

Box River News



May 2021

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green

OH MY QUASH!

London's High Court Forces Babergh to Rethink Boxford Over-development

In a stunning result for the majority of Boxford residents the High Court has quashed Babergh District Council's approval of developer Catesby's plans to build 64 houses on land east of Sand Hill, Boxford.

Justice Beverley Lang stated on March 26th that Babergh had acted unlawfully in part of the approval process when it failed to legally bind Catesby to build a community building as part of the development after having made it a formal requirement as part of a prior planning resolution.

As part of the decision, Justice Lang also ordered Babergh to pay £13,000 towards the legal costs incurred by Boxford Parish Council, who brought about the court case. The full amount of public money used for legal purposes by both parties has not yet been disclosed although Freedom of Information requests for such have been lodged by members of the public.

Boxford Parish Council Chairman, Julian Fincham-Jacques said:

"Clearly, we are very pleased with the outcome, but Babergh must learn lessons from this. It should not be necessary to go to law at great expense over matters that the Council could and should have conceded when we first raised them".

Boxford Parish Council maintains that this error was just one of a number of reasons why the development should not have been approved, and it will continue to press for rejection when the planning committee meets to redecide the matter later in the summer. It stands by its additional court arguments that Babergh erred in

law on highway matters bearing upon their decision and that the meeting itself was in breach of Coronavirus regulations and disadvantaged objectors, leading to Committee Members not receiving a fully balanced counter-argument. Babergh deny the additional complaints have any merit.

The Boxford Society, an organisation that aims to preserve the character and heritage of the village welcomed the decision by the High Court and issued a statement from Chair Jen Eastwood that reads:

"We will now prepare our objections for the next Planning Committee Meeting when this application will be reconsidered and trust that the decision taken will more accurately reflect the damage this development will do to our village".

It transpires that the whole idea for a community building in and of itself was a developer-led idea with little grounding in actual need from Boxford residents. Situated outside of the village envelope with poor connectivity to the centre, many believe the building to be an ill-conceived sweetener that no-one desired and one that would potentially cannibalise existing services already present in the village. Babergh District Councillor for Box Vale, Bryn Hurren agrees:

"We must now strive to make it clear to those who make planning decisions that local opinion must be listened to and taken into consideration at all times. Planting a huge carbuncle of housing on a greenfield location on the edge of a village for the monetary gain of a developer, with the promise of a community building that is not needed and a highways scheme that does not fit into the designated space is not good planning and both the planning and highway authorities need to be mindful of that and be prepared to work with us to achieve proper infrastructure for our school, parking shortfalls, businesses and highway safety".

Continued...



Boxford Parish Council Chairman Julian Fincham-Jacques at the Sand Hill site

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.

Continued from first page.

Ellis Street, the main road into Boxford from the proposed development is an area of high concern for residents. An independent highways survey, commissioned by the Parish Council, found that narrow lanes, blind bends and copious on-street resident parking all transpire to make it a single-track thoroughfare that is overloaded with traffic at peak times and has no pavement for pedestrians making their way to and from the village school, surgery and shops, forcing them into the path of traffic from both directions. One concerned Ellis Street resident told the BRN:

“Catesby’s planning application showed a [proposed] foot-path apparently taking up private land but SCC Highways now admit that it would probably have to go in the existing highway so the road here would then be even narrower than currently. SCC Highways and Catesby don’t seem to realise that extra wide agricultural vehicles regularly have to use Ellis Street to access Cox Hill so the Planning Committee must take notice of the independent report and knowledge of local people”.



Roundly ignored during the Catesby approval meeting, Boxford’s nascent Neighborhood Plan has been maturing rapidly and has identified a number of locations for new housing that would satisfy local housing demand whilst ensuring that the safety and amenity of residents remains paramount. A spokesperson from the plan’s steering group wholeheartedly welcomed the news of the High Court decision and stressed the importance of bringing the plan to fruition as soon as possible. They added:

“Much progress is being made and an exhibition is planned for the 8th and 9th July in the Village Hall to inform village residents of the Neighbourhood Plan and give a further opportunity for comment prior to the stages of gaining official approval and public acceptance. It is hoped to achieve this within a year”.

With a number of controversial planning decisions recently having been made to the detriment of our county’s residents, there is a widespread suspicion that local authorities more readily listen to the gold-plated demands of deep-pocketed developers than local inhabitants. Let us hope that planners will embrace the High Court’s decision as an opportunity to reconnect with the populace they serve and work toward a more integrated and sustainable policy of development.

Box River News

Trudi Wild, Twin View, 18 Stone Street, Boxford CO10 5NR

Telephone: 01787 210946

e.mail: editor@boxrivernews.com

Deadline date for the June 2021 Issue is:

May 15th at midday

MATTOCK MOTORS LTD

CALAIS STREET FARM, CALAIS STREET, BOXFORD



**Has your Car lost
it's Spark of Life?**

- TYRES
- BRAKES
- EXHAUSTS
- SERVICING
- MOT TESTS
- ONE STOP CAR REPAIRS

**Full Diagnostic Equipment, Laser Liner,
Fault Code Reading Equipment.**

(A.B.S., Airbag, Engine Management Lights etc)

- AIR CONDITIONING • REGASSING
- REPAIRS • ULTRA VIOLET LEAK DETECTION

OPENING TIMES MON-FRI 8.00am-6.00pm

SATURDAY BY APPOINTMENT ONLY

**ONE CALL AWAY
TELEPHONE**

01787 211394

COUNTRY HEATING plus



**Registered
Business**

COUNTRY HEATING plus

**Oil-fired Boiler Servicing
Maintenance
Breakdowns & Installations**

www.countryheatingplus.co.uk

**Mick Dye Tel: 01787 211179
Mob: 07891 867 672**

The Blooming Garden

A Fascination of Fritillaries

As far as I know there is no collective noun for fritillaries so I have invented one. If you can have a 'charm of goldfinches', then why not a 'fascination of fritillaries'?

They certainly fascinate me. This is a genus of over 100 species from a wide range of habitats round the world and some of them are tricky to grow, but they are all highly desirable. Most of them have campanulate flowers, which mean they are bell-shaped, and these are always appealing. Many come in sombre and sophisticated colours. Some of them have stripes or even more exciting, they are tessellated with checker board patterns. Everyone is familiar with the little, native snake's head fritillary of meadows, *Fritillaria melagraris* which is one of the joys of spring. This seeds about happily in spots which don't dry out. The flowers are purple or pink with their pretty patterns or you can get it in plain white too. We are lucky in Suffolk to have meadows looked after by Suffolk Wildlife Trust where you can see still see thousands of these beauties growing. Once a year you can book tickets to go and see them at Fox Meadow near Framdsen; unfortunately, they are closed this year because of Covid.

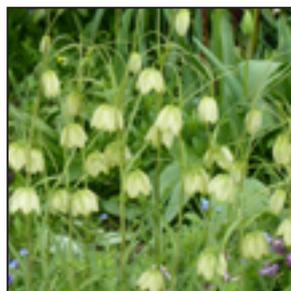


Fritillaria imperialis

The flowers of *Fritillaria imperialis* are held on long stalks and look as if they are wearing green crowns with their topknots of green leaves, or bracts, if we are being pedantic. These flowers have been grown here and loved since the sixteenth century. They do smell rather foxy, in fact E.A. Bowles said the smell is 'a mixture of mangy fox, dirty dog kennel, the Small Cat's house at the zoo and Exeter Railway Station'. He didn't like it then. Although why he singled out Exeter as a peculiarly smelly station I don't know. The plants only smell if you bruise the leaves or dig into the bulbs and why would you want to do that? When the flowers are at their best the anthers hang down and look like dancing feet showing below the skirts. Inside each flower, the nectaries contain dabs of gravity-defying sugary water. They come in yellow, orange or red, although this year I grew a fabulous peachy one called 'Early Fantasy'. The bulbs need to be bought when they are fresh because they bruise easily. If they get too wet they will rot so plant them on gravel and sand. It is a good idea to plant them really deeply a little on the side so the rain doesn't fall into the crown. They need a rich soil to flower well.

Fritillaria pallidiflora has long stems with bells of primrose yellow and *Fritillaria persica* has plum coloured bells and they are both extremely beautiful, but if you can get them to bloom year after year I would like you to tell me your secret. Actually, I think *Fritillaria pallidiflora* will not stand getting too dry in summer and *Fritillaria persica* will produce its shoots too early and they can get ruined by frost.

My favourite fritillary is *Fritillaria thunbergii*. It makes large clumps and never fails me with a generous abundance of flowers. Each stem has about six flowers growing from its axils and they are cream with green veins and inside they are chequered brown and cream. They have tendrilled leaves which look as if they want to climb. In China and Japan they are grown for cough medicine;



Fritillaria thunbergii

personally, I'd rather have a cough than dig up these beauties.

There are quite a few shorter growing fritillaries you could try. My favourite is the little *Fritillaria michalovskii* which has clusters of maroon-coloured bells with golden tips. This little treasure looks fabulous in a pot.

As for pests, deer and rabbits don't attack fritillaries but slugs might eat the young shoots. I have a very sedate, clerical-looking pheasant in my garden known as The Vicar because of his gleaming white dog's collar. But he has bad habits; he wantonly picks the heads off the snake's head fritillaries and tosses them aside just for fun. The only other pest is the bright red lily beetle who looks upon fritillaries as the *hors d'oeuvres* to keep him going until the main feast of lilies start. But as long as you are not squeamish they are easy to pick off.

Chloris.

For more from Chloris follow:

www.thebloominggarden.wordpress.com

GARDEN DESIGN
BORDER DESIGN
PLANT SOURCING
GARDEN OVERHAUL
GARDEN GIFT VOUCHERS

Give your garden the makeover it deserves!
We are a local garden design company and can offer a complete design, construction and maintenance package or just a planting plan for a single border.

WWW.ZINNIADDESIGN.CO.UK

Call Angela for a consultation:
01787 212264
07974 375254

 zinnia
GARDEN DESIGN

POTTY ABOUT PLANTS?

Visit our garden centre and coffee shop in Sudbury

 Perrywood

www.perrywoodsudbury.co.uk

LOVE LOCAL!

Supporting local business is a win-win for all of us.

The past year has been a disastrous one for our benefice. Apart from the inability to meet up socially with our friends and family, being shut in our homes with local shops, pubs and restaurants closed has stagnated our local economies. The few winners have been the multinational tech giants such as Amazon, seemingly unaffected by restrictions and whose home-delivery sales have soared by almost 50% in 2020 to a staggering £20 billion level in the UK alone.



When we shop locally, the money we spend goes directly into our locality. Our small business owners are usually also residents and they themselves engage local suppliers who also have local-resident workers who themselves spend in the local area. It is not just the immediate business that benefits when we spend with them - we keep a long chain of workers and their families supported too!

The same cannot be said of the large firms delivering nationwide. Many multinationals pay an absolute minimum of tax and profits are then typically not locally reinvested. Our hard-won wages disappear from the local chain with the long term effect of pushing workers out to the larger towns and cities to chase those elusive payslips. Less workers in the area means less businesses around to supply those workers, and the whole thing becomes a

downward spiral leading to dormitory settlements, bereft of facility, character or purpose.

Of course, over the last Covid-riddled year none of this has been our fault. Through necessity local shops and businesses have been forcibly closed. Unable to leave our houses we've had to have goods and services brought to us. The Big-Corp megabuck profits have literally been unavoidable.

But not for much longer. With the loosening of restrictions we again have a choice of where we can shop. Many small businesses are financially fragile, typically cash-flow-poor and on short-term contracts that do little to help periods of instability. The Office of National Statistics (ONS) states that in March 2021 only 17% of service businesses were able to trade and 1 in 3 such businesses had less than 12 weeks cash reserves remaining at the start of January. Those that have survived the long financial drought of successive lockdowns did so by the skin of their teeth and are now desperate for income in order to keep afloat.

Some small companies have been able to adapt to restrictions and vary their offering to bring business to their customers' door steps, but not all business types can do this. Simply suggesting that it's survival of the fittest is ill-conceived when many businesses have been forced to furlough staff, close the shutters and just hope that income will come in again as soon as possible.

We are lucky in the Box River Benefice that we have some outstanding and professional businesses that cover a wide range of goods and services. We have a wealth of fantastic pubs, shops, cafés and traders that is an absolute treasure trove. A huge number of local businesses are now reopening - all deserve our respect and, much more importantly, our custom. You'll find a lot of them advertising in this very issue of the Box River News!

Stay Local. Shop Local. Love Local!



CALL: 07470 903711



eastangliaovencleaning.co.uk

Back in the Beauty Business!!



We were so thrilled to be able to open our doors again this month!

April's Facial offer has been very popular so we decided to extend the deal through May, to give more of you a chance to enjoy it:

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.

Both hour-long treatments include a deep cleanse, skin-polish, peel and micro-needling followed by a mask and detoxifying drainage massage and SPF moisturiser to finish.

Luxury Facial Treatment offer

***ALLSKIN MED Vitamin Energiser or Dermal Rejuvenation
facial treatment just £100 (usually £150)****

Call 01787 211 000 to book.

**Offer valid once per person, until 31/05/21*

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

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



NETTLE KNOWHOW

It's that special time of year when you can spot nettle leaves shooting up in the places that get the first rays of spring sunshine.

One of the first wild, green plants to herald the return of spring, the stinging nettle (*Urtica dioica*) is a fantastic superfood that grows on our doorsteps around Boxford. It loves the moist, shadier boundaries in gardens, hedges and woodlands, and in a couple of weeks, when the leaves look larger, wholesome and green, you can start picking them and enjoying the cleansing and tonifying benefits.

Fresh, free, and with zero food miles, they can be picked in small batches for immediate use or dried for later.

Nettle leaves are bursting with flavonoids, including high levels of antioxidants and a natural anti-histamine, which is why they can help reduce the inflammation and irritation of many skin conditions, arthritic joints and are fantastic for when the hay fever season kicks in. They have a gentle diuretic effect which helps the body flush away toxins and invigorates us after the sluggishness of winter. Nutritionally, they are particularly high in vitamins A and C, iron, potassium, manganese, and calcium.

Nettle Foraging

Identify the plant. Use a book, app or the back of your hand: if you're not stung it's likely another similar herb such as Dead Nettle.

You'll need scissors, a bag and gloves (cover forearms too). Cut the top third to half of the plant where the largest freshest leaves are growing and leave enough to allow regrowth (if you see flowers or seeds, it's too late in and you'll have to wait til next year - or make a visit to Pippettes!)

Less is more: pick a bunch of 10-20 stems depending on size as you may not like them and it's very important to leave a lot more than you harvest.

Dry them: bundle the stems with twine or an elastic band, invert and hang in a large brown paper bag in a dry, dark, warm cupboard.

Once fully dried (after a week or so), store in an airtight and lightproof container. Only cut smaller when you want to use them to maintain their freshness and bioactivity.

Nettle Herbal Tea

Break or cut up a few dried nettle leaves. Add 1 heaped teaspoon per person into a pot and infuse in hot water for 5 minutes. Add other herbs such as mint, chamomile – anything you have to hand and like. You can also use fresh leaves for the tea as the hot water will kill the sting. Nettle tea can reduce inflammation, allergic reactions such as hayfever, reduce mild swelling, assist detoxification and boost kidney and bladder health thanks to the plant's astringent and diuretic properties. Traditionally, nettle root is recommended for urinary and prostate conditions.

Nettle Infused oil

Gently crush leaves with gloved hands to loosely fill a jam jar. Pour over an organic base oil of your choice; e.g olive, sunflower, avocado and fill to the top. Ensure no air is trapped in the leaves. Leave in dark, warm cupboard for 4-8 weeks. Filter and use. The oil can be applied to the skin to help ease eczema and psoriasis but is also beneficial when massaged around achey and arthritic joints.



Nettle soup

Use fresh leaves to make this super green soup, delicious served either hot or chilled, with a swirl of vegan cream.

½ bag nettle tops (about 200g)	1 large onion, sliced
1 tsp rapeseed/coconut oil or butter	2 cloves garlic, sliced
2 potatoes, peeled + chopped	1 litre veg stock
1 carrot, chopped	Salt and pepper to taste
½ can coconut milk or dairy cream	

Heat oil in a large saucepan, add onion and potatoes, stir, cover and cook for 5 minutes. Add nettles, cover and cook for a further 5 minutes, then add stock, bring to boil and simmer for 15 minutes until tender. Blend in a food processor until smooth. Season and add grated nutmeg and a squeeze of lemon juice to brighten the flavour. You could even drizzle over a little nettle pesto...

Nettle pesto

This is quite a freestyle recipe and really depends on what you may have in the kitchen cupboard as well as your tastes. Experiment and enjoy!

150g nettle leaves	1-2 garlic cloves
50g parmesan or vegan parmesan	150ml olive oil
zest of a lemon	1 tbs lemon juice
50g pinenuts or cashews	chilli flakes (optional)
salt and pepper	

Blanch nettles in boiling water for 2 mins (until limp but still vibrant green). Drain and run under cold water. Squeeze as much water as possible and roughly chop. Put chopped nettles, garlic, parmesan, lemon zest and nuts in food processor. Blitz to a rough paste. Season and slowly add almost all the oil. Add in lemon juice and chilli flakes if using. Transfer the pesto to a clean jar and top with the remaining oil. It will keep for two weeks in the fridge.

Elaine Everitt - Osteopath, Acupuncturist and Medical Herbalist
Pippettes Clinic, Muswell Hill and Boxford, Suffolk

OSTEOPATHY • CRANIAL OSTEOPATHY ACUPUNCTURE • HERBAL MEDICINE

ELAINE EVERITT

BSc(Hons) DO LicAc MNZRA MBMAS
MGOsC MOCNZ MNIMH MCPP

- Back and neck pain
- Sciatica
- Headaches
- Sports injuries
- Arthritis
- Joint injuries
- Frozen shoulder
- Fertility
- Gynae disorders
- Gastro intestinal disorders
- Dietary advice
- and more

Treating newborns to elderly • Over 30 years experience
Recognised by most private medical insurances

Clinic at:

Pippettes Farm (opposite Simbo's)
Stone Street
Boxford
CO10 5NR

For a conversation to find out more
or to book an appointment call:

07587 743850

Or you can visit my websites:

elaineeveritt.com
pippettes.co.uk



BOX RIVER CAFÉ & WINES

2-4 BROAD STREET, BOXFORD CO10 5DX

OPENING HOURS

MON TO FRI 9am to 4.30pm
FRIDAY CURRY NIGHTS - 6 to 7:30pm
SATURDAY - 10am to 4pm



CURRY NIGHTS

Look out for our curry menu on our social media pages or in our windows. Home delivery also available



HIGH TEA

Why not treat yourself or someone special to one of our beautiful High Teas? A selection of finger sandwiches, petit fours, cakes & slice. We'll happily make them up for you & deliver! Or eat in from May 17th

WINE ORDERS:

Let us put together a half/full case for you and/or your price range & preference and we can deliver to your door

OCCASION/BESPOKE CAKE ORDERS:

If you have a special occasion coming up why not speak to us about your cake requirements?



01787 211 689



ask@boxrivercafe.co.uk

BOX RIVER CAFÉ & WINES



A JOURNEY TO CONSCIOUS LIVING

Responsibly sourced products for you, your family and your home

All of our products are Vegan Friendly & Cruelty Free, using natural plant based ingredients with no harsh or toxic chemicals.



All products are packaged with no single use plastic.

PAY US A VISIT AT KERSEY MILL

We are located within the beautiful grounds of Kersey Mill.

With ample free car parking on site, The Little Ginger Bee Company offers an easy and safe way to shop; use either our online service, local delivery, arranged collection or just pop in you will always receive a warm welcome



www.thelittlegingerbeecompany.co.uk

get in touch:

hello@thelittlegingerbeecompany.co.uk

Gary Jarvis

Paper Hanger and Interior Decorator

01787 211471 or 07733 325669

garydjarvis@gmail.com

THE LITTLE GINGER BEE COMPANY

The Little Ginger Bee Company is a brand-new vegan and single-use plastic-free shop specialising in household cleaning, beauty and toiletry products. It is based at Kersey Mill in an area of beautiful Suffolk countryside, only 1.5 miles from the centre of Hadleigh. Kersey Mill is home to a host of diverse local businesses all of which are independently owned. The Little Ginger Bee Company are thrilled to be part of this fantastic mix.



The Little Ginger Bee Shop is the brainchild of Toni, founder and general eco-warrior. A vegetarian for over 30 years who 18 months ago turned vegan, she has amassed a lot of knowledge of environmental issues, especially the devastating impacts of single-use plastic. With more understanding it became harder and harder to find everyday products which were both vegan-friendly and plastic-free and it was this that was the inspiration for the shop. With the country going into lockdown Toni, like the rest of us, spent more time in the garden and walking, offering her plenty of opportunity to formulate a plan to help the people of Suffolk make better environmental choices. Seeing a ginger masonry bee busy working away in her garden The Little Ginger Bee Company was formed. Toni swung into action and, as they say, the rest is history.

Of course everything stocked in the shop is vegan and single-use plastic-free but we go further: trying to source as many products as possible that are local to East Anglia from independent, artisan creators. The range of products stocked is growing but we are always on the lookout for new and interesting ones so please do get in touch with us via social media if this is of interest to you.

The ethos of the shop reflects the way Toni approaches her journey to truly eco-conscious living: one step or product at a time. We understand it can feel very daunting and overwhelming when trying to make environmental-considered choices, especially if it is for a new product and that is where we come in. Toni, Nina (Toni's sister) and fellow-vegan Emily all work in the shop and are ready to offer advice, guidance or a little support to all who visit. We all believe that small changes really do make a difference.

One of the biggest challenges for Toni when becoming a vegan was finding household cleaners which were both vegan and plastic free. After much research, Elmkind was discovered: a company committed to making the highest-quality household cleaners, ranging from washing-up liquid to floor cleaner made solely from plants without any of the hidden nasties that can be found in many traditional household cleaners and all in aluminium refillable bottles. Toni felt these brilliant products needed to be accessible for all so The Little Ginger Bee shop now offers visitors to the shop a refill station full of Elmkind products, catering for all your cleaning needs. Each refill costs around £2 making it an easy and cost-effective step on your own journey to living in a more environmentally-friendly way.

We couldn't do an introduction without mentioning lockdown. It has been a challenge for all businesses-having to pivot and adapt quickly and that is no exception for The Little Ginger Bee Company. With the shop not being able to open more emphasis was put on the social media side of the business, with Emily coming in to set up and run it. The aim was to create a community of like-minded individuals who could share information, product recommendations and support one another. We have lively and informative Instagram and Facebook pages and would love to get to know you better, even if it is virtually.

Hopefully that has given you a little insight into who and what The Little Ginger Bee Company is. Your local vegan, plastic-free shop is now open Monday – Saturday. We look forward to seeing you.



S B Electrical  

**For all your electrical work
large or small**

Free Estimates ✓ No Call Out Charge ✓

A Member of the BSI ✓ Electrical Certificates Issued ✓
Part 'P' Registered ✓ Insurance Backed Guarantee ✓

Tel: 01787 247043

email: info@sbelectrical.biz or visit www.sbelectrical.biz

Church Road, Little Waldingfield, Sudbury, Suffolk

FREE

Personal Training Session

with Hadleigh based PT **Granville Walker**

Whether you're new to exercise or not,
I offer support and guidance with
sessions & programs tailored
especially to help you meet your goals

**BOOK YOUR FREE
1 HOUR SESSION TODAY**

t: 07482 221854

e: GLWalkerPT@gmail.com

THE MAY LETTER FROM FATHER ROB

Dear Friends,

Just a few days ago, it was announced that HRH Prince Philip Duke of Edinburgh had died. He was 99 and we were all aware that he had struggled with his health for some time. So, his passing didn't come as a huge shock to many, though it did leave the nation saddened. It was heartening to see so many fine tributes to a gentleman who had served this country with great devotion (despite being a refugee), first as a naval commander and more latterly as Her Majesty the Queen's consort for over 70 years. It is no secret that Prince Philip was known for the occasional unfortunate comment, but I was saddened to see a tiny few use this as an opportunity to attack his legacy. We should be thankful, I think, that when our time comes it will be God who judges us and not any human agency. Otherwise, who could possibly stand?



As I type, the sun is shining through my study window on a beautiful spring morning. But just a few hours ago, the grass outside was white having faced an overnight deluge of winter showers. We are in the midst of seasonal change, it seems, with the brighter and warmer weather of summer pushing through and winning the war, but the cold chill of winter still not yet willing to admit defeat and engaging itself in pesky border skirmishes.

Such an analogy also has spiritual connotations. Having just celebrated Easter, we are aware that Jesus has won for us the victory; that through him 'nothing can separate us from the love of God'; that we all have the promise of new life in this world, life after death and heaven. But there is still some way to go and much work for us to do before we can recognise the fullness of his glorious resurrected life breaking through into this world. We know that his kingdom will carry certain

marks for everyone – justice, equality, freedom, mercy, compassion, peace... We are clearly not there yet! To use old language, the devil and his devious dominions do not make it easy for us and they continue to do all they can to frustrate our best efforts. It often feels like we take two steps forward and one step back. But as we try and reach out to people and places who need our support, individuals desperately looking for God (consciously or otherwise) and tackle the vast number of injustices in our world, we should never forget that we are making progress. Archbishop Desmond Tutu puts it this way: "We live in a moral universe. In the end, goodness prevails." Jesus has won the war, and we are slowly securing the ground behind as we follow on under his direction.

At this moment, there is so much for us to feel optimistic about as we look to exit out of lockdown and the summer is fast approaching. We are all praying that this may be the beginning of the end of our battles against Coronavirus. But we must not become complacent. Even once this pandemic has passed, there will be many other issues that we will need to tackle, if we are to make the world a better place for all. Our churches are central to that, just as you are central to our churches. St Teresa of Avilla, the inspirational medieval mystic, puts it this way: "Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world."

Jesus Christ not only offers us support and reassurance but most importantly guidance for how we are to act in the here and now. If we are ever in doubt about how we should respond to the places or persons less advantaged than ourselves, we simply need to look to Jesus for guidance and we will find the better way. Each time our actions make the world a better place for someone else, we win another border skirmish, and the resurrection life moves closer to our grasp. May the blessings of the resurrection be yours this Eastertide and Spring,

Fr Rob

rparkermcgee@gmail.com / Tel: 01787 210434

Fantastic local dining inside and out

<p>Sports Bar at Stoke by Nayland</p> <p>Opening 17th May</p>	<p>THE GALLERY</p> <p>Opening 17th May</p>	<p>Lakes Restaurant</p> <p>Opening 17th May</p>
Breakfast & Hot Food til Late. Live TV Sport	Buffet Lunch, Dinner & Sunday Lunch	A La Carte Cuisine & Brunch
<p>Afternoon Tea</p> <p>Served daily 12noon to 5pm</p>	<p>Outdoor Dining</p> <p>Book a table online at www.stokebynayland.com/dining</p>	<p>Takeaway</p> <p>7 days a week 11am – 9pm</p>

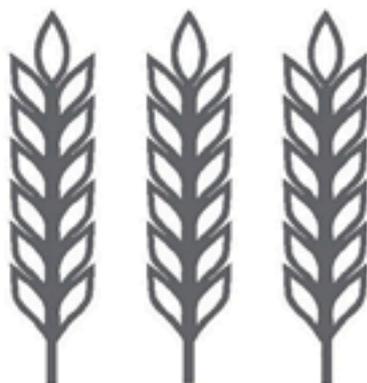
10%
discount

SbN COMMUNITY DISCOUNT CARD

Save 10% off your food and beverage bill when you use your SbN Community Discount Card
Sign up today at www.stokebynayland.com/community

Stoke by Nayland Resort, Keepers Lane, Leavenheath, Colchester CO6 4PZ

- Estate Agents • Lettings • Valuations
- Land & Property Management



Chapman Stickels

Suffolk and North Essex

Providing unrivalled local knowledge, combining traditional service with a modern marketing approach.

Please visit us at
The Corn Exchange, Hadleigh.

Or call us
01473 372 372

Chapman Stickels

The Corn Exchange, Market Place, Hadleigh, Suffolk IP7 5DN

P | 01473 372 372 E | info@chapmanstickels.co.uk W | chapmanstickels.co.uk

Part of Investeq Holdings Limited



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

Annual Parochial Church Meetings

Dates and Zoom links for the APCM's for Edwardstone, Groton & Boxford are available by email: boxriverbenefice@gmail.com

Box River Benefice Vacancies

Children's Leaders – St Mary's Boxford. As we move out of lockdown, we are looking for two more people to help us move our work with children and families forward. We have an aspiration 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 for a few hours some Sunday mornings. Maybe you are a parent with young children yourself or maybe your children have just left home and you feel you have some extra energy to offer. Either way do get in touch if you'd like to explore this exciting opportunity further. Contact Sarah: 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

PCC Secretary – St Mary's Church Boxford - For more information on this voluntary role, please contact either Fr Rob or Audrey our Churchwarden: audrey@a2zrisksservices.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 or email Fr Rob.

Opportunities to join our PCCs. At this time of year, with our churches approaching their APCMs, and as we look to rebuild the church after lockdown, we are always 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. We have an aspiration to make our churches truly intergenerational and hubs in their local communities. There is an array of opportunities which include joining the PCC or helping in a number of other volunteering roles of different 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'

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. We have been made aware that there are an increased number of families struggling as we come towards the end of this latest lockdown, and because of the economic situation that is likely to continue for some time. So please do drop off produce if you can manage. Tinned meat, vegetables and puddings are especially welcome, as we are low on these. Thank you for your support. This free service is for food items only and not for second-hand household items or toys.



Edwardstone Church May Rotas

Cleaning - Caroline Williams and Melanie Childs
Flowers - Ineke Morris
Sidesman - Bill Dastur, 16 May

GOOD NEWS!

All being well, we are planning several events to take place in the Church, Little Waldingfield

- * **Friday 2 July**
We are hoping to re-start our popular monthly 'Drop in for Coffee' mornings
- * **Date t.b.c.**
*A concert by the **Kelvedon Singers***
- * **4/5 September**
*Our village **Flower Festival***

Look out for further information in the Box River News and posters round the village

We look forward to welcoming friends old and new

MEMORIALS

LUXSTONE

WE HAND CARVE
ANYTHING IN STONE

Memorials, standard and bespoke
Carving ⇒ Stone Signs ⇒ Nameplates
Letter Cutting and Carving Courses



Stour Valley Business Centre, Brundon Lane, Sudbury, Suffolk CO10 7GB
Telephone 01787 371570 / 07920 101 440 E mail info@neilluxton.co.uk
www.neilluxton.co.uk

Making Your Will

Common sense Wills and Lasting Powers of Attorney at sensible prices (and no VAT).

Skype us @Trevor Dodwell for details.

Please call 01206 263420
or email trevordodwell@aol.com

www.thewillbusiness.com



We're Back in Church!!!

SERVICE SCHEDULE FOR MAY 2021



Sunday 25th April 4th Sunday of Easter (Resurrection & Mark the Evangelist)	09:30	<i>Family Service (all age)</i>	St Mary's, Boxford
	11:00	<i>Sunday Eucharist</i>	All Saints', Newton Green
Wednesday 28th April	10:30	<i>Simple Eucharist</i>	St Mary's, Boxford
Sunday 2nd May 5th Sunday of Easter (Resurrection)	08:00	<i>BCP Holy Communion (Traditional Language)</i>	St Mary's, Boxford
	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt. Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	11:00	<i>Forest Church</i>	The Rectory Woodland, (but gathering at church) Boxford
Wednesday 5th May	10:30	<i>Simple Eucharist</i>	St Mary's, Boxford
Sunday 9th May 6th Sunday of Easter (Resurrection)	09:30	<i>Sunday Eucharist</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 12th May	10:30	<i>Simple Eucharist</i>	St Mary's, Boxford
Thursday 13th May Ascension Day (Jesus' ascending to Heaven)	19:00	<i>Ascension Day Eucharist</i>	St Mary's, Boxford
Sunday 16th May 7th Sunday of Easter (Resurrection & St Matthias)	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	09:30	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 19th May	10:30	<i>Simple Eucharist</i>	St Mary's, Boxford
Sunday 23rd May Pentecost (Whit Sunday - Receiving the Holy Spirit)	09:30	<i>Family Healing Eucharist in the Holy Spirit</i>	St Mary's, Boxford
	11:00	<i>Sunday Eucharist</i>	All Saints', Newton
Wednesday 26th May	10:30	<i>Simple Eucharist</i>	St Mary's, Boxford
Sunday 30th May Trinity Sunday (Father, Son & Holy Spirit)	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:00	<i>Benefice Shared Evensong</i>	All Saints', Newton
Wednesday 2nd June	10:30	<i>Simple Eucharist (CANCELLED)</i>	
Sunday 6th June Corpus Christi (Thanksgiving for Christ's Gift of Holy Communion)	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt. Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford

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

www.boxriverbenefice.com/resources-to-use-at-home

IMPORTANT NOTICE:

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

If you need support please call Fr. Rob on **01787 210434** or email rparkermcgee@gmail.com

Madrigalia

Lockdown may nearly be over!

Interested in singing?

Madrigalia is a small choir in Boxford which meets fortnightly on Thursdays.

We sing anything from Madrigals and Folk Songs to Modern Songs.

From Thomas Morley to Caro Emerald and Bruno Mars.

We like a challenge so we sing accompanied and A Capella.

We are looking to recruit singers particularly in the Alto, Tenor and Bass range.

Call: Sue Price 01787 210913

Website: madrigalia.uk



BOXFORD BOWLS CLUB

EVER THOUGHT ABOUT PLAYING BOWLS?

We are holding an introduction to the game on:

SATURDAY 29TH MAY at 10am

ALSO

2-hour FREE coaching sessions by qualified coaches each Saturday at 10am for 5 weeks starting

SATURDAY JUNE 5TH

A most enjoyable & social game played in an idyllic setting. Come and join us, Boxford Bowls Club is a very friendly club!

We are located behind The Fleece pub in Boxford. The clubhouse has changing rooms, a kitchen and a bar.

For further information please contact:

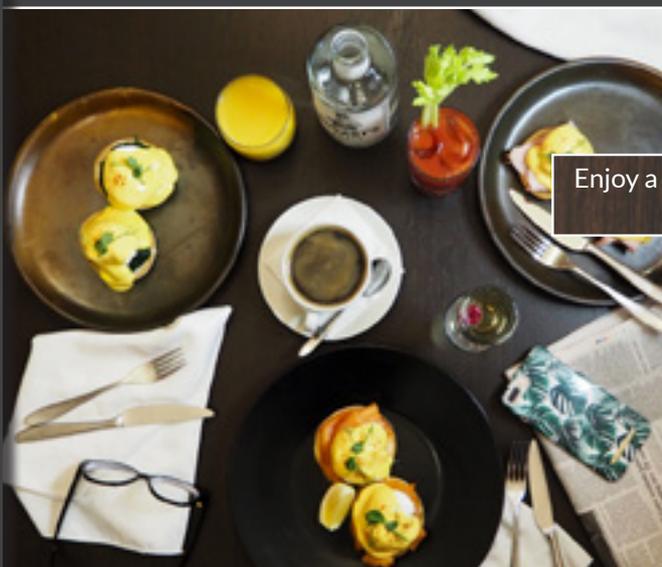
Malcolm: 01206 263301, Steve: 01787 211153
or Barry: 01787 370225

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

 Stoke by Nayland
RESORT

JOIN US FOR BRUNCH at the weekend 11am to 3pm

The perfect solution for those who savour a lie in at the weekends!
Start your day with a leisurely Brunch.



Enjoy a Bottomless Brunch with our
Drinks Package £15*



Saturdays & Sundays

£15.00 adults, £9 child (7-12yrs), £5 child (2-6yrs)

Turn your breakfast into a feast with an all-you-can-eat continental Brunch buffet featuring American-style pancakes, Belgian waffles, muffins, pastries and fresh fruit straight from our farm.

Upgrade your Brunch with speciality dishes freshly cooked to order featuring Eggs Royal, Eggs Benedict, French toast, Steak Frites and much more to give you the perfect start to your day.

*£15 supplement per person for 90 minutes on selected lines.

View our menu and book online at www.stokebynayland.com/dining or call 01206 262836. Booking advisable but not essential.

Stoke by Nayland Resort, Keepers Lane, Leavenheath, Colchester CO6 4PZ

What's On

CALVACADE ON THE CROFT

CLASSIC VEHICLE SHOW

in Association with the Suffolk Vehicle Enthusiasts Club

Sunday 22 August 11am to 4pm

FREE Entry (Donations gratefully accepted)

A belated celebration to mark 25 years of ownership of The Groton Croft.

A Classic Vehicle Show, with all donations given to support the upkeep and maintenance of this historic green space. The day will showcase vehicles both old and new from Mercedes and Minis to Lamborghinis and even lorries.

All are welcome so meet your friends as we will have music and refreshments, so please bring a picnic and enjoy the day.

If you own a classic car, no matter what the vintage and would be happy to show it to visitors please contact Bob Bowdidge on **01787 211553** or Gerald Becker on **01787 211219**
Email: gerald.becker@fastnet.co.uk



BOXFORD WI UPDATE

Boxford WI continue to meet every first Wednesday of the month via zoom. Last week we had an extremely interesting talk given by David and Jane Corby, about their life as ballroom dancers and their journey to winning several amateur ballroom dancing competitions.

If you are thinking of joining us here is a taster of what we have coming up.



29th April Walk the World for ACWW

Women who Wander walking group in groups of 6. This is a members only event - contact the secretary, Annie Phillips for further details.

5th May - Quiz afternoon

Weather permitting we hope to meet in members gardens in groups of 6, or via Zoom.

25th May - Book club

This month's book is 'Me before you' by Jo Jo Moyes

2nd June - Games afternoon

Games afternoon on the Boxford playing fields.

New members are always welcome, so if you are interested in joining please contact our secretary.

Annie Phillips. Secretary, Boxford WI

(01787 211729 | annie-phillips@hotmail.co.uk)

Boxford Baby and Toddler Group

Wednesdays 9:00-11:00 (term time only)

Boxford Village Hall

£2.50 per family

www.facebook.com/Boxfordbabyandtoddlergroup



STRIDE OUT FOR SHELLEY



The Shelley Centre for Therapeutic Riding for the Disabled
Shelley Road, Shelley, Suffolk IP7 5QY

Join us for a beautiful 6 mile walk
through the Brett Valley

Bank Holiday Sunday 2nd May

Starting at The Shelley Centre between 10 & 11am

(staggered start times) Ample parking

Complimentary refreshments on return

Bring the whole family
well behaved dogs are welcome too!
Register on the day and get your route map
£5 per head - children under 16 free

All proceeds go to The Shelley Centre for Therapeutic Riding for the Disabled
Charity No. 1113636



BOXFORD Gardens Open

Sunday 6th June 2021 11.00am-4.00pm
some gardens open till 5pm - please ask!

Gardens open in Boxford & Edwardstone

Plant stalls

Madrigalia will be singing

Artists Studios open to the public

Tickets £6 (children under 16 FREE)

Main ticket stall at the Church or look out for the 'Garden Open' signs and pay at the first garden you come to

For more details contact:
Sarah Williams 07879 997640
Sarah.williams@rncarts.co.uk

All funds raised benefit
St Mary's Church Boxford

Reader's Letters

Flooded Footpath - Cox Hill - Bower House Farm A1071

In regard to the above footpath, starting on the right side of the road just before the bridge in Cox Hill and ending at Bower House Farm up on the A1071 road to Ipswich: always muddy in the winter months, there is a stretch not very far along the path, just past the Brook Hall Estate which leads through a small wood. The lake on one side and a large arable field leading up to the A1071 on the other, that's the problem. As I've said, in the winter there are always patches of bog along this stretch, but this year, ever since the heavy rains we had a month or so ago, virtually the whole stretch is impassable. Currently the rest of the path has more or less completely dried out, indeed there are cracks in the dried mud, but the wooded area continues to worsen. According to someone I spoke to recently, the reason for the flooding could be the drain serving the field parallel to the wood and leading quite steeply up to the main road, has somehow got broken, and instead of carrying water off it, down through the wood and into the lake, is depositing it across the footpath.

I don't know if this is the case, but there is something definitely wrong, and I feel should be looked at, and if necessary work done, by the appropriate authority. It is a public right of way after all.

Yours faithfully
V. Budd, Boxford

HADLEIGH & BOXFORD PATIENT PARTICIPATION GROUP

COVID VACCINATIONS UPDATE.

The vaccination programme continues apace at the Hadleigh Health Centre with at least one session most weeks and more if vaccine is available. Pfizer and AstraZeneca (AZ) vaccines have been given on different occasions with Pfizer requiring a 15minute rest after the jab.



The Practice's achievement for first vaccines within cohorts 1 to 5 is most impressive; with well over 95% completed in those age groups. Second booster jabs of both types of vaccine has already begun. During the continuous five days in April 2,400 jabs were given with a weekday average of 390 rising to 585 per day at the weekend. On several occasions there were as many as 7 'jabbers' injecting patients with admin personnel keeping the records. In May cohorts 4 and 5 will be invited for their booster i.e. all those 70 years and over and clinically extremely vulnerable individuals and all those 65 years and older respectively. As always this is subject to the availability of the vaccine.

PPG members and other volunteers have enjoyed manning the car park throughout the sessions which have sometimes started at 8.00 a.m. As the cohorts are getting younger and sometimes the weather is better more people are walking to the centre. This makes a huge difference to the logistics in the two car parks.

Once in a while there is queue outside the Practice due to patients arriving exceptionally early, strict social distancing in the Waiting Room, medics replacing their vaccines or the odd IT hiccup. On the whole people are very patient, understanding and good humoured.

Following NHS England's guidelines, the Practice is working steadily through the various age groups or cohorts. Much admin time has been taken trying to reach all members of each group if their first attempt to offer an appointment was not successful. No need to call the Practice to find out when it is your turn as patients will automatically be contacted.

From time to time various Covid related rumours circulate via social media and word of mouth. To check their validity visit any of the online addresses below. Please do not call the Practice as this seriously impedes their ability to book appointments for their other services.

Website: - www.hadleighhealth.co.uk/coronavirus

Facebook: - <http://bit.ly/Hadleigh-Group-Facebook>

Cohort Details: <http://bit.ly/vaccine-cohorts>

Email: - hadleighboxfordppg@gmail.com

PPG Chair: - Jan Devey 01473 827 091



COMMUNITY HUB

BOXFORD EDWARDSTONE GROTON

07395 914 959

BoxfordCommunityHub@gmail.com

Mill Kitchens Ltd.



Kitchens, Bedrooms and Bathrooms
Tailor Made at Factory Prices since 1976



We offer a wide range of kitchens, bedrooms, bathrooms and study furniture, each individually designed to suit your requirements. Choose from bespoke cabinets made for you in our own workshop, or one of our quality 'off the peg' ranges. We also have an extensive selection of made to measure replacement doors, worktops in a variety of materials, along with quality brand sinks, taps and appliances.

We have put measures in place to keep you, our customers, safe whilst maintaining the quality of service you would expect from our family company.

Free Design and Estimate Service and our
'Lifetime Customer Care Promise'.

Our Workshop and Showroom are at:

Unit 14, Crestland Business Park, Aeton, Sudbury. CO10 0BD

☎ 01787 310533 email: info@mill-kitchens.co.uk

Visit our website - www.mill-kitchens.co.uk

ECO SYSTEMS Tree and Grounds Care

Tree Surgery, Felling, Dismantling,
Hedge Maintenance, Stump Grinding,
Woodland Creation,
Commercial Grass Cutting

Fully Insured

NPTC qualified Council approved contractor
FREE no obligation quotations and advice

DAN STANMORE

Bildeston 01449 741255 • Mobile 07980 290781
Woolcombers, Duke Street, Bildeston IP7 7EW

CITIZENS ADVICE BUREAU

Energy Bills

“My energy bill really shot up last month. I don't feel like I've been using any more heating or electricity than usual, so I'm worried I'm being overcharged. I've tried to contact my energy supplier for support, but no one ever seems to answer the phone or respond to my emails. I've waited on hold for nearly an hour several times before giving up. What should I do?”



It's normal for your energy bills to change depending on the time of year and how much gas and electricity you're using. But if your bills seem strangely high, then it's important to investigate why.

Firstly, check your meter is working properly and your usage has not gone up, even accidentally. Also check what heaters you have and whether you're using them correctly. Night storage radiators and immersion heaters can cause extremely high bills if used incorrectly.

There are a few things worth looking into. It could be that your bill is an estimate, in which case you need to give your supplier a new meter reading. If it's not an estimate, check your last meter reading to see if it matches the one on your bill. If you still don't have an answer, your supplier might have raised their prices. In any case, you're doing the right thing to contact them.

Customer service varies between suppliers and unfortunately, we hear of many bad experiences like yours. We also know the problem has worsened during the pandemic. If you're struggling to get through to them, you could make a formal complaint. We offer advice on how to do this and things to consider first.

We publish a comparison table on our website www.citizensadvice.org.uk every three months which rates suppliers' customer service, based on things like telephone wait time,

email response time and the accuracy of their bills. Have a look for yours to see how they fare against others. If they're low on the list, consider switching to a different one.

If you'd like to talk it through with someone, get in touch with Sudbury & District Citizens Advice. 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 or by the contact facility on our website: www.sudburycab.org.uk.

Contact: Elaine Gorman

Email: elaine.gorman@sudburycab.org.uk

TRAILER SALES AND HIRE

We are a family run company that will always go the extra mile for our customers.

We provide all types of trailers to both companies and individuals. We are based in Suffolk but we cover all of East Anglia, Kent, Surrey and into London.

Approved dealer for Bateson, Maypole, Tickner and Woodford Trailers.



Contact either Rob or Jeanette to discuss your requirements so we can get your perfect trailer.

07850 554 776 / 07974 189 647

rob@1stoptrailers.co.uk

www.1stoptrailers.co.uk



Open Every Day 07:00 - 21:00hrs including Bank Holidays

HEALTH FITNESS WELLNESS

Join for as little as **£25*** subscription rates then apply

10 Reasons Why you should be a part of our health, fitness & wellness community

- Free Body Stat review. See what your body's made of with body composition analysis and personalised health advice
- Technogym - featuring the latest technology for personalised training plans, with apps to entertain you while you exercise
- Access to Personal Trainers and Elite trainers to provide custom training plans to suit you and your goals
- Access to an experienced Sports Physiotherapist with regular clinics to aid recovery from sports injuries or problem areas
- Indoor 18.3 metre heated leisure pool with no worries of getting in at the deep end at 1.3 metres deep
- Fantastic Spa Facilities on offer to relax and unwind post-workout
- Peake's Bistro. Offering a selection of healthy refreshments, light choices and a few naughty snacks
- Relax and refuel post-workout at the Resort with access to restaurants, lounges and a lively Sports Bar
- We offer group fitness classes for all ages and abilities and offer world-class Les Mills workouts
- Receive exclusive vouchers and guest passes when you join

All of this and much more set in a beautiful and tranquil location with stunning countryside views.

Membership plans to suit your needs in a clean, safe environment
www.stokebynayland.com/join

Peake Fitness at Stoke by Nayland Resort, Keepers Lane, Leavenheath, Colchester CO6 4PZ

* See the website for full terms and conditions.

'BOY TEDDY'

Part 6 - 1945

1945, and by now Bomber Harris was well into his stride. With huge resources available to him he was able to mount massive raids into the German heartland. Amongst his targets were Hamburg, Dresden and of course Berlin. Lancaster and Halifax bombers with Mosquitos as pathfinders were the main force used occasionally in joint operations with the USAAF and their B17's. By my 9th Birthday in April 1945 1,000-bomber raids had become almost the norm and one spring evening a 1000-bomber raid was mounted to form up over London before flying out over the Channel. Normally these raids would form up over the sea but this one was intended as a morale booster. As the first bombers approached the roar of their engines became earth-shattering. They had formed up at different altitudes - the lower layer was obviously much lower than it would be when going into action because we could almost see the crews waving to us. The top layer must have been at about 20,000ft and looked like small toys. There were bombers from horizon to horizon lumbering across the sky at the speed of the slowest but not yet with their fighter escorts which would number in the region of 800 but with a shorter flying time. It took at least 20 minutes for the entire force to pass over and I was singing and dancing with excitement - it was an awe-inspiring experience and I spared little thought for the poor devils at the other end. One such raid into Dresden killed 50,000 civilians and on a return raid the bombers could find nothing left to target. The bombing tactics carried out under Bomber Harris have come into much criticism since the war but I can ensure you that at the time we thought it was great that Jerry was getting his comeuppance at last and believed that this would greatly reduce the length of the war.

Then it happened: on the 7th of May the German forces surrendered and the following day was declared to be VE Day - Victory in Europe Day. 'IT WAS OVER'. The blackouts were pulled down, gas masks burnt, and streetlights all over the country were turned on. For me and other children it was like fairy land, crowds poured on to the streets and The Herne was crowded with rejoicing customers singing, drinking and dancing into the small hours. Dad got out the Champagne he had kept in the wine cellar throughout the war, chilled it in the fridge and we celebrated in style. Everyone started to prepare for street parties and preparations were in hand for a big firework display on the South Bank in London. The South Bank had been laid to waste by the bombing - an area had been cleared and Victory celebrations were to be its first new role. I was taken to London to see the celebrations by my friend Peter Healy and his father. We went there by bus but there were so many people in the streets that it was a very slow journey. The best viewing points were on Embankment and we made our way there. When we arrived it was so crowded there was no-way I was going to see the fireworks through the massive crowd of grown-ups. Suddenly a soldier lifted me high and put me on his shoulders. The view was great and so began the first firework display I had ever seen. It was fantastic and I remember the excitement I felt tinged with sadness that Mum and Dad were not with me to enjoy it.

Street parties were hurriedly organised and I had the option to go to either the St Aidan's Road party or the Uplands Road party. By this time Grandad was living at home with us and because he held the licence he also held the purse-strings and had made a contribution to one of the parties but did not bother to tell me or Dad which one it was. I was prepared in my best clothes and off I went to the party in St Aidan's Road where all my friends were and where I was most at home (I knew no one in Uplands Road at all apart from Ernie Bowler's wife). We sat at a long table, ate lots of food, drank gallons of orange juice, sang songs and were entertained by clowns and Punch and Judy. At the end all the children were given a souvenir mug except me. "Why?" I asked, "I live in St Aidan's Road?" "Because your mean old Grandad would not give us any money, so clear off!" I was told. I burst into tears and ran all the way home, my day completely ruined.

Dad was furious, Mum was comforting and Grandad was very

unpopular. The miserable old fool, given a chance to do something for me for once had decided to give the money to one of his friends in Uplands Road rather than to the organisers of the St Aidan's Road party. I was prepared once again to go to the Uplands Road party which turned out to be much better organised with a bonfire, fireworks, a stage and good entertainment, I even managed to save one of the rockets and take it home for Mum and Dad to see. The entertainment was brilliant: singers, an accordionist, a comedian and there was also a man who turned up looking every inch like Carmen Miranda! I was absolutely convinced it was her and could not puzzle out how she had come to our party. By the time I got home Grandad had obviously had a good telling off from Dad and I discovered that he had decided to pay money to the Dunstan's Road celebrations as well. Off I went again to sit at yet another long table weighed down with sandwiches, cakes, blancmanges, jelly, ice cream, cakes and lemonade, orange squash, sweets ...and dozens of sick children.

On August 6th 1945, the US dropped the first atomic bomb on Hiroshima. A second bomb was dropped on Nagasaki on August 9th and on 11th August WWII was at an end as the Japanese surrendered. More reasons to celebrate, though not quite as hard as before and anyway, Aunt Dolly would be coming home from Ceylon where she had been a leading WREN working on classified material and having a jolly good time by all accounts. Life after the war was a bit 'What now?'. It sounds odd to write, but it actually began to be very boring very quickly with nothing exciting happening and shortages of food, petrol clothing, fuel, you name it - the Government rationed it. Thousands died in the bitterest winters we had had for years. The country had been handed over to a bunch of incompetent amateurs and we began to starve.

Ernie Bowler returned from his war. He just walked into the Saloon bar in his uniform with his rucksack over his arm and a huge bunch of green bananas in his hand. God knows where he had got them from, probably the docks because there is no way that bananas ever grew in the Shetland Isles where he had been manning a gun for the duration. Anyway it was another reason to celebrate and I was allowed down in the bar for me to drink 'Hot at the End' [Editor's note: Eddie first mentions 'Hot at the End' (Ginger Wine) in part 3 of Boy Teddy, published in the BRN January 2021 issue].

Then Dolly came home. Dolly was in her uniform of leading WREN and the first I saw of her was at the foot of the stairs at The Herne where she had a present in her hands for me. It was a native boat from Ceylon with an outrigger, I had never seen anything like it so she had to explain how it worked. It did not float in the bath so I wasn't sure what I was supposed to do with it. I found the bits and pieces of her uniform such as her hat, badges and buttons much more interesting and managed to get most of it. Dolly was good fun and often very noisy - her stories of her time in Ceylon were interesting and refreshingly new compared with Mum's 'When I was a little girl' stories. However, Dolly soon thought she could pick up where she had left off and started to boss me around. I was older and much wiser than my years and so began a long war of nerves between us resulting in many heated arguments.

One day the King and Queen decided they should do a tour around Greater London in an open car to see all their loyal subjects who had survived the heavy bombing of the war years. Dolly decided that we should go and see them and we walked to the tram station between Rye Lane and the Gaumont Cinema where we thought we would stand a good chance of seeing them. We waited for hours in very cold weather. Suddenly word went around that the King and Queen were coming and the crowd surged forward. I was swamped and only just kept hold of Dolly's hand. Somehow in an authoritative voice she managed to get me to the front and I was thrilled to see their Majesties pass by in an open-top black Rolls Royce but all too soon it was over. It was a very personal tour they were doing with only police outriders to accompany them and because they had spent the

war in Buckingham Palace putting up with the bombing along with the rest of us, they were much loved. Somehow this parade seemed to be an appropriate end to the war.

Not long after the end of the war my Uncle Don from Caister died. I never asked but suspect it was TB, or 'Consumption' as we called it then. Don was the husband of Alice, Mum's eldest sister. I had called Uncle Don 'Uncle Dodd' for years. It seems that when I was very young I simply could not say 'Don' so the name 'Dodd' stuck, and I still think of him as Uncle Dodd to this day. Not long after his death, Aunt Alice and Jean moved down to London to live with us and soon after that a van turned up outside full of Uncle's tools, bits and pieces. Don had been a watch repairer and had lots of special tools including a small lathe and tiny drills. Most of his machines were based on sewing machines and either worked via the treadle or a small electric motor. Throughout the war Dad had made lighters out of brass and gun metal and these new tools would prove useful to him over the coming months. We had lighters in all shapes and sizes, covered in leather or simply highly-polished, and these were used by the family, given as presents or made-to-order. As the factories got underway again demand got smaller and Dad lost interest. This was probably the last time Dad's skills as a fully qualified engineer were used to any extent and the tools gradually disappeared.

Not long after their move to London, Alice and Jean were both found to be suffering from TB and were moved to a sanatorium for treatment since London and its high level of pollution was considered unsuitable for recovery from the disease. Uncle's big box of goodies still remained then and contained a mass of intricate parts. I managed to recover from it a beautiful silver hunter fob watch, and discovered that it worked OK. Whether it kept good time or not did not matter but what did was the feel of the watch, the fact that I could open it and watch its mechanism and its sheer weight for such a small object. I managed to hang on to it for some years. What a shame that like so many of the good things we had it should eventually disappear because its value today would have been staggering.

Aunt Alice did not recover from her illness and sadly died and Jean came to live with us for a while. With Jean, Dolly and the rest of us, the house became a little full and the friction between Dolly and I built up almost to fever pitch. A shame really, but she was such a busy-body and I always wanted my own space so tempers often boiled over with awful consequences. I was not her Teddy any more and as far as I was concerned the sooner she realised that the better. She was working at Swan & Edgar in Piccadilly and Mum would sometimes take me up to London to meet her at lunchtime or after work. We were not always fighting and she could be fun at times and she was good company for Mum and did her bit around the house. I suppose she missed the comradeship of her time in the WRENS and the social life she enjoyed in Ceylon.

It was now 1946 and I was 10 years old and the eleven plus exams were looming. That winter was very cold with plenty of snow. I had made a sledge out of two of the legs from one of the bar tables with slats across the top joining them together. John also had a sledge and we would go up to One Tree Hill where there was a good, fast run. If you went too fast at the end you either hit a tree or shot out of the park, across the road and into the walls of the houses opposite, narrowly missing passing traffic! The streets were covered in snow for days and there was not enough money for the council to lay salt or gravel to improve the conditions. Frequently school would be closed because the pipes had frozen so there was more time to play outside. The pond in Dulwich park froze over and John and I went there to go on the ice. It was so thick that the park encouraged people to enjoy this rare treat. The pond was very big by park standards and we could go round and round the island in the middle. John had skates and was able to show-off picking up girlfriends as he went. I only had my shoes but I still had a great time sliding all over the place and pulling my sledge around.

One day at school we had a lecture from the headmistress on how dangerous it was to throw snowballs because they could contain a stone. That lunchtime as I was on my way home I saw a girl at the bus stop opposite whom I quite liked so being an idiot-boy I made a

snowball and threw it at her and then went on my way without even looking back to see if it had hit its target. On my return after lunch I was greeted by a very angry form mistress. She asked me to look at the nose of the girl I had thrown the snowball at and to my horror I saw that her nose was cut and bruised. Of course, that had to be the one snowball ever that contained a stone! My knees began to shake and I could feel the perspiration building up on my forehead as I went into a cold sweat. I was in deep, deep trouble. To my and all my classmates' horror, out came an *actual* cane. We had never seen a cane before in the school let alone actually see one used and I was the one about to get a thrashing in front of everyone. "Hold your hand out!" cried the teacher, but I kept my hands firmly clasped behind my back out of fear. "Do as you are told, you wretched boy!" I gingerly held out a cupped hand "Straighten your arm, open your hand flat," commanded this normally-gentle teacher. 'THWACK!' - stoically I didn't make a peep. 'THWACK!' THWACK! again and again went the cane. By this time the tears had started to roll down my cheek. "Right, now the other hand!" and the whole ordeal was repeated. The pain was awful, I did not know anything could be so painful but I had not made a sound in front of my friends who had been stunned into silence by the event. I returned to my seat and sat on my hands in absolute silence, not even being allowed to go to the toilets to rinse them under cold water. Already bruising had begun to appear. Worse was to come - our class room door suddenly burst open and the headmistress, dressed in her regulation floor-length Victorian dress and hair tied in a bun at the back, entered in absolute fury. The girl's mother had complained and the head had promised to do something about it. She came straight at me at the back of the class where I had been keeping a low profile for months, and dragged me out to the front forcing me to face the class. She then told all assembled what a dreadful individual I was, how despite her words of warning I had defied her and look what I had done etc etc. I was horrified, this was not justice, I had already been dealt with, but nothing was going to stop the old bat. My form mistress had tried to explain that I had already been punished but to no avail and *another* six of the best were handed out. I still did not make a sound but by the end I was shivering with fear and pain and the tears were flooding down my face. The class was horrified with what had happened and the poor aggrieved girl was also in tears. My hands were heavily bruised, I could not hold anything in my fingers - they were all swelling up and I was almost in trauma. Had this kind of treatment happened today to a ten year old child, the perpetrators would have ended up in prison for six months at least and large sums would have been paid out to me in damages. How times change.

That night at home I was very subdued. I was unable to use my hands, still in pain and deeply concerned about my reputation amongst the staff at school. An early bath and early to bed surprised my mother because it normally took at least an hour to get me up to bed, and my thinking cap was on most of the night. The next day I was actually on time for school, clean and tidy with my hair bryl-creamed and neatly combed. At the first opportunity I requested a meeting with the headmistress. I waited outside her door until she asked me in. I stood in front of her desk, stared at my feet and began a well-prepared speech about how full of regret I was at my actions and how if only she could find room in her heart to give me another chance then I could turn my life around. To my disgust I got a hug, she was almost in tears and smiling with joy. She took my bruised hand in hers and walked with me back to the class room. The class was interrupted and I got redder and redder in the face as she went on and on about me, how brave I had been, what a good example I was etc. All my credibility with my friends went out of the window with mutterings of 'creep' etc. and to make things worse a special assembly was called so that the entire school could learn what a wonderful boy I was. Within two weeks I was the Head Boy, Milk Monitor, Summer Holiday Monitor and occasionally left in charge of junior classes when staff were called away. Phew!

Soap Box

Regular readers of the Box River News will be aware that my wife and I spend time in the western Algarve where we have had a house for some years. We are regular attendees at the church there – or at least we were, until the pandemic consigned services to Zoom. It is an interesting coincidence that the Priest who looks after the Anglican church that we attend in Luz shares the same Christian name as our own priest in charge of this benefice. Father Rob Kean is not a typical vicar, but then, what is typical?

Luz's Father Rob is coming to the end of a five year term in charge of the Anglican community there, though wishes to remain. I don't blame him. The weather is notably better than in central Essex, which is where he served before moving to Portugal. And I hope he does stay. He has been a very positive influence and, having worked in Information Technology before taking orders, has been well placed to cope with the new way in which services have been conducted recently.

Back home, Father Rob Parker-McGee may be relatively new into his post here in Suffolk, but is already making his mark. In our near 36-year sojourn in our house in Little Waldingfield, we have had four priests holding office. Actually, that's a lower turnover than in the western Algarve. But the nature of the benefice has changed dramatically during this period. When we first arrived, the benefice comprised just the three villages of ours, plus Groton and Edwardstone, with a combined population of little more than 1000. Adding in Boxford boosted the numbers in the four villages to 3500, while Newton added a further 1500.

I mention this because I consider the Church of England may need to rethink how it uses its estate of places of worship, a

decision accelerated by the effects of lockdown. When we first moved here there was a service every week in our village. Just before the pandemic we were

down to one a month only, Christmas and Easter excepted. Then coronavirus interrupted our ability to meet together in person, though we are now open for communal worship again. Similarly, congregations have returned in the Algarve, though the main Sunday service remains on Zoom.

But it is hard to see attendances returning to levels sufficient to sustain all our churches, so what can the Anglican Church do with all these too often empty buildings? Using them for other communal activities is one option that is already being taken up by many parishes.

While we have seen concerts held in churches, along with literary events and plays, it is often the larger, better resourced churches that are able to take advantage of these other opportunities. We've held the odd concert and village get-together in our village church, but if it totals an average of one a year over the past decade, I'd be surprised.

The closure of more village churches thus seems inevitable. Many, like ours, will be Grade 1 listed, limiting what can be done to them. Perversely, it is such buildings that are usually the most expensive to maintain – another drain on the poor old Church of England. Quite how this is resolved is hard to determine as villagers will doubtless wish to keep their local churches. It occurs to me that the Anglican community in the western Algarve has much to be thankful for. Their church is provided by our Catholic cousins, while the catchment area for the congregation is wide and normally holidaymakers help boost numbers alongside local residents. Sadly, this is not a model we can adopt.

Brian Tora



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

Website: www.cinnamon.org.uk

10 Market Square, Hayle, Cornwall TR27 4HE

Registered charity number 1134680



FRENCH'S CARE HAVEN

Hello everyone, I have spoken about the work we do not only for the animals we take into our care, but the help we give to the young and retired locals that are suffering from anxiety, depression, the stress of their jobs, or loneliness, to name a few. I have enclosed a lovely photo of one of our team members Sharon, with 'Skinny' - a 17-hand ex-international show jumper. Sharon says:



"This is my therapy. I work fulltime in Occupational Therapy within a Mental Health setting and after a busy week my sanctuary is my Saturdays with the animals. I can immerse myself, forget the hectic week and give these so deserving animals the love and care they deserve."

As you can see in the photo, the therapy runs both ways, as Skinny is enjoying the moment of one-to-one as much as Sharon is.

French's work each year with young people doing their Duke of Edinburgh awards. We have a couple of local students who are still with us after finishing their awards, Sunny and Chloe, who have both enjoyed their time with us so much, they have wanted to continue their given day and hours as volunteers. Sunny plays rugby in his spare time and the physical work at French's suits him just fine and helps him with his fitness training. Our deepest sympathy goes out to Queen Elizabeth and her family for their sad lose of Prince Phillip, Duke of Edinburgh.

We have some news coming up of help we are giving to a local animal charity, who are sadly losing the adjacent land to their property, which they have had use of for over 30 years now. Two of their ponies that have been with them for around 20 years will be coming to French's and may be with us by the time you read this. I did not

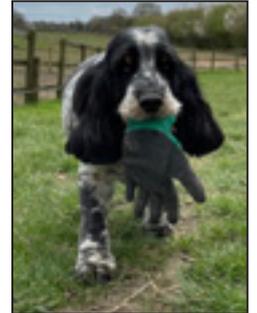
intend to take in any more horses, as we are at the maximum amount now. I have to admit I did cave in: when you have such a desperate situation of a lovely caring lady who has spent her life rescuing animals, tearful and asking for your help and I see this lady as an older mirror of myself, the only answer was to step up and say 'yes'. The amount of animals we have now shouldn't break us, that is only as long as we have help with monthly donations and land, I must add.

French's Care Haven are launching their own 100 club. Please come and join in our new 100 club! It gives you the chance of winning a cash prize whilst helping us in raising money for our amazing charity. For just £30 a year, you could win up to £50.00 in the monthly draws. The money raised will help with the upkeep and treatments to maintain and improve the life of the horses, ponies, and donkeys that French's Care Haven currently take care of. Please email: frenchs.100club@gmail.com for an application form. If you would like to become a volunteer and meet our dear animals, then please call me on the number below.

I have also included a photo of our Therapy dog Lucy, who always wants to help. Here she is bringing one of our volunteers their glove. She is such a good girl.

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.



Lucy lends a hand

VOLUNTEERS AND SPONSORS NEEDED

Please contact Jann: **07747 755556**

Email: jann.turner@hotmail.co.uk

www.FrenchsCareHaven.org.uk

SbN Stoke by Nayland
RESORT

Escape the new routine

Relax and while away the hours in our tranquil spa - morning, noon and night...

Mum's the Word Spa Escape - just £69pp
Monday to Thursday 9:30 - 14:30

Twilight Spa Escape - just £35pp
Monday to Thursday 17:30 - 21:30



Includes: Welcome juice • Reserved lounger • Delicious Spa Brunch • 25-minute treatment • Full use of poolside facilities
Complimentary use of robes, towels and flip flops



Includes: Glass of Prosecco on arrival • Reserved lounger
Full use of poolside facilities
Complimentary use of robes, towels and flip flops

Call 01206 265835 to book

www.stokebynayland.com/spa



SbN COMMUNITY DISCOUNT CARD

Save 5% off your Spa Day when you use your SbN Community Discount Card
Sign up today at www.stokebynayland.com/community

Stoke by Nayland Resort, Keepers Lane, Leavenheath, Colchester CO6 4PZ

SCC LOCAL ELECTIONS 2021

Voters will take to the polls on May 6th for the Suffolk County Council elections. The following are statements from our Stour Valley candidates to assist you in deciding which to vote for.



JANE CARRUTHERS

If I am elected to join my Green colleagues at Suffolk County Council we will aim to reverse the council's school transport policy, so pupils from the same village and siblings from the same family do not end up at different schools as has happened recently.

I would like to see jobs that are sustainable and available to local people, so I would support more training for local people in skills for a zero carbon economy, such as retrofitting homes and working in growth industries of renewables and renewable electricity storage.

Greens will also call for a review of speed limits. I would like to see the maximum speed limit reduced on narrow country lanes so that people can walk and cycle safely around the area. This will have the knock-on effect of boosting footfall to local shops and businesses in our villages.

As a former nurse I am delighted that Suffolk's Public Health team has finally taken control of the test and trace scheme - local authorities are far better at dealing with health and other crises than national governments and private contractors.

As somebody who is passionate about wildlife, I would like to see roadside verges better managed as they have the potential to provide much needed habitat. The removal of grass clippings would benefit wild flowers and their pollinators, giving them space to flourish.

Lastly, after this year of the stress and uncertainty of the Covid pandemic I would support prioritising mental health, particularly for children in schools.

Promoted by Gordon Mehrtens on behalf of Jane Carruthers (Green Party) c/o Bildeston House, Bildeston IP7 7EX



OLIVIA HUGHES

We live in a society where we all depend on our public services - whether that's our vital bus services, our social care system, or the staff that keep our schools running smoothly.

For too long, we have been told that better things are not possible for our communities - that cuts are inevitable. I'm standing for Suffolk County Council because I believe there is another way; that the way to help the communities in Stour Valley flourish is to properly value and support these crucial services - for example, ensuring that our key workers are given the pay rise that they deserve.

Having grown up here I am also keenly aware of the outstanding beauty of South Suffolk, and the existential threat that pollution poses to our countryside. As councillor I will do everything within my limits to help protect the environment and grow a greener, more sustainable community. Green energy investment, as proposed by Labour, would not only help turn the tide of climate change, but also create jobs to help transition our society into a more eco friendly future.

This election is a rare and crucial opportunity to send a message that the current order of cuts and neglect will not stand - that it is unacceptable that (for example) our public transport has been allowed to dwindle to a shadow of its former self, stripping away opportunities and support for the disabled, young, and elderly alike. Suffolk Labour would create an integrated transport plan that would totally reform public and community transport in Suffolk. On the 6th of May, only a vote for Labour will signal that this community is ready for change, ready to value our public services, and ready to make our beautiful and important communities better places to live.

Promoted by Jake Thomas on behalf of South Suffolk Labour Party, 8 Queen Street, Hadleigh, IP7 5DZ



YOUR VOTE MATTERS

MAKE SURE YOU'RE IN



Make sure you're registered to vote
Register at www.gov.uk/register-to-vote

BRYN HURREN

The picture shows me leaning on the Boxford Church gates which were made and hung by myself over twenty years ago and still going strong, it is now 46 yrs since I made the move to leave the family farm and set up my independent furniture making business in Boxford and I still run the Barn Workshop although in a different location, further down the Stour Valley. I remain busy and this year has been my most demanding yet, with the desire for bespoke items at an all time high.



I have always cared about people and their wellbeing and prospects and have championed many causes and crusades to help and support those that need it. During my 22 yrs as a district councillor and also the ten years as a parish councillor I have stood up against beaurocracy and oppression and have truly tried to serve my electorate in a non political way. My people before politics slogan has never been more true than it is at this present moment.

If you elect me as your County Councillor on May 6th I will bring a wealth of experience and enthusiasm to the role and a can do attitude. For a council to work well, it needs a wealth of voices to keep the administration on its toes, big majorities just bring complacency and stagnation. Every elected member should work with all others to do the best for every part and all of Suffolk.

MY PASSION, is for enough affordable housing stock to enable every person, young and old to have a nice home.

To see our roads and lanes brought back up to an acceptable standard with clean and well positioned signage, sensible speeding limits that everyone understands. A meaningful and systematic assault on mending the ever increasing potholes and craters that now make travel uncomfortable and in worst cases very dangerous. Any and all of this can only be done with bringing this service back in house and bringing the disastrous outsourcing of the highways maintenance contract to an end.

Keeping our precious countryside for the production of fruit and crops. It must never be sacrificed for solar farms, pylons or developer led greenfield housing for ever voracious money hungry building companies and consortiums. Our precious landscape should be guarded for farming purposes and for tourists and locals alike to enjoy. Otherwise we will destroy what people pay to come and see. Short time profits are no substitute for long term planning.

This present government have got it so wrong, and we all need to be aware and fighting.

MY INTERESTS, are working on my allotment trying to grow the biggest veg and flowers for the horticultural show. Watching football??? at Portman Rd and Sudbury. Spending time with Lisa and grown up daughters Ashleagh and Danielle and watching and listening to folkrock music.

Vote for Bryn on May 6th and if I win this very marginal seat you will know I have arrived and I will represent everybody well. Keep Well and Happy. Bryn.

Promoted by S. Godfrey on behalf of B. Hurren (Liberal Democrats) all at Serens Hall, Milden. Suffolk. IP7 7AQ.

JAMES FINCH

Caring and Speaking for our Community

I have been selected again by the South Suffolk Conservatives to stand as your candidate across the 13 villages of the Stour Valley Division.

It has been a privilege to have been your County Councillor for nearly twelve years. I have lived and worked in Suffolk for over half of my life, and therefore am now known to many of you for raising and addressing our local issues within Suffolk County Council.

Suffolk Conservatives' post-Covid recovery plan prioritises our vulnerable residents while strengthening our local economy, protecting and enhancing our environment, and delivering real value for money to the taxpayer.

We will work with our MPs and partners, such as the Local Enterprise Partnership, Chamber of Commerce, to develop jobs and investment, with an enhanced "Kick Start" & Apprenticeship schemes. We have just successfully secured the Felixstowe Freeport Zone and will continue to seek further investment whether for highways improvements, infrastructure or wider support for our businesses and residents. I will continue to work for local economic growth and local jobs, care of the elderly. With 98% of all properties now able to access superfast broadband, I will still continue to strive for the less than 2% outlying hamlets still not connected.

I am campaigning for the National Grid power lines to be laid under the sea to protect our Areas of Outstanding Natural Beauty in Suffolk, and going forward to have a full review of local public and school transport to ensure that none in this area are disadvantaged.

I am successfully leading campaigns to improve rural road safety with Quiet Lanes, to continue to reduce speeding through our mediaeval villages, and I am committed to protecting our villages from HGV heavy traffic.

As a lifelong Christian Conservative, I hold strong compassionate principles which primarily protect the vulnerable of all ages backed by firm policies for strong financial management.

Promoted by Philip Faircloth-Mutton on behalf of James Finch, both of South Suffolk Conservatives, 4 Byford Road, Sudbury, Suffolk, CO10 2YG



Remember

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

www.boxfordsuffolk.com/box-river-news

The Newsletter is usually available about one day after the published press date.

editor@boxrivernews.com

FEEDBACK FROM JAMES FINCH

Your County Councillor for the Stour Valley

National Grid are in consultation for more Bramford to Twinstead Power cables - URGENT

They want to hear what you think about the project and are currently inviting your views on the plans. By visiting the consultation pages or by reading their project background document, you can find out where we got to with the project in 2013, understand what has changed since then, and give your views on how they should take the plans forward.

In line with Government restrictions relating to controlling the spread of Covid-19, they will be providing ways in which you can meet the team and hear more about the proposals. It is imperative that we tell them our views of what we think about the risk of more pylons. My message is clear:- Continue the development of the undersea route to reduce the over land requirement of cabling. **If cabling is needed in South Suffolk we must lobby hard and insist for the entire route from Bramford to Twinstead to be underground.**

To find out how to get involved visit the 'Have your say' page. For those without access to the internet please contact us on **0808 196 1515** to request paper copies, or to book a slot at one of our telephone surgeries. The consultation is running only until 6 May 2021.

COVID 19 infection rates over March /April are right down.

I am delighted to report the rapid increase at the beginning of the year has been reversed and those newly infected in the 7 day period from 25th March 1st April was again ZERO IN OUR AREA. This has been consistent throughout the whole of March. 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 - Suffolk is now vaccinating the over 50's.

Changes to Coronavirus Rapid Testing Centres as popularity of home testing grows

Coronavirus testing is changing with a much greater focus on home testing. Suffolk currently has 28 rapid lateral flow testing centres across the county for people who need to leave their homes and do not have symptoms of Coronavirus. However, since the initial plans, the asymptomatic testing landscape has changed in the UK and there is now a Government-led focus towards home testing.

This includes the introduction of:

- Home testing for school and college students, teachers and nursery staff
- Home testing for family bubbles of pupils and teachers - who can
 - order test kit online
 - pick up test kits from testing sites
- Testing in businesses of any size and soon to be available businesses collect (where employees can take test kits home)
- Home testing for care staff
- Director of Public Health allocation – in future DPH will be able to allocate home test kit packs based on need

In response to this greater emphasis on home testing, there will be changes to the 28 community sites. **As from 16th April the testing centres in Hadleigh and Nayland will be closed. Sudbury will remain open.** Appointments can be booked online - <https://bit.ly/suffolk-covid-testing> or by telephone - **0333 772 6144**

Suffolk to be included in Government's UK Gigabit Broadband programme

On March 19 it was announced that Suffolk is to be included in the £5 billion strategy to deliver next generation, gigabit-capable broadband to the entire country.

The programme nationally aims to connect the first one million homes and businesses with gigabit speed broadband in the hardest to reach 20% of the UK by 2025. Gigabit-capable broadband connections offer the fastest and most reliable speeds currently available. Connections will enable and create a range of social benefits alongside boosting jobs and economic growth over the coming decades, and help improve connection and opportunities, **especially for rural communities.** It is hoped the rollout will give people the freedom to live and work more flexibly.

The scheme will use a broad range of interventions to deliver gigabit broadband, including contracts for new publicly funded infrastructure, use of broadband vouchers and other innovative solutions to deliver the roll out. This will provide Fibre to the premises for all on this programme. More detail still to come.

Automatic number plate recognition cameras to be installed in Suffolk villages.

An announcement on March 24 noted that Suffolk County Council and Suffolk's Police and Crime Commissioner and Suffolk Constabulary, has launched the use of *Automatic Number Plate Recognition (ANPR) cameras.*

ANPR cameras are being used to help detect and deter speeding offences that have been highlighted in Suffolk villages, and educate drivers on the importance of road safety. They will be installed at a site where it has been identified by a parish council, with support from their county councillor, there is a problem with speeding and / or rat running on roads with a 20 or 30mph speed limit.

Over the two year pilot, it's impact to reduce speeding will be monitored before it receives a further financial commitment.

Healing woods and spaces to play an important role in Suffolk's mental health

On March 24 it was announced that 90% of respondents strongly support the idea of establishing 'healing woods' in response to the COVID-19 pandemic.

The creation of healing woods and spaces will give more people better access to the natural environment, offering dedicated places for peaceful reflection and offering a positive focus.

Two in every three respondents to the survey, said that the pandemic had negatively impacted on their mental health and wellbeing.

The council's healing woods project connects with the motion unanimously passed by the county's councillors (18 March 2021), to commit to developing mental health support in Suffolk.

Since the survey, officers have been contacting organisations who expressed an interest in supporting the scheme, and the council is now appealing for communities to suggest sites where healing woods and spaces could be adopted or created. Suggestions can be made by contacting HealingWoods@suffolk.gov.uk.



Virtual Fostering and Adoption Sessions for the Stour Valley

Since the incidence of COVID 19 sadly the demand for this service has increased significantly. What is new in Fostering & Adoption at Suffolk County Council.

As I am sure you will understand the need for Foster Carers and Adopters for our vulnerable children in Suffolk has never been as

important as it is now. Many families in Suffolk have and continue to struggle with the impact of COVID and this means that we have children who need additional support. The Fostering & Adoption Recruitment Team for Suffolk has continued to work throughout the pandemic **with some visits still taking place**. We have moved to a **hybrid approach of virtual and face to face visits** to undertake assessments, while training is currently being delivered virtually. The support available to Foster carers and Adopters is as strong as it has always been, and we are working with our partners across Adopt East to improve outcomes for Children who are waiting to be adopted.

If you feel you have the love, time and space to explore becoming an Approved Foster Carer, or an Adopter for Suffolk, please feel free to contact the recruitment team to request a place on their monthly recruitment events. Come along to one of our 2 sessions each month, from the comfort of your own home, join our Staff who will talk you through the process to become a Foster Carer or an Adopter. The Foster Carer recruitment Event is held **the 1st Wednesday of every month, and the Adoption Event is the 1st Thursday**. Email the team fosterandadopt@suffolk.gov.uk to book onto the event and receive the link to the Microsoft Teams Event.

Claire Gwatkin, Practice Manger for the Recruitment, Assessment & Matching Team looks forward to hearing from you. To book a place please email Claire.Gwatkin@suffolk.gov.uk. She will then send instructions on how to join the virtual meeting. 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. Therefore, those who would like to find out more refer to the website - www.fosterandadopt.suffolk.gov.uk or join one of the events on the first Wednesdays or Thursdays in the month.

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

Tel: 01206 263649 Mobile: 07545 423796

FEEDBACK FROM BRYN HURREN Your Babergh District Councillor

This past month has been a time of hope, future planning and reflection for staff and councillors alike. As Coronavirus cases continue to fall and level off, we are all hoping that we are through the worst and that we can start to plan for a more positive future.

We are due to return to working and meeting at our Ipswich HQ at the end of May and although this may be delayed or just a partial return, it will at least bring some normality and stability to our working and democratic responsibilities.

All of us are going to have to have safety for ourselves and others at the front of our minds and get used to practicing a different way of life, with public safety always at the front of our minds.

As I am sure everybody is now aware, we have a full slate of local elections across the county on Thursday 6th May. Suffolk will be asked to choose who should represent them at County level and who should be the serving Police and Crime Commissioner for Suffolk. Please everyone do come out to vote on this day as at local level it does make a difference and as your local County representative lives amongst you, he or she can be approached and hopefully will be accountable, approachable and will get things done for you. The village halls will be properly and safely manned and socially distanced voting will be practiced. If you have applied

for a postal vote, the ballot paper will be with you now. Please exercise your precious right to vote. We must protect our right to a free vote and openness and democracy at all levels.

Some stunning news for Boxford is that the planning permission for 64 houses at Sandhill has been quashed at the high court and I am so proud that I was a part of this fightback against an atrocious decision and must pay tribute to Boxford's Parish Council members and helpers all around the village who have worked tirelessly and unflinchingly to see that good planning procedures are upheld. We must now all make sure that Boxford continues to fight bad planning proposals into the future and that future development provides vital infrastructure for our school, businesses and for all the rest of us to move around the village in safety. I am not against development that provides local homes for local people along with genuine benefits for local residents, and will continue to work hard to achieve that. I am very much against random development against policy purely for monetary gain by callous developers without proper consultation or recourse to local needs and feelings.

On a final note, please try to attend your local parish AGMs, this is where your views and ideas can be heard and followed up by local, district and county representatives who will all be there to listen and hopefully act upon your views and any grumbles that you have. I am sure that your elected reps will also be pleased to receive compliments for their genuine hard work as well.

Please everyone stay happy and safe and buoyant for a good future. The sun is getting warmer to herald in a good growing season of crops and hope.

Bryn. xx

bryn.hurren@babergh.gov.uk

Tel: 01787 210854 Mobile: 07771 508348



Patient or visitor? Please tell us what you think!

We are one of the 40 Trusts to receive Government funding for a new hospital. We need your help to plan what our new healthcare facility and services will look like.

Please take the time to share your views by completing a short survey about our services, how we could improve your experience and what you would like to see in a future hospital.



Scan the QR code on this poster or visit <https://bit.ly/newho5pital> to start the survey.

If you would be interested in hearing more about the project please sign up for our newsletter by emailing futuresystemprogramme@wsh.nhs.uk or visiting <https://www.wsh.nhs.uk/New-healthcare-facility>

MICROPLANT

08703 210256 / 07850 210256

E-mail: charles@microplant.net
Website: www.microplant.net

Hire, Sales, Servicing & Repairs of
Compact Tractors, Mini Loaders
Fencing, Landscaping &
Paddock Maintenance Machinery

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



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



OLLIE'S NEWS FROM SESAW

There's an unusual sight – Kenny still tucked up in bed at lunchtime! Seems the little chap is under the weather leaving the computer clear for me to give you a cat's eye view of life at SESAW.



Like most animal charities, we've had few dogs in since Covid.. Those that have arrived are generally very needy, requiring special new homes. Rolo, a Yorkie cross and Nokie, a terrier cross, are not moving on anytime soon. The five year olds are great friends but trouble with humans. Both need special homes with someone prepared to give them time and space. An experienced owner will end up with a rewarding relationship with one, or maybe even two of these dogs if they are the right person.



Rolo (left) and Nokie

Some become permanent residents like Bobby, a terrier rescued from death row in a London dog pound. After failing to find his forever home he settled nicely with dear old Maisie, a springer spaniel who loved her life at SESAW despite health problems. Unfortunately we lost her last year but Bobby has a new long term pal. Bruno is a terrier chihuahua cross, people say he's a bigger version of Kenny which I can confirm. That pesky dog likes to sleep in the airing cupboard but he doesn't dare challenge me if I get there first!

Which reminds me, time to see if Little Lord Fauntleroy is up and about. Yes, as I approach the kitchen I can hear him yapping to greet me.

Ollie (the Black) Cat.

Suffolk & Essex Small Animal Welfare, Reg.Charity
No.1124029, Stoke Road, Leavenheath, CO6 4PP.
Tel: **01787 210888** www.sesaw.co.uk



ITworx

Technology Tamed

Based in Boxford, Suffolk, ITworx provide computer support, repair and tuition to domestic customers.



- Computer and Printer Setup
- Friendly and Helpful Advice
- Wireless Networks
- Help to get 'online'
- Virus Removal
- Upgrades and Repair
- TV's and Smartphones
- Support and Tuition

itworxnow@hotmail.com

Phone: 01787 210031

Mobile: 07866 015963

www.itworxnow.co.uk

Chimney Matters

Town and Country



Professional Chimney Sweeping & Stove
Installation

- Open fires, Wood burners swept and serviced for maximum efficiency.
- Wood and Multi-fuel Stoves installed.
- Sweeping and Installation Certificates issued.
- Cows & Bird Guards fitted.
- Fully Insured.

Mobile : 07767 864127

Phone: 01284 789663

www.chimneymatters.co.uk

SUFFOLK TREE SERVICES LTD

For All Aspects of Tree Works Including:

- Planting • Reducing • Pollarding • Felling •
- Stump Grinding •
- Hedging Works •

We offer a complete and professional service
Established over 25 years

- We are a local, friendly and experienced company
- Free Estimates • 24 Hour Storm Damage Cover •
- Fully Insured • Tree Reports and Consultancy *



Woodchip and Firewood for Sale

Tel: **01787 319200**

info@suffolktreeservices.co.uk www.suffolktreeservices.co.uk

SbN WINS 'ULTIMATE' AWARD IN GOLF INDUSTRY 'OSCARS'

Stoke by Nayland Golf, Spa & Lodges Resort has been recognised a second year in a row for its overall high standards by being awarded the 'My59 Ultimate Service Excellence' honour in 59club's 2020 service excellence awards. This is an event regarded as the golf and hospitality industry 'Oscars' where the East Anglian venue was competing against famous courses such as Gleneagles, Celtic Manor and The Belfry.



Hosted by BBC Breakfast presenter and broadcaster Dan Walker, the ceremony to honour the best performers across the UK & Ireland was broadcast online owing to the current UK coronavirus restrictions.

The family-owned venue secured the top award of its type – one of just three clubs to be recognised with the accolade, for their dedication to enrich their member and guest experience. Also honoured within the same category were Farleigh Golf Club in Surrey, and Glynhir Golf Club in Wales.

Stoke by Nayland, which boasts two championship courses, as well as an award-winning 80 bedroom hotel and spa, and luxury self-catered lodges on the golf courses, has earned a great reputation over the years for hosting televised international PGA and European Senior & Challenge Tour events.

Director of Golf at SbN, Karl Hepple said, "We're really thrilled to have won this award for a second year running, especially when you look at all the high calibre venues involved. I would like to pay tribute to the incredible hard work and dedication of all the team here who have contributed to this accolade. We all love working at this fantastic venue in such a stunning location, and we are always keen to share this passion with our members and guests, and to ensure that they are having the best possible experience when they come here."

The course reopened on 29th March after more than three months of lockdown, and already Karl is looking forward to next year's awards. "In spite of all the challenges facing us, I'd like us to be able to go even bigger and better at next year's awards."

The places in the 59club service excellence awards are determined by scores collected from its impartial mystery shopping audits, which evaluate the experience afforded to visiting golfers and prospective members, in accordance with objective benchmarking criteria. And they represent all areas of the business: sales, service, operations, retail, golf course, food and beverage, and management.

Nayland Chiropractic
Supporting Your Wellness

Inga Hurren Registered Chiropractor

4 Church Mews, High Street, Nayland CO6 4JF
t: 01206 264139
e: enquiries@naylandchiropractic.co.uk
w: www.naylandchiropractic.co.uk

NEWS FROM KERSEY SCHOOL

Otters (Reception, Years 1 and 2)

With a return to school Otters Class have been very busy. We have continued our learning about plants and seeds by starting our very own cress experiment, placing the seeds in different places and using different variables to see how they grow. In a class vote most of us thought the seeds that have water and sunlight will grow the best - we're checking daily to see what happens!



We celebrated World Book Day as a whole school together and had a whole-school celebration where we made our own wooden spoon book characters. It was so much fun to design and create whilst also sharing our favourite books with each other. We also made World Book Day characters from wooden spoons. Harry Potter, Mr Stink, the Gruffalo and others will decorate our school entrance and remind us of the wonderful time we had.

It was wonderful to celebrate our mums on Mother's Day and all the children in Otters had a go at sewing a beautiful flower to decorate their cards. The children were very proud of their creations and were so eager to make them with such care for their mums.

Badgers (Years 3 and 4)

"Once upon a time ..." Badgers class went 'Into the Forest' with our author for the term, Anthony Browne. We have enjoyed his 'twist' on a traditional tale and written our own versions using tips and tricks from his books. In art, we have examined his illustrations, discussed and used warm, cool and complimentary colours to respond to the book.

For Mothering Sunday, we wrote Kenning poems about the important women in our lives, made and decorated cards with heart and flower designs.

The Romans is our topic and we have all keenly learned about their invasion, Boudicca's revolt and Hadrian's wall. Next we'll investigate the 'Romanisation' of Britain.

Owls (Years 5 and 6)

Owls had to create a recipe that the chef of Ernest Shackleton's infamous Endurance Expedition might have come up with - a recipe he might come up with after months of being trapped on Antarctica with a 20+ frostbitten crew to support?

In English they have been living the life of intrepid explorers and heroic survivors whilst also learning about the geography of Antarctica. A sprinkle of science on top and they are now experts in how the classification of organisms, plants and animal kingdoms has developed over time.

So, not even two weeks back and all Owls have embraced the return with enthusiasm and a hard-working attitude. Brilliant!

Worship Council



The school's Collective Worship Council presented their wonderful teachers, Teaching Assistants, Midday Supervisors and Caretaker with a bunch of flowers and a bar of chocolate to thank them for their care and nurture during lockdown and in celebration of Mothering Sunday.

All the children were presented with a posy of daffodils and chocolate from St Mary's Church to take home as a thank you from Staff and Governors for all the parental support for their children during the past year.

If you would like to know more about Kersey school or arrange a visit please ring the office on 01473 823397, email admin@kersey.suffolk.sch.uk or visit our new website www.kersey.suffolk.sch.uk

PRESENTS FROM THE PAST

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

I have always loved small antiques shops. Many amazing finds over the years have been in these little blink and you'll miss it, tucked-out-of-the-way gems. Even if you don't find something earth-shattering, very often you can find fascinating and inspiring trinkets and treasures that will never fail to delight. You can also usually guarantee that you'll find knowledgeable advice and sometimes even a fascinating yarn or two from the custodians of these retail delights who, more often than not, are genuinely pleased for you to walk in and take an interest in their wares, and who can always play the game when it comes to the fun of haggling over price.

Suffolk of course enjoys having a number of beautiful towns that seem perfectly set for these retail fascinations. As many of you obviously know, the TV series *Lovejoy* filmed widely in Suffolk, the producers having fallen in love with the unspoilt aesthetic of the rural villages such as Woolpit, Lavenham, Kersey, Bildeston and Long Melford with their antiques-trade connections (for me, no antiques-buying trip to Suffolk is complete without a trip to Timbers in Lavenham!).

Some years ago I petitioned the government to consider relieving the financial and regulatory pressure faced by many of our small antiques shops. I lobbied that they should pay less business rates and VAT.



Unfortunately, despite a well-publicised and well-coordinated campaign, our pleas fell on deaf ears and so of course many have since closed down and our high streets have begun looking more like ghost towns.

Antiques fairs began to materialise as a result with many fairs, flea markets and antiques-themed car boot fairs having a regular fixture in our industry calendars. Sadly, lockdown has meant that the vast majority of these disappeared as well.

And so, the internet has of course been a huge benefit throughout and many of the auction houses have done extremely well but with Antiques.co.uk I have always sought to represent the professional dealers as well as smaller collectors. It has been hard - as an industry antiques and fine art has always been about meeting the sellers and talking with the experts as a way of learning.

With the general opening of retail following the pandemic I would urge you all to (safely, of course) get out there and visit your wonderful local antiques shops. Rekindle the spark you get when under a pile of rugs you find a pile of old comics or books that you, or perhaps your parents, once read as children. Or perhaps you'll find an item (a painting, a toy, or a random kitchen item for instance) that triggers a strong memory for you. Even if it isn't of high investment-value, the joy seeing these items in your home on a daily basis can bring transcends their material worth.

I'd love to hear your stories of fun finds in antique shops, however large or small, expensive or cheap. Feel free to send them (and photos) to me at iain@antiques.co.uk and I'll feature them in an upcoming Magazine section on Antiques.co.uk.

In the meantime, stay safe and enjoy the limited shops and centres that are open and do keep visiting us to see our new items that arrive daily on www.antiques.co.uk

Let us keep this great British industry alive for the future generations.

A vibrant yellow banner with a geometric pattern of black and white squares and diamonds. It features several antique items: a butterfly brooch, a fish-shaped wooden plaque, a floral ceramic bowl, a framed painting, a red upholstered bench, a brass alarm clock, and a globe. The text is centered and reads: **www.antiques.co.uk**, **SELL YOUR ANTIQUES & VINTAGE ITEMS FOR ONLY**, and a large **£5** price tag.

www.antiques.co.uk

SELL YOUR ANTIQUES & VINTAGE ITEMS FOR ONLY

£5

RESTAURANTS REOPEN AT SbN

After the long months of lockdown the team at Stoke by Nayland Hotel is excited to be opening its doors again and welcoming in diners to sample a fantastic array of dishes to cater for all tastes - in 3 different restaurants.

From 17th May the first floor Gallery Restaurant, with stunning 180 degree panoramic views over the lake and rolling countryside, will be open from Monday - Saturday for its speciality Mediterranean-style buffet lunches from 12 noon til 3pm.

In the evenings, and open 7 days a week, you can enjoy a mouth-watering grill menu in the Gallery from 6 til 9pm – with plenty of veggie and vegan options too. The Gallery Terrace areas have been increased to cater for more al fresco summer dining from this lovely elevated vantage point.

Our popular buffet-style Sunday Carvery lunches will be available again in the Gallery Restaurant from Sunday 23rd May onwards, from 12 noon to 3pm.

The newly refurbished Lakes Restaurant will be opening every day for Breakfast and Dinner, with its exciting new a la carte menu. There's also a fantastic new vegan menu featuring some tasty and imaginative dishes.

Our renowned Afternoon teas can also be enjoyed in the Lakes Restaurant from 12 noon to 5pm - and look out for our themed Afternoon Teas starting in June with a Wimbledon-themed Tea featuring Pimms and our own-grown Boxford Suffolk Farms fresh strawberries.

Also in the Lakes Restaurant from 22nd May we will be offering a delicious weekend Brunch Menu to kickstart your Saturdays and Sundays, served from 11am to 3pm.

For those looking for a more informal hearty meal or just a burger and pint whilst you watch some live TV sport then the Sports Bar is ideal, serving hot breakfasts from 7am and a full menu of hot and cold dishes from midday til 9pm every night of the week. The new permanent marquee on the Sports Bar terrace provides extra outdoor space



for social distancing.

Hot takeaway food can also be ordered from the Sports Bar every day. More info: www.stokebynayland.com/takeaway

Finally there's a Tapas-style option on offer from 12 til 5pm in the relaxed atmosphere of the Orchard Lounge and Terrace if this suits your mood. The comfy new terrace sofas and overhead heating make this an ideal space to spend a spring or summer evening with friends enjoying fabulous Constable Country views.

SbN Commercial Director, Peter Osborne said “we've made good use of the lockdown weeks to completely review our offerings and gear them to three very different styles of restaurants, all of which offer fantastic extended outdoor dining areas with comfortable seating, overhead heating, and glass protection from the wind. Our team of talented chefs have worked really hard to create something different to please everyone – including an extensive new vegan menu - to ensure that we can place ourselves firmly on the food map for both our local residents and guests from further afield.”



Local residents with an SbN Community Discount Card can enjoy 10% discount off food and drink in all restaurants and bars – as well as discounts off spa treatments, hotel stays and much more. Join free at www.stokebynayland.com/community.

Full details of menus, timings and prices for all of our dining options can be found on our website at www.stokebynayland.com/dining where you can also book a table online. Bookings are advisable to avoid disappointment, but not essential.



The Red House

— RESIDENTIAL HOME —

A fine Georgian building set within a beautiful garden, offering a sanctuary of peace and security within the centre of Sudbury, offering all the necessary care and attention for those who wish to spend their retirement and later years in a warm and caring atmosphere.

Contact Us

Meadow Lane, Sudbury, Suffolk, CO10 2TD

Telephone: 01787 372948

www.redhousesudbury.co.uk

COMPUTER CARE V-EXTERMINATOR LTD

CALL NOW: 01787 370397

- > Free Call Out Service
- > Virus Removal and Internet Security
- > Home and Home Office Support
- > Networks / Wireless / Printing
- > Microsoft Windows 7/8/10
- > Very Reasonable Rates

23 Brandeston Close - Great Waldingfield - Sudbury

www.v-exterminator.co.uk



EACH NEED YOU

We need YOU to help us keep our shops open and raise vital funds!

With many of our shop volunteers currently unable to lend a hand due to the pandemic, the number of hours' support we normally receive is down more than 50%.

We are facing a financial deficit over the next 12 months, following disruption to fundraising and retail, and at the same time our care and support is more important than ever as vulnerable families become exhausted from shielding.

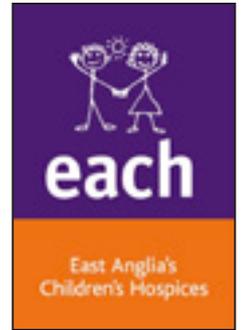
It is very important we manage our retail activity back to sustainable levels of income, but we will not be able to do this without more volunteer support.

Might you be able to help? Just a couple of hours a week can make a difference.

There are so many ways you can support us, from sorting donations and dressing windows to running the till and listing items on our eBay shop, and we always guarantee a friendly welcome!

Why not pop in to your local EACH shop – we have 43 right across the region – chat to our team and arrange a taster session? Find out more about becoming a retail volunteer, including a full list of our shop locations and phone numbers, at www.each.org.uk/retail-volunteers.

Alternatively please contact EACH Volunteer Services on **01223 205183** or at volunteerservices@each.org.uk



Bates Wells & Braithwaite



Expert legal help for business and for individuals...

- Accident claims - Commercial and company law
- Commercial property - Commercial German legal services
- Employment - Environmental Law -
- Estates, trusts and wills - Family and children
- Farming and rural business affairs
- Health and safety - Licensing - Litigation/mediation
- Residential property - Rural business affairs

Bates Wells & Braithwaite Solicitors

27 Friars Street Sudbury C0102AD

T: 01787 880440 E: solicitors@bwblegal.com



The Bell Inn

The Street, Kersey, Suffolk, IP7 6DY

Tel: 01473 823229

Kerseybell.com

**Great to be open and seeing old and new friends.
Come and see our new outside bar. Pizza oven and
Mr Whippy ice cream machine**

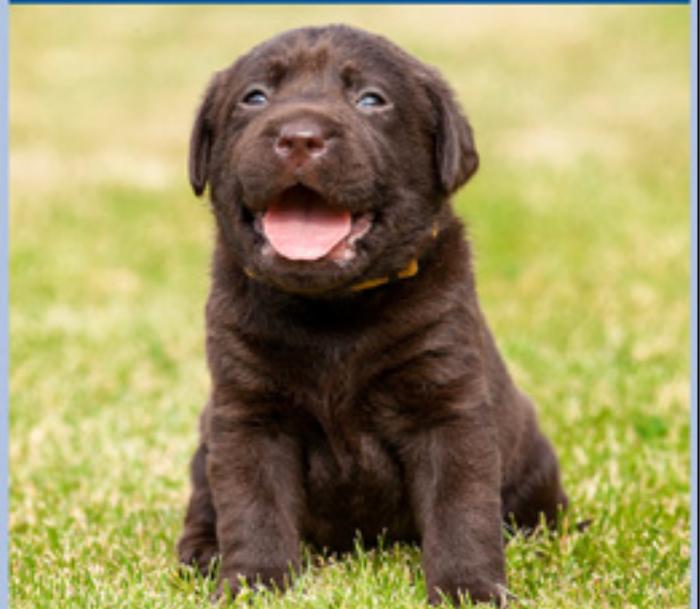
We have streamlined our menu to classics
that you all know and love
Specials on Friday and Saturday nights
Pizzas on Monday nights
Booking recommended.

Look forward to seeing you all soon

Janet and Wendy

Ipswich Veterinary Centre

For a professional caring service



Independent practice with a personal approach

Tel: 01473 555 000

www.ipswichvetcentre.co.uk

1 Donald Mackintosh Way, Scrivener Drive, Ipswich, Suffolk IP8 3SU

Services Directory

PADDOCK AND MEADOW CUTTING & HARROWING SERVICE

Small Tractor 6' Topper
12' Grass Harrow
Competitive Rates
01787 210842



IRONING SERVICE

☎ Clare: 07443422496

Collect and deliver
Competitive prices
References available

Ellie's Grooming Parlour



Tel: 07473 638660

Email: hello@elliesgroomingparlour.co.uk

Reliable, Qualified & Insured Dog Groomer in Boxford

Robson Thatching

FREE ADVICE

RE-THATCHES

PATCHING

REPAIRS



566 HIGH STREET

LAVENHAM

01787 247964

07463 596757

25 YEARS

philprobson2011@hotmail.co.uk

Country Maids Ltd.

DOMESTIC CLEANING TEAM

We are a local domestic cleaning company
Our team of 3 can tailor cleans to your exact requirements.

Contact us today

email:

butchertaz04@btinternet.com

Telephone:

01449 741108

HOWARD WATTS Automotive



Sales and Service at
Riddelsdell Bros Ltd (Est 1900)
ELLIS STREET, BOXFORD, CO10 5HH

01787 210318

07836 353537

www.howardwatts.co.uk info@howardwatts.co.uk

Darren Howe - Qualified Carpenter & Joiner

All Aspects of Carpentry Undertaken

- Handmade Kitchens & Fitted Wardrobes
- Fitted Kitchens
- Doors Made and Hung
- Floors & Laminates
- Balustrading, Decking and much more

Call me for a free No Obligation Quotation
on 07795 345466 or email me at
howies@hotmail.co.uk

Ken Grime & Son Ltd Electrical Contractors

Fully Qualified and part P Registered
All types of electrical works undertaken
No job too small • Very competitive prices

Office Tel: 01787 373 558

Ken Mobile: 07702 358 802

109 Bures Road • Great Cornard • Suffolk • CO10 0JE

Polstead Based Country Cars Private Hire



Local and Long Distance
Airports - Theatres
Restaurants - Weddings

Contact: Dave Howard
Mobile: 07767 076976

W.A. Deacon

FUNERAL SERVICES

24 HOUR

TELEPHONE SERVICE

01787 248282 & 01787 248147

Norman Way, High Street, Lavenham,
Sudbury, Suffolk CO10 9PY

INDEPENDENT FAMILY COMPANY



ESTABLISHED 1952



STIRLING PAINTERS & DECORATORS

THIS FATHER AND SON TEAM BETWEEN THEM HAVE 60 YEARS EXPERIENCE IN THE TRADE, WOULD LIKE TO GIVE YOU A FREE ESTIMATE FOR EXTERNAL AND INTERNAL REDECORATION OF YOUR PROPERTY WE DO NOT USE SUB-CONTRACT LABOUR WE ONLY USE THE BEST MATERIALS WE TREAT YOUR PROPERTY AS IF IT WAS OUR OWN WE ARE PROFESSIONALS

TEL: 01255 688104 MOBILE: 07866 734519

Hadleigh Hairloom

78 - 80 High Street, Hadleigh
01473 822191

Walk-in Family Salon

Catering to the entire family's hairdressing needs

*Easy Access *Family Friendly * Free Wi-Fi *

Comfortable Waiting Area with Toys and TV.

Monday Wednesday & Friday: 9 - 5.30

Tuesday 9 - 7.00* Thursday 9 - 8.00*

Saturday 8.30 - 4.00

Lee Dunnett Painter

Interior and exterior house painting
20 years experience. free estimate

Mobile: 07960 743 938

Tel: 01787 212 218

Email: leedunnett@aol.com

leedunnettpainter.co.uk

Sleepers - Timber Scaffold Boards Oak Barrels supplied

07970 559 251

www.jp-services.info

Electric Guitar Servicing

Need New: Pickups, Volume or Tone Pots, Bridge, Jack socket, Strings, etc

Complete Setup: Action, pickup height, Neck relief, and Intonation.

chas.parker@icloud.com Tel 07899081929

Antique Renovations



Expert restorers of fine antiques & interior woodwork

Lavenham Studios, Brent Elsie Road, Lavenham

Tel 01787 248511

Services Directory

S B Electrical

For all your electrical work

Free Estimates ✓ No Call Out Charge ✓
Part 'P' Registered ✓ Electrical Certificates Issued ✓

01787 247043

email: info@sbelectrical.biz
or visit www.sbelectrical.biz

Boxford Lane Joinery

With the benefit of over 40 Years experience

*Specialist Manufacturers and Installers of Bespoke:
Kitchens*

*Wardrobes and Household Furniture
Staircases • Architectural Joinery
Windows, Doors and Conservatories.
All finished/Sprayed/Polished
in House if required.
A full fitting and Carpentry service
is also available.*

Contact: Greg Deeks: 01206 263525
or mobile: 07977 738 649
or Brett Deeks: 07969 524 125

email: boxfordlanejoinery@hotmail.co.uk

D MAY

Plumbing & Heating

Offering a fully comprehensive range of domestic plumbing and heating services.
Local tradesman 30 years experience Free estimates with no call out fee and not VAT registered.
New bathroom and ensuite installations including floor/wall tiling.
Emergency service provided and no job to small.
Tel: 01473 827462 or Mobile: 07886 389 995

Kirkham Sheidow Architects



Boxford 01787 211670
design@kirkhamseidow.co.uk
www.kirkhamseidow.co.uk

SJ Hurrell Plumbing & Heating

Over 30 years of experience specialising in custom solutions for all of your plumbing & heating requirements

- Gas & Oil Central Heating
- Annual Boiler Servicing
- Bathroom Design & Installation
- Underfloor Heating
- Energy Efficient Systems

07970 163084 • 01787249081
scott@sjhurrell.co.uk • www.sjhurrell.co.uk



HELPING HANDS

Weeding - Shrub Shaping
Borders - Hedges and Lawns
Re-Planting Pots Etc.



Contact Daniele,
Boxford 01787 210254
Pressure Washing
Paths - Patios - Drives

COMMAND PEST CONTROL & HYGENE SERVICES

Complete Pest Control service
including Premises Contracts.
12 month Protection from Infestation.

All Pest control work undertaken
• Coverage of East Anglia •

- 24hr Emergency Service • Professional Back-up •
- Quality Control Manager and Field Biologist •



We supply most Pest Control, Timber Treatment, & Ind Cleaning Chemicals, Shotgun Cartridges & Pest Control Equipment



COMMAND PEST CONTROL
Unit 4, College Farm, Church Lane,
Preston St. Mary, Sudbury, Suffolk CO10 9NG
Tel: (01787) 248049 Fax: (01787) 247113

AHS Landscape Limited

Fencing
Landscaping
Garden creations/makeovers
Estate/Woodland management
Tree care
Garden maintenance

For a free quote or advice
call Andrew Martin

01787 211671 07786 434315
www.ahstimgardens.co.uk

-PJH-

Property Maintenance

Quality Painting and Decorating

Interior & Exterior,

Tiling and General Maintenance,
Carpentry

www.pjhpropertymaintenance.co.uk
pjhpropertymaintenance337@gmail.com

6 Hadleigh Road, Boxford, Sudbury CO10 5JH
TELEPHONE: 01787 212366

FLOWERS FOR EVERY OCCASION

Jayne Foster
Groton

Telephone: 01787 211360

N D Rose Int/Ext Decorating

- Gutters Cleaned/Repaired/Replaced
- Wall/Floor Tiling
- General Building Maintenance

Telephone 01787 211042
Mobile 07518 040 465
3 Fen Street, Boxford, CO10 5HL

ELIZABETH MARTLAND DE ALWIS ART

WEEKLY ART CLUB
PRIVATE TUITION
ART WORKSHOPS . PAINTINGS . PRINTS
BOXFORD STUDIO . 07846849451

C D Lawson

Building & Hard Landscaping
01787 211429 mobile: 07730885019

- All Building work •
- Maintenance •
- Alterations • Extensions •
- Driveways • Drainage •
- Patios • Fences etc. •

Professional and Reliable service at competitive rates

13 Boxford Lane, Boxford, CO10 5JU
email: lawsondian@btinternet.com

Services Directory

ADI Landscapes provides hard landscaping services throughout south Suffolk and north Essex. ADI Landscapes takes pride in offering a friendly and reliable service, and has a creative approach, allowing all your landscaping dreams to become a reality.



www.adilandscapes.com

hello@adilandscapes.co.uk



07814 404377

Jen's House Clearances

Recycling rather than landfilling

House Clearances
Commercial Clearances
Bereavement Clearances
End of tenancy Clearances
Estate agent and solicitor work undertaken
Shed and Garage Clearances
Help with Hoarding
Fully licensed waste carriers

For a free quote
Call Jenna Martin

01787 211671 07805177032
Jenna@jenshouseclearances.co.uk
www.jenshouseclearances.co.uk

AK SMITH

PLASTERING (EST 1986)
CEILINGS, WALLS, FLOORS
PLASTERBOARDING
NO JOB TOO SMALL

For references see our website:
www.aksmithplastering.com
Further Street, Assington
Mobile: 07808 027 116

David Folkard

BLOCKBUSTERS Drain Clearance

Sinks, Toilets, Drains
Sewers etc.

Hadleigh 01473 827426

FIREWOOD

DRY SEASONED LOGS
VARIOUS LOAD SIZES AVAILABLE

KILN DRIED LOG NETS

Delivery available on minimum of 6 nets

Contact Carol Abbot
01473 829 130 or
mobile 07768 795 981

When the job's paintin' get The Saint in



QUALITY PAINTER & DECORATOR

* Interior/Exterior * Property Maintenance
* Local, Trusted & Reliable * Free Quotations

find me on
* Highly Rated Yell.com
★★★★★

07917877694

JLMDecorating@live.co.uk

FOR ALL YOUR DECORATING NEEDS



For all your Home Heating & Plumbing Needs

Established in 1979
Oil Boiler Servicing, Repair & Installation,
Oil Tank Fitting,
Renewable Energy Installation
Gas Safety Registered.

We offer a unique
Design & Installation service for
Bathrooms, Kitchens, Renovations and
New Build Projects.

To Contact us:
Tel: 01787 210277
Email: enquiries@whitwellservices.co.uk
Web: www.whitwellservices.co.uk

LOWER DAIRY FARM

28 day aged, grass fed beef
Direct from the farm

www.lowerdairyfarm.co.uk

Lower Dairy Farm Shop · Nayland
CO6 4JS · 01206 262314

M.D.MILLS

(BUILDING CONTRACTORS) LTD

All types of building work undertaken including:

Extensions, Renovations
Insurance Repair Works,
Plumbing & Heating, Electrics,
Roofing, Tiling, Decoration, etc

For a free no obligation estimate
please call:

01787 373085
www.md Mills.co.uk

COMPLETE PROPERTY SERVICES

Established since 1993

Plumbing & Heating
Electrical
Painting & Decorating
Kitchens & Bathrooms
Tiling & Flooring

Tel: 01787 210856
Mobile: 07538 067868

JP Services

Fencing - Horticultural Woodwork - Paving
Sleepers/Landscape Timber
07970 559 251
www.jp-services.co

Services:

- Rustic Structures - Rose arches, Pergolas etc
- Fencing, Hedge laying
- Sheds & greenhouses erected and repaired - bases laid
- Raised Beds
- Traditional Window Boxes & Planters
- Patios & Paving
- Gardens cleared
- NPTC Chainsaw certification held
- Waste removed - EA registered waste carrier
- And much more

Sales: visit us at www.jp-services.info

- Sleepers/Landscape timber
- Steel barrels, ideal for storage, incinerators etc
- Oak tubs/barrels

Services Directory



wood flooring specialist
• sanding & sealing, all wood types
• scrub/ clean & refreshing of floors
• supply & install engineered/ solid wood
domestic, commercial, education & leisure
E: admin@henryashe.co.uk
T: 01787 211143

Qualified Foot Health Professional

Bridget Clifford MCFHP MAFHP
Foot Care in the comfort of your own home.
Tel: 01787 211345
If unavailable leave a message
and your call will be returned.



J. Harvey

Caravan & Motorhome Valeting
-Interior & Exterior-
-At your home- Storage facility Or Seasonal pitch-
-Across Suffolk & Norfolk-
-At competitive rates-

For any enquiries 07973 705 351

original hand-made prints



artist : printmaker
Boxford : Suffolk
01787 211501

browse my website gallery — studio open by appointment
annetownshendart.weebly.com

Andy Morgan Painter & Decorator S.E.P. Painters

Tel: 01787 375824 • Mobile 07748 800701
andy@seppainters.co.uk

For all your interior and exterior decorating ...
...from New Build to Period Properties
Your satisfaction is my speciality!
Detailed information on my website:
www.seppainters.co.uk

Sanders Sweeps & Installations

Mobile 07808 298866
Traditional Chimney Sweeping
Fireplace & Stove Installations
Email: info@sanderssweeps.co.uk
www.sanderssweeps.co.uk

CARPENTRY & JOINERY

*Purpose made doors, windows,
conservatories, fitted kitchens,
bedroom furniture, etc.*

No job too small M Hearnden
Tel: 01787 248 285 / 07850 196 891

SHERBOURNE LODGE COTTAGES



Two self-catering cottages former
stable blocks offer fully equipped
and well furnished accommodation.
Each sleeps 2-4 people
(one can accommodate 6)

For further details please call:
01787 210885



Cass White

Traditional & Modern Upholstery
07759 924 209
casswhite@live.com

Sudbury Physiotherapy Centre & Complementary Health

- Musculoskeletal
- Neuro-Physiotherapy
- Sports Massage
- Chiropody
- Podiatry
- Pilates
- Shiatsu
- Clinical Hypnosis
- Paediatric Physiotherapy

Appointments available Monday - Saturday

Tel: 01787 378178
Email: sudburyphysio@btinternet.co.uk
www.sudburyphysio.co.uk
8 Concord Road • Sudbury • CO10 2NA

Amanda Hollingworth Counsellor

Helping people overcome their emotional,
psychological and relationship problems
for over 30 years
COSRT Accredited Psychosexual Therapist
COSRT Accredited Clinical Supervisor
UKCP & BUPA Registered Psychotherapist
contact: 01473 824663 or
ac.hollingworth@gmail.com

Seasoned Firewood & Woodchip For Sale By the load

01787 319200



We carry out all aspects
of tree works
SUFFOLK TREE SERVICES
www.suffolktreeservices.co.uk

Bradshaw Trenching Ltd Trenching & Groundwork Contractors

Drainage	Fencing
Water mains	Manage construction
Irrigation systems	Foundations / concreting
Cable ducting	Site clearance

Tel: 01787 210 499 Mob: 07810 801 021
www.bradshawtrenching.co.uk

AERIAL VIEW

- TV, FM & DAB aerials - Freeview, Freesat & Sky
 - Installations, Repairs & Extra points
 - TV's Set-Up & Installed
 - TV wall mounting
 - Wi-Fi & Telephone extensions
- Please call for all other services

01787 311057

Or visit www.aerial-installers.co.uk

H Byham & Son Ltd Ballingdon Dairy, Sudbury

Deliveries of Dairy Produce and
Goods to Boxford and
Surrounding Villages

Tel: 01787 372526

SANDRA HANSCOMB DipFH MCFP MAFHP

Qualified Foot Health Professional & Registered Nurse
FOOT CARE SERVICE IN YOUR OWN HOME
Corns, Callus, Fungal and Painful Nails, Nail
Cutting & Filing and care of the diabetic foot.
Phone for details: **Mobile: 07941 127 501**
Tel: 01787 310 872
feetlegstoegs@gmail.com
messages will be returned



M: 07515 288 736
T: 01787 228 341

E: info@blaketreecare.com

Providing excellence in;
Tree Felling - Canopy Reduction
Hedge Cutting
Tree Shaping and pruning - Stump Grinding
Pollarding - Emergency Storm Damage
Free Consultation for Small and Large Jobs
Public Liability Insurance

Suffolk Medical & Beauty Clinic

All Beauty Therapy Treatments
Laser Permanent Hair Removal
Anti - Wrinkle Injections
Thread vein treatment
Skin Rejuvenation
Dermal Fillers
Mole and Skin Checks
Dermaroller/Pen
Medical Microdermabrasion



www.suffolkmedicalclinic.co.uk

6 Broad Street. Boxford
01787 211000

Services Directory



Country Life Dog Care

Home from Home Boarding | Day Care |
Walking | Home Visits

For further information, prices & booking
please contact

Katharine

Tel: 07968 077767

Email: countrylifedogcare@gmail.com
or find us on Facebook.

Your dog in our home
cared for as one of our own

SAM'S K9 Services

Experienced dog walker and trainer, good rate, fully insured, qualified and have my first aid for dogs.

Not only am I a dog walker but I'm also a qualified dog trainer. I'm able to help with a wide range of behavioural and training issues. My methods of training are up to date and force free. Whether you need help as a first time puppy owner, or your dog is showing signs of aggression or you need help with training problems such as lead pulling
please call me on 07939 563 282

Paul Cooper CHIMNEY SWEEP

• Solid Fuel • Wood Burners
• Inglenooks • Oil • Gas
Bird Guards & Cows supplied and fitted
(Traditional Sweep for your wedding)

Tel: 01473 787374

Member of the National Association
of Chimney Sweeps & HETAS approved

GARDEN WORK SHRUBS TREES & HEDGES

Call for a quote
G.J. & C.A. Abbott

**01473 829130 or
mobile 07768 795981**

P.D. Garner Plastering Services

Telephone: 01206 262207
Mobile: 07976 246713

13 Elmtree Lane, Leavenheath, Colchester CO6 4UL

ONLY OIL OIL BOILER ENGINEERS

Why pay more for your servicing, breakdowns & commissioning?
Call us now for a very competitive quote!

NO V.A.T.

**Tel: 01787 313 250
Or 01473 827 792**

UPHOLSTERER Furniture Restorer

Armchairs, Sofas Dining Chairs etc
Fabric book available

No job too small

Phone Alan 07706 840 060 Boxford
alanwalsh027@gmail.com



tel: 01787 210 251

e-mail: info@willbishop.co.uk

Visit our website for more
beautiful designs

www.willbishop.co.uk



Boxstore™
Archive and general storage

The Local Self Storage Company

For all domestic and
business needs

See website for details
www.boxstore.co.uk
or phone 01787 210350

**CARPETS - VINYL - WOOD
LIONEL HATCH FLOORS**
Your local professional, personal,
competitively priced flooring service

Call Lionel Today

**T: 01787 374163 M: 07766 026 875
EMAIL: lionelhatchfloors@gmail.com**

CARPET CLEANING

Super Clean Carpet Cleaners



Your local professional
carpet cleaning service

**Call Mark Today
07376 800 111**

www.supercleancarpetcleaners.co.uk

T.O.P.L.I.N.E
Pest Control Services



ANDY TUFFS
Tel: 01787 211563
Mob: 07944 115193

B.P.C.A. QUALIFIED & ADVANCED CERTS

Colne Valley Windows Your local double glazing company

Windows • Doors • Conservatories
Bi-Folding Doors • Soffits • Facias and
Guttering • uPVC and Aluminium • Shop
Fronts • Manual and Automatic Entrances
and much more!!

Transferable 10 Year Insurance
Backed Guarantee
Over 30 Years Experience
Free Quotation
Local Family Run Business



**To arrange a free quotation
please call us on 01787 827382**

Website: www.colnevalleywindows.co.uk
Email: info@colnevalleywindows.co.uk

Certified Company 36650

LAWNS FIELDS AND GARDENS

Established 1991



All types of Grasscutting undertaken •
• Commercial and Domestic •
• Contract or otherwise •
• Grounds Maintenance •
• Hedges • Trees • Fencing • Patios •
• Drives • Pergolas •

**FOR A FREE QUOTE RING MARTIN ON
Tel: 01787 210675 Mobile: 07932 477152**

A Tennent Electrical

Quality Electrics for Domestic, Commercial
and Industrial properties
Small jobs to complete re-wires

For a free estimate call Adrian on:
01787 211576 Mobile: 07968 856 765
e.mail: adrian.tennent@btinternet.com
1 Church Street, Boxford, Sudbury



MINI WASTE LIMITED

**2, 3, 4, 6, 8, 10 & 12 YARD SKIPS FOR HIRE
16, 20 & 40 YARD RO/RO FOR HIRE**

Tel: 01787 378811

e mail: info@miniwaste.co.uk

Website: www.miniwaste.co.uk

BOXFORD ROVERS RETURN!



Boxford Rovers Under-11s



Boxford Rovers Under-12s



Boxford Rovers Under-13s in their brand new kit sponsored by The Tub Company

HOLE IN ONE!

Congratulations to Paul Pengelley who successfully aced the par 3 9th on the SbN Gainsborough course on Saturday April 10th. Paul used a 5 iron from 191 yards for the feat.

Some would say he timed it to perfection with outside hospital-ity to open just 2 days later. A hole in 1, and a cheap bar bill!

Congratulations Paul!



SbN LADIES IN WINNING FORM

Lesley Garnett and Debbie Howlett have played their way into the third round of the national Daily Mail foursomes competition

Playing their match just three days after golf clubs re-opened following lockdown there was not much time for practice. However, the weather was glorious sunshine and the golf course looked wonderful.

Playing Mary Sparrow and Mandy Boutell from Fynn Valley Golf Club the match was nip and tuck for the first 6 holes. The match turned towards an advantage to Stoke when Lesley hit a magnificent shot out of the left bunker on the 8th to within a few inches of the flag to win the hole. At the turn Lesley and Debbie were 2 up and from there won more holes until gaining a solid victory on the the 14th green - winning 5 and 4.

They now wait for the draw for the next round, and a haircut!!!

Easter competition

On Thursday 1st April the ladies at Stoke By Nayland had their first competition after lockdown. It was fantastic to be out on the fairways again on a dry but chilly Thursday. The Easter 18 hole competition was played on the Gainsborough course in groups of 4 with the best two scores to count. Lady Captain Janet Hodge greeted the ladies on the first tee with a basket of Easter eggs and then hot cross buns at the halfway hut at the 10th. Corinne Jackson, Katie Clark, Clare Nixon and Jacqui Trudgett played well together taking it in turns to add points to the teams score.



Lesley Garnett & Debbie Howlett



Winners: Katie Clark, Jacqui Trudgett, Clare Nixon and Corinne Jackson

SbN MEN'S RESULTS

Golf returned to Stoke By Nayland on Monday 29th March after 3 months of lockdown. The men's section wasted no time in holding their 1st competitions of 2021.

Maj Curtis had a "Good Friday" winning the Standard Trophy singles Stableford competition scoring 37 points narrowly nudging Ian Carter & John Parkinson into 2nd & 3rd spots on count-back. Glen Jackson finished 4th with 36 points. There were 151 entries!

On a cold and breezy Good Friday, Maj relied on some consistent driving and steady putting which saw him notch up 9 pars in a round that also had 2 blobs (nil points). The course was playing long with little run on the ball so a par at the SI 1, 4th Hole was a fantastic result. Maj also chipped in on the 13th for another difficult par. Well done.

