

August 2021

# Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



## THE SUMMER ROUND-UP

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**WE'RE GOOD TO GO**



Catesby's not-to-scale artist's impression of Ellis Street redevelopment.

## RETURN OF SAND HILL THREAT TO BOXFORD

Planning Application for 64 houses on land to the East of Sand Hill - DC/20/00330

### Boxford Parish Council Statement

Notification has been received that Catesby have made amendments to their proposals for Highway changes on Ellis Street. Sketched images and drawings relating to their Highways scheme have been submitted to Babergh District Council.

As of 14/07/2021 these have been made available to view under the above planning reference. Babergh District Council have also written to anyone who has previously commented on this application inviting them to make comments on these amendments before 4<sup>th</sup> August 2021.

We would urge everyone to view these amendments and send comments in writing to Babergh District Council at *Endeavour House, 8 Russell Road, Ipswich IP1 2BX*, quoting the above reference number as soon as possible. You can also view the application and make comments online at <https://bit.ly/planning-sand-hill>

We are also awaiting the outcome of the independent highways review that is being commissioned by the District Council and will share the results of this when possible.

*Boxford Parish Council.*

### A Letter From Boxford Society

Those of you who wrote to Babergh District Council last year about the proposed development by Catesby will have received a letter from the Council inviting further comments on the latest version of the application which includes revised drawings of the impact of putting a footpath from the estate into the Village, one of the stipulations for approval. Do please take a look on the Babergh website under Planning Application DC/20/00330 (<https://bit.ly/planning-sand-hill>). The Closing Date for Comments is **Wednesday 4<sup>th</sup> August 2021**.

All Boxford residents that object to the proposed development and resulting mangling of Boxford's roads need to re-voice their ongoing objections in the strongest possible terms. The sketches, which are not to scale, show a road such as you might find in a new town, not a medieval village. Ellis Street will effectively become a single lane carriageway for a good 80 metres. Can you imagine the traffic conflicts this will result in? And what about the wide and long agricultural vehicles that want to access Cox Hill? The cars parked in the formalised parking bays will obstruct the view of drivers moving from Sand Hill into Ellis Street and make the decision as to whether to enter the single lane even more difficult. The Highways Agency will also litter the road with a barrage of new road signs. You may have seen a similar result in Water Street in Lavenham. Altogether it is an unworkable solution as those of us who live in the village know.

Please do make your views known to Babergh – whether you've done so in the past or as a first time correspondent. They need to know how strongly we feel about this proposed development. If you need any further information about the plans or how to object, please don't hesitate to contact me on 01787 211853 or [jen.eastwood8@gmail.com](mailto:jen.eastwood8@gmail.com).

*Jen Eastwood. Chairman, Boxford Society*

## Box River News

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email: [editor@boxrivernews.com](mailto:editor@boxrivernews.com)

Deadline date for the September 2021 Issue is:  
**August 15th at midday**

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# The Blooming Garden

## Luscious Lilies.

I once had a garden that a lily breeder had owned and the first year I eagerly awaited the wonderful display of lilies. But none came up. Not one. Lilies are often quite temperamental and short-lived. And for the last thirty years or so we have had the extra headache of trying to protect them from lily beetle. These little monsters in red jackets quickly munch their way through lilies and then lay their eggs in a neat parcel of revolting excrement. I don't like to use chemicals and the one very effective treatment against lily beetle, *Provado* has thiacloprid as an active ingredient. Neonicotinoids have been blamed for the drastic decline in bees. Thiacloprid is supposed to have a lower toxicity than some of the others but I still don't like the idea of poisoning my garden. So I kill them by hand. Some gardeners suggest drowning them in soapy water, but in order to keep lilies reasonably intact you have to kill them every time you see them and not just when you happen to have a bucket of soapy water to hand. I know, it's horrible, but gardeners have to be ruthless assassins when the occasion demands.

The first lilies to bloom in my garden are the wonderful Turk's Cap lilies, *Lilium martagon*. These spread into nice clumps if you find a spot where they are happy. They have tall spires of blooms



*Lilium martagon* 'Claude Shride'

with recurved petals. I have them in cream and pink but there are some lovely rich coloured hybrids. 'Claude Shride' is one of my favourites. It is a rich, mahogany red. It is happy in dappled shade.

The Madonna lily, *Lilium candidum* is iconic in many cultures and has been represented in art for centuries. The ancient Minoan palace in Crete shows them on a fresco. And of course the Madonna lily has been adopted as a Christian symbol of purity. This lily always did well in cottage gardens as you can see on Edwardian garden paintings. These days they are difficult to please and often infected with lily virus. Some lily breeders exclude it because it can infect other lilies. I keep mine well away from other lilies. I have a clump which I struggle to keep going and it never increases. But it is worth the effort with its glistening white trumpets and glorious fragrance. You must plant *Lilium candidum* with just an inch of soil over the nose. The rosettes of foliage appear in early autumn. They must be well fed and watered.

I find the truly magnificent *Lilium regale* much easier to grow. It has white trumpets flushed with pink outside and the amazing fragrance wafts round the garden. This lily was discovered in the Sichuan Mountains in China by Ernest Wilson in 1908. There is a famous



*Lilium regale*.

story of him breaking a leg in two places when a landslide swept down on his party on a narrow track whilst on a lily collecting mission. He had to lie there whilst the pack mules walked over him. He walked with what he called his 'lily limp' after this. These early plant collectors were intrepid. This lily is the easiest one to grow from seed and germinates like mustard and cress. It can bloom in as

little as two years so you can have it all round the garden.

Oriental lilies and trumpet lilies are always popular but now we have a hybrid of the two in various colours called the Oriempet lily or it is sometimes shortened to O.T. lily. These lilies are showstoppers and grow to an enormous height. They are vigorous and relatively disease resistant. The leaves are tough and lily beetles don't attack them so much. My absolute favourite is 'Silk Road' which can grow to an amazing 6 feet tall. It has stunning white flowers with deep maroon/red centres. I have one clump of this lily but I would like to have it rearing its glorious heads all over the garden. The scent is fabulous.



*Lilium* 'Silk Road'

Other favourite lilies are the pure white Asiatic lily 'Casa Blanca', this always looks very sophisticated. 'Night Rider' has deep sultry, almost black flowers with satiny petals. And if you like pretty in pink then 'StarGazer' is a perennial favourite.

When choosing lilies it is helpful to remember that Oriental lilies have the most fragrant flowers. They prefer acid soil so are good in pots of ericaceous compost if your soil is alkaline. Asiatic lilies have a greater range of colours but they have smaller flowers and tend not to be fragrant. But they are hardy and easy to grow. Most lilies like a sunny spot although *Lilium martagon* will grow in dappled shade and will even seed about if they are happy.

*Chloris*.

For more from Chloris follow:

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

## POTTY ABOUT PLANTS?

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## 'BOXFORD THROUGH THE AGES' BOOK LAUNCH



An interesting new history of Boxford was launched at the Village Hall on the 8th July in front of a group of villagers keen to see and buy this new book. Roger Loose, the author, gave a short introduction to the book and what lay behind it. He explained that he has lived in Boxford since 1994 and this book is the result of his love for this unique village and the many requests to 'write down' what he has discovered. It tells its story about the life and times of the people who lived here before us, from their first arrival more than a 1000 years ago to the present day. Its 190

pages include a detailed index, four new full-colour maps and 43 photos and illustrations, many never published before, and including some familiar faces.

Over the last 27 years Roger and Tina, his wife, have collected everything they could about the history of the village - much of it generously left for posterity by those who have passed away. This forms the basis of what is now the Boxford Society Village Archive, some of which is digital and includes scans of nearly 2000 photos and maps. Some of the material comes from the many interviews that Roger had with the older villagers about 20 years ago, collecting their memories of their early years whilst it was still possible.

For Roger, the only good thing to come out of Covid was that it suddenly left him at a very loose end in February 2020. Egged on by Tina and several lockdowns, he settled down to the task of writing this book. Tina generously acted as his "stairs runner", finding relevant documents in boxes and shelves in the third bedroom and suggesting new lines of enquiry. Roger said that without that support and her encouragement he might well have given up.

The book was an opportunity to scotch one long-standing village myth. Detailed first hand reports from that time show that William Corder, who murdered Maria Marten in the Red Barn at Polstead in 1827, was never held in the gaol at Boxford, nor was he arraigned before a court at the Fleece. However, he was greeted by curious and excited villagers who thronged onto the streets of Boxford as he passed through. He was on his way from Polstead, where the Coroner's Inquest had taken place at The Cock Inn, having spent the previous night under guard at the George Inn in Colchester. He was guarded in the chaise (an open top horse-drawn carriage) by a constable as he was taken to Bury gaol for trial and execution. Such was the national publicity and interest that this crime had produced.

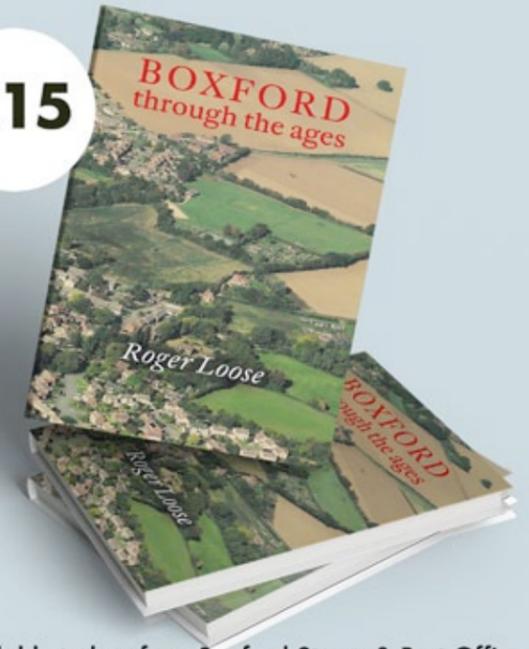
Roger thanked the Boxford Society for their encouragement and support in sponsoring this book. Once the production costs have been met, all the proceeds will go to this important local Registered Charity which seeks to protect the village heritage and ensure its future vitality.

Roger also thanked Peter Newble from the Orphean Press, for he could not have found an editor and publisher with greater knowledge and love of Boxford - he was born and raised here. His expertise in editing and publishing have added immeasurably to this book.

Finally Roger expressed the hope everyone would buy it, enjoy it and find it an ongoing source of interest and information about this wonderful village. By the end of the exhibition more than 90 copies had been sold.

"Boxford Through The Ages" by Roger Loose on sale now!

£15



Available to buy from Boxford Stores & Post Office  
Direct from Roger at 16 Clubs Lane (cash only) 210538  
or online at [www.boxfordsuffolk.com/boxford-book](http://www.boxfordsuffolk.com/boxford-book)

## THE WHITE HORSE INN

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\*Updates on our social media for August as they come!\*



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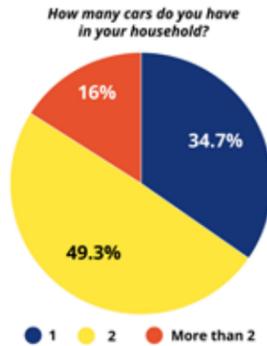
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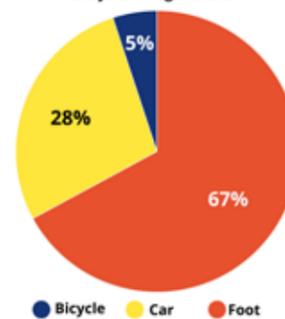
## BOXFORD TRAFFIC SURVEY

There was an amazing response rate of 221 people within the two-week period of the Boxford traffic survey in last month's BRN. This equates to about 22% of all people over the age of 16. Whilst we are still collating all the comments, there are some clear themes emerging.

With 60% of households in the village having two or more cars, congestion on routes into and through the village is the main concern. Especially on Swan Street, School Hill, Broad Street and Ellis Street. With strong indications that future development around the village will cause a continued increase. This is further exacerbated by the large vehicles that pass through and inconsiderate parking. Issues raised include parking on double yellow lines, pavements and junctions and the lack of traffic enforcement.



How would you normally travel to Boxford Village centre?



Many respondents feel a village car park is required to help give some relief, with 28% of respondents stating they need use of a car to access services in the centre of the village. Concerns are also expressed regarding speed in various parts of the village. Whilst narrow and unsafe pavements are unsuitable for prams and mobility scooters and bring pedestrians into close contact with speeding traffic, make walking intimidating, especially as so many cars don't slow down, give space and mount the pavements.

77% of respondents feel the reduced bus service through the village is driving an increase in car usage. The changes to service making it harder for people to use this for commuting and leisure purposes, with particularly poor services at the beginning and end of the day.

Swan Street features as the busiest road in the village and the preferred route for those travelling to Lavenham, Bury St Edmunds and beyond.

Boxford Parish Council would like to thank everyone who took time to complete the traffic survey. Further analysis will be undertaken and shared with the planning and highway authorities, to improve their understanding of the traffic and highway related issues in the village.

## A FITTING TRIBUTE TO MUCH MISSED BILL HORNE

The late Bill Horne was honoured with a room dedication at the Village Hall on Sunday 27th June. In a collaboration between the Village Hall and Boxford Drama Group, "The Bill Horne Meeting Room" was opened in a ceremony to commemorate Bill's contribution to the success of both organisations.

Although sadly Bill died in 2019 he had been a very active member of the Village Hall Committee and had spearheaded their fundraising to replace the roof of the building.

Bill was a much-loved member of the Boxford Drama Group, whose home is the village hall. He was a very creative man with great vision who loved a musical! The many shows he produced were both ambitious and moving with imaginative sets which filled the hall with laughter and music.



Bills Grandchildren - L-R Evelyn 3, Elliot 6, Laurie 3, Emmeline 7, Oliver 9. Unfortunately Eleanor 24 was unable to come

Five of Bill's six grandchildren unveiled the brass plaque together with a photo of Bill entitled "To our friend Bill, who raised the roof of the Village Hall." A much larger celebration had been planned but due to covid restrictions, only the Horne family bubble could attend with Veronica Hobbs and Elaine Carpenter representing the Village Hall and Boxford Drama Group respectively.

Bill was very much at the heart of this community and made a great contribution to the life of Boxford. He will now have a permanent dedication at the centre of the village he worked so hard for.



Bill Horne's lovely family. L-R: Sarah, Evelyn, Alistair, Elliot, Laurie, Elaine, Darren, Oliver & Emmeline

## PRESENTS FROM THE PAST

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



Lockdown was a double-edged sword for everyone in the antiques world. For the dealers and sellers around the country it was obviously financially harrowing to be forced to close and lose income, and we lost many a treasured colleague to early retirement or even a totally different industry altogether. However, for anyone even remotely interested in antiques and art it provided a much needed time for reflection on the pieces we own - what it is we like about them, about the stories behind them, and where these stories will take us next in our journey of discovery.

Such pause for thought and introspection has sparked an exciting new wave of fascination with art, and the pent-up excitement in online forums and social media over the lessening of Covid restrictions is absolutely palpable. The return of in-person antiques fairs this summer promises to be quite an event and sellers are likely to be more than happy to accommodate the return of their customers, so there's the real potential for bargains to be had for the fast-footed, clued-up buyer.



With that in mind, I thought I'd arm you all with my top 10 helpful tips about visiting and buying at an antiques and art fair this summer.

1. Plan your diary. There are quite a few fairs on this summer, from the smaller, local regular events such as the charming Long Melford Antiques Fair (held on the last weekend of each month) to the larger one-offs such as Bungay Antiques Fair (Sun 25th July, postcode: NR35 2SA) or Southwold's three-day antiques extravaganza (27-29 August, St. Felix School)
2. Don't party the night before. You'll want to get there nice and early to get the real bargains and/or treasures before they're snapped up by someone else.
3. Smash the piggy bank. Cash is king at an antiques fair. You'll find many sellers will have mobile card readers so you can use a credit/debit card, but you'll get the best discount for cash. Many fairs also have cash machines available, but there are often long queues, the machines break down or run out of cash, and by the time you've negotiated all of those problems, you'll get back to the stall to find that item you wanted has long since been snapped up by someone else better prepared with the readies.
4. Get touchy-feely. Make sure you inspect anything you're

interested in. Pick it up, turn it over, examine carefully. You're looking for maker's marks and/or any damage such as chips, marks, cracks or scratches that will all affect the price. Don't forget, if you get it home and only then notice a crack, you'll be seeing the damage whenever you look at it, which will spoil your enjoyment of that item for you.

5. Secret Codes. Not all dealers do this, but quite a lot do. Take a very careful look at the price ticket on the item. Apart from the price itself, you may find codes that give you a clue about the level of discount on an item that the seller is willing to give. With so many items for sale, not all sellers can retain this information in their heads and have to write it down somewhere. Take your time and see if you can crack the code!
6. Embrace the future. You may well be in a hall or field in the middle of nowhere, but this is 2021. Most places (certain parts of Norfolk notwithstanding) have a 4G signal that you can use to google the price of similar items to give you an idea of whether something is over or underpriced. Don't forget the Google Lens app I've mentioned in a previous BRN. A quick snap on your smartphone will often return great information on similar items.
7. Get the story. Don't be afraid to talk to the seller about an item you're interested in. Ask about where it came from or if they know anything about its history. You'll very often find that they have a huge knowledge about it that they're only too happy to share. Very often, getting into a conversation with a seller makes you much more human and less 'buyer' in their eyes, which also helps immensely when it's time to...
8. Haggle. Haggle. Haggle. Most antiques dealers have already priced a discount into the price. They're ready for you to haggle and they won't be insulted if you do. It's expected. Of course, that's not to say some won't make a big drama of it, but that's half the fun of the show.
9. Don't forget the paperwork. Once you've agreed on a price, insist on a receipt, even if paying by cash. Your receipt is a record of provenance and a guide for future valuation. Make sure it lists any damage you've noticed before purchase. Keep the receipt safe, either in the item if possible, or in secure storage where you won't lose it.
10. This is the most important one: Trust your taste. Only buy things you like. If you buy something you're not personally interested in, you'll never appreciate it on your shelf, and you'll never get as good a price when you sell it as you would if you were emotionally invested in it.

That's it! Have fun everyone - antiques fairs are a great day out and you can often meet some genuinely entertaining characters.

Do let me know of any fab buys you find - [iain@antiques.co.uk](mailto:iain@antiques.co.uk)  
Iain Brunt



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## KENNY'S NEWS FROM SESAW



After another July downpour some of our bedraggled ladies could be heard laughing and chatting as they exercised the rescued dogs in the garden. Bev has been helping at SESAW for three years in between caring for her own horses. She thinks people don't realise that cleaning kennels is mucky, hard work particularly in the winter, "the TV programmes make it look so glamorous".

Seven years ago, Debbie chose to

work four full days a week leaving a day for volunteering. She says it is rewarding to spend time with the dogs, building their trust through kindness. "Everyone is so friendly and it is wonderful to see the dogs go to new, loving homes." Enthusiastic helpers, Judy and Ivy agree, they both help with animal care, sorting donated goods and fundraising.



Bev & Hunter

Despite the tough times, no matter what they've been through, our volunteers keep coming for love of the animals. After suffering an arm injury in the Spring Debbie recruited her husband as chauffeur / dog walker for a few weeks!



Ivy & Hunter

We are lucky to have equally dedicated volunteers each day but the numbers are dwindling due to various life changes. If you have what it takes to care for the animals, help with general maintenance or assist with fundraising, please contact us and don't forget to leave your phone number. Despite yet another shower, the tired friends still look happy as they head for home and the resident dogs head for the kitchen, including me, Kenny (the Boss) Chihuahua.

We are not holding any fundraising events this year but our trusty volunteers will attend sales and markets arranged by various organisations or sell things locally, online and at their garden gates. Speaking of which, it's time for me to accompany Mum on her evening rounds then it's a cosy bed by the fan.

Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Reg. Charity  
No.1124029, Stoke Road, Leavenheath, CO6 4PP.

Tel: **01787 210888** [www.sesaw.co.uk](http://www.sesaw.co.uk)

Bev & Debbie



## HADLEIGH & BOXFORD PATIENT PARTICIPATION GROUP

Members of the group, together with relatives and friends, continue to support the Practice during the Covid vaccination sessions. In an effort to accommodate the work pattern of younger patients most recent sessions have been early morning, late afternoon, early evening and all day Saturday. The reduction between jabs from eleven to eight weeks resulted in a concentrated effort on 17th July with a total of 700 vaccines given that day. If you still haven't had your second jab please contact the Practice after 10a.m to find out when it will be possible.

Many volunteers have been helping with the programme since January 2021 while others have given their time when possible. With more scope for visiting and holidays volunteer numbers have reduced considerably so new recruits are always welcome. Contact Jan Devey for information.

By the time this goes to print the 31st July deadline for the Patient Survey will not have been reached. We hope to have the results in time for the September edition. Sincere thanks to all who submitted their opinions.

In the meantime please make use of the Practice website which is full of useful information.

Website: - [www.hadleighhealth.co.uk/coronavirus](http://www.hadleighhealth.co.uk/coronavirus)

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

Email: - [hadleighboxfordppg@gmail.com](mailto:hadleighboxfordppg@gmail.com)

PPG Chair: - Jan Devey 01473 827 091

# Summer waxing offer

## Summer's here, people!

But would I be right in saying there's a pair of stubbly legs or hairy armpits lurking beneath your clothes right now?

You're not alone. When it comes to hair-removal, it's easy not to bother or to rely on a quick once-over with a razor in the shower. But for truly smooth and hair-free skin that LASTS, waxing is the best option.

Waxing lasts 3-6 weeks - far longer than shaving - and leaves skin silky smooth. Regular treatments will gradually make hair finer and softer, diminishing growth.

This month, at Suffolk Medical Clinic, we're offering an amazing **25% off all waxing**. Call the clinic on 01787 211 000 to book... but be quick, this offer is bound to be popular!



## Summer Waxing Special

### 25% off all waxing\*!!

Call 01787 211 000 to book

\* Offer valid once per person, until 31/08/2021

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**OPENING EARLY SUMMER 2021**  
 FOR CHILDREN FROM 1-4

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

**WOODLANDS Babies**

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



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

## SCHOOLS OUT, SUMMERS IN ON THE FARM!

Schools out and we are very excited at Hollow Trees Farm! With a stay-at-home summer ahead, we want it to be fun all the way. We have added some activities onto our existing Farm Trail ready for the school holidays. Alongside the Foxhole Slide, Goat Mountain, Dizzy Donuts, play tractors and rope swings, this summer you can enjoy whizzing down the hill on the Cresta Run sledges, testing your skills on the Crazy Golf course or challenging yourself on the Straw Stack climb. Also looking forward to seeing you on your way around the Farm Trail will be the cows, sheep, pigs, goats, chickens, alpacas and many more animals all eager to say hello!



**HOLLOW TREES FARM**



Feeding the animals is great fun but with so much to do you might just need some refreshment for yourself? On our web site, [hollowtrees.co.uk](http://hollowtrees.co.uk), you will find our Tasty Takeaway menu that can be pre-ordered and enjoyed in the picnic area. There's something for all the family and to tempt you that way you get 20% off the first order you place online! Alternatively, you can take a break from the outdoors and book a table in the Farm Café where you will find a range of home cooked dishes and daily specials.

If you prefer a DIY picnic then look no further than the Farm Shop, it's brimming with tasty food. You can find homemade sausage rolls, quiches, pork pies, cakes, crisps and much more. Look out for our special Summer Picnic Meal Deals to help make the pennies go a bit further.

The Hollow Trees Summer Farm Trail with the additional activities runs from Wednesday 21<sup>st</sup> July – Wednesday 1<sup>st</sup> September 2021 inclusive. Summer price is £6.50 per person (two years and under go free).

Pre booking is essential and is via [www.hollowtrees.co.uk](http://www.hollowtrees.co.uk)  
 The Farm Trail is always open all year round for you to enjoy but make a note of our next big event. It will be our annual Halloween Festival running on the Farm Trail from October 22<sup>nd</sup> – 31<sup>st</sup> with lots of pumpkin mayhem and madness. We look forward to seeing you soon ☺



**SCHOOLS OUT, SUMMERS IN.**

**HOLLOW TREES FARM**

**JOIN US FOR SOME SUMMER SURPRISES**

In addition to our amazing Farm Trail, there is lots more fun and adventure for all the family!

**BOOK NOW**

**HOLLOWTREES.CO.UK**

   
 @HollowTreesFarm  
 #GreatDayOut







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## BALDNESS BEGONE!

Research has shown that approximately 40 per cent of men and almost 30 per cent of women in the UK have experienced hair loss at some point in their lives. Commonly it is seen as a mark of male ageing and even for some as a badge of masculinity, but for many men and women alike it can be a stressful and debilitating condition. There are however naturally-originating remedies that can help, and Castor Oil is one of the stars of the show.



Castor Oil is an amazing substance for a huge number of reasons, but especially for hair loss. Hair loss can be due to natural hormonal changes such as menopause and hormone therapy, stress, fungal or viral infections, seasonal changes, anaemia, lack of protein, genetic predisposition, malabsorption or poor diet and plenty more. The reasons for hair loss are extensive and can often be multi-faceted so whilst it is always a good idea to consult your doctor or a specialist there's no harm in adopting a few natural age old remedies to help keep the hair on your head and not on the brush.

Castor oil is a thick, sticky oil from the beans of the Castor Oil plant and has been used for centuries as a medicine and a beauty product. The oil contains high levels of Vitamins A, E, Omegas 6 and 9 fatty acids, proteins and minerals, and is conditioning, antibacterial, anti-fungal and cleansing, and a circulatory stimulant. Furthermore, according to a research paper published in 2013 it is believed that it is the uniquely high levels of Ricinoleic acid which are responsible for increasing the blood circulation to the skin or scalp and hence the potential to improve hair growth. The study further showed that Ricinoleic acid inhibits Prostaglandin D2, an enzyme that is believed to contribute to baldness. Ricinoleic acid is readily absorbed by the skin and has minimal adverse skin reactions, making it a great candidate for hair loss treatment as it can be used regularly with very few, if any, side effects. So if you want to grow your hair, or stop it from disappearing, the scientific evidence suggests Castor oil is a good bet.

### How to Use Castor Oil

Firstly, I recommend using Jamaican Black or unrefined Cold Pressed Castor Oil – both seem very similar in efficacy. I sell an organic, cold-pressed castor oil on my site at [www.pippettes.co.uk/products/castor-oil-organic](http://www.pippettes.co.uk/products/castor-oil-organic)

### Hair Loss

Castor oil by itself is a bit too thick and sticky to massage into the scalp – especially if your hair is long. Mix Castor oil with Argan, Sweet Almond or Olive oil 50:50. Apply oil to your fingertips (not

palms) and start at the back of the head and massage forwards. Then smooth down the shafts of the hair. Sleep on a towel, and in the morning you will be amazed by how little oil there is on your scalp and in your hair. Wash off with a gentle natural shampoo and rinse with apple cider vinegar in water (1 teaspoon:250ml) then in cool water. Once dry, put a little Argan oil and Castor oil (3:1) on your fingertips and smooth through your hair for extra shine. You don't need to do this every single day - once or twice a week is plenty.

### Folliculitis/Ingrown hairs

These can occur anywhere, but face and neck on men, and scalp, armpits, groin and inner thighs on both sexes are the most common places. Add 6 drops of any/combination of Lavender, Tea Tree, Rosemary and Lemon to the Castor oil. Warm the oil a little and then massage it into the desired area and leave for two hours. The oils open the pores, draw out the infected pus and cleanse the follicles of microbes. Apply once or twice a day. Clean skin with apple cider vinegar diluted in water.

### Eyelashes and brows

Apply a small amount using a clean mascara brush to the eye lashes and eyebrows before you sleep. We found it took just 2-3 weeks to get visibly longer lashes!

Castor oil isn't just a fabulous hair restorative. It has a myriad other uses also including as an acne treatment, as a skin cleanser and even also as a lymph node and liver stimulant. Have fun using Castor oil and remember – like most things – less is more and start off with conservative measures!

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



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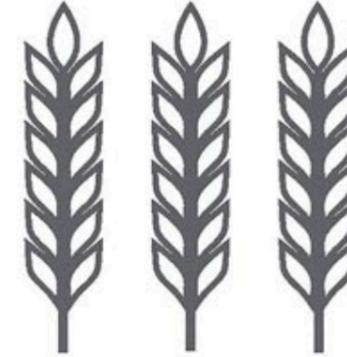
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## CITIZENS ADVICE

*I recently become a carer for my partner who I live with and can no longer work. We've started falling behind on our bills and I'm worried our debts are only going to get worse. I'm on Carer's Allowance but what else can I do to turn things around?*

citizens  
advice

A change in circumstances can often trigger financial problems. It's good to see you taking action now as this will stop you from sliding into further debt.

See if you can make any savings on your household bills by switching suppliers or changing deals. You may be able to get a reduction on your council tax bill - speak to your local authority directly.

Try to boost your income too. You may be able to apply for benefits jointly with your partner to be paid alongside Carers Allowance. This could be Income Support, income-related Employment Support Allowance or Universal Credit.

You should contact your creditors and ask if you can reduce your repayments until you're back in work. They can also freeze any interest and charges, so your debts don't go up while you pay less. Check to see if you have payment protection insurance to cover giving up work to become a carer as well.

If you're still struggling to cover your outgoings, it's important to prioritise paying your household bills like your council tax and rent or mortgage.

For further help working out your budget, negotiating with creditors or checking which benefits you're entitled to, contact 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](mailto:advice@sudburycab.org.uk) or by the contact facility on our website: [www.sudburycab.org.uk](http://www.sudburycab.org.uk). Contact: Elaine Gorman  
Email: [elaine.gorman@sudburycab.org.uk](mailto:elaine.gorman@sudburycab.org.uk)

### Remember!

The Box River News can be seen in full colour each month by downloading from the website.  
[www.boxrivernews.com](http://www.boxrivernews.com)

The digital version is generally available two days after the deadline.

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## A PEAL FOR RINGERS

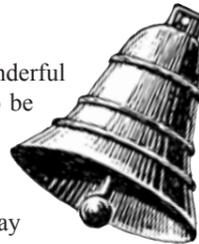
With the easing of lockdown the wonderful clanging clamour of church bells will start to be heard across the benefice again as the bells are resuming their ringing.

This means that Boxford and Edwardstone ringers will be resuming their 7.30 Wednesday evening practice at Edwardstone.

Both towers are short of ringers so we are looking people who might like to learn this fun and skilful art. Contrary to popular belief, you don't have to be strong and age is no barrier as it is all about skill, which you will be enthusiastically taught.

If you are interested please contact Richard Gates on 01787 210432 for further information on how to join a heavy metal band (the Boxford tenor weighs over a ton).

To read more about St Mary's Church bells in Boxford, see: <https://www.boxfordsuffolk.com/bells>



## THE AUGUST LETTER FROM FATHER ROB

Dear Friends,

How are you? I wonder how the imminent relaxation of restrictions around COVID 19 makes you feel. Are you anxious? Are you raring to go? Are you somewhere in the middle?

A few weeks ago, there seemed to be so much promise in store for the coming months. And as if we needed further proof, this seemed to be epitomised by our English football team storming through to the final of the Euro Championships. I don't know about you, but as an avid football fan, I watched the final with expectation and glee. Surely this year it was 'coming home' and with it all our troubles would be gone. I was so sure that this would be our year, and after we had lifted the trophy, so our Fairy Godmother would wave her magic wand and all the pain, disappointment and frustration of the past would be over.

Alas, the final played out to a completely different narrative. Our courageous lions gave their all but could not provide that final win. More widely, the headlines surrounding the national team both inspired and disheartened in equal measure. Gareth and his team held themselves together with remarkable poise and dignity even when a minority of supporters were bringing shame upon our nation by booing other nations' national anthems, breaking through barriers to gain illegal access to the match, fighting in the streets outside and, most shamefully of all, throwing vile racist abuse at three of our most promising young players simply because they missed their penalty kicks. One commentator commented that "the English need to learn how to lose well". I couldn't agree more. Further, some of our young men (and they are nearly always men) need to learn how to handle their negative emotions better. On the other hand, most are agreed that the persona that Gareth Southgate and his young team of diverse race, sexuality and socio-political background showed throughout epitomised everything that the British nation should be proud to build upon. Courage, dignity, humility, respect... the list of virtuous traits goes on. Perhaps these are the things we can look to as we consider how to re-build our post-COVID world?

I must say that having recently contracted the disease myself (for the second time), after my daughter was in contact with someone at work who had tested positive, I am reminded that we are not out of the woods yet. I do also think, however, we need to move cautiously on from some of the limitations and fear that we have been trapped in these past few years. I guess we would be wise to slowly tread the middle ground, as is so often true of much of life.

For our churches, we will be doing just that. We recognise that for some it may feel frustrating that we are not moving faster and yet others may feel anxious as we plot our way forward. All I can say is that we will continue to do our best for everyone, as we have done throughout this pandemic. I would also like to make a plea to you all...

Prior to the pandemic, our church had begun to see promising growth in both numbers and depth. New developments around children's ministry had begun to pick up pace and were being well-received. We saw an increase in the number of people coming to Sunday services and especially at the special times of year like Harvest, Christmas and building into Easter. So much of the



positive momentum that was developing was thwarted by the pandemic. Nonetheless, through the pandemic the benefice group of 5 churches has grown together in remarkable ways, working better as a united team and growing in collegiality and trust. There are so many people we have to be thankful for in not just keeping our churches running, but in the manner in which they have allowed that to happen. But the pandemic has had a calamitous effect on village churches up and down the country, and ours are not alone. So, this comes with another plea:

- As we begin to plot our way through this next stage, please do support us.
- If you used to attend, but have fallen out of the habit, please do return and place church once again high on your agenda.
- If you didn't used to come but are curious, please do make the time in your schedule and come not just the once, give it a chance to grow a positive effect upon you.
- If you would hate to see the local church decline or even close completely, then do support us financially and support our events when they happen, even if the religious stuff isn't your thing. Find out more here: [www.boxriverbenefice.com/support-us](http://www.boxriverbenefice.com/support-us)
- Please do fill in our survey so that we can begin to grow our churches into places that would best suit you. You can find the survey here: <https://bit.ly/brb-church-survey>

These next few months are unlikely to meet all our hopes and expectations for the summer, but they are an opportunity for us to work at building something even better than we had before.

Whatever your summer holds, I hope it may be filled with copious blessings,

Fr Rob

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

Tel: 01787 210434



You are invited to  
**"DROP IN FOR COFFEE"**

in the Church  
Little Waldingfield

**FRIDAY 6 AUGUST**  
**10.30 – 12.00**

Join us for a coffee and  
friendly conversation.  
All welcome!

A voluntary donation to church funds would be welcomed  
**PLEASE WEAR YOUR FACE MASK UNTIL SEATED Thank you**



## We're Back in Church!!! SERVICE SCHEDULE FOR JULY 2021



<b>Sunday 1<sup>st</sup> August</b> Trinity 9	09:30	Morning Worship	St Lawrence's, Lt Waldingfield
	11:00	Morning Worship / Mattins	St Mary's, Boxford
		No Forest Church	
<b>Wednesday 4<sup>th</sup> August</b>	10:00	Simple Eucharist (CANCELLED)	
<b>Sunday 8<sup>th</sup> August</b> Trinity 10 (Transfiguration from 6th)	09:30	Sunday Eucharist	St Bartholomew's, Groton
	11:00	Sunday Eucharist	St Mary's, Boxford
<b>Wednesday 11<sup>th</sup> August</b>	10:00	Simple Eucharist	St Mary's, Boxford
<b>Sunday 15<sup>th</sup> August</b> Trinity 11 & The Blessed Virgin Mary	09:30	Sunday Eucharist	St Mary's, Boxford
	11:00	Patronal Festival followed by Parish Banquet	St Mary the Virgin, Edwardstone
	17:00	Evening Service	St Bartholomew's, Groton
<b>Wednesday 18<sup>th</sup> August</b>	10:00	Simple Eucharist	St Mary's, Boxford
<b>Sunday 22<sup>nd</sup> August</b> Trinity 12	09:30	Intergenerational Family Service/Eucharist	St Mary's, Boxford
	11:00	Sunday Eucharist	All Saints', Newton
<b>Wednesday 25<sup>th</sup> August</b>	10:00	Simple Eucharist	St Mary's, Boxford
<b>Sunday 29<sup>th</sup> August</b> Trinity 13 & St Bartholomew	11:00	Patronal Festival followed by Parish Banquet	St Bartholomew's, Groton

Please be aware that these services may be subject to change at short notice due to the COVID-19 pandemic. You can also follow our live streamed services and obtain service material from the following links:

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

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

## PLEASE COMPLETE THE CHURCH SURVEY

Your views are important to us. Please take a couple of minutes to complete our survey so that we can plan for an exciting future together. Thank you.

You can find the link here: <https://bit.ly/brb-church-survey>

If you or someone you know requires a paper copy, please do get in touch at [boxriverbenefice@gmail.com](mailto:boxriverbenefice@gmail.com)

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

## WANTED: CHURCH FLOWER VOLUNTEERS

Have you ever seen the lovely flowers in St Mary's Church and thought "I wish I could do that"? - Well now is your chance!

All you have to do is love flowers and enjoy sharing their beauty with everyone in this sacred and special place in Boxford.

We need people with a love of beautiful flowers to come forward to try their hand at decorating our gorgeous church.

You do not have to be a member of the congregation or a florist or have a Gold medal from the RHS! If your garden is popping with colour right now, you will feel the joy and want to share it.

All we ask is that you bring the flowers, and we will supply all the other things you need. Support will be available for beginners and those who need a bit of confidence.

We are looking for people who are willing to put their names down for a fortnightly slot once or twice a year and to get together with the other volunteers for special times to dress the church like Easter, Harvest Festival and Christmas. We are a happy, but sadly depleting bunch, who would love to welcome more volunteers.

If you think you would like to help, please give me a call and I will be happy to chat or meet you in the church.

I look forward to hearing from you, best wishes,  
Karen Whymark - **01787 210414** or **07453 414 483**



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

## DATES FOR YOUR DIARY

### Boxford

Church Café Coffee Mornings – 17th July 10am - 12 noon

Eco Forest Church – 5<sup>th</sup> September @ 11am  
(Every 1<sup>st</sup> Sunday of the month)

St Mary's Patronal Festival and Church Fete – Sunday 12<sup>th</sup> September from 11am – 4pm

Intergenerational Harvest Service – Sunday 26<sup>th</sup> Sept @ 9.30am

### Edwardstone

St Mary the Virgin Patronal Festival and Parish Banquet – Sunday 15<sup>th</sup> August @ 11am

### Groton

St Bartholomew's Patronal Festival and Parish Banquet – Sunday 29<sup>th</sup> August 2021 @ 11am

### Little Waldingfield

'Drop in for Coffee' Mornings – 6th August @ 10.30am - 12 noon

Village Flower Festival – 4<sup>th</sup> and 5<sup>th</sup> September

### Newton Green

Harvest Service and Lunch – Sunday 26<sup>th</sup> September @ 11am

## 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.



We are still here for you and doing all we can to provide spiritual nurture and support. We will continue to hold live worship and this will be live-streamed over our Facebook page: [www.facebook.com/boxriverbenefice](https://www.facebook.com/boxriverbenefice)

If you need support, please call Fr. Rob on **01787 210434** or email [rparkermcgee@gmail.com](mailto:rparkermcgee@gmail.com)

We look forward to you joining us in our devotions.



Join us at St Mary's Church, Boxford where we shall walk to the Rectory Woodland for

# Forest Church

**SUNDAY 5TH SEPTEMBER 2021 @ 11.00am and the 1st Sunday of each month.**

Encounter divine things in the great outdoors: in the sky, the earth, the trees and the wildlife.

This service is for all, old and young, who wish to get down and dirty with God. It will be new, alternative, quirky and fun.

## Little Waldingfield FLOWER FESTIVAL

ST. LAWRENCE CHURCH

(On B1115 Sudbury to Stowmarket Road)



**Saturday 4 September 10am – 5pm**

**Sunday 5 September 10.30am – 5pm**

**FREE ADMISSION – Donations Welcome**

**Refreshments in the Church**

**Stalls Tombola Raffle**



The 22nd annual  
**POLSTEAD EXHIBITION**  
 LOCAL ARTISTS AND MAKERS



**Sat. 28th, Sun. 29th & Mon. 30th AUGUST**  
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**What's On**

**CAVALCADE ON THE CROFT**

Sunday August 22<sup>nd</sup> 12 noon till 4pm

To celebrate 25 years of ownership of the Groton Croft by the people of Groton.

We hope to have lots to see with a Jazz Band, Burger Bar, Ice Cream, Cake Stall, Plants and local artists as well as Classic and Vintage cars and a Green Goddess and a Traction Engine.

Entrance is Free though donations will be gratefully accepted.  
[www.thecroftgroton.co.uk](http://www.thecroftgroton.co.uk)

**IMPORTANT NOTICE:**

The car park for visitors will be open from **12 noon** on the Croft with access from the Church Street gate, (CO10 5HD) **ONLY**. There will be no access to visitors before that time

The Groton Street entrance (CO10 5EE) is for show vehicles & pedestrians only. Show vehicles & stall holders are asked to arrive from 10am.

*The Groton Trust is a registered Charity 1032579.*

**ACTON ART EXHIBITION**

28<sup>th</sup> August – 12<sup>th</sup> September

11- 4 Monday-Saturday, 12-5 Sunday.

Acton Art Exhibition & Sale with over 200 original paintings, plus many prints, framed and unframed. Buy your very own unique work of art. Entry Free.

All Saints Church Acton, CO10 0UU. In aid of Church funds.

**THE ARTS SOCIETY SOUTH SUFFOLK**

We offer a stimulating monthly lecture programme delivered by experts on all aspects of the Arts. Lectures usually take place at The Quay Theatre, Sudbury on the 3<sup>rd</sup> Tuesday each month (excepting July/August or December).

**Membership** is £40 per person (£75 per couple) pa with a quarterly Arts magazine. Also there are the options of Zoomed virtual tours around Places of Interest & Special Interest subject coverage at a small additional cost.

**TO JOIN:** Go to our website [www.tassouthsuffolk.org.uk](http://www.tassouthsuffolk.org.uk), or contact Carole Ashton: email [creevesashton@gmail.com](mailto:creevesashton@gmail.com)

**OR ENJOY A FREE TASTER SESSION** by emailing your interest, (quoting code **BRN1**) & a link will be sent to you beforehand.



**FUTURE LECTURES**

**Our New Programme of Lectures starts in September**

**21<sup>st</sup> September 2021**

A Highland Thing? 18<sup>th</sup> - 20<sup>th</sup> Century Scottish Art

**19<sup>th</sup> October 2021**

The Subtle Science & Exact Art of Colour in English Garden Design - Why Gardens Can Rank as Fine Art

**16<sup>th</sup> November 2021**

Leonardo da Vinci: Pathfinder of Science

**CHARITY FILM & MUSIC FESTIVAL**  
 Sunday 22nd August 1pm-10pm  
 AT **Kersey Mill**  
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**Boxford Study Centre Literature Group**

An 8 week course on Monday afternoons 4.30-6.30pm  
 Meeting in Groton Village Hall, CO10 5EL  
 Starting on Monday 11th October 2021

**The Past is a Foreign Country....**  
 ....they do things differently there.  
**Tutor: Hugh Black-Hawkins**

This term we will explore what writers make of history and how they create the past in novels, plays and poetry.

Monday 11 <sup>th</sup> Oct	<b>Keats</b>	<i>Eve of St. Agnes,</i> <i>La Belle Dame sans Merci</i> <i>The Eve of St Mark</i>
Monday 18 <sup>th</sup> Oct	<b>Shakespeare</b>	<i>Henry VIII</i>
Monday 25 <sup>th</sup> Oct	<b>Shakespeare</b>	<i>Henry VIII</i>
Monday 1 <sup>st</sup> Nov		Reading Week
Monday 8 <sup>th</sup> Nov	<b>Chaucer</b>	<i>The Wife of Bath's Prologue and Tale</i>
Monday 15 <sup>th</sup> Nov	<b>Francis Spufford</b>	Golden Hill
Monday 22 <sup>nd</sup> Nov		Reading Week
Monday 29 <sup>th</sup> Nov	<b>George Eliot</b>	Adam Bede
Monday 6 <sup>th</sup> Dec	<b>George Eliot</b>	Adam Bede
Monday 13 <sup>th</sup> Dec	<b>Timberlake Wertenbaker</b>	My Country's Good

Course Fee: £75 for the complete course, payable on the first or second meeting. £10 for each single class. Newcomers very welcome.

Please contact Mr David Jones for further information and if you are interested in attending. Telephone 01787 211104.

## BOXFORD WI UPDATE

On Wednesday 7th July Boxford WI were finally able to meet in the Village Hall for the first time this year. Members paid for a lovely boxed tea supplied by The Box River Cafe

There will be no meeting held in August.

The September meeting will be held on Wednesday 1st at 2pm in the Village Hall. Our guest speaker is George Double who is a professional drummer living in Hadleigh. He has worked with Dame Shirley Bassey, Grammy Award-winner Jack Jones on West End musicals and is a regular performer at Ronnie Scott's. He will share stories from his life and career and, most importantly, bring his drum kit to demonstrate different styles of playing and give a first lesson to all the members of Boxford WI. Participation strongly encouraged, no experience necessary!

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](mailto:annie-phillips@hotmail.co.uk)

**theWI**  
INSPIRING WOMEN



Boxford WI July meeting with a lovely tea supplied by Box River Cafe

## ASSINGTON HORTICULTURAL SHOW 22ND AUGUST

Final preparations for this year's show are now in place and brochures have been delivered to every house in the village.

As always this is a show for every person in the village and we hope that everyone young and old will take part, we have a large variety of classes and skills and if everyone in the village can just enter a class or two, we will have a great event.

We are once again hiring the large marque from our neighbours in Kersey and will split the show exhibits between that and the village hall, or just in the marque if restrictions tighten up again.

Please follow brochure instructions and bring entries to the show between 8.30.-10.30am. on the morning of the show and come back for prizegiving at 2.00pm.

We hope to have the ice cream van and VH teas and coffees for refreshments as well as a couple of stalls for locals to sell their wares to make the show even more interesting, as well as an open section for nearby villagers to take part as well.

While it has been a difficult year for gardening, we hope that enough crops will survive the slugs, snails and moles to make a lovely show and that the craft and baking sections will bring out the best in all of us.

Please don't be afraid to enter as this show is for beginners as well as the more experienced and you could be rewarded with a first prize.

We will have a raffle at the end of the show following the results and prizegiving, if you are able to donate a prize to help fill the raffle table, please leave it at the Farm Shop or bring it on the day. Any donations will be very welcome.

As in other years this show will be run in conjunction with the annual scarecrow competition when we hope the whole village will take part, after such a difficult 18 months it will be nice to see the village coming and competing together.

See you on 22nd August!

Bryn.

*N.B. Although this is an Assington show, we have opened it out with an open section of 20 classes for entrants within a fifteen mile radius of Assington which will qualify Boxford and surrounding villages. The schedule is on the Assington website or a hard copy can be obtained on request.*



## GROTON EDUCATIONAL FOUNDATION

Registered Charity No. 1118325

The Trustees will meet on Monday 13<sup>th</sup> September 2021 at Mary's House, Swan Street, Boxford to consider applications for grant aid from residents of Groton and those parts of Boxford which are included in the 'area of benefit' as defined by the Charity Commissioners, namely: Homefield, the east side of Swan Street and pockets of land in Stone Street south of Boxford Church - those parts which were included in the Tithe Map of Groton 1881!

We hope that newcomers to the area will be made aware of this charity by longterm residents who have themselves benefited from grants. Applicants are not means tested and applications from organizations serving the above area will also be considered.

Details and application forms can be obtained from the Clerk to the Trustees, Stephen Watkins, Whitewebbs, Daisy Green, Groton CO10 5EN, tel 01787 210977, [stephen\\_watkins49@yahoo.co.uk](mailto:stephen_watkins49@yahoo.co.uk)

Completed forms must be received by the Clerk by 6<sup>th</sup> September.

## TAMING BOXFORD SPINNEY

We are looking for some volunteers of all ages to join us at Boxford Spinney on Wednesday Mornings 09:00 - 12:00 to carry out maintenance and development tasks to restore the quality of the facilities. No experience needed, heavy-duty gloves advised and most importantly bring a mug for a cup of tea. Just turn up and enjoy a couple of cathartic hours in the woods.



## THE SECRET GARDEN

The final performance by TIMT in St Peters church in Market Hill, Sudbury before it closes for renovation in September will be **The Secret Garden on Wednesday 11th August.**

The Secret Garden is a magical children's tale by Frances Hodgson Burnett's which the whole family will love with folk music woven through this stage adaptation.

When Mary Lennox's parents die suddenly, she is sent to live with her uncle at his country estate in the Yorkshire moors. A far distant place to India where she grew up a spoiled and self-centred child. Mary soon discovers friendship and laughter with Martha the housemaid and Ben the gardener and when a friendly robin helps her discover a secret garden, life for all those at the estate will alter for the better.

Two performances are available on the day at 5pm or 7.30pm. For more information and to book tickets:

[www.thisismytheatre.com](http://www.thisismytheatre.com)

The performance will follow all the Government guidelines and a full refund will be given if the event has to be cancelled, but with recent Government announcements we anticipate that we will be able to go ahead as planned.



## Madrigalia

**GENTS!**

*Working from home?  
Need to get out at night?*

**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 in the Alto, Tenor and Bass range.

Call Sue Price 01787 210913  
website: [madrigalia.uk](http://madrigalia.uk)

## Edwardstone Millennium Green Work Party

Volunteers needed to help out with tidying and maintaining the Green on the morning of the first Saturday of every month.

Come along and get involved with the work needed to look after this wonderful local amenity. Jobs can be found for everybody and you will certainly be made to feel welcome.

Turn up for 9am start.

MELFORD MUSIC  
presents

**LUNCHTIME RECITALS  
WEDNESDAY 1.10pm  
ADMISSION FREE**

Retiring Collection to aid preservation of this Historic Church

No light refreshments sadly due to Government restrictions, so feel free to bring your own if you wish just for this year.

**AUGUST**

- |           |  |              |
|-----------|--|--------------|
| <b>4</b>  | <b>LIZZIE GUTTERIDGE</b>   | Early Music  |
|           | SPONSORED BY THE MILL <a href="http://www.themill-longmelford.com">www.themill-longmelford.com</a> |              |
| <b>11</b> | <b>DAVID CHIVERS</b>   | Clarinet     |
|           | SPONSORED BY LONG MELFORD TEA ROOM 01787 881361  |              |
| <b>18</b> | <b>SAM PLACKETT &amp; LES SIMONS</b>   | Jazz Guitars |
|           | SPONSORED BY <a href="http://www.visitlongmelford.co.uk">www.visitlongmelford.co.uk</a>            |              |
| <b>25</b> | <b>MARY BLANCHARD</b>  | Flute        |
|           | <b>GILL GERRARD</b>  | Oboe         |
|           | <b>THERÈSE MILLER</b>  | Piano        |
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[www.thecroftgroton.co.uk](http://www.thecroftgroton.co.uk)  
Bring a picnic Gates open to the public from 12noon

# EBONY'S DIARY

An update on the swallows: we have several babies, absolutely crammed into their nest and very noisy



in their demands of mum and dad. By the time you read this, they will have fledged. Then we shall watch them on the rails of the arena as they practise flying. Amazing! As someone who is static, I can hardly believe how much travelling they do. So will any of my readers be travelling this month? I wish you well, if you are! Just like the swallows, we want you to come back, remember.

Our Head Office has decreed that we may have two side walkers with our riders at last, so many more people will be here in September. We try to accommodate all our riders' needs and abilities so I'm enclosing two photos, one showing Jessica on Belle rising off the lead rein like a little pro. The other shows a new pony called Roddy learning the ropes with his rider and her support team. Clever 'hooves' the two of them. Lastly the cute one of Camilla and Squidgy sharing their feed bucket is a reminder that the horses and ponies do age! These two ladies are in their mid thirties, Shetland sisters who have worked their long lives at the centre for our very smallest riders. Now with health issues themselves, they are managing to stay active with Lyn's amazing help and expertise, and like all old people they are pretty set in their ways. We love them!



Happy holidays everyone and see you in September.

The Shelley Centre for Therapeutic Riding, Shelley, IP7 5QY  
Reg. Charity No. 1113636  
Tel: 01473 824172 [www.shelleyrda.com](http://www.shelleyrda.com)



# BECOME A FRIEND OF BOXFORD VILLAGE HALL

Readers of the Box River News will recall that the Village Hall committee has been trying to recruit new members to the Village Hall committee to help run the hall. So far, this campaign has had limited success and the committee is still just four people. So we have another suggestion for you. Would you like to become a Friend of Boxford Village Hall?

We are looking to set up a network of Friends who will not be on the committee but would commit to offering an hour or so each week to do some regular jobs for us. These jobs are not particularly demanding but many hands make light work, as the saying goes. Would you be prepared to put the bins out each week, or wash the tea towels regularly? Or let in users of the hall and lock up after them? Could you check the clothes bank on a regular basis? Someone needs to check the air fresheners are all working.

We already have a paid cleaner, gardener and window cleaner so all the hard jobs are being done already. We promise we won't ask you to clean the loos!

So, if you are interested or think you might be, then get in touch with Joe Barrett – 01787 211911 or email [joe@joebarrett.me](mailto:joe@joebarrett.me) to learn more.

## Readers' Letters

Thank you to friends and neighbours for your generous donations to Kidney Research UK in memory of my husband David. £545 was raised and we hope this helps others in the future.

Rosie Marriott



**Boxford Village Hall at the heart of our village...**  
Only 4 of us keep this amazing place going, so we need more help. If you think you might like to join us call Joe Barrett on 01787 211911 for more information and to see how you can help. Email: [joe@joebarrett.me](mailto:joe@joebarrett.me)

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# STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

'Boxford Through the Ages', the recently published history by Roger Loose, mentions the Pattle family of Whitestreet Green. This month's story expands on this fascinating family. They are remembered by older Boxfordians as an unusual and characterful group of people. Not all dates below may be accurate as their stated birth dates change from one census record to another, as do the spellings of their names. This is not unusual for the period. The Pattle name is not uncommon in Suffolk and various lines have spread out across the world. Additional information about this family would be gratefully received by the Boxford Archive. ([tina.loose@gmail.com](mailto:tina.loose@gmail.com))

## The Pattle Family: Horse Dealers & Village Characters.

The most well recorded are the four youngest, Daniel (c.1874-1966), Otho ('Oaty' c.1877-1970) and Golden (c.1879-1979) and their elder brother Lazarus ('Lazzie') born 1865 in Orford. The parents of these 4 sons were William Pattle born 1835 and his wife Caroline nee Gaskin from Maldon in Essex. William was at first a hawker in the Ipswich area and then a horse dealer. They had 8 children in all. The boys had three older sisters, one being Rowythan (1865-1956) who married the oldest Joslin child, Frederick William Joslin (1860-1937) in 1888. He was a farm baliff, and a member of the family in last month's archive story. The Joslins had two sons die in France; Temple in 1916 aged 23yrs and Walter in 1918 aged 19yrs.



William Pattle in his stovepipe hat at Lavenham Horse Fair, 1896.

The Pattle family settled at Whitestreet Green in 1874 and lived together on the Green in the red brick house second on the right as you turn into Spring Lane. It has a large Puddingstone outside and the old Baker's Arms is two houses further down. They were horse dealers in the main, and had led an itinerant life between Ireland and East Anglia, living part of their lives in horse drawn caravans. Some say they bought horses in Ireland while other reports say they purchased them from Ireland but collected them from Holyhead on Anglesey, North Wales. Certainly they drove them overland to East Anglia selling some on the way, with the remaining horses helping to build up the stock in Suffolk. The boys were all adept at caring for horses and were bareback riders who learned from an early age how to show off an animal to its best for a potential buyer. We know from the photo that father William attended the Horse Fair in Lavenham in 1896 as a dealer. He is an impressive figure in his stovepipe hat, head and shoulders above the other locals. In 1893 he rented productive grass land and horse feed on the Coddendam Estate for his horses at £3.00 a year. Ruby Alleston has recorded in 'There's a story that my mother

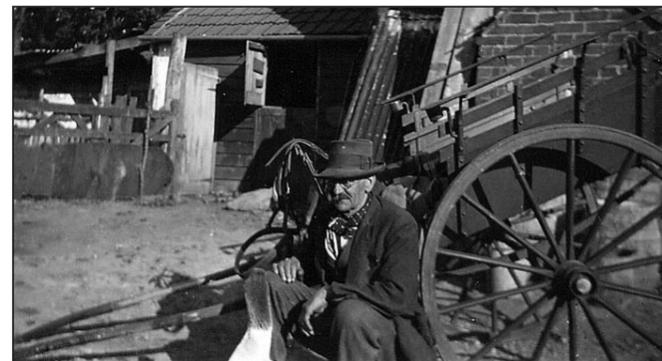
told...', written by her son Neil Lanham, that he had huge feet and had to have his boots made to measure. He was a canny buyer. He said a pair he had made for him were too tight and he would not buy them. The desperate cordwainer, knowing no one else would buy the enormous boots, halved the price to get some money back and William now found they did fit well enough. One wonders which of Boxford's boot makers this might have been. Perhaps it was bootmaker William Street who was trading here in 1892.

In 1905 William was brought before the magistrate on a charge of being drunk in charge of a horse and trap in Sudbury. He refused the offer of being taken home to Boxford so was locked up for his own safety. The following morning he expressed gratitude for the care taken of his horse and his money overnight and was sorry that at 75 years he could no longer stand the drink as he used to. He readily paid his fine out of the £85 (£10,717.00 today!) in gold found on him. His only complaint was the hardness of the bed. He said he had never been before a magistrate before. Whether this is true or not, he appears to have been most gentlemanly and something of a contrast to the many other people who came before the magistrates for drunkenness at the time.

In 1884 Lazzie Pattle married Edith Blomfield, born 1864, of Higham, in Boxford Church. They had at least six children and lived near Groton Wood. Prior to her marriage she appears in only two census records. In 1871 she was a boarder at a small school in Monks Leigh run by a governess called Sarah Cardy. By 1881 she was living with her grandmother, Hester, who farmed 133 acres and employed five men at High Trees Farm, Polstead, where she probably met Lazzie. He was a horse dealer like his father, and mixed this with working on local farms.

Ruby Alleston would have known some of the family well as Lazzie worked at Sampson Hall in Kersey Tye for her father Charles Alleston, and later, when the Allestons moved, at Red House Farm in Wickerstreet Green. At that time Red House Farm was in a parish called Hadleigh Hamlet which became part of Boxford in 1934. (In 1974 Wickerstreet Green was transferred again, this time to Kersey.) Ruby respected Lazzie as he had taught her to ride, and she recognised his wisdom in dealing with horses, whether sick or well.

The death of Lazzie's little curly haired girl in a terrible accident saddened Ruby. Lazzie had bought his daughter a new red jersey and while peering up to see herself in the over-mantle mirror her clothing caught fire. Further tragedy was to strike his young family when two soldier sons died fighting in World War I; Leonard 22yrs died in 1914 and William 23yrs died in 1918. Lazzie's son Golden, named after his uncle, survived the war and also worked for the Allestons. Clearly Ruby Alleston's mother was kind to Lazzie. Each Christmas she made him a Christmas pudding which she and some of the family delivered to him on Christmas morning.



Daniel Pattle resting by his trap in the yard at Whitestreet Green.

Daniel, 'Oaty' and Golden, their father William and his wife Caroline, lived out their lives in Whitestreet Green. (This was in the parish of Boxford until 1974 when it was reassigned to Polstead.) They rode horses and used a pony and trap around

Boxford. Current older residents, children at the time, can recall the noisy Pattles coming into Broad Street and hearing Daniel and deaf 'Oaty' shouting to deaf Golden in very loud voices. The village children always knew when the Pattles were about! Daniel, the eldest, even drove a horse drawn Hackney carriage in London for a while when he was younger and had a daughter Ida in the London area.

It sounds as if Daniel was very much in charge of this threesome and 'Oaty' protected his deaf and partially mute brother Golden from Daniel. 'Oaty' was the cook and a bigger man, though village children at that time thought them all tall. However, Daniel appears to be the same height as the other mourners in a photo taken at Rowythan's Pattle's father-in-law, Fred Joslin's, funeral in 1937.



Golden Pattle in later years at Whitestreet Green.



Funeral of Frederick William Joslin, with Daniel Pattle 5th from the right. September 1937

The three youngest Pattles frequented The Baker's Arms two doors away very regularly. In about 1950 Laurence S. Harley of Stoke-by-Nayland visited the pub and talked to 'Oaty'. Afterwards he wrote an article called 'Boisterous Times at the Bakers Arms' for a local magazine. Clearly 'Oaty' loved telling a tale or two and recanted the tales of mischief he and his local mates got up to when 'Oaty' was a young lad in the 1890's. One tale goes that an elderly pub regular 'Bogie' Anderson, bedecked in long, shoulder length, curly hair and long whiskers, was in the tap-room one winter's night. The room was dark, there being just 2 candles to light it. 'Bogie' was drinking his ale beside one of them. The lads had been catching sparrows from under the eaves of the thatched cottages and had them in their pockets. (Was this a bit of cruel fun or were they destined for their mother's sparrow pie I wonder?) They released the sparrows in the tap room. They flapped around the



Golden Pattle sitting in the front row at the The Baker's Arms. Is it Daniel and 'Oaty' 6th and 8th from the right?

two candles putting them out and were swooping round 'Bogie' and tangling in his hair. He fled with the boys shouting after him that the sparrows, still in his hair, were back in the thatch!

On another occasion some years later old 'Flaxen' White, a brick layer from Nayland, stopped by for a drink. Whilst he was inside the mischievous lads took his pony out of the shafts, pushed the trap over the brick wall and backed the pony onto the trap the other side of the wall. They told 'Flaxen' the pony had jumped the wall. A very mellow 'Flaxen' was amazed to see it, remarking, "But I never knew that pony could jump".

One night, later still, the fire was smoking a bit and 'Oaty' said to the landlord, Jocelyn, "I'll soon fix that for you". He fired his 12-bore shotgun up the chimney and the room was immediately filled with huge quantities of soot and hot mess. It seems he was not welcome at The Baker's Arms again for some time.

The Baker's Arms sadly closed for the last time in 1957. At an event before this in about 1920 Golden is seen sitting at the pub in front of the publican's family and locals wearing his own idiosyncratic tall hat. The two youngest brothers 'Oaty' and Golden are buried in Boxford Green Cemetery together and the third, Daniel, is remembered on the head stone. They are all still remembered by the eldest members of our village today as larger than life characters.



Daniel, Otho and Golden's memorial stone.

### Acknowledgements:

Thanks to villagers for their memories, 'There's a story my mother told...' by Neil Lanham, Laurence S. Harley for his article on 'Boisterous Times at the Bakers Arms', Rufus Sweetman for his war records and miscellaneous notes from the Boxford Archive.

Tina Loose, July 2021

Would you like to be the Local Recorder for:  
**GROTON or BOXFORD?**



The Suffolk Local History Council runs a Recorders Scheme throughout Suffolk. We administer a network of volunteers to ensure that the 'present' is adequately recorded at local level for the 'future'.

A Recorder will note significant happenings in their parish and collect their local parish magazines, leaflets, election pamphlets and newspaper cuttings. At the end of each year, they are asked to submit a short report summarising the activities of their parish. The reports are deposited at the Suffolk Record Office and available to future researchers together with the collected items.

If you are interested, please look at the Recorders Pack by visiting [www.slhc.org.uk](http://www.slhc.org.uk) to acquaint yourself with the guidelines of the scheme. You do not need to be a historian; you do not need any qualifications other than an interest in your parish. In return you will receive a copy of the SLHC Newsletter and be invited to the annual conference specifically for Local Recorders. To volunteer to help in this important work, please contact [recorders@slhc.org.uk](mailto:recorders@slhc.org.uk)

## Soap Box

I chalked up a recent first last month, attending for the first time in more than eighteen months an actual physical church service in St Lawrences, Little Waldingfield. I even received communion! Probably the last time I was in our village church for a service was around Christmas 2019. It's not that I am only an occasional churchgoer. Indeed, since the coronavirus took over our lives, I have attended regular services on Zoom each Sunday with my friends who attend the Anglican church in the western Algarve.

But a combination of trips to Portugal (only two in 2020 thanks to Covid restrictions) and the fact that we are now limited to just one service a month in our village has limited my ability to attend. Oh! And I nearly forgot. Having a knee replacement earlier this year so restricted my mobility that I was unable to take advantage of the restarting of services in our local churches until the beginning of July. Still, I'm glad I made the effort and my thanks to Father James for an interesting – and mercifully short – service that Sunday.

The reason I was pleased it was short is that I was able to get home to join in with the weekly Zoom service on time. Given that it is more than seven months since we were last able to stay in our house in Portugal, the post service chat gives us an opportunity to catch up with our friends there. And the connections from there to the church community back here in Suffolk can be remarkable. After the service here in Little Waldingfield, I chatted with James Ridge, who was standing in for Father Rob, and mentioned I was returning home to take part in a virtual church gathering. When I mentioned the name of our priest in the Algarve, James said he knew him.

This is perhaps less of a coincidence than one might think. Rob Kean, who has been our priest in the western Algarve for nearly five years, joined from the Witham rural benefice over the border into Essex. Father James was (and still is, I believe) the priest for

Chelmsford prison, so is in the same diocese as was Father Rob. This local connection has been useful in the past as, when my mother-in-law died some years ago in the early days of Rob Kean's ministry, I discovered that Rob knew the priest who was due to take the funeral service, which we were trying to organise from the Algarve. The planning turned out to be far from straightforward, as I have mentioned in these pages before, so having Rob's help was a plus.

Communities, like the Anglican church, can be remarkably close knit. The City, where I worked for half a century, can be the same. This is surprising in a way as the financial services industry in the Square Mile and Canary Wharf employs tens of thousands of people – probably hundreds of thousands if you take into account all of the support functions. But there are streams of specialities and those working in particular areas are likely to know others in the same field, particularly if they are direct competitors.

My field for much of the time I was in full time employment was in advising and managing investments for private individuals. While I progressed from looking after people on a personal basis into managing departments and businesses, I still maintained some contacts with the clients I looked after in the past, some of whom became good, long term friends. And I got to know my competitors in this segment of the industry well. It helped that I had a certain profile through radio and television, but it always struck me as a relatively compact part of a multi-billion-pound industry.

I derived a certain comfort from this, as indeed I do from knowing that there are connections between the church community in Portugal and the Box River benefice. The church is, after all, rather like a family. Being part of can provide support when needed, friendship throughout the year and the opportunity for social engagement. But financial pressures exist that the measures to combat the pandemic can only have exacerbated. My sincere hope is that church communities do not suffer as a consequence.

Brian Tora

## MILDEN CRICKET CLUB

Milden followed their back-to back wins over Elveden in Division 4 of the Hunts County Bats League in early June (see BRN July 2021) with back-to-back defeats by Old Newton. Playing away on 20 June, Milden narrowly failed to beat the home side in a run chase, losing by just 10 runs. Old Newton had Dan Marsh (156 not out) to thank for their challenging total of 231-4. Falling just short, Milden ended on 221-8, with substantial contributions from Alex Cunningham (30), Will Ward (46) and Joe Smith (42 not out).



Matt Archer celebrates having taken 6 for 9 in 10 overs.

It was a different story the following week at Milden. Put into bat, and without Dan Marsh in the team, Old Newton limped to 107 all out, with Milden's Matt Archer taking six wickets and ending with remarkable figures of 10-6-9-6. Sadly, he was not backed up by the Milden batsmen, who managed a total of only 44 in 19.3 overs, to lose ignominiously by 63 runs. Only two batsmen reached double figures: Guy Evans (12) and opener Andrew 'Sumo' Simmons, who was last out for 10. For a long time it looked as though Andrew would carry his bat in a losing cause until a firm drive by No. 11 Richard Robinson was deflected onto the stumps with Andrew out of his ground backing up. Perhaps, in one way, it was a fitting end to a frustrating afternoon. Best bowler for the visitors was Alex Uttridge with 4-14 from 7 overs.

Milden fared no better away at Acton on 4 July. The match was reduced to 32 overs a side after a heavy rain shower delayed the start till 2.20pm. Batting first, Milden posted a decent total of 204 for 7, with David Willis, coming in at 19 for 3 and scoring 93 not out, the main contributor. Joe Smith (41) was especially brutal to the Acton bowlers, hitting three huge sixes in a partnership of 110 for the 6th wicket before holing out to long on. Replying, Acton openers, Amos (119 not out) and Phillips (59) not out, were too strong for the Milden bowling and made the target look easy, the home side finishing on 207 without loss, to win by 10 wickets with four overs to spare.

Report & photos courtesy of David Lamming.

### JULY - AUGUST fixtures (all 1.30 pm starts):

25 JULY	Milden v Acton 2nds
1 AUGUST	Milden v Suffolk CAMRA (friendly match)
8 AUGUST	Elmswell v Milden
15 AUGUST	Milden v Copdock & Old Ipswichians
22 AUGUST	Tendring Park v Milden



Joe Smith hits another boundary in his innings of 41 against Acton on 4 July

## STOKE BY NAYLAND GOLF

### The Curry Cup

Initiated in 1999 by Bob and Paul Curry who were the proprietors of Colne Valley Golf Club at the time, The Curry Cup competition is now a popular and important event in the golfing calendar that involves fifteen teams from Essex and Suffolk golf clubs. SbN's team are defending champions, having won the cup in 2019. This year's team is captained by Ian "Tommo" Thompson.

In the latest group fixture, on Saturday 17th July, the Stoke-by-Nayland team triumphed at home against Five Lakes GC with 8pts to 5pts. Well done to Tommo and the team!



### Ladies' News

The weekend competition on 17th July at Stoke By Nayland was the third round of the Lilian Osborne Trophy. It was an absolutely scorching hot day for the ladies on Saturday with temperatures above 26 degrees and hardly any breeze. Jackie Frost had a fantastic game and came in with 37 points to beat Jo Little who also had an amazing round with 37 points ocb. Barby Jones was close behind with 34 points.



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## FEEDBACK FROM JAMES FINCH Your County Councillor for the Stour Valley

### COVID 19 infection rates over June - July

THERE ARE SIGNIFICANT INCREASES IN INFECTION IN SOUTH SUFFOLK including the very local area of Nayland, Leavenheath and Boxford for the first time in 10 weeks. In the 7 days up to July 13 there have been 995 new cases of COVID-19 in Suffolk – this has doubled this last week. Locally in the area of my Division, there were 12 cases up to the seven day period ending 12th July in the local Middle Super Output Area (MSOA) of 18 villages. I urge all those of you who are travelling locally and mixing with more people for work and / or pleasure to take a Rapid Flow Test twice per week. The good news is despite this increase of infections there are relatively few needing to enter hospital because many have now been vaccinated.

### Say Yes2Test - get tested twice a week to keep Suffolk safe.

Read More about testing and how you can get your test: <https://yes2test.co.uk/>. Regular testing is seen as key in controlling the spread of the virus as the UK's vaccination programme continues. Shops, pubs, and indoor leisure businesses such as gyms reopened in England on Monday April 12 under the government's roadmap to recovery from lockdown, and in Suffolk bosses are being asked to sign up to the Yes2Test scheme which asks them to commit to workforce testing.



### Independent review of aspects of Suffolk's Special Educational Needs and Disability (SEND) services to be carried out by experts from Lincolnshire.

In recent weeks, there have been calls from some parents and carers of children with SEND - known as the Campaign for Change (SEND Suffolk) - for an audit of the council's compliance with the legal requirements set out for the service.

Suffolk County Council has considered this request, it has been announced that a multi-agency team from Lincolnshire will carry out an independent review into special educational needs and disability (SEND) provision. This review will be carried out by a senior professional with no links to, or direct involvement with, Suffolk's provision and will focus on the processes, communication protocols and family-facing elements of SEND services within Suffolk County Council. The review will focus on the processes, communication protocols and family-facing elements of SEND services within Suffolk County Council. It will not look at specific cases or the provision given to specific children. The review will look at:

- The effective flow of cases
- Communication with young people and families
- Processes for dealing with incoming enquiries from young people and families in a timely manner
- A focus on the family-facing elements of the service
- The allocation of provision and, where appropriate, placement in a timely way for children

The review started at the end of June and will be completed within six weeks. The report, with any recommendations, will be published on Suffolk County Council's website, shared with those who contributed to it and also scrutinised, in public, by the council's Education and Children's Services Scrutiny Committee.

The review team from Lincolnshire will consist of two senior

officers from Lincolnshire County Council, performance analysts and the chair of the county's parent carer network.

### State-of-the-art vehicles join Suffolk Fire and Rescue Service's fleet

On May 20th, it was announced that Suffolk Fire and Rescue had unveiled three new vehicles, packed with the latest technology, to support firefighters at emergency incidents.

The Command Support Vehicles will typically be used as a hub at large, complex incidents, from which officers can manage operations and work with other emergency services.

Some of the new features on the vehicles include:

- Dedicated WiFi, enabling officers at the scene to quickly stream and share data, images, footage and plans with colleagues who are based remotely, for example at the Combined Fire Control Room
- LCD display built into the side of the vehicle, allowing officers to share content with other agencies attending an incident, such as live drone footage and plans
- Latest communications and computer technology with access to live information, weather reports, data on substances and chemicals, and direct contact with other agencies and services

Suffolk Fire and Rescue Service has invested £360,000 in the new units, which replace the three existing Command Support Vehicles.

### Easing of restrictions when visiting Suffolk's Recycling Centres

Suffolk is set to continue on its path of working towards full capacity at recycling centres as. From 19 July, there will be some changes to the rules when visiting the county's recycling centres, but you will still need to book, pending a full review of arrangements. The changes will take place in two phases to enable a managed increase in the number of bookings and to ensure that sites are operating safely and effectively.

#### Phase one: From Monday 19 July:

- The one visit per week rule will remain in place, but an extra 3,760 slots will become available per week.
- Cars with small trailers will now be able to book a 15 min car slot (750kg max gross weight, single axle and unbraked) and will also be allowed at Haverhill Recycling Centre.
- Cars with large trailers will now book a 30 min large trailer/van slot (over 750kg max gross weight, double axle or braked), apart from at Haverhill Recycling Centre due to its size.
- Vans without trailers will be able to book at all Recycling Centres (including Haverhill). Vans must book a 30 min van slot.
- Vans with trailers are still prohibited from using any of the recycling centres
- Social distancing will be removed from all sites. Cars can park next to each other (as directed by site staff) and restrictions on number of people on walkway/gantry removed.
- Staff will be able to assist visitors if requested. (All staff will wear FFP3 standard face coverings when assisting and follow good practice on Covid hygiene).
- More than one adult will now be allowed to unload per vehicle
- Guidance will remain for the public to continue wearing face coverings if possible. Face coverings for staff remain optional except when assisting the public.

#### Phase two: From Monday 16 August: (In addition to changes in phase 1)

- An additional 4,500 slots will be made available per week, taking Suffolk's Recycling Centres to full capacity (weekly total to 27,422)
- Removal of the limit of "one visit per week rule" for household waste
- Trade waste will remain restricted to one visit per week (to

ensure fair usage of the system which is mainly designed for residents' household waste)

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

Since the incidence of COVID 19 sadly the demand for this service has increased significantly. Therefore, those who would like to join one of the following events please email for the log in codes:-

**The Foster Carer recruitment Event is held the 1st Wednesday of every month, and the Adoption Event is the 1st Thursday. all 7:00pm in your home.**

To book a place please email [Clare.Gwatkin@suffolk.gov.uk](mailto:Clare.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. For more details to find out more refer to the website - [www.fosterandadopt.suffolk.gov.uk](http://www.fosterandadopt.suffolk.gov.uk)

Please continue to spread the word.

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## FEEDBACK FROM BRYN HURREN Your Babergh District Councillor

I am writing this report from the Holiday Inn in Runcorn, having taken ourselves off for a little city break in Liverpool and the surrounding area, having worked an average 70 hr six or seven day week for most of the past eighteen months I thought that we deserved a break and that the batteries needed a little charge.

Liverpool is one of the very few remaining large towns or cities in the UK that I have not visited and I am impressed, the streets and parks are mainly clean and litter free, most of the buildings around the old dock area have been converted into sensible business space and housing and the new housing estates have incorporated smaller houses for first time buyers and renters. The people of this city seem proud of their maritime and musical history and have come so far through the pandemic with resolution and fortitude ready to take on the next stage of what the future may hold for them. At the end of our bus and walking tour, our guide announced that there were no conservative councillors on the city council and the Sun (the newspaper that is) was banned from the city. This place sounds like utopia to me.

Nearer to home we have had the official opening of the newly rebuilt Hadleigh swimming pool and along with the newly revamped Kingfisher leisure centre in Sudbury will provide some of the most up to date and safe leisure complexes in the east of England, a proud achievement for a small rural council.

I hope that these facilities can remain open now, as running them without paying customers to achieve an income and break even financially has not been easy.

The council has also been working hard in its own right and by partnering with others to build more affordable homes, the recent opening of the 18 new houses for local village need in Lavenham is a good milestone and could be accomplished in a larger village like Boxford where there is once again a growing need, having been told that the cost of buying a house has risen by over 50% in the last ten years, we have to do something to keep local people living locally.

Our housing team at the council who have worked so tirelessly over the length of the pandemic to keep tenants safe and in their houses and people without houses off the streets have been nominated and shortlisted for a national housing award which will be much deserved and, whether they win or not, still a great honour.

We are all hoping, I am sure, that we are moving now into a more positive and safer future, this could be on the horizon but like tall mountains we will have many more troughs and peaks to scale to come out the other side. The government's mixed messages, backtracking and Roy of the Rovers approach by bungling Boris is not serving us well. What a time to have the worst government in living memory and when we eventually get through this we will have the much worse environmental catastrophe to contend with. The fact that jet airliners which pay little or no tax on the vast amounts of fuel they guzzle and discharge into our atmosphere seem to be being encouraged to get airborne again and provide holidays at ridiculous prices does not bode well for our global future, a major rethink is needed here and planting loads of trees to offset the damage just does not work. We must all stay local for holidays, working, banking at our local post offices and shopping if we are going to really combat the ever-increasing climate change that is now coming upon us. Sorry to be a bit gloomy but reality sometimes needs to be addressed.

Oh the Euros, football that is. I thought our team showed great team spirit and worked together as an excellent unit under good leadership to achieve such a positive result and show a good example to others, on unity in adversity and presenting a united front to combat challenges on and off the pitch.

Please stay as positive as you can and look after the young and educate them not to repeat our mistakes.

Bryn. xx.

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

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Boxford Carpet Bowls	Brian Porter	01473 824283
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Boxford Gardens Open	Sarah Williams	07879 997640
	<a href="mailto:Sarah.williams@rmcurtis.co.uk">Sarah.williams@rmcurtis.co.uk</a>	
Boxford Gardening Society	Elizabeth Wagener	01787 210223
	<a href="mailto:elizabeth.wagener@btinternet.com">elizabeth.wagener@btinternet.com</a>	
Box River Lectures	Simon & Jo Marchant	01787 210149
Boxford Rovers FC	Melvyn Eke	01473 602846
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Edwardstone Cricket Club	Tom Whymark	01787 211375
Madrigalia Choir	Sue Price	01787 210913
Miss Lesley School of Performing Arts (MLSPA)	Miss Lesley	07957 351941
	<a href="mailto:lesley.mlspa@gmail.com">lesley.mlspa@gmail.com</a>	
Milden Cricket Club	Andrew Simmons	07951 055643
Newton Art Club	Carol Langley	01787 373548
Newton Line Dancing	Jean Tomkins	01787 377343
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Newton War Games Club	Brian Lawson	01787 312160
Newton Fireside Club	Moira Evans	01787 374652
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Boxford Community Council	Ward Baker	01787 210129
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Groton Winthrop Mulberry Trust	Robert Bowbridge	01787 211553
Little Waldingfield Charities	Sue Mitchell	01787 247173
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## BLOOMING GLORIOUS BOXFORD STORES

Who needs Chelsea Flower Show when we have Boxford Sweet-scented Saturdays!

You may have seen (or smelt!) the amazing floral stalls each weekend outside Boxford Stores and Post Office recently. The shop, which sold many plants to gardeners throughout lockdown when garden centres were shut, has continued to expand on its fabulous floral offering.

The owner of Boxford Stores & Post Office, Neil Cottrell, hopes everyone has enjoyed the weekend flower displays. He says that there have been plenty of pictures taken and positive comments which makes it all worth the effort.

Over the past year or so during these difficult times Neil and the team have endeavoured to stock as many products as possible to help the local community - especially those that have been vulnerable and unable to travel outside of the village confines.

Neil would very much like to express his appreciation of the support given to the shop in a time that has been hugely testing for small businesses such as his. In particular, being able to regularly meet and talk to lots of members of the benefice has been a particular joy for him.

Boxford Stores is open 7 days a week from 8:30am to 5:30pm Monday-Friday, and 8:00am - 2:30pm Saturday, 8:00am - 1:30pm Sunday. It sells a wide range of goods from household basics to hard-to-find gourmet ingredients alongside fresh fruit and vegetables. It also possesses an amazingly delicious-looking delicatessen counter that offers fine cheeses, meats and sweet treats.

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## EVENTS CALENDAR

### AUGUST 2021

6	Drop in for Coffee	10:30 - 12:00
FRI	St Lawrence's Church, Little Waldingfield	
15	Patronal Festival and Parish Banquet	11:00am
SUN	St Mary The Virgin, Edwardstone	
21	Church Café Coffee Mornings	10:00 - 12:00
SAT	Boxford St Mary's	
22	Calvacade on the Croft	11:00 - 4:00
SUN	Classic Car Show, Groton Croft	
22	Assington Horticultural Show	8:30 - 10:30
SUN	Assington Village Hall	
22	Charity Film & Music Festival	1:00 - 10:00
SUN	Assington Village Hall	
29	Patronal Festival and Parish Banquet	11:00am
SUN	St Bartholomew's, Groton	
28-30	Polstead Exhibition	10:00-5:00
SAT-MON	Maria Martins Cottage, CO6 5AG	
28-31	Acton Art Exhibition	11:00-4:00
SAT-TUE	All Saints Church, Acton	
29	Farmers' Market	9:00-12:00
SUN	The White Hart, Boxford	

### SEPTEMBER 2021

1	WI - George Double Drums & Jazz	2pm
WED	Boxford Village Hall	
1-12	Acton Art Exhibition	11:00-4:00
WED-SUN	All Saints Church, Acton	
4-5	Village Flower Festival	10.30-5.00
SAT-SUN	St Lawrence's Church, Little Waldingfield	
5	Forest Church	11:00am
SUN	St Marys, Boxford	
12	Patronal Festival and Church Fete	11:00-4:00
SUN	St Marys, Boxford	
18	Church Café Coffee Mornings	10:00 - 12:00
SAT	St Marys, Boxford	
24-26	The Ken Fox Wall of Death	6:00pm
FRI-SUN	The White Hart, Boxford	
26	Intergenerational Harvest Service	9:30am
SUN	St Mary's, Boxford	
26	Harvest Service and Lunch	11:00am
SUN	All Saints, Newton Green	

### OCTOBER 2021

1	Wine & Cheese Tasting	7:00-9:00pm
FRI	St Mary's Church, Boxford	
3	Farmers' Market	9:00-12:00
SUN	The White Hart, Boxford	
6	WI - Linda Scoles, The Yanks are Coming	2pm
WED	Boxford Village Hall	
25-29	Fireworks Lantern Making	10:00 - 5:00
MON-FRI	The Spinney, Boxford	
30	Fireworks Display & Lantern Parade	6:30pm
SAT	Boxford	
31	Farmers' Market	9:00-12:00
SUN	The White Hart, Boxford	

## SAVE THE DATE!

### JUNE 2022

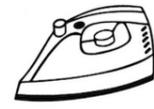
2	The Queen's Platinum Jubilee	TBC
THU	Beacon Lighting, White Hart Car Park	
3	The Queen's Platinum Jubilee	TBC
FRI	Events to be confirmed.	
4	The Queen's Platinum Jubilee	TBC
SAT	Events to be confirmed.	

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