

# Box River News



Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green

April 2021

## 2021 SUFFOLK COUNTY COUNCIL ELECTIONS

Elections are due to take place across Great Britain on Thursday 6 May 2021.

There was speculation that the elections could or should be delayed because of the ongoing coronavirus pandemic. The Government's plan to complete vaccination of the main priority groups alongside a rigorous approach to a Covid-secure election process means that it has confidently announced that the elections will take place and continue to remain safe for the entirety of the electorate.

Despite the planned completion of the vaccination programme for the priority cohorts by May, the majority of the population will still not have had one or both of their jabs. For some the thought of visiting a public polling station might still seem daunting and something to avoid.



A postal vote is a perfectly acceptable and legitimate alternative method of voting and making sure your voice counts.

“Everyone who feels comfortable going to a supermarket or a post office should also feel confident attending a polling station in May. We encourage anybody who is shielding, or who would prefer not to attend a polling station, to apply for a postal or proxy vote ahead of the polls.”

*Chloe Smith MP, Minister of State for the Constitution and Devolution*

When postal voting, instead of going to the polling station and completing the ballot paper in person, the ballot paper is instead sent directly to your home for you to complete and then return by post to the Returning Officer before the close of the poll.

Voters choosing to apply for a postal vote are encouraged to do so as early as possible from now. You must initially request and then return a completed application form to the Registration Office no later than 5pm on Tuesday 20 April 2021. This is so that your signature can be recorded and then used to validate your postal vote once cast and received.

Anyone can apply for a postal vote and voters have the option

of requesting a postal vote until further notice (a permanent postal vote) or solely for this election, or a particular time period. Royal Mail have agreed to prioritise the delivery of elections mail to increase confidence that postal votes will be reliably delivered.

To register for a postal vote please visit the Babergh and Mid Suffolk Self-Service website at:

<http://bit.ly/2021-suffolk-elections-postal-vote>

## PARANORMAL INVESTIGATION

A BAFTA award-winning London production company who have produced a number of highly successful documentary films are planning another on the paranormal. Moving away from the normal format of a single day's investigation and all things that go bump in the night, they are seeking to capture a respectful insight into the subject of life after death and how further to understand what gifts some people claim to have and how they use them. They hope to explore the concepts and methods behind a paranormal investigation and how the results are interpreted.

This company are currently seeking local property owners who would be happy to host a paranormal investigation. The process would involve a small camera crew and the paranormal team for one or more visits. The identity of the property need not be made known.

If this is something you would like more information on please contact Mrs. Nicky Cooley at [nicky.yetton@gmail.com](mailto:nicky.yetton@gmail.com) or call 0777 124 837.



## Box River News

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Deadline date for the May 2021 Issue is:

**April 15th at midday**

**Delivered Free** to every home in Boxford, Groton, Edwardstone, Newton, Little Waldingfield, White Street Green Milden & Kersey and is available to residents in Assington, Leavenheath, Gt Waldingfield, Polstead, Shelley Stoke-by-Nayland, Nayland and Parents of children at Boxford School.

# PLEASE HELP US TO PROTECT OUR COUNTRYSIDE

## A Polite Message from the Kersey Footpath Working Group

As you know, the ongoing pandemic means an increasing number of people are isolated, with restrictions on movement of individuals and families.

One of the few opportunities for daily exercise is walking, leading to a big increase in visitors and residents using the Kersey footpaths.

Kersey and its countryside is beautiful and we are fortunate to be surrounded by a large network of footpaths and farm fields. Recently, the wetter weather and the increased use of the footpaths has put this amenity under considerable pressure.

We recognise that visitors will come to the countryside to exercise but need the support of all visitors and residents to help us maintain the quality of the footpaths.

### We ask you to PLEASE:

- Stay on the designated public footpaths, which are all signposted and include the popular circular walk. A copy of the circular walk map is available and can be downloaded from the Kersey website. <https://www.kersey.suffolk.cloud/our-community/walks/>
- DO STAY on the public footpaths and keep off fields which are not official footpaths. Walking on the edge of fields can damage or destroy wild flower growth, cause harm to hedgerows and wildlife.
- Keep your dogs under control at all times or on a lead, particularly near other animals and where requested to do so on a footpath.
- DO NOT ride bicycles or track bikes on any footpath. This is prohibited because it causes extensive damage.
- Pick up your litter and use the provided refuse and dog bins. If none are available on your walk, we ask that you take your litter home with you.

We hope we can rely on all visitors and residents to follow these requests. It will help us to maintain the quality of the footpaths for everyone's enjoyment, pleasure and safety.



*Kersey photo: Barry Samuels  
www.beenthere-donethat.org.uk*

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# The Blooming Garden

## The Primrose Path

‘And in the wood where often you and I  
On primrose –beds were wont to lie’  
*A Midsummer Night’s Dream.*



It is usually a bit chilly in our part of the world for lying around on primrose beds, but we are lucky in Suffolk to have lanes and ditches looking as though they are spangled with moondust in March and April. As the primroses go over then the egg-yolk yellow cowslips are looking fabulous. Primroses, *Primula vulgaris*, are notoriously promiscuous and although primroses and cowslips usually grow in different locations, sometimes they grow in the same place and hybridise, so when Shakespeare talked about ‘pale primroses that die unmarried’, he didn’t realize what they get up to. They do this in the garden too and the resulting polyanthus flowers are a welcome addition to the Botticelli Primavera flower beds of April. These primrose/cowslip crosses with their umbels of flowers on long stalks are often confused with oxslips. True oxslips, *Primula elatior* are very rare but we are lucky enough to have wild ones growing in parts of Suffolk. Unlike cowslips, the pale yellow flowers of oxslips fall on just one side of the stalk.

I have seen cowslips growing on a lane near Rattlesden, in sunset shades of orange and red, but this is rare in the wild although you can buy them. In my garden cowslips have hybridised with primroses to form very vigorous polyanthus plants. Of course you can buy gaudy, oversized polyanthus plants from any garden centre but they make me cringe, they stick out like a sore thumb in the garden, but they are useful in pots for a bit of winter colour in the greenhouse. There is nothing new in hybridizing primroses; people have been doing it for centuries. The Elizabethans avidly collected all the curiosities and freaks of nature; unusual varieties such as doubles, Hose-in-Hose, Jackanapes and Jack-in-the-Green, but they had to propagate them by division because it wasn’t until the late seventeenth century that pollination was understood. Jack-in-the-Green has a ruff of green leaves round each flower and Hose-in-Hose has two identical flowers one inside the other. There was also one called Gallygaskins but I am not sure about that one, I have never come across it.

The old fashioned double primroses are still prized but unfortunately they don’t set seed and tend to weaken and disappear in the garden and many lovely varieties have been lost. The trick is to feed them well and divide them because they tend to rot in the centre. We are lucky that modern double hybrids are more robust. They are sometimes deliciously perfumed.

Laced primroses which are deep red or black and edged with gold or silver were introduced in the seventeenth century; they have always been prized and understandably so as they are irresistible. In the nineteenth century, just like auriculas, they were florists’ flowers and grown to be exhibited. There is a truly delectable double laced primrose called *Primula ‘Elizabeth Killelay’* which is well worth looking out for. It was discovered in her garden by a lady called Hazel Bolton and named after her granddaughter. Imagine finding this treasure growing in your garden.



*Primula ‘Elizabeth Killelay’*

For years I grew Barnhaven primroses from seed. They come in such yummy colours you feel you should be eating them. But then I discovered the Irish

primroses which have been developed over 35 years by Joe Kennedy from seeds of hedgerow primroses. His eyes must be sharper than mine because I have never seen any wild ones with the lovely bronze leaves of these beauties. They are all strong and healthy and have beautiful flowers and leaves.

There are over 600 varieties of primula and some of them are very miffy alpiners. But as long as you have some ordinary primroses and perhaps a few cowslips, they will seed around and delight you with their multi-coloured offspring. They like rich and fertile soil with plenty of leaf mould. It is worth pampering them and giving them what they like. What else blooms from February until April? They are one of the delights of spring.

*Chloris.*

For more from Chloris follow:

[www.thebloominggarden.wordpress.com](http://www.thebloominggarden.wordpress.com)

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# BOXFORD WI UPDATE

Boxford WI has continued to be as active as possible during the first 3 months of this year and we have been holding monthly Zoom meetings throughout.

In January we joined Marianne Marshall for some chair yoga and in February we had a talk and virtual tour of Fulibroch Dairy Goat Farm which was extremely fascinating.

In March we are all very much looking forward to a guest speaker from a TV production company telling us all about the making of TV programmes like Pointless and Tipping Point and in April our guest speakers will be giving us a demonstration on ballroom dancing.

The Book Club continues monthly over zoom which is very well attended. Our current book is: "Where The Crawdads Sing" by Delia Owens.

Some members contributed to the 'Share the Love' campaign by creating hearts which were available, free to the public, in the Boxford Post Office and Box River Café.

With the issue of the recent government roadmap it is hoped that we will be able to meet in person in the summer.

We would be delighted to welcome new members who are always welcome! We have a packed programme of events of all types so if you are interested in joining please contact our secretary.

Annie Phillips

Secretary, Boxford WI

(01787 211729 | [annie-phillips@hotmail.co.uk](mailto:annie-phillips@hotmail.co.uk))



## BOXFORD BOWLS CLUB

EVER THOUGHT ABOUT PLAYING BOWLS?

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\*\*\*\*\*

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The clubhouse has changing rooms, a kitchen and a bar.

For further information please contact:  
Malcolm: 01206 263301, Steve: 01787 211153  
or Barry: 01787 370225

All social distancing as required by law will be adhered to.  
The above dates are subject to change/cancellation should 'outside' restrictions be imposed by the Government

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# Welcome Back!!

It's been a long time coming but, all being well, we are hopeful that our doors will be able to open fully for all appointments from April 12th.

We've received lots of calls already from those of you desperate for some beauty maintenance or just in need of a little pampering, after a horrible few months.

We're likely to be very busy once our doors open again so please call us soon to make sure you don't miss out on 01787 211 000.



When we are able to welcome you back, we thought you might be in a need of a little extra TLC so our April and May offer gives you just that:

Choose from our super-charged Vitamin C facial treatment '**Vitamin Energiser**' for the ultimate skin pick-me-up or our powerful growth-factor facial treatment, '**Dermal Rejuvenation**' to rejuvenate and repair the skin.

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# OPENING EARLY SUMMER 2021

FOR CHILDREN FROM 1-4

Woodlands Nursery will offer daily forest school sessions built into a routine that embodies the positive principles of the Montessori ethos. Our purpose built timber-framed design and open classroom layout with open shelving will offer resources to keep young minds busy. We will offer term time sessions for children and toddlers from 1-4, and additional holiday clubs that will run all year for children from 2-8 years old.



Woodland Babies will also run stay and play sessions for parents, babies and toddlers from 9-10am with an option to add two hours of childcare on afterwards (term time only).



**All enquiries to**  
[emma@woodlandsnurserykerseymill.co.uk](mailto:emma@woodlandsnurserykerseymill.co.uk)



**Gary Jarvis**  
*Paper Hanger and Interior Decorator*  
 01787 211471 or 07733 325669  
 garydjarvis@gmail.com

## WOODLANDS NURSERY OPENING AT KERSEY MILL

Woodlands Nursery is owned and managed by local mum Emma White. Emma has run Small World Kindergarten & Montessori in Ipswich (an Ofsted outstanding nursery) since returning to Suffolk from London in 2014.



Emma is passionate about creating beautiful and stimulating environments for children which promote active learning through experiences. Woodlands Nursery will have daily forest school sessions built into a routine that will embody all that is good from Montessori's ethos. The timber-framed design and classroom layout of open shelving will offer abundant and constantly changing resources to encourage children to choose and return their own activities.

Woodlands will incorporate science and discovery areas, a literacy area that supports mark-making/art and design, maths shelves with exciting and approachable games plus construction and small world play areas. Underfloor heating adds to the cosiness of the book corner and kitchen role play and sand & water tables encourage imaginative play.

Access to the enchanting, enclosed wooded garden as well as the grounds makes Kersey Mill the most idyllic setting for Woodlands. Children will be actively encouraged to support and engage with their environment, growing food, recycling and re-using as much as they can, so that they nurture the next generation, to be conscious of their planet.

Woodlands will offer healthy and well-balanced meals and snacks, using locally produced, seasonal ingredients to influence the menu.

The Nursery will be open five days a week from 8.30am – 4.30pm, term time and a permanent holiday club that offers an all-year option.

Alongside the Nursery, Woodland Babies will host a daily timetable of baby & toddler sessions that run from 9am-10am.

Membership means they can offer two hours of childcare after each session, in the knowledge that your child is being well-cared for in a nurturing environment. During this time, they hope to offer wellbeing classes that focus on women's pre-and post-natal care and other workshops on topics such as sleep, breastfeeding and weaning. They hope to collaborate with other Kersey Mill occupants such as Pilatesworks for these classes.

"I'm delighted to be opening another nursery in such an inspiring and beautiful location." says Emma. "Kersey Mill is very well-known to me, and I have always felt that a nursery would complement the many different businesses based there. Our hope is to welcome the first children during the summer term."

For enquiries, please contact  
[emma@woodlandsnurserykerseymill.co.uk](mailto:emma@woodlandsnurserykerseymill.co.uk)  
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# THE APRIL LETTER FROM FATHER ROB

Dear Friends,

How are you? I must say that as the easing of lockdown restrictions moves closer, I feel a huge sense of relief, I don't know about you?

I am so pleased to announce that as of Palm Sunday (28th March) we will be returning to having in-person worship in church. As we have become accustomed to recently, there will still be a few measures in place to keep us all safe until restrictions are relaxed further, but it is a huge moment as we look to move forward. Our churches are filled with some wonderful folk - folk I have missed dearly. It will be so good to be able to get together again.

Our churches had been struggling for many years leading into lockdown; some financially, some numerically, some both. But post-lockdown, we have a real opportunity to move some forward to a much brighter future. We hope to develop some of them as hubs in the centre of our communities where a variety of activities may occur. With your goodwill and help, this will include working hard to make them properly intergenerational – a place where the youngest, the oldest, and everyone in-between, feel like church is home for them. A place where each can have an investment in the church community.

The other day, whilst I was putting a banner up outside church, I heard a group of children bellowing my name in unison. As I turned around I saw a class full of kids all standing with Mrs Davies outside of their classroom shouting over the church wall, "Fr Rob, Fr Rob!"

I ran over in delight (I haven't seen many of them face-to-face for months). When I got there a stream of questions were voiced in my direction. "Why can't you come in and see us at the moment Fr Rob?" I tried to explain. But then the response came, "But our



teachers are with us every day in school. You are our Vicar! Why can't you come in too?" Mrs Davies and I then tried to explain again.

I must say, it made me feel rather emotional, and at that moment I realised just how much I had missed interacting with them all over the past year (Doing video assemblies just isn't the same).

Then one young lady asked a very pertinent question. "Why is Church important?", she asked.

"Do you mean why is the church building at the centre of our village important? Or do you mean why is it important for us to go to church?", I asked. She said, "Why is it important for us to go to Church?"

"Argh, well," I said, "you see in our modern world we have learned how to care for our bodies pretty well, but we have become really poor at caring for our souls. Going to church gives us the space to sit with other people and to spend a little time each week working at and thinking about how we might care for our souls better. For example, your parents might go to the gym to help keep their bodies fit. Going to church helps to keep our souls fit."

It was one of those rare profound encounters that one sometimes has, and I have continued to reflect on it since.

Church is about Holy Space in which we can all find the space to repair our damaged souls. It draws from the well of ancient tradition and communal practice. Research into neuroscience suggests that such ancient spiritual practices significantly improve our mental health (things such as meditation, reflection, social action, service, ritual). They do so precisely because they feed us more deeply than many modern alternatives.

Easter is all about bringing hope through new beginnings and eternal assurances. It is about transforming our decaying bodies into resurrected ones. As we return to church and start over, there is a new opportunity for us all to grow the kind of church that feeds the many and not just the few. But to do this we will need you!

Wishing you my most heartfelt and sincere blessings this Easter. May it be filled with hope, joy and chocolate!

Fr Rob

[rparkermcgee@gmail.com](mailto:rparkermcgee@gmail.com)

Tel: 01787 210434



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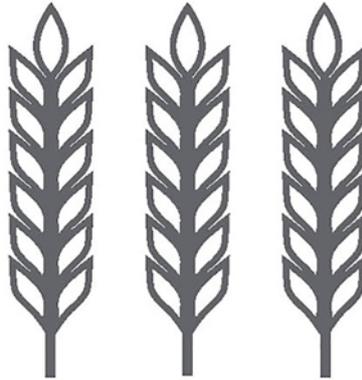
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## The Box River Benefice

Boxford, Edwardstone, Groton,  
Little Waldingfield and Newton

### Open For Private Prayer

IMPORTANT NOTICE: All our churches across the Benefice are now **OPEN EVERYDAY** for Private Prayer.

We are still here for you and doing all we can to provide spiritual nurture and support. If you need support please call Fr. Rob on **01787 210434** or email [rparkermcgee@gmail.com](mailto:rparkermcgee@gmail.com)

### Annual Parochial Church Meetings

Please contact Fr Rob if you would like a Zoom link to join our respective APCMs across the Benefice

**Lt Waldingfield and Newton** - 20th April 2021 7pm

**Edwardstone and Groton** - 26th April 2021 7pm

**Boxford** - 4th May 2021 7pm

### Box River Benefice Vacancies

**Children's Leaders – St Mary's Boxford.** As we exit lockdown, we are looking for two more people to help us progress our work with children and families. Our aspiration is to make St Mary's in Boxford truly intergenerational and at the centre of our community. To aid this we need to grow our team of volunteers. The commitment would only be a few hours some Sunday mornings. Maybe you are a parent with young children or maybe your children have just left home and you feel you have extra energy to offer. Either way do get in touch if you'd like to explore this exciting opportunity. Contact Sarah: [spm456@hotmail.co.uk](mailto:spm456@hotmail.co.uk) or Fr Rob

**Treasurer – St Lawrence's Church Lt. Waldingfield** is looking for a new PCC Treasurer.

For more information on this voluntary role, please contact Fr Rob or Felicity Gardiner: [streetwisegranny@gmail.com](mailto:streetwisegranny@gmail.com)

**PCC Secretary – St Mary's Church Boxford** - For more information on this voluntary role, please contact either Fr Rob or Audrey our Churchwarden: [audrey@a2zriskservices.com](mailto:audrey@a2zriskservices.com)

**Director of Music – St Mary's Church Boxford** is looking for someone to help lead our music and together with our young Rector help bring joy to our community as we develop the role of music in our church-life.

For more information see [www.boxriverbenefice.com](http://www.boxriverbenefice.com) or email Fr Rob.

**Other Opportunities.** At this time of year with our churches approaching their APCMs, and as we look to rebuild our churches after lockdown, we are on the lookout for individuals who might be willing to offer a little bit of their energy to helping our churches move forward and meet tomorrow's challenges. Our aspiration is to make our churches hubs in their local communities. There is an array of opportunities: joining the PCC, becoming Churchwarden, or helping in a many other voluntary roles of varying shapes and sizes. If you would like to find out more, please contact Fr Rob.

### Bring and Share Foodbank

*'Take what you need, leave what you can'*

As we are currently in another national lockdown, just a reminder that the Food Bank in the north porch of St Mary's Boxford is still offering non-perishable items for those in need. Please take what you need if you find yourself in a pickle. This free service is for food items only and not for second-hand household items or toys.



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# We're Back in Church!!!

Join Us as We Return to Church Once Again



## SERVICE SCHEDULE FOR HOLY WEEK & EASTER 2021

<b>Sunday 28<sup>th</sup> March</b> Palm Sunday	09:45	<i>Palm Sunday Procession</i>	St. Mary the Virgin, Edwardstone (starting at the Temple Bar)
	18:30	<i>Palm Sunday Liturgy</i>	St Mary's, Boxford
<b>Monday 29<sup>th</sup> March</b> Monday of Holy Week	09:00	<i>Morning Prayer</i>	St Lawrence's, Lt. Waldingfield
	09:45	<i>Holy Eucharist</i>	St Lawrence's, Lt. Waldingfield
	19:00	<i>Holy Eucharist</i>	St Bartholomew's, Groton
	19:45	<i>Compline</i>	St Bartholomew's, Groton
<b>Tuesday 30<sup>th</sup> March</b> Tuesday of Holy Week	09:00	<i>Morning Prayer</i>	St. Mary the Virgin, Edwardstone
	09:45	<i>Holy Eucharist</i>	St. Mary the Virgin, Edwardstone
	19:00	<i>Holy Eucharist</i>	St Mary's, Boxford
	19:45	<i>Compline</i>	St Mary's, Boxford
<b>Wednesday 31<sup>st</sup> March</b> Wednesday of Holy Week	09:00	<i>Morning Prayer</i>	St Bartholomew's, Groton
	10:30	<i>Holy Eucharist</i>	Mary's House, Boxford
	19:00	<i>Holy Eucharist</i>	All Saints', Newton
	19:45	<i>Compline</i>	All Saints', Newton
<b>Thursday 1<sup>st</sup> April</b> Maundy Thursday	11:00	<i>Maundy Thursday Chrism Eucharist</i>	Online - See Cathedral Website
	19:00	<i>Maundy Thursday Liturgy followed by Prayer Vigil</i>	St Bartholomew's, Groton
	19:00	<i>Maundy Thursday Liturgy followed by Prayer Vigil</i>	St Mary's Boxford
<b>Friday 2<sup>nd</sup> April</b> Good Friday	10:00	<i>Family Service of the Cross</i>	St Lawrence's, Lt. Waldingfield
	14:00	<i>The Liturgy of Good Friday with Final Communion</i>	St Mary's Boxford
<b>Sunday 4<sup>th</sup> April</b> Easter Day	07:00	<i>Easter Day Dawn Vigil with Easter Eggs</i>	St Bartholomew's, Groton
	09:30	<i>Easter Day Family Vigil with Easter Eggs</i>	St. Mary the Virgin, Edwardstone
	09:30	<i>Easter Day Family Vigil with Easter Eggs</i>	St Lawrence's, Lt. Waldingfield
	11:00	<i>Easter Day Family Vigil with Easter Eggs</i>	All Saints', Newton
	11:00	<i>Easter Day Family Vigil followed by Easter Egg Hunt</i>	St Mary's Boxford
<b>Wednesday 7<sup>th</sup> April</b>	10:30 to 11:00	<i>Simple Eucharist</i>	St Mary's Boxford
<b>Sunday 11<sup>th</sup> April</b> 2 <sup>nd</sup> Sunday of Easter	09:30	<i>Morning Worship</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist</i>	St Mary's Boxford
<b>Wednesday 14<sup>th</sup> April</b>	10:30 to 11:00	<i>Simple Eucharist</i>	St Mary's Boxford
<b>Sunday 18<sup>th</sup> April</b> 3 <sup>rd</sup> Sunday of Easter	09:30	<i>Sunday Eucharist</i>	St. Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's Boxford
<b>Wednesday 21<sup>st</sup> April</b>	10:30 to 11:00	<i>Simple Eucharist</i>	St Mary's Boxford
<b>Sunday 25<sup>th</sup> April</b> Mark the Evangelist (4 <sup>th</sup> Sunday of Easter)	09:30	<i>Family Service (All-Age)</i>	St Mary's Boxford
	11:00	<i>Sunday Eucharist</i>	All Saints', Newton

Please be aware that these services may be subject to change at short notice due to the COVID-19 pandemic.

You can also follow our live streamed services and obtain service material from the following links:

[www.facebook.com/boxriverbenefice](https://www.facebook.com/boxriverbenefice)

[www.boxriverbenefice.com/resources-to-use-at-home](https://www.boxriverbenefice.com/resources-to-use-at-home)

# CITIZENS ADVICE BUREAU

## Postal Issues

*“We’ve had a lot of issues receiving our post recently and haven’t seen our usual postie around in a little while. I know that a couple of Christmas cards I sent in December still haven’t been received. And some of my neighbours who are shielding, and completely reliant on shopping online, have had some of their deliveries delayed too. Is there anything I can do?”*



You’re not alone, we know posties are currently working very hard, but we’ve seen a huge increase in the number of people coming to us for advice about post and parcel issues.

### Letters

If you haven’t received any letters in your post, think about if there’s anything you were expecting like bills that might be due soon. If you’re missing a bill you could check your account online to see how else, you could pay. Lots of businesses offer online chat, email and phone to contact them.

If you’re worried about missing letters about any benefits you receive you can contact the Department for Work and Pensions on the number given on any previous letters you’ve had. If you have questions about Universal Credit and don’t have a digital account, you can call the Universal Credit helpline on **0800 328 5644**

You can check Royal Mail’s website at [royalmail.com](http://royalmail.com) for updates on areas which may be experiencing delays.

### Parcels

If you bought something from a business to be delivered, it’s the seller’s responsibility to make sure the item is delivered to you.

If the seller used a courier, they should chase the courier to find out what’s happened to your order - it’s not your responsibility.

Check the delivery address you gave the seller. Then contact them and ask where your order is.

If the seller claims they’ve delivered it or don’t know where it is, you can ask for a redelivery. You might be able to get a refund in some circumstances where the delivery time was essential, and you let the trader know ahead of time.

Under the Consumer Rights Act, you can ask the seller to deliver the item again if the item wasn’t delivered either:

- by an agreed date
- within a reasonable time - usually within 30 days.

If the new delivery fails to come within a reasonable time you can ask the trader for a refund.

If you ordered something from a private seller or if you think a seller had broken the law by refusing to deliver an item, you can contact the Citizens Advice consumer helpline for help.

Tel **0808 223 1133**.

We are providing advice by telephone and email, Monday – Thursday, 10am – 1pm. Please phone **01787 321400** if you need advice and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number.

You can also ring our Advice line on Freephone **0808 278 7868** or **0800 144 88 48**.

Alternatively, contact us by email at [advice@sudburycab.org.uk](mailto:advice@sudburycab.org.uk) or by the contact facility on our website: [www.sudburycab.org.uk](http://www.sudburycab.org.uk).

Contact: Elaine Gorman

Email: [elaine.gorman@sudburycab.org.uk](mailto:elaine.gorman@sudburycab.org.uk)

Sudbury & District Citizens Advice

Keyse House, Acton Lane, Sudbury CO10 1QN



## SELF-ISOLATION

Financial support

**Self-isolation support payments**

If you are on a low income and are unable to work because you have been told by NHS Test and Trace that you have to self-isolate, you may be eligible for a lump sum payment of **£500** as part of the Government’s Test and Trace Support Payment scheme.

**To be eligible for a payment you must:**

1. Have been told to self-isolate by NHS Test & Trace and given a valid ref. number because you have tested positive for Covid-19 or been in close contact with someone who has; **and**
2. Be employed or self-employed; **and**
3. Unable to work from home and will lose income as a result; **and**
4. You or your partner are in receipt of an eligible benefit, e.g. Universal Credit, Housing Benefit

**You may be eligible for a discretionary fund payment instead if:**

1. You meet criteria 1 to 3 above; **and**
2. Not currently receiving an eligible benefit; **and**
3. Earning less than £19,200 gross per annum as a single person or £37,400 per annum as a couple or single parent household; **and**
4. Have less than £3000 in household savings

**How to apply**

To apply for a self-isolation support payment, please complete the online application form from your local Council (who you pay Council Tax to). Applications must be made within 28 days after the first day of your period of self-isolation. The scheme is currently open until the 31st March 2021.

**What evidence will I need to provide when making an application?**

Notification from NHS Test and Trace asking you to self-isolate (this will include a Unique ID number); **and** a bank statement confirming your name and address; **and** proof of employment/earnings, or, if you are self-employed, evidence of self-assessment returns, trading income and proof that your business delivers services which cannot be undertaken without social contact

**How will payments be made?**

Payments will be made by bank transfer to the bank account matching the bank statement provided as part of your proof of eligibility. **Further help is available** If you are worried about your bills, your job or your home, call the Suffolk Advice and Support Service free on 0800 068 3131 Monday to Friday 9am-5pm



Become a Covid-19 message cascader  
[www.suffolk.gov.uk/message-cascaders](http://www.suffolk.gov.uk/message-cascaders)



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# HADLEIGH & BOXFORD PATIENT PARTICIPATION GROUP

## COVID – MOST FREQUENTLY ASKED QUESTIONS ANSWERED

There are so many mixed messages, in the media and via word of mouth, about the Covid vaccinations it is no wonder there are just as many queries about it too. To help dispel the many uncertainties and rumours, the Practice and the PPG have compiled a list of the most frequently asked questions and also provided the answers.



### Q. I have had a text from Hadleigh GP is it from the Practice?

A. Yes. The text will contain your name and will be from one of the Hadleigh GPs.

### Q. When are you moving to my Priority Group?

A. It is not possible to tell you very far in advance. The Practice is told by NHS England when they will receive the vaccine, the number of doses and which Priority Group (PG) they should be calling.

### Q. I am a key worker so should I be getting the vaccine?

A. The Practice is following the Government PGs' guidelines. Key workers, unless you are NHS and Social Care Worker, are not currently included in any PG.

### Q. How come my neighbour has been vaccinated and they are younger than me?

A. This may be due to them being an NHS or Social Care Worker or they have an underlying health condition.

### Q. When are you booking the second jab?

A. The Practice will be told when they will be getting the booster vaccines and when we can start calling patients to have their second jab. Rest assured the Practice will call you.

### Q. Can I book for a jab?

A. You cannot book for a vaccination unless the Practice has invited you to do so.

### Q. My friend lives in another area and there they are calling patients aged 50. How come?

A. We are aware that some areas are vaccinating patients in other PG's. Our Practice is moving through the groups (cohorts) as quickly as they can when they receive the vaccine. This is controlled by NHS England not the Practice.

### Q. I care for my children, does this make me eligible as a carer?

A. No. You are eligible if you are an unpaid carer of adults, or you are in receipt of a carer's allowance or you are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill.

Cohort Details <http://bit.ly/vaccine-cohorts>  
PPG [hadleighboxfordppg@gmail.com](mailto:hadleighboxfordppg@gmail.com)  
Group Tel **01473 827 091**

The PPG is still looking for a Boxford representative.

Interested? Like to know more?

Contact Jan Devey: **07881 798999** / [deveys@btinternet.com](mailto:deveys@btinternet.com)

## Remember!

The Box River News can be seen in full colour each month by downloading from the website.

[www.boxfordsuffolk.com/box-river-news](http://www.boxfordsuffolk.com/box-river-news)

The digital version is generally available one day after the deadline.



## WANTED



A Boxford representative to join the active Patient Participation Group at the Hadleigh & Boxford Health Practice

Interested? Like to know more?

Call Jan Devey 01473 827 091



## Nayland Chiropractic

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Inga Hurren Registered Chiropractor

4 Church Mews, High Street, Nayland CO6 4JF  
t: 01206 264139  
e: [enquiries@naylandchiropractic.co.uk](mailto:enquiries@naylandchiropractic.co.uk)  
w: [www.naylandchiropractic.co.uk](http://www.naylandchiropractic.co.uk)

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Website: [www.microplant.net](http://www.microplant.net)

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Power Rakes  
Harrowes  
Mowers  
Associated equipment



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



# FRENCH'S CARE HAVEN



Hello everyone, I would like you to meet Minstrel, one of our 4 rescued donkeys. Minstrel is 14 years old and was the most neglected of the four donkeys when I rescued them. His feet along with the others had not been touched for over 2 years and as you can see in the photo his feet were appalling - he could not walk at the time and his right knee joint had bone changes.

The man whose hand you can see in the photo had the donkeys in his field for over 2 years. They had never seen a farrier or had contact with anyone else in this time. It costs £20 a month for a farrier to do a trim. He said to me that Minstrel was his favourite donkey which made my blood boil even more. If this is how you treat your favourite animal, god only knows what other animals in his care go through. I gave the man a week to have the donkeys seen by the farrier. When I went back he had made no attempt to do that so with some strong words of the consequences he will face, they were signed over to me. I arranged for transport and they were taken to French's, their new forever loving home. It took months to

get the donkeys feet right and sadly Minstrel now has one front foot that is permanently deformed along with his knee so he does not walk sound. That said he is happy and plays with the other donkeys which is so sweet to see. The after photo is of Minstrel when his feet were finally as good as we could get them. The donkeys have a lovely paddock with a big cosy field shelter full of straw and hay plus they have lots of toys as they love playing.

I must put out some thank you's, firstly to Mel Ward - thank you for your donation of rugs and medication, so sorry to hear about your horse passing. Thank you to a local neighbour Darren, who collected a donation of new rubber matting from Horsemat Ltd. The matting Horsemat donated has now been put inside our 2 new portable recuperation shelters. Thank you to our new elderly volunteer Caroline who comes in weekly to help and is making a monthly donation which goes towards the keep of one of our donkeys. We need more people like Caroline as we are desperate for monthly donations. When food, vet and farrier bills come in every month it gives some peace of mind knowing you have set amounts of donations coming in which go towards them so that our animal rescue can carry on.

Volunteering can be as little as an hour or so a week, it is totally up to you. It gets you out in the fresh air, keeps the body active and you are surrounded by wonderfully good-natured animals.....and people!

We are still crying out for a big sponsor/investor (with a big heart) to come on board with us, so if you know of anyone who may be able to help, please ask them to get in touch with me, my details are below.

Make this your good deed for 2021 and help us at our charity.

## **VOLUNTEERS AND SPONSORS NEEDED**

Please contact Jann: **07747 755556**

Email: [jann.turner@hotmail.co.uk](mailto:jann.turner@hotmail.co.uk)

[www.FrenchsCareHaven.org.uk](http://www.FrenchsCareHaven.org.uk)



## The Cinnamon Trust

The National Charity for the elderly, the terminally ill and their pets

It is widely acknowledged that pets can positively benefit the well-being of elderly owners.

For many elderly people living on their own, their pets are their reason for living.

They are constant companions - on hand 24 hours a day, every day, comforting, loving and protecting their owners - not only from outside threats, but also offering the more subtle form of protection from loneliness and despair.

Via a national network of 15,000 volunteers, the Cinnamon Trust offers the following services all over the UK to elderly and terminally ill pet owners.

### • Dog Walking

• Care – Any day to day pet care the owner can't manage.

• Short Term Fostering – For pets whose owners face a spell in hospital.

• Long Term Fostering – For pets whose owners have died or moved to residential accommodation which will not accept pets (by prior arrangement).

• The Pet Friendly Care Homes Register – The Trust's guide to care homes and sheltered housing that will welcome residents and their pets.



If you are interested in learning more about The Trust and how we could help you, please contact us at:

Tel 01736 757 900

Email: [volunteer@cinnamon.org.uk](mailto:volunteer@cinnamon.org.uk)

Website: [www.cinnamon.org.uk](http://www.cinnamon.org.uk)

10 Market Square, Hayle, Cornwall TR27 4HE

Registered charity number 1134680



## KENNY'S NEWS FROM SESAW

Hopefully it's dry and sunny as you read this. At the time of writing the rain is lashing and the wind is howling, but Easter approaches. As our thoughts turn to chocolate, spring flowers, cute lambs and baby rabbits, SESAW volunteer Karen, who specialises in looking after our rabbits offers some seasonal advice.

"Watching rabbits running, jumping, playing and grooming each other is a lovely sight but Easter is not the time to get them as pets for your children. Sadly rabbits are the most neglected pet because people assume they are easy to look after and don't live very long. They need a spacious exercise area attached to a roomy hutch which should be seen as a place to rest in, NOT A PRISON. Rabbits should be neutered and live in pairs or groups; a single outdoor rabbit living alone would have an extremely miserable life.



Simba and Bluebell, two rabbits awaiting new homes.

Unlike Bugs Bunny, rabbits do not just eat carrots! The diet should consist of 80% good quality hay, small amounts of commercial feed and leafy greens. They DO NOT like being picked up and carried around so children should play with them at ground level. Rabbits can live up to 10 years and require yearly vaccinations,

regular worming and health checks. If you understand that having a rabbit is NOT an easy or short term commitment, then please offer a home to a rescue rabbit after Easter."

That just leaves me enough space for our contact details so you can contact Karen when you have finished your chocolate eggs - but make sure to keep them away from all the dogs, including me, Kenny (the Boss) Chihuahua.

*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](http://www.sesaw.co.uk)

The Shelley Centre for Therapeutic Riding.  
Shelley Road, Shelley, Suffolk IP7 5QY  
Charity No. 1113636

## FUNDRAISING ZOOM QUIZ Saturday 20th March 2021

Minimum £5 Donation per person

Can play teams of six  
Details will be given on payment

Contact Chris Southgate  
[58aldham@gmail.com](mailto:58aldham@gmail.com) to book your place

All proceeds go to The Shelley Centre for Therapeutic Riding for the Disabled

## AN APPEAL TO DOG OWNERS

Recently there have been many complaints from across the Benefice concerning the increase in dog fouling on our public footpaths, pavements and recreation areas.

We have all been relying on the fabulous wealth of the beautiful Suffolk countryside afforded to us across the local area to help us take exercise and improve our mental health. As opportunities for exercise such as gyms and team sports have lessened for safety reasons it is now more important than ever for residents to be able to walk around our villages on a daily basis.

To then be forced to dodge countless piles of stinking, filthy dog poo is not only highly offensive and disappointing, it is a serious health hazard that is entirely avoidable.

Treading and walking dog faeces into homes and schools is happening more and more regularly as a result of the current local rise of dog fouling. Children are especially susceptible to treading in muck and then walking it indoors unknowingly. E-coli bacteria and parasite eggs such as round-worm are then very easily transferred to other surfaces, causing a range of serious illness from permanent blindness, chronic intestinal illness and even kidney failure. Surely you don't actually wish this on your own friends and neighbours?

As a community we would appeal to dog walkers: before you go for a walk with your dog, please ensure you take a means of clearing up any mess, be it bags or a scoop. Keep your dog in sight at all times so you know if they have fouled a public area. Finally, having bagged it, please don't throw it in a bush thinking it will degrade. It is a real blight on the local area: even biodegradable bags last for well over 6 months and cause all manner of problems for other walkers and wildlife alike. Please carry the bag to the nearest bin (even if there is not one in sight) and dispose of it there.

We urge you to be considerate to other walkers and clean up after your dog. We all enjoy our beautiful countryside, you can help us all to keep it that way.



## Keep Your Community Clean

- Remember to always carry a poo bag with you. Tie one to your lead so you always have a spare.
- Dispose of dog mess in a designated poo bin or any public litter bin.
- Don't discard your used poo bags for someone else to pick up.
- It's important to keep sight of your dog at all times when in a public space so that you can see when and where they poo.
- If you see someone in need of a poo bag offer them one of yours!
- Remember to wash your hands after your walk. Dog faeces may contain worms that can be a threat to human health. For advice about treating your dog against worms, contact your vet.

Leave it behind and  
you could get fined!

By not picking up your dog's mess you're committing an offence. If you are caught you could be prosecuted and fined up to £1000.

# 'BOY TEDDY'

## Part 5 - 1944

In 1944 I was eight years old and it was time to move to another school. I was no longer an 'infant', now I was a 'junior'! My junior school was Grove Vale School, at the end of Lordship Lane, just round the corner from Goose Green and next door to a small Odeon Theatre. To get there I had to have a bus pass. The first leg of the journey was to walk to Cranfield's (our butchers) where the bus stop for the 63 was and watch the terminus up Forest Hill for the Bus to turn round, have a cup of tea and make its journey down to the stop for me to get on. The next stops were Friern Road, Barry Road and then the Kings Arms where I would get off, cross the junction and then had a choice: either get on a number 37 bus or a number 48 tram. The trams were more fun because when a tram turned round to come back again it could not carry out a three point turn, instead the driver would walk to the other end as his conductor switched the overhead lines and changed the points. Then a quick dash upstairs and the backs of the seats would be thrown over in the other direction so that passengers could face the way they were going. This of course meant that if you travelled on the top and there were few passengers you could cause havoc and the wrath of the conductor by switching all the seats the wrong way. There were also stairs at each end of the tram so it was possible to avoid capture by running up and down staircases at will. If there was time in the morning I would always travel to school on the tram out of choice. The return journey was to prove somewhat different, and it was on the bus home that I fell in love for the first time.

Her name was Sylvia Fillery - a blond miniature version of Betty Grable (with whom I was also in love). Sylvia lived behind Rye Lane Station and trams did not go down Rye Lane so she travelled on the 37 bus. The 37 turned left at the Kings arms, away from the Herne and towards the Heaton Arms and beyond. After school I would wait for Sylvia and get on the bus with her and if possible we would sit on the back seat which was on its own and had comfortable armrests each side. We would chat all the way to Rye Lane station where we would get off and she went on to her home and I had to walk half a mile back to the Heaton arms where I could catch a 63 bus without any extra cost. Such is love. She did not reciprocate my feelings however, instead falling for Norman Speller who lived close by the school. They both joined the Odeon Saturday Morning Club and met after school. I can remember my utter despair when she told me one Monday that on the previous Saturday she had gone to the Cinema with Norman and somehow he had managed to cut his finger. She had licked it better and they had become blood partners. The end of the world had arrived for me.

I was at Grove Vale for 3 years and only had lunch (known as school dinner) there once. At lunch time I would catch the first tram or bus back to the Kings Arms and change onto a 63 bus home for lunch. It would always be ready and waiting for me there and afterwards I would make my way all the way back again. Depending on how much time I had I would walk or run the half mile or so to the Kings Arms and pocket the money. On other occasions I would take a shortcut to Goose Green and save even more money! Just imagine an 8 year old child today doing such a journey twice a day unaccompanied!

At weekends I would help prepare the bars for opening. By now I was able to throw a full crate of beer onto the lift in the cellar and wind it up to the bar. I could tap a barrel in one without spilling a drop and with a little help could tip a barrel when it was empty to strain it off and after removing the top bung could drain out the hops which were then used as fertiliser. My fingers would suffer when stacking bottles on the bar shelves and would get dirty when I emptied the ash trays in the saloon and lounge bar. The biggest dog-ends would be pocketed and the tobacco emptied out into a tin that I kept in my room. This tobacco was used in a small pipe I had whenever I felt like a smoke. All this work and collections from the bar mats

helped to give me reasonable funds to spend on unrationed food and drink and little presents for Christmas.

By June the allies had captured Rome and as President Roosevelt was to say, "The first Axis power capital is in our hands. One up and two to go". Excitement had been growing, we had seen major troop movements, soldier-friends were no longer communicating and the rumour had it that an invasion was imminent. On June 6th 5000 ships began to cross the Channel and D-Day was here. The papers and radio were full of it and I felt the same excitement - taking an interest in news bulletins on the radio and headlines in the papers. I was reading fluently so apart from having some problems with long words and foreign names I was able to keep track of what was going on. Then Adolf unleashed one of his Vergeltungswaff (aka 'Revenge Weapons') on us

The first V-1 flying bomb hit Britain on 13th June 1944 just a week after D-day. These bombs would arrive both day and night, chugging along like huge clockwork toys. They had been described as sounding like an ancient Ford driving uphill. So long as the engine was still to be heard you were reasonably safe because it was still flying and when it passed over, the engine note changed to that of a large unsilenced motorbike ticking over. When the engine stopped you took cover or watched depending on where you were. These monsters were soon nicknamed 'Doodlebugs'. There were three kinds: one would quit its engine and dive to the ground almost immediately, another would glide for quite a distance before crashing and the third would simply drive straight into the ground with its engine still running. The latter were in the minority. Since there was almost a constant flow of Doodlebugs throughout the day there were no warnings and everyone went about their business with one ear cocked for the sound of one approaching. This was where I came into my own: building a watchtower/HQ out of beer crates I would don Dad's Warden's helmet, sling a whistle and opera glasses around my neck and take up position in the middle of the garden. I would scour the skies for Doodlebugs and whenever I saw or heard one would blow the whistle and the customers would come out into the garden with their pints in their hands to watch. Dad was so amused by my efforts that he fixed up an electric bell for me to operate rather than the whistle. As a result I saw dozens of V-1s, watched them crash into the ground and wondered who had been hit this time. They flew quite low over the garden and one crashed in to a space near to Nelson's Bakery. The explosion and cloud of flames and dust was fantastic! At night we would listen to their engine sounds, getting little sleep - at first jumping out of bed and running to the cellar or shelter for cover but later we were able to judge quite well which way they were going. We finally decided there was not much we could do in the event of a direct hit anyway. The V-1s killed over 5,000 civilians and injured another 16,000 and many children were evacuated again to get away from the menace but at least you had some chance of getting to cover if you listened carefully. This was not however the case with the V-2 rocket which arrived without any warning whatsoever. This was Hitler's second revenge weapon, a ballistic missile equipped with a 1 ton warhead and fuelled by alcohol and liquid oxygen. The first one fell on Chiswick on September 8th 1944 just after 6.00pm. There was a terrifying explosion and a row of twenty houses were destroyed by the blast. Many people were killed or injured and because there had been no sound of a Doodlebug everyone thought it must have been a gas main exploding. In fact it was not until the 10th November that Winston Churchill informed Parliament that the recent series of 'gas main explosions' shaking entire streets were in fact V-2 attacks. They were devastating on impact. One hit a Woolworths store full of Saturday morning shoppers, killing 160 people, mostly women and children.

Christmas 1944 was the only one during the war that we lived through in any real fear. Sitting at dinner there was a God-almighty

crunch as a V-2 crashed into houses on the other side of the park and throughout Christmas the crump of V-2s could be heard day and night.

In Summer 1944, Dad decided we should go away on holiday and get away from the Doodlebugs for a while. "We are going on the river, Teddy," I was told, "I have hired some boats for a couple of weeks". Mum spent ages washing, ironing and packing as well as getting supplies in for us to eat. So much, in fact, that it was decided that one of Dad's friends from the pub who had a big car and a good supply of black-market petrol coupons was encouraged to take us to the boat moored at Chertsey-on-the-Thames, about 22 miles away.

Off we went: Mum, Dad, John, Sylvia, me and the driver crammed into the car for the uneventful journey except that I threw an apple core out of the window and it hit a motorcyclist full in the face! Dad at one point also pointed at the speedometer and said "look at that Teddy" and I saw that we were touching 80mph - which on the roads of those days was definitely 'going some'.

We arrived in Chertsey, coming in over the railway crossing just after a train had arrived at the station. Almost everyone getting off the train was in uniform and many were highlanders in kilts together with some foreign soldiers in unrecognisable uniforms, so much so that I began to believe we had been whisked away to some foreign land. We drove through the town passing a big DUKW transport (amphibious troop carrier) and down to Chertsey Bridge. The boats Dad had hired was moored about half a mile downstream and after checking in we were given a rowing boat to make our way downstream to it. Because we had so much luggage most of us had to walk make our way overland through the meadows. The yard was very busy on war work and was responsible for the building and maintenance of Air-Sea Rescue boats and MTBs (Motor Torpedo Boats). These were mainly built of Marine ply and fitted with extra powerful inboard diesel engines capable of exceptionally high speeds. Two of them were moored at the Quay side being fitted out and we got plenty of opportunity to examine them during our holiday.

The fleet of hire-boats had been taken out of service at the beginning of petrol rationing because of fuel shortages. To avoid damage to the engines, they had been removed and put into store. Thus our boats were only to be used as houseboats and our only means of getting around was by rowing boat, hiring an electric canoe or walking. One boat was a beautiful late 1920s four-berth cruiser stern narrowboat called "Southern Star". Southern Star was a lovely wooden boat with topside and below-deck timbers finished in dark varnished oak and. The 'well' (lower deck) had a bridge over it with a canvas awning that could be rolled up and down at night to provide extra accommodation. The cabins were comfortable and right in the bows was the toilet which was an early Elsan type that needed to be emptied at regular intervals (not a popular job). The 'heads', as we called them, had a glazed hatch over the top and this could be used as another way in and out of the cabin area. There was a small cabin forward behind which and amidships was the saloon which also provided two additional berths and then the galley where our enormous amount of food was stored.

Moored alongside Southern Star was a smaller two-berth called "Lode Star". This was to be John and Sylvia's boat. We were tucked away in a small lagoon surrounded by reeds with only another old lifeboat moored nearby. On the opposite bank was a meadow with a small outdoor swimming pool still in use. Steamers and the occasional tug potted up and down the river but otherwise there was not too much activity apart from rowing boats, punts, sailing boats and "Twinkle Star" - the very exciting electric canoe. With the long, sunny, summertime evenings I played for hours on end.

It wasn't all play though, we had chores to do as well. Amongst the tasks allocated to me was getting Dad's morning newspaper and mopping down the decks each day. News was of great importance to keep up with the progress of our troops in France and events back in London. We were able to sit quietly at night drinking cocoa and eating Ryvita and Marmite, or even a little cheese, whilst watching the searchlights over London and hearing the Doodlebug explosions. I

would set off for the papers before breakfast and cross two meadows until reaching the outskirts of Chertsey where the nearest Newsagent was. I would return with Dad's Express and Daily Sketch together with a pint of milk just in time for morning tea. One day it was raining and I was late setting out. When I got to the shop they had sold out of both papers and all they had left was the Daily Worker so I said "That will do" and back I went. Dad was furious and at first refused to even touch it. How was I to know that this was the Communist Party paper and was like a red rag to a bull to Dad who was a staunch right-of-centre Conservative. He later claimed that the horse racing tips and sports pages were "OK". Anyway, I thought that "Uncle Joe" (Stalin) was on our side!

Each day we had to row down to the boat yard and get water in a huge can since there were no supplies nearby and this was always an adventure giving us a chance to look at other boats moored nearby and going under the bridge to the lock. Dad let John and I row and I soon got the hang of it together with a lot of blisters on my hands. At the bridge we would often walk into town for provisions and wander around antique shops, visit tea rooms and buy sweets with our rations. Most of the time I spent playing near the boat, on the boat or rowing about on my own with a long line attached to the boat in case I got into any difficulties. It was rowing that was my favourite and pirates was the game, with me attacking the narrowboat and scrambling on board to take command, or sneaking into the reeds so I could not be seen and just enjoying the pleasure of knowing I might be causing concern. It was great and whilst it was a pity we did not have an engine, somehow on this my first river holiday, it did not seem to matter.

The adjacent meadow was full of long grass, wildflowers, grasshoppers and crickets. I had heard crickets at night in London - one or two would start their racket just as I would be going to sleep and amongst the buildings they seemed very noisy, but here in the country as there were *thousands* the noise oddly became tolerable as a result. In the meadow I liked to make big piles of grass with a hole in the middle and would then set about capturing as many grasshoppers as I possibly could, putting them in the hole and covering them over so they would not escape. Somehow I never tired of this and really began to enjoy the golden late evening sunshine, the warmth of the long dry grass, the smell of the wild flowers and the singing of the birds. No DoodleBugs, V-2s, enemy aircraft and only the distant sounds of war to be heard.

Dad hired the electric canoe on more than one occasion and went as far downstream as Teddington Lock and upstream to Chertsey Lock. It was absolutely silent running and I was able to take the wheel which was fitted to the side of the canoe and needed some getting used to. One night there was a tremendous storm and both boats began to bang against each other and Dad became concerned about the damage they could be doing. In the middle of the night John was put into a rowing boat and handed the forward line of Lode Star, the idea was to separate the two boats as best as possible and Dad's idea was that Lode Star should be tied up to the old lifeboat to pull her away from Southern Star. I watched from the well as John, soaked to the skin, rowed across to the lifeboat lit up by torches from the two boats. He succeeded and returned to us getting a big cheer for his efforts. We somehow managed to sleep as the storm abated and in the morning, bleary-eyed we looked out to discover that the lifeboat had sunk. This meant that the line attaching Lode Star to it was well below water. We were responsible for returning the boats to Bates with everything intact so John stripped to his pants and was sent out to untie the two boats which meant diving underwater. He was not happy but carried out his sub-marine duty without too many complaints.

The holiday came to a end and we regretfully motored back to London life and Doodlebugs. It had been the most memorable holiday ever and left a profound love of the countryside that endured in me for the rest of my life.

*Next month: VE Day! And Eddie's grandad gets a ticking off.*

## Soap Box

As I write this it is almost exactly a year since we were driving back to England from Portugal, through Spain and France, with borders almost literally closing behind us. We arrived back in England to enjoy some brief socialising before the first lockdown brought society as we knew it to a temporary close. Not that it has been feeling very temporary. Our third tranche of lockdown is starting to relax and we must all be hoping nothing intervenes to disrupt the timetable, or “Road Map” according to the Prime Minister – that has been put in place.

There is arguably some good news, so far as I am concerned, in that I have been recovering from an operation which has left me largely confined to the house. This is just how we are supposed to be behaving, not that there has been much to do if you venture out anyway. But it is sad that friends and family cannot meet face-to-face. Phone and video calls are simply not the same. To me, I imagine like most of us, the restrictions put in place to attempt to deal with this pandemic are feeling increasingly tiresome.

It is difficult to gauge exactly what life will be like once coronavirus has been brought under sufficient control to allow a return to some sort of normality. We should be able to socialise more freely, though I wonder if it will be quite the same as before. Amongst the changes brought about by the way in which we have had to conduct our lives over the past year is a sharp drop in ailments like colds and flu – a consequence of the greater emphasis on hygiene and, of course, social distancing.

Certainly I have now gone a full year without catching a cold – probably a first for me. While this is a plus for the NHS the backlog in treatment for other conditions is posing a real challenge. I believe some aspects of the tighter controls aimed at restricting the transmission of the virus might well remain. Perhaps masks will feature more prominently in future. They do in many countries in the Far East where pandemics have been more of a feature in the past.

Buying more of our goods on-line is also likely to continue after lockdown is lifted. This trend was already in place. All the pandemic

has done is to accelerate the change. While there is likely to be a shift back towards personal shopping, it is unlikely to return to pre-covid levels. Little wonder John Lewis is closing stores and shifting more of its retail offering into its Waitrose operation.

A positive development could be more use of local shops. Many of these adapted swiftly to the change in conditions and have earned more of a following as a consequence. Even before the pandemic the future of our High Streets was already under scrutiny so all that has really happened is that the inevitable is taking place faster than expected. However, I suspect many of us have come to appreciate our local shops more and will subscribe to the ‘use-them-or-lose-them’ mantra. I certainly hope so.

As for hospitality, I can’t see *all* the pubs, bars and restaurants reopening when all this settles down. This will be very sad - though, in the case of village pubs, it is again simply an acceleration of the trend. Some establishments have undoubtedly stepped up to the mark, offering take-aways and deliveries, but not all have been able to keep going in this way and the revenue generated will be falling short of pre-pandemic takings. Government support cannot continue indefinitely.

Even being able to open outside will be a mixed blessing as some venues will simply not have the facilities. I hope these changed conditions will not inhibit the reopening of the pub in Little Waldingfield. While I am confident that the new owner is determined to reopen, I know that gaining the required permissions from the Council has taken far longer than anticipated, while building costs have shot up and so busy are local builders that finding someone able and willing to undertake the work is proving a challenge.

So, I fear we must expect things to look different once we are again able to socialise. How different is anybody’s guess. Lockdowns and other measures to combat this terrible virus have brought some changed practices that will doubtless benefit us all in the long run. But the disruption to health services and education will take time to correct, while I am sure none of us want the limits on social interaction to last any longer than necessary. Roll on the summer, I say.

Brian Tora

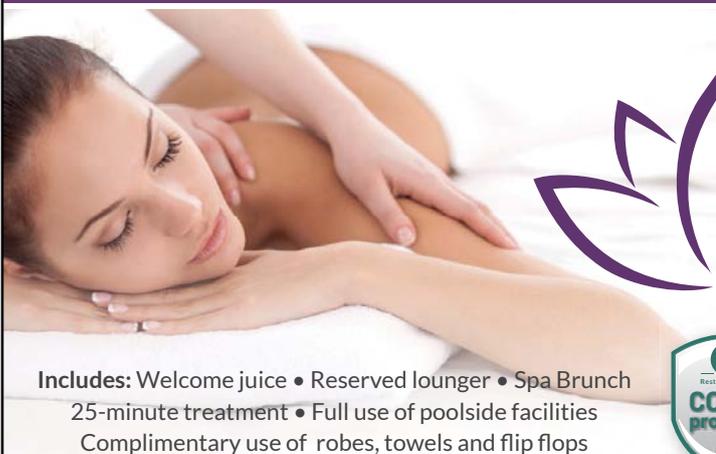
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# LEAVE THE COUCH TO THE POTATOES...

As the months roll by and we're still all stuck at home, I've noticed my clinic is seeing more clients with back pain, neck pain and headaches. Many cases are relatively straightforward problems but are exacerbated by the long and continuous hours sat at the home "office" - be it on a kitchen bench, stool, office chair, sofa, or even propped up in bed and working off laptops, tablets, multiple screens, or phones.

Apart from those lucky enough to have a sit-stand desk, most of us are sitting for too long in one position and not getting up or moving enough.

Research tells us that daily sitting on the ground, frequently moving, and getting up and down from the floor can help with flexibility, strength, mobility, bowel function, and improve longevity.

So, whilst I appreciate that Zoom calls, meetings, and the working day cannot usually take place whilst walking around or lying on the floor, hopefully I can persuade you to take your breaks and especially any evening and relaxation time sitting or lying down on the floor.

Of an evening, ditch the sofa and put some cushions, a mat or rug on the floor. Lie on your back, support your head, neck and shoulders with pillows and try a large pillow under your knees and thighs.



Close your eyes, lie still for 5 mins and focus on gentle breathing; in through the nose, out through the mouth. Once relaxed, start to move into postures that allow you to stretch and feel good. Pelvic tilts, knees to the chest, hip and arm rotations - there are no rules.

Try lying on your front and follow a simple routine of yoga poses such as the child's pose, cat, cow, downward dog, and reverse. Focus on parts of the body that have built up tension during the day. Then try sitting postures and explore how you feel comfortable. I'm always amazed how tight and stiff I feel at the start and how addictive the movement and stretching is once I get going.

If your joints are stiff and aching or you suffer from hip or knee pain, you can stay semi-reclined with pillows to support you while you watch the TV or read a book, etc. A fellow osteopath, Emma, has a great video on her site (<http://bit.ly/video-floor-sitting>) running through some different seating postures - really excellent advice. Alternatively, test out different seating options, crossed legs, squat, kneeling, etc but do make sure you keep changing positions and use blocks, cushions, or a wall to support you as necessary.

As many of you know, I had an anterior hip replacement last year

(following osteoarthritis due to an old horse-riding accident). I'm not so comfortable sitting crossed legged for long but if I use an air cushion, it feels great and I can keep moving around and altering my posture. The SitActive cushion also helps me adopt the primal postures which are talked about by another fellow NZ osteopath, Phillip Beech. He tells us all to get on the floor and adopt some simple postures every day to help keep our bodies healthy and flexible.



Esther Gokhale, an acupuncturist and creator of the Gokhale Method recommends we imagine we (still) have a tail. Visualising it behind us as we walk, sit and stand, encourages us to elongate our spine and roll our pelvis. This can be a really good way to help children to understand the process too.

It seems that throughout history, in the Western World, the chair has become associated with status and wealth. Yet many civilisations maintain their ground-seated postures and recognise the benefits. Sedentary kneeling, i.e. sitting on the heels with the knees on the floor, is practiced by Japanese, Koreans, and Eurasians and also used by Muslims at prayer. Take a leaf out of the Okinawan's lifestyle: these happy, fit and healthy Japanese are recognised for their excellent genes, longevity, healthy diet and lifestyle - making Okinawa one of only 5 'blue zones' in the world. Much of their fitness, improved bone density and flexibility can be attributed to the fact that they get up from and sit down on the floor tens to hundreds of times a day.

*Elaine Everitt - Osteopath, Acupuncturist and Medical Herbalist*  
Pippettes Clinic, Muswell Hill and Boxford, Suffolk  
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# FEEDBACK FROM JAMES FINCH

## Your County Councillor for the Stour Valley

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### COVID 19 infection rates over February - March

I am delighted to report the rapid increase at the beginning of January has been reversed and those newly infected in the 7 day period from 25th February - 3rd March was 3 in our area – 14 villages. However as those previously afflicted are still very much “close to home”, **we must continue to stick to the guidance rigidly NOT LEAST NOW to protect our accident and emergency teams in our hospitals.** I am also now pleased to say that there is good news in that Suffolk is now vaccinating the over 50’s.

### More Coronavirus Rapid Testing Centres are opening in Suffolk

There are now 28 **Lateral Flow Testing Centres** in Suffolk (LFT), with results delivered in under an hour have opened locally in South Suffolk for those showing no symptoms – ie asymptomatic. These tests are most useful at identifying people who are infectious on the day of the test but not showing any symptoms. **These centres are being arranged by Suffolk County Council (SCC) for anyone who is working but who cannot work from home.** The new sites local to the Stour Valley are located at:-

- The Stevenson Centre, Stevenson Approach, Great Cornard, Sudbury. CO10 0WD -(in partnership with Commisceo – Shift Partner.)
- The Fire Station in Bear Street Nayland CO6 4LA
- The United Reform Church, Market Place, Hadleigh. IP7 5DL.

Book appointments online: <http://bit.ly/suffolk-covid-testing> or by telephone - 0333 772 6144

### Suffolk County Council agrees 2021/2022 budget to support most vulnerable residents and county’s recovery from Covid-19 on 11th February.

Planned spending in 2021/22 is £597.9million, + £41million (7.4%) more than 2020/21. As part of this, the council will be spending £15.3million to address its ongoing Covid-19 costs, arising from the continuing local response to the pandemic. There are no proposed reductions in council services or personnel in 2021/22. This year’s budget is based only on a 12-month financial settlement from government, rather than the 3 or 4 year agreement which is usually offered.

Throughout the Covid-19 pandemic, the Government has continued to support local authorities as they adapt to serve communities, redeploy staff into alternative specialist roles and see income streams such as business rates and council tax reduce significantly. Suffolk County Council has received around £82.2 million in financial support during 2020 to meet Covid-19 related costs and whilst the challenges of continuing to respond, and in time recover, from Covid-19 remain, significant financial pressures will continue.

The council’s income from council tax is going to be £7.9 million less than expected in 2021/22 and this shortfall will be met by using council reserves. Reserves can only be spent once and do not represent a viable long term financial solution. This effective use of reserves is made possible because Suffolk County Council has maintained a consistent approach to managing its finances effectively for a number of years, holding a proportionate level of reserves for this exact situation.

**In 2021/22, general Council Tax will rise by 1.99%, which represents an increase of £26.68 for a Band D property, from £1,224.70 in 2020, to £1,251.38. There is also a 2.00 % rise in the Social Care Precept for the forthcoming year as the council recognises the ongoing challenges with meeting the rising costs and rising demand for adult care services. This means a Band D property will see an overall rise of £53.55 this year for Suffolk County Council’s element of their Council Tax bill, from £1,343.61 in 2020-21 to £1,397.16 in 2021-22.**

It is fair to say that the pandemic this year has included redeploying staff into bespoke roles such as procuring personal protective

equipment (PPE) to support Suffolk’s care sector and adapting working practices for frontline staff to maintain effective social distancing measures. As a result, the council is expecting a shortfall of around £7.8 million in projected savings for 2021. Whilst this means that further work is needed to identify potential future programmes of work, many of the new ways of working adopted by the council during 2020 because of the pandemic may actually offer potential alternative transformation savings as the organisation continues to adapt and tailor the way it works to deliver services for Suffolk’s communities.

### Suffolk County Council Highways doubles drainage budget to £4m for 2021/2022

On 17th February Suffolk County Council has received £27.2m capital funding allocation from central government to provide further repairs to the Suffolk roads and £3.5m to invest in Integrated Transport. As this was £6.2m more than that incorporated into the budget agreed at the full County Council meeting on 11th February, the following areas will be boosted by:-

- An additional £2m into drainage and drainage resources (now £4m in total) recognising the worsening problem related to drainage and flooding throughout Suffolk due to the winter heavy rainfall,
- An additional £3.4m into roads – enabling more pre-patching works from summer 2021 onwards to bolster surfacing programme in 2022/23
- An additional £800k into the rights of ways bridges to recognise the greater number now walking our footpaths for their health and welfare.

### Suffolk County Council’s cabinet confirms its support for Freeport East

On February 23, the cabinet of the county council confirmed its support for the creation of a new Freeport (Freeport East). The Freeport would cover both the ports of Felixstowe and Harwich as part of the Government’s aim to create a number of Freeports across the country to drive job creation, investment and international trade post Brexit.

A Freeport includes secure customs zones and tax sites where business can be carried out inside a country’s land border, but where different tax and customs rules apply. These rules mean Freeports can potentially reduce administrative burdens and tariff controls, provide relief from duties, import taxes, and ease tax and planning regulations.

Freeport East has several unique aspects which make its bid for Freeport status particularly strong. This includes global and regional connectivity, with 36% of all the UK’s container traffic passing through the Port of Felixstowe, unrivalled international connections, particularly with Asia, strong connectivity to the Midlands and the North, thereby supporting the government’s “levelling up agenda” in these areas. The bid also stands out as supporting other national objectives such as the development of new technology and the push for clean energy. *The Port of Felixstowe has recently won funding to trial a pilot 5G network and has strong research and development links with Cambridge and Essex Universities. There are also strong links with the energy sector and the emerging hydrogen economy.*

The final decision about Freeport designation rests with the UK central government.

### Virtual Fostering and Adoption Sessions for the Stour Valley

Since the incidence of COVID 19 sadly the demand for this service has increased significantly. Therefore, those who would like to find out more refer to the website -

[www.fosterandadopt.suffolk.gov.uk/](http://www.fosterandadopt.suffolk.gov.uk/)

or join one of the following online virtual events.

For those wanting more information on Fostering only:-

**Wednesday 7th April at 7pm.**

For those wanting more information on Adoption only:-

**Thursday 8th April at 7pm.**

To book a place please email [Claire.Gwatkin@suffolk.gov.uk](mailto:Claire.Gwatkin@suffolk.gov.uk). As

always, our team will be happy to answer any questions you have about fostering or adoption! They normally will have a foster carer or adoptive parent available to help you too at these events.

Please continue to spread the word.

### My Priorities

*Education - Supporting Vulnerable People - Jobs and Growth - Localism and the Stour Valley - Building on Suffolk's Strength all underpinned by strong financial management and low council tax.*

[james.finch@suffolk.gov.uk](mailto:james.finch@suffolk.gov.uk)

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## FEEDBACK FROM BRYN HURREN

### Your Babergh District Councillor

Despite concerns being voiced from almost all who were consulted, it does seem that the County Council (CC) and Police and Crime Commissioner (PCC) elections are going to go ahead on 6th May this year, the PCC elections were already delayed from last year. The popular view from a huge majority of returning officers was to delay the elections until September when hopefully we would all be able to move around much more safely and the District Councils will have had time to recover and allocate staff to this function.

Should the election be formally declared on 25 March the Councils will enter a period of Purdah which means that no favour or political view should be shown by staff and Chief Executive. Postal votes will be readily available for all those who wish to apply and all precautions will be taken in the polling booths so that all feel safe to vote. These elections are important for local democracy so I would urge all to engage and exercise their right to vote.

At Babergh the weekly incidents of Coronavirus amongst the local population are down to 36 per 100,000 which is the lowest they have been for some time, having said that we have now lost 236 of our residents to this horrible virus and care needs to be taken now more than ever as we try to move back to our more normal lives.

The Coronavirus pandemic has changed our lives forever and I hope that now we realise that we are all vulnerable, we can live a little differently, the caring and sharing has been the very best of human nature, while the stripping of supermarket shelves and the "I'm all right jack, me first" attitude of some has quite frankly been sickening. Its not all about money, other, more simple aspects of life count as well.

Since my last report Babergh District Council have set their 20/21 budget.

We have proposed an increase to our share of the Council tax by 2.96% which is £5.00 per year for a band D property, or just under 10p weekly.

Our share of the council tax is however only about 9% and as other authorities are raising their share by at least the same amount, the total increase in tax per household will be at least £60.00 per Band D property. I do feel that these constant increases are unsustainable and we either need to look at three unitary councils across Suffolk, better devolved government or better funding from central government.

There is also a small increase in the Brown bin service of £2.50 per year. Free car parking has been cut to one hour which was bitterly fought for in light of the cabinet recommendation of only 30 mins. This was at least some success for a united opposition, we have had to do this as now we receive no monetary help from central government. In fact we have had to pay them £193,000.00 in annual business rates on our car parking facilities

We are also increasingly supported by our CIFCO investment of now nearing £100 million which in the last financial year brought in close to £1.5 million to help with budgetary pressures.

This, along with income from our services and the solar project,

are now making up an ever-increasing percentage of our income.

I am also unfailingly horrified by the state of our rural roads, especially Wash Lane in Boxford and Butchers Lane running out of Boxford and up to Groton, I have booked the Babergh sweeper to clean them but as they have been allowed to get so filthy the highways scraper has to come first from the county council to scrape them. I look forward to the day when the Babergh team have the equipment to do the complete job, another good case for unitary councils to give better value for money. Despite this I will get the job done for all road users.

During this last financial year Babergh Councillors have had at their disposal a locality budget to help support local groups and good causes. The total amount for distribution is £2,000.00 and I am awarding half to the Box River News which is distributed throughout the six villages that make up my ward as it has recently suffered a fall in income due to the lack of adverts and events and needs a little help and the other half to the GoStart community bus service that runs a twice weekly service through my ward from Bildeston to Sudbury and is also at this time ferrying residents without transport into health centres for their Coronavirus jabs and of course returning them home again.

GoStart are a charity managed and staffed by volunteers who give of their time for free, they are currently looking for volunteer drivers to help manage the increasing demand for their services and also other help in many ways. Please get in touch with me if interested.

As always I am around if anyone needs any help or advice, all PC meetings are now being held remotely and virtually. Maybe we will get back to attended meetings in early summer.

All the very best wishes for a really happy and successful summer. Bryn. xx

[bryn.hurren@babergh.gov.uk](mailto:bryn.hurren@babergh.gov.uk)

Tel: 01787 210854 Mobile: 07771 508348

The leaflet features logos for Suffolk Collective, Suffolk Resilience, and MESSAGE CASCADERS. The main title is 'COMMUNITY TESTING' with the subtitle 'How to get tested for Covid-19 if you cannot work from home'. It contains seven informational boxes with icons and text:

- What is community testing?** If you cannot work from home, and have to go into a place of work, you can get a free test through new community testing available in Suffolk. This will help to prevent people who do not have symptoms from spreading Covid-19 to other people without knowing.
- Who is it for?** Anyone without Covid-19 symptoms can get tested. It is aimed at people who cannot stay at home during lockdown due to work commitments. This includes people who work in roles such as: education and childcare, food production, manufacturing, transport, factories, construction, engineering etc.
- Why should I get tested if I don't have symptoms?** 1 in 3 people with the coronavirus do not show any symptoms. Through community testing, we can quickly identify those who unknowingly have Covid-19 and stop the spread of the virus to other people.
- What does the test involve?** Community testing uses a new test known as a Lateral Flow Test. These are processed at the centre where you take the test, instead of being sent away. The test involves a simple swab taken from the throat and nose. Results will be processed and sent to you within 1 hour.
- What does the test show?** If you test **positive**, you must go home and self-isolate for 10 days. Financial support is available in some cases from the local authority you pay Council Tax to. If you test **negative**, you do not need to self-isolate but it is recommended to repeat the test in a few days as the level of the virus in your body may have increased, or you may have been infected since your last test.
- How do I get a test?** The first three test centres are in Ipswich, Bury St Edmunds and Lowestoft. More centres will open across the county during February. Find your nearest centre and book an appointment online at [www.suffolk.gov.uk/coronavirus-covid-19/covid-19-asymptomatic-testing/](http://www.suffolk.gov.uk/coronavirus-covid-19/covid-19-asymptomatic-testing/) or by calling 0333 772 6144.

At the bottom, it says 'SUFFOLK NEEDS YOU' and 'Find out more at [www.suffolk.gov.uk/coronavirus-covid-19](http://www.suffolk.gov.uk/coronavirus-covid-19)' with a date stamp '03/02/2021'.

## PRESENTS FROM THE PAST

### Your monthly Antiques and Art column from Art Expert, Iain Brunt.

Hopefully as you read this we will be starting to see the country opening up again. Lockdown, whilst obviously a huge inconvenience to all our lives, did have one positive side-effect though - during 2020 burglaries dropped by a huge 20%. By remaining in our homes we all became a highly effective home security system. Now that lockdown is ending, how do we continue to keep our antiques and art safe?

There once was a terrible incident in our gallery where due to the amount of false alarms being triggered from the vibration of passing buses and trucks, the sensitivity of the gallery alarm system was lowered. Some time after this thieves ingeniously cut a hole in the glass window not much bigger than the copy of the BRN you are holding now and used a special ultra-thin rod and hook to whisk an original Renoir out of the hole and off into the night without alerting a soul. It truly was a daring real-life heist worthy of an Ocean's Eleven storyline!

Upmarket galleries aside, not all of us have Renoirs displayed in our windows. Sadly though some of us still suffer the occasional theft of our most precious treasures. For research I once interviewed former convicted burglars and asked them what they were most likely to steal when breaking in. The favourites of course were anything that could be quickly sold on such as laptops, cameras and jewellery. However, a surprisingly large number tended to take a more considered approach and thoroughly researched properties containing visible high-value targets such as art and antiques before planning the optimum method of extraction. Anything visible through windows is seen as fair game, so naturally artworks on walls, especially those lit-up, are high risk items.

Without resorting to science-fiction laser-beam security systems



there are some simple tips that we can follow to minimise risk. With silver and jewellery avoid leaving them in view of the outside. Instead, keep them out of sight or better still in a secure box tucked away. You can always take them out when guests come round.

With paintings and larger items, think carefully about positioning with regard to the outside. Take the time to think like a burglar and walk around the exterior of your house, looking in from all angles. Can you see anything worth the effort? If yes, then reconsider the placement.

Modern CCTV cameras have plummeted in price. Not only do they provide you with evidence, the newer cameras allow you to see your home live on your phone and even talk to any would-be intruder to let them know they're being watched before they get the chance to get close.

Security-marking your valuables is a good idea. Using inexpensive invisible-ink pens may well help get stolen goods back to you. Don't put the mark on an area that can be easily removed. With paintings make sure you mark the reverse and the frame itself – often they are sold individually.

It always pays to insure your valuables. Pay attention when doing this: standard house and contents policies will typically only provide limited cover for antiques and works of art. A quick way of ensuring you have a provable record of your contents is to video around each room in your house with a smartphone. Take photos of your high-value items and ensure you hold the camera still when doing so – often when valuing we have seen photos of items that look like they've been taken during an earthquake and insurance companies won't accept them as proof of ownership. Make sure they are clear so the police and loss-adjusters can identify them easily. Important: store a copy of your evidence either online or away from your property so that you have proof even if your phone or computer are lost.

You may need to declare high-value items and provide proof of worth, so a recent valuation will pay dividends. Art and antiques are sometimes hard to value but if you have an inkling of its history and can take a good photo of all sides then consider sending it to our valuation department for a fast 48-hour appraisal without having to leave your home – <https://www.antiques.co.uk/valuations>

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## SPRINGTIME OPENING, EASTER TREATS AND GREAT DINING OPTIONS AT SbN

During the recent lockdown we were delighted at Stoke by Nayland Golf Club to have the opportunity to open up our golf courses to welcome local villagers and residents to walk freely around the courses, lakes and woodland to enjoy the many stunning views this corner of the Dedham Vale Area of Outstanding Natural Beauty has to offer, and which many non-golfers may not have previously seen.

Now that lockdown is coming to an end, thankfully, and the golf courses will be opening up once again to members and visiting golfers from 29th March, we respectfully request that local residents refrain from walking over the golf courses for their own safety from that date, and keep to the public footpaths, permissive paths and circular walks as designated by the Leavenheath Parish Council. For more details about these walking routes please visit their website page at <http://leavenheath.suffolk.cloud/footpaths>

Looking at our other facilities at SbN, we are pleased to say that our Pippin Store will continue to provide delicious hot and cold takeaway food from our excellent Sports Bar menu, and mouthwatering takeaway Afternoon Teas – as well as hot drinks and snacks for walkers and golfers alike.

Be sure to make the most of our delicious Easter 3-Course hot Sunday Lunch offering for delivery locally, or takeaway, and our special Easter Afternoon Tea – all available to order via Pippin on 01206 264265 by noon Thursday before Easter weekend.

Our outdoor terraces at the Hotel will soon be opening again on the 12th April, just in time for some lovely spring weather hopefully – and even if there is still a slight chill in the Springtime

air, we have introduced glass screens and heaters on all of our outdoor spaces so you can relax on sofas and enjoy great food, wine and beautiful views over the lake in cosy comfort!

It is not long from then until 17th May when our three newly refurbished restaurants will be opening up to welcome you inside for a choice of dining styles and a great selection of menus, depending on your mood. All of our restaurants offer their own stylish outdoor heated terraces so you can enjoy each dining experience al fresco. There's also plenty of space for tables of 6 and for 2 households both inside and out!

If you have joined our SbN Community Discount Card scheme for local residents then you will be able to enjoy generous discounts of food and drink in all of our fabulous restaurants and bars – as well as receive discounts off relaxing spa treatments, hotel stays and much more. If you wish to join, free of charge, all you have to do is visit our website page at [www.stokebynayland.com/community](http://www.stokebynayland.com/community) and apply for a card which will be sent out to you by post.

For more information about our opening plans, Rest Reassured initiatives, Covid Promise and special offers please visit our website at [www.stokebynayland.com](http://www.stokebynayland.com) or email our sales team at [sales@stokebynayland.com](mailto:sales@stokebynayland.com)

We all look forward to welcoming you back very soon!



# 3PR SPRING NEWS

The long-awaited arrival of Spring has brought with it some good news for our local 3PR First Responder service. Whilst as a group we have continued our online training, our assessments and to provide cover for the East of England Ambulance Service (EEAST) throughout the pandemic, our volunteer status has meant that our ability to respond to all emergencies has been reduced, as has the range of emergency treatment we have been allowed to provide to patients. These reductions, imposed by EEAST for safety and legal reasons relating to Covid, are now starting to lift and we are seeing our activation numbers rising, which means anyone needing emergency medical help should receive it quicker than previously.

All of our responders have had their first vaccinations which means we can now safely respond to an increased number of calls. This also gives our team confidence that they aren't putting their own families under increased risk of transmission as a result of doing so.

## Eddie Kench Memorial Fund

We have been truly humbled by the response of the Kench family's GoFundme page, setup in memory of the very much missed Eddie Kench. So many of you have kindly donated money to the tune of a whopping £1,640 (!) at time of going to press. We cannot begin to describe the depths of our gratitude to both Eddie's family and everyone who has selflessly donated to our group. Thank you so much.

## Improvements in Patient Assessment and Care

The money donated to 3PR is very timely for us as we are investing in new digital blood pressure monitors and digital thermometers. Our responders have now been trained to provide a more detailed patient assessment by EEAST. The National Early Warning Score (NEWS2) is a method for scoring the medical observations that are routinely recorded. Its purpose is to identify acutely ill patients, including those with sepsis, and if those patients' conditions are deteriorating rapidly over time. It means our responders can now be sent

to cases and help determine the priority of an ambulance response for that patient.

The new equipment will allow our responders to add the data they need to calculate the NEWS2 score to the observations they already take on all patients attended.

In addition, recent trials with responder groups attending patient falls have been successful and responders will shortly be asked to attend falls where the patient is perhaps not injured but incapacitated. When the scheme is rolled out we will be purchasing expensive patient-lifting equipment such as the Mangar Camel lifting cushion, which is an ingenious device that uses compressed air to gradually inflate a special cushion placed under a patient to lift them up to standing without further risk to them or the medical team. This is an exciting development that may remove the need for an ambulance to attend certain calls entirely, freeing them up for more critically ill patients.

## Responder Recruitment

During the pandemic we were approached several times by would-be volunteers for more information on how to become a First Responder for 3PR. It was heart-breaking to tell them that EEAST had suspended all recruitment of responders as they could not guarantee Covid-safety for recruits or training staff and thus provide the quality of training needed for official qualification.

We are pleased to hear from EEAST that training is now opening up again and new training dates are being organised, although a training backlog is expected in the short term. We will soon be in touch with those that enquired about becoming a responder originally but should anyone reading this be interested please do get in touch with me. 3PR will pay for your training, learning materials and we will provide you with clothing, equipment and ongoing training following completion. You can call me on **01787 210 946** or email: [office@boxfordresponders.com](mailto:office@boxfordresponders.com)

*Rich Wild, Group Co-ordinator, 3PR*



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u3a gives retired and semi-retired members local and national opportunities to learn a wide range of things at low cost. You can share your skills with others, take up something new and develop your interests in a friendly atmosphere.



Members of **Sudbury u3a** have been overcoming the difficulties of the past year, keeping in touch, motivated and active, learning laughing and living and all without breaking any rules!

Think of an activity and there is probably a group in **Sudbury u3a**: Art, Architecture, 10 pin bowling, book clubs, creative writing, table tennis, walking, woodcarving, wine tasting, languages, photography, holidays...in fact almost 80 groups in all! And if there isn't the one you're looking for we have the ability to enable you to get one going with support from the groups coordinator.

Many activities have continued during lockdown, facilitated by Zoom including our recently held AGM, having completed the elections on line and by post prior to the meeting. Brian Orton was elected as our new Chair after serving as treasurer for six years and last year as vice Chair. He and a strong committee have plans in place for resuming our full programme of activities and events as the COVID 19 restrictions are eased.

**Sudbury u3a** is affiliated to the Third Age Trust a national organisation aimed at retired and semi-retired people with groups all over the UK. If you want to make new friends, learn a new skill, get out and get fit and socialise more, or perhaps you have recently moved to Sudbury, have a look at our website:

<https://u3asites.org.uk/sudbury>

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# NEWTON COMMUNITY ALLOTMENT

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If so, please come along to Newton Community Allotment, access via church road.

We generally meet on a Sunday morning/afternoon, but times can be variable, we welcome all newcomers.

Due to the ongoing Covid restrictions and Government guidelines we are unable at present to meet as a full group, but we can rotate the times/days to accommodate groups up to 2 people at a time during the week to work on either the allotment or the wildlife garden.

For further information please contact Kate 07754 207485.

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# SBN GOLF IS REOPENING

The Stoke By Nayland Golf Course will reopen on Friday 26th March with games of up to 4 golfers. Tee times have already opened for bookings for Members, but will also open for bookings for visitors on Thursday 25th March.

Since June 2020, Golf Course Agronomist Peter Jones has been assisting Stoke By Nayland Golf Club with improvements to its 2 wonderful courses, Gainsborough and Constable. With bunkers already manicured and tree work ongoing, attention has switched to the greens.

Over the past couple of weeks the green staff have been hollow tining using a state of art machine. A hollow tine is a round tube that penetrates into the ground, collects a core and when the tube penetrates the ground again, the core is pushed out through a hole. This allows greenkeepers to remove material, such as poor quality soil and thatch and allows water and air into the root zone.

This helps with aeration and reduces compaction of the greens which in turn will produce a better putting surface.

Weather and further-lockdown-permitting the SbN golf club, its members and guests alike will all be hoping it will be allowed to remain open for the remainder of 2021!



# BOXFORD ROVERS READY TO RETURN

With the government instructions regarding the resumption of organised youth sporting activities now lifted from March 28th, all the Boxford Rovers youth teams: the Under-11, Under-12 and Under-13 teams will be resuming practice and matches.

They have a very busy list of fixtures playing both Saturday morning and mid-week evening league matches during April and ending on May 15th when the 2020-21 season must finish.

They will be holding their season awards event during late May/early June.

# THE MENTAL HEALTH BENEFITS OF GOLF

Stoke by Nayland Golf Club are proud of our Men's Captain Richard Allen who's taking the MHFA England mental health first aid course with golfing mental health charity "The Club Talks".



The Club Talks is Richard's chosen charity for a second successive year. As well as raising money for the anti-suicide charity The Campaign Against Living Miserably (CALM) it looks to raise awareness for mental health issues and to provide first aid training for individuals such as Richard.

Richard commented, "If I can learn more and help one person in our club that would be amazing. The Club Talks is a great organisation boosting mental health through golf. Sometimes we lose sight of just how great the sport can be for our mental health. If we can spread that message through our club that's great."

"I'm looking forward to doing the course, learning more and if it helps one of our members talk about how they are when they previously might not have done then it'll all be worth it!"

Stoke-By-Nayland Golf - [www.stokebynayland.com/golf](http://www.stokebynayland.com/golf)

Mental Health First Aid England (MHFA England) - [mhfaengland.org](http://mhfaengland.org)

The Club Talks - [www.theclubtalks.com](http://www.theclubtalks.com)

The Campaign Against Living Miserably (CALM) - [www.thecalmzone.net](http://www.thecalmzone.net)



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