Entrance fee £10 to include
Tea/Coffee/Wine
and refreshments*

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.

MENU

Bacon roll
Or
Panini-
cheese & 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			
6th July 2023		20th July 2023	
Drawn at Mead Way		Drawn at Mead Way	
F. de Burgh Mound	£35.00	Mr. G. Taylor	£35.00
Mrs. P. Cook	£25.00	Mrs. E. Cole	£25.00
Mr. T. Simmons	£15.00	Mrs. Westerna Hartley	£15.00
Mr. M. Keeble	£10.00	Mr. D. Carter	£10.00

If you would like to purchase Tote Tickets,
please contact Angela Pickup on
01449 766483 or angiepickup@btinternet.com

United Reformed Church

MURCies Coffee Bar

Friday - 8th September 2023 10am - 12pm

Knit and Natter

Monday - 11th & 25th September 2023 2pm - 4pm

MENDLESHAM CAMERA CLUB



The next meeting will be on
Tuesday 5th September, in the Old
School Room at 1930.



We will be pleased to welcome
Patrick Foster of Beyond the Image at Thornham Walks to give a presentation.
Patrick will also take a look at the black and white photos we have been taking
during the last month.

The Camera Club are also busy planning an exhibition in the Old School Room
on Sunday, 24th September 11am to 4pm. Come and see some of our work and
please consider joining us. 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

Our July meeting was our Grow, Cook and Sew - our first try at a Saturday show – opened up the hall at 8.30am, entries in 09.30am, judging at 11am, doors opened at 2.30pm, cups presented at 4p.m. We were also trying a move back to a July date – something we had not been able to do since the show in old village hall in 1986. Clashing with Stowmarket Carnival and Wimbledon finals probably did not help our footfall. The number of entries were down, but we managed 173 from 18 competing members and the hall was transformed with colour and smell. Something else new – we invited members of the WI Dove Group to enter a co-operative class and the Cubs and Brownies to make a book mark. We thank the leaders for their cooperation. These classes enhanced the show and increased things for the public to look at.

Our 'growing' challenge was to grow a pea in a pot. In February, five peas were given to each member to grow and present one in a pot at the show – 12 turned up. A challenge more successful than some of our past ones...and the peas are tasty! The charity class this year was the baby's bib to be donated to the Moses basket and the poppies to add to our display for Remembrance Day.

President Anita welcomed members and friends and thanked members for their entries contributing to a high standard show. The Quiz team were praised for gaining creditable marks at the SEFWI quiz at Needham Market. Cllr. Andrew Stringer was introduced and presented the awards to:

The awards were presented to:-

The Alice Pizzy Memorial Vase (pot plant & cut flowers): Linda Cole.

The Juby Cup (for floral art): Jill Nibloe and Shirley Furze.

W.I. Diamond Jubilee Cup (preserves classes): Jill Nibloe.

The Valeria Hunt Memorial Cup (cake including a vegetable): Shirley Furze.

The Joan Rogers Memorial Trophy: (baby's bib): Linda Geyman.

The Tye Cup: Anne Heaton.

The Lawton Cup: Jill Nibloe, runner up Linda Geyman.

The Flower Show Secretaries Cup: Linda Cole and Jane Qusted.

Men Only class: (Apple cake): 1st Simon Furze; 2nd Colin Geyman.

Grandchildren's Class: 1st prize: Finley, 2nd Elodie, 3rd Evie.

WI Dove Group Co-op exhibit: Bacton and District.

Cubs: Lucas; **Brownies:** Elsie. Our thanks to their leaders for their co-operation.

From the diary:

Knit, Stitch and Yarn: Aug. 30th in O.S.R. 10am – noon. (Note: change of date.)

Outing: Wed. 6th September: Cruise on the River Deben.

WI meeting: Tuesday, 19th September in the U.R.C. at 7.30pm. Speaker: Pip Wright, topic:

The plague in Suffolk. Competition – a home-made face mask.

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

Minutes of meeting of Over 60s Club on 26 July 2023

Twenty-eight members attended our meeting on 26 July. I apologised for putting the wrong date in the magazine for our trip which is on 30th August and not 31st!

The speaker was Mr Brian Thurlow on Variety Theatre. Marie Lloyd, as we had been told before, was one of the biggest stars of the time. This time Brian went on to the topic of women who dressed as men. Vesta Tilley was perhaps the most famous of these but apparently Queen Mary did not approve and, at the command performance, held her programme over her eyes during her performance. Vesta Tilley started the trend for female artists to dress as men. Brian sang several songs and we joined in the ones we knew. An interesting insight to those days.

Competition:

First - Denise Foster, Second - Norman Foster, Third - Annette Taylor

Next Meeting: 27th September - Richard Griffin - A true ghost story!

Competition: Draw your idea of a ghost!!!

Members were thanked for attending and we look forward to seeing those who are joining our trip on 30th August at 9.30 am King's Head.

(We are trying to re-arrange our fish and chip supper that we had to cancel earlier in the year.)

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 21st September 2023

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.

Mendlesham Welfare Foundation

The first known benefactor of this Mendlesham Charity was Robert Cake. In 1476 his bequest of a 150 acre farm in Mendlesham Green was exceedingly generous as the average farm at that time was barely 30 acres. When Robert Cake passed away in 1476, his will was primarily drafted to help fellow taxpayers of Mendlesham lumbered with 10% and 15% tax of their income by Edward IV. Any surplus was to be divided equally between the church and the poor. Over the centuries there have been further gifts of land and property to the trust and various land sold.

Throughout the last 547 years, this trust has continued to help the people of Mendlesham and Mendlesham Green

How can we help?

If you live in Mendlesham or Mendlesham Green and need help towards any unexpected financial costs due to medical needs, bereavement, unemployment, delays in receiving benefits, relational breakdown, then you can apply for some support from the Mendlesham Welfare Foundation.

Also, if you know of anyone in Mendlesham or Mendlesham Green that needs help, please do pass on the following contact details.

In the first instance, and in the strictest confidence please contact: -

Mike Favager, 01449766007, mike@favager.co.uk
2 Old Orchard, Mendlesham, IP14 5TY.

Can you help?

We are looking for more trustees to join us, as the village is growing we would like to have a wider range of ages and experience to reach more of the members of the community. Ideally but not exclusively we are looking for people who have a connection with the younger families, knowledge of the welfare system or previous experience in this sector. It is important to have a personal commitment to supporting our community and willingness to be part of a team. The Trustees only meet three times a year, with other decisions being made electronically as required.

If you would like more information or an informal chat about volunteering, please contact Mike, details above.

Many thanks,
Trustees of Mendlesham Welfare Foundation.

Mess Free Mendlesham litter-pickers were out in force on 29th July led by Norman and Denise Foster. The monthly picking is making a positive difference to our community. Thanks go out to all the volunteers who on this occasion had glorious weather.



Contribute to the Newsletter

Help us create a more engaging publication by contributing in various ways.

Are you part of a community group? Volunteer to write an article about your activities or upcoming events. Share your group's passion and achievements with the entire community! But there's more: we're looking for volunteers to share their favourite recipes, quizzes, brain teasers, or fun facts periodically. Let's add variety and interactive elements to the Newsletter!

Consider becoming a "roving reporter" and interview fellow community members, gathering their incredible stories to share with everyone. Young people, this is your chance too! Contribute a page tailored for our younger audience. Share your experiences, interests, or creative content that resonates with fellow young community members. We welcome additional ideas to make our Newsletter a hub of interest and relevance for all.

Please note that space is limited, so you don't need to submit articles every month. Starting with a contribution once every three months could be a great way to get involved. If you're eager to contribute or have brilliant ideas, comment below or message us. Your participation is invaluable! Let's make our Mendlesham Newsletter an extraordinary platform for community connection and inspiration.

Welcome aboard!

Submission of Content for the Mendlesham Newsletter

Key objectives are for the newsletter to be: Relevant, Engaging, Valuable, Inclusive

Content for the Newsletter should be submitted:

As a Microsoft Word document, containing text that is editable

Body text should be in a standard san-serif font such as Ariel or Calibri

Body text should be in a minimum of 10-point font size

With a maximum of 350 words per page

With images in one of the following formats:

.JPG, .PNG, .EPS, .SVG, .TIFF, and .GIF

These may be inserted in the Word document or provided separately

Images should be accompanied by a short description of the contents (this is to support readers who use assistive software to read the on line version)

Promotions for events should be submitted in both a half-page (landscape) and a full page (portrait) version

Note: submission of text as PDF or images is not accepted

Commercial advertisements should be submitted:

In the format and size agreed at the time of purchase

Submission deadlines:

Content should be received by the 6th of the month preceding publication

Content received after the 6th cannot be guaranteed to be included in the next edition

Note: submission deadline for the January edition is earlier

Editorial discretion:

The Editor has overall responsibility for the content and delivery of proofs to printer

The Editor will include, adapt, or exclude content submissions as appropriate and necessary for the overall balance of the newsletter.

Where time permits this will be in consultation with the author

Stowmarket Lions

Recent and upcoming events

July 2023

It's been a busy time recently and a summary of what we've been up to in support of the Stowmarket and District communities follows.

Terry Cooke Memorial Golf day

On 9th June we held our fundraising Golf Day at the Stowmarket Golf Club. After a bit of early juggling of tee times due to A14 closure causing travel disruption, the event was soon back on track. Blessed with glorious weather 18 teams and 14 hole sponsors supported the event with the course being in tip top condition.

Lion ride

On the 11th June we held our annual fundraising Lion Ride with 79 riders enjoying various routes around our beautiful Suffolk countryside. On a warm sunny day Stowmarket Lions were out in force helping setup the start / finish centre in Elmswell along with the marshalling and refreshment points so the first rider could safely start at 8.30am. We received excellent feedback from participating riders and look forward to next years event on 9th June 2024.

Handover of Presidency

17th of June saw the annual handover of Club Presidency which this year passed from Lion Andrew Bingham to Lion (now Lion President) Bob Cuff.

Ending his term as President Andrew said, 'I have been honoured to have served as President for the past year and have really enjoyed the year. I feel the Club has had a very good year and that we are back on track compared pre-covid with near £50,000 raised to support good causes. I would like to wish Bob Cuff all the best for the coming year and wish him every success. Thank you everyone '



New Lion President Bob Cuff (left) receiving the Chain of Office from Past President Andrew Bingham

Sale at Red Gables

25th of June saw us hold a fundraising sale at the Red Gables hub in Stowmarket where tables were made available for people to sell their used clothing and wares.

Friends of Debenham Library

**SUFFOLK
LIBRARIES**



You can meet local artist Lily Hammond's **Leopardor** Puppy in Debenham Library until 3 September. Over 40 Labrador dog sculptures and other artworks created by local artists are on show in Suffolk's libraries this summer. Lily also has **Zebrador** on show in Kessingland library. Visit our Library Labradors at the Suffolk Dog Day at Helmingham Hall on 10 September and at the Food Museum in Stowmarket from 4 - 10 October. The PAWS-itivity sculptures will be auctioned by Clarke & Simpson on 12 October to raise money to support our work at the heart of the community, nurturing literacy, improving health and wellbeing.

The next **Afternoon Tea** at the Library will be on **Sunday 10 September**, from 2-4pm. Come and enjoy cake, scones and hot drinks while you browse the books, read, chat or use the computers—or enjoy the garden outside, if the weather is fine. In July one man said he's started using the library as a result of it—he happened to sit next to the crime books! Another person wanted to know if the film nights were going to start again: "such a lovely evening..." Sadly we're unlikely to be showing films at the Library in the near future, but I have recently been publicising other local film clubs in the Parish Magazine, which you can read in the Library, including recent issues.

The **Summer Reading Challenge** "*Ready, Set, Read!*" continues until September 10th for 4-11 year olds.. This month we have a presentation party with a certificate and medal presented to all those children who have completed the challenge.

Did you know....?

If you like listening to podcasts, search for Suffolk Libraries on Spotify: *Around Suffolk in 40 Stories* and *Who's on the Bookshelf?*

Books, DVDs, WiFi, Computers, Printing/photocopying/scanning, CDs and audiobooks, downloadable films/music/audiobooks/ebooks, free reservations. The room is available for hire outside opening hours.

School Corner, Debenham IP14 6PL (next to the Primary School). Opening hours:

Tuesday: 0930 am – 1300 pm

Wednesday : 1500 – 1930 pm

Saturday: 0900 am – 1300 pm

Sunday: 1200 – 1600 pm

Tel: 01728 861940 www.suffolklibraries.co.uk/visit/locations-and-times/debenham-library

Facebook: DebenhamLibraryAndFriends

Email: debenham.library@suffolklibraries.co.uk



Mid Suffolk

September brings a new school year, one of my children is in primary school and the other secondary. Between uniforms, PE kit and knowing they'll need to catch the bus each day the costs are adding up. I'm already pretty stretched, so I'm not sure how to cover these extra outgoings. Is there any help I can get?

A new school year can put pressure on lots of people's budgets, so you're not alone in your worries.

But there is help available. If you are online, a good place to start is the Citizens Advice website at citizensadvice.org.uk/family/education/help-with-school-costs where you'll find lots of information on the support you might be entitled to for school-related costs. The help you can get to cover school lunches will vary depending on how old your children are and if you claim benefits. Children in Reception, Year 1 and 2 automatically get free school meals. You can apply for free school meals for older children if you claim certain types of benefits, including Universal Credit, Child Tax Credit and Income Support.

You mentioned concerns about travel costs. If your child can't walk to school because of special educational needs or disabilities they should get free school transport. You may be able to get help with transport costs from Suffolk County Council if your children can't walk because it's dangerous or too far.

If you're on a low income, Suffolk County Council may also be able to help you with activity and school uniform costs. You're likely to be considered to be on a low income if you get means-tested benefits like Universal Credit or Housing Benefit. In some places there are also local charitable schemes that can help. A good place to find out about these is the school itself or Parent Teacher Association (PTA), as both will usually know if these kinds of schemes exist. A lot of people are feeling the squeeze at the moment, but it's important to remember that help is available with school costs and you're not alone.

If you need more information on getting help with school costs, the advisers at Citizens Advice Mid Suffolk will be happy to help.

Citizens Advice Mid Suffolk can provide advice on issues including debt, finances, employment, benefits, family/relationships and more. 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 midsuffolcab.org.uk/contact-us. Our opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm. For more information go to midsuffolcab.org.uk.

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If you have any amendments to the information on this page, please email the editor at gemma.green1202@gmail.com or call on 07733 333659 so they can be corrected. Thank you

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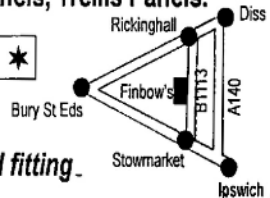
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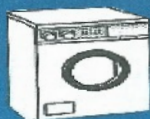
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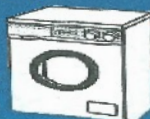
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MENDLESHAM CHAPEL

Minister: The Rev'd Robert Sheard
Tel No: 01449 678173



SERVICES FOR SEPTEMBER

As shown below

3rd	3.00pm	Rev'd Richard Edwards
10th	10.45am	Rev'd Norman Tharby
20th	2.30pm	Afternoon Fellowship Annual – Miss Anne Scarff
24th	10.45am	Mrs Nichola Glasse

MURCies Coffee Bar – 2nd Friday from 10.00 - 12.00 (8th Sept)

Knit & Natter – 2nd & 4th Mondays from 2.00 - 4.00 (11th & 25th)

Ecclesiastes 3: 1-2

¹For everything there is a season, and a time for every matter under heaven: ²a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted;

September is often a time when new things start in our Churches and for some churches that may include having a new minister. In Some churches it may be a time for the minister to start new things.

As I was pondering this, I remembered this quotation, reminding us that we may not always look positively on what our minister is trying to do in the name of Jesus Christ, it also reminds us that perhaps we can take (not just Ministers) but each other for granted.

What we think of our minister,

If he visits his flock, he's nosey;
If he doesn't, he's a snob.

If he preaches for longer than 10 minutes - it's too long;
If he preaches less than 10 minutes, he hasn't prepared his sermon.

If he runs a car he's worldly;
If he doesn't, he is always late for appointments.

If he tells a joke he's flippant;
If he doesn't, he's far too serious.

If he starts the service on time his watch must be fast;
If he's a minute late, he's keeping the congregation waiting.

Continued on page 46.....

.....continued from page 45

If he takes a holiday he's never in the parish;
If he doesn't, he should get out more.

If he runs a gala or bazaar he's money mad;
If he doesn't, there's no social life in the parish.

If he has the church painted and redecorated he's extravagant;
If he doesn't, the church is shabby.

If he's young he's inexperienced;
If he's getting old, he ought to retire.

But — When he finally goes mad or dies of exhaustion;
There's never been anyone like him!

Adopted from Beda Review, via Catholic Herald.

Robert

CATHOLIC CHURCH OF OUR LADY, STOWMARKET - IP14 1AP

Parish Priest - Rev. Simon Leworthy The Presbytery, 29 Lockington Road,
Stowmarket, IP14 1BQ Tel: - 01449 612946
email - pp@ourladystowmarket.org.uk

MASS TIMES:

Saturday (First Mass of Sunday) - 6pm
St Mary's C of E Church, Woolpit IP30 9QG

Sunday - 8:30am & 10:15am
Our Lady's, Stricklands Road, Stowmarket, IP14 1AW

Holy Days - 10am & 7:30pm
Our Lady's, Stricklands Road, Stowmarket, IP14 1AW

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

All are welcome to "Coffee and Chat", 2 - 4pm on the 2nd and 4th Thursday of the
month. This is held in the Parish Hall above the Church -
a lift is available.



**New USAAF 34th Bomb Group
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September



ST MARY'S MENDLESHAM

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

First Mass of Sunday: Saturdays
10.00 am

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

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

Sacrament of Reconciliation: see
church website & noticeboard.

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

**EVERY
TUESDAY
COFFEE &
CAKE**

10.30-12.30
in church.



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

SPECIAL EVENTS

9th Sept: Ride & Stride day for churches

10th Sept: 9.30 Sung Mass & blessing of
new carpet in memory of Jose Pereira

11th Sept: 2.30 pm: Monthly healing
service.

17th Sept: 3.30 pm: Special service at the
Cathedral to mark 50 years of the Suffolk
Historic Churches Trust

Fr Philip Writes

At St Mary's we have a monthly healing service in
obedience to Jesus' command to preach and heal. We
live in a society which is disease-conscious, and in

which people love talking about their complaints. Some people seem to take a
perverse pleasure in reporting their own and other people's illnesses.

Before we can begin the ministry of healing we must change our
way of thinking and get rid of this rubbish which always produces
negative feelings. Someone says: ***"I have stomach trouble, but
it runs in the family and I was told to expect it."***

As a result he imagines it to be natural and will not expect to be
better. We may pray for healing but do we expect Jesus to heal?
Charles Allen wrote these words:

**"When you say a situation is hopeless, you are slamming the
door in the face of God."**



I know many people are lonely, sick or bereaved. I suggest it would do us all good to read Matthew 14 v 22-36 in which 'the men in the boat' – i.e. Jesus' disciples - were torn between belief and doubt. There was a terrible storm on the sea of Galilee and they saw Jesus walking on the water towards them. They were terrified – believing they were seeing a ghost. Peter said, **'Lord, if it is you, tell me to come to you across the water.'**

Jesus said, **'Come!'** and Peter got out of the boat and started walking towards him... but as soon as Peter took his eyes off Jesus he began to sink.

In the ministry of healing it is essential we keep our eyes on Jesus - and not on our problems. Our mantra should be:

"Jesus : Jesus only : Jesus always : Jesus in all things"

It is the prayer of FAITH that will save us: **Feeling Afraid, I Trust Him.**



Our next healing service is on Monday 11th Sept at 2.30pm.

Unlike so many 'spiritual healers', 'mindfulness courses' or similar – there are no hidden ties at St Mary's and this is freely open to anyone who wishes to come to receive the healing power of Jesus.

The service is quiet and meditative. Nobody will ask you why you have come or what ailments you may have - and you can come on behalf of someone else.

Peter was doing fine, even walking on the water towards Jesus, until he noticed how strong the wind was. His fears caused him to sink. Fear is a great cause of many of the paralyses we experience and is a natural human reaction. Sometimes that is all it takes – a weakening of our trust in ourselves, in others and in God, for anxiety and illness to take over our whole selves. However, although Peter wavered, he knew what to do – he called on Jesus and Jesus saved him from danger.

When things get rough for us, so should we!

For more news, information and daily service calendar which can't fit into these 2 pages, see 'This Month's Newsletter' and 'What's On at:

www.stmarysmendlesham.org.uk



Sat 9th Sept
RIDE AND STRIDE
Suffolk Historic Churches Trust

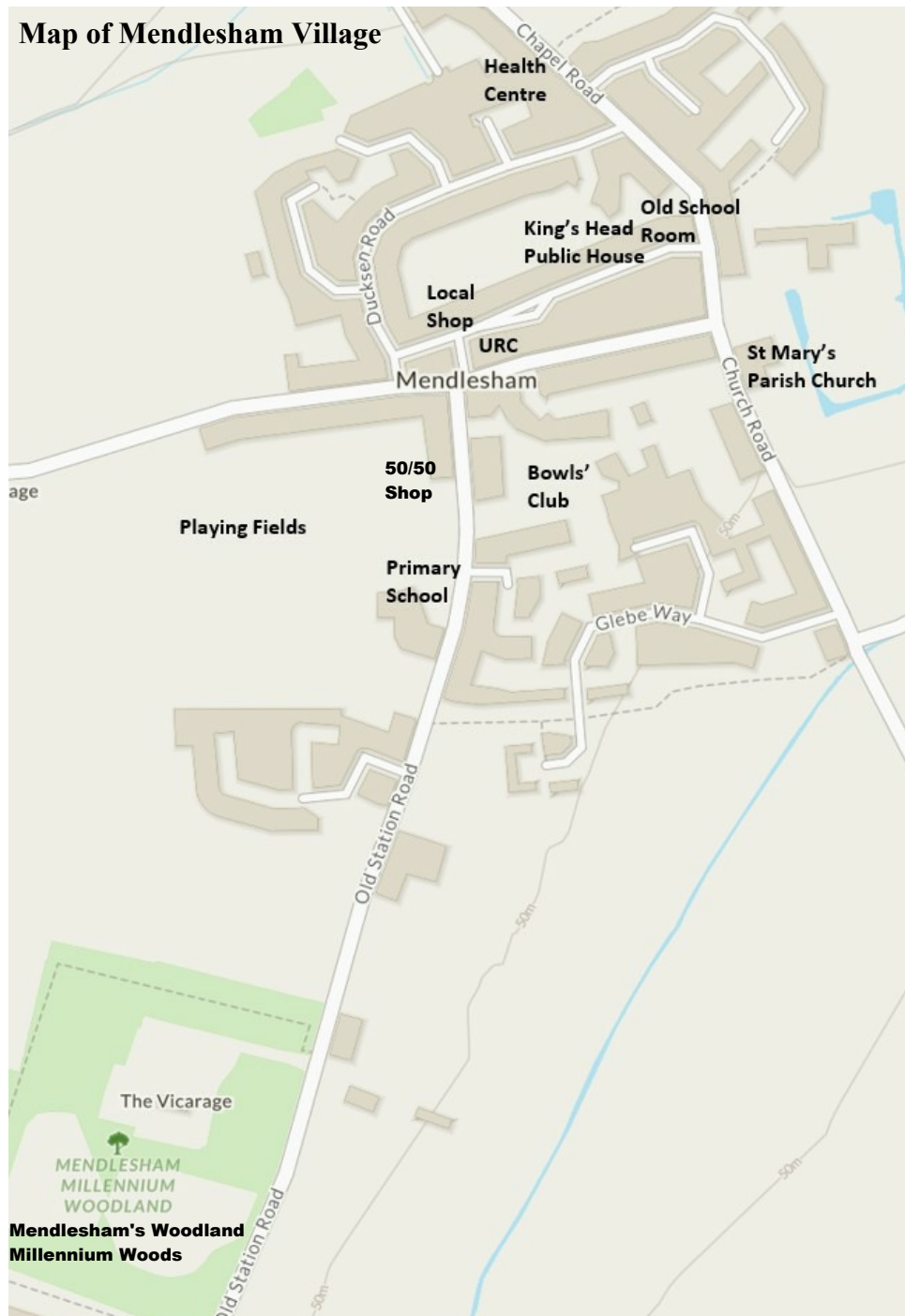
Ride or walk to as many churches as you wish. Sponsor money split equally between SHCT & Friends of St Mary's Mendlesham.

Sponsor forms from Andi Elstone
treasurerpccmendlesham@gmail.com



We have just had emergency repairs to the church roofs – all extra funding welcome!

Map of Mendlesham Village





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