

September 2021

# Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



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## BOXFORD NEIGHBOURHOOD PLAN CONSULTATION

THE DRAFT NEIGHBOURHOOD PLAN CONSULTATION  
8th July to 13th September 2021



Members of the public were invited to the Boxford village hall on the Thursday 8th and Friday 9th July to view a display of the Draft Boxford Neighbourhood Plan. Over 160 villagers dropped in over the two days. The four Steering Group members were present for the majority of the time with least one always there to answer questions on the proposed policies and future housing development. Written comments on Post-its and a detailed response pro-

forma were also collected and will be evaluated and, wherever possible, reflected in the final plan.

A 15 minute long rolling slide show with maps illuminated the key visual features of the village, its attractive combination of historic and recent architecture and the beautiful views into and out of the village. As part of the exhibition, Roger Loose launched his book Boxford through the Ages, a wonderful history of Boxford from earliest recorded history until the present day.

Early signs are that there is widespread support for the recommended future housing mix in the Neighbourhood Plan, meeting local needs and with small developments being broadly a 50:50 split between 'Routes to home ownership' and 'Affordable Housing to Rent' The aspiration for a village car park, proposed in the plan, was clearly hugely welcomed.

The Boxford Neighbourhood Plan REG14 Consultation has now been extended until 13th September so you have plenty of time to respond if you have not already done so. The reason for the extension is that a revised National Planning Policy Framework (NPPF) was published by Government on 20th July 2021, which was after the consultation period on the Neighbourhood Plan had begun. The Plan contains many references to the previous version of the NPPF. In addition the draft Site Options Assessment Report from AECOM is now also available with the supporting documents on the Neighbourhood Plan website page: [www.boxfordsuffolk.com/boxford-neighbourhood-plan](http://www.boxfordsuffolk.com/boxford-neighbourhood-plan)

The consultation must end at **midnight on 13th September 2021**. Please do make your views known on these proposals. This is vital so that we can develop the Plan further in the light of your comments.

This was a very successful event and an excellent use of the village hall, showcasing the developing plan and a key step in the route to referendum on the final version which is scheduled for early spring 2022.



## THE GROTON MULBERRY BOX

The other day I had a surprise phone call from Carol Hunt telling me that she has a jewellery box made from wood from the Winthrop mulberry tree on the Groton Croft.



This was made by Carol's great, great grandfather in 1853 as a wedding gift to his wife. Very much intrigued, I arranged with her for her to travel from her home in Cambridgeshire all the way to Groton to come and see the very same tree that comprises the box.

After an earlier attempt put off by seriously heavy rain showers, we finally met by the tree. Thought to be one of the oldest mulberry trees in the UK, the Groton Winthrop black mulberry tree is reputed to have been planted in 1550 by Adam Winthrop, the grandfather of John Winthrop, who himself led the first wave of Puritan colonists in Massachusetts, USA in 1650. Carol is a descendant of George Teale Winthrop who lived in Groton. The box is lined with



green silk with ornate filigree work on the lid. There is a small plaque stating that it came from the very same venerable tree that we were standing beside.

Carol and her friend spent quite a while enjoying the Croft, asking about its use and how much it must be enjoyed by everyone. She says that she will be back on August 22nd for the Cavalcade car rally when James Wills has offered to escort her around the Winthrop Home.

Bob Bowbridge



Bob Bowbridge and Carol Hunt in front of Groton's famous Mulberry tree.

## Box River News

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

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

# The Blooming Garden

## An Unusual Hollyhock.

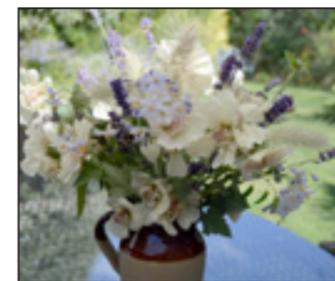
Here in rural Suffolk, centuries old cottages with hollyhocks round the door are a timeless sight. But the hollyhocks beloved by Edwardian garden painters such as Helen Allingham and Alfred Parsons are hard to achieve today because they are so often disfigured by *Puccinia malva-cearum* or in other words; Hollyhock Rust. You can pull off the diseased leaves but the stems will be infected by the brown rust spots too. This is a shame because you can get such beautiful varieties, with colours ranging from almost black to the palest sulphur. You can get double ones that look like powder puffs or the Halo series which have a deep coloured ring at the centre. But whichever one you use, they will most likely eventually become disfigured with rust.

But there is one hollyhock relation which has lovely silvery green foliage and it is mostly unscathed by the disease. It blooms later in August and September when other hollyhocks have finished. It is called *xAlcathaea suffrutescens* 'Park Allee'. I know that is a bit of a mouthful, but it is a cross between the common hollyhock, *Alcea* and the wild marsh mallow, *Athaea officinalis*. Marsh mallow is getting quite rare in the wild but you can see it growing in the marshes round Dunwich.



*Alcathaea suffrutescens* 'Parkallee'

This new hollyhock cross was bred in 1990 in Germany. The idea was to have the stature of the hollyhock combined with the healthy, silvery leaves of the marsh mallow. 'Park Allee' was the beautiful result. It grows enormous; even taller and bushier than the ordinary hollyhock. It needs to be staked because unlike other hollyhocks it is perennial and gets bigger over the years. You can control its growth though by nipping out the growing tips. Unlike most hollyhocks which set seed profusely this one doesn't produce seeds at all but it is very easy from cuttings. But it is the fabulous flowers that you grow this for. They look as if they are made of satin and the colour is delectable. They are the palest peach, turning to café au lait with age. The flowers are not actually double but they have a central frill of smaller petals. The stamens are tipped with violet.



*Alcathaea suffrutescens* 'Parkallee' in a vase.

There are now other plants in the series, including two pink ones, 'Parkfreiden' and 'Parkrondell', but it is peachy 'Parkallee' which has won my heart.

Because it makes such a sizeable plant, this has an abundance of blooms and it is wonderful for vases. If you cut off all the leaves, the flowers are quite long lasting.

*Chloris*.  
For more from Chloris follow:  
[www.bloominggarden.wordpress.com](http://www.bloominggarden.wordpress.com)



*Alcea rosea*.



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## CAR PLOUGHS INTO BOXFORD COUPLE'S ANCIENT HOUSE

The owners of this property in Church Street, Boxford had a lucky escape on Friday 6th August when a grey Volvo S70 crashed through the front of their cottage following a collision with another car on the street.

Mike and Josanne Stanhope were at the rear of their property when the driver of the Volvo swerved to avoid an oncoming car on the bridge and accidentally hit the accelerator instead of the brake, which caused a collision with the other car and plunged him into the frontage of the grade II listed period property.

Amazingly no one was seriously hurt in the collision which is being treated as a freak accident. The Stanhopes' cottage suffered significant damage in the crash and they had to stay at a neighbour's house for a couple of nights whilst insurance experts assessed the property for safety.

The incident does succinctly highlight the current issues around parking, traffic levels and safety in and around the centre of Boxford, something that should cause much concern for anyone following the current proposed building developments in and around Boxford, and their knock-on effects for traffic.

Mike and Josanne only moved into the property 18 months ago. A retired Squadron Leader, Mike expressed his immense gratitude to neighbours and friends in Boxford after the crash:

"We would like to say a huge thank you to our amazing neighbours and all of you who were so kind. The generosity and offers of help were overwhelming. Mercifully no one was badly injured and a house can be rebuilt. We look forward to getting to know you all better in the coming months."

Photo: David Lamming



## MEET THE NEIGHBOURS

Residents of Cygnet Court and Swan Street, Boxford were under-terred by the damp weather on Sunday 1st August and held a party to welcome all the new residents to Cygnet Court. After the long months of exclusion we've all experienced recently this is a lovely way to welcome in the new residents to Boxford and it looks like a good time was had by all!



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)

## PRESENTS FROM THE PAST

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

You don't need to be a horse owner to fall in love with horse collectibles.

My mother had loads of horse brasses hanging from the oak beams in her country cottage - all of which were meticulously polished every week.

From hunting scenes to sculpture to equestrian trophies, the market for all things "horsey" has never been stronger.

Brass ornaments were made to decorate bridles and saddles, often for draught and parade horses. Dating from as far back as the 17th century, they come from the ancient tradition of embellishing horses with regalia, military honors, and ceremonial symbols.

Made of bronze in ancient times, later versions of horse badges were made of brass alloy. By the 1700s, brass versions (often in small shield shapes) began appearing with a few regional differences - for example, they could be made of nickel in coastal areas to better weather the salty sea air. Gentry and upper class horse owners would even have their badges made in silver or gold.



Because many horses were employed by breweries to transport beer the brasses they sported are often seen hanging from the pub beams and walls and are sometimes referred to as "pub badges" or "pub brass". Often they are displayed near the fireplace in traditional homes.

Early versions were cast of brass from sand molds and made by local metalworkers to hang from saddles or harnesses with a metal pin. The hanging design became the preferred version, and a hanging feature was built in at the top. Pressed brass versions became a less expensive version to cast by the late 1800s, and patterns and designs varied according to events and region. Animals were always a popular theme, with hunting dogs, foxes and draught horses worked into the badges. It is easy to tell the pressed versions by checking the reverse - the brass back will usually be smooth.

Many of the emblems honor Shire and Suffolk Punch horses, two of the dedicated, tough breeds of draught horse often used for heavy lifting. As the industrial age of machinery swept through England and Scotland, these horses became a sentimental symbol of the country's farming and carthorse history, increasing their value to collectors and Anglophiles. Suffolk Punch horse brasses are particularly collectible and are even still made to this day by foundries and metalworking enthusiasts.

It is believed that collecting brasses began in earnest around 1895 after the Decorative Arts movement of the 1850's, and that

its popularity surged after popular collecting journals of the time began to mention them more and more. Collectors would regularly travel the length and breadth of the country to find new examples.

These days it's significantly easier to find brasses on the internet, and you can find many horse brasses for sale online here: <https://bit.ly/horse-brasses>

Special commemorative brasses were often made as well, with the death of Queen Victoria leading to some of the first "royal"-themed items. Often brasses were made for regional horse societies or clubs, horse shows, or competitions

Brasses have been made to honour every King or Queen since Victoria, more for souvenirs in recent times. If available, collectors also seek out the leather straps used to display the badges on horseback (called "Martindales" or breast straps). Due to their use, authentic pieces of this leatherware are hard to find, and often reproductions are employed to display badges near a fireplace or on walls.

Unusual or rare horse brasses will turn up in car boot sales or house-clearance auctions from time to time so keep your eyes open for these. As they very often have strong local connections to businesses of old, it can quite often be fun to try and find some relevant to Suffolk. Look for old brewery names, builders or old large agricultural co-ops and very often they can lead to uncovering more about your local area.

Enjoy collecting, and don't forget to stock up on the Brasso!

Iain Brunt, [Antiques.co.uk](http://Antiques.co.uk) Ltd





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SFRS Prevention team and Firefighters are dedicated to saving lives by working with the community, discussing fire safety and offering advice to eliminate or reduce the risk of a fire occurring in the home.

Free smoke alarms will be fitted if you do not have any.

**Please contact us if you:**

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  - Do not have working smoke alarms
  - You cannot hear your alarms at home

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*Mrs B has phoned in to pass her thanks on to your practitioner for a very helpful Safer Home Visit. Mrs B said the service was excellent, efficient, and feels far more safe after the visit.*

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## CITIZENS ADVICE

citizens  
advice

*I've heard that Universal Credit is going to be cut from September. I struggle to get by as it is and I'm really worried that if I lose £20 a week, I'll get into serious debt. I'm already behind on some of my bills. What can I do to avoid things getting worse?*

You're not alone in this - there is support available.

Firstly, depending on your situation, you might be able to ask to have your Universal Credit paid differently - these are called 'alternative payment arrangements'. This might be an option if you're in debt or rent arrears, among other reasons. To apply for an alternative payment arrangement, call the Universal Credit helpline on: 0800 328 5644

If you're behind on some of your bills, the first step is to make a list of how much you owe and add up how much you need to pay each month.

You now need to prioritise your debts. We have advice on our website to help you do this. Some bills can cause you more problems than others if you don't pay them. Rent or mortgage arrears, energy bills and council tax are your priority debts as there can be serious consequences if you don't pay them.

Be sure to get in touch with the organisations you owe money to. Not everyone feels confident to do this, but they might be able to help by letting you pay smaller amounts or taking a break from payments. Many organisations have put in place protections for people who've struggled to pay their bills during the pandemic.

The government-backed [Breathing Space](#) scheme could also give you extra time. If you're eligible, you could get 60 days where your creditors can't contact you, take action to make you pay, or add interest and charges to your debt. You'll need to get advice from a debt adviser first - they'll check all your debts to see if they're covered by the scheme.

Finally, it's always a good idea to have a budget - take a look at the [budgeting tool](#) on our website [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) and make sure you're getting all the [income](#) you're entitled to.

Everyone's circumstances are different, particularly when it comes to managing personal finances. If you need more specific support or don't feel able to manage your situation alone, call our debt helpline: 0800 240 4420

If you need advice or information, contact Sudbury & District Citizens Advice. We are providing advice by telephone and email, Monday - Thursday, 10am - 1pm. Please phone **01787 321400** 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 telephone 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.

## EVE JOINS THE TEAM

Earlier this summer, Suffolk Medical Clinic on Broad Street welcomed a new member to their team. Eve Whiting, 24, is an experienced Beauty Therapist, with a background in spa therapies.

Eve started working at the clinic in June and works full time. With her spa background, it's unsurprising that her favourite treatments to give are facials and massage.

"I love helping people look after themselves," she says.

"After the horrible year we've had, someone might come in for a quick treatment - like having their nails or brows done - and whilst they're here, we have a chat and they begin to de-stress. In that short amount of time, they start to feel better. That's what I love about this job - helping people to feel better."

Eve has been training in facial needling this week and will shortly be ready to offer this as part of her facial treatments.

Clinic co-owner Jenny O'Neill is thrilled to have Eve on board. "She's just fitted right in and become one of the team," she says. "We're really lucky to have her."

Eve feels similarly about the clinic. "I love working here," she says. "It's a lovely little tucked-away place, you can really feel the personal touch."  
Eve lives in Ipswich and is saving for a house with her partner. Eve spends her time walking the dogs, reading and riding her horse, John Boy.

To book in with Eve for a beauty treatment, call the clinic on **01787 211 000**.

## DO YOU KNOW AN INSPIRING YOUNG PERSON?

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

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

There was no prize awarded in 2020, but previous winners have included:

**2019 - Josh Gray** - for his assistance with the Scouts, village events and his help with the Community Hub during Covid-10 lockdowns.

**2018 - Laura Flockhart** - for her invaluable assistance at many village and Boxford Bike Club events.

**2017 - Esther Gray** - for her fantastic work with St. Mary's Church and numerous village events.

Do you know of a young person who has campaigned, fundraised, or given up their time to improve the lives of others and help make their community a better place? They must be from Boxford and aged 19 or under to qualify.

If there is someone who you feel is a worthy winner, please let us know by nominating them online at : [www.boxfordsuffolk.com/KandSCup](http://www.boxfordsuffolk.com/KandSCup)



# Summer style...



...on the beach, or back in the office!

Whether you're about to set off on holiday or heading back to work this month, a set of fresh, summery nails is sure to help you look and feel the part.

Gel nails have the look and feel of a regular polish but they stay smudge and chip-free for 2-3 weeks. Perfect, whatever September has in store.

## September Special

*Treat yourself to a Gel manicure or pedicure  
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\* Offer valid once per person, until 30/09/21; Soak-off is an extra £5, if needed.

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## FRENCH'S CARE HAVEN

I hope all our readers have had a nice summer so far and have not been too wet!

Since our last news we have had another two horses come to us in addition to the 2 small ponies, Lady and Chrystal, that came in May. In July Boris and Bee, two bigger horses, arrived at French's. Boris had been out on loan several times and has now come back permanently, as I will never let him go on loan again. It is hard to find the right home for a rescue to go out on loan to, especially if they are ridden. The loaner may seem to have all the experience needed and tick all the relevant boxes, but things can go downhill fast, when the loaner is not all they seem, as was the case with the first person who had Boris on loan. After only 5 months on loan he came back to us unrecognisable in both personality and weight. We had to get a vet in straight away because he was stressed, angry, underweight and in poor condition. As a qualified equine and human physio for 25 years, I could immediately tell his back was causing him agony. I spent the following months giving him physio to get him comfortable and for his back muscles to heal and repair and he was fed ad lib to gain weight. He used to be known as a 'dope on a rope' before he went on loan - he was loved by horse and human alike and was so gentle to all the other horses. When he came back he was very angry and wanted to fight with every gelding in our herd and was not nice to some of the mares - he was stressed and in pain and was taking his anger out on his previous friends. An X-ray also found a fracture to his face. One photo shows the day he came back from the loan home in poor condition and thin, the other photo was taken 5 months after he came back to us and had gained condition, weight and was generally relaxed and happy. It took just 5 months to ruin him and 5 months to repair. The only part of him that did not come back was his mind - he no longer likes geldings and he has anxiety issues. Even though he was good to ride with the subsequent loanees, his anxieties still got the better of him. Boris will stay chilled and happy back

at French's and never go out on loan again. As a rescue, we are expected to re-home animals, but some people do not realise just how affected an animal can become when placed at a new home, where pressure is put on them to do this, do that and behave the way the loaner wants. Ridden horses especially are often treated like machines. Sadly no consideration is given to them as a sensitive living creature and it doesn't matter if it is a horse, cat, dog or any other animal, they all like routine, love and stability. I have worked with animals and been an animal lover all my long life and it is a joy for me when I see owners who feel the same and appreciate their animals, or animals in general and all the companionship and the love they give back, when you take their thoughts and feelings into consideration.

French's is a charity on your doorstep. Can you help, either with time, donations, or sponsorship? You are welcome to come along and meet our animals. Call me for an appointment. Jann on: 07747 755556 or email: [jann.turner@hotmail.co.uk](mailto:jann.turner@hotmail.co.uk) Website: [www.FrenchsCareHaven.org.uk](http://www.FrenchsCareHaven.org.uk)



Boris thin and in pain



Boris up to weight

## RINGING THE CHANGES

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>



*Happy Birthday*

Congratulations and Very Many Happy Returns to Newton Green's

**Brian Cansdale**

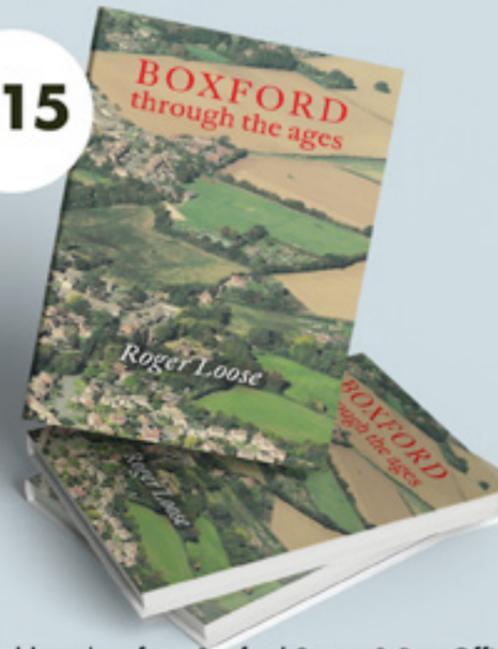
who will be celebrating his

90th birthday on Sunday 29th August.

The BRN would like to join Robert, Tracy, Kieran, Callum, Connor and Thomas in wishing Brian a very **Happy Birthday** and we hope that he has a great day!

"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)

## KENNY'S NEWS FROM SESAW

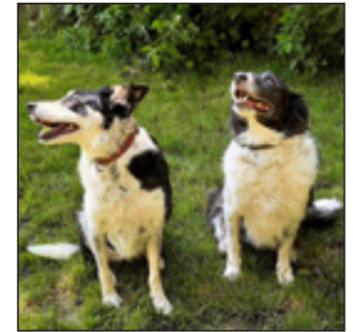


My canine pals and I detect an air of fresh optimism amongst the humans, with talk of evenings out, day trips and going away. They also plan to attend two events: on 5th September - the Plough Day at Badley Road, Great Waldingfield, CO10 9RY and a Dog Show at Leavenheath Village Green. There is also a Fun Dog Show on the 11th September at the Shelley Centre for Therapeutic Riding, IP7 5QY.

Meanwhile we have a delightful pair of

elderly Border Collies needing a new home after their owner sadly died. 11 and 10 year-old Ruby and Renee are fit and well, adore their walks and cuddles. If you are the special person with the loving home they deserve, please leave your name and number on the answerphone or email.

Everyone has a book in them, including one of our supporters. Frank Payne has written about his early life, from a wartime childhood in London to a promising career in sports journalism which was rudely interrupted by two years National Service. "Here Today, Goon Tomorrow" is available for £5 to raise money for SESAW, please phone or text 07881 785535 to order a copy. Mum says I'm not to get any big ideas, the world is not ready for my memoirs.



Ruby and Renee

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)

## HERE TODAY GOON TOMORROW

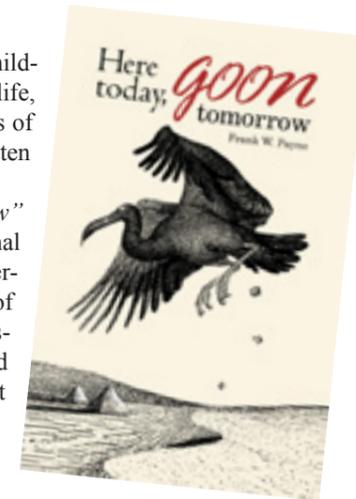
A book detailing a wartime childhood and early working life, rudely interrupted by two years of National Service has been written by a Suffolk resident.

"Here Today, Goon Tomorrow" is Frank Payne's personal account of close shaves, interrupted education and the sight of flattened houses where his missing best friend lived, balanced by humorous anecdotes, street parties and sing songs.

A promising career in London was exchanged for square bashing in Cheshire at the behest of a foul-mouthed RAF sergeant. Please note the florid ripe language may offend some readers.

Frank's hopes of returning to Civvy Street were dashed with disappointment and disaster, whetting the reader's appetite for the next instalment to be published at the end of this year.

"Here Today, Goon Tomorrow" is an easy read, available to order on 07881 785535 at a cost of £5 including a donation to SESAW.



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## BEAT THE SCHOOL BUGS!

It's back to school time again, with the usual return of some sneezes and sniffles. However, this September we may all be feeling more anxious about our children's health and immunity. To combat these blues, here are some simple hints and tips to try to boost your children's immunity to seasonal bugs.



### Reduce Stress

Research tells us that stress can negatively impact children's immune systems. Colder weather, adjusting to new routines, tiredness, closer contact with friends and busier lifestyles can create the perfect environment for circulating microbes to invade. Try not to plan too much for them, too soon and learn to say 'no' when you feel they might be overwhelmed - ease your children in gently to the start of the academic year.

### Plenty of Sleep

Reduced sleep increases the chances of falling sick when exposed to a virus and slows recovery too. During sleep our immune system produces chemicals such as cytokines which are needed to reduce inflammation, infection and stress levels.

### A cup of tea?

Try giving them a cup of chamomile tea (you can sweeten with locally-sourced honey) to help induce relaxation and sleep. It contains apigenin, a natural antioxidant that binds with receptors in the brain to help sleep and calm anxious children and adults alike. Children - take the tea 30 minutes (adults 45mins) before bedtime.

### Colourful Mediterranean Diet

Increase the amount of fresh colourful and green leafy vegetables and fruit. There is so much evidence out there about the immune-boosting benefits of the Mediterranean diet with plenty of healthy snacks and meals suggestions.

Hummus is a great snack and a favourite recommendation of mine:



raw garlic, tahini, chickpeas, extra virgin olive oil and lemon juice. Raw garlic has potent antiviral qualities. Both tahini and chickpeas are loaded with zinc and magnesium and lemon juice is high in vitamin C. Olive oil is an anti-inflammatory and high in antioxidants. It's the definition of an

immune system powerhouse!

Freshly-made chicken or mushroom soup with herbs such as thyme, rosemary and sage is soothing and hydrating for a poorly child. The fragrant herbs themselves provide immune support, especially to the upper respiratory system.

### Picky eater?

Fussy eating is a common issue and can become incredibly stressful. It is important to choose your battles - a good children's multi-vitamin and mineral pill can suffice and give peace of mind - much less stressful than forcing a ton of curly kale down them.

The fat-soluble vitamins A, D and E plus Vitamin C and Zinc can help boost immunity, so look for one that focuses on these and immune health. Vitamins derived from food sources, or 'liposomal suspensions' are preferable, but can cost more.

Alternatively, if you're not keen on the pills, turn to the kitchen cupboard; a salad or vegetable dressing of honey, fresh garlic, apple cider vinegar, lemon juice, wholegrain mustard and extra virgin olive oil offers a healthy dose of immune boosting vitamins, fats and

minerals and tastes great.

### Exercise, fresh air and socialising.

A dose of fresh air, running around in the playground and having fun can't be topped. Regular, moderate-intensity exercise enhances the ability of the immune system to respond to infectious threats. Playing outside in fresh air increases our oxygen intake which assists our immune defences. If the sun is shining and it is warm enough to expose skin that's even better as it will boost vitamin D synthesis too.

### Herbal Remedies

For an added natural boost I encourage my clients to turn to herbs. A traditional remedy used over thousands of years with a wealth of published evidence to back it up. For children, I tend to keep things simple with our syrups and teas. A few suggestions from our Pippettes range are:

### Syrups:

#### Elderberry and Echinacea

A flu/cold preventative - start on a daily dose one week prior to school starting and continue for a couple of weeks. If symptoms of a cold/flu occur the dose is altered.



#### Wild Cherry Bark

Combats and soothes an irritating cough. Especially beneficial during the night as a natural alternative to ease coughing.

#### Thyme infused in Honey

Put dried thyme in locally-sourced honey, leave for a couple of weeks and then filter and keep the honey. A spoonful a day helps protect the respiratory passages and soothes a sore throat. Lovely in a warm drink or salad dressing.

#### A blend of 'Breathe Easy' Essential Oils

Oils such as eucalyptus, rosemary, peppermint and lavender can be put in a steam-room diffuser or on a tissue close by, to assist respiratory immunity and clear breathing.

### Herb Teas

These can be tricky for children if they don't like the taste. Try adding liquorice root for its soothing properties and sweet taste due to inulin. Alternatively, try buying honey from your local beekeeper - shop-bought honeys are often adulterated with sugar syrup.

Use local herbs (everything we need is on our doorstep) - fresh or dried, either individually or combine to make a herb mix.

**For Fevers or the start of a Cold;** Yarrow flowers, Chamomile, Elderflower, Lime blossom, Peppermint, Catnip.

**Colds and Flu and Cough;** Echinacea, Lime blossom (first day), Ginger, Cinnamon, Hyssop, Elecampane, Peppermint.

**Pippettes Farm Protection Tea** - contains Lemongrass, Ginger, Persian Limes and Orange Peel and helps to protect against and fight off a cold.

**Pippettes Farm Digestion Tea** - contains Liquorice, Peppermint, Plantain, Cinnamon and Calendula. Settles digestion and is also a good all-rounder to boost immunity and most children love the taste.



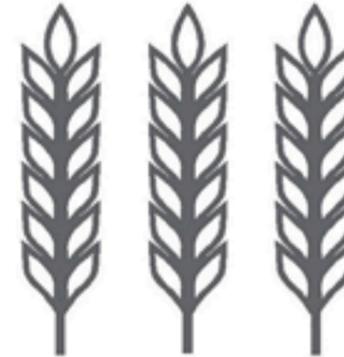
So it won't hurt to stock up on a few herbs for teas to enjoy in the meantime and be prepared too!

Elaine Everitt Osteopath Acupuncturist Medical Herbalist  
(07587 743850) Pippettes farm, Stone St.  
<https://pippettes.co.uk>

**Disclaimer: This article is for basic educational purposes only and is not giving any therapeutic advice or recommendations. For any therapeutic or medical advice always consult your medical / health practitioner.**

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# THE SEPTEMBER LETTER FROM FATHER ROB

Dear Friends,

By the time you read this, we will have just celebrated the Feast of the Assumption on 15th August. It is widely celebrated in different denominations all over Christendom and marks the Blessed Virgin Mary's bodily ascent into heaven. This year, churches and communities all over the world will have marked this special day with celebrations and festivals. In our own benefice, we will have marked this day with a Patronal Festival at Edwardstone Church, the church being dedicated to her name. It will have included a wonderfully rich liturgical service and great hospitality.

We do not know the exact details, time or date of Mary's death, nor her ascent into heaven. What we do know is that by the 4th & 5th Centuries AD, it had begun to be celebrated as a major feast in the Christian calendar. The actual date of its celebration probably derives more from the dedication of certain churches in her name, than any actual claim to the date of her death.

An alternative date for celebrating Mary's important place in Christian belief, is the Feast of her Birth on 8th September. This feast seems to originate somewhere around the 6th Century AD. Again, the exact date for Mary's birth is not known and the date again likely derives from the dedication of a holy site to her name. As well as Edwardstone, Boxford Church is also dedicated to St Mary. As such, we will be celebrating Boxford's Patronal Festival on Sunday 12th September (the Sunday nearest the feast). It will include an especially rich symbolic celebration in church followed by a fete in the afternoon, which we hope will be filled with lots of fun and laughter; crafts, stalls and activities (as well as lots of people).



It is such a shame that Mary is so often used as a point of division in some Christian circles. Her place in the Gospel narrative (Jesus' story) is unique and essential. Without her faithfulness in saying yes to God's proposal, there could be no Jesus. She is the 'Theotokos', God-bearer. What is more, Mary is the only person who is present at both Jesus' birth and death. She witnesses his resurrection and accompanies the Apostles as they begin their mission to build the Church following Jesus' Ascension (which we read about in the book of Acts).

Throughout the history of Christian witness, Mary has been credited with accompanying multiple pilgrims in their times of peril and directing them back onto the correct path. As with so many of the Saints and Apostles, Mary points towards Jesus if we let her, and she can help us move closer to him, elevating our gaze out of the disorder to which we are a part and up towards a more heavenly way of thinking and being.

Groton's Church is dedicated to St Bartholomew and his Feast



Day falls on 24th August. We will be moving the celebration to Sunday 29th August when Groton will celebrate their Patronal Festival this year. Again, there will be special worship and heart-warming hospitality.

St Bartholomew was one of Jesus' twelve Apostles. Like Mary, his Feast Day is celebrated in all the traditions of the Church that claim their lineage from the first Apostles (Eastern Orthodox, Roman Catholic, Anglican, Lutheran). It is widely documented that St Bartholomew took Christianity to India following Jesus' Ascension into heaven. But some scholars believe this may have been Ethiopia instead. It is almost certain that Bartholomew and Jude together took Christianity to Armenia in the 1st Century. Indeed, it is believed that Bartholomew was martyred there after converting the King of Armenia, and the king's brother having taken offence and ordering Bartholomew's torture and death. Because of the nature of his death, Bartholomew is the patron saint of Tanners.

Some might say that celebrating these special feast days are a waste of time or too much effort. Isn't there so many more worthy things we might do with our time. But cycles of remembrance and celebration are essential to our human condition. When we stop engaging with them, our inner psyches suffer terribly. For my money, this is why the Church should regularly be filled with the joy and celebration such occasions conjure in us. It is not so much about us being entertained, as entering more deeply into the spiritual heartbeat at the centre of our beings and being lifted to unimaginable places of mystery and awe.

Every blessing,

Fr Rob

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

Tel: 01787 210434



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



<b>Wednesday 1<sup>st</sup> September</b>	10:00	<i>Simple Eucharist</i>	St Mary's, Boxford
<b>Sunday 5<sup>th</sup> September</b> Trinity 14	09:30	<i>Sunday Eucharist - Summer Festival</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	11:00	<i>Forest Church</i>	The Rectory Woodland (meet at St Mary's Boxford)
<b>Wednesday 8<sup>th</sup> September</b>	10:00	<i>Simple Eucharist</i>	St Mary's, Boxford
<b>Sunday 12<sup>th</sup> September</b> Trinity 15	09:30	<i>Morning Prayer &amp; Baptism</i>	St Bartholomew's, Groton
	11:00	<i>Patronal Festival &amp; Fete</i>	St Mary's, Boxford
<b>Wednesday 15<sup>th</sup> September</b> (Holy Cross)	10:00	<i>Simple Eucharist</i>	St Mary's, Boxford
<b>Sunday 19<sup>th</sup> September</b> Trinity 16 (Matthew from 21 <sup>st</sup> )	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:00	<i>Evening Service</i>	St Mary the Virgin, Edwardstone
<b>Wednesday 22<sup>nd</sup> September</b>	10:00	<i>Simple Eucharist</i>	St Mary's, Boxford
<b>Sunday 26<sup>th</sup> September</b> Trinity 17	09:30	<i>Intergenerational Harvest Family Service</i>	St Mary's, Boxford
	11:00	<i>Harvest Service followed by Harvest Cream Tea</i>	All Saints', Newton
<b>Wednesday 29<sup>th</sup> September</b> St Michael & All Angels	10:00	<i>Simple Eucharist</i>	St Mary's, Boxford

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

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

[www.facebook.com/boxriverbenefice](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)

## Little Waldingfield FLOWER FESTIVAL

ST. LAWRENCE CHURCH

(On B1115 Sudbury to Stowmarket Road)

 **"TELL ME A STORY"** 

**Saturday 4 September 10am – 5pm**

**Sunday 5 September 10.30am – 5pm**

**FREE ADMISSION – Donations Welcome**

**Refreshments in the Church**

**Stalls Raffle**



## DATES FOR YOUR DIARY

### Boxford

Church Café Coffee Morning - 18th September 10am - 12 noon

Eco Forest Church - 5th September @ 11am  
(Every 1st Sunday of the month)

St Mary's Patronal Festival and Fete - Sunday 12th September  
from 11am - 3pm

Intergenerational Harvest Service - Sunday 26th Sept @ 9.30am

Wine & Cheese Tasting - Friday 1st October @ 7pm

### Groton

St Bartholomew's Patronal Festival and Parish Banquet -  
Sunday 29th August @ 11am

### Little Waldingfield

'Drop in for Coffee' Mornings - September date cancelled.

Village Flower Festival - 4th and 5th September

### Newton Green

Suffolk Ride & Stride - Saturday 11th September 9am - 5pm

Harvest Service - Sunday 26th September @ 11am

Harvest Cream Tea - Sunday 26th Sept @ 3pm in the Village Hall

### Little Waldingfield Reminder

The next 'Drop in for coffee' morning planned for Friday 3rd  
September has been cancelled in lieu of preparations for the  
Flower Festival. The next coffee morning on October 1st will con-  
tinue as planned.

## 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 offer-  
ing non-perishable items for  
those in need.



## Vacancies

- Musical Director and Organist Vacancy
- Children's Helpers
- Lay Ministries & calling to be a Deacon or a Priest
- Boxford PCC Secretary
- Church Flower Volunteer
- Volunteer for Church Cleaning

Please visit our website at [www.boxriverbenefice.com](http://www.boxriverbenefice.com) for more  
information

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](http://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.

## ST MARY'S CHURCH, BOXFORD PATRONAL FESTIVAL & FETE

**SUNDAY 12th SEPTEMBER  
12-3pm**

JOIN US AS WE CELEBRATE OUR PATRONAL  
FESTIVAL  
WITH ARTS & CRAFT STALLS AND GAMES  
FOR ALL THE FAMILY

## What's On

### ACTON ART EXHIBITION

28th August – 12th 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.

### COFFEE MORNING

Saturday 18th September

10am-12 noon

Little Waldingfield Parish Rooms

All proceeds in aid of St Nicholas Hospice.

### FLOWER & VEGETABLE SHOW

Kersey Flower & Vegetable Show

Saturday 11th September

2.15 - 5.00

Kersey Village Hall

Refreshments available

## THE ARTS SOCIETY SOUTH SUFFOLK

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delivered by experts on all aspects of the Arts.  
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contact Carole Ashton: email [creevesashton@gmail.com](mailto:creevesashton@gmail.com)

**ENJOY A FREE TASTER SESSION** by telephoning or  
emailing your interest, (quoting code **BRN3**) & a link will be  
sent to you beforehand.

### A HIGHLAND THING? 18TH - 20TH CENTURY SCOTTISH ART TUESDAY 21ST SEPTEMBER 2021

For years Scottish artists had to travel South to make their names  
but with the importance of Edinburgh & Glasgow from the end of  
the 18thC, an independent Scottish Art scene became possible. This  
lecture examines parallels between Scottish & other European Art &  
such Art movements as the Glasgow Boys & the Scottish Colourists.

**Lecturer:** ROSALIND WHYTE gained a BA & MA from  
Goldsmiths College and an MA from Birkbeck College. An expe-  
rienced guide at both Tate Britain & Tate Modern, The Royal  
Academy and Greenwich. Rosalind lectures at the Tate, Dulwich  
Picture Gallery & to independent Art Societies plus cruise ships. She  
leads Art Appreciation holidays.



All Saints Church  
Little Cornard  
**HARVEST FAIR**

**11th & 12th September 2021  
11am to 4pm**

- Barbeque
- Refreshments
- Produce & Cakes
- Bell Ringing
- Bric-a-Brac & Plants
- Tombola
- Books & Jigsaws
- Games

\*\*\* Art Exhibition \*\*\*      \*\*\* Tractor Rides \*\*\*  
\*\*\* Clay Pigeon Shooting \*\*\*      \*\*\* Dog Show \*\*\*  
\*\*\* Crafts - Wood Turning, Metal Craft, Spinning \*\*\*  
\*\*\* Vintage Tractors, Motorcycles, Cars \*\*\*

**All Saints Church, Kedington Hill  
Little Cornard, CO10 0PE**  
Harvest Evensong on Sunday 12th September at 4:30pm

# COME FOR COFFEE

IT'S FOR MACMILLAN

**FRIDAY 10th SEPTEMBER  
9am to 12noon**

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White Hart forecourt  
Broad Street, Boxford

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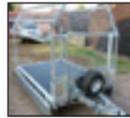
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[www.thewillbusiness.com](http://www.thewillbusiness.com)

## EBONY'S DIARY

The ragwort digging party took place in a rare moment of heat wave at the beginning of the summer holidays. Half the band of wonderful volunteers scoured the boys' top field, and half tried to clear a pony paddock for the girls. After two hours of hard work Lyn called a halt and refreshed her victims with Pimms. A moment of camaraderie where the exhausted diggers relaxed in the shade and congratulated themselves on a hard morning's work. Our grateful thanks go out to them. I hear there is more ragwort growing of course...



My ears listen out for more gossip but I'm a bit locked up at present. Security is important obviously, but Babs and I don't get much of a look in at present. I listen to the Maintenance Team chatting, repairing things and discussing their schedules. My photo shows a bit of a refit going on to the kitchen door!



Our fab fundraisers are active whilst I rest my circuits. There is to be a **FUN DOG SHOW** here on September 11th with lots of other attractions: A fete, a children's craft competition with a horse theme, a second-hand tack sale, and refreshments. Look out for the posters.

Enjoy the start of term my friends, and don't forget to keep smiling. I'm looking forward to seeing our regular riders again and meeting the all new ones. Cheerio!

The Shelley Centre for Therapeutic Riding, Shelley, IP7 5QY

Reg. Charity No. 1113636

Tel: 01473 824172 [www.shelleyrda.com](http://www.shelleyrda.com)

## ACORN EVENTS

Acorn Events is a Suffolk based company run by Stephen and Elizabeth who want to make truly memorable events accessible to rural communities throughout East Anglia. Both of them work closely with organisations, independent traders, makers, producers, charities, local community groups and individuals to bring the right events to the right locations whilst providing much needed revenue and exposure to those who need it the most.

No event is too big or small and they state that they always put the customer and local community at the heart of everything they do. Their venues consist of Farmers Markets and Craft fairs to start with as they both believe passionately about promoting local people and local goods.



# FUN DOG SHOW



**Saturday 11<sup>th</sup> September**  
**11am to 4pm**

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

**Dog Show**  
10 Classes  
£2 per class

**craft stalls** **fete**

**children's craft competition**  
Horse themed (free entry, bring it with you)

**Second-hand tack sale**

**Raffle** **Burgers & Refreshments**

**Entry by donation**

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

GROTON WINTHROP MULBERRY TRUST  
presents

# Cavalcade on the Croft

**FREE Entry!**  
Church Street Groton  
CO10 5EE

**A CELEBRATION IN AID OF GROTON'S CROFT**  
Sunday August 22 from 12 noon till 4.00pm

**Classic and Vintage Cars from local people and The Suffolk Vehicle Enthusiasts Club**

Parking • Stalls • Jazz Band • Cake Stall • Strawberries • Burger Bar  
• Ice Cream • Plant stall •



Bring a picnic Gates open to the public from 12noon

## 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**.

## BOXFORD WI UPDATE

In August, ten members of the WI had a really enjoyable afternoon at Beth Chatto's Garden followed by a delicious tea.

The September meeting will be held on Wednesday 1<sup>st</sup> 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



## LIVE MUSIC FROM YOUR LOCAL ORCHESTRA

Lavenham Sinfonia is back with an evening of Mozart and Beethoven on **Sunday 19th September at 7.00pm in Lavenham Church**. Under the direction of guest conductor Vicente Chavarria, Lavenham Sinfonia will play Mozart's last symphony, 'Jupiter'. The concert warms up with his lively overture to Don Giovanni and then local pianist Andrew Leach joins to perform Beethoven's Piano Concerto no. 4. Vicente Chavarria studied at the Royal College of Music and assisted such conductors as Vladimir Ashkenazy, Bernard Haitink and Holly Mathieson to name but a few! The orchestra, led by Greg Eaton, is made up of local professional musicians and experienced amateurs.

Covid-19 meant a cancellation of all of their 2020 and early 2021 concerts, but they are looking forward to performing live again and welcoming back audiences.

More info on concerts and how to book tickets is available at [www.lavenham-sinfonia.co.uk](http://www.lavenham-sinfonia.co.uk), from Lavenham Guildhall or the Tourist Information Office.



## 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>	<i>Golden Hill</i>
Monday 22 <sup>nd</sup> Nov	Reading Week	
Monday 29 <sup>th</sup> Nov	<b>George Eliot</b>	<i>Adam Bede</i>
Monday 6 <sup>th</sup> Dec	<b>George Eliot</b>	<i>Adam Bede</i>
Monday 13 <sup>th</sup> Dec	<b>Timberlake Wertenbaker</b>	<i>My Country's Good</i>

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.

## GROTON VILLAGE HALL ANNUAL GENERAL MEETING

**Wednesday 29<sup>th</sup> September 2021 at 7.30pm**

The Annual General Meeting of Groton Village Hall will be held in the Hall (formerly the WI Hall) at 7.30pm on Wednesday 29th September 2021 for the following purposes:

1. To receive the Report & Accounts for the period to 31 March 2021
2. To elect members of the Management Committee
3. To conduct any other relevant business.

All residents of the Parish of Groton, aged 18 or over, are entitled to attend and vote at the meeting.

By order of Groton Village Hall Management Committee - 21st July 2021

## 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.**

## POLSTEAD GARDENING CLUB

We are a friendly local group who meet 6 times a year, autumn to spring.

We meet at Polstead Village Hall, CO6 5AL at 7pm. Typically, the meeting is 3rd Tuesday of the month. Annual single membership is £15 and £25 for joint membership. Non-members are always welcome at events (non-member fee £5 - includes a glass of wine, soft drinks and nibbles) New members are always welcome!

All enquiries about membership or meetings to: [gardeningclub-polstead@yahoo.com](mailto:gardeningclub-polstead@yahoo.com) or phone Anne MacWillson (**01787 210335**) or Frances Mount (**01206 262811**)

### Upcoming meetings:

**Tuesday 28 September 2021 at 11am**

Group trip to Beth Chatto Hardens - contact Susie Weston ([susie\\_weston@btinternet.com](mailto:susie_weston@btinternet.com)) to book your place.



**Tuesday 19 October 2021 at 7pm**

Lucy Redman talk on Beth Chatto and her gardens.



**WEA** Adult Learning Within Reach

**AUTUMN SERIES OF 8 AFTERNOON LECTURES**

Stoke by Nayland Village Hall  
Thursday 30th September 2021  
2.30-4.40 pm

## MYTHS OF SKY & UNDERWORLD

With Benjamin Pestell

The course will cover fascinating stories from around the world, including myths of sun, stars & planets & tales of underworld journeys. How do different cultures view the afterlife? Does our fate lie in ourselves or do we all end up in the same place?

Fee for the term: **£62.20**

Enrolment for the course should be done with the WEA either online at [www.wea.org.uk](http://www.wea.org.uk) or by phone **0300 303 3464** using Course Reference **C2228378**

Fee payment can be made with a debit/credit card Advance booking is recommended but enrolment can be done following the first, free 'taster' session on 30th September if preferred.

For further information, contact **0178 2498976**  
Email: [Stoke-by-Nayland.Branch@wea.ac.uk](mailto:Stoke-by-Nayland.Branch@wea.ac.uk)

*The WEA is a company limited by guarantee registered in England number 2806910 and a registered charity number 1112775*



**Leavenheath Village Hall Cinema**



With their partners away serving in Afghanistan, a group of women on the home front, in Colchester, form a choir and quickly find themselves at the centre of media attention.

Directed by Peter Cattaneo (The Full Monty)  
Starring: Kirstin Scott Thomas, Sharon Horgan and Emma Loundes

**SATURDAY 04<sup>TH</sup> SEPTEMBER 21**

Arrive 7.00pm Film starts 7.30pm 2019 (12A) Comedy/Drama/Music  
1hr 52 mins with 20 mins interval

Please book early to avoid being disappointed

Tickets £3.50 per Adult and £2.00 per young person

Telephone: Marion (01206 263301) for tickets

Refreshments (wine, beer, soft drinks, coffee, tea will be available before the film starts and ice creams during the interval.

Proceeds towards LVH Capital Project Fund (Charity No 262816)

## Edwardstone Millennium Green Available for Hire

Beautiful rural location for weddings and events  
Reasonable rates - Electricity available on site  
Contact Gordon for more details - **01787 211605**



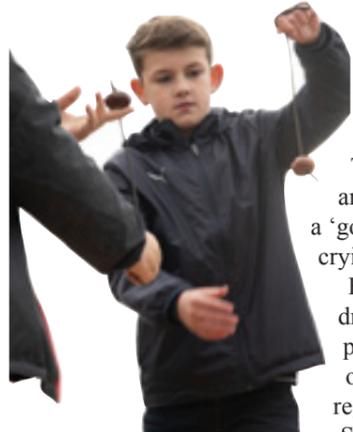
## CONKER AND DIVIDE!

We all know that Britain's collective favourite sport is football. But did you know that there's a game that pre-dates it as the national sport? It is a sport that continues to be played by hundreds of thousands of athletes every year, has its own World Championships, is open to all ages and skill-levels and yet for some unfathomable reason is omitted from prime-time TV coverage and huge multi-million-pound sponsorship deals - a true travesty.



Yes, *Conkers* is the true sport of kings. The game of taking the fruit of the Horse Chestnut tree, threading it with a string and taking turns to entirely obliterate your opponent's nut is a more venerable and arguably less macabre institution than the practice of kicking an inflated pig's bladder around a muddy field.

Originally native to the mountains of northern Greece and Albania, the Horse Chestnut tree was introduced into the UK in the early 1600s. It's not quite certain why the tree was imported, as the fruits are toxic to both humans and livestock and the wood is of poor quality for both woodworking and burning. In fact, it seems that it took the British 200 years before we finally realised



that we could take the chestnut, thread it and use it to seek fame and glory on the (figurative) battlefield. And yet, by 1848 Conkers seems to have swept the UK as a popular sport. This was a good 15 years before anyone thought to kick a ball into a 'goal' and roll around on the floor crying 'Foul' in 1863!

Even to this day schoolchildren still to play conkers in the playground, when permitted by over-zealous health and safety regulations.

So what exactly are the rules of Conkers, and what are the secrets

of success in this pastime of champions? Well, the rules vary slightly from region to region and even two neighbouring villages might have variations between them, but they mostly boil down to the following:

Two contestants stand opposite each other. One opponent will hold their strung conker out in front of them so that the conker on the end of the string is roughly just below shoulder height.

The other opponent then has a turn to hit the defender's conker with theirs - the idea being to smash it to smithereens and make the owner cry.

In a *nutshell*, that's it.



Of course the variations in rules cover different aspects such as taking turns: do opponents take *alternate* turns or swap when the attacker misses the opponent's conker? 'Stamping' is another consideration: should the defender accidentally drop their string on the ground then the attacker can legitimately stamp on the dropped conker to destroy it. This rule is not popular everywhere, but one rule common to all games is that when a victor emerges, huge levels of humiliation and shame should be brought to bear on the vanquished player, for all to witness.

The winner gets to entitle their conker with the number of 'kills' it has claimed. So a conker having beaten one opponent gets to become a 'One-er'. Two kills becomes a 'Two-er', and so on, just to raise fear in prospective opponents before a battle. However, should a newbie conker defeat a titled opponent, then the new victor gets to add the score of the defeated nut to theirs - so a new nut defeating a 'ten-er' immediately jumps to become an 'eleven-er' and glory rains down for ever more (or for 5 minutes until defeated by the next player).

### Top 5 conker facts:

- Harden your conker by soaking in vinegar before baking on a low oven until dry.
- The term 'Conkers' is thought to come from the french word: 'Conque' which means: 'Conch' as in the mollusc with a hard shell
- A conker with a flat side is known as a 'Cheeser'
- Like football, the game has spread like wildfire across the world, where it is often called 'Kingers'.
- Store a conker in the corner of a room and it will repel spiders (the science might be a bit shaky on this one).



## BECOME A FIRST RESPONDER

Be there for your friends and neighbours when they need you.

Rural areas can be hard for emergency services to reach quickly. When the people around us need urgent medical help, Community First Responders can be first on scene delivering urgent first aid and medical care to those who need us most until the paramedics can arrive.

We urgently need new volunteers to join us so we can provide extensive cover in case of emergencies.

Training is free and all equipment is provided. All you need is a car and a full clean driving licence.

Hours are totally flexible to suit your everyday life. Why not contact us to find out more about joining our friendly team?

Contact group coordinator Rich Wild on 01787 210946 or [office@boxfordresponders.com](mailto:office@boxfordresponders.com)



# BOXFORD FARMERS, ARTS & CRAFT MARKET

**BOXFORD VILLAGE HALL  
STONE STREET ROAD**

SUNDAY 29th AUGUST  
SUNDAY 26th SEPTEMBER  
SUNDAY 31st OCTOBER  
SUNDAY 28th NOVEMBER  
SUNDAY 12th DECEMBER

FREE  
ENTRY

10am - 1pm



THE KEN FOX

## WALL OF DEATH

THE WORLDS NUMBER ONE MOTORCYCLE STUNT SHOW

---

THE WHITE HART  
BOXFORD

SEP • 24 • 2021  
TO  
SEP • 26 • 2021

OPENING SHOW  
6.00 PM

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WWW.THEWHITEHARTBOXFORD.CO.UK



## YOU COULD BE THE HERO NEXT DOOR

3PR First Responders urgently  
needs new volunteers

All training and equipment is provided  
For more information please contact  
Rich Wild: 01787 210946 or [office@boxfordresponders.com](mailto:office@boxfordresponders.com)



[www.boxfordsuffolk.com/3PR](http://www.boxfordsuffolk.com/3PR)

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# STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE



Gausson Christmas card drawing of The Boxford Stores by Ken Thomas.

## The History of the Boxford Stores & Post Office.

'Boxford Through the Ages', the recently published history by Roger Loose, mentions The Boxford Stores, 1, Swan Street, a Grade II listed building. This building and its barns have a long history linked to the village and church. The first known record describes it as a wool warehouse in 1420.

Leigh Alston's survey suggests the present building consists of two originally separate early 16th Century timber framed structures with later infill between them. Documentary evidence suggests the left hand range, adjacent to the bridge, formed two shops owned by the church. The right hand range, now occupied by the shop and the post office, was open-arcaded on the ground floor and was a commercial market hall or public building. It and the rear barns may also have belonged to the church.

Detailed early references to the shops are found in the 1530-1561 'Boxford Churchwardens' Accounts' edited by Peter Northeast. This document, covering 31 years, includes the end of Henry VIII's reign, his son Edward VI's (6yrs), Mary I's (5yrs) and finally the start of Elizabeth I's. The Churchwardens also had to manage expensive church adaptations demanded by these monarchs as they instituted religious change from Catholicism to Anglicanism and back again.

The Churchwardens had to manage the renting of the shops and their upkeep as well as the bridge. These were acquired by the church through legacies. A check of local wills between 1439 and 1474 does not suggest the shops were inherited at that time, although they certainly belonged to the church by 1530. There were two shops and butchers are mentioned frequently. The shops were expensive to upkeep and much maintenance was recorded.

The Churchwardens' accounts list the income and expenditure for the church and its properties. They were great fund raisers and arranged a regular party ('A Church Ale') for all villagers with beer, food and entertainment in the church. They also collected church dues on leased land and rooms in owned houses, probably including those above the shops.

In 1530 Thomas Rastall seemed to be £154 in debt in today's money for his lease of the shops by the 'foot' of the bridge. Soon afterwards Thomas Ward rented them by paying for the next year. He was a butcher in 1520 when his goods were valued at over £5,000 in today's money. In 1532 the Churchwardens received eight shillings (£176) from a Richard Mathew:

- 1530 Thomas Rastall owed 7s. for a 'yere ferme (lease) of the shoppys upon the bregefoot'.
- 1530 'Item resseyvyd off Thomas Ward for the 6 shillings shoppys'
- 1532 'Resayved of Richard mathew for the shop' 8 shillings
- 1533 'Resayved of Mathew bochere for the 8 shillings shope'
- 1536 'Itm. Rec. of rychard mathue of kersey 8 shillings for a year ferme of the shoppes due at mighelmass was twelvemoneth'

We discover from these entries that Richard Mathew came from Kersey and was also a bochere (butcher). He hired the shops for 4 years and paid at Michaelmas (29th September or last day of harvest). Thomas Rastall took over again from 1537-1539, having got into debt in 1529. At this time the Churchwardens spent money on mending the shops with boards, nails and clay. Sadly poor old Rastall is in debt again by 1539 as he owed the year's rent. The lease then moved on to William Spere.

In 1541-2 more major works were carried out on the buildings, involving nails, boards, plaster and tiles. As tiles were being replaced, we know that the buildings were not thatched at this time. The Churchwardens continue to refer to the shops and their upkeep right through to 1561. Huge numbers of nails seem to be required to keep the shops intact!

Master Smith, William Spere, Richard Mathews of Kersey, Bedall/Bedwall and Anthony Thompson all rent the shops through to 1561 and all are butchers. No doubt spare animal parts would have been disposed of in the river. It would have been wider, deeper and possibly faster flowing, but this will have done little to reduce the summer stench. We have no further records relating to the shop until 1608 when a document lays out the conditions of leasing the church lands, rooms and the shops to Thomas Becomond of Groton, John Combs and Thomas Tabor. A John Riddlesdale appeared in 1667 when he produced a Boxford Commonwealth farthing to enable him to give change to customers when small coins were sparse. Five "Riddelsdells" (5 spellings) are recorded in the village in mediaeval times, but we know little about them.



Marshall Brown landlord of The Fleece and carrier, about to deliver to the shop in c.1905.

It is then more than 250 years before we find records for the shop again and it is no longer church property. We hold sixty invoices dating from 1874, 1883 and 1901 when it was run by William John Riddelsdell (1844-1924). They exhibit an extraordinary array of goods for a 'grocer'. Stock ranged from matting and brushes from Diss, boots and fancy shoes from Colchester, Norwich and Northampton, washing soda, soap, candles and paint from Ipswich, sewing accessories and smart dresses and gloves, tobacco, biscuits galore, and tea and coffee from London. Deliveries would have been by horse and wagon from Sudbury railway station and the docks at Ipswich. In the photo Marshall Brown, landlord of The

Fleece and carrier, can be seen parked outside the shop, presumably dropping off some of Riddelsdell's orders in about 1905. Many villagers would not have travelled far, but at that time the world came to them through Riddelsdells.

Arthur William Riddelsdell (1870-1953), eldest of nine children took over from his father in about 1922. Arthur was a great contributor to the village, social organisations and sport. He enjoyed cricket, track cycling and ice skating. Arthur organised village 'Ice Carnivals' with skating on the mill pond.



Skaters on the millpond 1920s. Left to right: Tickle and Chas. Alleston, Winfred Dawson, Laura Riddelsdell, Frank Dawson, Helen Riddelsdell, Mark Riddelsdell, Miss Steward, Frith Dawson, Ruby Alleston, Bert Cook, Arthur Riddelsdell.

He is seen there with others in the photograph, with the rear of the Boxford Stores in the background. In his youth he rode a Penny Farthing to London. The family came to the village in his very early years and he moved away just before 1932 to set up businesses elsewhere. He was a Parish Counsellor for 22 years and a churchwarden for 25. It is said he was a charming man with a genial personality. Village folk were employed in the shop and the signatures of many are engraved on a door which was part of the upstairs shop until 2013. Arthur signed the door in 1884, so he was probably employed in the shop aged 14. During World War I he had an escape from the law when he visited Great Yarmouth and was arrested by the Military Police as a potential spy! After a night in the cells the magistrate released him and he headed back to the security of Boxford. Incidentally, his brother Percy John set up Riddelsdell's Garage in 1900.

The Post Office was first established in the shop by Arthur Riddelsdell in 1926, having transferred from Dawson's, the watchmaker, in Swan Street. Later, in the 1930s, the shop became known as Rickard's and then Danzies. During World War II William Matthews took over. Other owners were Craven, Macey, Balls, Ward and Bill Westward. The order is unknown. By the 1960s the store concentrated on groceries, but a new era was on the horizon.

In 1963 Major J.L. Gausson M.C. and Mrs Christina Gausson, who had previously viewed 60 village shops, decided to buy what was to be called The Village Stores. They came with two Dalmatians, her pride and joy. According to his obituary, he was a Post Master of gruff exterior but a warm heart, with a benign regime, but never slack; staff



Mrs Christina Gausson in the shop garden with her Dalmatian.



Gausson Christmas card of the shop and Christina's Dalmatians

had a warm affection for him. Christina, from London, stocked a fashionable range of goods and delicatessen foods, probably available in Boxford for the first time. A number of magazines at the time rate it highly, listing gifts, Elizabeth David Cookware, delicious goodies and Covent Garden continental fruit and vegetables as specialities. One could order sophisticated wallpaper and buy lovely children's books. Fresh ham was cut on the bone, it having been bought at the village butchers and cooked in the kitchen. The advertising for the shop was wonderful with special customer Christmas cards designed every year. She always seemed to be raising funds for charity through raffles. Major Gausson died in 1997 and his wife around 8 years later. Christina's sister Miss Catherine Lee inherited the shop and the existing three staff; Richard Gates as sub-postmaster, and Rhona Baggs and Clarry Gooderham running the shop. In 2013 it was up for sale following Miss Lee's death.

There followed a great deal of anxiety as villagers suddenly discovered their 600 year old shop and Post Office, possibly the oldest trading continuously in the UK, was about to close for good. Hard work by some in the village ensured the Post Office and store stayed open during this stressful



Shop and Post Office interior in 2012 just before it was put up for sale.

period with a few things for sale. The Community Council stepped in to help with the Post Office costs. Fortunately, after an anxious period, in May 2015 Mr Lawrence Mott, the present owner, purchased the buildings as a family home, and in November 2015 it re-opened. It was a day of great celebration when it opened again as a fully functioning store. Mrs Gausson would surely have approved as Neil Cottrell expands the wide range of delicatessen specialities as well as basic necessities. Richard Haining runs the Post Office cheerfully and promotes the store on Facebook. The Boxford Stores is flourishing as it strides through its 601st year.

We nearly lost The Boxford Stores and Post Office in 2013, which would have been a major blow to the village. It, along with all our other shops and businesses, deserve our full support. They supported us amazingly with all our needs during Covid and several lockdowns. We should now continue to support them as we find the multinationals creeping back into our lives. It really is a case of "use it or lose it"!

Tina Loose, August 2021

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

### COVID 19 infection rates over July

There is now the start of the downturn of infection rates in South Suffolk. In the 7 days up to 2nd August there were 1567 new cases of COVID-19 in the wholes of Suffolk – but with 213 in the last day. Locally in the area of my Division, there were 11 cases per 100,000 (down by 5 cases of 10 days earlier) up to the seven day period ending 4th August in our MSOA area of 18 villages. BUT in the Sudbury, Hadleigh and East Bergholt areas which surround the Stour Valley division, they are 50% more than ours. 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.

### Vaccination Latest.

All 16 and 17-year-olds are to be offered a first dose of a coronavirus vaccine, the Joint Committee on Vaccination and Immunisation (JCVI) has recommended, with teenagers not needing the consent of their parents to get a jab. Those in the 16 to 17 age bracket must wait to be contacted by the NHS before booking an appointment but once they are they can book in the usual way on the [NHS booking website](#).



### Thanks to public for continuing with COVID precautions and thinking of others.

On July 21st health chiefs in Suffolk thanked the public for continuing to wear masks and observing COVID precautions since the lifting of restrictions. The Government removed the remaining coronavirus rules on Monday July 19 under step four of its roadmap out of lockdown.

The easing meant people are no longer required to wear face-masks in public places such as shops, although they are recommended for crowded areas such as public transport. Venues such as nightclubs can re-open and employers can begin to phase in a return to the workplace for staff working from home.

However, Prime Minister Boris Johnson has urged people to use common sense and personal judgement by considering the risks to themselves and others.

**Stuart Keeble, Director of Public Health for Suffolk**, said feedback seemed to suggest that many people had taken this advice to heart.

“Of course, some people have stopped wearing masks, that is their right and their choice as there is now no longer any legal obligation to do so,” he said. “However I am encouraged when hearing of examples of many other people continuing to wear masks in public. It shows they recognise that this pandemic is far from over, the virus is still very much out there, and they take their sense of responsibility to others seriously by doing what they can to prevent its spread. I thank everyone who is doing so and urge others to follow that example.”

Mr Keeble also thanked employers whose staff were wearing masks, particularly when engaging with the public in venues such as pubs, shops, or doctors’ surgeries, and asked people to be supportive even if they were not wearing a mask themselves. “Employers have a duty of care to their staff and the people they come into contact with within the workplace,” he said

**One job is half a job – why you should get the second vaccination.** Men aged between 20 and 49 are being urged by health bosses to ‘finish the job’ and get their second COVID vaccination, as figures showed they lag behind. As of July 1st, Analysis from public health at Suffolk County Council shows that in the 20-49 age groups, 75% of eligible females have had their first vaccine dose and 42% have also had their second dose. But in the same age range, 66% of eligible males have had their first vaccine dose and just 27% have had their second. The figures come as Suffolk Resilience Forum unveiled a new video promoting the message ‘One Job Is Half A Job’ to promote the importance of everyone getting fully vaccinated.

### 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 [Claire.Gwatkin@suffolk.gov.uk](mailto:Claire.Gwatkin@suffolk.gov.uk). She will then send instructions on how to join the virtual meeting. As always, our team will be happy to answer any questions

you have about fostering or adoption! They normally will have a foster carer or adoptive parent available to help you too at these events. For more details to find out more refer to the website - [www.fosterandadopt.suffolk.gov.uk](http://www.fosterandadopt.suffolk.gov.uk)

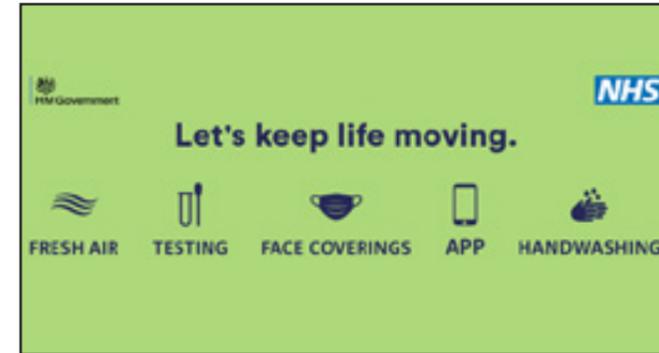
Please continue to spread the word.

### My Priorities

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

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

Tel: 01206 263649 Mobile: 07545 423796



## FEEDBACK FROM BRYN HURREN Your Babergh District Councillor

Frighteningly as I write this report, I realise that we are almost in the last quarter of the year, I have had my three days annual leave and my next day off will be at Christmas.

This has been my busiest year of all my life with regular 80hr weeks and it brings home to me the difficulties of being a councillor whilst also being in full time work as a self-employed tradesman. Thankfully I seem to be in very good health (for my age) which I am very thankful for, especially after the horrible scare of three years ago, 26th Sept 2018. One does not forget those memorable dates that are forever printed on one’s memory.

I am forever grateful to the surgeons at Papworth Hospital who enabled me to carry on with such vigour and determination to carry out all the roles that are demanded of a local representative. However, this has been an exceptional year with great demands on local government and its councillors and the whole tiers of administration. We have in the main I feel mostly coped well and acquitted ourselves with credit.

Nationally it is a completely different matter with a complete lack of diplomacy, honesty and integrity, which has not served us well and will relegate us off the world stage and well down the pecking order of global status. This comes at a time of the U.K. having to be on the world stage for the environmental conference in Glasgow in November, led by a Prime Minister who has about as much gravitas as a drunken rabbit caught in the headlights of the oncoming juggernaut and not knowing which way to look or turn. It is very sad for the next generation who will be left with a planet that is ravaged by ever-rising warming temperatures and fraught with more natural disasters which will make food production ever more difficult with ever-increasingly barren land.

Did the holidaying Brits fleeing the Greek fires with their hastily gathered belongings not realise that the fuel-guzzling airliners that brought them to those shores were very largely responsible for the dilemma they found themselves in?

Maybe, in our current dilemma, it is time to melt the planes

down to make more useful things.

Closer to home August is a time when local PCs have a recess which will give me a little time to catch up on some gardening and to run the local horticultural show but still much to do in preparing for the autumn planning and financial meetings which will take us into the next year’s official business. Hopefully the strengthening Joint Local Development Plan will help safeguard our villages and countryside against the rampage of Government-led greedy developers eating up our precious land for yet more unaffordable and unneeded homes and contributing to our housing unaffordability crisis. Where are tomorrow’s young, old and low-waged going to live?

We must also hope that our biodiversity and environmental ambitions make a difference and lead to some better planning decisions with better self-sufficiency and local infrastructure. Our bus services are almost invisible and expensive - we need some national government help here: maybe all public transport should be free and paid for by higher fuel duty? A good point for discussion: maybe a complete overhaul of where all our taxes go and what they are spent on, are largely out of date and overly-large rural buses are almost empty of passengers and run on cratered roads that resemble the run-down state that we are becoming. This statement is not a moan, just an honest look at where we are now going and what we are becoming.

A reminder that this year once again I do have some locality budget money for good projects that will help everyone in whichever neighbourhood to have better facilities across Box Vale.

Keep well everyone, Have a really good staycation in your area of choice and I hope that we all stay safe and that Ipswich Town may even have won a footie match by October.

All Best Wishes.

Bryn. xx.

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

Tel: 01787 210854 Mobile: 07771 508348

## Developing Skills in Health and Social Care

The developing skills in health and social care (DSHSC) project is providing fully funded qualifications to staff living and working in the adult health and social care sector across Norfolk and Suffolk

The project is funding a range of specific qualifications including:

- Functional Skills in Maths, English and ICT
- Level 1 Course to embed the Care Certificate
- Level 1 Course in strengths based and person-centred approaches
- Level 2 Units in Dementia, End of Life Care, Mental Health, Learning Disabilities and Autism
- Bespoke Level 4 Aspiring Manager Programme

All participants will have access to 1:1 mentoring support to help them throughout their training.

This project is part funded by the European Social Fund  
For more information, visit [www.norfolk.gov.uk/developingskills](http://www.norfolk.gov.uk/developingskills)

Norfolk County Council Suffolk European Union

## BRIAN TORA'S SOAP BOX

It hasn't been much of a summer so far, has it? I know we've had a few warm sunny days, but nothing that really lasted. Grey skies or, even worse, torrential rain, has been more of a feature for this year's holiday season. And in those parts of the world where the sun has been in the ascendancy, forest fires have raged. It seems that global warming really is having an effect these days. And the United Nations has warned that we are running out of time.

What can we, as individuals, do about climate change? Buy an electric car? They're not the cheapest mode of transport around. I have seen a few locally, but they are not that common. Once the price comes down, we should see a better take up for the future of motoring, but I remain concerned over the infrastructure to support these vehicles and the length of time it takes to recharge, having heard a few horror stories over how long it can take to accomplish a longish journey once recharging is taken into account.

And there is the cost in environmental terms of manufacturing these vehicles. The batteries require relatively rare minerals, while making any car needs a great deal of energy and raw materials, so replacing our vehicle stock comes at a price. Perhaps greater use of public transport is the answer, though in our part of the world we are hardly blessed with frequent and comprehensive bus services. It looks as though the government is going to need to do more to help the contribution individuals might make to combat climate change.

Recently, BBC Radio Suffolk's Mark Murphy devoted one of his breakfast shows to engaging with his audience over how they planned to deal with global warming. He was rather disappointed with the response – initially at any rate – with some rather sarcastic and unhelpful comments coming in. It seemed that some of his listeners were treating the challenge as an unwelcome diversion and simply another scare story to follow on from the Covid pandemic.

Personally, I was cheered when a fourteen year old girl from Leiston criticised the negative responders for failing to grasp the severity of the situation. If she, as a young teenager, could understand that we were poised on the brink of a potential disaster that could impact on her life as a grown up, surely adults could not be so naïve as to fail to realise that doing nothing was not an option.

Still, it is hard to get one's head around how best to prepare for a world where clean energy is essential and using our resources more carefully must be the watchword. Some changes will doubtless be spelt out for us by the government. We already know that the sale of new petrol and diesel cars will no longer be permitted after the end of this decade. The future of our oil and gas boilers for central heating and providing us with hot water is also in question. But both these changes will come at a significant cost to us, the general public.

Little things, like switching to low energy light bulbs and switching lights off when we leave a room, or turning off televisions and computers when not in use and not leaving them on standby, will need to become second nature to us. Already we are restricted on what we can burn on open fires and no doubt further restrictions will be applied in due course. It could be that our garden and allotment bonfires will be banned, though somewhat perversely the forest and heath fires engendered by climate change must be adding further to the problem.

I feel I am missing a trick here. While new houses being built will need to incorporate those features deemed necessary to provide an energy efficient place to live, how to make a 17th Century, Grade Two listed property meet new standards seems beyond my capabilities. And we live in a conservation area, so covering the roof with solar panels drops out of the equation. Entering, as I do this month, into my 77th year, I no longer feel equal to the challenge. But I will at least try to do my little bit. My children – and any grandchildren that may arrive – deserve no less.

Brian Tora

## HADLEIGH & BOXFORD PATIENT PARTICIPATION GROUP

### Have you recently changed your address or telephone number?

Naturally, people change address or move to a different area. This can result in the Practice database being inaccurate and means important information may not reach patients.

If you have recently changed your address, or your telephone number, please inform the Hadleigh & Boxford Group Practice to ensure that this information is kept up-to date as the Practice may need to contact you urgently.

You can do this by calling the Health Centre on 01473 822961 or by completing a contact details form available from Reception and on the Practice website. If you are registered for SystemOnline, the Patient Online Service, you can update your contact details on your account page.

The purpose of this exercise is to make sure the practice lists are as accurate as possible. Accurate records help you to receive the support you need from your GP. Practice lists of NHS patients with their correct, up-to-date address and contact details are essential for making sure patients can be contacted about their healthcare.

Surgeries need to be able to contact their patients to provide them with test results, invite them for screening to protect against cancer for example, or to be vaccinated against infectious diseases such as flu or measles. Hospitals also rely on GP lists to ensure they can write to patients with appointments and results of tests or other information.

If you are completely new to the area please register at the Practice. There is a great deal of useful information on the Practice website.

**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



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## PARISH COUNCIL UPDATES

### NEWTON GREEN

#### Summary of Council Meeting 14<sup>th</sup> July 2021

##### 21/132 Recreation Ground

Cllr Presland updated councillors on the Playground equipment installation which after partial installation will now experience a 2-week delay in delivery of the remaining parts. This means that the project will not be completed until mid to late Aug. The councillors resolved to accept a quote of £500 from the contractors to move earth around the site. The electricity supply to the Recreation Ground is now installed.

##### 21/133 Neighbourhood Plan

The Independent Examination being completed, with only minor changes to the NNP being recommended, Babergh has agreed that a referendum be held approx Sept / Oct 2021. It was agreed that once the details of the referendum are confirmed that a leaflet will be circulated to all households.

##### 21/134 Speed Sign

The councillors reviewed the data from the first month's operation of the SID in the village. It was felt that it will be of more relevant to review the data when traffic lights are not present on the A134.

##### 21/138 Babergh scheme for trees, hedges and wildflowers

Cllrs Smith and Schwenk prepared proposals for sites in the village which may be considered for tree planting, hedging and wildflower seeding. Councillors agreed to await the outcome of the NP referendum before looking to create such a scheme.

##### 21/143 Questions to the Chair

The Clerk to ask the Community Wardens to remove hedge growth from around the 30mph village entry sign as vehicles enter from Sudbury. Defibrillators will be an agenda item for September's meeting.

##### 21/144 Next Meeting

The next scheduled meeting will be held on Wednesday 8th September 2021 at 7.30pm.

Full minutes can be found at [www.newton.onesuffolk.net](http://www.newton.onesuffolk.net)

## OTHER BENEFICE PARISH COUNCILS

Boxford, Groton and Edwardstone parish councils were unable to provide summaries of meeting minutes in time for publication in this issue. Full minutes can be viewed at:

<https://boxfordsuffolk.com/BoxfordParishCouncil/minutes>  
<http://groton.onesuffolk.net/parish-council/documents/>  
<http://edwardstonepc.onesuffolk.net/parish-council/minutes/>



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## LITTLE WALDINGFIELD

### Summary of Council Meeting 20<sup>th</sup> July 2021

#### Planning

The council was consulted on two planning applications:

- DC/21/03510 - *Gable Lodge, The Street, Little Waldingfield CO10 0SG.*  
Erection of 2-bay cartlodge with hobby room/store over.  
Following discussion the Council resolved to object to this application.
- DC/21/03682 - *56 The Street, Little Waldingfield CO10 0SU.*  
Erection of single-storey rear extension.  
Members agreed to support this application.

#### Governance

- The council is currently recruiting for a Parish Clerk. One application has been received and the Council agreed to interview the candidate.
- The Council has vacancies for 2 councillors, it was agreed to leaflet the whole village to try and attract new councillors.
- A review was carried out of the decision-making processes of the council. 7 recommendations were agreed, which included all emails received from parishioners being forwarded to all councillors, and where there is a proposition that affects a number of parishioners, they should be personally informed when it is going to be discussed by council.

#### Highways

- Councillors agreed to draw up an annual schedule for maintenance tasks around the village, including road sign visibility, and allocate these to either the Community Wardens or councillors and residents.
- It was also agreed to send letters to residents living on The Street regarding vehicles obstructing the pavement.

#### Closed Churchyard

Council agreed to draw up a maintenance policy for the closed churchyard and obtain advice regarding the pruning of trees with Tree Preservation Orders attached to them.

#### Items for Future Consideration

- Quotation for brass plaque stating 'On Verge' to be attached to the 'No Parking' signs on Church Road.
- Quiet Lanes Designation.
- Registration of unofficial footpaths.

#### Next Meeting.

The date of the next meeting is Thursday 2nd September 2021 at 7:30 pm in the Parish Room. Full minutes and future agendas can be found at <https://bit.ly/LW-parish-minutes>

#### Chris White

Acting Clerk

[clerk.littlewaldingfieldpc@hotmail.co.uk](mailto:clerk.littlewaldingfieldpc@hotmail.co.uk)



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# MILDEN CRICKET CLUB

It's been a month of two halves for Milden Cricket Club: wins over Acton 2nds at home on 25 July (a satisfying avenging of the heavy defeat at Acton three weeks earlier) and Suffolk CAMRA in a friendly on 1 August, followed by league defeats away to Elmswell on 8 August and at home to Hunts County Bats League Division 4 leaders, Copdock & Old Ipswichian, on 15 August. Continuing the football references, appropriate, perhaps, as I write this report as the Premier League season starts on the weekend of a thrilling second Test at Lord's between England and India (why does football intrude so early on cricket season?) perhaps the month's results could be described as a 'score draw'.

## Milden v Acton, 25 July

Put into bat, Milden struggled for early runs but eventually scored 149 for 8 from their 40 overs, with Joe Smith (21) and Toby Ward (31 not out in his first innings for Milden) boosting the total following an interruption for a heavy rain shower. Thunder rumbled around to the north throughout much of the match and, had they been equipped with light meters, the umpires would probably have taken the players off. Acton, too, struggled for runs, losing opener William Ponsford first ball and being reduced to 10 for 4 after ten overs. Only three batsmen reached double figures as the visitors were eventually bowled out for 85 in the 34th over to leave Milden winners by 64 runs. For Milden, Matt Archer took 5 for 29 and Joe Smith ended with the remarkable figures of 10744.

## Milden v Suffolk CAMRA, 1 August

Batting first Milden scored 160 for 8 from their 30 overs, with significant contributions from Tom Duffy (28), Andrew Simmons (30), Will Ward (29) and Alan Every (27). (Your reporter, playing for the first time in 2021, scored 11, opening the innings with Duffy.) Camra scored 121 all out in 28 overs in reply, Milden winning by 39 runs. Alex Rich (4 for 15) and Alan Every (3 for 15) were the most successful bowlers.



Alan Every batting for Milden

## Elmswell v Milden, 8 August



Alex Cunningham scores another boundary

Milden struggled to take wickets at Elmswell as the home side posted a competitive total of 185 for 5 from their 40 overs. Among the Milden bowlers, Alex Rich was again miserly, conceding only 15 runs in his 10 overs and taking two wickets. The Milden reply started with three maidens and the score was only 30 for 1 after 10 overs and 84 for 6 after 22. Some lusty blows from No. 8 Richard Knightley (playing his first match for Milden) in an innings of 29, including four 4s and a six, helped secure two batting points as Milden reached an all out total of 130 to lose by 55 runs. (The return fixture at Milden is on 19 September.)

## Milden v Copdock & Old Ipswichian, 15 August

Winning the toss and electing to bat, Copdock & OI posted 262 for 5, with opener Karl Storey, dropped four times in his innings of 113, eventually holing out to Harry Leitch on the mid-wicket boundary in the 37th over: 240 for 4. Dave Willis (3 for 62 from 9 overs) was Milden most successful bowler. An asking rate of 6.58 runs per over



proved too stiff for Milden, who were bowled out 146 in 29.1 overs. A last wicket partnership of 39 between Harry Leitch (43, including three successive sixes off Boulter) and Willis (22 not out) secured a second batting point for Milden to add to the two for bowling.

Currently Milden are 6th (out of 9) in the league table, with three matches to play.

Report & photos courtesy of David Lamming.

Remaining fixtures	
22 AUGUST	Tendring Park v Milden
12 SEPT	Bardwell v Milden
19 SEPT	Milden v Elmswell

# STOKE BY NAYLAND GOLF

## England Golf Women's Medal Final at Woodhall Spa 10th August 2021

On Tuesday, Katie Clark from Stoke by Nayland Golf Club finished 2nd in England Golf Women's Medal Winners Finals held at Woodhall Spa, the home of England Golf.

The National competition which is open for every golf club in England to put forward their leading medal winner was held on The Bracken Course, with a practice round on Monday, followed by the Final on Tuesday.

The Bracken, which was in lovely condition, is very challenging both from the tee and on the very undulating greens, caddy & husband Mark proved invaluable in his advice and support.

Katie came in with a stableford score of 36 points, a steady 18 out and 18 back, to take 2nd spot. She was absolutely delighted with this result and had a lovely 2 days at Woodhall Spa, including a competitor's dinner on Monday evening where she was presented with a trophy for winning the East Regional final at Ely in June.



Katie Clark is presented her trophy by Tony Thorne of England Golf.



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Boxford Bible Study Group	Peter & Margaret	01787 211077
Boxford Bike Club	Matthew Shinn	01787 211296
	www.boxfordbikeclub.co.uk	
Boxford Bowls Club	Lea Blackham	01787 210313
Boxford Carpet Bowls	Brian Porter	01473 824283
Boxford Drama Group	Janice Macmillan	07779 303690
	janice.macmillan@yahoo.co.uk	
Boxford Gardens Open	Sarah Williams	07879 997640
	Sarah.williams@rmcurtis.co.uk	
Boxford Gardening Society	Elizabeth Wagener	01787 210223
	elizabeth.wagener@btinternet.com	
Box River Lectures	Simon & Jo Marchant	01787 210149
Boxford Rovers FC	Melvyn Eke	01473 602846
	Melvyn.Eke@christie.com	
	www.boxfordrovers.co.uk	
Boxford Tennis Social	Sue Moore	07808 481447
Boxford WI	Annie Philips	01787 211729
Edwardstone Cricket Club	Tom Whymark	01787 211375
Madrigalia Choir	Sue Price	01787 210913
Miss Lesley School of Performing Arts (MLSPA)	Miss Lesley	07957 351941
	lesley.mlspa@gmail.com	
Milden Cricket Club	Andrew Simmons	07951 055643
Newton Art Club	Carol Langley	01787 373548
Newton Line Dancing	Jean Tomkins	01787 377343
	JT.Steppers@talktalk.net	
Newton War Games Club	Brian Lawson	01787 312160
Newton Fireside Club	Moira Evans	01787 374652
Yoga	Marianne Marshall	01787 210323

## SCOUTING

1st Boxford Beaver Scouts	Greg Roberts	07578 825971
	beaversboxford@gmail.com	
1st Boxford Cub Scouts	Liv Hoy	07801 548854
	livkarine@hotmail.com	
1st Boxford Scouts	Neil Barkham	01787 211916
1st Boxford Rainbows	Janice Macmillan	07779 303690
1st Boxford Brownies	Janice Macmillan	07779 303690
	janice.macmillan@yahoo.co.uk	
1st Boxford Guides	Deborah Tullett	
	debtullett@hotmail.com	

## COMMUNITY GROUPS

3PR Boxford 1st Responders	Rich Wild	01787 210946
	office@boxfordresponders.com	
Boxford Allotments	Karen Coleman	07970 945646
Boxford Bounty	Mark Miller	01787 211596
Boxford Community Car Scheme	Jen Eastwood	01787 211853
	jen.eastwood8@gmail.com	
Boxford Community Council	Ward Baker	01787 210129
	BoxfordCommunityCouncil@gmail.com	
	www.boxford.me.uk	
Boxford Playing Fields	David Burden	01787 210926
	d.burden379@btinternet.com	
Boxford Society	Jen Eastwood	01787 211853
	jen.eastwood8@gmail.com	
Boxford Tennis Courts	Yvonne Woodfield	01787 210151
	www.boxfordsuffolk.com/boxfordSociety	
Ltl Waldingfield Playingfield	Charles Miller	01787 249111

## CHILDREN FAMILIES & LEARNING

Boxford Primary School		01787 210332
	office@boxford.suffolk.sch.uk	
	www.boxford-suffolk.secure-dbprimary.com	
Friends of Boxford School (FoBS)		talktofobs@gmail.com
Sunflowers Childcare	Moira Grant	01787 211363
	info@sunflowers-childcare.co.uk	
	www.sunflowers-childcare.co.uk	
Boxford Baby & Toddler Group		facebook.com/Boxfordbabyandtoddlergroup

## CHARITIES

Boxford & Groton United Charities	Guy Godfrey	01787 211378
Edwardsone Millennium Green Trust	Claire Mortimer	01787 210051
Groton Educational Foundation	Stephen Watkins	01787 210977
	stephen_watkins49@yahoo.co.uk	
Groton Winthrop Mulberry Trust	Robert Bowbridge	01787 211553
Little Waldingfield Charities	Mary Thorogood	01787 247658
Newton Green Trust	Philip Taylor	01787 211265
	philiptaylor433@gmail.com	

## HALLS & FACILITIES TO HIRE

Boxford Pavilion	Hugh Philips	01787 211729
	hughvcphillips@hotmail.com	
Boxford Spinney	Mark Miller	01787 211596
	mark.miller@talktalk.net	
	www.boxfordspinney.co.uk	
Boxford Village Hall	Joe Barrett	01787 211911
	joe@joebarrett.me	
Edwardstone Parish Hall	Daphne Clark	01787 210698
	daphne.clark@btopenworld.com	
Edwardstone Millennium Green	Gordon	01787 211605
Groton Village Hall	Joanna Roberts	01787 210619
Little Waldingfield Parish Room	Sue Bowen	01787 249473
	sd.bowen@btopenworld.com	
Marquee Booking		BoxfordMarqueeBooking@gmail.com
Milden Pavilion	Pearl	01449 741876
Newton Village Hall	Alan Vince	01787 373963

## PARISH COUNCIL CLERKS

Boxford Parish Council	Debbie Hattrell	01787 210943
	d.hattrellhattrell@btinternet.com	
Edwardstone Parish Council	Richard Jones	01473 828246
	edwardstoneclerk@outlook.com	
Groton Parish Council	Richard Jones	01473 828246
	grotonclerk@yahoo.com	
Ltl Waldingfield Parish Council	Chris White	07541 133535
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Newton Parish Council	Dave Crimmin	01787 375085
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## EVENTS CALENDAR

### AUGUST 2021

- 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 Patronal Festival and Parish Banquet** 11:00am  
 SUN St Bartholomew's, Groton
- 29 Boxford Farmers' Market** 10:00-1:00  
 SUN The Village Hall, 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 Leavenheath Cinema "Military Wives"** 7:00pm  
 SAT Leavenheath Village Hall
- 4-5 Village Flower Festival** 10.30-5.00  
 SAT-SUN St Lawrence's Church, Little Waldingfield
- 5 Plough Day** 10:00am  
 SUN Badley Road, Great Waldingfield, CO10 0RY
- 5 Forest Church** 11:00am  
 SUN St Marys, Boxford
- 10 Macmillan Coffee Morning** 9:00-12:00  
 FRI White Hart Forecourt, Boxford
- 11 Fun Dog Show** 11:00-4:00  
 SAT Shelley Centre IP7 5QY
- 11 Kersey Flower & Vegetable Show** 2:15-5:00  
 SAT Kersey Village Hall
- 11-12 Harvest Fair** 11:00-4:00  
 SAT-SUN Kedington Hill, Little Cornard CO10 0PE
- 12 Patronal Festival and Church Fete** 12:00-3:00  
 SUN St Marys, Boxford
- 18 Coffee Morning for St Nicholas Hospice** 10:00 - 12:00  
 SAT Little Waldingfield Parish Rooms
- 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 Boxford Farmers' Market** 10:00-1:00  
 SUN The Village Hall, Boxford
- 26 Harvest Service and Cream Tea** 11:00am  
 SUN All Saints, Newton Green
- 26 Family Fun Day** 11:00-3:00  
 SUN Stoke-by-Nayland Resort
- 29 Groton Village Hall AGM** 7:30pm  
 WED Groton Village Hall

### OCTOBER 2021

- 1 Drop in for Coffee** 10:30 - 12:00  
 FRI St Lawrence's Church, Little Waldingfield
- 1 Wine & Cheese Tasting** 7:00-9:00pm  
 FRI St Mary's Church, Boxford
- 3 Little Waldingfield Farmers' Market** 10:00-2:00  
 SUN Playing Field, The Street, Little Waldingfield
- 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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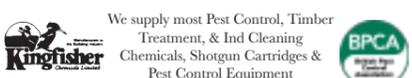
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