

# **MENDLESHAM NEWSLETTER**



**Issue 490**

**September 2024**

# CLASSIFIED ADS

To Advertise here  
email Keith on  
[shelton@live.co.uk](mailto:shelton@live.co.uk)

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[shelton@live.co.uk](mailto:shelton@live.co.uk)

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email Keith on  
[shelton@live.co.uk](mailto: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](https://sites.google.com/mendleshamcommunitycharity.com/home/newsletters/guidance-for-contributors)

Or

<https://tinyurl.com/32byjppr>

# Newsletter supported by Mendlesham Community Charity

## Newsletter Team

**Editor:** Gemma Green  
07733 333659  
gemma.green1202@gmail.com  
**Advertising:** Keith Shelton  
01449 768744  
shelton@live.co.uk  
Carolyn Triscott  
Lorraine Shelton  
Mark Brennan

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

**Deadline for October Issue**  
**6<sup>th</sup> September 2024**

**Front Cover**  
Passiflora

**50/50 shop open**  
Every Tuesday & Friday  
2pm - 4pm  
see page 3 for further details

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

## Dates for your diary

| Sept |                                  | Page |
|------|----------------------------------|------|
| 3rd  | Camera Club                      | 6    |
| 3rd  | Carpet Bowls Starts              | 8    |
| 4th  | Parish Council Meeting           | 2    |
| 4th  | WI Knit, Stitch & Yarn           | 11   |
| 6th  | Newsletter Deadline              | 1    |
| 7th  | Community Cafe                   | 3    |
| 7th  | Produce Stalls                   | 8    |
| 8th  | Tractor Road Run                 | 5    |
| 9th  | Knit & Natter                    | 10   |
| 13th | MURCies Coffee Bar               | 10   |
| 14th | Walking Group                    | 7    |
| 17th | WI Meeting                       | 11   |
| 19th | Mobile Library                   | 12   |
| 23rd | Knit Natter                      | 10   |
| 25th | Mendlesham Community Charity AGM | 4    |
| 25th | Walking on Wednesday             | 7    |
| 25th | Over 60's Meeting                | 12   |
| 27th | Mendlesham Scouts Bingo          | 5    |

## Editorial

Welcome to the September issue. This is the month when parents sigh with relief that 24/7 entertainment for their children eases. As the new school term begins there will be some excited children ready to attend new schools, face new challenges and do some exciting learning. We wish them well.

We seem drawn towards Autumn at an alarming rate and for some it means harvesting, fruit picking and jam-making. However you spend your time, enjoy!

*Best Wishes*  
*Gemma*

## FROM THE PARISH COUNCIL



Parish Clerk: Amy Johnson 11 Schools Close,  
Mendlesham IP14 5UQ

Tel : 01449 766719

Email: [parishclerk@mendlesham-pc.gov.uk](mailto:parishclerk@mendlesham-pc.gov.uk)

Web site: [www.mendlesham-pc.gov.uk](http://www.mendlesham-pc.gov.uk)

- Paul Allen tel 01449 766543
- Andy Davey tel 01449 768862
- Denise Foster tel 01449 768978
- Norman Foster tel 01449 768978
- Stephen Hyde tel 07920212139
- Sandie Judd tel 0333 006 2706
- Daniel Lummis tel 07584630988
- Helen Orton tel 01449 767741 (Chairperson)
- Charles (Mick) Orton tel 07388353544
- Liz Ward tel 01449 766562

Local Emergency Co Ordinator for Mendlesham Green:  
Mr David Nunn tel 01449 767158.

Local Emergency Co Ordinator for Mendlesham:  
Mr Peter Andrews

### **Wednesday 4 Sept 2024**

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

### **Wednesday 2 Oct 2024**

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.

### **E News:**

Would you like to keep up to date, via email, with events or information for Mendlesham Parish and surrounding areas? If yes, please subscribe to our E News following the link on our website homepage <https://mendlesham-pc.gov.uk/> or contact the Parish Clerk



## Mendlesham Community Café

(Payment by card preferred)

### WE ARE BACK

The next Café will be:

Saturday 7<sup>th</sup> September

10am - 2pm

Old School Room, Mendlesham

This Month's Special will be a SURPRISE!

Join us for coffee and cake or a pot of tea and a cheese scone or a sausage roll at 11.00.

Better still what about a delicious home made bowl of soup or salmon and asparagus quiche. Our range of desserts and cakes are just fab!

New volunteers? Contact Helen 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

## September 2024

### Volunteers' tea party

Summer is finally here and the tea party in the garden on 21<sup>st</sup> July 2024 for the charity's volunteers was a very warm but enjoyable afternoon. It was a small thank you to those who deliver the newsletter, volunteer at the 50:50 shop, collect for the Tote or volunteer to help at events. A huge THANK YOU to all our volunteers.



### 50:50 Shop

The 50:50 shop volunteers have been busy since the re-opening, including opening on a Saturday due to popular demand. Do drop in and have a browse, you are sure to find something! Please ask about volunteering there if you have some free time on either a Tuesday or Friday afternoon.

### Annual General Meeting

Our Annual General Meeting will be on 25th September at 7.30 in the Old School Room. Please come along and hear about what we do and to suggest events or activities that you would like to see happen in the village. We need your suggestions and ideas. If you are unable to attend the meeting in person then please do send us your ideas. Contact details are below.

### Web site

<https://tinyurl.com/MendleshamCC>

### Mendlesham Community Charity Trustees

Teresa Mills (Chair) 01449 766582

[teresa.mills@mendleshamcommunitycharity.com](mailto:teresa.mills@mendleshamcommunitycharity.com)

Letitia Goode (Secretary) 01449 768861

[letitia.goode@mendleshamcommunitycharity.com](mailto:letitia.goode@mendleshamcommunitycharity.com)

Sally Lovatt (Treasurer) 01449 541725

[sally.lovatt@mendleshamcommunitycharity.com](mailto:sally.lovatt@mendleshamcommunitycharity.com)

Nathalie Crisp 07795 491781

[nathalie.crisp@mendleshamcommunitycharity.com](mailto:nathalie.crisp@mendleshamcommunitycharity.com)

Andrew Cullum 01449 767877

[andrew.cullum@mendleshamcommunitycharity.com](mailto:andrew.cullum@mendleshamcommunitycharity.com)

**Scouts**  
1st Mendlesham

**Scouts**  
1st Mendlesham

**BINGO**  
SEPT 27TH

**CHARITY FAMILY BINGO NIGHT**  
AT MENDLESHAM COMMUNITY CENTRE

DOORS 6:30PM EYES DOWN 7PM, £1 PER GAME OR £6 PER BOOK, £1 "QUICKIE" GAMES

IN AID OF 1ST MENDLESHAM SCOUT GROUP  
FOR MORE INFORMATION PLEASE CONTACT  
(MARTYN BRYANT) 07900 147912



**Raising Money for Cancer Research UK**  
**Sunday 08<sup>th</sup> September Stackyard Nursery**



**Tractor Road Run**

A tractor road run will be taking place to raise money for Cancer Research UK. The tractors will be leaving Stackyard Nursery in Mendlesham 10.00am Sunday 08<sup>th</sup> September and will travel through Mendlesham and Mendlesham Green. The tractors will be stopping at Alder Carr Farm about 12.30pm then return to Stackyard Nursery for 2.30pm where we will then be selling hot dogs and burgers and holding a raffle.

All welcome to come and see the tractors.

No entry charge, but buckets for donations to Cancer Research UK will be at entrance.



## MENDLESHAM CAMERA CLUB



The next meeting will be on  
Tuesday, 3rd September in the  
Old School Room at 19.30.



At this meeting our challenge is images of 'patterns', our contributions will be displayed on screen and discussed. Then time for a cup of coffee - and a biscuit followed by a photography related topic by one of the group.

We pay a fee at each meeting to cover the cost of the hall.

The club is a small group of mixed photography ability and new members are always welcome. For more details please contact  
[mike@favager.co.uk](mailto:mike@favager.co.uk)

# Creative Writing

With  
Mendlesham Writers Group

## You are Welcome

**FREE !!**

**2<sup>nd</sup> Tuesday Every Other Month**

**Old School Room  
Mendlesham  
7.30pm**

First visit  
Creative Writing Guidance Pack  
Advice and encouragement  
Guest speakers  
Refreshments

**Contact: Noel on: 01449 766968**

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



# Mendlesham Walking Group

Saturday 14th September 2024

Meet at

Community Centre Car Park **10.00a.m.**

2-hour walk led by Phil & Anne



**AND**



**Walking on a Wednesday**

Shorter, slower walk of about 1½ hours led by Alan

Wednesday 25th September 2024

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](mailto:angiepickup@btinternet.com)

## **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.

**FRIENDS OF ST. MARYS CHURCH  
MENDLESHAM**

**PRODUCE STALLS  
AT THE UNITED REFORM CHAPEL**

**ON**

**SATURDAY 7<sup>TH</sup> SEPTEMBER 2024**

**10.00 --- 12.00**

*Garden Produce, Jams, Chutneys ect.  
Teas, Coffee, Cakes*

*Draw*

*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*

**Mendlesham Carpet Bowls Club**

(and short mat bowls)

**2024 - 2025 season**

**Keep fit, Stay 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 3rd  
7:15pm - 10:00pm**

**Email contact: [rfouracre230@gmail.com](mailto:rfouracre230@gmail.com)**

**Affiliated to the Suffolk Carpet Bowls Association**



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!

**Friends & Food Friday**

In the Old School Room 12-2pm

**MENU**

Heinz tomato or  
 chicken soup  
 & buttered roll

Or

Panini with a choice  
 of fillings -  
 ham, cheese, tomato ,  
 bacon

Plus A piece of homemade cake

Plus Endless tea and coffee

**£3.00**

\*\*\*\*\*

Always books, jigsaws and magazines to borrow

Supported by a grant from BMSCC

**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 Community Charity TOTE RESULTS

| <b>Mendlesham Lottery</b> |        |                       |        |
|---------------------------|--------|-----------------------|--------|
| <b>4TH JULY 2024</b>      |        | <b>18TH JULY 2024</b> |        |
| Drawn at Mead Way         |        | Drawn at Mead Way     |        |
| RITA TALBOT               | £35.00 | SARAH CARTER          | £35.00 |
| JUNE KEMP                 | £25.00 | SHIRLEY ELLISTON      | £25.00 |
| SUE MICHELL               | £15.00 | J. MARTIN             | £15.00 |
| KEITH BARBER              | £10.00 | PHIL CUTTING          | £10.00 |

If you would like to purchase Tote Tickets,  
please contact Angela Pickup on  
01449 766483 or [angiepickup@btinternet.com](mailto:angiepickup@btinternet.com)

### **United Reformed Church**

#### **MURCies Coffee Bar**

Friday - 13th September 2024      10am - 12pm

#### **Knit and Natter**

Monday - 9th & 23rd September 2024      2pm - 4pm

Friends of St Mary's invite you to  
**Coffee and Cake**

Every Tuesday morning 10 till 12

All welcome!

No charge... donations welcome



July 20<sup>th</sup> was the WIs 85<sup>th</sup> Flower Show – a very different show to some of the early ones which were big village events in a marquee – I have been looking at the archived minutes and read that the profit from the flower show in 1935 paid for an outing to Gt. Yarmouth – no such profit these days. Over the years our shows have evolved, introducing different classes and reducing in size so now we fit into the school hall. We invited members of the WI Dove Group to compete in a co-operative class and the Cubs, Rainbows and Brownies in a painted jar and painted stone class - all imaginatively decorated and much admired. Our thanks to their leaders for their co-operation.

This year we included a showcase displaying a variety of arts and crafts - heirlooms of the future - worked by our members. Our thanks to Chris for co-ordinating and staging the display

We welcomed Sharon Jones, our recently retired parish clerk to present the 2024 awards to:

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

**The Juby Cup** (for floral art): Christine Roshier.

**W.I. Diamond Jubilee Cup** (bean): Linda Harvey.

**The Valeria Hunt Memorial Cup** (best exhibit in produce): Shirley Furze.

**The Joan Rogers Memorial Trophy**: (hat): Jane Qusted.

**The Tye Cup**: Christine Roshier.

**The Lawton Cup**: Jane Qusted.

**The Flower Show Secretaries Cup**: Linda Cole.

**Men Only class**: (Flapjack): 1<sup>st</sup> Simon Furze; 2<sup>nd</sup> Andy Davey.

**Grandchildren's Class**: 1<sup>st</sup> prize: Evie.

Congratulations to the winners, but also thank you to all the entrants who make up a competition – a big thank you to the judges and visitors who contributed to a successful friendly day and to members who willingly provide items for sale, prizes, and give time to put up the tables, steward, prepare and run sideshows, make and serve refreshments, sell tickets, write labels and the many jobs that contribute to the day and to Sharon for presenting the prizes. Shirley was thanked for administering another show and presented with a bouquet.

#### **For the diary:**

Sept. 4th: Knit, Stitch and Yarn in O.S.R. 1000 – noon. £2.50 per meeting.

Sept. 17th: Monthly meeting – talk by Sean Hedges-Quinn, subject the Life and times of a Suffolk Sculptor. Sean best known to us for the sculptures of Sir Alf Ramsey and Sir Bobby Robson for ITFC.

Competition: a small ornament.

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

## Mendlesham Over 60s Club - 31st July 2024

Twenty-six members attended. Our speaker was Mr. Derek Wilding, a volunteer of SARS (Suffolk Accident & Rescue Service.) He served in the Suffolk Constabulary before he retired in 2011. He works as a non-clinical volunteer, attending schools, groups etc. He used Power Point to give an informative talk. SARS have 3 cars and 45 unpaid clinical volunteer responders: GPs, consultants and paramedics.

In 2023/24 there were 561 call outs. Costs of equipment was listed on the power point. Funds are raised through events and donations. A collection was taken at the end of his talk. Derek said we can spread the word, hold fund-raising events, become a volunteer.

Competition: tip to treat burns.

Winners were

1st Jenny Mayes, 2nd Annette Taylor and 3rd Val Lawes.

Next meeting on Wednesday, 25th September.

Speaker Paula Short - talk entitled 'Stars and their wars'.

Competition: a picture of an old film star.

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 September 2024**





## MENDLESHAM EDUCATIONAL FOUNDATION



Are you planning to go to college or university later this year 2024/25? The above Charity has limited funds available to award 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](mailto:mike@favager.co.uk) or phone 07540 288388

Completed applications must be received before 24th September 2024 to be considered for the autumn term payment.



## Friends of Debenham Library



The **Reading Quest** for children continues through the summer holiday. If you haven't started yet, visit the library to collect your free map and start your quest! The presentation party (where medals are awarded!) will be on **Thursday 19 September** at 3.45pm.

Our last **Afternoon Tea** at the Library will be on **Sunday 8 September** from 1.30-3.30pm. Come and enjoy cake or 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.

*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

The mobile library will call at Gracechurch Street/Henry Street on Thursday 12<sup>th</sup> September at 1115-1145.

Tel: 01728 861940 [www.suffolklibraries.co.uk/visit/locations-and-times/debenham-library](http://www.suffolklibraries.co.uk/visit/locations-and-times/debenham-library)

Facebook: DebenhamLibraryAndFriends

Email: [debenham.library@suffolklibraries.co.uk](mailto:debenham.library@suffolklibraries.co.uk)

### Did you know ....?



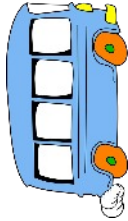
The Friends of Debenham Library are a volunteer group who help and support the library as well as raise money to enhance and improve it. We organise events, activities and fundraising initiatives to raise the profile of the library in our community and to raise funds. If you are interested in joining the Friends please contact the Library Manager.



**Please use the buses or we will lose our buses!!!!**

*Mendlesham Parish Council*

**Our Bus Services**



In addition to our bus services, don't forget about *Connecting Communities Bus Service*. A wheelchair-accessible bus can be booked for journeys in Suffolk. The cost is around half that of a taxi.  
**Phone 01449 614271**

We have listened to parishioners about the bus services that we have and many people wanted a daily service to Stowmarket. The Parish Council made a successful bid to Suffolk County Council and our new service starts on **Monday 2<sup>nd</sup> September!** We will still have our valued daily service to Ipswich or Eye and Diss.

**Buses are free for people with concessionary bus passes after 0930.** For others it costs £2 per journey until December when the Government will decide if the subsidised fares can continue.

**Bus timetables**

**Monday, Wednesday and Friday to and from Stowmarket**

|  |             |  |             |
|--|-------------|--|-------------|
| Gislingham, adj Post Office                              | 0945        | Stowmarket, Bury Street                                  | 1300        |
| Finningham, White Horse (E-bound)                        | 0948        | Stowmarket, Railway Station                              | 1304        |
| Wickham Skeith, The Broadway                             | 0952        | Cedars Park, Creeping Road West, Creeping Road Ind. Est. | 1307        |
| <b>Mendlesham, Health Centre</b>                         | <b>0959</b> | Cedars Park, Creeping Road East, Magpie Court            | 1310        |
| <b>Mendlesham, Kings Head</b>                            | <b>1000</b> | Cedars Park, Creeping Road East, Mill Street             | 1311        |
| <b>Mendlesham, Community Centre</b>                      | <b>1001</b> | Stowupland, Crown PH                                     | 1314        |
| <b>Mendlesham Green, Bus Shelter</b>                     | <b>1006</b> | Saxham Street, Middlewood Green Turn                     | 1316        |
| Saxham Street, Middlewood Green Turn                     | 1010        | <b>Mendlesham Green, Bus Shelter</b>                     | <b>1320</b> |
| Stowupland, Crown PH                                     | 1012        | <b>Mendlesham, Community Centre</b>                      | <b>1325</b> |
| Cedars Park, Creeping Road East, Mill Street             | 1015        | <b>Mendlesham, Kings Head</b>                            | <b>1326</b> |
| Cedars Park, Creeping Road East, Magpie Court            | 1016        | <b>Mendlesham, Health Centre</b>                         | <b>1327</b> |
| Cedars Park, Creeping Road West, Creeping Road Ind. Est. | 1019        | Wickham Skeith, The Broadway                             | 1334        |
| Stowmarket, Railway Station                              | 1022        | Finningham, White Horse (W-bound)                        | 1338        |
| Stowmarket, Bury Street                                  | 1026        | Gislingham, Post Office                                  | 1341        |

|  |             |
|--|-------------|
| Stowmarket, Bury Street                                  | 1300        |
| Stowmarket, Railway Station                              | 1304        |
| Cedars Park, Creeping Road West, Creeping Road Ind. Est. | 1307        |
| Cedars Park, Creeping Road East, Magpie Court            | 1310        |
| Cedars Park, Creeping Road East, Mill Street             | 1311        |
| Stowupland, Crown PH                                     | 1314        |
| Saxham Street, Middlewood Green Turn                     | 1316        |
| <b>Mendlesham Green, Bus Shelter</b>                     | <b>1320</b> |
| <b>Mendlesham, Community Centre</b>                      | <b>1325</b> |
| <b>Mendlesham, Kings Head</b>                            | <b>1326</b> |
| <b>Mendlesham, Health Centre</b>                         | <b>1327</b> |
| Wickham Skeith, The Broadway                             | 1334        |
| Finningham, White Horse (W-bound)                        | 1338        |
| Gislingham, Post Office                                  | 1341        |

**Tuesday and Thursday**

|  |             |  |             |
|--|-------------|--|-------------|
| Finningham, White Horse (W-bound)                      | 0945        | Stowmarket, Bury Street                                | 1300        |
| Westhorpe, o/s Bus Shelter                             | 0948        | Stowmarket, Railway Station                            | 1304        |
| Wyerstone, adj Church Hill                             | 0950        | Cedars Park, Creting Road West, Creting Road Ind. Est. | 1307        |
| Bacton, Village Stores (S-bound)                       | 0953        | Cedars Park, Creting Road East, Magpie Court           | 1310        |
| Bacton, Methodist Church (E-bound)                     | 0955        | Cedars Park, Creting Road East, Mill Street            | 1311        |
| Cotton, opp Trowel & Hammer                            | 0957        | Stowupland, Crown PH                                   | 1314        |
| <b>Mendlesham, Health Centre</b>                       | <b>1004</b> | Saxham Street, Middlewood Green Turn                   | 1315        |
| <b>Mendlesham, Kings Head</b>                          | <b>1005</b> | <b>Mendlesham Green, o/s Bus Shelter</b>               | <b>1321</b> |
| <b>Mendlesham, Community Centre</b>                    | <b>1006</b> | <b>Mendlesham, Community Centre</b>                    | <b>1325</b> |
| <b>Mendlesham Green, o/s Bus Shelter</b>               | <b>1010</b> | <b>Mendlesham, Kings Head</b>                          | <b>1326</b> |
| Saxham Street, Middlewood Green Turn                   | 1016        | <b>Mendlesham, Health Centre</b>                       | <b>1327</b> |
| Stowupland, Crown PH                                   | 1017        | Cotton, Trowel & Hammer                                | 1334        |
| Cedars Park, Creting Road East, Mill Street            | 1020        | Bacton, Methodist Church (W-bound)                     | 1336        |
| Cedars Park, Creting Road East, Magpie Court           | 1021        | Bacton, Village Stores (N-bound)                       | 1338        |
| Cedars Park, Creting Road West, Creting Road Ind. Est. | 1024        | Wyerstone, adj Church Hill                             | 1341        |
| Stowmarket, Railway Station                            | 1027        | Westhorpe, o/s Bus Shelter                             | 1343        |
| Stowmarket, Bury Street                                | 1031        | Finningham, White Horse (E-bound)                      | 1346        |

**To Ipswich/Eye/Diss Monday to Friday**

|                                 |                         |                            |                            |
|---------------------------------|-------------------------|----------------------------|----------------------------|
| From Mendlesham to Eye and Diss | From Diss to Mendlesham | From Mendlesham to Ipswich | From Ipswich to Mendlesham |
| <b>1017</b>                     | <b>0650</b>             | <b>0729</b>                | <b>0935</b>                |
| <b>1347 To Eye Only</b>         | <b>1000</b>             | <b>1039</b>                | <b>1305</b>                |
| <b>1755</b>                     | <b>1330</b>             | <b>1415</b>                | <b>1705</b>                |
|                                 | <b>1715</b>             | <b>1754</b>                |                            |

**Saturday**

|                                 |                         |                            |                            |
|---------------------------------|-------------------------|----------------------------|----------------------------|
| From Mendlesham to Eye and Diss | From Diss to Mendlesham | From Mendlesham to Ipswich | From Ipswich to Mendlesham |
| <b>1000</b>                     | <b>0730</b>             | <b>0811</b>                | <b>0920</b>                |
| <b>1540</b>                     | <b>1230</b>             | <b>1311</b>                | <b>1500</b>                |
|                                 | <b>1530</b>             | <b>1711</b>                | <b>1810</b>                |

## **Mendlesham Medical Group**

### **Patient Participation Group (PPG)**

PPGs are UK – wide and our Mendlesham and Bacton surgeries now have one in place.

#### **What is the Patient Participation Group?**

The PPG acts as a liaison between the practice and its patients. We are an advisory group of members, who work voluntarily with the practice, acting as 'critical friends' to help to improve services for the patient population.

The group helps to ensure that the practice provides high quality care that meets the needs of patients and carers; ensuring that they put you, and improving health, at the heart of everything it does.

We are a group of people that want to help the Mendlesham/Bacton practice to work as well as it can for patients, doctors and staff.

The NHS requires every practice to have a PPG to provide feedback and suggest improvements that can be made to the services offered. It allows open discussion and an alternative perspective on the many topics relevant to general practice.

#### **The role of the PPG includes:**

- Being a critical friend to the practice
- Advising on the patient perspective and providing insight into the responsiveness and quality of services
- Encouraging patients to take greater responsibility for their own and their family's health
- Carrying out research into the views of those who use the practice
- Regular communication with the patient population

We aim to regularly review feedback and to consider areas for improvement, such as:

- Patient and carer priorities and issues
- Themes from complaints and suggestions
- Planned practice changes
- Care Quality Commission (CQC) related issues
- The GP patient survey and bespoke surveys
- Working with local commissioners (CCG/NHS England/Local Authority)
- Views from local voluntary and community groups, including the Friends of Mendlesham Medical Group and Healthwatch

#### **Who is part of the PPG?**

Currently, our PPG consists of six patients from the practice, together with clinicians and administrators.

#### **Communication and Contact**

We aim to publish notes of all our quarterly meetings and we can be contacted on 01449 768978. We hope to have a dedicated email address soon.

***Norman Foster (chair)***

## Stowmarket Lions Raise over £50,000 for good causes

Stowmarket Lions recently held our annual Handover Dinner meeting where we recognise our outgoing Club President, Bob Cuff, and welcome our new Club President, Chris Philpot, who will lead the Club for the next year.

We are delighted to announce that under Bob Cuff's stewardship Stowmarket Lions raised over £50,000 towards good causes. This is a fantastic fundraising achievement which could not be achieved without support from the local community so a big thank you!

We raise money through events such as Santa Sleigh during December, Boxing Dinner in March, Golf in May, and our Bike Ride in June. We also collect for appeals such as the annual Poppy appeal and for Marie Curie.

We use money raised through our events to help groups and individuals in our local community via our Community Services team who typically meet monthly to consider requests for help.

Lion Dave Thomas is our Community Services lead person and can be contacted using the email address below:

[commservice@stowlions.org.uk](mailto:commservice@stowlions.org.uk)

Further information about Stowmarket Lions and our upcoming events can be found on our Club website at:

[stow-lions.org.uk](http://stow-lions.org.uk)

Thank you from Stowmarket Lions



At the Handover Dinner with our new Club President Chris Philpot on the left and our previous President Bob Cuff on the right

## Times Past:

" With the recovery of the Mary Rose and her Tudor treasures at a cost of millions of pounds, it is interesting to recall the act of preservation around 400 years ago at Mendlesham which safeguarded similar relics - at a cost of 16 pence. Since the late 12th Century, every free man was supposed to possess weapons which had to be inspected from time to time and there could be a levy of men, aged 16 - 60, when needed. Later, this responsibility for the provision of troops was extended to individual parishes and from the time of Edward II, who reigned from 1307 to 1327, every parish was required to furnish a soldier or soldiers fully equipped for home service. The first soldiers would have been knights, who formed the military system of the day. One such knight was John Knyvet who in 1371 married Joan, daughter of Sir John Botetourt, Lord of the Manor of Mendlesham, also a Lord Chancellor. The arms of Knyvet and Botetourt can be seen on the spandrels of the west door of Mendlesham Church and inside the knight is portrayed on a memorial brass, dressed in a fine example of armour of the Lancastrian period.

As time went by, although each village had to produce a certain number of armed men each year, the type of man conscripted differed greatly from the early knights. They were everyday working men and their function was rather as part of a defence force rather than armies on active service overseas. The home defence force - this militia, as it was called in Elizabeth 1 time, could be likened to the Home Guard. The necessary armour for these men seems invariably to have been kept in the church, in town and country parishes. The room over the porch, which was by this time rarely wanted for its original purpose - as the priest's dwelling or, as seems more likely, as a store for church valuables - was often turned into a well stocked armoury. Mendlesham Church was no exception and the use of this chamber for the storage of armour dates back to 1593. It was imperative that this armour be readily accessible since the threat of Spanish invasion hung over England for the first 30 years of Elizabeth 1's reign.

To be continued.....

## Mendlesham Welfare Foundation

The first known benefactor 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 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](mailto:mike@favager.co.uk)

### 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 two villages. Ideally we are looking for people who have a connection with the younger families. Knowledge of the welfare system or previous experience in this sector would also be an advantage. Also 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.



Mid Suffolk

**Amidst changes to Winter Fuel Payments, Citizens Advice Mid Suffolk offers top tips on affording energy bills this winter.**

In late July the Chancellor announced changes to the Winter Fuel Payment (WFP).

The WFP is an annual one-off payment to help pensioners pay for heating during the winter. Depending on age and if you live with somebody else who's eligible, it could provide up to £300 towards your bills.

However, the new announcement means only those receiving Pension Credit or other means tested benefits will now be eligible for WFP.

The changes might be confusing and worrying to some people who have already factored WFP into their household budget.

**That's why Citizens Advice Mid Suffolk is on hand to offer their top tips on affording energy bills this winter.**

There are also steps those still entitled to the Winter Fuel Payment can take to make sure they don't miss out on this much-needed support. We know a third of people entitled to Pension Credit aren't claiming it, and it's more important than ever to apply for this benefit if you can.

Pension Credit is a weekly benefit to boost your income and is based on how much money you have coming in. If you have reached State Pension age, you might be able to apply for it. Check the Citizens Advice website to see if you're eligible and get instructions on how to apply.

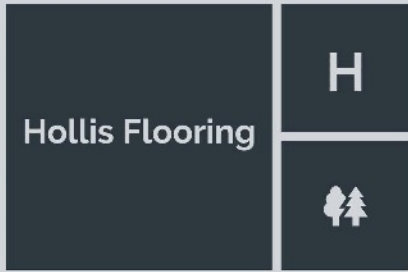
Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at [midsuffolkcab.org.uk/contact-us](https://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                          | John Player        | 07747 592899  |
| 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  |
| Friends of Mendlesham Health Centre | Phil Tucker        | 01379 678400  |
| 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      | Amy Johnson        | 01449 766719. |
| 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  |

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



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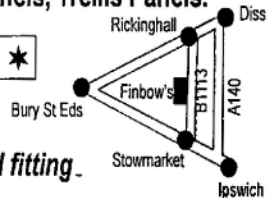
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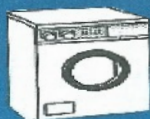
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## SERVICES FOR SEPTEMBER

As shown below

1<sup>st</sup> 3.00pm Mrs Veda Berriman

8<sup>th</sup> 10.45am Rev'd Mary Playford

18<sup>th</sup> 2.00pm Afternoon Fellowship Annual – Miss Anne Scarff

22<sup>nd</sup> 10.45am Rev'd Norman Tharby



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

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

*In September 1954, Woman's Hour was formed, meeting here at the Chapel on the first and third Wednesdays of the month. Nowadays, we call ourselves Afternoon Fellowship, but we are much the same and still enjoy meeting together. We look forward to celebrating 70 years on 18<sup>th</sup> September. Do join us, you will be most welcome.*

## **Romans 1: 20**

*'For His invisible attributes, that is, His eternal power and divine nature, have been clearly seen since the creation of the world, being understood through what He has made. As a result, people are without excuse'.*

Ever since God created the world, his invisible qualities, both his eternal power and his divine nature, have been clearly seen; they are perceived in the things that God has made. So those people have no excuse at all!

Sometimes as I walk around the town centre, I find that some people do ignore me, (which is not easy as I am not the smallest of people) people walk in front of me in queues, push past me without saying excuse me, and on occasion been run over, or been bumped into by a pram, I would like to think that not everyone is like this, where has our common courtesy gone, but this gets me to thinking how often we all walk around not noticing anything.

*Continued on page 46.....*

.....continued from page 45

As for me as a Christian I am looking and noticing all of God's creation, Once When I was out walking I saw at least 5 different sorts of butterflies, when I see a sight like this I always feel that the world cannot just come into being, without some great creator behind it, how often do we not really not look at things as we walk around, we miss out on the beauty of buildings if we do not look up, or the nature that is all around us and the smile of a passing person to cheer our day.

You never know by looking up you may notice something you have never noticed before or even make some one's day with a smile.

Robert

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**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](http://www.ourladystowmarket.org.uk)

All are welcome to "Coffee and Chat", 2 - 4pm  
on the 2<sup>nd</sup> and 4<sup>th</sup> 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](http://www.stmarysmendlesham.org.uk)



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Churchwardens: Andrew Fleming: 01449 711065; Chris Elstone: 07530 769676

## WORSHIP

**SUNDAYS: 9.30 am: Parish Mass**

*also LIVESTREAMED on Facebook  
stmarysmendlesham*

**First Mass of Sunday:** Saturdays 14<sup>th</sup> Sept:  
9.30 am; 21<sup>st</sup> & 28<sup>th</sup> Sept: 10.00 am (7<sup>th</sup> Sept -  
No Mass)

**Weekday Mass:** usually offered daily.

**For times, see calendar on church website  
and church noticeboard.**

**For pastoral visits, Marriage, Baptism  
(Christening), etc- contact Fr Philip.**

**Sacrament of Reconciliation: Saturdays 21<sup>st</sup>  
& 28<sup>th</sup> Sept at 4.00 pm**

**You are welcome to any of our services,  
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## EVERY TUESDAY

### COFFEE & CAKE

10.00-12.00 in church.

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donations welcome to Friends of St  
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**Sat 7<sup>th</sup> Sept: 10.00 – 12.00 -**

**URC Chapel - Friends of St  
Mary's Garden Produce, Jams,  
Chutneys, Draw**

**14<sup>th</sup> Sept: Ride & Stride Day.**

Sponsored for St Mary's Church  
restoration and Suffolk Historic  
Churches Trust. See Andi  
Elstone for Sponsor forms.

**16<sup>th</sup> Sept: MONTHLY HEALING  
SERVICE 2.30 pm: Mass,  
laying-on of hands & anointing**

## Fr Philip Writes

**I am devoting this entire article to our parish church.**

In the Old Testament the Temple was a place where God was seen to dwell and to be worshipped. The Christian Community also has a Temple. St Paul, writing to the first Corinthian Christians, says, "**Do you not know that you are the Temple of God with the Spirit of God dwelling in you?... God's Temple is holy and you are that temple.**" (1 Cor.3 v 16-17) Each individual Christian and especially the Christian Community, is where God lives.

Over 1,000 years ago our forebears built the first 'Temple' in Mendlesham – the parish church - for Christians to gather and worship God. We are blessed with this very beautiful building at the heart of our village – undeniably a sacred space - and the most important historical building in the parish, whether you are a Christian or not.

As well as continuing with the important Armoury Facelift Project, we have recently been told by our architect that the nave roof of St Mary's is now in need of replacement. The



costs are likely to be in the region of £0.5M, and in the near future we will have to apply for funding from a Lottery grant towards this. However, we will still need to raise a proportion of the cost in the village. How can we start to do this?

1. Please support the **sale of garden produce, jams, preserves** and **Draw** organised by the Friends of St Mary's on **Sat 7<sup>th</sup> September** in the URC chapel: 10.00 –12.00.
2. The National **Ride and Stride** day is on **Sat 14<sup>th</sup> Sept**. I hope a number of people will take part. You can walk if you don't cycle – for instance around churches in Ipswich or Norwich. Half the proceeds go to our parish church's restoration fund and the other half to the Suffolk Historic Churches Trust. The SHCT helps churches and chapels all over the county and in due course we will need to apply to it for a grant ourselves.
3. Do you have a **Collection box** for the **Friends of St Mary's**? If not, please ask the secretary, Annita Scruby, for one.



### Research Project at The Hold (Suffolk Archives) Ipswich

A short historical Research Project centred on the Suffolk Archives will take place from Jan - March 2025 relating to some Tudor documents found discarded in the armoury in the 1870s. We want to discover whether any of the unresearched documents cast further light on the arms & armour.



*"This document shows that the "touneschep of Mendylsame" continued to bring bows and even simple staffs to musters. The list of named men, along with the equipment they brought, shows that although some had "harness" (plate armour), a couple brought a hauberk of mail."* (Shona Rutherford-Edge: Mendlesham Armoury Booklet)

**Anyone living either in the village, or sufficiently locally, can take part, but numbers are limited.** If you would like to take part, you are invited to a preliminary visit to The Hold on **Friday 13th September** from 2.00pm - 4.00pm for a guided tour & to discuss the project. **This is free-of-charge** but limited to 20 people. If you would like to be part of this, please either sign the list in church or email [a.f.m.gray@btinternet.com](mailto:a.f.m.gray@btinternet.com) by the end of Monday 9<sup>th</sup> Sept at the latest.

### Friday 11th October 7.00 pm: 'Fytt for thy degree: Clothing and arming the Typical Tudor man' *Online Talk via Zoom by Ninya Mikhaila – the 'Tudor Tailor' - with Dr Tobias Capwell.*

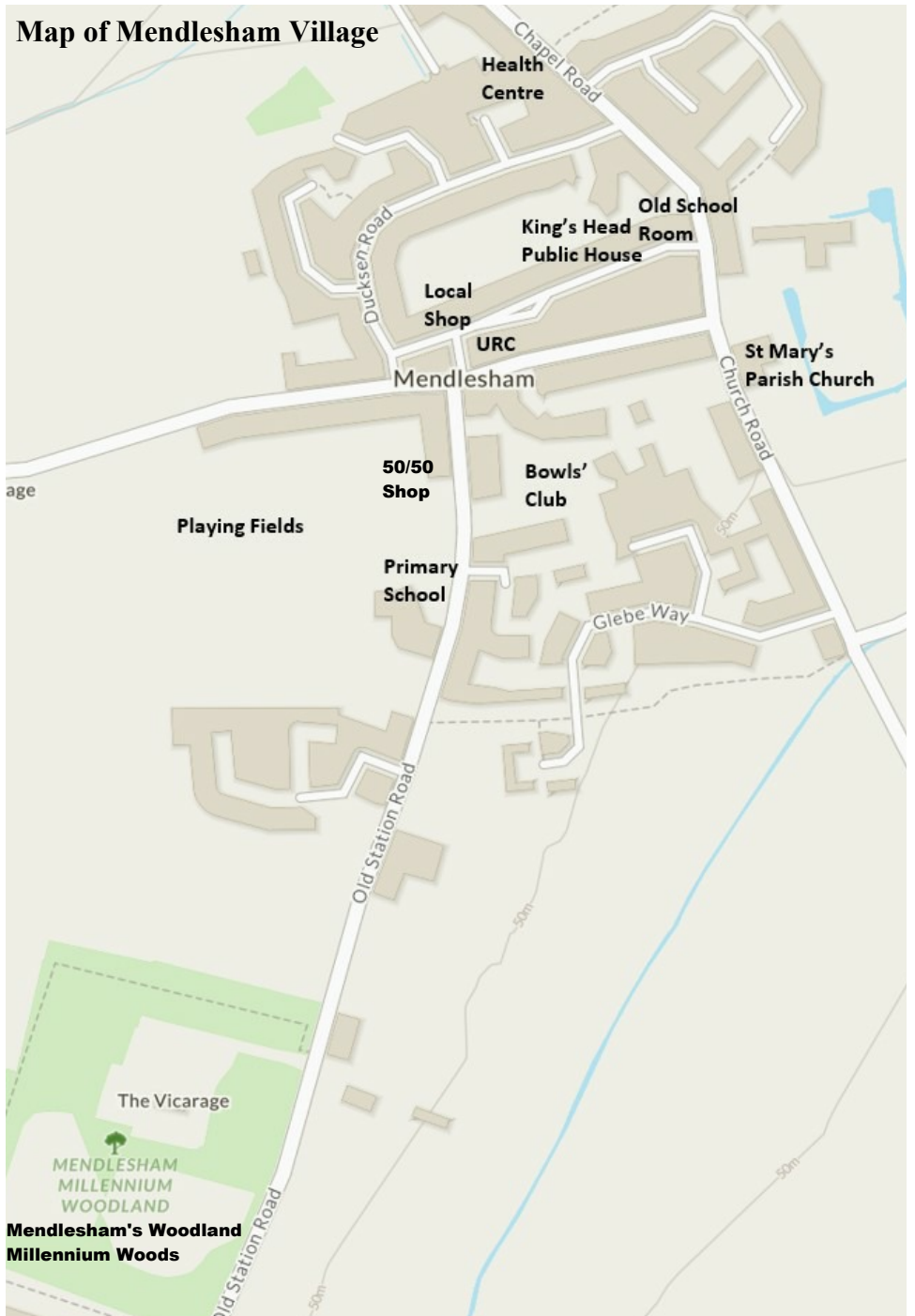
Ninya is an expert in researching and making authentic Tudor garments, frequently featuring in film, TV and national museums. Toby is a leading authority on armour and former Armourer at the Wallace Collection.



The talk is hosted by MEDATS (*The Medieval Dress and Textile Society*). Tickets £5. Thanks to Ninya's generosity, all profits will go to the Mendlesham Armoury Project. Further details on church website: [www.stmarysmendlesham.org.uk](http://www.stmarysmendlesham.org.uk)

For further news & information from St Mary's parish church for which there is no more space on these 2 pages, see the church website and Parish Council e-newsletter.

# Map of Mendlesham Village





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