

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



July 2020
Vol 20 No 7

HADLEIGH & BOXFORD PATIENT PARTICIPATION GROUP

Seeing your GP has never been easier!

Almost overnight, the Covid-19 lockdown completely transformed the way GP surgeries work. Face-to-face appointments have been replaced by telephone consultations and video calls so patients can stay at home, and those who need further assessment can come in safely without having to sit around in a busy waiting room. And it's worked!

People who have been putting off contacting the doctor should call the surgery now. It's probably never been easier to get a consultation and patients, particularly older ones, will find it very convenient. As the lockdown eases and we begin to move about more, the message is this: if you've been putting it off, call your GP. There has never been a more important time to take control of your health.

So here is a five-point plan on how you can do just that...

1. It's time to get tech-savvy

To access the doctor online, you should get up-to-speed with how things are working at your practice. The key thing is to make sure you get to grips with everything now, before you have an urgent health problem. Check the surgery's website, where you will be able to find lots of information. <https://www.hadleighhealth.co.uk/news>

Video consultations between GPs and their patients have taken off during the lockdown. There's no need to be intimidated by them. All you need is a smartphone or a tablet with a camera. You'll be sent a link to click, which will connect you to your GP. Anyone who has a health problem that can't be dealt with virtually can still, of course, come in for a further assessment. The surgery is still very much open for business.

2. Book that medication review

It has become increasingly apparent that people with underlying health conditions are most likely to be affected by Covid-19. High blood pressure, type 2 diabetes, and heart disease are known to increase the risk of being seriously unwell. Poorly controlled asthma is also a known risk factor. If you have a chronic health condition, now is the time to contact your doctor. Don't put off that medication review or check-up any longer. We can help you get your health into the best shape it can be.

3. Stock up on health essentials

Panic-buyers cleared supermarkets and pharmacy shelves when the pandemic first struck –paracetamol turned into gold dust overnight and many people who did need painkillers were unable to get hold of them.

Now is the time to avoid the same thing from happening. Most people who get Covid-19 can manage their illness at home. So think now about what you might need. Paracetamol for adults and children, anti-

inflammatories and antihistamines are a good start. Some early reports advised patients to buy a thermometer, a blood pressure machine and an oxygen monitor as well as stocking up on essentials such as paracetamol. This sparked more panic-buying but these products are becoming available again. At the very least get yourself a thermometer - a high temperature can be a sign of Covid-19 - and you could consider buying a blood pressure machine. In fact, blood pressure readings taken at home can be more reliable, as the stress of having it taken in surgery can cause it to rise unnaturally. You may also want to look at buying the oxygen monitor or 'oximeter. This device tells you your oxygen level in the blood and could indicate if you are becoming seriously unwell with Covid-19.

4. Take a Vitamin D supplement

Official advice suggests we all take Vitamin D supplements during the winter, as many of us are deficient. Keep on doing so, even as we move into summer. Vitamin D is activated in our bodies in response to sun exposure on the skin. During the winter, when we get less sunlight, it's hard for our bodies to get enough activated vitamin D. The same is likely to be true for people who are shielding or self-isolating at the moment. And that's a worry, because Vitamin D has a really important role in helping our immune system to function as well as it can.

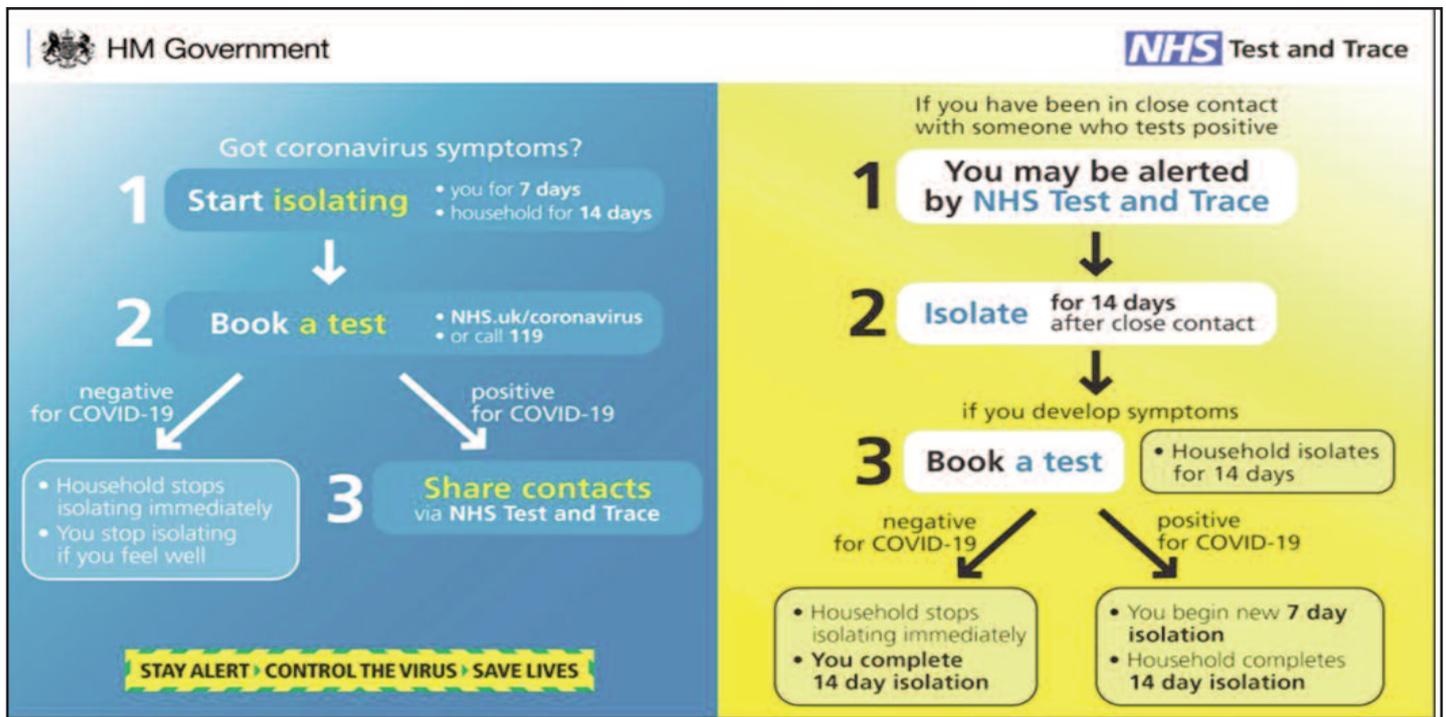
5. Get used to covering up

The government also told the public that they must wear face coverings in order to use public transport and is also recommending we all wear face coverings in enclosed public spaces. These face coverings should cover the mouth and nose while allowing the wearer to breathe comfortably and can be as simple as a scarf or bandanna that ties behind the head to give a snug fit. As the NHS reopens right across the country, it is critically important to stop the spread amongst staff, patients and visitors too. So, all hospital visitors and outpatients will need to wear face coverings. It is also mandatory for those attending GP surgeries to wear a face covering or non-surgical mask. As many as eight in ten people have Covid-19 without any symptoms. Wearing a face covering will stop you spreading it to other people, if you unknowingly have it. Making your own saves precious supplies of medical masks for the doctors and nurses who need them most. The most important thing is to get a face covering you feel comfortable with. They do feel hot and take a bit of getting used to. But they are part of the new normal as we wait for a vaccine.

Information is available on the Practice website:

<https://www.hadleighhealth.co.uk/news/face-masks-and-face-coverings>

Ack: Dr Ellie Cannon



BOXFORD BIKE CLUB

Cycling – increased participation, health benefits and what next?

It is clear that since the pandemic restrictions were imposed more and more people are taking to cycling to keep fit, to 'get out of the house' and to maintain their sanity. The government advice follows the WHO guidelines to 'Whenever feasible, consider riding bicycles or walking' <https://www.who.int/>

The Government has advised people to cycle for their health, fitness and well-being, as well as for essential journeys, but only alone or with members of your household. As of Wednesday May 13, in England it is permitted to cycle with one person who is not a member of your household. Guidelines have been developed by <https://www.cyclinguk.org/>

So what next for those who have caught the 'cycling bug' and want to continue cycling after the coronavirus restrictions are lifted? Maybe some of you have been thinking of joining a local club to meet like-minded people. Boxford Bike Club might well be just what you're looking for!

Boxford Bike Club was formed in 2012 with the primary aim of promoting cycling in the area and to provide a platform for all abilities, genders, ages and interests in a relaxed fully inclusive environment. We are a friendly club and think that amateur riding should primarily be fun and as such we like to think we do not take ourselves too seriously.

Being a member of our club will enable you to enjoy the pleasures of cycling in the beautiful countryside that surrounds our village. People new to cycling will have an instant network of support and advice available to them and the opportunity to take part in organised rides on a regular basis.

The club reflects varied cycling disciplines, with members interested and participating in road cycling, mountain biking, triathlon and cyclocross. Each week the club organises a variety of local rides including off road mountain biking, road riding at various speeds and social riding for those who are new to cycling and for experienced riders who prefer a more relaxed ride. A coffee stop at the end of most rides enables members to get to know each other and to enjoy the company of other riders.

Every year the club organises its own sportive, The Boxford Tornado, which attracts riders from all over the country keen to enjoy the delights of the Suffolk countryside.

Please take the time to browse through our website which hopefully will give you a flavour of what we are about an. We are always keen to welcome new members you can join us by simply clicking on the link on our membership page.

You might also like to speak with:

David Baker 07802 825744, or

Jane Flockhart 07503 526548

who would be delighted to answer any questions you might have.

Making contact with the club could not be simpler, we have our own Facebook page and a Twitter account @BoxfordBikeClub or <https://www.boxfordbikeclub.co.uk/new-page-15>

Boxford Bike Club is affiliated to British Cycling <https://www.britishcycling.org.uk/>

The Community Hub Management Team



COMMUNITY HUB
BOXFORD EDWARDSTONE GROTON
07395 914959
BoxfordCommunityHub@gmail.com

Boxford Community Hub continues to support people in all three villages, with many volunteers offering their time to collect prescriptions, shopping and offer advice.

We are being warned that now the lockdown is easing and more people are going to more places, reporting of new cases of Covid-19 infections is still very much a possibility. With the instigation of Track and Trace, we are also being told to prepare for situations where whole streets and small clusters of communities may be asked to isolate as a result of coming into contact with infected people. If this does happen, we are still here to manage those situations, so please do not hesitate to contact us.

Test and Trace Scams

Trading Standards have warned us to be aware of scammers who may use the launch of the new test and trace system as an opportunity to scam people, by either trying to obtain personal information, or to dupe people into handing over money.

You will be alerted by the NHS test and trace service if you have been in close contact with someone who has tested positive for coronavirus, the alert can come by text, email or phone call. No financial information is needed as the service is free.

Healthwatch return to School Survey

Healthwatch Suffolk have launched a survey to capture the views of younger children aged 6-11 about what they think about going back to school and how they have found being at home during the coronavirus lockdown. The questions are completed to the best of children's ability and with the support of a parent, carer or guardian if needed.

Stay Safe



The Bell Inn

The Sreet, Kersey, Suffolk, IP7 6DY

Tel: 01473 823229

Kerseybell.com

4th July WE ARE READY

Looks like we are opening! Still waiting for government guidelines But looking forward to seeing everyone.

**Janet, Wendy and all the staff at
THE BELL INN KERSEY**

Copy Date for the August Box River News is July 15th

email: ed.kench@btinternet.com

Kiln Cottage, Stone street, CO10 5NR

Phone: 01787 211507

SAVOURY SATURDAY!

SAUSAGE ROLLS, CHEESE SCONES, QUICHE & MORE...

27 June 11.30 - 1.30, Outside St Mary's Church

Organised by Boxford Bicycles

THE JULY LETTER BY FR ROB

Dear Friends,

I hope that you are all bearing up under lockdown and that as we prepare to move into the next stage you will not feel too anxious or frustrated – it looks as though it may be a long, slow process.

It has been another strange month, and one of the things that we have been forced to reflect upon is the issue of equality. One of the early themes communicated by the government at the beginning of the pandemic was that ‘we are all in this together’. This was an admirable call for national unity, but it wasn’t entirely accurate. We are all at risk from the virus, but we don’t all possess the same opportunities or resources to help us through it. Each of our experiences are very different. Some of us have the means to weather this storm in ways that others can only dream of; it was ever thus.

It looks as though we are set to enter into a period of severe economic challenge in the months and years ahead. During the financial crisis of 2008, and the long years of austerity that followed, there is no question that the poorest and most vulnerable in our society were the worst affected and, if we are not careful, the same will be true this time around. And we must not fall into the trap of believing our villages will be immune.

But the most vulnerable groups are not only often disadvantaged by economic policies. Recent events have brought to the fore our need to reconsider our colonial past and the way those of an ethnic minority are treated. The rise in racist attacks and abuse over the last few years, especially at football matches, should concern us all. But any reform must look much more deeply at how our inherited structures may have discriminated against parts of our society simply because of their race, religion, sexuality or economic situation. How we now address these injustices may well determine the kind of society and cohesion we see developing in the post-Covid 19 world.

The difficulty is that these things can be so entrenched in our inherited structures and attitudes that sometimes we don’t even realise it. And I must be honest here, the Church is not immune (though I wish it were). The Church has been trying for years to become more diverse and less prejudiced against certain groups. And as with society at large, it can be a slow and painful process. The Church has made some progress through the ordination of women, intentionally trying to increase the number of priests from ethnic minority and poorer backgrounds, and by beginning to speak up more boldly for the rights of LGBTQ people. It, nonetheless, has an awfully long way to go and is clearly still on a journey. But let us be clear, there is no place for discrimination of any kind if the Church wants to be obedient to Jesus and make the limitless love of God known in the world. One of the strongest messages to come through Jesus’ teaching is that upholding the dignity of every individual is central to the Christian faith. One doesn’t have to look very far in the Scriptures to find examples to support his: his eating and drinking with tax collectors and sinners (Matthew 9), his encounter with the foreign (Samaritan) woman at the well (John 4), his defence of the woman accused of adultery who is about to be stoned by the Pharisees (John 8), his healing of a man on the Sabbath day despite knowing it would place him at odds with the law-makers (Luke 14)... The list goes on. Why is this so important? Well, as Christians we believe that every person is made in the image of God. That means that at their core, every human being has a godly dignity that each of us must allow to shine through if we are to thrive. That is as true for my ‘neighbour as for myself’ (and my neighbour can be anyone of any race, sexuality, creed, wealth or nationality). Too often prejudice, inequality or oppression can suppress another person’s inner godly dignity. As the Church, as Christians, we must go out of our way to work with and for those who are discriminated against or disadvantaged in our society. We have an obligation to uphold the dignity of all precisely because we are all equal in the eyes of God. That is why we must strive for our churches (when they open again) to be filled with people from every part of society: rich and poor, old and young, of every race, language, relationship situation and background until the kingdom of God comes.

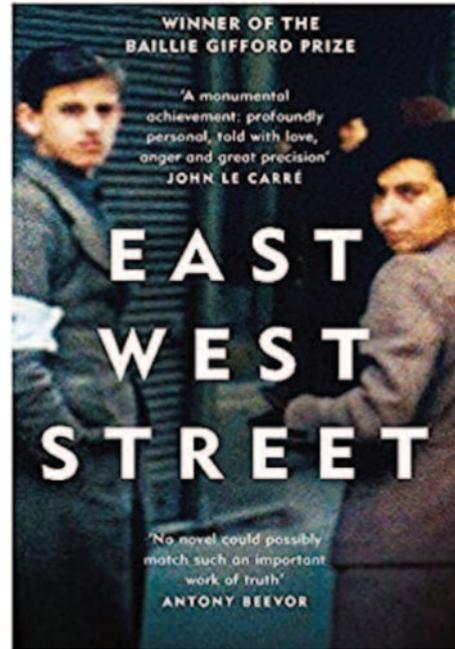
We are having to learn so many tough lessons through this period, and that is not easy. My deepest wish is that we can emerge from all this as a more tolerant, thankful, joyful, compassionate and caring society where the needs of others become our chief concern, irrelevant of what their personal situation may be.

May God continue to bless you, protect your inner dignity and fill your heart with the joy of the Saints and Angels.

Fr Rob

THIS MONTHS GOOD READ BY DAVID LAMMING

East West Street by Philippe Sands



The author of *East West Street*, Philippe Sands, is a well-known professor of law at my old alumnus, University College London (UCL), but ‘I’d recommend you read to this important book irrespective of that connection.

The reviewer in the *Sunday Times* commented: “One of the most gripping and powerful books imaginable.” And as another reviewer said, “I could not put the book down.”

In introducing Sands’s part autobiographical book, I can do no better than to quote (slightly expanded) the summary on Amazon: “When he receives an invitation to

deliver a lecture in [what is now] the Ukrainian city of Lviv [formerly Lwów or Lemberg], international lawyer Philippe Sands begins a journey on the trail of his family’s secret history. In doing so, he uncovers an astonishing series of coincidences that lead him halfway across the world, to the origins of international law at the Nuremberg [war crimes] trial. Interweaving the stories of the two Nuremberg prosecutors (Hersch Lauterpacht and Rafael Lemkin) who invented the crimes or crimes against humanity and genocide, the Nazi governor responsible for the murder of thousands in and around Lviv (Hans Frank), and incredible acts of wartime bravery, *East West Street* (first published in 2016) is an unforgettable blend of memoir and historical detective story, and a powerful meditation on the way memory, crime and guilt leave scars across generations.”

In preparation for his lecture in 2010, Sands discovered not only that his grandfather, Leon Buchholz, was born in Lemberg, but that Lauterpacht and Lemkin had connections with the city, as did Hans Frank, one of the 11 convicted Nuremberg defendants to be hanged. Interwoven into this tour de force of family, legal and political history are graphic vignettes of the holocaust as it impacted on the author’s own family. His account of the murder of his paternal grandmother, Malke (one of 1,986 Jews transported by train to Treblinka), is chilling: “The cutting of hair, the naked walk, the gas. Malke’s life was over within fifteen minutes of stepping off the train.” But there are also encouraging stories of great bravery, including how Elsie Tilney (“Miss Tilney of Norwich”) enabled Sands’s mother, then just one year old, to escape from Vienna to Paris in summer 1939: “She saved your life?” My mother nodded.’

The book, illustrated with many historic photographs, ends with a detailed, but highly readable, account of the Nuremberg trial in 1945-46. One of the surprising revelations in the book is of the friendship forged between Sands and Frank’s son, Niklas. One telling comment by Niklas, when reflecting on the hanging of his father: “I am opposed to the death penalty – except for my father.”

No one, surely, can read this extraordinary account of mid-20th century history without being emotionally affected by its powerful narrative. Clearly, as we are still aware 80 years on, Jewish lives did not matter and were expendable in Nazi Germany. It’s often said that “Those who do not learn from history are doomed to repeat it.” Perhaps that serves to emphasise the significance of the current ‘Black Lives Matter’ demonstrations.

David Lamming

East West Street is published in paperback by Weidenfeld & Nicholson, price £9.99 (£8.49 on Amazon Prime). An equally compelling sequel, *The Ratline*, telling the story of Nazi fugitive Otto Freiherr von Wächter, before and after the war, on the run, and in Rome, was published in April 2020, price £20.

NEWS FROM CLUBS AND ORGANISATIONS

GROTON EDUCATIONAL FOUNDATION

The Trustees will meet on Thursday 1st October, 2020 at Mary's House Swan Street, Boxford at 4.30pm to consider applications for grant aid from residents living in Groton and those parts of Boxford which are included in the "area of benefit" as laid down by the Charity Commissioners - namely, Homefield, the east side of Swan Street south of Boxford Church, i.e. those parts which were included in the Tithe Map of Groton in 1881!

Details and application forms can be obtained from the Clerk to the Trustees, Anthea Scriven, Malting Lodge, Groton, Sudbury CO10 5ER Tel:- 01787 210263

We hope that newcomers to the area will be made aware of this charity by long time residents of Groton and Boxford who have themselves benefited from grants in previous years.

Peter Norris <peter.norris12@gmail.com>

Stick With It Suffolk –

continue slowing the spread of coronavirus

Suffolk residents are being asked to continue their great efforts, which are successfully reducing the spread of COVID-19.

Stick With It Suffolk is a campaign launching on Monday 18 May 2020, highlighting what we must all continue doing, to keep each other safe and to defeat the virus.

Recent data* shows that around 1 in 600 people in Suffolk have tested positive for COVID-19, which compares favourably to Norfolk, Essex and the national average.

However, we are not out of the woods yet. The number is continuing to rise, although more slowly, which is why it is crucial that people keep following the instructions. These are:

Keep staying at home

Keep working from home where you can

Keep 2 metres apart if you go out

Keep exercising safely

Keep washing your hands with soap and water

Keep self-isolating if you or anyone in your household has symptoms

Keep travelling by car, bike or walking

Keep staying safe at work

Keep shielding yourself if you're vulnerable

Keep supporting local businesses

Keep looking out for each other

Stick With It Suffolk is being rolled out across the county by the Suffolk Resilience Forum, which include Suffolk's NHS, Emergency and Public Services. These local authorities and organisations are working together around the clock to keep Suffolk as safe as possible.

This is how Suffolk will successfully respond to the government's Stay Alert, Control The Virus, Save Lives message.

People are asked to share their stories and how they are managing to stick with it, using the hashtag #StickWithItSuffolk on social media.

Stuart Keeble, Suffolk Director of Public Health, said:

"On behalf of all the members of the Suffolk Resilience Forum, I'd like to say thank you to the people of Suffolk for the sacrifices they are making by following these instructions.

"But now, more than ever, it is important that we stick with it - the number of cases can very easily increase if we take our eye off the ball. This would be a backward step, with strict lockdown measures coming back into force.

"With young children of my own, I understand how difficult it is when they can't see their family and friends, they would love to see their grandparents but I know this increases the risk to my family and Suffolk residents. We are making progress, and we will continue to do so if we Stick With It Suffolk."

Dr Mark Shenton, Chair of the Ipswich and East Suffolk Clinical Commissioning Group, said:

"I would like to take this opportunity to thank all of our communities for their continued support in helping our health and care system to manage this public health emergency.

"These are unprecedented times and the measures we have all taken so far are really making a difference. This is why it is so important to continue following government guidelines and keeping the two metre distance from each other.

"I am so proud of how our services are responding to this crisis and extremely heartened by the continued support that so many people are giving us by following these rules.

"Please continue to stay alert, continue to help control this virus and help us all save lives."

SESAW

As we cannot hold our annual Open Day this July, join me on a socially distanced, virtual stroll around my estate. The garden looks lovely thanks to Jeanette, in fact here she comes with a wheelbarrow full of hedge clippings.

Some of the animals at SESAW, like me, are permanent residents including Bob, the Kune Kune pig. Give his head a rub as you pass by. Next is the rabbit shed where some pretty bunnies munch hay and wait to be homed. Beyond the ducks on the pond, Michelle crosses the field with buckets of food, hotly pursued by the sheep and goats.

Do you hear cooing? It's Dicky Dove, he's been with us for years. Other than an injured wing which prevents him flying, he is in lovely condition. Close the door of Ruggs Cottage quietly so we don't disturb a young mum suckling her young family. So that's why Mum said we need kitten food. No sign of Ollie, he's probably sunbathing on the roof, how does that cat manage to look so superior all the time?

Don't leave without browsing the bookcase by the gate which Dawn replenishes regularly but wait a minute, people are here by prior appointment so keep your two metres distance. Our talented volunteers have been busy making Rainbow of Hope car hangings and excellent quality washable masks which are selling like hot cakes. Various designs available, Jayne takes orders on 07720 079370 and collection slots are booked to keep everyone safe.

I hope you enjoyed the 'tour' and look forward to the day you can visit us in person and meet me, Kenny (the Boss) Chihuahua. Suffolk & Essex Small Animal Welfare, Reg. Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, www.sesaw.co.uk



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

SUDBURY BRANCH

Come along to our Monthly Meetings
we meet the last Wednesday of the month at
The Stephenson Centre Great Cornard

New Members Welcome

Monthly Speaker

Refreshments

Our aim is to help and support people with Parkinson's
and their carers from Sudbury and the surrounding
villages

For more info call 01787 464817 - 01787 882008



General Church News



Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. Just phone 0800 804 8044.

Sudbury Deanery Synod: The Synod was due to meet on 8 July for the first meeting of the newly-elected synod, i.e. those elected at Annual Parochial Church Meetings to serve for three years from 1 July. In the light of the coronavirus pandemic, Bishop Martin (along with bishops in other dioceses) has directed that the latest date for holding this year's APCM is extended from 31 May to 31 October, with a consequential direction that the term of office for all newly-elected synod members will now be 1 December 2020. The synod will not now meet physically on 8 July, but it is hoped to hold an informal Zoom meeting on that date: details to be announced and communicated to members.

General Synod: The scheduled residential meeting of the Synod (the Church of England's 'Parliament') at York from 10-14 July has been cancelled and elections for a new Synod, originally due to be held in September/October, have been postponed for 12 months, with the 5-year term of office of existing members extended by a year. Hopefully, Synod will be able to meet in London in November (23rd-25th). An informal 'virtual' meeting is being arranged for Saturday 11th July, to include two Q&A sessions (Synod's equivalent to PMQs). How the Church will look post Covid-19 is almost certain to be discussed. Speak to Synod member David Lamming (tel. 210360) if you would like further details or wish to raise any matter you think the Synod should be considering.

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



The Box River Benefice

*Boxford, Edwardstone, Groton,
Little Waldingfield and Newton*

Rector:

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

Current Service Pattern – Join us online! Most Mondays, Tuesdays and Thursdays

8.30am – Morning Prayers
12 noon – Midday Reflection
5pm – Evening Prayers
9pm – Compline (Night Prayer)

Wednesdays

8.30am – Morning Prayers
10.30am – Holy Eucharist
5pm – Evening Prayers
9pm – Compline (Night Prayer)

Fridays

8.30am – Morning Prayers
5pm – Evening Prayers

Saturdays

8.30am – Morning Prayers
9pm – Compline

Sundays

11am – The Sunday Eucharist

Start Course

Have you felt more spiritually aware during lockdown? Has it raised your curiosity about faith? Do you feel the urge to find out a little more, but from the safety of your own home? We are exploring the possibility of running an online study course over Zoom for those who are curious about faith. This would explore Christian spirituality in a gentle and nurturing way. Before we run this, it would be helpful to know who might be interested and what might be the best time to run it. If you are interested in joining in, could you please email rparkermcgee@gmail.com letting us know your name and contact details together with the most convenient times for you to be able to join in.

Bring and Share Food Bank

There is a 'Bring and Share Food Bank' in the North Porch of St Mary's Church Boxford. Please do take what you need and leave what you can.

Slowly our churches may begin to open.

We are really pleased that the government has finally announced that our churches may be able to open for private prayer soon. First, we will have to ensure that certain safeguards and procedures can be met in order to protect everyone's safety. The government is yet to pass on what these safeguards might be. Our bishop's advice seems to be that we open one church at a time and monitor it carefully before opening the next. So, we are working on putting in place a phased schedule for re-opening that is both achievable whilst protecting everyone's safety. Please do be patient with us. We will try and keep everyone posted as best we can.

During this time of lockdown, our churches have struggled financially as a result of the loss of the normal income we would receive through donations and fundraising. It costs around £850 per week to keep Boxford church functioning and around £400 per week for Edwardstone, Groton, Little Waldingfield and Newton respectively. We appreciate that for many this is a worrying time financially and we do not wish to add to that anxiety. If, however, you find yourself with a little extra cash as a result of the lockdown, or you normally give to the church but have been unable to do so in recent times, please consider the Church. If you would like to support its ongoing mission and ministry, please do contact one of our treasurers who will be able to help:

Boxford: Jan Munro, Tel 07817603803,
email janmunro.ca@gmail.com

Edwardstone: Bill Dastur, Tel 01787 210949,
email billdastur@gmail.com

Groton: Jayne Foster, Tel 01787 211360,
email jaynefoster715@btinternet.com

Little Waldingfield: Barbara Campbell, Tel 01787 249941,
email barbaracampbell56@hotmail.co.uk

Newton: Paul Presland, Tel 01787 379204,
email p.presland@btinternet.com

Thank you for your consideration.

Fr Rob

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Church Road, Little Waldingfield, Sudbury, Suffolk

GARDENING IN JULY INSPIRED BY THE LATE HARRY BUCKLEDEE

There are many jobs to do in the garden this month. Plants to stake and tie, seeds to sow, plants to be watered, shrubs to be pruned and cuttings to be taken, not to mention the weeds to be dealt with. Cuttings of alpines can be taken now. Plants which were cut back earlier after flowering will have produced many young growths and these will have been ripened by the sun and make ideal cuttings. Take cuttings of about three inches in length and insert in boxes or pots in a very sandy compost and soak with water. Place these in a frame and cover with a frame light, shade for a few days if hot and sunny. Climbers and shrubs can be propagated this month by layering. Select long flexible shoots close to ground level and one which is not too old and woody. A slanting cut should be made at each leaf node about half way through the stem, using a match stick to keep it open. Each leaf node should be pegged down to the soil using a bent wire to hold it in position. The layers must be kept watered and should be rooted by the end of summer.

Renew your stocks of pinks and border carnations this month. Pinks can be increased by taking two inch long tips of young shoots. Border carnations do not strike easily from cuttings and are best layered. *jp*Heathers can be propagated by taking one inch long non-flowering shoots. Insert the cuttings in a seed tray and cover with a clear plastic top made to fit a normal size seed tray. When rooted, pot up into small pots using lime free compost.

End of month is the best time to take cuttings of geraniums for overwintering in pots. Geraniums which are well established by the autumn are less likely to succumb to black stem disease. Sterilise the compost by watering once a month with cheshunt compound and avoid over-watering - give only sufficient water to stop the plants flagging. Pinch the tops out of any plants which do not break naturally.

As vegetable crops are used and land becomes available there is still time to make more sowings and planting. French and runner beans sown now will mature in September. Carrots, red beet, turnips, perpetual spinach and lettuce will provide an autumn and winter supply from a July sowing. Sow a small patch of parslev now for winter use. place a wooden frame around it and cover with glass in bad weather. Last week in the month, make a sowing of spring cabbage for planting out in early October.

The sun is the most effective weed killer you can get - so make good use of any hot dry weather by regular hoeing with a Dutch hoe. Most weeds will die in a few hours and even the more persistent perennial weeds will not stand continual hoeing in dry weather.

Although at the moment every thing in the garden is in need of water, it is essential to avoid the every day little and often watering. This does more harm than good as it puts the plants under stress by encouraging the roots near the surface where they are prone to drying out in the hot sun. Plants which appear to be coping with the dry weather and are not under any stress are best left alone.

In the vegetable garden there is still time to make sowings of French Beans, carrots, lettuce, red beet and turnips.

Top 10 jobs this month

- 1 Check clematis for signs of clematis wilt
- 2 Care for houseplant while on holiday
- 3 Water tubs and new plants if dry, but be water-wise
- 4 Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering
- 5 Pick courgettes before they become marrows
- 6 Treat apple scab
- 7 Clear algae, blanket weeds and debris from ponds, and keep them topped up
- 8 Order catalogues for next year's spring-flowering bulbs
- 9 Give the lawn a quick-acting summer feed, especially if not given a spring feed
- 10 Harvest apricots, peaches and nectarines

Lawns

Keep mowing regularly, except during drought. In hot weather, set the mower at a slightly higher level than normal for early summer. This can prevent the lawn drying in hot weather.

Last time to apply a liquid summer lawn fertiliser, especially if a spring feed was not given. A soluble feed and weed product may be useful if there are weeds present in the lawn.

Don't worry unduly about brown patches on the lawn - they will recover quickly when the autumn rains arrive.

Soap Box

By now I was expecting to be back in the Algarve, along with my wife and Boris, the Jack Russell. But coronavirus intervened and our outbound ferry crossing was cancelled. The fact that our return crossing later this month still stands is of little comfort as I can't see a way of getting out to Portugal to take advantage of it. Portugal has closed its border with Spain until the beginning of July which makes crossing from the ferry port on the north coast somewhat difficult, unless we cross over just before we're due to return. Something of a waste of time as the journey would be longer than the stay in our house.

All this disruption to travel plans (there was also a special holiday to Venice booked for the end of March which was cancelled and I am still waiting to get the costs of the flights back) has made me reflect on the different measures governments have introduced to combat Covid-19. The results have been pretty varied, too, with the UK not faring well in comparison with other nations in terms of lives lost. Mind you, we are a small country with a big population, so are significantly more crowded than, say, Spain or France. And pandemics spread through crowds.

Not that I am necessarily critical of the way in which this government has handled the crisis. The correct action is much easier to determine with the benefit of hindsight and, as a nation, we have a less authoritarian approach to directing our citizens on how to behave than many other countries, including some across the channel. Prime Minister Boris Johnson is believed to be opposed to very stringent controls on the population as a whole, which may well have influenced the decision to go into lock down later than might now appear prudent.

In Portugal, where I do have something of an inside track, the action taken was swift and tough. The border with Spain was closed immediately, strict social distancing rules applied and many businesses forced to close. The national police force (the *Guarda Nacional Republicana*, or GNR) were tasked with ensuring the rules were properly followed. Several people I know were stopped when driving and questioned over whether their journey was really necessary and permitted under the National Emergency legislation that had been introduced. They have moved down a notch in their controls, but inbound flights are still limited and stringent controls remain, if less demanding than those applied here.

A friend of mine who lives over the border in Spain told me that, if anything, the Spanish police were even stricter. He pointed to the fact that

Spain had been subject to a regime led by an authoritarian dictator which had ended in living memory, so the population were used to being told what to do by those in charge. Certainly, it sounded from his description that breaching the rules could result in stringent measures being introduced on a personal basis, including hefty fines.

In Germany they seem to have managed the pandemic particularly well. A bigger population than the UK, albeit with a much larger land mass, their death toll seems remarkably low. And Denmark, Norway and Switzerland are all much further down the path to normality than us, whatever normal means these days. Further afield, countries like South Korea and Singapore do seem to have made a better fist of track and trace, but it does make me worry about the reliability of making comparisons between different countries. After all, varying methods are used to garner the statistics and it is hard to know whether we really are comparing like with like.

So, what should we make of all this? First, there has been a depressing lack of cross border cooperation when it comes to handling the crisis. If ever a situation has arisen that demanded a global response, this has been it, but everyone seems to have just paddled their own canoe. Take social distancing. We, along with Spain, have opted for 2 metres between people, Germany 1.5m and France and the WHO 1m, with other nations scattered between these options or even not having a recommended gap. Clearly scientific advice varies from country to country.

Second, the economic cost of the measures taken will also be very different around the world. Already China is emerging from the downturn brought about by the pandemic, while here in the UK we have recorded the biggest ever monthly drop in economic output for the month of April. The Organisation for Economic Cooperation and Development expects us to suffer worse than any other developed nation, but equally believe the emerging world will be the biggest casualties, with tens of millions of people thrust into extreme poverty.

No doubt some positive outcomes will result from the disruption coronavirus has caused, but I am very cautious over the immediate future. Some businesses will simply not survive the measures taken, unemployment is set to rise massively, government debt is soaring and will rise further and some social and working practices will not return to the way they were before the pandemic. The world is changing. It almost makes Brexit seem like an irrelevance.

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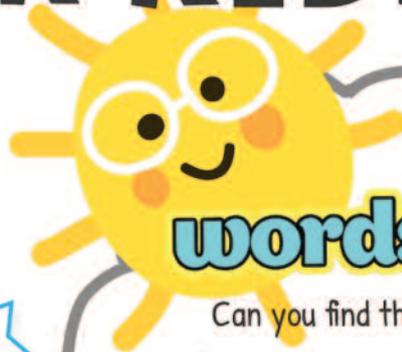
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wordsearch

Can you find these words in the grid?

beach barbecue camp picnic
shorts sunglasses fun sunshine
kite ice cream swimming hot

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

star joke!

Q. how do you make an octopus laugh?
A. with ten tickles!

flight path

It's a bee-mergency! Get the bee to the flower, quick!



brain booster

Untangle the mixed up words at the top and then use the circled letters to unravel the puzzle of this four-pawed perplexity!



BIGERL

□ ○ □ □ □ □



GEDBIU

□ □ □ ○ □ □

SHOGILDF

□ ○ □ □ □ □ □ □

REMSHAT

□ □ □ ○ □ □ □ □

SIROTOTE

□ □ □ □ □ □ □ ○

PIEUGANGI

□ □ □ □ □ ○ □ □ □ □

Final phrase:

□ A □ □ N □



C □ □ □ N □ □ □ S



extra funnies!

Q. why did the kid cross the playground?
A. to get to the other slide.

Q. how does the man in the moon cut his hair?
A. eclipse it!

My hen counts her own eggs....
she's a mathemachicken

"doctor, doctor A book just fell on my head"
"you've only got your shelf to blame"

Q. where can you learn how to make ice-cream?
A. sundae school!

I'll tell yew sarfin' now, but ut man't goo na fudder

Growing up in Lindsey, Suffolk in the 1920s by Harry Buckledee Part 5

5. SOCIAL CLASS AND ECONOMIC CONDITIONS BETWEEN THE WARS

It is clear from how I finished the last chapter that between the wars there was nothing like the social mobility that there is today. Gender roles were also pretty rigid. Working class schoolboys knew that they were destined to work on the land or do some other kind of manual work, and that when they were old enough to have their own families they would be the only breadwinner. Schoolgirls knew that their aim in life was to find a young man who'd make a good husband, then dedicate themselves to running the household and looking after the children. They would work as domestic servants until they married, then they became full-time wives and mothers. Those women who worked all or most of their active years were usually single. Even in the slightly better-off families, a woman could not really expect to have both a career and a family. It is no coincidence that the female teachers mentioned in the previous chapter were all spinsters but for the single exception of the widow Mrs Glennie. We children had no illusions about what the future held for us: the boys were going to work on a farm and the girls were going to get married and have a lot of children.

Class distinctions were rigid and no one challenged them. Even if a working class boy won a scholarship to go to the grammar school, he was unlikely to escape his background. He'd get an office job instead of working on the land, but that was usually as far as his upward mobility went. Not all but some people from higher social classes could be snobbish. The worst were older people who, even if they'd lost everything in the Great Crash of 1929, still thought they were a cut above farm workers and their families. There were a few couples who were nobodies really but they had posh voices and behaved like Lord and Lady Muck. Most people didn't take them too seriously but the problem was that the police tended to be intimidated by people who had a bit of money and influence, or by people who had some sort of public office (it was enough to be a councillor). After the war I joined the Metropolitan Police for a while and I remember a senior officer talking to a group of us young recruits from rural areas. He said, "You lads can think of people where you come from that you'd be afraid to arrest. But you're in London now and it's a lot different here. If people break the law, you nick 'em. It doesn't matter who they are." But in rural Suffolk it did matter who you were. Working class people used to say, "Even if you're right, you're wrong."

We had freedom of speech, however, and no one was afraid to have their say about political matters. I used to love listening to adults, especially Barney Wyatt who had views about everything under the sun, and when he went to the White Rose for a pint it didn't take him long to get started. How much of it made sense I wouldn't like to say but he was certainly entertaining.

Elections were lively affairs. The candidates used to hold meetings outside the two pubs in the village and there was plenty of hollering and heckling from the public. We kids used to go along hoping to see a good row break out, which sometimes turned into a physical scuffle. It would start when someone started to heckle the politician (and it was not unknown for a rotten egg to be thrown), then somebody would tell him to shut up, then the exchange of insults would get heated, and finally two blokes would start grappling with one another. Often as not they'd had a few pints before the politician arrived, so that put them in an argumentative mood. Like all youngsters I didn't have much interest in politics but I loved the entertainment we got from people old enough to know better.

We were in the Sudbury constituency, which later, in 1950, was united with the Woodbridge constituency. The first general election I can remember was the one in 1924. Colonel Henry Walter Burton won the seat for the Unionist Party, which was soon to join together with the Conservative Party. Alan John Sainsbury, from the famous retailing family, came second for the Liberals, and the Labour candidate, Jack Shingfield, came third. I can remember a little rhyme about the first two candidates: "Burton was in the teapot / Sainsbury was in the spout / And Burton let a big fart / And blew old Sainsbury out."

Colonel Burton remained our MP right up until 1945 when, to the absolute fury of local Conservatives, he was narrowly defeated by the Labour candidate, Roland Hamilton. I didn't follow political matters carefully enough to say whether Burton was any good as our representative, but I remember a joke that circulated about his performance in the House of Commons: "The only time Colonel Burton stands up in Parliament is when someone asks him to open the window."

It is well known that after World War One David Lloyd George's promise to make Britain "a land fit for heroes" soon went sour. There just

wasn't much money about between the wars, and while everyone talks about the mass unemployment of the 1930s I don't remember things being any better in the '20s. A farm labourer's pay was low, and in 1926 was actually cut from 30 shillings a week to 28. That was something of an own goal by the Government because the immediate effect was that for the first time a lot of farm workers joined the Agricultural Workers' Union, which was a subsidiary of the Transport and General Workers' Union. Union officials always said that it was difficult to mobilize farm workers because most lived in tied cottages owned by their employer, so losing their job could mean losing their home as well (although I can't actually recall a single case of a family being thrown out of their house). The wage was twenty-eight shillings a week if a man worked all day from Monday to Saturday. If it rained all week so no work could be done, a farmer would send his men home and they wouldn't get paid. To be fair to the farmers, they were struggling themselves because there were no State subsidies or handouts in those days and making enough of a profit to support a family was not easy.

In the industrial cities between the wars there was high unemployment, genuine poverty and children suffered from rickets and other conditions associated with an inadequate diet, but we had none of that in Lindsey. One of the reasons, as I have already explained, was the resourcefulness of men who grew vegetables and women who knew how to produce tasty, nourishing meals from cheap ingredients. Perhaps they were too resourceful because in 1920 an amendment to the 1911 National Insurance Act was approved by Parliament; this extended insurance-based unemployment and sickness benefits to workers in a number of industrial fields, but those working in agriculture and domestic service were explicitly excluded. I suppose it was taken for granted that country people would find a way to get by.

A second reason, however, was the fact that although wages were low, men and school-leavers were pretty sure of having a job. This was because agriculture was still a labour-intensive industry. Some mechanisation had arrived, like steam-powered thrashing machines. We also had steam ploughs, but they were static. There would be a machine at each end of a field and they took turns to pull a steel cable attached to a six-furrow plough back and forth. That made a big difference because with the heavy soil of West Suffolk a pair of horses couldn't really manage more than a single-furrow plough. But that was about as far as mechanisation went. Practically all the other jobs were done by hand and required a large work force. Just try to imagine the hours it took to lift a crop of sugar beet by hand and then load carts.

As I've already mentioned, there were beggars around, often World War One veterans, but they weren't local men. The old and the sick were cared for within the family. I remember that there were workhouses, which for some reason people called unions, in Semer and Groton, mostly for old people who had no family left or for younger people who were mentally not quite normal and needed a protected environment. To sum up, it's fair to say that in Lindsey between the wars most people were poor but no one went hungry or cold.

There was work for children too. From the age of seven I started running errands and walking to the doctors' surgeries in Hadleigh or Boxford to pick up people's medicines. I usually got paid 4d for collecting medicines and less for other errands depending on the distance I had to walk.

In the Easter holidays I could earn a few pence picking stones in the fields. The farmers could sell the stones to the local council because they were used for road building. Tarmac existed but it was only used for major roads; country roads were still made of stones and granite.

Then at harvest time a boy could get a full day's work. Wheat and barley was cut by a binder pulled by three horses, the "trace horse" in front and two others behind it. The man on the binder could control two of the horses but it was normal for a boy to ride on the trace horse. It could be a long day, from about 8.00 in the morning to 7.00 or 7.30 in the evening. I started doing this job when I was eight and I used to be paid two shillings for the full week. Boys wore short trousers till they were 13, so my legs were raw after a whole day on the horse.

A really dusty job was working on the thrashing machine. The chaff was collected in sacks hooked to two chutes coming out from the drum, then it was stored in the dry to be used as winter food for horses and cattle. A boy was usually given the job of replacing the sacks as they filled up. You got absolutely filthy doing that job. I remember the first time I did it the farmer only gave me two shillings at the end of the work. An old Lindsey man, Pop Herbert, saw the coin handed over to me and I'll never forget his comment in Suffolk dialect: "These farmers are sich mean owd buggers they'd lick a fardin' (i.e. a farthing) out of a cow's tud, an' some of 'em would walk a mile to do it."

But some farmers weren't tight at all. When I was twelve George Morley gave me ten shillings for a week's work, which was the rate for a 14-year-old school leaver, then the following year his brother gave me the same amount. There was never any negotiation about pay before you did the job. When I ran errands some people would only give me a penny, and there were a few who "forgot" to pay me at all. It wasn't necessarily because they were mean because a lot of people really had very little money. One man who systematically failed to pay me, however, was Billy Vince, who lived at Seagers, the last house in Lindsey on the Kersey Road. He was always well-dressed and looked as if he might have been quite well off at one time. He kept ferrets and went rabbiting. If anyone had a dead chicken or rat, they'd say, "Here y'are, boy, run down to Billy with this." And Billy would feel in his pocket, discover that he didn't have any loose change, then say, "I shall hev to give you a sixpence." I must have delivered dead rats scores of times but I never saw the promised sixpence. Seagers was owned by Stanley and Willie Arthey and years later I was talking to Willie about Billy Vince. "That owd devil," Willie said. "He lived there ten years and never paid us a penny rent."

I had a reputation for being a good worker, so I could earn a few coppers all year round. A regular job I had on Saturdays was cleaning out chicken huts. Clifford Morton was a regular customer and he used to pay me 9d for a Saturday's work, although I always had to wait till the following Friday to get my money. He was known for never paying anyone what he owed them until he needed them again.

And at 14 and two or three days I left school and started full-time farm work for the Fearnleys for ten shillings a week (although they told me that they were only obliged to pay me 9/4d). I handed the whole lot over to my grandmother, then she gave me back two shillings. I didn't mind that at all; I was just glad to be able to help out at last. My grandfather also gave her his wages and left her to manage the family budget.

I think things started to look up a little for farmers in the 1930s because they began to get some sort of subsidy from the Government for each 18-stone sack of wheat. People called it "the quota" and I have the figure of ten shillings a sack in my head, although I really can't be sure about that. I can't recall the precise details – and perhaps I never knew them – but it was my impression that farmers were a bit better off than they had been in the 20s.

Old Joe Fearnley and his wife had moved down to Suffolk from Durham and they still had their native accents. They only had 70 acres, which wasn't much since they had a son, young Joe, and four daughters to feed, so they had to be self-sufficient in food just like everybody else. Joe senior was getting a bit old for heavy work on the farm, so he took care of the vegetable garden while his son looked after the farm. They had goats' milk and eggs as well, and they'd sometimes shoot a rabbit or a pheasant. I was the only paid employee and they were glad to have me because they couldn't have afforded an adult's wages.

The eldest daughter, Gertrude or Gertie, did the housework while the next two, Ruby and Ivy, looked after the goats and chickens. The youngest, Hilda, was still at school. I got on well with the Fearnleys and enjoyed working with young Joe. In fact we became friends and we sometimes biked to Hadleigh or Sudbury together to go to the cinema.

I did practically every job possible on the farm. Wheat and barley was cut by a horse-drawn binder, but before the machine could be used we had to cut a strip around the periphery of the field with scythes. The binder gave us sheaves which we had to group together and stand up in what were called *shocks* (or some people called them *stooks*) until it was time to load them onto a waggon. Loading the waggon was about the only job that old Joe helped us with. The final stage was to make a stack of the sheaves, which then had to be thatched to keep the sheaves dry till the thrashing machine came round. Young Joe did the thatching while I drew the straw for him and went up and down the ladder to keep him supplied. The thatch was secured with hazelwood pegs.

When the harvest was over the land had to be ploughed, then rolled and harrowed, then seed drilling started in October and went on till the end of November or the beginning of December. The day after drilling I had the job of going over the drill marks with a light harrow. Drilling was also possible in spring but you got higher yields with winter sowing.

During my first months there I had a really big job to do practically by myself between October and Christmas. The Fearnleys had five and a half acres of sugar beet that year and everything had to be done by hand. Joe was busy with the ploughing and other jobs described above, so he couldn't give me much help with the sugar beet. Old Joe gave me a short-handled fork, which I used to loosen the soil so I could pull up the beet and lay them out in lines. The next job was to cut off the leafy tops, which was done by hand with a tool called, not surprisingly, a *topper*. The beet then had to be heaped up till it was time to load them onto a cart with a blunt-pronged fork. Five and a half acres may not sound like a large area, but you have to visualize the field full of sugar beet and fourteen-year-

old boy contemplating the task of harvesting the whole lot by himself. Fortunately for me, they didn't grow sugar beet the following year.

The Fearnleys had five or six sows and the piglets were sold at 15 or 16 weeks. The pigs were also useful for the manure they produced. Young Joe did the ploughing with two horses while I took a break from the sugar beet and went ahead of him with a two-wheeled cart called a *tumbril* and spread pig and horse muck on the land in front of him. Just occasionally, if Joe had to go to the market or something, I did the ploughing myself.

There was plenty of work to do in the winter months too. That was the time to cut the hedges round the fields. All in all, I worked hard in my two years with the Fearnleys but I enjoyed it and was quite sorry to leave. They were sorry to lose me as well but they just couldn't afford to keep me. The ten shillings I earned in my first year went up to eleven and something in the second. It would have been fourteen shillings in the third year, which was too much for them. They told me they could only keep me if they cut my hours, and I didn't fancy that. I'd also heard about the chance to get work at Ampthill in Bedfordshire, so it was time to move on.

Although I enjoyed farm work, my first love was gardening, and the move to Ampthill gave me the chance to work in the garden on Sir Anthony Wingfield's enormous estate. It was good money too: I started on 30 shillings a week, which was really good for a boy of my age. The bailiff who administered the estate seemed a grumpy old bugger and at first I thought he didn't like me, but I soon learnt that he appreciated the work I did. After a few weeks he gave me a rise of five bob a week, and then he decided to put me on the adult man's rate of two guineas (two pounds and two shillings for younger readers). In fact, I ended up earning more than the men when he gave me the job of looking after the only cart horse they had and added half a crown to my wages. "Don't tell anyone," he warned me in his usual gruff way. It was just his way to be grouchy with everyone but he was a good old sort really and he believed that people should be paid what they were worth.

I wrote to my grandparents regularly and from time to time I sent them a postal order because I knew times were still hard for them. I'm glad to say they both lived till their eighties and saw my two children before they died.

Although I was happy working at Ampthill I wanted to travel and see a bit of the world. In those days there was only one way a working class boy could go abroad, and that was to join the services. I joined the army in May 1939, so when war was declared in September I was already in khaki. But that's another story.



Harry's mother, Harriet Elizabeth (Liz) Buckledee, aged twelve.

WILLS AND THE NHS

The virus has proved one thing – the importance of making a Will. It has highlighted the need for people to have up-to-date Wills and lasting powers of attorney (LPAs).

Since changing the way we work under the new restrictions we have helped clients including front liners and elderly clients to make new Wills and LPAs. By working within the self isolation and self distancing rules we have been able to create for them a sense of being prepared for the future – in modern terms, an important box ticked.

Generally, our Wills stand the test of time very well, but there are always life changing events which may prompt the need for change. These include births, deaths, marriages, children attaining 18 (end of guardianship) and families ‘falling out’.

Other key points include the fact that executors can get too old (or may be deceased). Is there a younger person who can step up? Also, gifts to family and friends may need to be looked at. Have these gifts kept up with inflation, or are they too generous in today’s recessionary times?

There have been some changes to the tax laws (such as those introducing the residential nil rate band) which may need to be considered. Also, some highly regarded charities have emerged in recent years which may challenge those appointed in the old Wills. Most of these changes can be dealt with economically by an alteration to the Wills.

LPAs have become very popular in recent years as people tend to live longer lives with the need for children (usually) to take recognised care for them. The areas covered are Property & Finance and Health & Care. We are happy to explain the benefits of LPAs and our role is to draft the documents, act as ‘Certificate Provider’ and obtain their validation by the Office of the Public Guardian.

The validation process is taking longer because of the effects of the pandemic, and we expect further delays once this is over. For this reason, we are advising elderly clients to go ahead with making and registering their LPAs without further delay.

The new NHS ‘opt out’ system for organ donation took effect on 20 May. This is a matter which we consider when advising older clients, and it is our practice to prepare an Advance Decision’ (setting out their medical treatment preferences) for the client to sign. We then send this to their GP asking for the information to be placed with their medical records.

Finally, we have updated our website, www.thewillbusiness.com with information about our service to clients, a blog and our contact information. Trevor Dodwell Director, The Will Business Ltd.

A TALE FROM FOREIGN PARTS (READING)

Well done for putting Harry’s book in to the Box River News! "I’ll tell yew sarfin’ now, but ut man’t goo na fudde" makes a great read and brings back many memories and I would really value a copy or copies if you can find them.

My Mum Joan Smith was born in 'Lavender Dene' (now 'Vermont' I think) in Stone Street and lived in Boxford all her life. She married my Dad Cabot Knewell in 1946 in Boxford Church.

I've attached a few of photos of interest, including Graham House (next to the Fleece) which is where I was born and brought up. It was a butchers shop for many, many years and then a family butchers for my parents Cabo't and Joan Knewell after WW2.

After they sold the shop in the 1960s it was converted to private accommodation and a medical Centre. The old slaughter house -which is part of the main building- is now an office and the 'new' slaughter house is part of the medical centre.

Mum and Dad moved to 'Ramree', the bungalow down Clubbs Lane. (Cabot had the bungalow built and named it 'Ramree' after an island off Burma where he was posted during the War.) Cabo't died in 1991. Joan lived there by herself and died in 2016.

My sister Susan who lives in Shropshire is fascinated with Boxford and has an amazing memory for dates and names; I think she recently attended Brenda Rule's funeral and will be so excited if I can get her a copy of Harry's book aswell. And I know that my son would also value a copy if at all possible!!!

I have myself been looking into my parents history and have found a lot of skeletons in the cupboard!

Clive Cabo't Knewell

18 Ullswater Drive, Tilehurst, READING. Berkshire. RG31 6RS

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Remember

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

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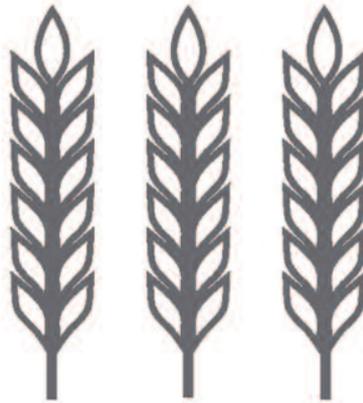
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July's Advice Column

I work in retail and my company says it's starting to look at how we might reopen later in the summer. This is making me so anxious, even though I don't have any special health issues. I'm going to wear a mask, but not all the customers may do so. I used to take the bus to work, I don't have a car and I think it's too far to cycle. And I'm not even sure if my kids will be back at school by then! The thought of returning to work is keeping me awake at night. Do I have to go back to work?

It's understandable you're feeling anxious. However, the short answer to your question is yes, you do need to comply with any reasonable management request to return to work.

The key here is "reasonable." The government has published specific guidance for different businesses on the steps they can take to minimise coronavirus transmission. If you don't think they're complying, or are putting your health at risk, you should talk to them about this.

Similarly, they should listen to your concerns about using public transport. You could, for instance, ask to travel at a quieter time of day.

And the government has said that if you're unable to work because of childcare issues your employer can continue to furlough you.

We would suggest approaching this as a problem that you and your boss can solve together. But if you do get a bad reaction, you could report your employer to the Health and Safety Executive. You should also get advice about your legal rights in this situation.

(Please note we are no longer seeing clients face to face until further notice)

If you need help or information about a problem, you can telephone Sudbury & District Citizens Advice on 01787 321400 (answerphone) leave a message and someone will call you back. Alternatively, telephone Suffolk Adviceline on 0300 330 1151 from Monday to Thursday between 10am and 3pm or the national Adviceline on 03444 111 444 from Monday to Friday between 9am and 5pm.

You can also contact us via email at advice@sudburycab.org.uk or have a look at our website www.sudburycab.org.uk for further information.

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FEEDBACK FROM JAMES FINCH

Your Suffolk County Councillor for the Stour Valley

➤ COVID-19 related news

The new action which is key to continuing the reduction of infection is "TEST AND TRACE". Tracing virus spread is critical to containing it locally. So from now on, if you have symptoms, you MUST immediately self-isolate and request and get a test by calling on telephone number 119. In addition please continue to ensure in your parish and community that there is no one who is vulnerable not being supported. Please continue to promote "Home but not alone" with the help line **0800 876 6926**

➤ **Discover Suffolk's history with new Suffolk Heritage Explorer website**, On 20 May, Suffolk County Council's Archaeological Service announced the launch of its new Suffolk Heritage Explorer website at <https://heritage.suffolk.gov.uk/> including the Ring Ditches and Trackway, at Stoke-by-Nayland. This offers users a completely free resource of interesting, up-to-date information on the archaeology and history of Suffolk. The new website includes an upgraded searchable interactive map and a database of known archaeological sites, which can be used to discover more about Suffolk's history from the comfort of your home.

Alongside free downloadable publications and resources, there is updated guidance and best practice advice on finds recording and access to the county's archaeological archives. The website features key archaeological sites and projects, such as Suffolk's World War II heritage.

➤ **Delicious Drawings competition: Children to explore the value of food through new competition by #FoodSavvy**, On 20 May, the pioneering food saving campaign #FoodSavvy launched a month-long Delicious Drawings competition in collaboration with the East of England Co-op. The competition will inspire primary school children in Suffolk to get creative about saving and valuing food. Children are invited to draw a picture which shows how you can stop tasty food from ending up in the bin. #FoodSavvy is a partnership between the Suffolk Waste Partnership, Norfolk County Council and environmental charity Hubbub. On average, households across East Anglia waste £810 worth of food every year. However, since the coronavirus restrictions, the country's relationship with food has been changing. Nearly 60% of people say they are valuing food more now. Cooking from scratch, and families eating together more, are just some of the positive shifts in food related behaviours, according to new research commissioned by Hubbub. The competition is open to all primary aged children across Suffolk and young artists can enter their masterpieces until Friday 20 June. Winners will be announced by 20 July.

The Food Savvy website - <https://www.foodsavvy.org.uk/kids-competition> - is packed with recipes and ideas to cut down food waste and make your food go further, from planning your shopping to storing food correctly, plus lots of savvy living tips to help with lockdown life.

➤ **Highways completes 1,000 extra road improvements during lockdown** On 13 May, it was reported that Suffolk Highways has increased its number of repairs and road improvements since the Coronavirus lockdown began. 6,334 potholes and other highway faults were repaired in the county during March and April, compared with 5,345 in the same period last year, meaning a 18.5% increase in repairs.

Through Suffolk Highways' careful planning of resource prior to and during the lockdown, teams working out on the network have been supported to continue working effectively, whilst keeping themselves and members of the travelling public safe.

On top of these reactive repairs which are picked up through reports from residents and Suffolk Highways' routine inspections, the service has continued with its larger improvement schemes in Bury St Edmunds and Ipswich

Suffolk Highways has also continued with its cyclical drainage, grass cutting and weed control programmes, ensuring those travelling for essential purposes can do so safely. Furthermore, the resurfacing and surface dressing programmes have begun – laying new surfaces on roads to help stop potholes from forming in future.

➤ **Suffolk Archives commemorate VE Day 75 with new online exhibition**, VE (Victory in Europe) Day - Friday 8 May 1945 - was the day the Second World War came to an end across Europe. In 1945, up and down the country, people came together to celebrate this moment with street parties, parades, and dancing across towns and villages, and a national holiday was declared. Until earlier this year, Suffolk Archives had intended to recreate this atmosphere at a special event on Ipswich Waterfront. Unfortunately, due to the on-going situation with the Coronavirus pandemic they, like so many others, had to cancel these plans. Instead, Suffolk Archives are proud to host a special online exhibition, in place of the activities which would have been taking place: www.suffolkarchives.co.uk/displays-online/ve-day-75

➤ **Suffolk County Council begins streetlight sensor deployment**

Suffolk County Council has begun to install 100 sensors on its smart street lighting infrastructure for a variety of purposes, as part of the Smart

FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

DISTRICT COUNCILLORS REPORT FROM BOX VALE WARD

July 2020.

We are miles away from being anywhere near back to normal yet and will not be so for a long time into the future. With this in mind, we should all remain more careful than ever before not to spread the virus and be responsible for severe illness and even death to others. While such muddled messages and failed predictions and targets continue to come from national government, I would urge all residents to observe strict distancing rules themselves and not to engage in any multiple gatherings which could spread the virus further. To date there have been 152 reported cases of Coronavirus across Babergh which is the lowest in Suffolk. While this is a testament to the hard work of our local Council, the many volunteers who we have engaged and encouraged to come forward and of course to all those that have remained apart from their families, friends and colleagues, it is still not the time to be complacent.

There is probably going to be an imminent announcement that the distance rules will be relaxed to one metre to help us come back to a more normal way of life and working and to support commerce and businesses. Please be very careful how to interpret those rules and respect those amongst us who still feel vulnerable. We are going to have even bigger challenges to fight in the coming months and years and every citizen of the U.K. will be needed to come together with common aims and ambitions for the challenges ahead.

At the District Council we are now trying so hard to move to a recovery phase and I hope that all the local businesses that have been helped by the government money and furlough schemes will come back stronger and more determined than ever to succeed and that they will all be supported by those that need them. If this crisis has taught us anything it should be that local is best and although sometimes the cost is a little higher the benefit of being part of the community and the saving of fuel and time far outweighs this. Also, the environmental gain of less pollution in our air and skies is so important to our very survival on this little planet. Babergh council can also take a lead in these matters and although money is going to be so crucial we are determined to help and encourage in any way that we can, the fact that we are the only District Council in Suffolk that is not politically run gives us a huge advantage because all parties work together for a common aim which is for the benefit of our constituents.

By the time this article lands on your doorstep I will have had my first experience of a virtual meeting when I go into bat for the local villages against the massive application for 64 houses on the upper part of the Sandhill site in Boxford. I am not comfortable with the virtual world but will do my very utmost to represent the overwhelming views of my constituents. I also have upcoming virtual meetings of financial and audit committees to attend which I will do from my own home. While preferring the face to face style of local government, I will have to learn to practice what I preach and embrace the digital age for the sake of the overall good of the environment and mankind in general. Also, now most of my parishes have plans for or have had a virtual meeting to progress budgets, highway and planning issues, the public in all cases can join these meetings remotely and will be given access upon contacting the clerk for their parish.

Please keep well everybody and keep happy and smiling. Despite what is going on we have so much to be grateful and thankful for. If most of us shared 10% of what we have with others less fortunate we would still have more than enough. Bryn. XX.

bryn.hurren@babergh.gov.uk Tel 01787 210854 Mob. 07771 508348

Places Live Labs programme.

The council is working with wireless smart city applications specialist Telensa on the deployment under a two-year project funded by the Department for Transport (DfT), and is planning to monitor traffic, road temperature, air quality, wind and waste.

The sensors will provide data to a team at the University of Suffolk who will evaluate the benefits and help the council to decide which types to introduce on a larger scale.

➤ **Fostering and Adoption Sessions in the Stour Valley**. Regrettably all local recruitment events have been cancelled due to Covid-19. Once we have confirmed new some dates, I will publish them. If you know of anyone who would like to talk to someone about becoming a foster carer or adopter, please ask them to call the team us on 01473 264800 or refer them to the website <https://www.fosterandadopt.suffolk.gov.uk/>. Sadly the need is as vital as ever.

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Readers Letters

Sir

Let me begin by thanking you for the work you put in to the BRN. Since moving to the area in 2007, it has been a consistently entertaining and informative read – something to be genuinely proud of. However I do think in this edition there is some content which rather lets down the overall high standard.

I'm afraid the "Planning applications to look out for" section (leaving aside the typographical errors) is factually inaccurate. It is simply not true that the applications you list were all previously rejected. Further, it is not true that there is no opportunity to object to (or indeed support!) these applications. The Babergh planning portal is extremely simple to operate and comments can easily be made should parishioners wish to do so. Further, the tone of the whole section is that of assumed objection. I would suggest a little care here – many of the recipients of the BRN may, in fact, be in favour of some of the applications listed.

Once again, many thanks for your dedication in getting the BRN to us all.

David Williams

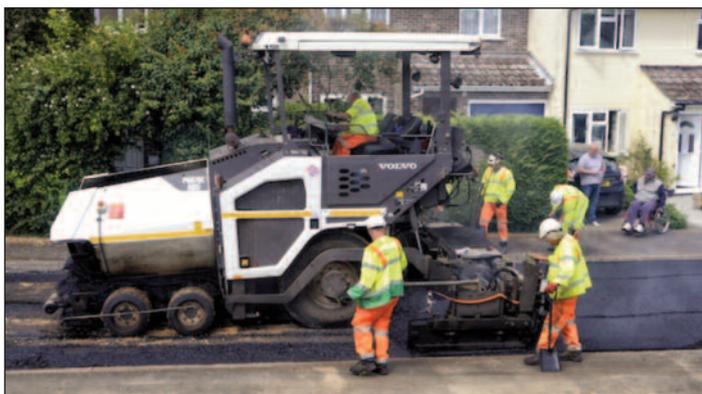
Sir,

Not only does VE Day and Clap for Carers entice residents into their front gardens, so does the resurfacing of Daking Avenue.

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All the best

Peter Norris



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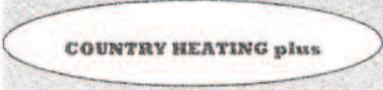
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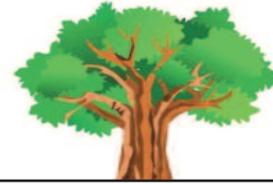
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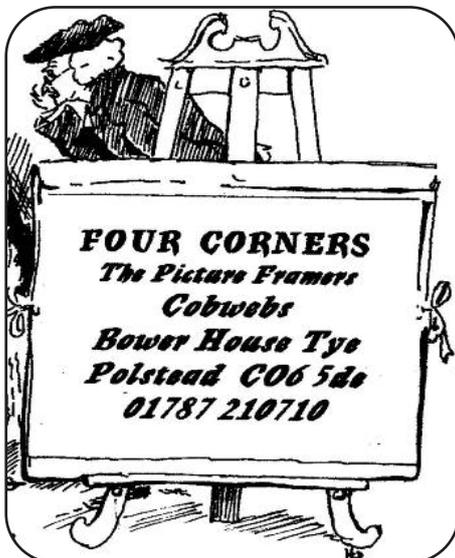
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