

July 2026

Box River News

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Boxford Open Gardens 2026

Nerves were shattered the week before Open Gardens, given the rain and windy conditions, but the weather held off on the day: gardens and gardeners were only showered with compliments!

Nineteen gardeners talked themselves hoarse answering questions and sharing tips with the 350 visitors, and business was brisk at The Fleece Hotel, The White Hart and Sulu café.

On the ticket stall, David House gave his usual warm Boxford welcome to newcomers to the village, and Tom Cogan charmed children into trying the Children's Trail - the sweets as a prize had nothing to do with it! Jacky House and Frances Munro led a stalwart team in serving tea, coffee and cakes in the church - huge thanks to Jackie, Diane, Shelagh and Tessa for their help, and to everyone who donated cakes!

The Gardening Society's plant sale is perennially (!) popular, and sales flourished, so I'm happy to report that Open Gardens 2026 was another successful day for the village, while raising money to help keep St Mary's Church open and serving the community. Thanks to everyone who participated.

Audrey Zuck



Box River News

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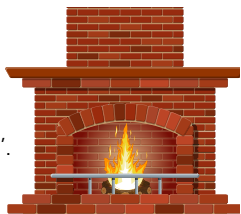
The copy deadline for the August issue is Wednesday 15th July at midday.

Newton Fireside Club

We've had a busy and exciting month with two 'away days'.

On 26th May it was time to show the world our growing expertise. About six weeks ago every member was given a tiny calendula plug plant to grow on. Our success was quite varied, from full bloom to totally dead! It was a scorchingly hot day, so some plants looked a little sorry for themselves.

We also had a quiz about Sudbury's history following our guided walk last time. Hmm, some people obviously hadn't been paying attention. But seriously, we had a good time trying to remember everything we'd been told on our walk.



Our next session was a trip to Markshall Estate on 9th June. We had already had a talk from Peter, one of their volunteers, and we were looking forward to seeing the real thing. What a difference in weather. It wasn't too bad when we arrived, but we did experience a heavy thunderstorm. Not to be deterred, we really enjoyed our tour of the arboretum and gardens.



They are fabulous, and the weather improved enough for us to sit outside and enjoy a delightful lunch.

Our end of term treat was afternoon tea at Painters in Sudbury. We had a lovely afternoon and enjoyed a range of cakes, sandwiches and scones. Some of us even partook of a glass of prosecco - eating delicious food is a thirsty business!

Please do put our coffee morning in your diary and we look forward to seeing you there. All of the usual things will be for sale and there will be a raffle. Donations would be most welcome.

We are busy planning future events. If you have any skills or are an expert on a subject and would like to come and talk to us, please do get in touch.

Happy summer!

SPRING & SUMMER PROGRAMME

Tues 7th July Bingo & Chat

Sat 18th July Coffee Morning 10am

All meetings are held in the village hall and start at 2pm unless otherwise stated, and anyone is welcome. Subs for members are £25 this term and must be paid in advance. This includes refreshments, activities and subsidised events.

Non-members are welcome to come along to any session. The fee will be between £5 and £10 depending on the activity. We are excited to say that we now have a card reader, so payments can be made by card.

New members are always welcome. Usually, the first session is free.

Please contact Moira on **01787 374652** or Sue on **07881 383 998** if you would like more details.

Newton Village Hall Matters

The number for bookings is **07955 199 000**. Please visit www.yourhall.co.uk/hall/newton-green where you will find a detailed description of the hall, along with photos and a diary of bookings.

Next Coffee mornings:

Saturday 18th July - Fireside Club

Saturday 26th Sept - Macmillan

Saturday 24th Oct - Newton Charities

Saturday 21st Nov - Village Hall

All coffee mornings are in the village hall and start at 10am. Donations for raffles, cake stalls and good-quality bric-a-brac would be much appreciated. Raffles are usually called at about 11.15am. Please do come and support these charities and village organisations.

Newton Open Gardens 2027

There is nothing like planning ahead, so although there will be no Newton Open Gardens this year, we are determined to go ahead in 2027. For this to happen, we require 15-20 gardens to open.

So, as you sit in your garden over the next few months admiring your handiwork, please do think about how satisfying it would be to share your garden with others. We are not looking for Chelsea Flower Show standard, as visitors really love to admire gardens of all styles, shapes and sizes.

We would be very pleased to hear from past and future gardeners who are willing to open in June 2027.

If you would like further information or would like to offer your garden, please contact Sue and Paul on **07881 383998** or sue_presland@hotmail.com.

We will offer as much support as possible and can put you in touch with villagers who opened last year to hear how it went.

Many thanks and we look forward to hearing from you.



Citizens Advice

Sudbury and South Suffolk Citizens Advice can come and speak to community groups on a range of different subjects.

We aim to raise awareness of the services and advice we offer.

We have spoken to many groups and have helped people access the financial help they are entitled to, as well as offering advice on a wide range of subjects.

If you would like us to speak at your group, contact 07587 321400 and leave a message for Helen. I'll get back to you to discuss dates and topics. I look forward to hearing from you.

Helen Arbon

Sudbury & South Suffolk Citizens Advice

www.citizensadvice.org.uk



Could You Help Boxford Village Hall?

Boxford Village Hall Committee is looking for a new treasurer to join its friendly team.

The role would suit someone who is organised, confident with basic finances, and interested in supporting an important village facility. The committee meets monthly, and this is an exciting year for the hall, with centenary celebrations among the events being planned.

The committee would also like to repeat its thanks to Joe Barrett, the outgoing treasurer, for his many years of service and all he has done for the village hall and the wider community.

If you are interested, or would like an informal chat about what the role involves, please contact the chair, Nick, at nick@boxfordvillagehall.co.uk.

Groton Educational Foundation

The trustees will meet on 3rd September at Groton Village Hall to consider applications for grant aid for educational or training purposes from residents of Groton and those parts of Boxford included in the 'area of benefit', i.e. Homefield, the east side of Swan Street and pockets of land in Stone Street south of the church - those parts which were included in the Tithe Map of Groton 1881.

We hope that newcomers will be made aware of this charity, particularly by those who have benefited from it. There is no means testing.

Applications may also be made by organisations serving the area.

Recent grants have included help towards the costs of university, specialist sports coaching, club membership and barbering equipment.

Details and application forms are available from Kate Wilson, Clerk to the Trustees, One Daisy Green Cottages, Groton CO10 5EN. kate.wilson100@hotmail.co.uk
01787 211658

Completed forms should be returned by 26th August
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The Butcher's Wife

Talking a load of rubbish

This month's article is all about the hot topic of not only the village, but the whole of Suffolk: bins!

I'll admit I wasn't keen when the new system was first introduced, for several reasons. The new food caddy didn't match my kitchen aesthetic. We have a bin drawer built into our kitchen cabinet with two sections, general and plastic, so where would I put the third bin for paper and card? I didn't want a freestanding bin in the kitchen. But the main concern was that no one else in my house would follow the new system - they were already rubbish, pardon the pun, at recycling - and we'd end up with overflowing bins. Not to mention, the back alley looks like a wheelie bin showroom. On the plus side, I was quite excited about being able to put glass in the main recycling bin - no more shame visits to the bottle bank with a car boot full of empty bottles!

I reluctantly put the food caddy on the kitchen worktop, but refused to get an extra bin for the extra paper and card. Instead, I decided that we

didn't have that much paper and card anyway, so I would just pile it up by the back door and take it out to the main wheelie bin every day. I now admit defeat: the paper and card needs its own bin, or at least a container. Is anyone else shocked at how much paper and card they have, or do I really need to get a life?

I held a family meeting at the bins and explained the new system to the mini Leeders and the Butcher. I don't feel like any of them gave me their full attention and just wanted me to stop talking, but I persevered. I went through in detail what items went in each bin, presenting them with the leaflets provided by the council, and explained the importance of disposing of items correctly. They all promised that they understood, and off they went.

Three weeks in, I can confirm that none of them was listening to me properly. They are just putting things in bins willy-nilly and so I've promoted myself to Director of Waste Management for the Leeder

household. When I say that I've become obsessed with the bins, I'm not exaggerating. It's almost taking over my life. On a daily basis, I'm rooting around in the bins to make sure everything is where it should be and washing up yoghurt pots. It's bordering on embarrassing. Between the flies - that's a topic for next time, but where are they all coming from?! - and the waste management, I don't have much time for anything else!

Overall, I think it's a good incentive and has certainly opened my eyes to how much waste we have. Again, I'm talking about the paper and card: it's blown my mind. It's also made me realise that not only do my family not listen to me, they are also very bad at recycling.



Crispy Potato Salad

A fresh, summery twist on a potato salad. Simple enough for a weekday lunch, but would also work well alongside a barbecue or summer spread.

Ingredients

- 700g new potatoes, skin on, cut in half
- Five tbsp olive oil
- Two tbsp dill, finely chopped
- Two tbsp fresh chives, finely chopped
- Half a cucumber, diced
- Salt and black pepper

For the dressing

- 120g mayonnaise
- 60g Greek yoghurt
- One lemon, juice only
- One garlic clove, finely chopped
- One tsp Dijon mustard
- Two shallots, finely chopped
- Two tbsp parsley, finely chopped

Method

1. Preheat the oven to 220C/200C fan.
2. Put the potatoes in a saucepan and cover with water. Bring the water to the boil and cook the potatoes for about ten minutes, until they are soft but still holding their shape.
3. Drain and leave in the colander for ten minutes to steam dry.
4. Transfer the potatoes to a baking tray and carefully squash them using the bottom of a sturdy mug. Drizzle over the olive oil and season with plenty of salt and pepper.
5. Roast in the oven for 25 minutes, then turn them over and roast for a further 20 minutes.
6. Meanwhile, mix all the dressing ingredients together in a large bowl.
7. Once cooked, allow the potatoes to cool slightly, then add them to the dressing and mix gently to coat.



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Boxford Primary School

For the pupils of Boxford Primary School it has been another busy and rewarding year filled with learning, achievement and enrichment opportunities. Alongside their classroom studies, children have enjoyed a wide range of experiences from impressive brass performances and musical events to representing the school in inter-school sporting fixtures. These activities have helped to develop confidence, teamwork and resilience while providing memorable opportunities for pupils to showcase their talents and celebrate success both in and beyond the classroom. Pupils and staff from Boxford Primary School would like to thank parents for their continued support during this year and we all look forward to the exciting learning opportunities on the 2026/2027 academic calendar ahead.

Boxford Primary Sports Week (School value: Perseverance)

During the second half of the summer term, our PE Lead Mr Griffith organised a number of sporting events that welcomed parents into school to take part alongside their children. These events provided a fantastic opportunity for families to come together, enjoy being active and experience some of the activities that pupils take part in during their PE lessons.

The sessions encouraged parents and children to work as teammates - developing skills, confidence and a shared enjoyment of sport. Whether taking part in challenges, games or friendly competitions, there was plenty of enthusiasm and laughter as families embraced the opportunity to get involved.

The events also gave parents the chance to challenge their children in a sporting environment, creating some healthy competition and memorable moments. It was wonderful to see so many families taking part, supporting one another and celebrating the importance of physical activity, teamwork and having fun together. We would like to thank Mr Griffith for organising these popular events and look forward to hosting these again next year.

Year 6 Production: Grease (School value: Creativity)

Year 6 pupils took to the stage this term with a fantastic production of *Grease*, delighting audiences with their energy, enthusiasm and talent. Directed and adapted by Karen Binks from Theatre Arts Academy, the show was another outstanding success and demonstrated the confidence and dedication of our young performers.

The children began the process by taking part in auditions, giving everyone the opportunity to showcase their abilities and compete for the various roles. Once the cast had

been selected, they worked incredibly hard to bring the much-loved musical to life - learning lines, songs and choreography in preparation for the performances in only four days!

During rehearsals pupils showed tremendous commitment, teamwork and resilience as they perfected every scene. Their efforts paid off, resulting in a polished and entertaining performance that captured the spirit and excitement of the original musical.

Over the course of three days more than 300 people attended the performances, providing wonderful support for the cast and crew. Audiences thoroughly enjoyed the show and were full of praise for the pupils' achievements. Refreshments sold during the event also raised £50 for SWAN UK (Syndromes Without a Name), helping to support families affected by undiagnosed genetic conditions. The production was a memorable experience for everyone involved and a fitting celebration of the pupils' final year at primary school.

Would you like a school tour?

If your child is looking to start school in September 2026, or move mid-year, please contact Mrs Clarke in the office on 01787 210332 or email office@boxford.suffolk.sch.uk. We would be more than happy to arrange a school tour for you to see our exciting curriculum.

Mr S. Reynolds
Assistant Headteacher



Gary Jarvis

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Reflections from the Ministry Team

New Fruits for a New Season

"One more step along the world I go, one more step along the world I go. From the old things to the new keep me travelling along with you".

Words from a much-loved hymn that always comes into its own at this time of year. It is a favourite school hymn and is often used at school leavers' services as children prepare for changing schools or moving out into the wider world.

When we think about our young people moving into new settings. Over the coming weeks we'll be celebrating school leavers' services for our church schools - giving thanks for all they've learned and experienced and blessing them as they step into the unknown of their new schools.

At this time of year our gardens, hedgerows, and even the supermarket shelves are bursting with fruit. Strawberries for Wimbledon, raspberries for jam, tomatoes ripening on the windowsill. It's that wonderful season when everything feels alive and abundant - and let's be honest, there's nothing quite like eating fruit in season, when it's at its juiciest and most flavoursome.

That image of fruit is exactly what Paul had in mind when he wrote to the early Christians in Galatia. In Galatians 5, he describes the 'fruit of the Spirit' - not apples or blackberries, but qualities that grow in us when we stay connected to God's love and Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

Just like the strawberries and tomatoes these fruits flourish when the conditions are right. But here's the thing - life isn't always sunny. There are times when we feel more like a winter greenhouse than a summer orchard. Yet Paul reminds us that these fruits of the Spirit can still grow, even 'out of season'. Sometimes, kindness looks like a quiet word to someone who's struggling. Joy might be found in the smallest moment - a smile, a shared cup of tea, or simply noticing the beauty around us, even on a grey day. Peace may feel elusive, but God promises it's still available when we lean on Him.

For our school leavers and for us - it's a reminder that God's harvest doesn't happen just once a year. Every season of life offers the chance to grow new fruit, even if it feels unfamiliar or uncertain.

And let's not forget, summer itself is often a time for fruit to rest and ripen. The same is true for us. Whether you're heading off on holiday, taking time in the garden, enjoying some quieter moments, or simply pausing to catch your breath - it's OK to slow down. In fact, it's essential. Rest isn't wasted time; it's when the fruit of the Spirit matures quietly within us. Love deepens. Patience stretches. Joy grows steady roots.

And as we look to the months ahead - the harvest festivals, new beginnings, and the ongoing life of our



July

Dates for your diary

Friday 3rd, 10:30am

Coffee Morning, St Lawrence's, Lt Waldingfield

Tuesday 7th, 10am

Drop in for Coffee, Mary's House
(location subject to change)

Tuesday 14th, 10am

Drop in for Coffee, Mary's House
(location subject to change)

Wednesday 15th, 10am

Coffee Morning, All Saints', Newton Green

Saturday 18th, 10am

Coffee Morning, St Mary's, Boxford

Tuesday 21st, 10am

Drop in for Coffee, Mary's House
(location subject to change)

Tuesday 28th, 10am

Drop in for Coffee, Mary's House
(location subject to change)

parishes - let's encourage one another to nurture those fruits, to share them generously, and to celebrate the new things God is growing in us, in every season. God is always planting new seeds, bringing fresh fruit, and calling us to share the harvest.

Blessings to you all
Maggie

Don't just share your photo on Facebook!

Send **your** photo of life in and around Boxford for next year's calendar by 31st July 2026 to:

audrey@a2zriskservices.com

Minor Surgery

Do you have a skin blemish that is bothering you?

Have you been told there is nothing your doctor can do?

With the removal of minor skin blemishes no longer available on the NHS, people are turning to private practices like ours for treatment.

Minor lumps and bumps like **cysts, warts, some moles and skin tags** are usually harmless but can be irritating and unattractive. If you have a skin lesion that is bothering you, removal is usually quick and simple.



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* Free Heliocare sunscreen worth £35 until 31/07/26 with any minor surgery for skin lesions.

Due to their potential link with skin cancer, it's really important that you have any mole that is worrying you examined. Don't wait - let us take a look. We can reassure you if a mole is healthy and advise / refer you if not.

If you have a blemish that is bothering you, please give us a call and arrange to see one of our medically trained staff. **And this month, receive a free Heliocare sunscreen (tinted or clear) worth £35.**

*"I went to **Suffolk Medical Clinic** as I had a mole very close to my eye. It was hard to trust someone to do this procedure but finally I found a clinic I trusted and they took care of it. I've never been happier." Zoe, May 2026.*

Suffolk Medical & Beauty Clinic, 6 Broad Street, Boxford.

Tel: 01787 211 000 www.suffolkmedicalclinic.co.uk



Service Schedule for July 2026

Wednesday 1st July	10:00	Communion & Coffee	Mary's House (subject to change)
Sunday 5th July <i>Trinity 5</i>	09:30	Sunday Eucharist	St Lawrence's, Lt Waldingfield
	11:00	Sunday Eucharist	St Mary's, Boxford
Wednesday 8th July	10:00	Communion & Coffee	Mary's House (subject to change)
Sunday 12th July <i>Trinity 6</i>	09:30	Sunday Eucharist	St Bartholomew's, Groton
	11:00	Sunday Eucharist with Choir	St Mary's, Boxford
	17:00	BCP Evensong	St Mary's, Boxford
Wednesday 15th July	10:00	Communion & Coffee	Mary's House (subject to change)
Sunday 19th July <i>Trinity 7</i>	09:30	Sunday Eucharist and Baptism	St Mary the Virgin, Edwardstone
	11:00	BCP Matins with Choir	St Mary's, Boxford
Wednesday 22nd July <i>Mary Magdalene</i>	10:00	Communion & Coffee	Mary's House (subject to change)
Sunday 26th July <i>Trinity 8</i>	11:00	Sunday Eucharist	All Saints', Newton Green
	11:00	Family Eucharist	St Mary's, Boxford
Wednesday 29th July <i>Mary, Martha & Lazarus</i>	10:00	Communion & Coffee	Mary's House (subject to change)

All our churches across the Benefice are **OPEN EVERY DAY** for Private Prayer.

If you need support, please contact the Benefice Office in the first instance, all enquiries will be treated in confidence and passed on to the appropriate person.

We are urgently looking for a **VOLUNTARY TREASURER AT ALL SAINTS' CHURCH, NEWTON**

Could you help support the life of our village church?

This voluntary role is an important part of our church's life, ensuring our finances are well kept, transparent and managed. You don't need to join our PCC or even live in Newton. The role includes: -

- Keeping clear and accurate online/computerised financial records
- Managing online payments
- Preparing simple reports for PCC meetings

What we're looking for: -

You don't need to be an accountant — just someone organised, trustworthy and comfortable with basic numbers. Training and a full handover will be provided, and the PCC will support you every step of the way.



**Please contact the Benefice Office for
further information**

The Benefice Office is on the Move

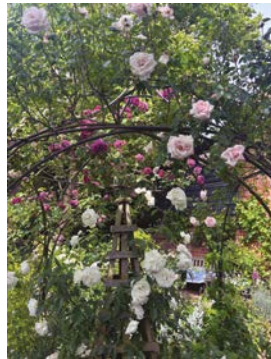
By the time this edition of the *Box River News* reaches you, the benefice office will probably have moved out of Mary's House. We are pleased to share that we have secured the use of office space at Town & Village Properties for the three mornings each week that our administrator, Liz Potter, works. We are extremely grateful to Murray Rose for his support in making this arrangement possible.

Liz will be available by appointment only, so please contact her directly in the first instance. The new benefice contact number is 07719 790088. Emails and phone calls of an urgent pastoral nature will continue to be responded to as a priority.

June – Sunshine, Rain, Open Gardens & Concerts

June was a truly uplifting month across our benefice, filled with music, beautiful gardens, hospitality and creativity. As we look back, we are proud of a series of wonderful events that brought people together, raised vital support for our churches, and showcased the generosity and spirit of our villages.

We offer our deepest thanks to everyone who helped make them possible. To our organisers and volunteers – your generosity with your time, energy and gifts has been extraordinary. Every cuppa made, every chair set out, every welcome offered and every quiet task carried out behind the scenes has shaped these events into moments of real community and joy. We simply couldn't do any of this without you. Thank you for all you give.



Volunteer Treasurer Needed at All Saints', Newton

We are seeking a new treasurer to help safeguard the church's financial stability. This voluntary role requires someone who can offer a little time and organisational skill to maintain clear financial records and prepare simple reports for the PCC. Professional accounting experience is not necessary; reliability, accuracy and a willingness to serve are what matter most. Full training and a thorough handover will be provided.

If you would like to find out more, please contact the benefice office in the first instance.

Contact Information

Benefice Office (by appointment only):

c/o Town & Village Properties
2a Broad Street, Boxford, CO10 5DX

07719 790088

email: boxriverbenefice@gmail.com

St. Bartholomew's Church Groton



Garden Party

Sunday 9th August 2026

2:30 until 4:30

at

Brook House

Groton CO10 5EJ (follow the signs)

Entrance £6.00 to include Cream Tea

Raffle, Stalls, Games with Prizes!

By kind permission of The Roberts family

Well behaved dogs welcome – Info Jayne 01787-211360



BOX RIVER BENEFICE COFFEE MORNINGS

DROP IN FOR COFFEE AT MARY'S HOUSE,
(LOCATION SUBJECT TO CHANGE)
SWAN STREET, BOXFORD BETWEEN
10.00 AND 12.00 PM
EVERY TUESDAY

FRIDAY, 3RD JULY AT 10.30 AM
COFFEE MORNING

AT

ST LAWRENCE'S, LT WALDINGFIELD

WEDNESDAY, 15TH JULY AT 10.00 AM
COFFEE MORNING

AT

ALL SAINTS', NEWTON

SATURDAY, 18TH JUNE AT 10.00 AM
COFFEE MORNING

AT

ST MARY'S, BOXFORD



BOXFORD

Vintage & Classic Vehicle Rally

NEW
FOR
2026



**FUNFAIR
STANDS,
TRADES AND
STALLS**

**OVER 200
CARS
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MOTORBIKES, STEAM
ENGINES, STATIONARY
ENGINES & ORGANS**

4TH & 5TH JULY 2026

**BOXFORD, SUFFOLK CO10 5JH
WWW.BOXFORDRALLY.CO.UK**

Raising funds for Sulsar :
Suffolk Lowland Search & Rescue

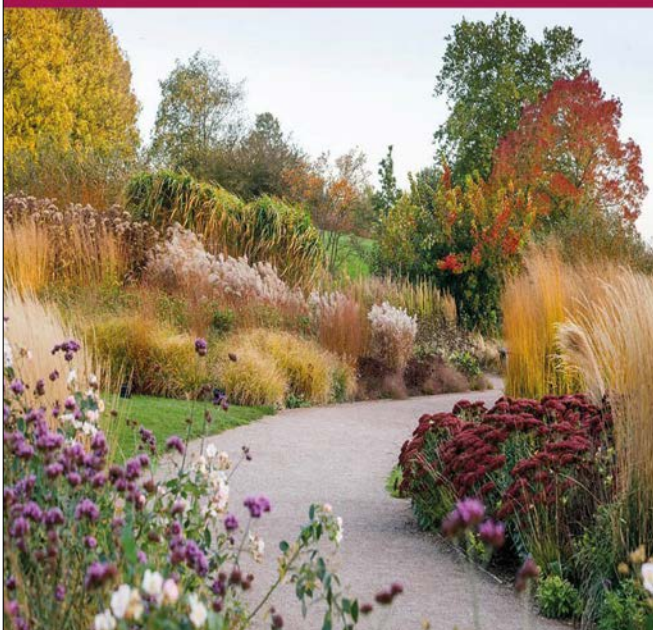
Sponsored by Breakout



BOXFORD GARDENING SOCIETY
IAN BULL, GARDEN MANAGER AT HYDE HALL

HYDE HALL

Past, present and future



Tuesday 7th July 7.30pm
at Boxford Village Hall

FLEECE JAZZ 2022

Fleece Jazz at

Stoke-by-Nayland Hotel presents

The Greg Abate Quartet

Wednesday 8th July 2026 8pm - Tickets: £20



"Greg Abate is one of the most appealing saxophonists on the scene today... the result is he plays music with sweetness and daring" *NEW JAZZ RECORDINGS*

Greg Abate – Alto sax/ Flute
Chris Ingham – Piano
Simon Thorpe – Bass
Alfonso Vitale – Drums

Clark Tracey's Jazz Champions

Wednesday 22nd July 2026 8pm - Tickets: £25



A joyous starry band comprising a stellar line-up of world class musicians with CVs to match.

Art Themen – Saxophone
Simon Allen – Saxophone
Dave Newton – Piano
Andrew Cleynert – Bass
Clark Tracey – Drums

Stoke by Nayland Hotel, Keepers Lane, Leavenheath CO6 4PZ
Ample parking; fully accessible. Directions: www.fleecejazz.org.uk
Tickets: 01787 210796 or via **WeGotTickets** (booking fee applies); or on the door (cash or cheque only; sorry no debit/credit cards)
*Friends of Fleece Jazz discount

SPECIAL OFFER: A double room with breakfast and two tickets from £149 (subject to availability) Phone: 01206 262836

JOIN US FOR A

Tea Dance

Enjoy a delightful afternoon of dancing and conversation with music from 'The Three Chordettes', accompanied by a traditional afternoon tea

04 JULY 2026
3 - 5PM
BOXFORD VILLAGE HALL

Tickets £7.50
on sale from 7th April

For more information contact
info@boxfordvillagehall.co.uk

BOXFORD VILLAGE HALL
1926-2026
CENTENARY



STAINED GLASS CLASSES

Making butterflies for plant pots

Boxford Village Hall
Saturday 25th July
10am - 3pm

Price £75.00 Refreshments included

Contact Jeanette on 07707 507 880
to secure your place



Polstead Films

POLSTEAD VILLAGE HALL

Friday 17th July, Doors open 7pm

H is for Hawk

Based on a memoir by naturalist Helen Macdonald.

"A tender drama featuring magical performances from Claire Foy and Brendan Gleeson."

Tickets £5. Email: polsteadfilms@gmail.com to reserve or buy in Polstead Community Shop.

The film starts at 7:30pm.

All proceeds in aid of Polstead Village Hall Charity No. 304933



NOEL MYLES

TIMELINES, RE-INVENTING LANDSCAPE



Noel Myles
Stour Valley, December
Permanent pigment print
h. 33 x w. 30cm
Edition 30

Opening Day Saturday 27th June noon to 5pm

Wine served / All works for sale

Exhibition Continues to Sunday 26th July 2026

Wednesday to Sunday 10am to 5pm

or by appointment



Chappel Galleries, Colchester Road,
Chappel, Essex CO6 2DE

T: 01206 240326 E: info@chappellgalleries.co.uk

www.chappellgalleries.co.uk

see complement of works





'BARGE AT HARWICH' BY DAVID PORTEOUS-BUTLER © David Porteous-Butler 2026

MILDEN FINE ART EXHIBITION

PREVIEW FRIDAY 3RD JULY 6.00PM TO 8.00PM

with canapés and refreshments

OPEN FOR GENERAL VIEWING SATURDAY 4TH AND

SUNDAY 5TH JULY 10.30AM TO 4.30PM

Featuring works by: David Porteous-Butler, Carol Sugden, Dominic Butler,

Diana Swansborough, Sara Godfrey, Sandy De'Ath, Jan Jamieson,

Amy Ditheridge, Aurora Toplis, Julie Cooke, Mark Isahak

AT ST PETER'S CHURCH, CHURCH ROAD, MILDEN IP7 7AG

FREE ENTRY —NO OBLIGATION TO BUY

WORKS ARE FOR SALE IN THIS FUNDRAISING EVENT TO HELP REPAIR AND MAINTAIN MILDEN'S 12TH CENTURY CHURCH.
Reg'd Charity No. XN564195

FREE PARKING THROUGHOUT THE EXHIBITION IN THE PAVILION CAR PARK OPPOSITE



MILL TYE
MILL TYE GALLERY
AND ARTS CENTRE

Mill Tye Gallery and Arts Centre
Helena Powell
Hand Woven Landscapes:
From Mill to Loom
July & August 2026

Drawing on landscape as an abstract idea, the exhibition explores rhythm, colour and structure through silk weaving, stripes and layered blocks of colour.
Exhibition Preview on Saturday 11th July from 10.30am to 6.00pm

To find out more and to register your interest go to:
www.milltyegallery.co.uk/exhibitions

Mill Tye Gallery and Arts Centre
3 Cornard Mills, Mill Tye, Great Cornard, Sudbury, CO10 0GW
Open: Thursday to Sunday 10.30am to 4pm. Free Admission.

WHAT'S ON

25 April – 11 October 2026

Gainsborough,
Turner & Constable:
Inventing Landscape

Land, Sky, Light:
New Landscapes
by David Dawson

Kate Giles:
Remember Tomorrow

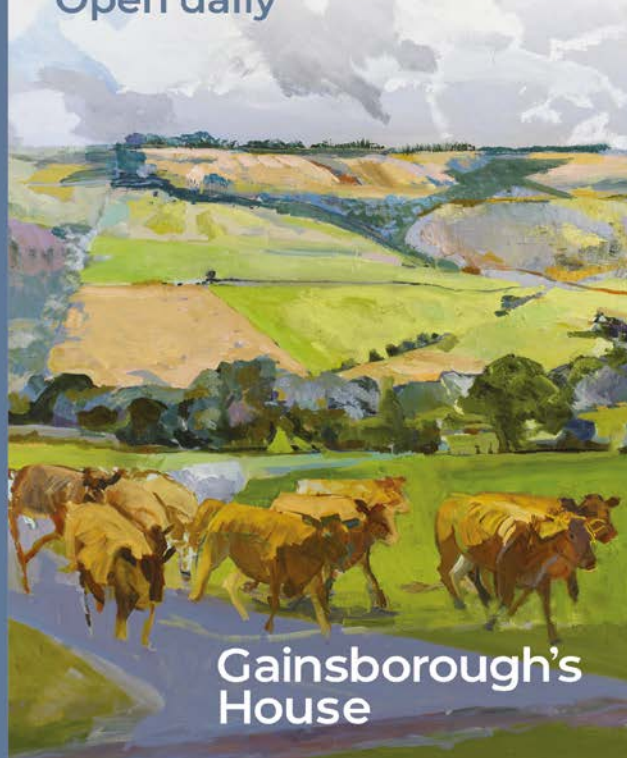
John Constable
Celebrating 250 years

www.gainsborough.org

♦ Sudbury, Suffolk

10am to 4.30pm

Open daily



Little Waldingfield Pop-Up Pubs

Our next 'Pop-Up Pub' nights will be on **Friday 31st July** and **Friday 28th August**.

These relaxed and friendly events run from 6:30pm - 10:30pm in the beautiful setting of the pavilion at the Little Waldingfield playing field, and everyone is welcome to join us for an evening of great company and a range of reasonably-priced drinks (both alcoholic and non) watching the sun set over the countryside.

Hollow Trees Summer Fun

Spend the summer holidays with us at Hollow Trees Farm and enjoy all we have to offer!

We have lots to keep you coming back all summer, from the Cresta Run Sledges, Barrel Train, Football Golf and much more. We also have a brand new activity near The Wild Walk: introducing the Double Zip Line - the perfect new activity to enjoy this summer!

Available from **Saturday 18th July to Monday 31st August 2026**. www.hollowtrees.co.uk

Garden Tour at Nedging Hall

Join head gardener Miles and his son Evan on **Tuesday 7th July** for a special evening tour of the beautiful gardens at Nedging Hall.

This exclusive summer walk offers the chance to explore the gardens in bloom, discover planting combinations, hear expert gardening tips, and learn more about some of the unusual plant varieties grown throughout the grounds.

Guests will be welcomed with a glass of Pimm's on arrival, along with seasonal nibbles. Tickets are £15 per person and include the guided tour, drink and nibbles.

Tickets are available at: <https://tinyurl.com/nedging-garden-tour>

Beer in the Barn

Beer in the Barn returns to Nedging Hall Barns on **Saturday 10th October 2026**, from 3:00pm to 10:00pm.

Set in the beautiful surroundings of Nedging Hall Barns, this over-21s only beer festival promises a lively day of drinks, food and music. The ticket price includes a unique beer glass, unlimited refills of Maudons beers and lagers, cider, and access to a prosecco bar.

Food will be available to buy from My Thai Chef and Crepes 'n' Wraps. Guests can enjoy live music from the Hollywood Rockbusters, before the evening ends with a DJ set from Cloud 9 Roadshow.

Tickets are available at: <https://tinyurl.com/Beer-in-the-barn-2026>

Talk about St Mary's in Chilton

Join us for a free talk by Roy Tricker at St Mary's Church on **Saturday 4th July 2026**. A chance to hear this celebrated speaker on Suffolk churches and an opportunity to find out more about a local church. Free refreshments will be available and everyone is welcome. Doors open at 10.30am.

Also at St Mary's on **Thursday 13th August** starting at 7.30pm, a performance of *The Cursed Ring* by Quill & Inkling Theatre Company. A Viking Saga which begins with the forging of a great ring, suitable for adults and children. Book tickets online now at www.ticketsource.com/quill-inkling

For more information about both events please contact Jane Hatton on 07392 086936 or jhatton@thecct.org.uk.

Leavenheath Summer Fete

Leavenheath Summer Fete takes place on **Saturday 4th July**, 12 noon to 5pm, on the village green. There will be live music and local entertainment, stalls, food vendors, a licensed bar, inflatables, games, a raffle and cream teas in the village hall. Entry and on-site parking are free.

Madrigalia & A Melody of Harps



Present:

*A Lunchtime Recital
Bury St Edmunds Cathedral*

Friday 3rd July 1.10 p.m

*Free Entry
Retiring Collection*

Boxford Study Centre Literature Group

An 8 week course on Monday afternoons 2:30pm - 4:30pm
Meeting in Groton Village Hall, CO10 5EL
Starting on Monday 28th September 2026

Challenging God

Tutor: Mrs Alison Davidson

This Term we shall be studying authors who have written about Faith and Doubt in an Imperfect World.

Sept 28th **The Tragical History of Doctor Faustus - Text B** Marlow c1592

Oct 5th **Paradise Lost - Book One** John Milton 1667

Oct 12th *Reading Week*

Oct 19th **Songs of Innocence, Experience and The Book of Urizen** Blake 1794

Oct 26th *Reading Week*

Nov 2nd **The Picture of Dorian Gray** Oscar Wilde 1890

Nov 9th **In Memoriam 1** Alfred, Lord Tennyson 1850

Nov 16th **In Memoriam 2** Alfred, Lord Tennyson 1850

Nov 23rd **Oranges are Not The Only Fruit** Jeanette Winterson 1985

Course Fee: £80 for the complete course,
payable on the first or second meeting.

£10 for each single class.

Newcomers to these classes are very welcome.

Please contact Mr David Jones for further information if you are interested in attending; Telephone 01787 211104. Selected readings will be available at each session.

Cinema at the Ansell Centre

Les Liasons Dangereuses Live Streaming from the National Theatre

BAFTA Award-winner Lesley Manville (*Phantom Thread*) joins Aidan Turner (*Rivals*) in a striking new staging of Christopher Hampton's celebrated adaptation of the classic novel, where among the glittering salons of the super-rich, one misstep can mean ruin. Marquise de Merteuil is a master in the art of survival. Alongside the magnetic Vicomte de Valmont, they turn seduction into strategy and weaponise desire. But when their alliance collapses into rivalry, the battle between them threatens to destroy everyone in their path.

Filmed live on stage at the National Theatre, Marianne Elliott (*Angels in America*) directs this thrilling game of love, lies, and social warfare.



Scan for tickets

National Theatre Live

LES LIAISONS DANGEREUSES

Sunday 12th July at 2.30pm

DATE: SUNDAY 12TH JULY 2026

TIME: Doors open at 2pm, screening 2.30pm - 5pm including interval
Bar open before the screening and during the interval

VENUE: Ansell Centre, Market Place, Hadleigh, IP7 5DL
*Next to the United Reformed Church and behind The Ram public house
Access through the church garden
Free car parking in Hadleigh on Sundays*

TICKETS: £14 cash or card on the door
*Or book in advance via ticketsource:
www.ticketsource.com/whats-on/hadleigh/ansell-centre*

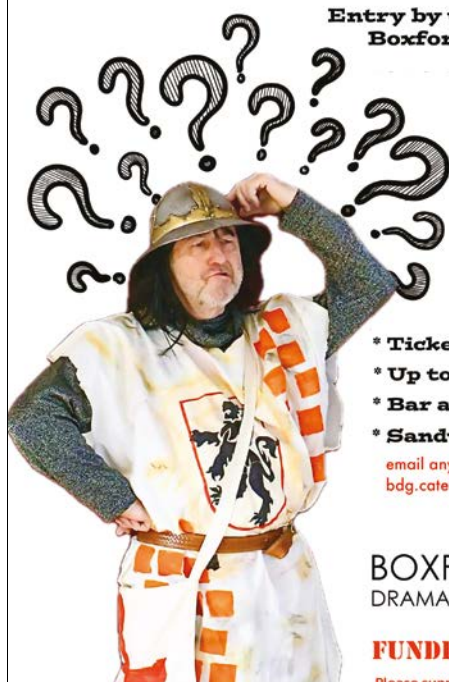
**National
Theatre**

QUIZ NIGHT

Boxford Village Hall
Friday 24th July - 7:30pm

Doors open at 7:00pm

Entry by ticket only, from
 Boxford Post Office



Back by
 popular request
 - another
 evening of
 brain teasers,
 laughter and
 friendly
 competition

- * Tickets £10 per person
 - * Up to 8 per table
 - * Bar and Raffle
 - * Sandwiches included
- email any dietary requirements to:
 bdg.catering@tolmedia.uk

**BOXFORD
 DRAMA GROUP**



FUNDRAISING EVENT
 Please support your local drama group!

Quiz Night

Little Waldingfield Parish Room
Saturday 4th July 2026

7.30pm prompt start

£12.50 per person
 with two course hot meal
 (Please bring your own drinks)

Max 4 persons per team

(it may be possible to find partners for you)

Raffle

Bookings: Sue Bowen

07962 210359

sdbowen@btopenworld.com

THE FLEECE HOTEL

Charity Quiz

Wed 15th	Jul	8PM
Wed 12th	Aug	8PM
Wed 16th	Sep	8PM
Wed 14th	Oct	8PM
Wed 11th	Nov	8PM
Wed 9th	Dec	8PM

Free to enter, please donate on the night to the
 charity of the month!

Up to 6 per team | 01787 211 818 to reserve a table

Music for a Summer's Evening with:



Accompanist: Jill Garrett



All Saints Church
Acton

CO10 0BA

Saturday 25th July
7p.m

Tickets £10 - U16s free
 Refreshments

Tickets available from:

Acton Post Office
 Faith Marsden 01787 312002
 Chris Moss 01787 377374



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Don't miss our brand new **Double Zip Line** beside the Wild Walk - the perfect way for kids to release that summer holiday energy.

REFRESHMENTS AVAILABLE
IN OUR FARM KIOSK!

SATURDAY 18TH JULY
- MONDAY 31ST AUGUST 2026

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shop@hollowtrees.co.uk www.hollowtrees.co.uk 01449 741 247



71st BURSTALL SHOW

SATURDAY 1 AUGUST

12 NOON

FREE PARKING & ENTRANCE

FLOWER SHOW
DOG SHOW
POP CHORUS
BEER TENT
MARKET STALLS

Refreshments including
BBQ & CAKE

VEHICLES OF INTEREST

A GREAT DAY OUT
for the whole family!

IP8 3DR



MACBETH

At Tendring Hall Estate, Stoke-By-Nayland
Friday 24th July, 7pm

Join the HandleBards for a lively open-air performance of Shakespeare's Macbeth in the Walled Garden of Tendring Park

Doors open at 5.45pm
Bar and Pizza available or bring a picnic

Book tickets via
www.handlebards.com

or scan



The Art of Slow Living

Gainsborough's House offers a gentle summer pause through art, gardens & landscape

Summer has a way of encouraging us to slow down, even if only a little. Longer days, warmer light and the gentle pull of the outdoors invite us to pause, breathe more deeply and take notice of what is around us.

In a world that often feels busy and demanding, finding moments of stillness close to home can be surprisingly restorative. For many residents, Gainsborough's House in Sudbury offers just that, a place where art, gardens and landscape come together to create space for reflection and calm.

Set near the River Stour, Gainsborough's House has long been shaped by its relationship with the natural world. Thomas Gainsborough himself spent hours observing the surrounding countryside, sketching and studying the movement of trees, clouds and light. That practice of careful looking, of being present with a place, feels especially relevant today.

This summer's exhibition programme continues that conversation. Alongside historic landscape paintings by Gainsborough, John Constable and JMW Turner, visitors can experience contemporary responses to landscape that are rooted in close observation and lived experience.

David Dawson's paintings, created en plein air in the Welsh countryside, reflect a deep commitment to being in the land through all seasons. Painted outdoors and worked on slowly over time, his canvases capture fleeting atmospheres, drifting clouds, shifting light, moments that might otherwise pass unnoticed. There is a quiet intensity to his work that encourages visitors to slow down and spend time with what they are seeing.

Similarly, Suffolk-born artist Kate Giles returns repeatedly to the landscapes of East Anglia, allowing familiarity and repetition to shape her work. Her paintings are physical and expressive,

built through a deepening relationship with place. They remind us that knowing a landscape well does not dull our perception, it can sharpen it.

Taken together, these exhibitions offer an alternative rhythm to the pace of everyday life. Rather than rushing through, visitors are encouraged to linger, look again and allow meaning to emerge gradually.





That sense of slowing down continues beyond the galleries. One of the quieter highlights of Gainsborough's House is its permanent camera obscura, tucked within the landscape studio. This centuries-old viewing device offers a 360-degree view across Sudbury and the surrounding countryside, projected as light and movement onto a circular table. For many visitors, watching the town drift gently by becomes a moment of pause, a reminder that seeing differently often begins with standing still.

Outside, the gardens provide another opportunity to pause. In summer, they become a place to sit with a coffee, enjoy a moment of shade, or simply take in the surroundings. Visitors often comment on the contrast between the calm of the gardens and the gentle activity of the town beyond, a balance that feels both grounding and restorative.

Food and drink also play their part in creating an unhurried experience. With The Watering Place café serving locally sourced, freshly prepared seasonal food, visitors are encouraged to take their time. Whether stopping for lunch, a pastry or a well-made cup of tea, it is easy to build a visit around moments of rest as well as discovery.



Opposite page, from top:

Gainsborough's House & Garden
© Gainsborough's House | Jackie Mellor

Daydreaming by David Dawson

Left: *Gainsborough's House Camera Obscura* © Gainsborough's House

Below, from left: *Drawing in the garden* © Gainsborough's House

A peaceful retreat and place to relax © Gainsborough's House | Jackie Mellor

What makes Gainsborough's House particularly appealing for wellbeing is its accessibility. You do not need to commit to a full day or plan far ahead. An hour spent wandering through the galleries, sitting in the garden or watching the camera obscura can be enough to reset the mind and lift the spirits.

For residents, this ease matters. Slow living is not about escaping everyday life, but about finding spaces within it that support balance and reflection. Having somewhere nearby that invites quiet attention and connection, to art, to landscape, to shared experience, can make a real difference.

As summer unfolds, Gainsborough's House offers an invitation to embrace a gentler pace. To notice the play of light across a painting, the movement of clouds over the town, or the simple pleasure of sitting beside the river for a while.

In doing so, it quietly reminds us that slow living does not require grand gestures or long journeys, sometimes it begins with choosing to pause, right where we are.

www.gainsborough.org



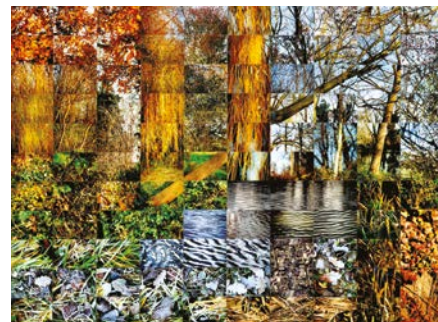
Landscape Revisited

Noel Myles' current exhibition, *Timelines, Re-inventing Landscape*, is now showing at Chappel Galleries. His subject matter, then as now, is landscape, drawn mainly from East Anglia. Myles has lived in Sudbury for 30 years and had his first solo exhibition at Chappel Galleries in 2004.



Noel Myles, *Along the Stour Valley*

The editioned prints in the current show are made by abutting dozens, or even hundreds, of individual photographic prints. His intention is to evoke the cumulative experience of walking through a landscape, or looking at an individual tree, over an extended period, over months or even years.



Noel Myles, *Still Film of December, Study*

Myles' works have been shown around the world. His *Wormingford Oak* has been displayed as far afield as Moscow and New York, as well as at the Victoria and Albert Museum and the Royal Academy closer to home.

He was awarded first prize in an open competition at the National Museum of Photography, Film and Television, judged by David Hockney in 1987.

Timelines, Re-inventing Landscape runs at Chappel Galleries, Colchester Road, Chappel, Essex CO6 2DE, until Sunday 26th July 2026. Open Wednesday to Sunday, 10am to 5pm. For more information, visit www.chappalgalleries.co.uk or call 01206 240326 / info@chappalgalleries.co.uk.



An independent setting within Boxford Primary school

We offer term wrap-around care and Early Education for children aged 20 months -12 years of age

Term time opening hours:
 Monday – Thursday: 7.30am – 6.00pm
 Friday: 7.30am – 5.00pm
 Set Pre-school sessions from 9.00am – 3.30pm

For school aged children, we deliver to Boxford school from Breakfast club and collect directly from the school.

School Holiday clubs for children 20m – 12 years:
 (pre-school children need to be in attendance at Sunflowers)
 Monday - Thursday: 8.30am – 3.30pm

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 Web: www.sunflowers-childcare.co.uk



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jarvishutmaksltd.co.uk

Proud Sponsors of






Lavenham Live!

The Lavenham August Theatre returns with ten days of music, tribute shows & entertainment

The historic *Lavenham August Theatre* returns from **7th to 16th August**, bringing an outstanding programme of live music and entertainment to one of Suffolk's most distinctive summer venues.

This year's event features chart-topping artists, tribute productions and internationally renowned musicians, all performing under cover at the Lavenham August Theatre.

The 2026 line-up includes David Essex, Russell Watson with special guests The Song Circle Choir, Bay City Rollers, The Shires, Collabro, A Foreigner's Journey, Genesis Connected, Holding Back The Years - The Simply Red Show, Karnataka, Roxy Magic, The Carpenters Experience, T.Rextasy with special guest Acoustic Bowie, and Yes Please.

From progressive rock and country music to pop favourites and tribute

performances, the programme offers something for a every music lover.

The *Lavenham August Theatre* has become one of Suffolk's most anticipated summer entertainment events, attracting audiences from across East Anglia and beyond. Its unique undercover setting creates an intimate concert experience while providing comfort, whatever the weather.

Visitors can also take advantage of on-site parking (fee applies), making it easy to enjoy the day or evening of live entertainment at the venue. For those travelling from further afield, a limited number of pitches are available for self-contained camper vehicles and caravans (maximum length seven metres), as well as tent pitches. Guests may arrive from 12 noon on the day of their concert and stay on-site for up to 24 hours. Please note that camping

and parking reservations do not include concert admission, and tickets for performances must be purchased separately. Availability is limited and advance booking is recommended.

Event organiser John Hessenthaler said:

"We're thrilled to be bringing such a diverse and exciting line-up to Lavenham this August. From legendary names and chart stars to some of the UK's finest tribute productions, we've put together a programme that we believe offers something special for everyone. We look forward to welcoming both returning visitors and first-time guests for what promises to be a fantastic series of events."

For full show details and tickets, visit www.weloveconcerts.com or contact the Box Office on 07879 208141.

Chris Wright

CHIMNEY SWEEP



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✉ Enquiries@SFSsuffolk.co.uk



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From Mill to Loom

Helena Powell explores Sudbury's silk heritage in a summer residency at Mill Tye Gallery

This summer Mill Tye Gallery in Great Cornard welcomes emerging textile artist Helena Powell as its Summer Artist in Residence, presenting *Hand Woven Landscapes: From Mill to Loom* from 11th July to 23rd August 2026.

A graduate of the Glasgow School of Art, Helena represents a new generation of contemporary makers bringing fresh energy to Britain's rich textile traditions. Deeply inspired by Suffolk's landscape and Sudbury's

historic silk industry, her work combines traditional hand-weaving techniques with bold contemporary colour and design.

Using silk, hand-painted yarns and intricate woven structures influenced by historic Huguenot jacquard weaving, Helena creates tactile abstract textiles that reflect rhythm, landscape and memory. At the centre of the exhibition will be a working loom installed within the gallery, allowing visitors to experience the slow, skilful process of weaving first-hand and see how fabric develops from thread to finished cloth.

The residency offers visitors a rare opportunity not only to view finished works, but also to engage directly with the making process through demonstrations, interactive weaving sessions and workshops throughout the summer.

For Helena, the exhibition is also about reconnecting contemporary audiences with Sudbury's remarkable silk-weaving heritage, while exploring how traditional craftsmanship can evolve for a modern audience through sustainable, hand-crafted design.

Mill Tye Gallery's curator said: "Helena brings an extraordinary combination of technical skill, creativity and passion for textile heritage. Supporting young artists at this stage in their careers is incredibly important to us, and we're delighted to welcome her as our Summer Artist in Residence."

Exhibition Preview Day: Saturday 11th July, 10:30am - 6pm

Visitors are invited to celebrate the opening of the exhibition with drinks and nibbles while meeting Helena throughout the day.

RSVP at www.milltyegallery.co.uk/exhibitions

Exhibition Dates: 11 July - 23 August

Interactive Loom Weekend: 1st - 2nd August, 10:30am - 4pm

Visitors can try weaving for themselves under Helena's guidance while watching live silk weaving demonstrations in the gallery.

Free admission and parking.

Mill Tye Gallery and Arts Centre
3 Cornard Mills, Mill Tye
Great Cornard, Sudbury CO10 0GW
www.milltyegallery.co.uk





Life at the Shelley Centre

Fundraising in full swing for a busy summer season

Now that summer is well and truly here, the fundraising team at the Shelley Centre are working really hard during what is the peak time of year for us to be out and about encouraging support for the charity.

It costs in the region of £100,000 a year to run the centre, so fundraising events are a critical element of that. We're always grateful to everyone who supports us, whether that's by doing their own fundraising, coming to something we put on at the Shelley Centre or supporting someone else who's raising money - perhaps through an online fundraising page. We keep our supporters up to date with who's raising money through sites such as JustGiving via a link on our website.

There are some events that have become real regulars on the calendar which we know many will save the date for well in advance. The Hadleigh Show in May is one of them and, as pictured above, gives us the chance to meet lots of people who either generously support us by purchasing cakes and plants or may wish to find

out more about our work and how to volunteer with us. Thank you if you came and saw us there this year, and to all those who made cakes for us. In fact, we're always happy to hear from anyone who enjoys baking and might like to support our fundraising events in this way - volunteering on the fundraising side of things is as valued as helping our riders with the RDA activities.

At the end of August, we are delighted to once again be a beneficiary of the Big Day Small Country music festival at Nayland Village Hall. The first event in 2024 generously supported us, and we're really looking forward to its return this year. The family-friendly event on Sunday August 30th will include music from Eddie Smith & the 507, Mim Grey and BearFootSoul, among others. There'll also be falconry displays, line dancing and, of course, plenty of food and drink for all tastes. Search online for the ticket website.

Last year, we brought back an event that has also had loyal supporters

over the years - our charity Long Distance Ride from the centre. It takes in some of the stunning countryside that surrounds us and was very well supported. This year, we're hoping to hold it in the autumn, when the weather, and hopefully the ground, will allow us to make even more of the event. We'll have details on our website and socials as soon as we have set the date.

For the last few years, we've held a charity dog show in late summer at the centre itself too, and all these - as well as our charity walks - are big events for our fundraisers and volunteers, who work hard with the planning and on the day. In addition, we're always happy to discuss how we may help event organisers who are generous enough to make the Shelley Centre a beneficiary of their own event. Please do get in touch if you'd like to support us in this way.

www.shelleyrda.com
01473 824172



Boxford WI

This June Boxford WI celebrated its 20th birthday with a magic show, cream tea and birthday cake. Mark entertained us with several magic tricks which left the ladies guessing how these were done. There was lots of oohing and aahing when he finally revealed the secrets behind the tricks.



If you are interested in joining the WI why not come along come along to the village hall on the first Wednesday of the month at 2pm where you will receive a warm welcome.

Once you are a member you will be able to enjoy the following interest groups which we hold on a regular basis:

- Dining Divas (lunch group)
- Chatterbox (afternoon with tea and cake)
- Knit and Natter
- Book club

For more information please contact our Secretary, Lyn Beer on **07961 357526** or email lyn@the-brook.net.

French's Care Haven

I am now writing the news for the July edition, and I am still waiting and hoping to get the final signatures on completion for the new land. Goodness me, it has been one thing after another, with hold-ups along the way. These things seem to go on and on. Let's keep everything crossed that, by the time this magazine is on the shelves, I can start jumping with joy and tick one of the many stresses connected with this mammoth move off my list.

Thank you to all of you who follow us and care about what we do at our charity. If you can help us in any way, please do get in touch with me. I am also looking for someone, or a business, who would be willing to sponsor us in return for some good advertising. We also need a fencing company, someone who does groundwork, and someone in tree services who can cut and mulch some bushes and broken trees. Our laminitic ponies need an area with a solid foundation laid down, with mulch on top, as they can only have a short time, if any, on grass because of the effect the sugar has on their condition. If you can help, or know a tradesperson or company who does not charge the earth and can do a good job, please pass their contact number on to me.



This month we have a photo of dear Tess with Leanne and Claire, two of our helpers. Tess is in her early thirties, so she is classed as a horsey pensioner. She has a bit of arthritis in one of her front legs and not many teeth, but apart from that she is a happy soul who gets lots of love from our helpers.

As I have mentioned previously, we do have a lot of elderly animals. But, as in life, if you are well looked after and given lots of care and love, life goes on with a smile on your face. That is what

we like to see with our animals. We give them the very best care, support and love, and they show us, in one way or another, that they appreciate the loving care and attention they receive from me and my team.

If you would like to come and meet our animals and choose one to sponsor, that would be lovely for you and for the donkey, pony or horse you would be helping. Please do contact me if you would like to come along and meet our beautiful rescues.

Jann

07747 755 556

jann.turner@hotmail.co.uk

www.frenchscarehaven.org.uk

Readers' Letters

Dear Editor,

A devoted husband and father, Peter Watt, sadly died on 1st April 2026, after a very courageous battle with cancer for the past year. Many people had no idea that he was poorly and that was his wish and so he lived life to the full until the very last few weeks!

As a family we wanted to thank everyone who attended his memorial service in Boxford Church on 14th May and to the many who assisted with the organisation.

He had a wonderful send off afterwards at The Bull Hotel in Long Melford in true Peter style as an hotelier.

We are heartbroken in our grief, but the kindness demonstrated to us by many in Boxford and surrounding villages has been very much appreciated.

Thank you.

Very best wishes to everyone

Jenny, Jamie, Callum and of course our four legged member of the family Ralph

Dear Editor,

I saw Alan Keeble's letter and photographs of the Aberdeen Angus twin calves in the June 2026 issue of Box River News. What a special and rare spring arrival for Bowerhouse Farm.

I hope both calves are doing well. I wondered whether they have names yet? If not, perhaps they need something suitably Scottish. Heather and Nessie, maybe, if they are girls, or Arran and Glen if they are boys?

Andy Sargeant



The Family Behind the Counter

Boxford Society traces four generations of Grimwood shopkeeping in Stone Street & Swan Street

Thirty seven years ago in 1989 the Grimwood family sold their shop, 2 Swan Street, after trading in Stone Street and Swan Street for over 100 years. Founder Daniel Grimwood had carried a basket over his shoulder to deliver his goods on foot in the late 1800s, when Queen Victoria was on the throne. He opened his first grocer's shop as a young man in a cottage in Stone Street during the 1880s. Later he delivered by horse and cart until he bought a van in 1938. Daniel made his own wine and regularly took refreshment at customer's homes when out on his rounds. One day he stayed too long and when he came out the pony and cart had found its own way home! His shop also served as a drapers and a pork butchers, with a slaughterhouse at the back. His daughters and sons were all employed in the business.

Daniel Grimwood was born in 1860 and lived until 1946. In 1887 he married Anna Maria, who was born in 1863.

By 1911 they had a large family: Thomas, 23, Oliver, 21, Percy, 18, and Harry, 16, were all working in the Stone Street shop as grocer's assistants. There were also two daughters. Ellen, 11, was staying nearby with her sister Bessie, by then Mrs Mann. It must have been very crowded in that small cottage in Stone Street, but that was normal for the period, and many of the adjacent cottages were similarly crowded.

In 1888, the year after Daniel and Anna married, they had a major setback.

A severe storm caused flooding in Boxford, and Stone Street was badly affected.



Extract from 24th September 1888
Newspaper Report:

BOXFORD THUNDERSTORM & FLOOD

In Stone Street the severity of the flood was experienced, the accumulated water against a brick wall, about thirty feet long, of Mr. R. Hill's, forcing it down with a crash rushing across the road, bursting in the shop door of Mr. D. Grimwood, grocer, doing considerable damage to the stock and carrying away a large quantity of goods, amongst other things several hundredweight of soap. At the cottage next door considerable damage was done to the poor woman's things. Mrs. Spooner is a machinist, and a great part of the work she had in hand, eight or ten pairs of trousers, were carried away or damaged, whilst a large double chest of drawers was lifted from the floor and thrown down. In some of the houses the water was deep enough to float the furniture. Stone Street seemed to come off worse than all. The walls were washed down, and most of the houses were flooded. One poor woman was baking, and had to take refuge on the top of the table. This did not prove high enough, and she was rescued after a time, but not till chairs, stools, etc had been washed out, and the bread was floating round the oven.

Fortunately, in March 1884, Daniel had insured his business with Yorkshire Fire and Life Insurance. It covered the brick, timber and tiles of the premises, and stock and trade utensils. He also had stables nearby, of brick, timber and thatch, containing horses, harnesses, carts and fodder. The insured sum overall was £100. Hopefully, he had kept his payments up and was able to claim in full for the losses in the 1888 flood.

Daniel and Anna Maria lost two sons, Oliver and Percy, and their daughter Bessie's husband, Edgar Mann, in France during the First World War. Oliver and Edgar died only 11 days apart.



Private Edgar Mann was in the 11th Battalion, Suffolk Regiment. He was born in 1884 in Chelsworth and was brought up by his grandparents in Boxford. Edgar married Bessie Grimwood in 1909, and they had two children. His son Daniel Mann later became a carpenter and joiner in Swan Street. In 1918 Edgar was wounded in the Battle of the Lys and evacuated to Wimereux, near Boulogne, where he died on 21st April, aged 33. Bessie Mann returned with her two young children to live with her parents in the crowded cottage in Stone Street.

Edgar's brother-in-law in the same battalion, Oliver Grimwood, had died 11 days earlier. In 1915 Oliver married Clarissa Kingsbury, and they

had one son, Oliver Walter Kingsbury Grimwood, who was born after his father's death. Oliver survived the battles of the Somme in 1916 and Arras in 1917, but in 1918 he too was at the



Opposite page, from top:

Grimwood family and staff at the Swan Street shop closure in 1889. Front row, L-R: Danny Grimwood, Evie Fletcher and Harry Grimwood Jnr, father of Malcolm. Back row, L-R: Jackie Iliffe, Diane Butler, Joy Stowe and Malcolm Grimwood.

Daniel Grimwood Snr (1860-1946) outside his Stone Street shop in the 1930s.

This page, clockwise from top:

Harry Grimwood Snr (1895-1957) in Wash Lane around 1920 delivering groceries.

Edith Grimwood (b1897), wife of Harry Snr, with her daughter Evie (later Fletcher) outside the recently opened Swan Street shop in 1926.

Swan Street and Grimwood's grocery store in the 1930s.





and 12 lemons! Her husband Harry Snr continued to work in the Stone Street shop with his father Daniel, which eventually closed in 1983.

The founder of the business, Daniel Grimwood, the first generation, died in 1946 at the age of 86. His son Harry Snr, the second generation, was joined in the business by his sons Harry Jnr and Dan Grimwood, the third generation, in 1946. When Harry Snr died in 1957, a limited company was formed to cover both shops. Harry Jnr and Dan were joined in partnership by their sister, Mrs Evie Fletcher, by then the wife of Percy Fletcher. In

Battle of the Lys. He died in action on 10th April 1918, aged 28, and was buried in France. His wife, Clarissa, and son Oliver Walter continued to live at Hill House, Ellis Street, with her mother, Alice Kingsbury.

Private Percy Grimwood was in the 4th Battalion, Suffolk Regiment. Percy was born in 1892 in Stone Street. He was a grocer's assistant for his father before the war. He died at High Wood

on 18th August 1916 during the Somme offensive. Percy was 24 years old and his name joined those 72,000 others on the Thiepval Memorial in France who have no known grave. He was a single man.

After World War I, Daniel and Anna's son, Harry Snr (born 1895), continued in the business. He married Edith Mary, known as Diddy, and they had three children: Harry Jnr, Daniel and Evie (Evaline). In 1926 Edith, showing some independence, opened a second grocer's shop at No 2 Swan Street. This had previously been Walter Rugg's shop since 1909. He was a chemist and photographer who took many of the old pictures of Boxford and published them as postcards, for which we are very grateful. Edith opened the shop on the first day with a case of oranges



Clockwise, from top left:

Grimwood's Stores and van before 1946, with Harry Grimwood Snr and the van driver.

Grimwood's Stores, Swan Street, run by Edith Grimwood, seen in the doorway, in the 1940s.

Oliver Walter Grimwood Jnr in the 1930s with his mother, Clarissa, outside Hill House in Ellis Street.

Harry Grimwood Snr, Special Constable and wartime ambulance driver, with Percy Fletcher, Home Guard, Evie's husband, In 1942 Percy joined the School of Survey to train as a Battery Surveyor. He was posted to the 1st Heavy Regiment of the Royal Artillery, attached to the First Canadian Army, and was in the advance party that landed on Juno Beach at 23:00 hours on D-Day, 1944. His task was to set firing co-ordinates and, after the fighting at Caen, he was in all major actions until the end of the war. He remained in Germany as a Bombardier/Surveyor until his demob in 1947.

Harry Grimwood Snr, second generation of the Grimwood family business.





due course, Harry Jnr's son Malcolm became the fourth generation in the Grimwood business, working in the store. He took over as delivery driver when Harry, his father, was no longer well enough. Grimwood's was one of the last local village grocers to offer a delivery service by van. At the time of closure, the shop delivered to Edwardstone, Groton, Milden, Brent Leigh, Leavenheath, Polstead and Kersey Tye. More than 100 years of family service to the residents of Boxford and district came to a close with the sale of the grocery business in 1989, when the three directors retired.

Mrs Evie Fletcher was quoted in a local news report as saying: "Many memories abound. On one occasion a van laden with groceries heading for some outlying area became



half-buried in snowdrifts. During the last war, 1939-45, there was also the sight of the late Mr and Mrs Harry Grimwood, the second generation, carrying out the nightly counting of numerous rationing coupons on the dining room table. It will be a wrench to part with what has been, in a true sense, a family business. We are also grateful to a very loyal and devoted staff, who have carried out their duties not only to their satisfaction, but also to the satisfaction of the customers."

From 1989 the Swan Street shop had several owners until May 2000, when it was purchased by Robert and Joy Stowe. Joy had worked in the shop for 30 years before they bought it.

Memories of Kenny King:

"Daniel Grimwood had the nickname 'Mousey' because he was often munching a piece of cheese. Villagers in those days almost always had a nickname." The nickname list of more than 250 villagers in the 1920s and 1930s was compiled by Kenny King, and it seems to have been useful in

distinguishing between people of the same name, as well as being part of the local culture. Some nicknames were less kind than others, but many give a clue, possibly unfairly, about the person. No doubt it depended on the particular name assigned as to whether individuals enjoyed it or disliked it.

Kenny also offered this story: "In the 1930s there was a chewing gum vending machine outside Grimwood's shop. Our gang discovered that by placing some lead in a hollowed-out cardboard coin you could get packs of chewing gum out of the machine. We were seen and reported, and a sergeant visited the school to witness the resulting thrashings. The ringleader got 21 strokes and could not sit down for a week. The rest of us got five each. I was saved from the worst effects by my thick corduroy trousers." No doubt this was one of Wrigley's red, green and silver cast-iron and steel slot machines. They dispensed standard packs of Wrigley's Spearmint and Doublemint for a pre-decimal penny.

Daniel was an ambitious local entrepreneur of his age, serving his community with his family for many years and going from walking trader to a man of substance and importance in the village.

Tina and Roger Loose



Clockwise, from top left:

Daniel Grimwood Jnr (son of Harry Snr and brother of Evie) married Peggy Stevenson at Edwardstone.

A general view of the Stone Street pinch point outside Grimwood's shop after Daniel had died in 1946.

Oliver Walter Grimwood 58 (Clarissa's son), John Whymark 76 and Cedric Smith 66 reminiscing about their life and times on the bridge in Boxford in 1976.



A Day in the Life of a Vet Nurse

From theatre checks to patient cuddles, one nurse reveals what really happens behind the consultation-room door

Every day at The Hadleigh Vets, our doors open to a bustling world of diagnostics, surgeries, and routine care. While you often see myself or my vet colleagues in the consultation rooms, there is an incredibly skilled, dedicated team working tirelessly behind the scenes: our veterinary nurses. Our nurses are highly trained, compassionate professionals who form the absolute backbone of our practice. To give you a glimpse into their vital role, I asked one of our team to share what a typical day looks like. Hint: it involves a lot of multitasking, incredible medical skill, and plenty of cuddles!

"My day starts long before the practice doors open to the public. After a brisk morning dog walk, I make a strong cup of tea, pull on my scrubs and head into work.

As soon as I arrive at the practice, my first task is to set up the heartbeat of the hospital: the theatres, kennels, and my nursing consultation room. I meticulously run through rigorous safety checks on all our anaesthetic equipment to ensure it functions perfectly. Next, I prepare, check, and sterilise the surgical kits needed for the day's procedures, ensuring we are ready for the vets, who, let's be honest, would be completely lost without us!

By 8:15am, our day patients begin to arrive for their routine surgical or medical procedures. I guide my patients' owners through the plan for the day, the recovery process and the essential consent forms, answering any questions they may have. For our more complex or involved procedures, our vets will discuss the surgical blueprint, but I love handling the morning admissions to keep the process smooth and stress-free for the pets.



Then I gently settle our patients into their cosy, warm kennels in the ward. Next, under the direction of a vet, I carefully calculate the precise drug doses tailored to each individual animal's weight, preparing the medications for the day ahead. As a nursing team, with our animal care assistants, we now conduct an exercise in patience and skill: placing intravenous cannulas and taking necessary blood samples. This requires a very steady hand, a lot of gentle reassurance and, occasionally, negotiating with a patient who firmly believes their paw is top-secret property. These tiny tubes in the leg allow us to administer fluids and medications instantly, keeping our patients safe and supported throughout their stay, and are placed in all patients having intravenous medications - from guinea pigs to Great Danes.

By mid-morning, theatre is in full swing. While the vets operate, my critical role is to manage and monitor the anaesthesia. This involves checking each patient's health and stability, heartbeat by heartbeat and breath by breath. Today's schedule keeps me on my toes. First up is a routine cat spay and then a much more complex

orthopaedic procedure called a TPLO to treat a dog with cruciate ligament disease. Advanced surgery like this requires my absolute focus as the monitoring nurse. Meanwhile, in the theatre next door my fellow nurse is busy anaesthetising a patient, taking dental X-rays and performing a thorough scale and polish for a dental procedure.

After a busy morning a lunch break provides a much-needed moment to catch my breath before the afternoon begins. The afternoon brings a change of pace. Right now I am dedicated to the care of our unwell inpatients who need round-the-clock monitoring. Today, this includes an elderly dog who is dehydrated and needs intravenous fluid therapy and scheduled medications. My nursing colleagues and I work seamlessly as a team, helping each other handle complex cases and ensuring the hospital ward remains a quiet, healing environment.

Between checking on my inpatients I prepare detailed information sheets for owners, outlining exactly how to care for their pets once they head home after their procedures.

Then it is time for my afternoon nursing appointments! We are incredibly lucky at this practice to run our own dedicated clinics which are a wonderful way to connect directly with our local community and their pets. My line-up this afternoon includes a routine nail clip, a blood pressure check, a post-operative check and a senior pet appointment. During the senior pet appointment, I sit down with the owner to discuss their pet's mobility, offer practical physiotherapy exercises they can do at home to ease stiff joints, and check the pet's body condition and dental health.

As evening approaches the final patients are reunited with their owners. I make sure all discharge instructions are fully understood so the recovery process can continue smoothly at home.

My final hour of the shift is dedicated to a thorough clean-down of the entire clinical area, restocking supplies, lint-rolling an impressive amount of pet hair off my uniform and ensuring the practice is spotless and ready to do it all over again tomorrow. Being a veterinary nurse takes an incredible amount of skill, heart and stamina, and I am so grateful to care for wonderful pets every single day."

Dr. Jessica Hudson BVMedSci (Hons) BVM BVS (Hons) BSAVA PGcertSAECC MRCVS
www.thehadleighvets.com

Hadleigh Patient Participation Group (PPG)

ReSPECT Forms: Have you filled in a ReSPECT form? If you are living with a life-threatening or life-limiting illness or you have strong feelings about your end-of-life care, this document will give your family and healthcare professionals a clear understanding of your wishes regarding your care and treatment should you become ill. The form will indicate whether you want to remain at home, be admitted to hospital or receive resuscitation. Forms are available to all at the practice and can be completed with help from a healthcare professional.



Resuscitation Council UK

For further information, visit: www.resus.org.uk/respect/respect-patients-and-carers

Anima: Anima has been tweaked and streamlined. It is now more user-friendly and you can do so much more than when it first started. Check out all the new possibilities and save making a telephone call. This will help keep the telephone lines free for patients unable to use this online service.

IT help: Once a month, Communities Together offer helpful IT advice in the upstairs room of Hadleigh Library. The next session will take place on **Tuesday 7th July** from 10am to 12noon. Booking is essential as places are limited. Call Tracey on 01449 707031 or email info@communitiestogether-ea.org

The Patient Car Park: You are kindly reminded that these spaces are for the convenience of patients with a medical appointment or who are collecting medicine from the pharmacy inside the practice. It should not be used for any other purpose. Don't forget to register your car inside the practice if you use the Toppesfield Car Park. Failure to do so could incur a hefty fine.

Boxford Community Car Scheme: This service is available for patients needing transport to hospital or health centre appointments. Contact Jen Eastwood on 01787 211853 or jen.eastwood8@gmail.com



Mental Health Worker:

A mental health practitioner in general practice acts as a bridge between patients, GPs, mental health services and community support. Their role is designed to improve access to mental health care, provide early intervention and support in preventing further deterioration.

This demanding role involves helping patients with mental health difficulties. They can provide both emotional and practical support and assist people with long-term mental health conditions to cope and manage their wellbeing.

This often means signposting patients to services best suited to their needs, especially if they struggle to do this themselves.

A mental health worker always collaborates with other clinicians involved in the patient's care to ensure the best outcome for the patient. Giving their time and care often reduces pressure on GPs. Their specialist training also enables them to detect early signs of deterioration and safeguarding concerns and bring these to the attention of clinical staff or emergency services when necessary.

There may be other contributory factors affecting a patient's mental well-being e.g. isolation, unemployment and bereavement to name just a few. It would greatly benefit the patient if a coping mechanism was put in place to help address these disturbing issues. A mental health worker would be able to encourage self-management, resilience and community engagement.

Out of Hours Doctor: Call 111 or visit www.111.nhs.uk

Website: www.hadleighhealth.co.uk

Facebook: www.facebook.com/HadleighHealthCentre

PPG Chair/ Art Work: Jan Devey deveys@btinternet.com 01473 827091 or 07881 798999

Health Centre: 01473 822 961



Natural Boxford

Nettles: so much more than a stinger!

Living in the countryside as we do, I am sure everyone is familiar with the nettle. Often referred to as 'stinging nettles', I wonder if this contributes to us seeing them as a nuisance that needs to be cleared away.

Certainly they do sting! Their leaves and stems have tiny, hollow, hair-like structures with a swollen base, which is filled with a number of chemicals, including histamine, serotonin, formic acid and acetylcholine. When we brush past nettles, the tip of the tube is easily broken and those chemicals cause the mild heat and rash of a nettle sting. You can often find docks near nettles: crush a leaf and rub it where you have

been stung by the nettle and it can reduce the pain. The hairs probably evolved as protection to limit grazing by sheep, deer and rabbits.

There is even a school of thought, based on experience, that for certain conditions, such as arthritic joints, a nettle sting can be beneficial...

However, there is a great deal more to nettles and ample reason to celebrate them, and find a place for them in our gardens and allotments.

Nettles are food and habitat

Many of our so-called 'weeds', aka wildflowers, are inextricably connected with the life of other species in a system of symbiosis, where they support each other. The caterpillars of Comma, Peacock, Small Tortoiseshell, Painted Lady and Red Admiral butterflies, and Garden Tiger, Flame and Buff Ermine moths, feed on the nettle plant: the Red Admiral lays its eggs almost exclusively on nettles and, when the caterpillars hatch, they are fuelled by nettle leaves. Destroy nettles and we destroy these too, and everything else on and up the food chain. This is known as a trophic

Above:

The humble nettle - often overlooked, but vital for wildlife.

Left:

A Red Admiral caterpillar on a nettle leaf. Nettles are one of the most important food plants for Red Admiral caterpillars, which feed on the leaves before emerging as the familiar black, red and white butterflies seen in gardens through summer.

Opposite page, from top:

A Painted Lady butterfly. The Painted Lady is another butterfly linked with nettles, reminding us that even plants often dismissed as weeds can support some of our most beautiful wildlife.

Nettles with seeds. The hanging seed clusters of female nettle plants can be dried and stored, then sprinkled sparingly into everyday food.





cascade, when the destruction of one small element causes huge and far-reaching collapse. Who doesn't love to see these beautiful beings fluttering by?

Not just insects but birds too rely on the nettle for food: Reed Buntings, Chaffinches, Sparrows, Bullfinches, Siskins and many other garden and woodland species eat their seeds.

Nettles are valuable food for us humans too!

The fresh, bright green new growth tips of nettles, cooked up with some stock, potato and lemon juice, create a delicately flavoured and mineral-rich soup. Nettle leaf tea can have mild anti-inflammatory effects, but the nutritional powerhouse of the nettle is its seeds.

The Latin name of nettle, *Urtica dioica*, meaning nettle of two houses, indicates that it has both female and male plants. The male plants produce pollen, which fertilises the female plant, which then produces dense, heavily seeded heads: these are the ones to cut, placing them somewhere airy to dry, and then stripping the seeds off to store in an airtight jar. They can then be sprinkled on salads, fruit and yoghurt, and included in breads and smoothies. The whole plant contains



vitamins A, C and K, and minerals including iron, magnesium, calcium and silicon. The seeds are also rich in fatty acids and vitamin E, making them highly beneficial for our skin and nervous system, and contain antioxidants, which help maintain cell health.

Clinically, nettle extracts have been used or studied for urinary and kidney-related issues, and nettle is an age-old known remedy for urinary tract inflammation. There is ongoing research into the use of nettle for reducing hay fever symptoms, as it contains compounds such as quercetin and rutin, which have anti-allergic properties. Traditionally, nettle seed is known for supporting the adrenal glands and endocrine system, and is used as a nourishing tonic to improve mood, appetite and sleep in cases of exhaustion and 'burnout'. NB: nettle seeds are not recommended if you are pregnant or breastfeeding, as they are diuretic. Check with your GP if you take other medication before consuming large amounts.

Nettles are a friend supporting plants and soil in the garden and on the allotment

Although the temptation is to pull all those nettles out, there is much to be gained from allowing a patch to remain in a sunny spot. If we treat them as another plant to be tended, we can reap multiple benefits whilst supporting organic and sustainable gardening and veg growing:

- They attract pollinators.
- Chopped and added to compost heaps, they will enrich the end product no end and speed up the process: mix them up with your other composting ingredients for best results.
- Slugs and snails love to eat nettles: this pulls them away from your seedlings, whilst frogs and toads will

Nettle Facts

Young nettle tops can be brewed into nettle beer, a traditional country drink with a fresh, herbal flavour.

Nettles have long been used in cheesemaking: the leaves can be wrapped around cheese, as with Cornish Yarg, and were also used as a rennet substitute.

Nettle fibres make very strong string, and beautifully soft and hard-wearing fabric.

They can be used as a fabric dye and, during the Second World War, children were encouraged to collect them for use as a dark green dye in camouflage.

The word 'urtication' means deliberately stinging the skin with nettles, once used as a folk remedy for aching joints.

also shelter under nettles and eat the slugs!

- Nettle aphids appear early in spring and provide valuable food for birds and beneficial insects.
- Ladybirds love nettles and lay their eggs on them: the larvae then munch upon a range of insects, such as aphids, whitefly, blackfly and red spider mite, rather than us resorting to using chemicals, which will kill the helpful insects too.
- Nettle and comfrey can be cut and soaked in a covered bucket of water, stirred from time to time for a few weeks, and then drained off to use, highly diluted, in your watering can as a potent (and rather smelly, it has to be said) plant food.

Maybe we can all learn to appreciate the gifts of nettles a bit more and think again before pulling them out.

If you really enjoy pulling things out... it is Himalayan Balsam clearing season and Natural Boxford volunteers are hard at work implementing our five-year plan to clear the River Box. We have a lot of fun and see areas of the river we might not otherwise. Do drop me a line if you would like to join us.

Much love,
Louise, on behalf of the
Natural Boxford group.





Midlife, Out Loud

Honest local conversations about menopause, pressure & the quiet strain of carrying on

Midlife can arrive quietly. It is rarely one dramatic moment. More often, it is a gradual sense that something has shifted.

Over the last few months, I have been having conversations with women locally who are saying very similar things: *"I should be able to handle this - why can't I?" "I don't recognise myself anymore."* *"Everyone relies on me and I'm running on empty."*

Some of these conversations have happened in my therapy work, others at local wellbeing events, and some simply in everyday conversation. What stands out is how many women are carrying on as normal on the surface - working, caring, managing households, supporting everyone else - while privately feeling exhausted, anxious, overwhelmed or unlike themselves.

Often, they first put it down to stress, overwork, or *"just getting older"*. It is only when we start talking things through properly that perimenopause or menopause begins to make sense as part of the picture.

At a recent wellbeing event in Long Melford, I asked women to describe menopause in three words. The answers included: *"crap"*, *"lonely"*, *"overwhelming"* and *"confusing"*. There was often laughter afterwards, but also recognition and relief - the feeling of realising other people were struggling in similar ways too.

What people describe is not just physical symptoms. Sleep may become

lighter or more broken. Memory can feel less reliable. Stress can feel as though it sits differently in the body. Some women feel more tearful, more irritable, more anxious, or simply less able to keep absorbing pressure in the way they once did.

Oestrogen plays a role in mood, sleep, memory and how we cope with stress. During perimenopause, as hormone levels fluctuate, many women notice that their usual capacity for coping does not feel quite the same. That can be unsettling, especially for women who are used to being capable, organised and dependable.

Menopause also rarely arrives when life is calm and simple. More often, it comes in the middle of everything else - teenage children, ageing parents, work pressures, relationship changes, caring responsibilities, and the ordinary demands of daily life.

HRT came up a lot at the Long Melford event. For some women it has made a real difference. For others, there was hesitation or confusion - about safety, suitability, or simply what the options are. There are different types of HRT and different ways of taking it, so anyone unsure about symptoms or treatment should speak to a GP or an appropriately qualified health professional.

There are also simple things that can help day to day: noticing what makes symptoms worse, protecting

rest where possible, reducing unnecessary pressure, talking honestly with someone trusted, and asking for practical help before things reach crisis point. These do not fix everything, but they can make the load feel less lonely.

Partners, friends and colleagues can help by listening rather than trying to solve everything. A simple *"That sounds really hard"* is often more useful than advice. Practical support - sharing tasks, easing expectations, or protecting rest - can matter more than people realise.

What many women say they need most at this stage is not more advice, but space - space to pause, to talk honestly, and to make sense of what is happening without feeling pushed to fix everything straight away.

It can also help to keep a simple note of patterns - sleep, mood, anxiety, hot flushes, periods, headaches or anything that feels different. This can make conversations with a GP or health professional much clearer, especially when symptoms are easy to dismiss or forget once the appointment arrives.

Midlife is not a failure of resilience. For many women, it is a stage of physical and emotional change happening at the same time as a lot of life pressure. Talking about it openly does not solve everything, but it can be the first step towards getting the right support and feeling less alone.

Karen Garner
Clarity Through Change

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100 Years of Groton Village Hall

The remarkable story of a former Great War hut that became Groton's WI Hall, gathering place and village asset

Like Boxford Village Hall, Groton Village Hall is also celebrating its centenary this year.

We look back at the determination and pride invested in this unassuming Great War hut, which for many decades was the WI Hall.

The history of the hut is firmly linked to that of Groton Women's Institute, established in 1918, which joined the County Federation in 1920. Their records show just how determined WI members were to have their own hall in Groton:

"February 1925: Request received from Boxford Village Hall Committee to help build Boxford Village Hall instead of Groton WI Hut - unanimously vetoed."

So, it is no surprise that both villages went ahead separately and are celebrating the centenaries of their halls this year.

However, the history of Groton Village Hall goes back further than its 100 years in Groton. The start of the First World War necessitated a huge expansion of army huts, used as accommodation for soldiers in training and as portable units for soldiers deployed in Europe.

Our hut was originally part of Reed Hall Camp at Colchester Barracks and is said to have been part of the army hospital. The barracks expanded to house at least 20,000 troops at its peak.

The hut is likely to have been constructed in late 1914 or early 1915, and the fact that it is a wooden structure helps us to date it. Earlier huts were made from corrugated iron, but by November 1914 it was becoming more difficult and expensive to source the metal, while timber was cheaper and more readily available.

Following the war, the War Office and Ministry of Munitions held public auctions to sell surplus huts. Our hut was sold to the Women's Institute in 1926 and became the WI Hall.

Early WI meetings were often held at private houses, including Groton House, the home of Mrs Dawson and her daughters, Eleanor and Elsa Dawson. Mrs Dawson was WI

Above: Groton WI Hall opening ceremony, 1926. The hall was a converted army hut from Reed Hall Camp, Colchester, and cost £48. The photograph was taken outside the WI Hall. The first seated person on the left is Elsa Dawson, and Eleanor Dawson is standing next to her.



Left: Performance of *A Puritan Father* at Groton WI Hall in September 1949. The play, in three acts, was written by Eleanor Dawson, with additional dialogue by Brian Bird. From left to right: Harold Gant, Brian Moore, Paul Dyer, John Dyer, Michael Grist, Eleanor Dawson, Thomas Dawson, Lyn Dawson, Harry Stiff and Margaret Gant.

Below: *Wings for Victory* poster. These Second World War National Savings campaigns encouraged communities to raise money to sponsor RAF aircraft, linking with Groton WI Hall's wartime fundraising and support for the war effort.

President until the end of 1924. She was succeeded by Elsa, and Eleanor became WI Secretary. Both were very prominent in the WI and in village life during their lifetimes.

Fundraising for a WI Hall started as early as 1922. The first mention of the Hut Fund was in January of that year, when dancing classes were started and the money charged to those attending was designated to the Hut Fund.

A fete was held at Groton House on 27th May 1925 as a major fundraiser.

The *Suffolk Chronicle* was present on the day and reported on the weather, which was inclement, the many stalls, the sports and a brass band.

Suffolk Chronicle, Friday 5th June 1925:

"In spite of the weather, sports were held, and in a cricket match Mr R. W. Wardman's Sudbury XI beat Groton XI by five runs. The Hadleigh Brass Band was in attendance, and played at intervals."

The fete raised over £60 and, as a result, the army hut was bought very economically for £48.

Mr Dansie, a carpenter and joiner, was given the job of taking the hut apart in Colchester, transporting it and rebuilding it on its current site. The land was leased by Mr G. P. Dawson, a lease which has been continued to this day by his descendants.

From its installation in Groton, the hut was proudly named the WI Hall.

The guest of honour was Mrs Pearson Gregory of Assington Hall. She declared the WI Hall open and WI members gave "a feeling rendering of Jerusalem", wrote the *Suffolk and Essex Free Press*.

During the 1930s and 1940s, WI records show that jam was made - 1,646 lbs in 1940 - rosehips and horse

chestnuts were collected, and many meetings were held. The rosehips were for the chemists, Savory and Moore.

"WI records show just how determined the members were to have their own hall in Groton."

The WI Hall was very much in use during the Second World War, complete with the necessary blackouts.

David Elliot recalls a story from his father:

"There was a men's group or association who met at the WI Hut to play billiards or snooker. They had a table there. The windows had blackout boards and a paraffin lamp hung above the table. One night, a bomb dropped and exploded near Smalls Farm. The blast shook the lamp from its holding, and it fell on to the table and set it alight. The fire was put out quickly, no one was hurt, and nothing else was damaged other than the door at Smalls Farm, which was blasted off its hinges. The hut was very well built and resilient, and has survived well over the years."

Over the next few years, the WI Hall hosted parties to welcome evacuees. Presentations gave advice on wartime cooking and nutrition, bandages

and knitted goods were made, and fundraisers were arranged to help the war effort.

By 1945, fundraising was in aid of the Welcome Home Fund, which supported returning service members, and the WI and Groton residents did their bit with auctions and whist drives at the Hall. In July 1947, men and women of Groton who had served in the war each received a cheque, accompanied by a message of thanks from the people of Groton.

In 1949, a series of events was held in Groton for the John Winthrop Tercentenary, marking the 300th anniversary of his death. Speeches were given at the WI Hall, followed by a service at St Bartholomew's the next day.

There were attendees from the USA, the United Nations and the American Embassy, alongside national and local dignitaries and members of the Winthrop family. These extracts, recorded at the time, illustrate the





importance of the commemoration:

"Age will not dim the lustre of John Winthrop's achievements," said Mr Elisha C. Mowry, president of the Providence, Rhode Island, branch of the English-Speaking Union. He was speaking at Groton WI Hall to mark the 300th anniversary of the death of the great Suffolk Puritan. John Winthrop had been Lord of the Manor of Groton in 1618. In 1630, he became the first Governor of Massachusetts and founded Boston in New England..

Mrs Helena Normanton, representing the USA legal profession, referring to John Winthrop, said: *"We must not forget the great work he did in taking with him to the US the Common Law which forms the basis of American justice today. He was also instrumental in taking our liberty and language with him."*

The Rev Bird, vicar of Edwardstone

and rector of Groton, read messages of greeting from many American churches.

For the commemoration, Eleanor Dawson wrote a pageant, *A Puritan Father*, which was performed in the hall, and the players were invited to the service at the church.

What would the visitors have made of the hall? It was only in the 1960s that electricity was finally installed, and modern "facilities" were not installed until the 1990s. Perhaps they would have considered this part of the charm of a Great War hut.

The WI members were proud to celebrate the anniversaries of their founding, including a jubilee party in October 1968, followed by the planting of a maple tree outside, which still flourishes today.

They celebrated their 70th and 80th anniversaries too, always with



impressive cakes. A memory board sits just inside the hall and captures some of these moments.

By 2004, membership of Groton WI had decreased and the majority of members felt that the parish council should be asked to take over the hall for the benefit of the village. Groton WI was to be dissolved at the same time.

The 'change of hands' did not really affect the use of the hall, which had hosted many social events for the village. Cheese and wine evenings and harvest suppers had been held there for many years.

"Pretty good for a wooden structure which began life as an army hut."

However, on Friday, 27th April 2007, the first Quiz and Curry Evening was held and raised nearly £400 for the Hall's redecoration and refurbishment fund. Brian Jones, chair of the hall's management committee, announced the event as the official launch of the renamed Groton Village Hall.

The Box River News reported: *"44 contestants, in four-strong teams, proceeded to scratch their heads over a highly entertaining and original series of questions from quizmaster Stephen Foster. At half-time, a delicious selection of curries and rice, expertly prepared by Jayne Foster and her team, provided some much-needed respite from the brain-teasing. The Quiz and Curry Evening marked a*

This page, clockwise from top left:

Winthrop Tercentenary Celebrations, 1949, marking the 300th anniversary of John Winthrop's death. Distinguished visitors from New England at a meeting in Groton WI Hall. Fifth from left is Miss Barbara Winthrop, with the Rev Brian Bird next to her.

Cheese and Wine Evening at Groton Village Hall, December 2022.

Quiz and Curry Evening at Groton Village Hall, April 2024.

Lego event at Groton Village Hall, July 2023.





splendid new beginning for Groton Village Hall..."

Quiz and curry evenings continued to be held until 2020, when all events were postponed due to Covid, but returned in 2023 as a firm annual fixture with Stephen and Jayne's help.

Another newcomer to the hall was the Boxford Study Centre Literature Group, which was founded in 1997 by Edwardstone resident Etain Todds. The tutored course sessions moved from Boxford to Groton Village Hall in 2013. The group has met there since, other than during Covid, and continues to read and discuss classic and notable works of fiction, plays and poetry.

In its 100-year history as a hall, many events have been held: WI meetings and socials, fundraisers, theatre productions, parties, drama club rehearsals, suppers, food markets, Edwardstone and Groton Sunday School, quiz nights, discussions on literature, Lego construction, history society talks, big battle war games and parish council meetings. The hall is

Above:

Groton Village Hall's 100th birthday party, held on 14th June 2026, with high tea, children's activities and a display of the Hall's history.

also the polling station for local and national elections. Its history proves that it is a valuable asset for Groton.

In keeping with the many celebrations which have gone before, the 100-year anniversary of Groton WI/Village Hall was celebrated with a centenary party on 14th June, with bunting, cakes and games. Pretty good for a wooden structure which began life as an army hut at Reed Hall Camp, Colchester Barracks, circa 1914.

*Catherine Hearn
On behalf of Groton History
Society and Village Hall Management
Committee*

Upcoming Events

Groton History Society talks will take a break for the summer

John Winthrop: Faith, Disillusionment and the Journey to New England
September (Date TBC)

Dr Vivienne Aldous, Lecturer in History at the University of Suffolk, on our famous son John Winthrop and the disillusionment that led him to leave England for Massachusetts.

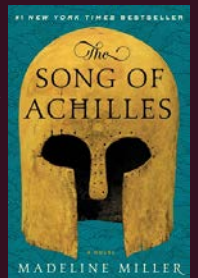
African American Voices in 19th-Century Suffolk and Britain
October (Date TBC)

Dr Hannah-Rose Murray, also a Lecturer in History at the University of Suffolk, explores 19th-century African American speeches in Suffolk and across Britain.

Recommended Reading, Listening & Viewing

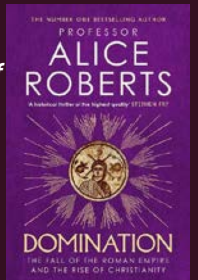
'The Song of Achilles' by Madeline Miller

Is the famous figure from Greek mythology a hero or anti-hero?



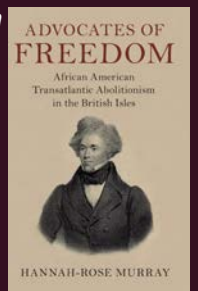
'Domination: The Fall of the Roman Empire and the Rise of Christianity' by Alice Roberts

A great piece of archaeological history.



Advocates of Freedom by Hannah-Rose Murray

A powerful account of African American activists who spoke across Britain and Ireland in the 19th century, campaigning against slavery and racism.



'The American Revolution' TV Series by Ken Burns

Brilliant new 12 hour / 6-part documentary on the path to American Independence and July 4th.

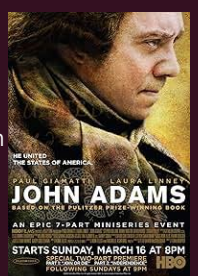


Classicist Mary Beard joins The Rest is History Podcast team for three episodes: The Trojan War, Alexander the Great and Julius Caesar.



'John Adams' TV Series with Paul Giamatti & Laura Linney

Excellent dramatisation of the life of the unsung yet probably most prominent of the founding fathers and second US President.





Notes from a Beekeeper's Diary

*Tony Rand reflects on the brief summer window
when the future of the hive quietly takes shape*

By the time you read this, we will have passed the summer solstice, and daylight hours will have begun to shorten. July and August are the peak season for honey production in the hives, and by September the queen bees will be thinking about the first winter bees. Unbeknownst to themselves, the drones will have outlived their usefulness, so their days are numbered.

For us beekeepers, it is time to keep our fingers crossed that the weather holds fair - not so hot as to dry out nectar-producing flowers and not too wet to keep the bees indoors.

In many ways, the year's outcome has already been decided. Colony losses may have been made good by splitting strong colonies. But by doing so, the donor colony was reduced to half its strength, and the eggs or queen cells split out need time to develop into adult bees. A new queen may emerge

from the transferred brood, but only after a delay of three weeks. Give her two to three weeks to mate and start producing offspring of her own, and more than two months will have passed before the population of the new colony starts to grow again.

Colony splitting is one way in which beekeepers can manipulate the bees to increase the number of colonies under their care. The natural process followed by the bees themselves to perpetuate the species by swarming is identical. All well and good when weather cycles were reasonably predictable, but those days are past. Bees are still active for only a limited part of the year.

Colonies start to expand in late March and reach their peak towards the end of July. Over the following two months, numbers decline rapidly, so by the end of September hive populations will have been reduced by up to two

thirds.

The window of opportunity to create a new colony is narrow, whether by natural swarming, colony splitting or requeening.

Either way, the outcome is by no means guaranteed. A swarm can lose its queen, or a new virgin queen can fail to mate properly. Swarmed bees often replace the queen from the original nest by superseding. Even without swarming, a queen will eventually be superseded, and her replacement requires time to start laying. The whole process is susceptible to the same uncertainties.

After June, it is unlikely that a colony requeened with an embryo larva will have sufficient time to grow numbers enough to survive the winter.

There are ways to minimise the delay before a new queen becomes effective. Mated queens can be bought online and delivered through



the post. They come in a little cage accompanied by a small retinue of worker bees, and are normally marked with a dot colour-coded to the year. Placed in a queenless colony in the cage, the workers become accustomed to her pheromones and so are less likely to reject her. After a couple of days, she can be freed from her cage and hopefully will quickly scuttle down into the brood box. Alternatively, she may take to the wing and disappear at a rate of knots, never to be seen again. Requeening in this way is not always successful.

Most professional beekeepers rear queens for resale. Indeed, they probably make more money from selling queens than they do from selling honey. Queen rearing is not beyond the reach of amateur

small-scale beekeepers. It requires knowledge that is easily acquired, patience and some skill. And of course, time on your hands to prepare for and manage the process.

A colony without a queen is not going to survive for long, and a large part of a beekeeper's work is to check that hives are queenright and take remedial action if she is found to be missing. Diagnosis is not always straightforward and effective treatment is by no means certain.

At the same time, beekeepers must be alert to other threats to their hives. Wasp larvae are carnivorous and are reared on insect protein. Adult wasps require energy and liquid carbohydrate to maintain life. As their numbers increase in high summer, wasps become a real pest to us humans as



Opposite: A beekeeper checks for signs of colony strength and health.

This page, from top: A marked queen at the heart of the hive. The coloured dot helps the beekeeper identify her more easily during inspections.

A common wasp. As summer advances, wasps become an increasing threat to honeybee colonies.

they relentlessly search for sugars, and a serious threat to honeybees. Wasps can overwhelm a bee colony, devour the honey and wreck the comb. Without protection, bees will not survive a determined wasp attack.

Wasps are not the only threat to honeybees. Some pests and diseases can be treated, or are sufficiently rare as to be disregarded. Other infestations are deemed so dangerous as to mandate notification to the relevant authorities. The only remedy is incineration of the infected hive and its inhabitants.

Tony Rand
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Sudbury's Saddest Day

Little Waldingfield History Society recalls the tragic crash of a USAAF bomber in 1944

Little Waldingfield History Society was delighted to welcome Anne Grimshaw back to the Parish Room once again, to share her expert knowledge on two very different subjects: connections between the Co-op and the Long Melford Institute, and the crash of a USAAF bomber in Sudbury during the war.

This report focuses on Anne's second talk, about a wartime plane crash close to Woodhall Business Park and Tesco's Sudbury store, where there is a memorial plaque that thousands of people will have walked past many times without realising, myself included.

The B-17 Flying Fortress crashed shortly after take-off from Sudbury's Army Air Force airfield, home to the 486th Heavy Bombardment Group, on October 15th 1944.

Anne told us the heavily laden Boeing bomber, known as *Miss-b-havin* and commanded by Second Lt. Clarence Herrmann, took off at 0538 hours in the darkness of an early October morning to participate in a bombing mission on Cologne. It was the sixth aircraft to take off, but the pilot had problems with the No. 4 engine; although the heavily laden aircraft did lift off, wing

lights showed it was struggling to gain height. It bore to the right, because there was more thrust from the port (or left-hand side looking forwards from the cockpit) then there was a loud explosion and the glow of a fire, which lit up the morning darkness.

The plane had crashed into part of the roof of nearby Woodhall Farmhouse, then continued a short distance before exploding in a field



beyond the house. Pieces of the aircraft were scattered over a wide area and the field blackened by fire. Eight of the nine-man crew were very sadly killed, although the pilot survived after being blown clear when the aircraft exploded. He was taken to the station hospital at Acton, where he spent two months recovering. On December 18th, still seriously injured, he was



HONOUR: Raymond Smith's sisters Joyce Felton, right, and Daphne Robson unveil the plaque at Tesco's in Sudbury. With them is author Ian MacLachlan. Left: Raymond Smith, who died of his injuries when the B-17 struck Woodhall Farm House, above.



flown back to the States, where he was never well enough to be interviewed about the cause of the crash before dying in 1976.

Major Smith lived with his family in the farmhouse. He told how he was awakened from a deep sleep and thought the house was coming down on them all. He brought his wife and

two daughters down the stairs and into the garden, then went back inside for his 15-year-old son, Raymond. He found the stairs to Raymond's bedroom blocked with debris and a fire burning on the floor above. Raymond was climbing down through the debris, and at first sight didn't appear too badly injured, but it became apparent that his face and hands were very badly burned. A USAAF jeep took him to the local hospital, where Dr Rix found that, in addition to the burns, he also had severe damage to his lungs. This damage, and the shock due to the burns sadly led to Raymond's death.

Joyce Smith and Daphne Felton were Raymond's sisters - Joyce being eleven at the time of the crash and Daphne eight. In September 1999 they both attended the unveiling of a commemorative plaque at Sudbury's Tesco supermarket, very close to the scene of the crash. As two USAF Mustangs flew overhead, Joyce said, "It has been a tear-jerking and emotional day and a lovely tribute to our brother. The incident is still very clear as it was a devastating time for our family."

Daphne said, "I remember lying in bed and being woken by a tremendous bang. I heard mother screaming, 'we've been hit', and then being carried to a barn in our nightclothes. I remember seeing Raymond being brought down screaming; he was burned and his skin was rolling off his body. I remember him being carted off naked in the back of an open-top jeep, and that was the last time we ever saw him."

After hitting the farmhouse roof, the plane crashed into the grounds of a medieval moated site, which is now the Wood Hall scheduled ancient monument.

Here is the crew list coupled with the fatalities directly caused by the crash:

Pilot: 2Lt Clarence Herrmann - injured, survived

Co-pilot: 2Lt Robert Etter

Navigator: Lt William Annan

Left waist gunner: Sgt John Jackson

Right waist gunner: unknown

Flight engineer: S/Sgt John Sartain

Bombardier: 2Lt Vernon Meierhenry

Ball turret gunner: Sgt Ralph Spaulding

Radio operator: S/Sgt Robert Stone

Rear gunner: Sgt Joseph Cook

Civilian: Raymond Smith, age 15

Our audience was left spellbound by the time Anne finished her talk, with a fair few questions at the end as well - it was yet another tour de force from her.

Andy Sheppard
www.littlewaldingfieldhistorysociety.wordpress.com



Opposite, clockwise from top:

Woodhall Farmhouse after the crash.

A policeman stands guard at the crash scene.

The memorial plaque at Tesco, Sudbury.

Map showing the approximate crash sequence: the left marker shows where the aircraft first struck Woodhall Farmhouse, now the site of Tesco Sudbury, before continuing into the field behind, shown by the right marker. The medieval moated site at Wood Hall, now a scheduled ancient monument, can also be seen.

Above, from top:

The unveiling of the memorial plaque, reported in the Suffolk Free Press.

Sally B, a still-flying B-17 Flying Fortress bomber.

Next Little Waldingfield History Society Talks:

The (un)Natural History of Rivers

Wednesday 16th September, 7:30pm

Darren Tansley is a Wilder Rivers & Protected Species Manager for Essex Wildlife Trust, so who better to tell us all about such an important part of our local Ecosystem.



1960s Sudbury

Wednesday 21st October, 7:30pm

Ashley Cooper our most well known and loved local historian will tell even long-time Sudburians things long forgotten and things they never knew from Sudbury in the 60's.





The Blooming Garden

Flower of the Gods

The *Dianthus* genus consists of more than 300 species. It gets its name from a combination of *dios*, meaning divine, and *anthos*, meaning flower. It was Theophrastus who coined this name for these southern European beauties. Carnations and pinks have a long history and have been loved and revered for centuries. I am not a great lover of carnations, but I adore pinks, which are among the oldest of our garden flowers. The name does not come from the colour. Until the late seventeenth century, there was no name for pink; it was simply known as light red. In fact, it is possibly the other way around, and the name for the colour could have come from the flower. The word 'pink' probably comes from the 'pinked' or jagged edges of the petals.

In the Middle Ages, pinks and carnations had many names, including

'sops in wine'; because of their clove fragrance, they were used as a spicy flavouring for summer drinks. They were also called 'gillyflowers' or, in Shakespeare, 'gillyvors'. In *The Winter's Tale*, Perdita calls striped gillyvors "nature's bastards" and rejects them because "there is an art which in their piedness shares with great creating nature". Some critics see this as a reference to the hybridisation of plants, which was seen as playing God. The trouble with this is that, until the late seventeenth century, botanists didn't understand that plants reproduced sexually. So Perdita was referring to grafting, which was the only way gardeners could rely on getting exactly the plant they wanted. Obviously, even this was seen as playing God.

It is amazing that it took so long for botanists to recognise what is so obvious to modern gardeners.

They thought that different growing conditions would influence the colour of flowers. It wasn't until Linnaeus wrote his *Systema naturae* and outlined in graphic and shocking detail how flowers reproduce that people started to accept it. Linnaeus described the leaves as the bridal beds and went on to describe the whole process in what were considered to be highly shocking pornographic terms. Flowers and botanising had been considered a suitable interest for ladies, but now it was questionable as to whether ladies should be exposed to anything so shocking. In 1737, a Prussian botanist and director of the St. Petersburg apothecary garden published a book condemning Linnaeus's sexual system as "loathsome harlotry". He said that nowhere in the Bible was there any suggestion that plants could sexually reproduce and that God would never

allow such “shameful whoredom”.

Linnaeus wasn't the first to have this revolutionary theory about sexual reproduction in plants. He was in correspondence with a London-based nurseryman, Thomas Fairchild, who had been conducting experiments to establish the theory. Fairchild was the first person to produce an artificial hybrid, which was a cross between a sweet william and a carnation. The resulting plant was called 'Fairchild's Mule' as it was infertile. This was in 1716. He was very worried about what he had done as, like others of his time, he thought all plant species had been created by God, and by creating a new plant he was interfering with the natural order. When he presented his plant to the Royal Society in 1720, he was frightened to admit that he had done it on purpose and claimed it was an accident. It worried him all his life and, as a sop to his conscience, he bequeathed £25 for an annual sermon on 'the wonderful works of God in the Creation'. It is great to know that David Austin commemorated this relatively unknown plantsman with a rose called 'The Ingenious Mr. Fairchild'.

'Mr. Fairchild's Mule' is no longer available and indeed many beautiful



pinks have been lost as they are not long-lived. But one of my favourites has been around since 1730. It is a pink which isn't even pink but pure white with a green centre. It is called 'Musgrave's Pink' after the gardener who rediscovered it.

The beautiful laced varieties were bred in the eighteenth century by Scottish weavers in Paisley. They became very popular in the nineteenth century. One of my favourite laced pinks is 'Dad's Favourite', which was found in a Northumberland garden in 1780.

A more modern laced pink dating from the 1950s is 'Gran's Favourite'. I love this and have grown it for years as it was also my Gran's favourite.

I have several modern laced varieties which make nice, neat plants with silver foliage. The one pictured above is *Dianthus* 'Cherry Burst'.

Of course, all pinks smell wonderful but, for an intense fragrance which fills the air around you, try the annual *Dianthus plumarius* 'Rainbow



Opposite page,

Dianthus 'Gran's Favourite'

This page, clockwise from top left:

Dianthus 'Cherry Burst'

Dianthus barbatus 'Green Wicky'

Dianthus plumarius 'Rainbow Loveliness'

Dianthus 'Dad's Favourite'

Dianthus 'Musgrave's Pink'

Loveliness'. They are light and airy, with heavily fringed flowers. They are easy from seed, and I like to grow them in pots so that they fill the garden with their exquisite scent.

I will finish with a dianthus that would certainly appal Perdita and possibly Mr. Fairchild because it is certainly an anomaly. *Dianthus barbatus* 'Green Wicky' is actually a form of sweet william. You sometimes find it under the name 'Green Trick'. I like it because I like green flowers, and it is certainly eye-catching. It doesn't have petals, just fluffy balls of modified sepals. You have to buy plugs in the spring as it doesn't produce much seed. It is great for flower arrangements, and I have picked it in January for winter vases. Actually, this wasn't created by some sort of Frankenstein hybridisation; it was a chance mutation discovered about fifteen years ago. Even so, you just know Perdita wouldn't have approved.

Chloris



Feedback From Robert Lindsay

Suffolk County Councillor for Cosford Division

Boxford is a lovely village, but isn't there a lot of traffic choking up its medieval streets? One of the first emails I received



as Boxford's new county councillor was from a Boxford resident asking when Suffolk County Council Highways would be doing the long-planned 20mph scheme for the village.

Luckily, Boxford Parish Council and my predecessor county councillor had been busy meeting Suffolk Highways about this before the election. On the same day as my email query, another email arrived in my inbox from the county council highways team showing an outline design of the scheme and giving a cost estimate of about £20,600 for design costs, consultation and construction.

The parish council is going to see whether it can raise the necessary funds. I hope it can, and if it does raise the bulk of the money, I will be happy to contribute a proportion from my discretionary funds.

The county council does not provide any funding for lowering speed limits or similar safety measures. Now, I think this is wrong. Road safety ought to be a priority for highways spending. But I don't run the county council. And I do think 20mph is a reasonable speed limit in a medieval village of narrow streets filled with closely packed houses.

The scheme looks sensible. It covers almost every road in the village, and the cost is about in line with Highways' charges for other similar schemes.

Once Highways is assured it has the funding for the detailed design, it can get on with drawing it up. This design will then go to exhaustive consultation, first informally with the parish council, police and other councillors, then to a formal consultation with the public.

It then has to go back for approval again to the cabinet member for Highways at Suffolk County Council.

It has already taken two years to get to this point since the scheme was first given in-principle approval by Highways in July 2024. The consultations will take many more months.

The more discussions and objections there are on details, the greater the risk it will not get done before the county council is abolished in May 2028.

That would be a shame. Boxford is a beautiful village, and it would be even more pleasant to spend time on its streets if drivers were going at speeds slow enough to allow them to consider and interact with people on foot and bicycle.

A word from their sponsors

On Bank Holiday Monday, 25th May, we all sweltered in Britain's hottest May day on record. While enjoyable at the time, it is also scary if you allow yourself to think that these temperatures are man-made, a result of us burning too much carbon, and to think about the consequences. We know there are

consequences for everybody, first of all for the vulnerable elderly in the heat, then for farmers' ability to grow food for us all, and then for our sons' and daughters' ability to have any kind of normal future at all.

We are all in this crisis together and ought to be facing it together, pushing for urgent remedies to douse fossil fuel burning. But all we get from newspapers like *The Sun* is: "Sunsational! Record broken AGAIN with glorious 35C highs."

It is very tempting to succumb to this sort of thinking: "Oh, we can't do anything about these extremes of weather. No one in authority seems to be. Maybe it's not even real, or just sunspots or something. If it's not humans doing it, we don't need to worry."

But that is exactly what some very powerful people around the world, who are making very large amounts of money from their ownership of parts of the fossil fuel industry, want you to think. They will do anything to prevent or delay any new national policies to cut fossil fuel consumption.

Some of these people, like Christopher Harborne, a Thailand-based crypto billionaire who owns jet fuel sales firm AML Global, are major bankrollers of Reform UK. Their money helped get enough Reform councillors elected here in May to take control of Suffolk County Council.

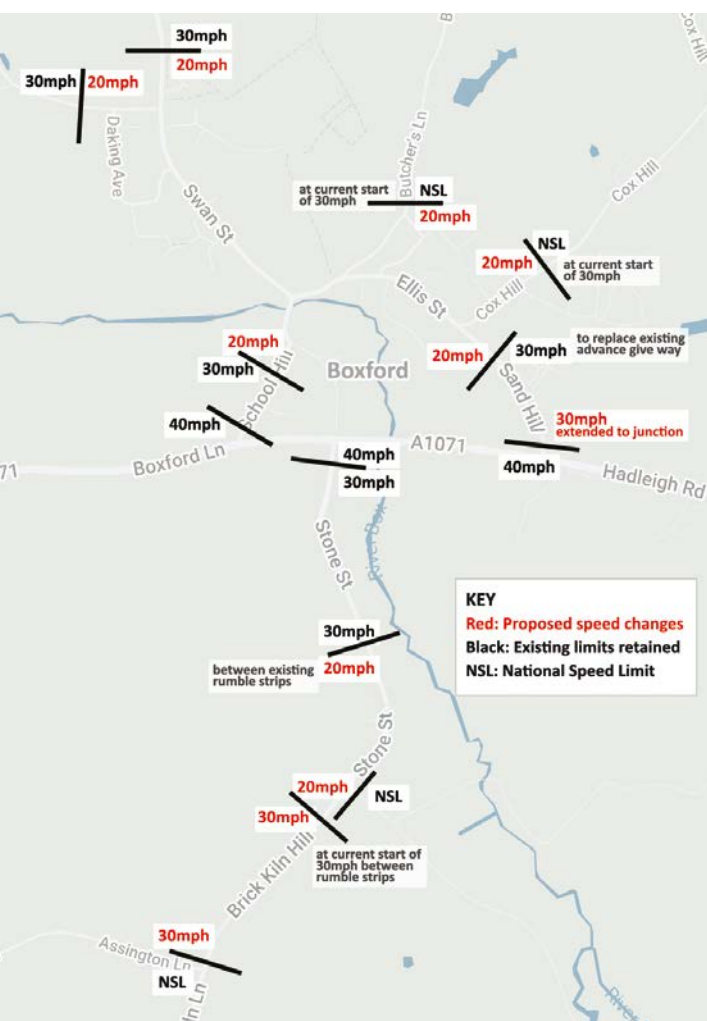
So it was no surprise that, only a week after the May heatwave, Reform's new Suffolk leader, Michael Hadwen, announced that he would be rescinding the climate emergency declaration the county council made unanimously in 2019 and reviewing all the actions taken as a result of it.

A glance at council records will show him that those actions have already saved the council £4.8m a year. But Reform's billionaire sponsors don't care about that. They want to stop any moves that might stem their flow of profits from fossil fuel burning.

Climate change has become a world crisis. With no change of course, Britain's future and our national security are in grave danger. We need a World War Two-scale response from Government. So how do we wake them up?

If you're concerned but feeling a bit scared and helpless, the remedy is to turn that fear into action with others of the same mind. I'd urge you to go

Pictured left: Proposed 20mph speed limits for Boxford. The map is indicative and subject to consultation.



to one of the structured, non-party-political People's Emergency Briefing meetings being organised in village halls and community centres by local churches and other groups, to learn about the impact and discuss how we can best get action from Whitehall. There is one planned for Hadleigh on September 18th at the Ansell Centre. I'll let you know if there's a local one sooner.

Robert Lindsay

Robert.Lindsay@suffolk.gov.uk

Tel: 01449 741959 / 07947 127693

Feedback From Bryn Hurren

Babergh District Councillor for Box Vale Ward

Our major task at the moment is to enact the previous government's wish to standardise collections and recycling across England, so that wherever residents go, or live, the same coloured bins take the same items.

While this is a laudable aim, achieving continuity is extremely difficult in rural areas, with houses in remote and sparse locations, often at the bottom of lanes. It can also be challenging to get our larger lorries into tight corners, narrow access roads and drives. We are achieving this, and the new regime has now kicked off, using some new vehicles, bins, gear and drivers who are learning new rounds in new areas.

Delivery of the new green-topped bins and caddies was challenging and, by D-Day - or maybe B-Day - we still had some work to do. Delivery was only at 95%, although, as I write this on 15th June, it is now at 98%, with the remaining deliveries hopefully achieved by the end of the week. Phew!

A major operation was well carried out and, despite some bad press by a headline-seeking journalist, has been a notable success.

First results from monitoring show that we picked up 116 tonnes of food waste last week across the Babergh and Mid Suffolk area. Can that be right, that we purchase that much food for ourselves and then throw it in the bin? Staggering in itself, and good that we can pick it out to put to further, better uses - a notable success in itself.

In future months, I will try to publicise totals collected across the area, including tonnages of glass and other materials collected. Hopefully, I can also organise some trips to look around

our MRF, the materials recycling facility, when it is open for visitors again. Just watch out for the powerful magnets.

Many of you will have heard or seen me in these columns talk about land supply for building and our Joint Local Plan and settlement boundaries across our joint districts, including my own ward of Box Vale, which includes the villages of Boxford, Edwardstone, Groton, Milden, Brent Leigh and Monks Eleigh - a total population of over 2,500 souls.

The JLP is our blueprint for present and possible future housing across our jointly run council areas. Alongside so many other things, the settlement boundaries are drawn quite tightly around our villages and do allow for development in spaces within them, or on brownfield sites where houses or other developments, such as industrial premises, have been before.

This does not totally preclude building houses on the edges of towns and villages and, sometimes, if the district falls short of land supply or delivery of housing stock, an appeal inspector will decide that we need housing in places we would not normally choose, to keep us up to the level of housing we need to satisfy local or national need.

This means that we, as the district council, lose control of our own destiny, which is not a good reflection on ourselves as the local planning authority.

A better way to achieve this is through building houses for existing and former residents who want to live in the village of their birth, where a site can be found on the village edge to accept a small to medium-sized development to satisfy this need.

This is called an exception site and is allowed and welcomed by planners as a way of housing local residents in their own communities, keeping families together and supporting the local economy and infrastructure.

Good examples of this are Mill Green View in Edwardstone, the recent little four-house development behind The Fox in Groton Street, Partridge Close on the Groton/Boxford boundary and, of course, Station Field on the eastern edge of Boxford. As an initiative, Station Field did have five houses for sale to people with a Boxford connection in the first instance, to help bring in funds to build the rest of this much-needed development, totally occupied by local people from within Boxford itself.

Those with long memories will note that I, as your district councillor, have led, alongside the local PCs, the initiative to get these houses built for our local population, as well as opposing the profit-seeking attempts of developers to plant large developments

within, or just outside, our present village boundaries.

Namely, these were a second Goodlands Phase 2 and land east of Sand Hill, both of which were refused by our planners, then went to appeal and were subsequently defeated by myself and our planning team. Good outcomes in both cases.

The call for sites is exactly that, and it is important now that we select the best and most appropriate ones to provide what the villages need to continue to grow and to provide housing for their present communities, both young and old. I sincerely hope that the present residents and elected parish councils will partner with me to enable me to continue to do that.

One well-thought-out, socially based development will keep out the rest, for which we do not have space anyway, as we are desperate for green lungs and amenity areas for both ourselves and all creatures small and even smaller.

I have not had much time to think about recent election results yet, or what they mean to us, the residents, and our local governance.

As everyone knows, I deplore the ghastly move to the nasty side of our political spectrum, especially towards the likes of Farage and his ex-Tory associates, such as Bojo, Jenrick, Gove, not to mention hapless Hancock and so many more. This, alongside friendships with some of our very worst and darkest heads of state, which shield creatures like the Tate brothers and the hateful Tommy Robinson, makes my very heart sink and my skin crawl with sheer distaste and fear.

This is heightened when I see fathers of young children - girls as well as boys - liking and supporting some of the worst posts on social media I have ever seen. As a father of daughters, I dread the lack of ethics and responsibility of some of these groups, and what they will do to us if we give them even half a chance. Please start thinking about what you are supporting into the future, otherwise we will not have one for our next generation at all.

When eight surgeons, doctors and dedicated staff from across the world spent five hours mending my heart in Papworth Hospital, they worked as a team for me and everyone else. They did not mind colour or creed, and so it should be for all of us too.

So, while I continue to tell the tale, please get in touch if anyone needs any help or assistance with council matters - or just stop me in the street.

All love and peace to everyone.

Bryn

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Tel: 07771 508348

BOXFORD

Summary of Council Meeting 26th May 2026

Matters Arising from the Minutes

The grass has been cut on School Hill, but not enough to restore the pathway width. This will be mentioned to the contractor.

Contact will be made with DCllr Hurren to request that the Goodlands developer returns the sign, the fence re-erected at the back of the car park and to ask what is happening to the land that looks overgrown to the right of the development, which is assumed the developer's land.

Public Participation- Views / Questions from the Public

A resident updated the PC on the correspondence received from BDC regarding Primrose Walk. It was suggested that an email be sent to DCllr Hurren to ask where are the legal department in getting the land transferred, have the owners of the land agreed to transfer to the Woodland Trust?

It was requested that CCllr Lindsay look into the repainting of the existing white and yellow lines in the village, this has been ongoing for some time.

It was also asked how parking is policed? It was requested that an email be sent to DCllr Hurren to ask what was the frequency of parking wardens in the village for each of the past 3 months, together with any notices issued?

County Council Report

CCllr Lindsay introduced himself as the newly elected county councillor for the Cosford District. The full report can be found on the BPC website.

Update on 20mph speed limit

Councillors are still waiting on a response from the Highways engineers, although costings have been received, there are elements that do not reflect on what was initially discussed. It was commented that the PC should start to look at funding.

Adoption of red kiosk

The clerk advised that contracts have now been signed and the PC are now owners of the red kiosk outside the White Hart pub, for the cost of £1. It was previously suggested that the defib from The Fleece be moved to the kiosk but it was not clear who this belonged to. This will need to be looked into or costs out forward to purchase a new defib.

Member's Reports

Cllr Parr informed the meeting suggestions have been put forward to the Church at their annual parish church meeting regarding enhancing facilities. This is being looked into. A response has still not been received from the diocese regarding the car park.

Feedback has been received regarding the annual parish meeting; it was felt that the meeting was rushed and did not work; it was commented that it may not have been a good idea to hold on the same evening as a PC meeting. Views are to hold another meeting later in the year to give those that gave a report the chance to speak.

Finance

The finance report was accepted and can be found in full on the BPC website.

Planning

The full planning details can be seen in the minutes on the BPC website

Date of Next Meeting

Tuesday 28th July 2026 in the village hall, starting at 7pm.

Parish council meetings are on the fourth Tuesday each month except in August and December. They are held in the village hall at 7pm. All are welcome to observe and there is a regular item to allow residents a short time to comment and raise items.

Full minutes and other documents mentioned above can be found at: <http://boxford-pc.gov.uk>

Zoe Rumsey

07304 361524

clerk@boxford-pc.gov.uk

NEWTON

Summary of Council Meeting 10th June 2026

26/115 Walking Infrastructure Project

The clerk updated councillors on his meeting with Suffolk Highways, Suffolk Legal and Philip Faircloth-Mutton, which reviewed the legalities of the proposed works on the Green. Suffolk Legal is currently seeking counsel's opinion on the options available. The councillors resolved that, as it was legal opinion at this stage, this matter should be kept confidential between Newton Parish Council and Newton Green Trust, as the owners of the Green.

26/116 Neighbourhood Plan

Cllr Presland updated councillors on the distribution and plans for the collation of responses to the housing and parish surveys. The councillors were grateful for the work undertaken by members of the NP Working Party and the clerk in getting 310 surveys out to all households in the village. With the surveys closing on 21st June 2026, it is planned to have the parish survey analysis on the agenda for the July meeting of the council, and the results of the housing survey presented to the village on 28th July 2026.

26/117 Walk of the Parish

Cllr Presland updated councillors that the issue of dog litter in and around the allotments had been discussed with an allotment holder and no further action is required at this time.

The councillors will consider a meeting with the allotment tenants in the autumn.

Cllr Presland also stated that the tree plaques have been repaired and would be placed on the Green shortly, and that the bylaws notice boards are being built.

The councillors were concerned that Cllr Evers' responsibilities for maintaining the recreation ground on a daily basis were being ridiculed on the Newton Facebook page. It was agreed that, as chairman, Cllr Presland would write a response on Facebook outlining the role that Cllr Evers undertakes for the parish council with regard to the recreation ground, and that if any residents have any concerns about how the parish council's assets and amenities are being used, they should contact the clerk as soon as possible.

26/118 Village Hall and Trust updates

Cllr Taylor informed councillors that works on the trees were complete, the lock to the gate in the field was being replaced, and a Trust newsletter is being produced for all the households that adjoin the Green.

The pond refurbishment will start again in September and the coffee morning on 20th June 2026 has been cancelled.

There was no village hall report.

Full minutes can be found at: www.newton-pc.gov.uk

Dave Crimmin CILCA, PIALC, PSLCC

01787 375085

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Elaine Carpenter
N.R.H.P., C.H.P., Dip Psychology

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Boxford & District Bowls Club

We had sunny weather for our open day on 17th May and hope everyone who came along to have a go at bowls enjoyed their time with us. We know that some of you will be back to play bowls with us very soon and we still welcome new players. We have 'roll-ups' and coaching sessions on Saturday mornings from 10.00am - do come along and see what it's all about. We are sure you will enjoy it and hopefully get hooked on this fun and exciting game. It's not all competitions at Boxford Bowls Club - social bowling is a key part of our diary throughout the outdoor season. So come along, meet new people, walk a few thousand steps and just enjoy this sport. We are a friendly bunch!

I had to share this photo I took the other day. What an amazing rainbow after torrential rain and hail stopped play in a bowls match. We are so lucky in Boxford to have such a picturesque setting for our bowls club.



Well done to three of our ladies - Roz Mortlock, Cynthia Hollingsworth and Lynda Oxford. They were selected to play for the Ladies North Essex County game at home in Radwinter last week against Northants Ladies in the Donald Steward competition. North Essex had a sound win against Northants. Well done, ladies.



And to everyone playing in competitive matches at the moment, we wish you every success.

Roz Mortlock

A Winning Day at Portman Road

Boxford Rovers U9s celebrate tournament success

Boxford Rovers Under-Nines enjoyed a day to remember when they won the U9 Trophy at a Suffolk football tournament held at Ipswich Town's Portman Road.

The young players had the wonderful experience of playing on the main pitch inside the stadium, making the occasion even more special. As part of the day, they were also given a tour of the trophy room and changing rooms.

The team is managed by Dan Jarvis and coached by Paul Bewley and Ash Wright.

Boxford Rovers Under-Nines are sponsored by Hornet Tech.

It was a proud day for the players, coaches and families, and a fantastic achievement for the whole team.

Melvyn Eke

www.boxford-rovers-youth.com



Milden Cricket Club

Two wins and a loss to report this month, leaving Milden in 4th spot in Division 5 of the Hunts County Bats Suffolk League after five matches.

On 31 May the club bounced back, after the defeat at Haverhill, with a 4-wickets win at home to Brettenham



Park. At 108 for 3 from 16 overs, Brettenham looked on course for a big total, but in the next over Bruce Whitehead (4 for 14) dismissed both batsmen. He and Dave Willis (3 for 14) then ran through the tail, the last five wickets falling for just two runs as the visitors were bowled out for 124. Replying, Alex Lomax (21) and Akiva Franklyn (30) gave Milden a brisk start, but from 70

for 2 three wickets fell in quick succession to leave Milden 77 for 5. A partnership of 46 between Nathan Jelliman and Willis almost saw Milden home before Willis (14) top-edged a catch with just two needed, leaving Jelliman (37 not out) to hit the winning boundary.

A week later 10-men Milden (99 for 0) raced to a 9-wickets win at Brockley, all out for just 96. Richard Robinson (4 for 16) was the most successful Milden bowler, well-supported by Deo Limbu (2 for 22) and Whitehead (2 for 29). Franklyn (60 not out) and Steve Lucas (30 not out) took just 9.5 overs to secure victory and the 20 points.

Batting collapses and significant catches were the main features of the game at Milden on 14 June, won by Woolpit by 14 runs. Bhattarai (36) and Bolton (28) top-scored for Woolpit, adding 62 for the third wicket, but both fell within four runs to athletic catches by Nathan Williamson and Dan Moase, starting a collapse from 110 for 2 to 143 all out in 8.2 overs against the spin of Robinson (4 for 29) and Willis (4 for 4), their wickets including two smart stumpings by Jelliman. For Milden, Willis (21) and Williamson (29) were the only batters to reach 20. From 78 for 4, after both were out, Moase and Joe Smith added 28 in 13 overs before Moase (10 from 55 balls) was bowled. Thirteen runs later Bolton took the decisive wicket of Smith (18), brilliantly caught at cover (119 for 6) and Milden then collapsed to 129 all out in 36.1 overs.

Milden have five fixtures in July, including a mid-week evening T/20 game against the Army Air Corps from Wattisham. Sunday matches start at 1:30pm.



July fixtures:

5th July	Brettenham Park v Milden
8th July	Milden v Army Air Corps (T/20: 6.00 pm start)
12th July	Woolpit v Milden
19th July	Milden v Nowton
26th July	Elmswell v Milden

STOP PRESS. On 21st June Nowton (252-2) beat Milden (129 all out) by 123 runs. Full report next month.

Pictured, from top:

Alex Lomax batting against Brettenham Park on 31st May.

Woolpit's Jai Singer bowled by Joe Smith on 14th June.

Dan Moase batting against Woolpit on 14th June.

David Lamming

Newton Green Golf Club

On Saturday 30th May, Newton Green Golf Club hosted the Suffolk Scratch Team Championship. Teams made up of the top three amateur golfers from clubs across the county competed for the coveted Suffolk Scratch Team Shield.

Soaring temperatures and a strong wind presented the players with a stern test. Despite this the standard of golf was exceptional with some outstanding scores posted.

Honours went to Bury St Edmunds Golf Club (pictured) finishing with a team aggregate +7. They now go forward to the England Team Championship finals in September.



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Edwardstone Parish Hall	Daphne Clark 01787 210698 daphne.clark@btopenworld.com
Edwardstone Millennium Green Trust	Alison Barlow 07765 401 952 crossways.jemali@gmail.com
Groton Village Hall	Joanna Roberts 07845 940 008 jgant87618@aol.com
Lions Den Function Room The White Hart	01787 211764
Little Waldingfield Parish Room	Sue Bowen 01787 249473 sd.bowen@btopenworld.com
Little Waldingfield Pavilion	Jennie Jordan 07522 352 558 52Jennie1@gmail.com
Marquee Booking	BoxfordMarqueeBooking@gmail.com
Milden Pavilion	Justine 07745 170 348 info@mildenspavilion.co.uk
Newton Village Hall	The Secretary 07955 199 000

Scouting

1st Boxford Beaver Scouts	John 07966 690317 johnaves@hotmail.co.uk
1st Boxford Cub Scouts	Susie 07843 280396
1st Boxford Scouts	David Talbot-Clarke 07946 550519
1st Boxford Explorer Scouts	Neil Barkham 07734 108257
1st Boxford Rainbows	Janice Macmillan 07779 303690
1st Boxford Brownies	Janice Macmillan 07779 303690 janice.macmillan@yahoo.co.uk
1st Boxford Guides	Bethany Ireland bethanyireland11@gmail.com

Charities

Boxford & Groton United Charities	Guy Godfray 01787 211378
Edwardstone Millennium Green Trust	Alison Barlow 07765 401 952 crossways.jemali@gmail.com
Edwardstone Charities	Nick Raymond 01787 210461 ncraymond@hotmail.co.uk
Groton Educational Foundation	Kate Wilson 01787 211658 kate.wilson100@hotmail.co.uk
Groton Winthrop Mulberry Trust	James Wills 01787 210484
Little Waldingfield Charities	Mary Thorogood 01787 247658 littlewaldingfieldcharities@gmail.com
Newton Green Trust	Philip Taylor 07775 777 598 philiptaylor433@gmail.com

Volunteers Make Our Villages Thrive

Our village halls, clubs, charities, and youth groups don't run themselves. Almost everything listed on these pages is organised by volunteers - neighbours giving a little time to keep things happening.

For anyone considering getting involved, help doesn't have to mean long-term or specialist commitment. Many groups need:

- occasional help at events
- someone to cover a role for a few months
- behind-the-scenes admin or publicity
- fresh faces with new ideas

Getting involved is one of the easiest ways to meet people and feel part of village life.

Additions or corrections

This guide aims to be as complete and accurate as possible. If a group is missing, details have changed, or you spot an error, please email editor@boxrivernews.com.

Clubs & Groups

Boxford Bellringers	Richard Gates 01787 210432
Boxford Bible Study Group	Peter & Margaret 01787 211077
Boxford Bike Club	Kevin Bridge 07876 798 617 www.boxfordbikeclub.co.uk
Boxford Bowls Club	Ian Clark 01787 211133
Boxford Carpet Bowls	David Warren 01787 211067
Boxford Drama Group	Janice Macmillan 07779 303 690 janice.macmillan@yahoo.co.uk
Boxford Friendship Group	Alison Warren 01787 211067
Boxford Gardens Open	Audrey Zuck 07852 102 455 audrey@a2zriskservices.com
Boxford Gardening Society	Elizabeth Wagener 01787 210223 elizabeth.wagener@btinternet.com
Boxford Karate Club	Steve Harris 07977 218 175 jkrusouthsuffolk@gmail.com www.jkr-uk.org.uk
Boxford Literary Group	David Jones 01787 211104 audav@hotmail.co.uk
Boxford Rovers Youth FC	Melvyn Eke 07873 971 701 m.eke@btinternet.com www.boxford-rovers-youth.com
Boxford Tennis Social	Sue Moore 07808 481 447
Boxford WI	Lyn Beer 07961 357 526
Fleece Jazz	David Gasson 01787 210796
Groton History Society	Nigel Chapman nigeljchap@gmail.com
Highway 12 Western Dance	Chris 01787 371006
Little Waldingfield History Society	Diana Langford 01787 248298 dianalangford765@gmail.com
Little Waldingfield Over 60s & Friendship Club	Tricia Eddington 01787 247932
Local History Recorders	Edwardstone Daphne Clark 01787 210698 daphne.clark@btopenworld.com Groton Joanna Roberts 01787 210619 jgant87618@aol.com
Madrigalia Choir	Sue Price 01787 210913
Milden Cricket Club	Richard Robinson 07807 229447 or David Lamming 07968 791 135
Milden Singers	Pearl 01449 741876
Natural Boxford	Louise Carpenter 01787 211862 louisecarpenter@proton.me

Clubs & Groups

Newton Arts & Crafts Club	Carole Langley 01787 373548
Newton War Games Club	Brian Lawson 01787 312160
Newton Fireside Club	Moira Evans 01787 374652
Pilates (Edwardstone)	Claire 07772 074 750
Primrose Wood Volunteers	Evan Flockhart 07968 336 883 obliquewoodland@protonmail.com
Swing Jive & Lindy Hop Dance	Sarah Boldock 07956 614 824
Yoga (Boxford)	Marianne Marshall 01787 210323
Yoga Paper Kite (Newton)	Sophie 01787 313662
Yoga with Lindsey (Newton)	Lindsey 07971 800 540

Children Families & Learning

Boxford Primary School	01787 210332 www.boxfordprimarieschool.co.uk office@boxford.suffolk.sch.uk
Friends of Boxford School (FoBS)	talktofobs@gmail.com
Sunflowers Childcare	Moira Grant 01787 211363 www.sunflowers-childcare.co.uk info@sunflowers-childcare.co.uk
Boxford Baby & Toddler Group	facebook.com/Boxfordbabyandtoddlergroup

Community Groups

3PR Boxford 1st Responders	Alistair Horne 07887 716453 alistair.horne@eastamb.nhs.uk
Boxford Allotments	David Burden 01787 211926 d.burden379@btinternet.com
Boxford Bounty	Mark Miller 01787 211596
Boxford Community Car Scheme	Jen Eastwood 01787 211853 jen.eastwood8@gmail.com
Boxford Community Council	Ward Baker 07850 941 831 boxfordcommunitycouncil@gmail.com www.boxford.me.uk
Boxford Playing Fields	Craig Needham 07970 733 934 craig.needham@me.com
Boxford Society	Jen Eastwood 01787 211853 jen.eastwood8@gmail.com boxfordsuffolk.com/boxfordSociety
Boxford Tennis Courts	Nick Moore 07977 241229
Lt Waldingfield Playing Field	Jennie Jordan 07522 352 558 52Jennie1@gmail.com

JUNE 2026

26 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	6:30pm
26 FRI	GHS: Victoria & Abdul Groton Village Hall	7:30pm
27 SAT	Tom Cogan Organ Concert St Mary's, Boxford	6-7pm
28 SUN	Chelsworth Open Gardens Chelsworth	11-5pm
30 TUE	Natural Boxford Swift Walk Bottom of the Croft, Boxford	8pm

JULY 2026

1 WED	Boxford WI - Speaker from Giggly Pig Boxford Village Hall	2pm
3 FRI	Madrigalia & A Melody of Harps Bury St Edmunds Cathedral	1:10pm
4-5 SAT-SUN	Fine Art Exhibition St Peter's Church, Milden	10:30-4:30pm
4 SAT	Leavenheath Summer Fete Leavenheath Village Green	12-5pm
4 SAT	Tea Dance Boxford Village Hall	3-5pm
4 SAT	Quiz Night Little Waldingfield Parish Room	7:30pm
7 TUE	Fireside Club - Bingo & Chat Newton Village Hall	2pm
7 TUE	Boxford Gardening Society Boxford Village Hall	7:30pm
12 SUN	Cinema - National Theatre Live Ansell Centre, Hadleigh, IP7 5DL	2pm
15 WED	Charity Quiz Night The Fleece, Boxford	8pm
17 FRI	Polstead Films - H is for Hawk Polstead Village Hall	7pm
18 SAT	Fireside Club - Coffee Morning Newton Village Hall	10am
24 FRI	Macbeth with The Handlebards Tendring Hall Estate, Stoke-by-Nayland	7pm
24 FRI	Boxford Drama Group Quiz Night Boxford Village Hall	7pm
25 SAT	Madrigalia All Saints' Church, Acton CO10 0BA	7pm
27 MON	Boxford Friendship Group Boxford Village Hall	2-4pm
31 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	6:30pm

AUGUST 2026

1 SAT	Burstall Show Burstall, IP8 3DR	12 noon
4 TUE	Boxford Gardening Society Boxford Village Hall	7:30pm
5 WED	Boxford WI - BINGO! Boxford Village Hall	2pm
7-16 FRI-SUN	Lavenham Music Festival www.weloveconcerts.com	various
9 SUN	Garden Party Brook House, Groton, CO10 5EJ	2:30pm - 4:30pm
12 WED	Charity Quiz Night The Fleece, Boxford	8pm
24 MON	Boxford Friendship Group Boxford Village Hall	2-4pm
28 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	6:30pm

SEPTEMBER 2026

1 TUE	Boxford Gardening Society Boxford Village Hall	7:30pm
2 WED	Boxford WI - Speaker Russell Webb Boxford Village Hall	2pm
16 WED	LWHS: The (un)Natural History of Rivers Little Waldingfield Parish Room	7:30pm
16 WED	Charity Quiz Night The Fleece, Boxford	8pm
26 SAT	Macmillan - Coffee Morning Newton Village Hall	10am
28 MON	Boxford Friendship Group Boxford Village Hall	2-4pm



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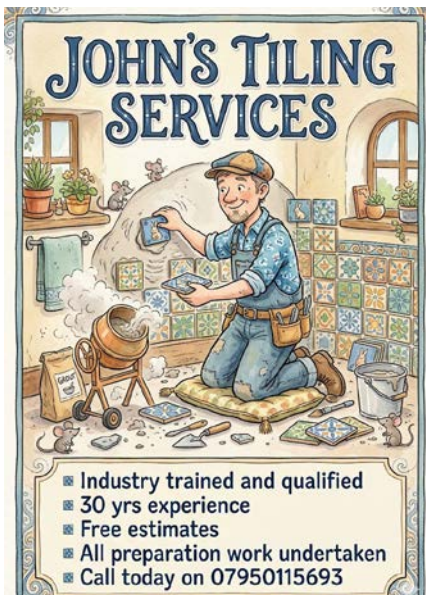
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