

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



May 2020
Vol 20 No 5

HADLEIGH BOXFORD GROUP PRACTICE

Important Information for patients:

We would like to update all our patients regarding the recent developments in the spread of Covid-19 (Coronavirus).

We are continuously reviewing how we can deliver our services and taking into consideration the importance of social distancing and delaying the spread of the virus.

To support this we have had to take some important steps and changes:

- All our face-to-face appointments will be scheduled at the Hadleigh Health Centre. Boxford Mill Surgery dispensary will remain open but we will only see patients at Hadleigh where we have adequate isolation facilities and staff support
- We have had to suspend our online appointment booking system for the 'on the day appointments' – this will ensure that every call is triaged by a healthcare professional before the patient attends.
- All patients who have already booked an appointment in advance will be telephoned by a healthcare professional prior to them attending.
- We have turned off our self-checking in screen to avoid the risk of spread.
- Until further notice, all prescriptions will continue to be issued for one month.
- We may have to consider postponing some routine appointments.

Please regularly check our website for updated information (<https://www.hadleighhealth.co.uk/>)

CURRENT GUIDANCE

Stay at home and isolate for 14 days if you have any of the following:

A high temperature (37.8 degrees and above)

A new continuous cough

Think you may have coronavirus

Living with someone who has these symptoms

For anyone in the household who starts displaying symptoms,

they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period.

DO NOT come down to the surgery, pharmacy or to the hospital

You do not need to contact 111 to tell them you are staying at home.

However, if you feel your symptoms are worsening go to <https://111.nhs.uk/covid-19>

BOXFORD-EDWARDSTONE-GROTON COMMUNITY HUB

We are encouraging everyone to check on neighbours, family and friends, that if they are self-isolating or worried about going out, they have enough supplies, medication etc. If you are unable to help them, please contact us and we will find someone to help.

07395 914959

If you would be willing to help and become part of the network, please ring or text us with your name, contact number and, if possible, the road in which you live, so that we can best serve the community efficiently.

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community

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| <p>Think of others, consider your actions & be kind</p> | <p>Connect and reach out to your neighbours</p> | <p>Make the most of local online groups</p> | <p>Support vulnerable or isolated people</p> | <p>Share accurate information and advice</p> |
| | | | | |

JOSH GREY WINS THE K&S CUP



Above: Josh Grey, the 2019 Winner of the K&S Cup.

The cup is awarded to recognise the fantastic contribution Josh has made to the Boxford community. Josh has always been ready and willing to help at village events, especially those involving Boxford Scouts where he has helped with both the Cubs and Scout sections. In addition to helping at scouts Josh has helped at numerous Community Council events including the Boxford Fireworks and Lantern Parade, the fun and games nights, street parties and other events. Some will remember Josh standing in the river fishing out the ducks at the last duck race.

Josh has a happy and smiling nature and is always the first to volunteer. Home from university, as a requirement of Covid19, Josh is assisting the Boxford Community Hub delivering medicines to those who are self-isolating or vulnerable.

Our thanks and congratulation go to Josh for all the help and kindness he continues to give to the community.

Do you know of an inspirational young person?

To celebrate Boxford's brilliant youngsters, The K&S Cup is given annually to a young person in the village who has made a positive difference to the Boxford community over the last 12 months.

The winner receives £50 in cash and is awarded the cup with their name engraved on it.

Do you know of anyone aged 19 or under that you feel would be an ideal winner next year? If so, let us know by nominating online at <http://www.boxfordsuffolk.com/KandSCup.cfm>

The Box River News is much slimmer this month for good reasons. There are no longer any events to advertise in 'Wot's On', No events have taken place so there are no reports or photographs. All our major display advertisers have ceased operations, ie. The Jazz Club, Pubs, Clubs and the Beauty Clinic leaving us with trades and services to support the Box River News. We hope to continue to publish each month throughout the period of the pandemic in the UK and would welcome news of good deeds, short stories, contributions from children and anything you may feel suitable for publication. The publication date will be 15th of each month, Keep safe. *Eddie Kench* Editor

Delivered Free to every home in Boxford, Groton, Edwardstone, Newton, Little Waldingfield, White Street Green and Milden and is available to residents in Kersey, Assington, Leavenheath, Gt Waldingfield, Polstead, Shelley Stoke by Nayland, Nayland, Monks Eleigh and parents of children at Boxford School not within the Benefice

A STATEMENT ON THE CORONA VIRUS

Dear Friends,

At the request of the government, we have had to cease all public acts of worship and events. In order to ensure Church is as safe as possible, we are following strict guidelines and putting in place a contingency plan.

Sadly, at the direction of the government the church is no longer able to be open for private prayer and reflection, but we are doing all we can to ensure that the people of our villages remain safe and spiritually cared for. It is really important that we keep our spirituality nurtured during these challenging times and that we pray for this situation. Our prayer and Christian discipleship will be very important to our communities over these coming months.

Please don't lose hope and try not to panic or fall into fearfulness. Our Lord is a great strength to us in times of adversity such as these. It will be difficult for us all to adjust to the way that we need to live over these coming months. I would urge you most strongly, however, to follow the direction of the government and medical experts. If you fall into any of the categories that need to self-isolate, please do so. I know this will be a challenge, but amidst the slow-down perhaps there is opportunity to deepen our faith and use the time that we will have to read, pray, exercise and reflect. It is a good opportunity to slow down a little. Above all, we must do what we can to support one-another, being mindful of the correct protocols for keeping ourselves and others safe.

Services

At the direction of the government, public acts of worship have now been cancelled for the foreseeable future in order to minimise the risk of infection.

So included in this pack are a few things that might help in the weeks ahead.

We will live stream as many services as possible via Facebook and over the telephone – a brilliant way to get your spiritual fix if you are stuck at home.

You can access many of our services on Facebook a www.facebook.com/boxriverbenefice/

You can listen to many of our services live on your telephone by calling 03300 881939 and then entering the access code 120899 when prompted to do so.

A Holy Eucharist will be offered on behalf of the entire benefice at **11am each Sunday**. Whilst I appreciate that not physically receiving Communion will be very difficult for many of us, this service will offer the opportunity to engage in spiritual communion together. We will still be the Body of Christ as we are united through the sacrament and our coming together in worship, albeit not in the same building.

Morning Prayer will be at **8.30am** Monday, Tuesday, Wednesday and Thursday. **Evening Prayer** will be on the same days at **5.30pm**.

Also included in your pack are:

- Service sheets for both Morning and Evening Prayer for you to use at home.
- A copy of the lectionary readings for the next 3 months so that you can keep in sync with the readings that the church will be following.
- A short book of prayers. Why not say some when you wake up, at lunchtime and before going to bed?

You can also access regular services on BBC Radio 4 longwave at 9.45am each day. The Bishops are also streaming regular services here: www.facebook.com/BishopsCofESuffolk/

More resources can be found on the Benefice Church Website – www.boxriverbenefice.com and on the Diocesan Website www.cofesuffolk.org

Pastoral Care

The Benefice does not currently have a contact list for all its parishioners. Therefore, I enclose a contact details form. It would be tremendously helpful if you could fill it in and return it to me. That way we will have some way of contacting you (other than by post) should the need arise during these coming months.

Working together with the Community Council, we have put in place a phone tree in order to support those who are sick. The Community at Newton have put together something similar specifically for the people who live in Newton Green. We wish to do all we can to witness to our Christian calling of care and compassion and to aid those experiencing illness or isolation. If you know of someone who is ill and could do with some support or a spiritual boost, do let us know:

- For loneliness, pastoral, general wellbeing or spiritual care needs call Box River Benefice rparkermcgee@gmail.com or 01787 210434,
- For practical needs whilst isolated (such as shopping, supplies, walking the dog, collecting medication etc.) call the Community Council Hub on BoxfordCommunityHub@gmail.com or 07395 914959 (Boxford, Edwardstone and Groton)

- If you live in Newton call: 07881383998 or 07802872707.
- For medical assistance call NHS Direct on 111

Emergency Supplies

There may come a time in the future when we need to seriously look at how we can provide basic food and supplies to people in need. This is not a necessity yet, but may be in future months. In light of this, it seems a good idea to gently introduce something informal now so that we are ready should there be an escalation of need later on. So St Mary's, Boxford and the Community Council have together set up a Bring and Share centre. This has some basic supplies available for people to help themselves to if they are in desperate need. It also encourages individuals that have a few extra supplies they don't need to drop them off so that others can make use of them. This is a wonderful Christian witness, please do support it. Just dropping off a few bits when you are passing the church would be a great help. And, of course, please do use it if you find yourself in need.

Finance

Our churches are likely to experience financial struggles over the coming months, and we will incur unexpected expenses as we try our best to do our Christian service to our villages. Because public worship cannot now happen, our income is likely to reduce significantly. Please be mindful of this and try to continue giving, if you can. That way our ministry can continue to be resourced.

Thank you very much indeed for all of your support. Stay well and keep safe. And don't forget to call if you or someone you know is isolated and needs support or a spiritual boost.

Wishing you every blessing during these challenging times.

May God bless you and all those you love and care for,

Fr Rob Parker-McGee

Email: rparkermcgee@gmail.com

Phone: 01787 21043

NEWTON VOLUNTEERS

Within days of the first advice for some people to self-isolate, a call went out asking villagers to volunteer and within hours we had a team of 35+ willing helpers. A letter was distributed to every house in the village with details of who they should contact if they needed help. Two of the volunteers offered to be the first point of contact. When somebody phones, we post a general call for help on the Whatsapp group that was set up to keep in touch with each other. So far somebody has responded within minutes. They are then contacted individually and given details of who it is that requires help to maintain confidentiality. The volunteer then lets us know when they have removed their superhero cape and the request can be signed off. So far, we have had relatively few calls for help as we live in a very caring community and friends and neighbours were already helping out.

From this small acorn a giant oak has grown and the volunteer group is now supporting the community on a much wider scale. It was felt that some villagers in total isolation could be feeling quite lonely and one of our lovely residents, herself in isolation, said she would like to do some baking so that we could deliver goody bags and a smile. The first week 6 of the volunteers delivered about 20 goody bags containing sweet and savoury home made bakes. There was also some eggs and, those all-important toilet rolls, that had been donated by local businesses. Although the volunteers who deliver are careful to abide by the '2 metre' rule by ringing the bell, popping the bag on the doorstep and then standing well back, it is a lovely opportunity to chat to the recipient for a few minutes and check everything is OK. Many of the volunteers incorporate their deliveries into their hour's permitted exercise. Last week another 20 residents received bags and this Easter weekend over 40 households will receive an Easter bag with cakes and a few chocolates and the all important hot cross bun.

The volunteers have reported that the goody bags have been really appreciated and the thank you cards we've received all say how glad they are to live in such a thoughtful and supportive village.

In addition to this, thanks to the generosity of some of the village organisations and the volunteer group, we will be delivering Easter Eggs to all the children in the village. Things are tough for them too, so it was thought they deserved a treat too.

We have tried to think of everybody and this Easter weekend our lovely postman will receive a cake and Easter eggs to thank him for all he does for the village.

Although these are challenging times for everyone, it has really brought out the best in people and further strengthened our sense of community. So, I would just like to finish by thanking our fantastic baker, all of our volunteers, the business's that have donated goods and the village organisations who have supported us too.

Sue Presland

NEWS FROM CLUBS AND ORGANISATIONS

3PR Stats for March 2020

In March 2020 Boxford First Responders covered 291 hours (39%) and attended 7 incidents.

During the pandemic, the East of Anglian Ambulance Service Trust (EEAST) has been under increasing pressure to restrict the usage of Community First Responder volunteers as the PPE equipment required to protect us from any possible Covid-19 infection is incredibly difficult to obtain at this time. Whilst we are still in active service, our ability to safely respond to medical emergencies is severely impaired, so we have seen a dramatic decrease in the number of activations from EEAST. 999 calls are being triaged to filter out potential coronavirus patients and our CFRs are not being sent to these calls.

In addition, some of our essential equipment has been requisitioned by the NHS for use elsewhere in the service where the need for it is greater. This further decreases our ability to adequately and safely respond to medical emergencies. Going forward it is looking increasingly unlikely that we will be called upon to assist in any meaningful way until the pandemic eases.

Recruitment for new members has been paused at this time for obvious reasons, but our monthly training for existing responders continues via online meetings so that when we are recalled to proper service we will be ready to do so.

Rich Wild, Group Co-ordinator, Boxford First Responders

Boxford Parish Council (Covid-19) update

PUBLIC NOTICE

The current outbreak of coronavirus (Covid-19) is an unprecedented situation that the parish council has been closely monitoring.

Following recent Government advice and their announcement to implement increased social distancing and avoid social gatherings, Boxford Parish Council has taken the very hard decision to postpone parish council meetings for April and May.

The law currently requires the parish council to hold an annual meeting, during the month of May, plus not less than three other meetings during a year. It is currently proposed to schedule the annual meeting for as late in May as possible, however we are awaiting further guidance regarding both this and the Annual Parish Meeting and whether council meetings may have to be postponed beyond May. Further updates will be shared via the website and village noticeboards once received.

As I am sure you will appreciate, the situation is changing by the day and we are continuing to receive updates. Please be assured that everything possible is being done to maintain business as usual in the village. If you have any issues or concerns that you wish to bring to the councils attention, then please do not hesitate to contact Debbie Hattrell or any Parish Councillor.

May I also take this opportunity to raise awareness of the Community Hub that has been set up by Boxford Community Council. If you are unwell or self-isolating and need help getting supplies or medication, please phone, text or email them on the details below. They would also welcome anyone willing to help and become part of the network.

07395 914959

BoxfordCommunityHub@gmail.com.

Please stay safe during these very difficult times, together we can work through this. *Julian Fincham-Jacques* Chairman, Boxford Parish Council

NEWTON PARISH COUNCIL

PUBLIC NOTICE

Owing to the current crisis caused by COVID-19 and measures taken by the Government, Newton Parish Council has agreed on the following course of action to ensure that Council business can continue:

Planning Applications or any other matter on which the Council must make a decision and take action will be decided by any 3 Councillors agreeing on the matter and informing the Clerk of the decision. The Clerk will then take appropriate action.

This decision has been made in accordance with advice from the National Association of Local Councils (NALC).

In normal circumstances a meeting would be quorate with 3 members of the Council present and business could be transacted. The Council has therefore decided to keep the number of

Councillors required to vote on a matter to three.

Should you have any queries concerning this matter please do contact the Locum Clerk using either the email or telephone number above.

Theresa Devine, Locum Clerk, Newton Parish Council
22 Wrights Way, Leavenheath, Colchester, CO6 4NR

Tel: 07530 857309 email: npclerk20@gmail.com

Website newton.onesuffolk.net

Note

Similar decisions have been made by other Parish Councils within the Box River Benefice.

COMMUNITY HUB

(Boxford, Edwardstone, Groton)

First of all, a huge thank you to all those who have offered their services to The Hub, whether it be for collecting shopping, prescriptions, helping with IT problems, fixing back doors (!) or just being on the end of a phone to have a chat with someone. As of 8th April, we have over 100 volunteers across the three villages and have responded to requests from 72 different people, many more than once.

It is so important that people stay at home, even with the difficulties that inevitably creates. We are here to provide a service so that you don't need to go out.. Remember that you can use us also just to chat with someone - being isolated can be very lonely - DON'T LET THAT HAPPEN.

Not everyone will be used to using computers and smart phones, but if you have one and are not sure how you can use them to increase your contact with other people, we can help you.

We have a lot of up to date information and help regarding Covid-19 on our website - please have a look.

Stay safe and well.

07395 914959

BoxfordCommunityHub@gmail.com

www.Boxford.me.uk

Little Waldingfield Charities

The Charity was set up in 1869 to relieve "Conditions of need, hardship or distress". This still remains our aim at all times and especially under the current circumstances.

Whilst we are unable to subsidise loss of income or help in the payment of household bills, we can contribute toward some unexpected expenses. Examples could be transport and parking costs for hospital visits, repair or service of medical equipment not covered by the NHS or textbooks for students.

If you live in Lt.Waldingfield and think you may qualify for any assistance please contact our Clerk on 247658. All applications are treated in the strictest confidence.

I would like to remind you that if you are over 65 years old, not working and been a resident in the village for over a year you will qualify for our annual Christmas gift. If you are not on our list please contact the Clerk.

MICROPLANT

08703 210256 / 07850 210256

E-mail: charles@microplant.net

Website: www.microplant.net

Mini Tractors
Loaders
Rough terrain forklift
Skidsters
Mini Diggers
Post Hole Borers
Hyd' Post Drivers
Trenchers
Rotavators
Stoneburiers
Power Rakes
Harrows
Mowers
Associated equipment



Hydraulic post driver—either centre mounted or offset behind tractor. Also available mounted on Weidemann loader





The Box River Benefice
*Boxford, Edwardstone, Groton,
Little Waldingfield and Newton*

CHURCH NEWS

Rector: The Revd Fr Rob Parker-McGee SR
The Rectory, School Hill, Boxford, CO10 5JT
Tel: 01787 210434
Email: rparkermcgee@gmail.com

Reader: Chris Kingsbury

Lay Elder: David Lamming

Benefice Office: Mary's House, 5 Swan Street, Boxford CO10 5NZ

Please get in contact if you would like a wedding, baptism, home visit, home communion, a hospital visit, of any sickness where we might be of assistance, house blessings, spiritual counsel, confession, last rites, funerals.

"We are still here for you! Current restrictions have meant that all churches have had to cease public worship, social activities, events and fundraisers. As soon as this situation changes, we will let you know. We are still offering all of our services and regular reflections online and working together with villages groups to offer psychological, spiritual and physical support to those who need it. If you know of someone who could do with a call or help in any way, please do let us know."

Dear Friends,

I hope you are all bearing up amidst the challenges of the current time. Most of us recognise the wisdom of the measures that the Government has currently put in place to protect us and our communities from mass infection. Rationally it makes sense, but that doesn't help with some of the emotional difficulties we may be experiencing after many weeks of isolation and what looks like being many more. The disruption to our normal lives is a challenge to many of us, albeit a necessary one.

That has been especially hard felt in our churches. We are no longer able to meet in our buildings and for many the loss of such a valuable community is a real challenge. Two things are widely considered to be important to a thriving village: a good church and a good pub. In recent weeks we have lost both. Thank goodness we still have a good butcher and two good corner shops in our benefice otherwise things would be even more difficult.

In church we have had to learn and learn quickly how to do church differently. Using social media and modern technology we have been able to stream services, sometimes as often as four times a day. We have also had a little more space to get involved in community support and providing other essential help such as the bring and share foodbank in Boxford's church porch. But there are still so many who have not been able to access any of this, so please do try and keep a regular eye out for your neighbours and friends; be in touch with them often and if they need support, either contact the Boxford Community Hub or the myself, and we will try and organise the necessary response.

There are many lessons that we can learn from this period too. When life is running full pelt, it is difficult to take a step back and view the wider landscape, and it is equally difficult to focus on essential things above the less necessary. If when all of this is over our lives can be a little less filled with bureaucracy and a little more with time and space for our environment and each other, then a valuable lesson will have been learned. One of the positives about our isolation, especially in such fine weather, has been the space it has provided for us to observe nature at its best and to wonder at all that God does in our beautiful world to help it renew and rejuvenate. We now have the opportunity to see the wonders and miracles of creation that we might normally otherwise completely ignore.

In Lewis Carroll's novel, 'Through the Looking Glass', Alice declares: "One can't believe in impossible things". The White Queen responds by saying; 'I daresay you haven't had much practice... I always did it for half-an-hour a day. Why, sometimes I've believed as many as six impossible things before breakfast.'" For any entrepreneur, artist or missionary in the church, the ability to imagine beyond present limitations into a new and better future is essential. In my own area of focus, Churches don't grow when they are stuck saying 'we've tried things before and it hasn't worked'. Churches only grow when they are willing to take risks and when they don't see failure as a negative but an opportunity to learn before trying again. Churches grow when the people driving them are able to imagine the impossible and seek new opportunities from any given situation. In our world more generally, we are experiencing new realities all the time that may have felt an

impossibility a few years ago, whether it's new forms of technology, medicine or understanding. These are equally always the result of someone first imagining the impossible and then pursuing it.

Sometimes our fast paced, consumer driven, scientifically obsessed times, can make the world feel void of the extraordinary, not to mention void of mystery and wonder. Life so often lacks amazement. But truth comes in many forms, and sometimes we just need a little nudge to help us return into it. The time and space we are being afforded at this moment, may enable many of us to experience afresh the wonder and awe all around us.

Of course, this is partly what the resurrection of Jesus is about. As Jesus appears to his disciples early in the morning before breakfast, each find it difficult to believe. However, once they allow their visions to be enhanced by the new reality before them, suddenly their worldview is irreversibly changed for the better. For many, then as now, the resurrection will seem impossible and that can be enough to refuse to countenance it. But nothing is impossible with God and just because we haven't personally seen something doesn't mean it doesn't exist. The Easter message of hope comes from the very fact that a thing we felt was impossible has happened. No longer do we have to fear our absolute termination in death. There is hope beyond the grave, as impossible as it may seem. If we look at the wonders of the world around us, I believe, that far from them confirming an existence doomed to annihilation, it speaks of constant rejuvenation and renewal even beyond the grave. Sometimes we just have to practice believing in impossible things before breakfast.

Have a wonderful Easter filled with new hope.

Fr Rob

Fr Rob's Easter Day Head-Shave **To raise money for West Suffolk Hospital's response to the Coronavirus.**

In order to raise money for our local NHS hospital during this critical time, Fr Rob, the Rector of the Box River Benefice, will shave his head on Easter Day as an act of support and solidarity to all our wonderful NHS staff and those who are suffering as a result of the disease. In the current climate, sponsored Runs, Pilgrimages, Cake Sales etc are all out of the question, so a head-shave seems one of the few fundraising initiatives possible at this time. The event was live-streamed on the Benefice's Facebook Page: <https://www.facebook.com/boxriverbenefice/> It took place immediately after the Easter Day Service, which began at 11am. If you would like to do so, you can still support this valuable cause by going at https://www.justgiving.com/fundraising/robert-parker-mcgee1?fbclid=IwAR1fN8oBajG6T6QAw_k_4aoH9AFJbeGQZngUfQsqEbgxx7YDFg04C39NSRs

Remember

The Box River News can be seen in full colour by downloading from the internet.

Just go to <http://www.boxfordsuffolk.com/box-river-news> and scroll down to the latest BRN icon. The Newsletter is usually available about one day after the published press date. You can also drag any pics you might like onto your desktop but these will be of low resolution. If you would like a high res pic just email the address below and we will send you a PDF or Jpeg ed.kench@btinternet.com

GARDENING IN MAY INSPIRED BY THE LATE HARRY BUCKLEDEE

Plant up hanging baskets right away to give the plants a chance to establish before hanging them outside at the end of the month. Make sure that brackets are well secured to walls as the weight of a large fully grown basket with wet compost can put quite a strain on them. Peat free composts are preferable to soil based as it is light. New research shows peat-free compost is best for garden pots and baskets, Generations of gardeners have relied on peat to ensure their back breaking work delivered blooms and produce of the finest quality. Many feared their gardens would suffer following moves by the Government and environmental campaigners to ban the use of peat to protect endangered landscapes. However, research by experts at Which have found that alternative peat-free compost can now outperform the traditional product. The consumer watchdog has awarded Best Buys for container compost to three peat-free varieties - Vital Earth Tub and Basket Compost; New Horizon Multi-Purpose Compost; and Vital Earth Multi-Purpose Compost. If you don't already have some of these try using your own garden compost with as fresh soil as you can get from the garden.

The compost does dry out quicker than soil and therefore more watering is necessary, if it dries out completely lower the basket into a container of water for a good soak. Baskets should be lined with moss, if available, otherwise black polythene, a bag for life that has split or sacking will do, make some holes in the polythene for drainage. Plant up with fairly mature plants if you have some in the garden, otherwise you will have to wait a long time for a display. For a hot sunny situation, geraniums are the best bet - plant one upright growing one in the centre with three or four trailing ivy leafed ones around the edges. Other suitable trailing plants for sunny aspects are the Helichrysum Petiolatum silver variegated and Hederacea (trailing catmint), Verbena and Petunias. Fuchsias are excellent for a north wall or anything suitable you might have available in your garden.

To get the best from your baskets regular feeding and watering is necessary. Do not allow the compost to become impoverished before you start feeding as the plants will suffer a check in growth which will take weeks to correct. There are sufficient nutrients in the peat free compost to maintain good growth for about a month so start feeding two weeks after planting using any good proprietary plant foods you might have.

For the first few weeks use a high nitrogen feed if you can to get good healthy growth changing to one of high potash nearer flowering time. Feed twice weekly to start with increasing to three times by the end of June and every day from August onwards. Do not exceed the stated mixture.

Dwarf French and Runner Beans can now be sown on the open ground - by the time they have germinated the danger of frost will be fairly remote. Sow also white and purple sprouting broccoli and hardy cauliflower headed broccoli for cutting next spring. Thin out vegetable and hardy annual seedlings as soon as they are big enough to handle, failure to do this results in plants that are left being weak and spindly. Carrots are best thinned in the evening to avoid the carrot fly which is attracted by the smell of the bruised foliage. It is a good idea to spray after thinning with something smelly with a weak solution like Jeyes Fluid or Armillitox to disguise the smell of the foliage. Lets hope you have a stock of seeds left over from last season,

Prune Forsythia by cutting back all the shoots that have finished flowering. Remove suckers from roses, trees and shrubs, especially Lilacs. Lilacs flower better if grown on a single stem, allowing suckers to form seriously reduces vigour.

Don't miss the elder-flower, a tree in your garden or perhaps found in our country lanes whilst out exercising. It is the basis of the first of the summer wines a miraculous, near-Sauterne "country wine".

Get ready for the coming influx of baby vegetables for the freezer check you have boxes, foil, ties and stocks of bags in your potting shed,

Jobs

- Watch out for late frosts. ...
- Earth up potatoes, and promptly plant any still remaining.
- Plant out summer bedding at the end of the month (except in cold areas)
- Water early and late to get the most out of your water, recycle water when possible.
- Regularly hoe off weeds.
- Open greenhouse vents and doors on warm days.
- Mow lawns weekly
- Check for nesting birds before clipping hedges
- Watch out for viburnum beetle and lily beetle grubs

Soap Box

OK, I know life has been a tad difficult of late, but some words are being over used to such an extent that they are beginning to lose their true meaning. One such word is "unprecedented". It is hard to hear a news report, or read an article concerning the coronavirus pandemic, without the "u" word cropping up - often many times. I rather warmed to the Matt cartoon which had a couple sitting down together, one turning to the other and saying "Don't you wish we lived in precedented times?" It made me want to look into the word "precedented".

One of the advantages (from my point of view, anyway) of earning a living by writing is that I possess a positive cornucopia of reference books, included in which are several dictionaries. Younger writers may well rely on the world wide web to source material, information and simply the words they need to complete an article, but I prefer the look and feel of real books. I do use the internet, but it is rather telling that the kindle bought for me shortly after they became popular lies idle in my filing tray and has done so for some years.

To show how important these reference books are to me, I must turn to one of my favourite radio programmes - Desert Island Discs. I have listened to it for years and was delighted to find that Roy Plumley was a close neighbour when we lived in Putney. I often saw him walking with his wife - and he would have been quite old then, more than 35 years ago. Well, such a fan was I that I constantly made a list of eight records I would choose, were I ever to be asked, not that I ever expected to be.

This list was revised regularly, but my book and luxury choice have remained constant. I would take a big, comprehensive dictionary. That way I would always have something to do to while away the time on the beach of my tropical paradise. I've several, including a Funk and Wagnalls, a US dictionary much referred to in Rowan and Martin's Laugh In, a very funny TV comedy show broadcast at the end of the 1960s.

Turning first to my Chambers, a mere 1575 pages long - quite concise compared with the Shorter Oxford English Dictionary, unprecedented comes with the description "of which there has been no previous instance". Sounds good, but what about "precedented"? This is trickier. "Precedented" hangs off the verb "to precede", or to go before in position, time, rank or importance, and is described as "having a

precedent warranted by example". You've lost me there Mr. Chambers.

The OED, which comes in at an impressive 2672 pages - larger and printed in a smaller font than the Chambers, has a more understandable definition - "Furnished with or having a precedent; in accordance with precedent". But that doesn't help with the Matt cartoon, funny as it is. It seems to me that living in precedented times doesn't really stack up. But have we been going through unprecedented times in the last few weeks? We need to look back in time to see if we truly have.

There have been pandemics before - some far more damaging in health terms than coronavirus. The so-called Spanish flu pandemic of 1918 killed 50 million people worldwide and infected a third of the world's population, which was just 1500 million at the time. Even since World War II we've had several pandemics. The 1957 Asian flu outbreak claimed between one and two million lives worldwide. In 1968 Hong Kong flu was only a little less devastating, while the Swine flu pandemic of 2009 was comparatively mild, with fewer than 20,000 lives lost.

Then there are the economic consequences of the measures taken to avoid the pandemic overwhelming the National Health Service. A global economic recession is unavoidable. The question is how quickly can we all bounce back? We've had meltdowns of this nature before. The financial crisis of 2008 was pretty uncomfortable on a global basis, but we recovered. And the Great Depression of the 1930s was severely damaging all around the world. The good news today is that there is more cooperation between countries and we have better tools to deal with severe economic downturns, but it will be tough as we endeavour to recover.

But we've never had a situation where entire populations have been confined to home to prevent the pandemics spread. It seems certain that life will be very different when we emerge from this crisis - as we will. Reluctantly I must concede that "unprecedented" is probably an appropriate description of what we are going through. I just wish that it wasn't used quite so much. Perhaps we need to find another word to use. Maybe I need to look at Roget's Thesaurus, but I'll spare you my efforts to chase through my collection of reference books to find a suitable word. As for my choice of a luxury to take to my desert island, that's another story altogether.

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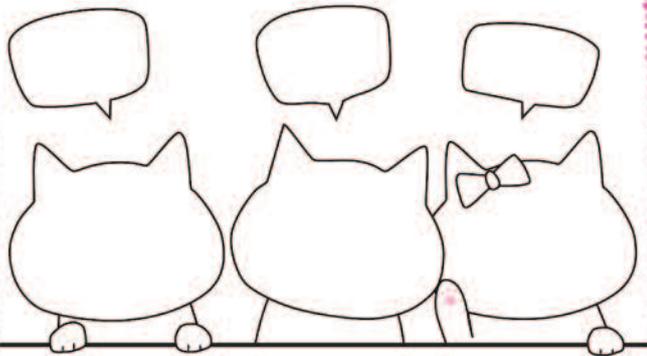
Welcome to our new kids page! We'd love to know what you think! Send your jokes, drawings, puzzles to ed.kench@btinternet.com and see if you can make him laugh! Best ones may be included in future editions, so include your name and age!

★ star joke!

Q. what do you call a dog magician?
A. a labracadabrador!

★ draw it

Draw faces on these cute kittens.
Can you make them look purrrfect?



brain booster

Unscramble the words at the top of the puzzle, then use all of the letters in the circled boxes to solve the final feathery phrase!

| | | | | | | | | |
|---|------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|---|
|  | GIEOPN | <input type="text"/> |  |
| | TRLGNISA | <input type="text"/> | |
| | WORC | <input type="text"/> | |
| | DOCKOEREWP | <input type="text"/> | |
| | PORSWAR | <input type="text"/> | |
| | HESATANP | <input type="text"/> | |

Final phrase:

| | | | | | | | | |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | Y | <input type="text"/> | B | <input type="text"/> | <input type="text"/> |
| C | <input type="text"/> | H | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | M |



wordsearch

Can you find these words in the grid?

seeds rainbow flowers bloom
puddle nest may butterfly
hatch bunny umbrella chick

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | M | G | K | Q | B | U | N | S | T | Z | M | A | Y |
| B | X | W | Q | C | H | I | C | K | E | S | G | A | U |
| U | I | M | H | D | I | W | W | L | X | E | W | E | A |
| T | C | I | A | M | L | F | D | T | A | X | D | R | S |
| T | C | A | T | I | Z | J | S | L | X | O | A | S | S |
| E | U | E | C | O | G | E | L | I | W | I | R | R | J |
| R | I | M | H | A | N | E | U | U | N | I | E | F | M |
| F | D | H | H | J | R | U | D | B | N | W | V | X | O |
| L | B | J | R | B | T | X | O | M | O | N | X | R | O |
| Y | F | U | M | C | H | W | D | L | S | D | Y | E | L |
| Z | D | U | N | Q | S | C | F | M | F | B | M | C | B |
| V | S | C | V | N | M | T | X | T | X | R | P | X | W |
| T | O | D | D | R | Y | C | E | D | H | D | C | R | I |
| O | W | Q | O | L | O | P | U | D | D | L | E | R | C |

extra funnies!

Q. what do you call a bear with no teeth?
A. a gummy bear!

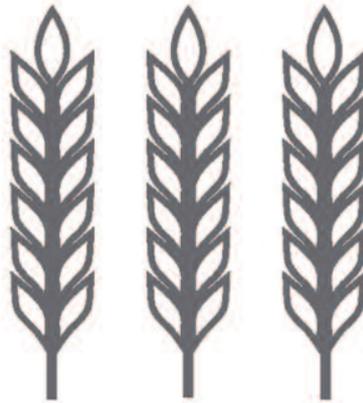
A man was taken to hospital after eating daffodil bulbs. Doctors say he will be out in the spring!

Q. How do you help an injured pig?
A. call a hambulance!

Q. how do you make a tissue dance?
A. you put a little boogie in it!

Q. what happened when the owl lost her voice?
A. she didn't give a hoot!

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Head Chef James Barber and his team, have also been busy creating a range of excellent frozen ready meals, adding their own special flair to established favourites. As well as savoury dishes customers can treat themselves to seasonal Boxford Farm fruit crumbles and a Pippin Afternoon Tea for 2 in a takeaway box to help lift their spirits during these very trying times.

Pippin Food Store is open 7 days a week, from 7am to 7pm and is being run by the hotel staff. The Chef is ordering fresh vegetables, dairy produce, meat and fish from the hotel's regular wholesalers, as well as household items, and supplies are arriving every couple of days, so there is plenty of stock.

In addition the shop is selling the family farm's own-grown delicious fresh asparagus, rhubarb and apples – and soon will be stocking their fresh strawberries, raspberries, blueberries and cherries as they come into season. There are also Copella and Cawston Press Fruit Juices in plentiful supply.

Strict government-led hygiene rules apply both inside the shop and for deliveries, and more details of these are listed on the hotel website.

Pippin Store is offering a grocery delivery service to residents within a 5 mile radius of the hotel on Mondays, Wednesdays and Fridays, and there is no delivery charge for those who are over 70 or vulnerable and self-isolated within that area.

Boxford Suffolk Farms will be recruiting fruit pickers from mid May so if anyone is interested in applying for a job there please call Thomas on 07387 022285 or email him at work@bsfarms.co.uk and visit the website at www.boxfordfarms.com

All details can be found on the hotel website at www.stokebynayland.com/store. For orders or further information please call 01206 265812 or email pippinshop@stokebynayland.com

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FEEDBACK FROM JAMES FINCH

Your Suffolk County Councillor for the Stour Valley

HOME, BUT NOT ALONE

A new Suffolk-focused community service was set up on 24 March to support people who need help during the COVID-19 pandemic.

Called 'Home, But Not Alone', the service has been launched to help connect people who want to volunteer in their communities with neighbours who are most in need.

The service will mean willing volunteers, charities, town and parish councils, community and religious groups can all log their details and offers of support on an app, while people who need help can phone to request support.

As the number of offers and requests grows, they will be matched so that the right help can be given where it's most needed. This support could include delivering groceries, medication or essential household goods, in line with Government social distancing guidelines.

Download the free app, called Tribe Volunteer from the Apple App Store and Google Play Store.

The telephone number for those in genuine need of help is freephone 0800 876 6926 and will be staffed from 9am to 5pm, seven days a week. The telephone line is not a general information line for COVID-19 queries, but those in need can seek information on support with care needs, loneliness, and connecting with community support.

This is a new service and will be adapted to demand over the coming weeks. People are still being urged to check GOV.UK for the latest guidance on a wide range of issues and changes caused by the COVID-19 outbreak.

- **£60,000 for foodbanks across Suffolk** On 25 March, it was announced that food banks across Suffolk will be given a share of £60,000 to keep their supplies well stocked during the Coronavirus pandemic. This money has been donated by Suffolk County Council and will allow the food banks to restock directly with supermarkets and wholesalers.

- **Public transport to operate on a reduced scale throughout the county because of the coronavirus pandemic**

From 24 March, new timetables are in place for most public transport services, including buses, trains and community transport until further notice. The changes reflect the fact that less people are using services as they stay at home as part of the new instructions from the Prime Minister on Covid-19. There is also a reduced availability of staff as more have to self-isolate. Suffolk County Council is advising those who must use public transport to check with their local provider to find out the latest timetable. Further details can be found at www.suffolkonboard.com or by calling 0345 606 6171.

- **All Suffolk recycling centres close until further notice due to coronavirus** On 23 March, Suffolk recycling centres closed until further notice. The safety of customers and staff is very important. Therefore, in accordance with current government coronavirus guidelines of avoiding nonessential contact and preventing a risk of infection to others, the sites will close. It is essential that we do all we can to slow down the spread of the virus.

- **Elderly and disabled residents can use their concessionary bus passes earlier during coronavirus outbreak** As of 19 March, Suffolk County Council is allowing concessionary travel for those with elderly and disabled bus passes before 9.30am, as the coronavirus epidemic continues. The Council, working alongside its partners and bus companies, has revealed that it is extending its concessionary travel for those with elderly and disabled bus passes, as supermarkets make special arrangements for exclusive early morning shopping times for these people.

- **Changes to care services for customers** On 18 March it was announced that, in light of the current Covid-19 crisis, customers are likely to experience changes to the care they receive. Customers will receive a phone call or a visit from their current care provider or Suffolk County Council's Home First team when their services are affected.

The county council's adult care team are closely monitoring the safety and wellbeing of all their service users and supporting their most vulnerable customers, who remain a priority. Those currently receiving care and support will start to see a difference in their service in the coming weeks, or it may be that their care is provided by a different provider.

- **Suffolk Highways COVID-19 statement** Keeping Suffolk's highway network safe and moving is our top priority at this most challenging time. Suffolk County Council and our contractor, Kier, are working together with our suppliers and sub-contractors as one team to ensure Suffolk's roads can continue to be maintained and accessible; whilst keeping our workforce and members of the public safe from the threat of COVID-19. Our service is critical to ensuring safe travel for our emergency and health services, and for those carrying out essential tasks. I want to reassure

FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

The circumstances that the Council and the general population are having to deal with at this present time are the most traumatic of all our lives so far with dramatic repercussions. While our brilliant, fearless N.H.S. and other medical teams are stepping up to deal and defend us against the ever increasing outbreaks of the awful Coronavirus it is sad to know that they have been so let down by the short supply of medicines, ventilators and the personal protection equipment that they so need for their own safety. It is an absolute disgrace that those who protect us are sent into battle so poorly equipped.

If any lessons are to be learnt from this, it must be that our country deserves a properly funded National Health Service with taxpayers' money ringfenced to achieve just this. Also, just maybe our national politicians should be refused entry to our hospitals at election time for their photo opportunities to make yet more hollow promises and grinning buffoon-like pictures across our ghastly right-wing tabloids.

Having said that I can honestly say that my own Babergh Council have risen to the challenge and I am truly proud of our officers and staff who are on duty seven days a week, we are still doing most of our day job and keeping up with our refuse collections apart from the Brown Bin collection which will be resumed as soon as staff and lorries become available. We have also made some super-human efforts to get all our homeless and displaced residents into permanent accommodation and out of danger for themselves and others.

Housing does and will remain a priority for the council into the future and hopefully after this is all in the past and along with my wish for proper and adequate funding for the NHS there will also be a return to proper funding for our local District Councils who are best placed to deal with the sort of situation that we are in now.

Adversity certainly brings out different reactions from across our region with the best and worst traits being on display, in the main it has all been very positive, with groups across our villages being set up to look after people who are alone or self-isolating, the Boxford Community Hub has been quite amazing and so effective in bringing much needed supplies, help and comfort to so many. They have spread their wings a little further than at first intended and have helped people from further afield than our core area, also even the smaller villages of Milden and Brent Eleigh have organised themselves very quickly with lists of those who might be more vulnerable and a network of others who can organise and deliver help.

I should also like to give a massive shout out to those who are manning our local shops and food stores who are working so hard to see that we are all kept supplied with provisions. Special thanks and Three Cheers must go to the staff and proprietors of Assington Farm shop, Boxford Post office and Stores and Alan Leeder the Boxford Butchers and the Community Shop in Monks Eleigh who are all delivering food supplies into our villages with a small army of dedicated volunteers. Please remember that our lovely local shops and businesses are here for us all year round not just for pandemics.

I will continue to post updates of Babergh Council and other activities on all the relevant Facebook Noticeboards across my ward and god willing will remain active and well to answer any personal requests that you might have. Bryn.hurren@babergh.gov.uk or just Tel 01787 210854. Mob. 07771 508348.

Stay well and Safe for the Future. Bryn. XX.



Above: New plantings in Primrose Wood all almost two metres apart. Photo. D Lamming

residents that we, as a highways authority, are taking the Government's advice very seriously and working hard to continue delivering our services for you.

James Finch – County Councillor for the Stour Valley
Tel 01206 263649 Mobile 07545 423796
Email: james.finch@suffolk.gov.uk

Readers Letters

Sir

I have in the past tended to do a monthly shop at one or other of our local Supermarkets. This was in the belief that our village shops could not compete with them on price and being a pensioner that is quite important to me. However, loyalty to supermarkets is not rewarded and when trying to get a delivery booked all the local Supermarkets told me they were not taking any more orders. A friend told me that Alan Leeder, our butcher, was providing a delivery service and it was then that I checked out his web site and was amazed at the variety of food he had on offer. I placed an order which was delivered the very next day. It was such a relief and together with help from the Community Hub we will not starve, far from it, the quality of food we now have is worth every penny and Alan and his team together with the Hub deserve a medal

A Stone Street Resident
Name and address Supplied

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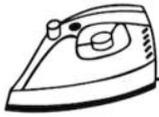
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All teams had a tough but rewarding season in their higher divisions after promotion last season .

Awards day planned for Saturday June 6 th if it should be safe by that date .

Regards

Box River News is published and edited on behalf the Parishes of The Box River Benefice by Edward A Kench trading as:
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