

December 2021

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green

**GLAD
TIDINGS**
we bring!

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



BOXFORD FIREWORKS 2021

What a night! After months of uncertainty and virtual meetings, the village and many others finally came together for Boxford Fireworks 2021.

Unprecedented numbers of around 2,000 turned up to enjoy another fantastic display from pyrotechnic specialists, Dynamic Fireworks. Down in the centre of the village, a huge swell of paraders marched up Swan Street from the White Hart, illuminated by an immense array of spooky-themed lanterns that local children had made with their families the week before. The fabulous 12-strong members of the Glenmoriston Pipe Band took their place at the head of the parade to fill the streets with onlookers as they marched past with their booming drums and bagpipes. It was an amazing spectacle and the atmosphere generated by all who attended was truly electric.

As always, our thanks must go to the forty or so volunteers who made the event possible and run smoothly. From making the lanterns, to marshalling the crowds, manning the refreshments, setting up and clearing up - without them the fireworks would be a very damp squib indeed. Thank you so much to you all.

The strong community we have is very special but all our organisations need new blood to maintain and develop all they do for the village. Please get in touch if you can help in any way or even donate any spare time to events such as these. You can find our contact details on our website: www.boxford.me.uk

Here's to Fireworks 2022!

Ward Baker

[Ed's note - special thanks are also much deserved by Chair of the Community Council, Ward Baker, who puts in so much of his time to events such as this for the benefit of all.]

Thank you to Peter Norris and Kunal Odedra for supplying photographs.

WELL DONE JAMES!

I competed in the chelmsford marathon on the 17th of October. It was arduous and horrendous on the legs but I am extremely proud to say I completed the event in 4hrs 8mins exactly.

I wanted to run the race in under 4hrs but it wasn't to be. I raced with two of my friends. One of which finished in a fraction under 4hrs and the other collapsed at the 24 mile mark due to a lack of sodium. It was a shame we couldn't all

cross the line together but we had tried our very best. All in all we have raised over £3,000 for the East Anglian Air Ambulance which is a fantastic total.

I would like to thank the whole of Boxford for the support I received throughout the whole training process and the wonderful donations that went towards my personal fund raising effort of over £1,850.

Special thank yous must go to Shaun and Mitch at the Brewers Arms for their support and also to Martin Crighton and Bex Jupp for giving me plenty of stick along the way!

Thank you to everyone who donated. I couldn't have done it without all the support.

James Williams

(James' Just Giving page is still open if you wanted to make a donation <https://bit.ly/james-williams-marathon>)



••• THE •••

WHITE HORSE INN

••• EDWARDSTONE •••

***NEW* OPENING HOURS**
 Wednesday - 12-10pm
 Thursday - 12-10pm
 Friday & Saturday 12-10pm
 Sunday - 12-8pm

FIND US
 Mill Green, Edwardstone,
 Sudbury CO10 5PX
 Across from the
 Millennium Green!

- Open 5 days a week
- Takeaway draught beers & bottle fridge

A great selection of craft beers, real ales, ciders, wines & gins

- Campsite & Holiday Cottages
 - Bookings open to March 2022

WEEKLY STREET FOOD
 Fridays - Wagyu Burgers

New cheese, charcuteries & small bites menu!

NEW
MONTHLY SUPPER CLUB
LAST WEDNESDAY OF THE MONTH!



Little Earth Project
 Microbrewery on site!

CONTACT
www.edwardstonewhitehorse.co.uk
 01787 211 211

Facebook Instagram Twitter @edwardstonewh

BOXFORD CHRISTMAS CARDS



The 2021 Boxford Christmas cards are now on sale in the Boxford Post Office. £1.10 will be donated towards the maintenance of Boxford Village Hall for every pack sold.

Queen Bee Designs

Box River News

Trudi Wild, Twin View, 18 Stone Street, Boxford CO10 5NR
 Telephone: 01787 210946
 email: editor@boxrivernews.com

Deadline date for the January 2021 Issue is:
December 15th at midday

S B Electrical 

For all your electrical work large or small

Free Estimates ✓ No Call Out Charge ✓
 A Member of the BSI ✓ Electrical Certificates Issued ✓
 Part 'P' Registered ✓ Insurance Backed Guarantee ✓

Tel: 01787 247043

email: info@sbelectrical.biz or visit www.sbelectrical.biz
 Church Road, Little Waldingfield, Sudbury, Suffolk

ITworx
 Technology Tamed

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

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

itworxnow@hotmail.com
 Phone: 01787 210001
 Mobile: 07866 015853
www.itworxnow.co.uk



Elaine Carpenter
 N.R.H.P., C.H.P., Dip Psychology

HYPNOTHERAPY

Negative emotions such as anxiety and depression can overwhelm us by rippling out and affecting our whole lives. Hypnotherapy can help you discover how to use the power of your mind to free yourself from fear and gain control back of your life.

I have over 30 years of experience as a hypnotherapist, helping people to overcome a wide range of emotional, mental & physical problems.

Call me for an informal chat to see how Hypnotherapy can help you.

Now available at KERSEY MILL & BOXFORD

Phone: 01787 210 601
Mobile: 07929 744 072

A VERY GOOD DEED INDEED

Boxford Village Hall is a registered Charity and as such depends on the generosity of its users and is run by our amazing band of volunteers and those who are now "Friends of Boxford Village Hall". So back in the winter of 2020 it was with a real feeling of dread that we realised the heating wasn't working and the Hall was freezing cold. We called in the local firm of Whitwell Services who had managed to keep our old boiler going for 19 years, but the news wasn't good - it was broken beyond repair and needed replacing.

John and Luke Whitwell spoke with heating manufacturer Grant UK, who supplied us with a new high efficiency condensing oil-fired boiler at a much-reduced price - saving us around £1,200 with a flue thrown in for free! This was a game-changer for Boxford Village Hall and has meant our users were never left out in the cold.

This all happened when we were in the first lockdown and nobody was any the wiser. But recently on one of his regular visits to the Village Hall, John Whitwell (right) brought with him Matt Beales (centre) from Grant UK to see for himself the result of his efforts. Matt explained that they were always looking at ways



to help local communities, especially at difficult times like this pandemic.

They are pictured with a relieved Joe Barrett, (left) the new Chairman of Boxford Village Hall, standing by the shiny new central heating boiler!

YOUTH SHELTER VANDALISED

It is a matter of great regret that the shelter between the playground and the playing fields car park was destroyed by fire on Monday November 8th.

The incident was reported to the Suffolk Police. The crime number is 37/63092/21, it is recorded as "Arson" as advised by the fire brigade crew that attended the scene. The police were given details by eye witnesses of those seen running from the scene.

In due course the debris will be cleared. The committee will carefully consider future action.

Boxford Playing Fields Committee



BOXFORD ROVERS UPDATE

The season is well underway with both the Under-12 and Under-14 teams competing in the Suffolk Youth League.

The Under-12s are in Division 5 with 13 teams in the league and are managed and coached by Jason Long, Nick Lunn and Ryan Waddingham with a squad of 16 players and as of end of October they have played 6 matches - won 2 and lost 4.

The Under-14s are in Division 4 with 12 teams in the league and are managed and coached by Melvyn Eke, Andy Chatfield and Jon Ellis with a squad of 21 players and also as of end of October have played 6 matches - won 4, drawn 1 and lost 1.

All players are enjoying the experience of plenty of pitch-time and there are many outstanding individual and team performances thus far.

Overall a very good start to the season which continues until May 2022.

REMEMBRANCE 2021

In 2020, as lockdown bit, we were finally told at the last minute that Remembrance Services would be allowed, but with strict limitations (and conflicting messages) over who could attend. We did what we could across the benefice to show appropriate respect, but few of us could fail to be disheartened by our small gatherings in each location. This year was quite a different story.

Throughout the week, Boxford housed the 'Boxford Remembers' Exhibition which told the story of the two world wars, the holocaust, the place of faith in the front line and paid tribute to the fallen of Boxford. On the evening of Thursday 11th November, Scouts come into church and, after having a bit of fun singing the Crazy Moose Song, we pondered the meaning of remembrance, shared some personal family stories of the world wars and explored the exhibition. On Friday 12th November, Boxford's church seasonal film night showed War Horse.

On Thursday 11th November, we held our usual 11am silence and accompanying service around Edwardstone's War Memorial. It was a beautifully dignified service with a decent number in attendance. Even our four-legged friends joined in with the bugle to sound the Last Post and Reveille.

On Sunday 14th November, we held services in Lt Waldingfield, Newton Green, Groton and Boxford. All were well attended and the services each held a poignancy, dignity and respectfulness fitting for the occasion. At Boxford there were over 140 in attendance with one third of those children. There were representatives from all of the uniformed organisations, together with local dignitaries. It is reported that there were between 40 and 50 people at Newton, Lt Waldingfield, and Groton respectively. Such a welcome increase on last year.

A big thank you to all who led services (and enabled them to happen in all places at once) and those who worked so hard behind the scene (especially those who had to produce and copy five different orders of service) to ensure such a rich diet of dignified and respectful remembrance could be seen across the five churches of our benefice.

Father Rob



Groton, led by James Ridge. Twenty-eight people (and two dogs!) attended, with the poppy wreath laid on the memorial stone by the chairman of Groton Parish Council, Piers Roberts. Photo: David Lamming



50 villagers gathered at the War Memorial in Newton Green for the annual Remembrance day service. It was lovely to see so many villagers taking part and it was particularly poignant when two young brothers, William and James, laid the memorial wreath.



NEWTON FIRESIDE CLUB

Unfortunately, the whist drive that was scheduled for Tuesday 9th November had to be postponed. Instead we played a range of traditional card games like Beggar Your Neighbour, Out Of Doors and Old Maid. Some preferred to play dominoes, but everyone agreed that the cakes from the village pub shop were amazing!

It was really good to welcome some new members and everyone is welcome.

On our next meeting on Tuesday 7th December we will be making a simple Christmas table decoration. There is a small charge of £5 for this to cover the cost of materials like candles, oasis, baubles etc. If possible, please book in advance by contacting Sue on **07881 383998**. Hopefully there will be enough time to make some extra decorations to be sold at the All Saints Church Christmas Fayre on Saturday 11th December.

Details of meetings from January to April will be published in December.

Sue Presland

Eco SYSTEMS
 Tree and Grounds Care

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

Fully Insured
 NPTC qualified Council approved contractor
 FREE no obligation quotations and advice

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

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



Chapman Stickels
Suffolk and North Essex

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

Please visit us at
The Corn Exchange, Hadleigh.

Or call us
01473 372 372

Chapman Stickels
The Corn Exchange, Market Place, Hadleigh, Suffolk IP7 5DN
P | 01473 372 372 E | info@chapmanstickels.co.uk W | chapmanstickels.co.uk

Part of Investeq Holdings Limited

The Blooming Garden

Crazy about Chrysanthemums.

I never used to like chrysanthemums; I used to associate them with dismal pot plants and funerals. But a few years ago I discovered the small flowered Rubellum and Korean hybrids which are quite hardy. Don't ask me which is which, I can't tell them apart. But they are all lovely and bear sprays of small flowers in a wonderful range of colours. They start flowering in September, but I prefer to concentrate on the late blooming ones which light up the November garden. Some years when we have not had too much frost the later ones linger into December. Many of the varieties I have bought in the last few years are rare ones propagated by Suffolk Plant Heritage so it is nice to have the added pleasure of helping to preserve plants on the red list.

One of my favourites, 'Mavis Smith' was found by a member of Suffolk Plant Heritage in the garden of her Pilates class. It is a very vigorous chrysanthemum and is instantly recognisable because of its quilled pink petals which make the flowers look like pink shuttlecocks.



Chrysanthemum 'Mavis Smith'

Chrysanthemum 'Jolie Rose' is a favourite of mine. It is a pale pink with a white halo at the centre.

Chrysanthemum 'Suffolk Pink' seems to be grown a lot round here but I cannot find out where it originated from.

Daisy flowered chrysanthemums with their yellow eyes are charming but so are the pompom flowers of the dark pink 'Julia Peterson' or from Japan there is the lovely old variety 'Mei-Kyo' which means 'Glory of Kyoto'.

But for autumn maybe you prefer more autumnal colours of red, rust, apricot and yellow.

I have a semi-double one which is the deepest, darkest red; it is called 'Buxton Ruby'. It is very rare and is registered on the Plant Heritage Guardian Scheme.

Another rare chrysanthemum is the gorgeous double apricot double *Chrysanthemum 'Picasso'*. This little stunner is compact and late flowering.

'Golden Greenheart' is a bit unusual because it has a double layer of petals and a distinctive green centre.



Chrysanthemum 'Chelsea Physic Garden'

The very latest into bloom in my garden is the fabulous *Chrysanthemum 'Chelsea Physic Garden'*. Some years it is still in bloom for Christmas. It has bronze double flowers which are gold on the reverse of the petals.

If you prefer yellow then look out for the double 'Cottage Lemon' or 'President Osaka', or if you are lucky you might come across the rare 'Jante Wells'. If you prefer a darker, richer yellow then 'Spartan Canary' is a good choice.

These are just a few of the lovely varieties available and there is no space here to talk about any more, but if you would like to grow chrysanthemums there is an abundance of choice. They like a sunny, well drained spot and rich soil. They do need staking

but you can keep them more compact by pinching out the growing tips when they are about 20cm tall. This will make bushier, sturdier plants. They are incredibly easy to propagate from basal cuttings. Sometimes you can just pull a shoot from your clump and it will already have a root on it.



Chrysanthemum 'President Osaka'

Most of these chrysanthemums are quite hardy. If you have a heated greenhouse and lots of time on your hands you can grow Florists' or Exhibition Chrysanthemums with big, punky, mop heads (or incurve blooms as they are supposed to be called.) They take a lot of care and they always remind me of over-primped, botoxed and made-up ladies who spend too much time at the hairdressers. These are the chrysanthemums which were used by Imperial Japan as a symbol of their power and even today, the chrysanthemum is their national emblem. Every year they have a Festival of Happiness in honour of chrysanthemums and these flowers represent the sun and immortality. It is ironic that in many countries they are associated with death. An Italian friend tells me that in Italy, nobody would dream of bringing them into the house. I am glad we have no such superstition here.

I do have one tender chrysanthemum though because a friend gave me a cutting. It is called 'Salhouse Joy' and it is a Fantasy Chrysanthemum. It is well named because it looks a bit surreal. This chrysanthemum grows very tall and it doesn't get the special treatment it deserves. Nevertheless it amazes me each year with its astonishing, Catherine wheel flowers.

One final note on chrysanthemums; they make wonderful, long-lasting cut flowers. They last about three weeks in a vase. What other blooms can you so much pleasure on a gloomy November day?

Chloris.

For more from Chloris follow:

www.bloominggarden.wordpress.com



Chrysanthemum 'Suffolk Pink'


**Nayland
Chiropractic**

Supporting Your Wellness

Inga Hurren Registered Chiropractor

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

THREE CHEERS FOR BITTERS!

The road to health is paved with good intestines.

With Christmas celebrations, dinners, puddings, sweets and treats just around the corner, why not spare a thought for your poor digestive system...?

At this time of year, if I could only use one herbal remedy in my clinic it would have to be our Swedish Bitters. Mostly recommended to help relieve indigestion, reflux, digestive discomfort, constipation, gas and bloating ...



What are bitters?

'Bitters' are a blend of bitter tasting medicinal herbs that are usually decocted in alcohol or vegetable glycerine to form a liquid health supplement. They can be taken once or twice a day, before or after meals, depending on the desired effect. Bitters have been used as a herbal remedy for hundreds of years, and during the 1800s they were administered as a 'cure all' for most ailments. Despite their long history of use in health and medicine, the science behind them is just starting to be understood.

What herbs are bitter?

Gentian, Valerian, Blessed Thistle, Milk Thistle, Centaury, Yarrow, Cinamon, Andrographis, Peppermint, Wormwood, Angelica & Burdock to name just a few.

What foods are bitter?

Sorrel, Chicory, Endive, Romaine lettuce, Wild rocket, Dandelion leaves, coffee, Jerusalem artichokes, dark chocolate, Brussel sprouts. Most heritage vegetables we grow from seed have a more bitter component and taste.



Why do we need bitter foods?

Our 'modern' diets tend to focus on our sweet and savoury taste buds. The avoidance and replacement of bitter tasting foods underlies some common digestive complaints. Bitter foods and herbs also have a much broader influence on our health.

The research - Bitter taste receptors

The essential need for bitters is reflected by the intricate way our bodies detect bitter profiles. Whilst we know our bodies react to bitter tastes on the tongue, research shows we have over 100 bitter specific (TR2) receptors throughout our bodies, even on our skin!

Amazingly, these bitter receptors are not just on our tongue, but found on the heart, arteries of the brain and in smooth (involuntary) muscle tissue (found in the blood vessels, gut and respiratory system). The bitter substances we ingest (plants or synthetic toxic substances) trigger receptors in our nervous, endocrine, circulatory and digestive systems. From this activity, the unique action of the TR2 receptors can detect if the bitter is beneficial or toxic. This toxic screening ability is most probably a reason why these receptors are also found in our airways.

They can even influence our hormonal balance. TR2s are present in the enteroendocrine cells in our mucosal lining of the gut. These specialised cells detect bitterness and can also control the release of gastrointestinal hormones. These control our hunger and satiety (fullness) signalling, as well as the metabolism of fat and carbohydrates.

How can bitters help us?

Calm and regulate digestion

When bitter substances stimulate the receptors, they have an antispasmodic effect and smooth muscle tends to relax. This can, in part, be why bitters help relax muscle cramping, bloating and regulate blood flow. Some bitter herbs such as Wormwood and Gentian can affect the blood flow in the gut as soon as 5 minutes after taking.

Improve nutrient absorption

The increase in digestive enzymes and bile, coupled with slower motility, allows for the optimised breakdown and slower delivery of nutrients (including sugar) to the bloodstream.

Help balance blood sugar / post meal glycaemia

Research shows that bitter substances can help to slow down the digestive movement of carbohydrates into the small intestine, which in turn can help reduce post-meal blood sugar spikes, or glycemia.

Appetite control

Bitter flavours activate the enteroendocrine cells in our digestive tract. These release hormone-like substances that make us feel full. So, bitterness can help portion control too.

Reduce gas, bloating, acid reflux, and digestive discomfort



The increased secretions assist the efficient breakdown of food whilst enhanced blood flow and slower gut motility can significantly reduce indigestion, gas, reflux and bloating.

Medicinal Herbal Bitters help promote a healthy gut biome

Research indicates that certain herbal bitters, loosely known as "nutritive bitters", contain meaningful amounts of prebiotic starches that promote the growth of beneficial gut bacteria and can have beneficial effects on regulatory bowel function. Examples of nutritive bitters include dandelion, chicory, angelica, and burdock.

Can everyone benefit from taking bitters?

Bitter foods in a diet should be beneficial to anyone, however always consult a health practitioner if in doubt before taking medicinal herbal bitters.

Are Swedish Bitters easy to take?

Yes, I usually recommend 5ml with a little water and believe it or not most clients say they enjoy them and crave the bitter sensation.

We make our own Swedish Bitters at Pippettes Farm in Boxford.

For more details on bitters please visit our website at www.pippettes.co.uk

This article is for educational purposes only and is not intended as medical or health advice. Always consult a health professional before taking any medicine or supplement.

Elaine Everitt,
BSc(Hons) DO LicAc MBMAS GOsC MCPP MNIMH
Osteopath . Acupuncturist . Medical Herbalist
Pippettes Farm, Stone Street, Boxford.
07587 743 850



GARDEN DESIGN
BORDER DESIGN
PLANT SOURCING
GARDEN OVERHAUL
GARDEN GIFT VOUCHERS

Give your garden the makeover it deserves!

We are a local garden design company and can offer a complete design, construction and maintenance package or just a planting plan for a single border.

WWW.ZINNIADDESIGN.CO.UK

Call Angela for a consultation:
01787 212264
07974 375254

Zinnia GARDEN DESIGN

WILL BISHOP JEWELLERY

Beautiful jewellery handmade from silver, gold and platinum
Bespoke service available

Please call 01787 210251 to make an appointment
info@willbishop.co.uk www.willbishop.co.uk

CHRISTMAS AT MILL TYE

With a wide range of Ceramics, Sculptures, Books, Christmas Cards and Home Accessories, there is something for everyone at the Mill.
We have Christmas all wrapped up!

MILL TYE GALLERY & ARTS CENTRE
3 Cornard Mills, Mill Tye, Great Cornard
Sudbury CO10 0GW (old 'Bakers Mill' Building)
Opening Times: Friday, Saturday and Sunday:
11:00 am to 4:00pm.
Christmas Week: Monday 20th December to Friday 24th December open everyday from 11:00am to 4:00pm.
Free Parking and Free Entry - Everyone welcome. www.milltyegallery.co.uk

SUFFOLK TREE SERVICES LTD

For All Aspects of Tree Works Including:
• Planting • Reducing • Pollarding • Felling •
• Stump Grinding • Hedging Works •

We offer a complete and professional service
Established over 30 years
We are a local, friendly and experienced company
• Free Estimates • 24 Hour Storm Damage Cover •
• Fully Insured • Tree Reports and Consultancy

Woodchip and Firewood for Sale info@suffolktreeservices.co.uk
Tel: 01787 319200 www.suffolktreeservices.co.uk

TRAILER SALES AND HIRE

We are a family run company that will always go the extra mile for our customers.
We provide all types of trailers to both companies and individuals. We are based in Suffolk but we cover all of East Anglia, Kent, Surrey and into London.
Approved dealer for Bateson, Maypole, Tickner and Woodford Trailers.

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

07850 554 776 / 07974 189 647
rob@1stoptrailers.co.uk
www.1stoptrailers.co.uk

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

ELAINE EVERITT
BSc(Hons) DO LicAc MGOsC MBMAS MNIMH MCPP

OSTEOPATHY • CRANIAL OSTEOPATHY
ACUPUNCTURE • HERBAL MEDICINE

Treating newborns to elderly
Sports injuries, headaches, neck & back pain
Recognised by most medical insurances

For a conversation to find out more or to book an appointment call
07587 743 850
www.elaineveritt.com / www.pippettes.co.uk

Pippettes Farm
Stone Street, Boxford CO10 5NR

THE DECEMBER LETTER FROM FATHER ROB

Dear Friends,

Christmas has to be one of my favourite times of the year. The decorations and festive cheer; the joy and excitement. In a benefice of five churches, it is a very busy time (like most seasons), but we do our best to provide a little of value in each place. There is something very special about singing carols in candlelight on a dark winter's evening, or watching a nativity unfold before your very eyes in the beautiful ambience of a church building. One of the richest of all the Christmas services has to be Midnight Mass with its abundant symbolism, mystery and awe. There is something very special about celebrating Mass just as the clocks pass midnight and Christmas day begins. Children especially love it as it is an excuse to stay up late and adds that little bit of mysticism to their Christmas. Then, of course, there are the Christmas Day services themselves - so filled with joy and excitement.

I just love the way that Christmas brings that inner child to the surface for all of us, if we let it. Having said that, Christmas with its rich historical underpinning in the story of Jesus' birth, forces us to think about the important things in life too. Less commercially driven, our minds ponder issues of life and death and what our purpose in this life may be.

As we gaze into those beautiful baby's eyes, filled with so much hope and expectation, what do we see staring back at us from the manger?

To begin with, there are some important things to note about the setting for Jesus' Birth. His mother Mary falls pregnant out of wedlock. Her fiancée Joseph shows remarkable trust in God and Mary to allow for healing and overcome his own pride: thus the wedding still happens. They lodge in a strange city and must board with the animals in impoverished conditions lacking all normal comforts. There isn't even a cot for the baby, instead an animal's feeding trough has to do. This is the setting in which the divine child Jesus is born.

The first to see Jesus outside of the family are the Shepherds. There are no bouncers on the door and they are not vetted for their worthiness. Their only claim to holiness is their corporate adoration of the baby Jesus. They are not religious or political leaders, not wealthy landowners nor local magnates, just simple hardworking Shepherds. I don't see this as a statement against those other professions, only a nod towards where we are likely to find Jesus (and his followers) if we are looking - it will be amongst those with the least to distract them. Even from birth, Jesus commands complete attention.

When the great and the good do finally arrive, it is interesting to observe that it is not local leaders or dignitaries who God leads to the house of the Holy Family: their pride and defensiveness only leads them to want to eliminate the perceived threat he represents to them. No, it is foreign philosopher kings - people who are able to look outside of the local cultural baggage and bring a wider perspective and a more open mind to what God might be doing.

Jesus' birth is a really special event. It is right that we should have a day to mark it in our calendar, but we must not lose sight of Jesus' birth drawing its meaning from what came before and what comes



after. God's interaction with the world from its creation as recorded through the patriarchs and prophets lays the backdrop for who Jesus is. Jesus' example of life and ministry. The nature of his death which itself paves the way for his Resurrection and Ascension. The way in which through his life and death he can take to himself the evil of the world and break the veil of sin and death, so that we can be transformed by the certain hope of eternal life - quite literally transforming the world we know.

This is all very well in theory, but how does it actually change the world? Whilst scrolling on my Facebook feed the other day, I came across an article by David Bentley Hart about human dignity. In it the author argues that 'Human Dignity Was a Rarity Before Christianity'. It is difficult to look into the archives of history and claim otherwise. He states: 'Our modern notion that there is such a thing as innate human worth, residing in every individual of every class and culture, is... a late consequence of a cultural, conceptual and moral revolution that erupted (at the time of Jesus). I am tempted to think that the nature of that revolution became visible for the first time only in the tale of Peter's tears.' Watching Jesus be dragged to the cross, the cocky and confident Peter suddenly finds himself denying he knows Jesus to those who challenge him. Jesus' apparently closest friend on earth denies him at the crucial moment. Peter then realises that his denial of Jesus is something Jesus himself had predicted many days before. Peter suddenly sees in himself the very seeds of sin that sit at the root of every act that denies the dignity of any living thing that God has so carefully crafted and made. In that instant, Peter comes to recognise with all the gravity of the heavens, that believing in and following Jesus does not give a right to elevated status or exert power over others through lofty words, decrees or associations. It starts with the very tough and painful process of looking into the depths of his own soul and laying it bare before God. We see the same process happening with King Herod at the very beginning of Jesus' life as he grills the wise men on Jesus' whereabouts, only with a very different outcome (Herod's fear, defensive rage and lack of self-awareness leads him to massacre of every first-born child in the kingdom).

The story of the baby born in a manger, indeed the whole story of Jesus, shows us that the God we see in Christ is not an angry God who wishes to punish us for every little misdemeanor, nor does he discriminate between us - for he made us all each wonderfully different and does not waste a single thing that he has made. The kind of judgement God represents is not something to be feared, but something to be hoped for. In the words of the great author and theologian C. K. Chesterton, 'Judgement is whispering into the ear of a merciful and compassionate God the story of my life which I had never been able to tell.'

God makes us who we are and does not discriminate between us. That means that neither should we discriminate between us. We must exert every effort to resist that most pernicious of sins, judging others, which is at the root of some of the most appalling atrocities humanity has committed through time.

Jesus' gaze from the manger challenges us to lay aside all our prejudices so that we may be his people in the context of Jesus' Kingdom of God. As the baby Jesus' loving eyes look deep into our own, so we (like Peter as Jesus looks at him on the way to the Cross) must ourselves gaze into the depths of our own souls and lay everything bare before the Christ child - who is God-with-us. That means we are called to be the Church and Christians who can be truly inclusive just as Jesus was, free from misogyny, classism, racism, homophobia and ageism. Only then will we represent the kingdom that Jesus calls for.

May you all encounter the non-discriminating, all-embracing love of God which surrounds the heart of Mary, Joseph, the Holy Family, the Shepherds and the Wise Men this Christmas.

With much love and every blessing,

Fr Rob

rparkermcgee@gmail.com

Tel: 01787 210434

The most wonderful time...



...of the year

We're HUGE fans of Christmas here at Suffolk Medical & Beauty Clinic. So this year, to mark this festive season, here's a little something from us, to you...

 This month, spend £30 on Beauty or retail at Suffolk Medical & Beauty Clinic and receive £10 towards a treatment in January!*

* Minimum spend in January £30. One voucher per person. Valid until 31/01/2022

Merry Christmas!



Suffolk Medical Clinic, 6 Broad Street, Boxford, 01787 211 000



SERVICE SCHEDULE FOR DECEMBER 2021



Sunday 28th November Advent 1	09:30	<i>Intergenerational Family Service</i>	St Mary's, Boxford
	11:00	<i>Sunday Eucharist</i>	All Saints', Newton
Wednesday 1st December St Andrew	10:00	<i>Simple Eucharist</i>	St Mary's, Boxford
Sunday 5th December Advent 2	9:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Morning Prayer/Praise</i>	St Mary's, Boxford
	11:00	<i>Forest Church</i>	St Mary's, Boxford
Wednesday 8th December	10:00	<i>Simple Eucharist</i>	Mary's House, Boxford
Sunday 12th December Advent 3	09:30	<i>Morning Prayer/Praise</i>	St Bartholomew's, Groton
	16:00	<i>Advent Evening Service</i>	St Mary's, Boxford
Wednesday 15th December	10:00	<i>Simple Eucharist</i>	Mary's House, Boxford
Friday 17th December	O Sapientia		
Saturday 18th December	O Adonai		
Sunday 19th December Advent 4 (O Radix Jesse)	9:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	14:30	<i>Nativity</i>	St Bartholomew's, Groton
	15:00	<i>Carol Service</i>	All Saints', Newton
	16.30	<i>Christingle</i>	St Mary's, Boxford
Monday 20th December O Clavis David	19:00	<i>Carols by Candlelight</i>	St Mary's, Boxford
Tuesday 21st December O Oriens	19:00	<i>Carol Service</i>	St Bartholomew's, Groton
Wednesday 22nd December O Rex Gentium	19:00	<i>Carol Service</i>	St Lawrence's, Lt Waldingfield
Thursday 23rd December	O Emmanuel		
Friday 24th December Christmas Eve	17:30	<i>Carol Service</i>	St Mary the Virgin, Edwardstone
	21:00	<i>Pre-Midnight Mass</i>	St Lawrence's, Lt Waldingfield
	23:00	<i>Midnight Mass</i>	St Mary's, Boxford
Saturday 25th December Christmas Day	09:30	<i>Family Eucharist</i>	St Bartholomew's, Groton
	10:30	<i>Family Eucharist</i>	St Mary's, Boxford
Sunday 26th December Christmas 1	11:00	<i>Simple Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 29th December	10:00	<i>Simple Eucharist</i>	Mary's House, Boxford

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

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



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

DATES FOR YOUR DIARY

Boxford

Eco Forest Church - 5th December

Movie Night 'Home Alone' - 5th December

Christmas Tree Festival - 11th & 12th December

Advent Evening Service - 12th December

Christingle - 19th December

Midnight Mass - 24th December

Edwardstone

Christmas Drinks & Canapes - 3rd December

Carol Service - 24th December

Groton

Cheese & Wine Party - 4th December

Nativity - 19th December

Carol Service - 21st December

Little Waldingfield

'Drop in for Coffee' Morning - 3rd December

Cheese & Wine Evening - 10th December

Carol Service - 22nd December

Pre-Midnight Mass - 24th December

Newton Green

Carol Service - 19th December

Bring and Share Foodbank

'Take what you need, leave what you can'

As we are now entering a time of year where money can be tight, the pressure of Christmas is building up, and if you're alone or a family needing a little bit of help, the Food Bank in the North porch of St Mary's Boxford is still offering non-perishable items for those in need. Please only take what you need and if possible, leave what you can. Tinned meat, vegetables and puddings are especially welcome, Thank you.

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

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

We would also like to find a guitarist and pianist to play at our Intergenerational Family Service once a month. If you are talented and could spare an hour each month, please get in touch. We'd be so delighted to have you on board.

Please visit our website at www.boxriverbenefice.com for more information

Carol Services

3pm Sunday 19th December
All Saints', Newton Green

7pm Monday 20th December
St Mary's, Boxford

7pm Tuesday 21st December
St. Bartholomew's, Groton

7pm Wednesday 22nd December
St Lawrence's, Little Waldingfield

5.30pm Friday 24th December
St Mary the Virgin's, Edwardstone



CHRISTMAS LUNCH

CHRISTMAS DAY COMMUNITY CHRISTMAS LUNCH

Are you or your family going to be on your own this Christmas Day? Why not join us for Christmas Lunch in Boxford Village Hall? This is a free event, and you would be most welcome. Please email boxriverbenefice@gmail.com or phone – **01787 828046** to book a place. We are also looking for kind donations of food and drink for the event, so if you like to contribute please get in touch with Fr Rob and Sarah directly at boxriveractivities@gmail.com

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

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

We look forward to you joining us in our devotions.

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



St. Bartholomew's Groton
are very happy to invite you to
the Annual

Cheese & Wine Party

Saturday 4th December 2021
Groton Village Hall
Starts at 7.30pm

Entertainment, Bar and Gift Stall
Numbers will be limited
Tickets £10.00

All welcome
Get into the Christmas mood!!
Please ring **01787 211360** to book.

CHRISTMAS TREE FESTIVAL

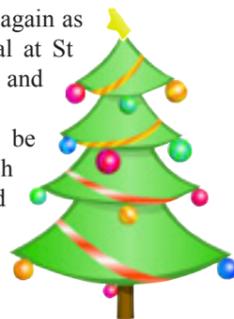
We are delighted to invite you to join us again as we celebrate our Christmas Tree Festival at St Mary's Church, Boxford on Saturday 11th and Sunday 12th December 2021.

The 5-foot Norway Spruce trees will be available at a cost of £20 each. If you wish to take part in the festival, please could you email boxriverbenefice@gmail.com or telephone **01787 828046** to reserve your tree. Spaces are limited, so it's best to book early.

The trees will be available, for your decoration, from 4pm on Thursday 9th December 2021 (battery operated lights only please).

There will be a prize for the best dressed tree!

All proceeds will be donated to St Mary's Church, Boxford.




You are invited to
"DROP IN FOR COFFEE"
(and cakes!)

in the Church Little Waldingfield

FRIDAY 3 DECEMBER
10:30 - 12:00

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

A voluntary donation to church funds would be welcomed



WANTED

ANGELS, SHEPHERDS, KINGS
MARY AND JOSEPH
to star in a

Nativity Play

in St. Bartholomew's Church, Groton on
19th December 2021 at 2:30pm

with a fun **Tea Party** afterwards.
Mums & Dads welcome
You do not have to live in Groton
Everybody welcome and shall be given a part!
Come and join us.

For more information please call
Diana 210927 or **Jayne 211360**
A rehearsal shall be on 5th December at 2:30pm
with tea and cake

REWARD



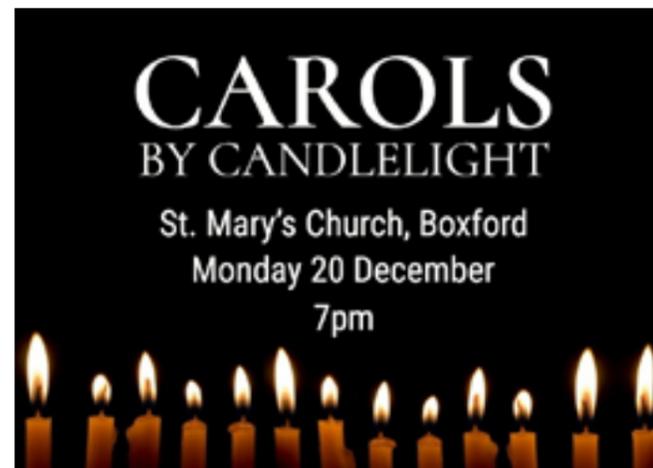
Festive
Drinks and Nibbles

Friday 10th December
7 - 9 pm

St Lawrence Church, Little Waldingfield

£10 per ticket

Available from
Tricia Eddington 247932 or Nancy Roser 882897
nancyrosen2004@yahoo.co.uk



CAROLS

BY CANDLELIGHT

St. Mary's Church, Boxford
Monday 20 December
7pm

MUSIC FROM SHOWS & MOVIES

Local musicians the Elite String Quartet will be playing a concert of music from stage and screen on Friday 26th November 2021 at 7.30pm. Doors will open at 6.30 for the opportunity to purchase a glass of wine or similar with the music starting at 7.30 and lasting about an hour.

Violin teacher and Boxford resident Rhianwen Gold has played with the quartet for the last five years and says 'It's wonderful to be making music here in Boxford, and the quartet are really looking forward to playing.' Proceeds from the concert will go to the Boxford Church Building Trust.

Tickets will be available on the door or in advance from www.ticketsource.co.uk/boxford-concerts

The Boxford Church Building Trust exists to help maintain and enhance the fabric and fittings of the beautiful medieval church at the heart of Boxford village.




CHRISTMAS FAIR

POLSTEAD VILLAGE HALL

SATURDAY 4th DECEMBER
10AM. TO 3P.M.



Boxford
Carols Round
the Tree

Monday 6th December

Outside The White Hart

8.00 p.m. Carols

Mulled Wine
Minced Pies
Carol Sheets
Bring Torches
A Good Old Sing-Song

All Welcome

LITTLE WALDINGFIELD CHARITIES

Also known as John Wincoll - 209981

If you are over sixty-five, retired and have lived in Little Waldingfield for a year or more you may be eligible for the Christmas gift.

Please apply by 30th November to
Sue Mitchell on 247173.

BOXFORD & GROTON UNITED CHARITIES

Registered Charity Number: 207861

The Trustees of Boxford and Groton United Charities invite applications for grant aid from residents living in the three parishes of Boxford, Groton and Edwardstone, for educational, medical and general charitable purposes.

Applications from organisations serving the above area are also invited and should be made in writing to Guy Godfray, Clerk to the Trustees, 17 Swan Street, Boxford, Sudbury CO10 5NZ.

Closing date for applications 26th November.

BOXFORD FRIENDSHIP GROUP

We are hoping to start a Friendship Group meeting monthly on a Monday in the Pavilion, Boxford Playing Fields hopefully commencing early spring 2022.

If you would be interested in joining us to enjoy some companionship and friendship for a couple of hours over a cuppa & cake we would love to hear from you!

Please phone Wendy Hills **01787 210342** or Alison Warren **01787 211067**

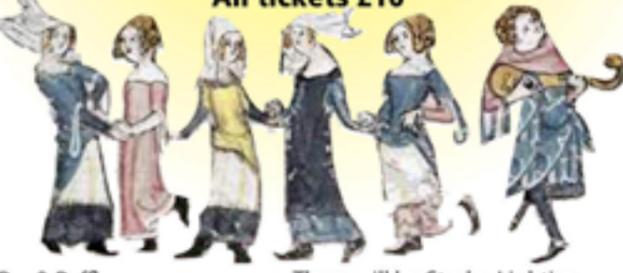
*Due to Covid restrictions there will be no meal served during the interval
BOXFORD DRAMA GROUP PRESENTS
...a romp through
Boxford's
Medieval past!

BOXFORD'S PANTOMIME IS BACK!

The Burghers of Boxford

1st December to Saturday 4th 2021
Wednesday Family Night: Curtain up 7pm.
Tickets Child £5 Adult £10
Thursday to Saturday Curtain Up at 7.30pm.
All tickets £10

Bar & Raffle
There will be Strobe Lighting

PANTOMIME TIME

The much anticipated 2021 Boxford Drama Group Pantomime: The Burghers of Boxford starts on Weds 1st December and runs until Saturday 4th December. Buy your tickets now from Boxford Post Office to avoid disappointment!

To help keep everyone safe we have been required to add a few restrictions.

- Ticket numbers are reduced to 60 per night
- Sorry, but there will be no food this year
- Masks are provided for when you move around
- The Bar will run as usual
- Doors locked till 6pm on Weds and 6.30pm on Thurs/Fri/Sat.
- You may be required to share your table with others

THE SNOW QUEEN

The 'This is My Theatre' performance of The Snow Queen will be in St Mary's Church, Church Field Road, Chilton Industrial Estate on Thursday 9th December at 7.30pm. £15 for adults £12 for children.

When Gerda's friend is stolen by the cold-hearted Snow Queen, she must find the strength and courage to travel across the lands to save him. An array of characters along the way will guide and aid her journey but can she bring the warmth of summer back to her friend? Hans Christian Andersen's classic tale will be packed with live music and characters that all ages will love.

For info & tickets: www.thisismytheatre.com/thsnowqueen



BOXFORD FARMERS MARKET

Due to a scheduling clash the Boxford Farmers Market event planned for Sunday 28th November has had to be cancelled. But don't worry, all our stallholders and more will be at the special Boxford Festive Fayre on Sunday 12th November as planned. See you there!

LEAVENHEATH CINEMA

SAT 4TH DEC – PETER RABBIT 2

There also will be free mulled wine, mince pies and a Christmas Raffle
Arrive 7.00pm Film starts 7.30pm
Please book early to avoid being disappointed

Tickets £3.50 per Adult and £2.00 per young person

You can now reserve your seat online at www.leavenheath.org.uk

Phone 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)



POLSTEAD FILM NIGHT

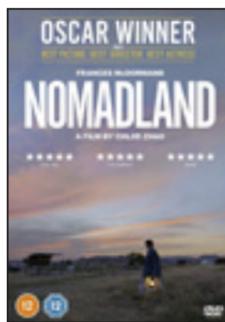
Polstead film night is back!

Cinema-quality screening in Polstead village hall. FRIDAY 3RD DECEMBER 7 for 7:30pm

OSCAR-WINNING NOMADLAND

Tickets £4.50 each To reserve tickets email polsteadfilms@gmail.com

Or visit Polstead Community Shop to buy in advance We look forward to seeing you there!



DANCE CLASSES

Swing jive and lindy hop dance classes on Sunday evenings at Boxford Village Hall.

Lindy hop 7pm to 7.50pm Swing jive 8.10 pm to 9pm

Everyone welcome even complete beginners. Come and keep fit, meet people and have fun! For further details please contact Sarah on 07956 614824

Hadleigh & District Flower Club presents

Alan Smith

'It's Christmas Again'

Tuesday 14th December 2021 at 7:30pm

at
The United Reformed Church
Market Place
Hadleigh IP7 5DL

Members £2.50
Visitors £5.00

To book your place please call Jenny 01473 822971

SUNDAY 12TH DECEMBER

BOXFORD'S FESTIVE FAYRE

& ADVENT CAROLS

A JOLLY FUN TRIPLE EVENT!

ST MARY'S CHURCH
CHRISTMAS TREE FESTIVAL : 10am - 3.30pm
ADVENT CAROLS : 4-5PM

VILLAGE HALL
CHRISTMAS MARKET : 10am - 3.30pm

+ SCHOOL HALL
FESTIVE FAMILY FUN & MEET FATHER CHRISTMAS! : 12pm - 3.30pm

Fa85 Charity No. 1037332

ALL SAINTS CHURCH

CHRISTMAS FAYRE

SATURDAY 11th DECEMBER 2021

10.30 to 12.00

ALL SAINTS CHURCH, NEWTON

REFRESHMENTS
CAKES
BRIC & BRAC
BOOKS
PLANTS
CHRISTMAS WREATHS
CHRISTMAS HAMPER RAFFLE

HO HO HO! by Alice Abbott aged 7

SN
Stoke by Nayland
RESORT

Christmas & New Year events to enjoy together

Make up for lost time this festive season and celebrate with friends, colleagues and the whole family in a magical Winter Wonderland with stunning views across the Dedham Vale.

Santa Events for all the family

Group Dining

New Year's Eve

SANTA SUNDAYS FROM £12pp
5TH AND 19TH DECEMBER
Event running time 12:30pm to 3:30pm

Join us for a three-course lunch* at our special family event as Santa comes to town with a surprise gift for every child.

Enjoy a spectacular array of activities, keeping both you and the little ones entertained as you enjoy the festivities.

* Children's meals from £12per child, Adults £29pp

FESTIVE LUNCHES OR DINNERS FROM £24pp, AFTERNOON TEA £21.95pp
2-COURSES £24pp, 3-COURSES £29pp
LUNCH served from 12pm to 3:30pm
DINNER served from 5pm to 9:30pm
AFTERNOON TEA served from 12pm to 3pm

This December, celebrate Christmas with colleagues, friends and loved ones. Enjoy a delicious festive two or three-course lunch, dinner* or Afternoon Tea with magical wintry views of the stunning Dedham Vale.

NEW YEAR'S EVE DINNER £69.50pp
Arrival at 7pm

Celebrate in style with loved ones in our magical Winter Wonderland venue, enjoying an indulgent seven-course meal, accompanied by our pianist.

As the clock chimes midnight, see in the New Year with a bang, enjoying a breathtaking firework display.**

**Weather permitting

www.stokebynayland.com/christmas T: 01206 262836
Stoke by Nayland Resort, Keepers Lane, Leavenheath, Colchester CO6 4PZ

THE ARTS SOCIETY SOUTH SUFFOLK

Future monthly meetings from **JANUARY 2022** will take place in **Long Melford Village Memorial Hall CO10 9JQ (parking available)**

Lectures take place on the 3rd Tuesday of the month at 2 p.m.

For those interested in an informative lecture programme delivered by experts on all aspects of the Arts, our Society could be for **YOU!**

TRY US FOR FREE by contacting Carole Ashton, Membership Organiser. **07766 107880** email creevesashton@gmail.com (quoting code BRN6)

For further details, visit our website www.tassouthsuffolk.org.uk

FUTURE LECTURES

18th January 2022

"So they do cook afterall!"

Ravilious, Bawden & the Great Bardfield Artists.

18th February 2022

Music in Art

15th March 2022

The GPO Film Unit: The Birth of Documentaries

There are also options of Zoomed virtual tours around Places of Interest & Special Interest subject coverage (at a small additional cost)



SPRING SERIES OF 6 AFTERNOON LECTURES

Stoke by Nayland Village Hall

Thursday 20th January 2022

2.30-4.30 pm

FROM THE RENAISSANCE TO MODERN ITALY

With Denise Bianchini

This course is aimed at people with an interest in 'Everything Italian'

Italy has a complicated and fascinating past. The course will take us from the Middle Ages, through the Renaissance, Unification and Post-unification, Mussolini and the Fascist era to modern times, including geography, culture and quizzes.

Fee for the term: **£47.40**

Enrolment for the course should be done with the WEA either online at www.wea.org.uk or by phone **0300 303 3464** using Course Reference **C2228379**

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 20th January if preferred.

For further information, contact Sue Whitley **01782 498976**

Email: 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

CHRISTMAS IS BACK!

Magical Winter Wonderland backdrop for Stoke by Nayland Resort's bumper festive line-up

With last year's disappointment of a locked-down Christmas and New Year, the family-owned Resort on the Essex/Suffolk border is pulling out all the stops this year to help family, friends and colleagues make up for lost time and enjoy the festive season.

Throughout December, the beautiful 80-bedroom hotel and Resort is being transformed into a magical Winter Wonderland, lavishly decorated to immerse guests into a sparkly, snowy paradise whilst they enjoy the fantastic selection of dining and entertainment options.

The award-winning restaurants will serve an array of delicious dining options to tempt every taste bud. From festive lunches, dinners, Christmas Day and Boxing Day dining to an indulgent seven-course NYE menu, you'll certainly be spoilt for choice. As well as the traditional turkey with all the trimmings, you can expect to see seasonally-inspired Afternoon Teas and a selection of cakes to enjoy in front of their crackling apple-wood fire in the Orchard Lounge.

What's more, the big man himself will be flying in to greet families on selected Sundays throughout December at their 'Santa Sunday' events. In addition to a three-course lunch, families can enjoy a spectacular array of festive activities with a surprise gift for every child.

"We are so excited to welcome back our local community and guests from further afield to celebrate Christmas again with us this year," said Operations Director Matt Manning. "I am incredibly proud of the team who have worked so hard to ensure our venue, events and dining experiences are as safe and enjoyable as they can be."

If you would like to find out more about festive dining and event packages at Stoke by Nayland Resort, you can visit their website www.stokebynayland.com/christmas.



BOXFORD WI UPDATE



On Wednesday 3rd November the WI ladies were thoroughly entertained by the guest speaker, Pip Wright, who gave a fascinating talk on the amazing story of John Steggall – The Suffolk Gypsy. It was lovely to see so many members attend and everyone enjoyed the afternoon which was followed by tea and biscuits.

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



'MY ART LAND'

Elizabeth Martland De Alwis

Exhibition of Paintings

Saturday 13th November to Friday 24th December

After a successful pre-view weekend at the Mill Tye Gallery on 13th November Boxford artist Elizabeth Martland De Alwis's exhibition continues at the gallery until 4pm on Christmas Eve 2021.

If you're in need of warming up on a cold, drab winter's day then you are more than welcome to stop by the gallery and bask in the bright tropical palette of Elizabeth's fabulous paintings of scenes local to the Box River Benefice. Being able to view her work in the unhurried surroundings of the Mill Tye Gallery is a special treat well worth a visit.

The Christmas Printworks Exhibition will also be opening at the gallery on Saturday 4th December, running until Christmas Eve, featuring a myriad of works from talented local printmakers and artists.

The Mill Tye Gallery provides a unique destination for Christmas Gifts, Home Accessories, Books, Cards and most importantly Art. For more information and to RSVP go to www.milltyegallery.co.uk/exhibitions



Elizabeth painting in her Boxford garden studio located at the top of Swan Street

Chapters

HATTIE WHITEHEAD

JENNY PLANT

DAN RAZA

THURSDAY 9TH DECEMBER 2021
ST JAMES' CHURCH, NAYLAND, SUFFOLK

An evening of live music from internationally acclaimed singer-songwriters

Tickets: £15 from WeGotTickets

MATTOCK MOTORS LTD

CALAIS STREET FARM, CALAIS STREET, BOXFORD

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

Has your Car lost it's Spark of Life?

Full Diagnostic Equipment, Laser Liner, Fault Code Reading Equipment.
 (A.B.S., Airbag, Engine Management Lights etc)

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

OPENING TIMES MON-FRI 8.00am-6.00pm
 SATURDAY BY APPOINTMENT ONLY

ONE CALL AWAY TELEPHONE

01787 211394

STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

Boxford's Pubs - Part 1

Over the years Boxford had at least 12 different drinking houses, hereafter all referred to as pubs. In addition there will have been cottages where men returning from the fields could purchase a beer made by the lady of the house (known as Ale Wives). The Church too played its part in Medieval times, regularly providing 'Church Ales'. These were money-making social gatherings held in the Church, Church Yard or Church House on Holy Days. Boxford Churchwardens' Accounts 1530-1561 regularly report on these gatherings which we believe usually took place in the church. Church Houses also often became beer houses once rented out, but we do not know if this happened at Boxford. Pubs were also extensively used for socialising, celebrations, and as meeting places and not just by ordinary folk. A writer in the Middle Ages describes them as often being houses of ill-repute, frequented by the clergy for brawling, licentiousness and the fathering of children.

The Beating of the Bounds in Boxford in 1688 certainly ended at one of the pubs where the beaters were provided with ale costing a farthing a measure. The church spent 2 shillings on this occasion. (That is 24 old pence or £25 at today's values).



The 'ale stake' sign. The publican is possibly greeting the Ale Tasters, one has a spoon & badge on his hat.

From the earliest times pubs had ways of making themselves noticed. When the Romans arrived they displayed a sign of evergreen bushes outside drinking houses in lieu of the vines used in Rome. Pubs later also hung ale stakes outside to indicate they were selling ale to all and official ale testers (Ale Conners) knew where they had to go to check on the quality and the measures to determine the tax. The ale stake was used to stir the mash for the brew. The

Ale Conner was a type of early tax-man whose job it was to test the quality and strength of beer, not by quaffing it, it is said, but by sitting in a puddle of it! They travelled from pub to pub clad in sturdy leather britches. Beer was poured onto a wooden bench and the Conner sat in it. Depending on how sticky they felt it to be when they stood up, they were supposedly able to assess its alcoholic strength and impose the appropriate duty. However, the accuracy of the colourful legend is doubtful.

Competition was fierce as everyone knew how to brew for their everyday needs, as water was not safe to drink. As a result advertising ale stakes grew longer and longer until rules were brought in about the permissible length as they were obstructing the highway. From this grew the inn sign that we know of today. They depict so much about our history as different topical signs came, survived or went. They cover the religious crusades, occupations, heraldry, royalty, agriculture, coats of arms, historic events, livery companies, sports, and craftsmen's guilds, to mention but a few.



The ale stake on this ancient manuscript is above the ale wife's head and she is serving a travelling monk.

Beer has been taxed since 1188 when King Henry II used it to fund the Crusades. The naming of pubs became common by then, despite the fact that many could not read or write. In 1393, King Richard II

passed an Act making it compulsory for pubs to have a sign as he was concerned that the Ale Taster should be able to find all the pubs to test purity and measures for the ale. It was a much-prized job, but hopefully not full-time unless the gap between pubs was a long one!

Boxford's pubs, like all pubs, have a long history of successes and travails. There are good records listing our 19th Century publicans, most of whom surprisingly came to the village to do the job. The most notable local-born publican families were the Kings, Smiths and Bakers. 'Boxford Through the Ages', the recently published history by Roger Loose, mentions our pubs and this article will try expand on that. Sometimes the Boxford Society Archive information is sparse and much may be local folklore, but what follows is what we have recorded about each of the pubs.

The White Hart, Broad Street



The White Hart in the 1930s. The grave of Briton the lioness can be seen as well as the entry arch and front extension.

It took its name from King Richard II's (1367-1400) personal emblem. Pubs adopted it at the time of his Act of 1393. Obviously our present pub may not have been there at that time, but there may have been a small drinking house on the site (then in Groton). Alternatively, maybe it took a rather fine name from history when it was first opened.

The Bury and Norwich Post recorded in 1874 that the retired long-time landlord of the White Hart, John Moyle, had died when the cart he was driving overturned and the pony fell on him. Such accidents were sadly rather common.

The Hart has gained its place in history as the home of Tornado Smith of Wall of Death fame and Briton the lioness who lies under the front yard (see November 2021 edition of BRN for more detail). His father ran the pub but went out thatching during the day. It was usual for Boxford publicans to combine two jobs.

The White Hart pub was sited on a small outlying 'island' of land which belonged to Groton until 1934. The Ipswich Journal, 27 July 1782 published a notice saying 'The Court Baron held for the manor of Groton on Thursday 11 August at 4 o'clock in the afternoon will be at The White Hart in Groton when and where all persons concerned are required to attend.' What an archaic hangover from medieval times!

The present building dates from the 16th century with clear evidence of medieval numbering of ceiling joists to ensure the wooden frame was correctly put together after it was made offsite. Many pubs had a history of charitably helping people out and in 1891 a meeting held in The White Hart Inn of the Foresters Lodge decided on the distribution of discretionary grants, benefits, and donations. During World War II the home guard trained in the yard and you can still see the remainder of the spigot to which the machine gun was attached. (Their "home" base was Hendrick House and the kitchen in The Fleece Yard). On VE day 1945 the villagers hung up an effigy of Hitler at the White Hart and danced around the bonfire.

The garden today supports an ancient box tree, once pruned and shaped artistically. Several box trees probably once stood close by the bridge and led to the name River Box and Boxford, well after the Domesday record when the settlement was known as Koddenham

and the river as the Amulburn.

Flooding has been a problem for The White Hart over the years and in particular it suffered badly in 1947 and again in 2000. It lies in the direct path of any overflow rushing down Butchers Lane and across the road.

In the twenties there was much singing of local folk music from a chap in the corner with his accordion and people got up to dance to the instrumental tunes. The most recent such event at The White Hart occurred in 1995 when Kenny King and friends entertained us all with some bawdy folk songs.

The Compasses, Stone Street



The Compasses, Stone Street around 1900.

The Compasses was situated on the east side of Stone Street and closed in 1989. It probably got its name from The Worshipful Company of Carpenters, a livery company of the City of London. An alternative idea is that it comes from the prayer words 'God encompass us'.

The East Anglian Daily Times reports Sunday drinking at Boxford in 1900: "John Prentice, William Gunn, and Arthur Griggs, labourers, Boxford, were charged with being on the licensed premises of the Compasses Inn, Boxford, on October 21st, at an unlawful hour." It seems that at 10.30 Police Constable Double was at the locked door! Inside were members of a 'lock in'. He had followed them from Boxford as they went to return a borrowed horse and trap to the pub. James Baker the publican made 'good excuses' explaining the 'lock in' practice of giving beer free, but the case ended in heavy fines for all. It was well-known that payment for a 'lock in' usually happened the next day so that the publican was not out of pocket.

When Tornado Smith of Wall of Death fame was a teenager he courted Ruby Alleston and they used to walk to The Compasses along Sand Hill and Shakers Hall Lane from the village. (Sadly there is no longer a right of way by this route.) They were discretely trying to avoid being seen by her father, who disapproved of the relationship and had threatened them both.

Tessa and Gerald King ran the Compasses for 12 years and it flourished, even during the building of the by-pass in 1975 when it became "cut off" temporarily from the centre of the village.

Some of our more ancient inns hide a past of gambling by cock fighting and bear baiting (the church seemed to be involved in this, once in the 1500s, paying someone to bring the bear down to Church Street/Stone Street junction.) The Compasses is known to have had a gambling dial or "tizzler".

The dial was attached parallel to an overhead beam and was a game of chance peculiar to Suffolk and Sussex. The dial resembled a dart board with an arrow pointing both ways from the pivot. When the arrow comes to rest the numbers and colour determine the winner. After the Licensing Act of 1817 it was against the law to use it for betting. It was removed from the Compasses altogether in the 1930s, but later reinstated. It then amused visitors, but regulars used it occasionally to wager a drink.



The Swan, Swan Street

It was situated at 17 Swan Street. The Swan was part of the crest of at least three King Henrys. More likely here it comes from the 15th Century when the Worshipful Companies of Dyers (of wool, so very appropriate in Boxford) and of Vintners were granted rights of swan ownership. The only other legal swan owner was the monarch. The Swan would have been a meeting place for workers in the cloth trade. The 18th century brick frontage covers a much older timber-framed structure.



The Swan with a sign for Oliver's Brewery, Sudbury. Oliver's 52 pubs & brewery were sold to Greene King in 1919.

Up to the late 1870s there was a tannery in what was called 'The Heather Yard' behind the Swan where parchment was made for documents and books. It is unclear if this was part of The Swan's premises.

'Brass farthings', produced by traders, especially publicans, during the Commonwealth Period around 1654, helped create small change during a national shortage. Of necessity Susanna King of The Swan minted her own farthings with a swan on them. (the 'not worth a brass farthing' saying originates from this national episode.)

Ipswich Journal: January 7th 1744: "This is to give notice that on Tuesday the 10th of January between the hours of 10 and 12 at Boxford, Suffolk, a gentleman is to run 7 miles in one hour for a wager of 20 guineas. There will be an ordinary (this is basic traditional food and ale) for gentlemen at the Swan Inn at Boxford on the same day."



Ruth King & Bertie King kept The Swan for two years in the 1960s

The local King family ran a successful pub and thrift club there for 2 years in the 60s and were then replaced by the Chicks, after which it closed in 1994. It was known as a pub well-supported by regulars.

The White Horse, Swan Street



The White Horse around 1900 with Jimmy Walton outside with his donkey.

The White Horse was situated at 45 Swan Street. The White Horse is another heraldic pub sign. It was part of the Hanoverian arms and will have been used after 1714 to show loyalty to the new King George I. Mary Anne Olley, a single woman, ran it for about 20 years from the 1850s and Mark Kent was probably the last landlord when it closed between 1904 and 1912. Sadly, nothing more is known about it.

Tina Loose

To be continued...

BRIAN TORA'S SOAP BOX

Once upon a time I used to welcome the onset of Autumn. The season of mists and mellow fruitfulness was my favourite time of the year. I'm not really sure why that was, but I do know that as I get older, autumn holds fewer attractions for me. Perhaps it is just that the cold gets into my old bones more quickly than used to be the case. Or the fact that chopping wood for the fire is more of a chore these days. And, of course, the days are shorter, which I now find rather depressing. Even the onset of Christmas feels me with less cheer than in the past.

With Christmas now approaching fast, it occurred to me to contrast how it is celebrated here compared with in Portugal, where we have only occasionally spent the festive season. While for us the weather seems to make the biggest difference, in practice the level of festive hype we experience seems far less in the Algarve than it does back at home. In many ways this is refreshing as often I feel there has been too much Christmas around by the time we get to the Day itself.

As well as a much quieter run up to the festive season, it seems to last for much less time. For example, Boxing Day does not really exist there as a holiday. Once Christmas Day is over, everything seems to get back to normal. Even the buses are running. Of course, Christmas Eve is a bigger part of the celebrations there, but even that seems much lower key than back in England. Interestingly, the traditional meal for a family on Christmas Eve evening is bacalhao, or dried cod. It may not sound very festive, but it can be delicious.

In our part of the Algarve, where there are many ex-pat British and Irish living, the Christmas season can be quite as socially convivial as anything we might experience back in Suffolk. The better weather makes for some interesting get-togethers. The one Christmas we did spend there saw us invite some friends from the local Anglican church back to our house for pre-lunch drinks after the Christmas morning service. We were able to sit on our terrace overlooking the sea and sip our glasses of wine in brilliant sunshine, something I can't see us doing back in Little Waldingfield.

Before the church service we strolled along the promenade to find a whole group of people who had been for a Christmas morning swim standing around sipping brandy in their swimsuits. Certainly, it was warm enough not to need a jacket or pullover by mid-morning. Indeed, I recall being in Madeira a week or two before Christmas, seeing people dressed as Father Christmas in the streets of Funchal positively sweating inside their thick red suits.

Of course, it is still winter in Portugal, with shorter days and chilly early mornings and evenings. I've never spent Christmas in Australia, but my elder son lived there for a number of years and said celebrating Christmas in mid-summer, with barbecues on the beach and sun block essential, took some getting used to. I think I'll settle for Christmas being a simple, family affair – wherever I am. But a bit of sun won't go amiss.

Brian Tora



Gary Jarvis

Paper Hanger and Interior Decorator

01787 211471 or 07733 325669

FRENCH'S CARE HAVEN

Hello to our readers, with the big day of festive joy fast approaching, Happy Christmas to you all!

French's had more support this year. With people stepping in to help us it's been lovely to see and shows there are locals out there that have a kind heart and want to do something to help their local charity. We still have colleges sending their students to us, Duke of Edinburgh awards teenagers and we have helped more people with depression and anxiety problems, so I am pleased with the busy and successful year we have had.

Along the way we have found some great helpers and I hope that our solid team grows and more locals come on board with us in the way of hands on and financial help. We need both, we *really do* need both to keep us going now and for the future. If you are reading this please try to do one or the other as we need you.

This month one photo is of Frankie and Costa playing with their ball and the other photo is of Gladwells staff members standing with me at their store in Copdock. Paul, Amy, Colin and Chloe have been amazing in the way of helping with our animal feeds.



They and the store's management have stuck by us for some years now and I cannot praise them enough for everything they have helped French's with. Split bags that customers do not want to purchase come to us and with our reels of duct tape at hand, bags are sealed and animals are fed, what more can I say, but Thank You Gladwells and Happy Christmas.

Sadly no-one stepped forward to help us get the ground ready for a portable wooden unit, which we have purchased for uses like our animals' equipment and first aid. We have the unit sitting there still in the wrapping and desperately need hands-on help with someone who knows what they are doing to put it together for us. There is no concreting to do as this is not a permanent structure. If we had the money to pay someone that would be great, but we do not, so we need someone's kindness and goodwill. Please, please call me if you can help in any way.

My thanks to Charmaine for donating 3 of her paintings to us for our quiz and raffle. Thanks also to a lovely elderly lady called Win from Hadleigh. Win called me to donate a large picture of a horse that she bought many years ago from an artist. Win said she loved the painting but that it was no use to her when she passes away and said we could sell it as her donation. I told Win hopefully she has many more years left in her, bless her dear heart.

If you would like to make a Christmas donation to us at French's go to our website: www.frenchscarehaven.org.uk where there is a donation button or call me if you would like to come along meet the animals and donate at the farm.

Not long now to a New Year, let's hope it is a good year and we stay healthy and well. I would like to send a huge Thank You to our monthly sponsors, you are all shinning stars. Happy Christmas and have a Happy New Year.

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 Jann for an appointment on: 07747 755556 or email: jann.turner@hotmail.co.uk

Website: www.frenchscarehaven.org.uk



MY WISH CHARITY

Ho! Ho! Ho! 'tis the season to be jolly! Sadly, for some though, this festive time includes a stay in hospital. No one wants to be in hospital at any time of the year but Christmas is especially hard. That's why we are running our Virtual Christmas Present Drop for the second year and we need your help.

The staff at West Suffolk NHS Foundation Trust are amazing over the festive period. You will regularly see a doctor in a Santa tie, get a cup of tea from a housekeeper wearing Rudolph's antlers or be cared for by a nurse with a bit of tinsel tucked in her pocket. With your help we can ensure each of the 550 patients in West Suffolk Hospital, Newmarket Community Hospital and Glastonbury Court get a little gift to open on Christmas Day.

The minimum donation is just £2, less than a cup of mulled wine, so please go to www.visufund.com/merrywishes and help us spread some joy this yuletide.

Christmas is a wonderful time of the year but for many it is also tinged with sadness as we will be missing loved ones.

We want to ensure they are not forgotten so, for the first time, we will be having a Christmas Memory Tree, based at West Suffolk Hospital. Here you can buy a star for just £5, you can then write a message on it, add a favourite memory of your loved one or just add their name to this emotive tree. If you would like to buy a Memory Star to hang on our Christmas Memory Tree, you can get all the details by heading to our events page at www.mywishcharity.co.uk.

Finally, this year will be very different to last year's Christmas. We are sure you are as excited as we are in the charity team to spend this wonderful season with our friends and family. Please continue to be safe as you do, our NHS staff are still working tirelessly to care for us, and have a wonderful, merry and happy Christmas.

Help Santa deliver a gift to every patient in hospital this Christmas



WISH
Your local NHS charity supporting



West Suffolk NHS Foundation Trust

Charity no 1049223

Use the QR to donate a gift or visit www.mywishcharity.co.uk

COMPUTER CARE

V-EXTERMINATOR LTD

CALL NOW: 01767 370397

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

23 Brandeston Close - Great Waldingfield - Sudbury

www.v-exterminator.co.uk



EAST VILLAGE VIBES

As recently announced on BBC Radio Suffolk, two music industry professionals from Nayland, Sophie McCreddie from Nova Music and Mark Ede from BiG i AM are delighted to introduce 'East Village', a moniker for their collaborative music venture, with a logo designed by another Nayland music notable, Mark Wilkinson (famed for his artwork for world renowned bands such as Iron Maiden, Judas Priest, Marillion and more). Their 'debut' event (following two sell out concerts in conjunction with the Friends of St James) is on Thursday 9th December, featuring internationally acclaimed artists Jenny Plant, Dan Raza and Hattie Whitehead, performing acoustically in St James Church.



Individually, Sophie and Mark both run long standing/ well respected successful agencies. Sophie's company, Nova, programming music in venues across London and at festivals across the UK and Europe as well as representing a roster of live artists and DJs. In recent years Nova has set up a publishing and sync division allowing Sophie to dig deeper into a passion for song creation and the marrying of music and moving pictures. Mark is manager of international recording and touring artist Jo Harman - going from 'open mic' to 'O2 Arena' - and building an agency that represents multi award winning and world class singer-songwriters, amongst a range of other music related endeavours.

Sophie explains 'I happened to buy a ticket for the recent St James event organised by Mark Ede and on chatting we discovered a wealth of individual experiences, with similar aspirations to bring live music to our area'

Mark continued 'It was such a pleasant surprise to find two other enthusiastic music industry professionals in the village, in the shape of Mark Wilkinson and Sophie. We all felt this beautiful region afforded so many opportunities to put on special and unique events in some very special and unique settings, so we set up 'East Village presents' as a way of exploring the idea further'.

For the 9th December the evening again brings three noted singer-songwriters to Nayland with Sophie explaining 'we like the idea of putting on unique events and line ups that we ourselves would like to see. Judging by the local support, the wonderful thing is that many others seem to enjoy it too and it's great to see the whole community get behind these events which also contribute to the upkeep of our historic buildings into the bargain'.

At the time of writing the event on the 9th December is well on its way to being another sell out but any remaining tickets at £15 per person can be purchased from www.wegotickets.com/event/529277. Mark and Sophie can also be contacted about this and future events by email to info@bigiam.co.uk and sophie@novamusic.co.uk, respectively.

For more information on Nayland based artist Mark Wilkinson, please visit www.the-masque.com where, amongst other things, he is currently offering limited edition signed prints of the latest Iron Maiden artwork and more.

TOP NATIONAL AWARDS AT BOXFORD FARMS

The team at the family-owned Boxford (Suffolk) Farms is celebrating two prestigious awards - presented to Carmella Meyer and Chris Moore at the industry's National Fruit Show dinner in Kent on 20th October.

Carmella Meyer is one of the family owners and directors of The Boxford Group, which includes Boxford (Suffolk) Farms. She was honoured to be the first ever recipient of the new Jon Jones award which recognizes an individual who has worked consistently for the benefit of the UK fruit industry, and who has both excelled at their day job and also gone above and beyond to ensure fairness in all that they do.



Chris Moore & Carmella Meyer with their awards at the National Fruit Show dinner.

Sarah Calcutt, Executive Chairman of The Marden Fruit Show Society presented the award, featuring a silver apple and pear. Carmella joined her Peake family business in 1996. Originally a graduate of Agriculture and Forest Sciences at Oxford University, in 2004 she was invited to join the board of the Top Fruit Industry Trade Association, British Apples & Pears and is still a director today.

Susanna Rendall, Group MD of The Boxford Group said, "We are really proud of all that Carmella has achieved over the last 25 years for both the fruit industry and for our farming business. She truly deserves to have her dedication and expertise recognized in this way."

The Worshipful Company of Fruiterers, a City of London livery company which was founded in the 14th Century, makes annual awards to those in the industry deserving of recognition for their achievements and contribution. Their Craftsman's Award was presented to Chris Moore at the National Fruit Show Dinner.

Chris Moore first started working at Boxford (Suffolk) Farms as a 15 year-old school leaver in 1979. His excellent skills and dedication eventually led to his promotion to Top Fruit Manager on the farm where he is responsible for the staff as well as the extensive acreage of apple and cherry orchards.

Farms Director, Robert England commented, "For the past 42 years Chris has shown that he is a true orchard Craftsman who excels in all fruit growing practices and impresses everyone in the industry who meets him."

Chris is also keenly interested in trialing new fruit varieties as well as testing and analysing innovative growing techniques, which contributed to the farm winning two national awards in the past few years - the Top Fruit Grower of the Year, and Soft Fruit Grower of the Year awards.

Chris oversees the latest technology in automated intelligent irrigation systems which closely matches the needs of the plants, and, with an emphasis on ensuring soil health and biodiversity in the orchards, he has also implemented strategies such as Predasect insect houses and wild flower nectar mixes for orchard borders.

Alan Griffiths of OrchardWorld, one of the farm's leading marketing agents commented, "Chris is one of the industry's most dedicated and loyal servants, whose love and enthusiasm for what he does is completely undeniable. Chris is without doubt, one of this industry's greatest unsung heroes."

Sudbury Citizens Advice at the Phoenix Family Hub

New monthly drop-in session Every 3rd Tuesday

Starting Tuesday 16 Nov From 12.30 - 2.30pm

Dates of next sessions 21 Dec, 18 Jan, 15 Feb

A fully trained adviser will be here to offer advice and information.

If you need help with benefits, work, debt, housing or anything else then please feel free to use this service.



Registered Charity No 1123466. Published Nov 2021



Ipswich Veterinary Centre For a professional caring service



Independent practice with a personal approach

Tel: 01473 555 000
www.ipswichvetcentre.co.uk

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

READER'S LETTERS

May I take this opportunity to thank all the people who have helped us and sent good wishes through what has been a traumatic time. Who would have thought that by just putting sock on you could break one's neck!?

Many thanks to everyone who helped with the dog walking, the grass cutting, putting bins out and for just keeping me company whilst Di was on dialysis. *Thank you!* Homefield must be the best group of people in Boxford. Who would want to live anywhere other than Boxford?

May I take this opportunity to say we will not be delivering our xmas cards this year owing to present circumstances. We will be making a donation to 3PR First Responders. A very happy xmas to all you readers.

Derek & Di Butler
Homefield

We would like to express our thanks to Boxford Community Council and helpers for again organising Boxford Fireworks Night.

From the procession in the village following the BAND and AMAZING LANTERNS to the Playing Fields, with refreshments and entertainment, it was a great atmosphere. The weather was perfect, and the Fireworks were BRILLIANT!

It was a super event and very much appreciated.

Many thanks again and Well Done to All!

The Hills family

I would like to take this opportunity to wish all my friends and neighbours a very Happy Christmas and New Year!

I will not be sending Christmas cards this year and instead will be making a donation to 3PR.

Bill Seager

We would like to wish all our many friends a very happy Christmas and best wishes for the New Year! No cards again this year we will be sending a donation to charity.

Malcolm & Shirley Grimwood
Swan Street

The BRN was recently contacted by Peter Brandt of Spout Farm, Boxford, as he had just discovered, in her effects, a letter written by his wife shortly before she passed away in May 2018. With his permission it is reproduced here:

Dearest All,

I have had a wonderful life with a perfect marriage and family and so many good friends.

Boxford has been wonderful to live in.

(Peter, please copy this to all good and beloved friends, and talk to the dog please.)

Xx Elisabeth
Spout Farm, Boxford

Remember!

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

EBONY'S DIARY



I'm so glad to report that my own riders and their carers are all back visiting me, and nobody has complained of the cold as we work with the door and a window wide open. Such troopers!

Outside, the arena is covered in leaves, the horses are rugged up and the volunteers are in natty bobble hats and an assortment of coats. I can watch all the activities from my open room.

Did you see the rainbows in November? We had a beauty over Shelley and clever Yvette took this lovely photo over Tilly's head.



Our coloured pony, Snoopy, is beginning to do his RDA work at last. He has taken longer than most to settle but we welcome him onto the team. Lyn is still very careful about how he gets used.



Like all the live herd here, horses and ponies have to adapt to inconsistencies in how they are handled. With up to 100 volunteers helping (not all at once!) there are bound to be differences in how they are groomed, tacked-up and lead. It can make a chap nervous and twitchy, let me tell you.

I'm so excited that this year the Shelley Centre carol service will be entirely in-house. None of the participants, ponies, visitors or helpers has to process to Shelly

church because, much as everyone loves doing so, the church gets so crowded it would not be safe.

For the first time I shall be able to hear what goes on. We shall have the Serendipity choir to help everyone sing beautifully and the Silver Band will just finish the evening off nicely.

December 4th is the date, 4pm the start of the service.

You won't be hearing from the Centre during the school holidays, so let me wish you all a very Happy Christmas from all the equine team, real or simulated.

The Shelley Centre for Therapeutic Riding, Shelley, IP7 5QY
Reg. Charity No. 1113636
Tel: 01473 824172 www.shelleyrda.com

Chimney Matters

Town and Country



Professional Chimney Sweeping

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

Mobile : 07767 864127

Phone: 01284 789663

www.chimneymatters.co.uk

TEA FOR THE BRITISH

In October 2021 Little Waldingfield History Society was delighted to welcome Miriam Stead to the Parish Room to share her knowledge of the tea trade and its many links to Suffolk. She gave a fascinating and hugely knowledgeable talk about tea and its history and even donated her speaker's fee to charity. Andy Sheppard of the LWHS has kindly provided a write-up of Miriam's talk for readers of the Box River News. This article has been slightly abridged for printing purposes, but the full article can be read online on the LWHS website: <https://bit.ly/tea-for-the-british>.

Growing and manufacturing tea

The story of tea begins in China, where according to legend, in 2737 BC, the Chinese emperor Shen Nung was sitting beneath a tree while his servant boiled drinking water, when some leaves from the tree blew into the water. As a renowned herbalist, Shen Nung tried the infusion his servant had by accident created - the tree was a *Camellia Sinensis*, and the resulting drink was what we now call tea.

Tea bush grows only in tropical and subtropical climates, and is cultivated solely for the purpose of its leaves, which are collected as many times per year as the tea plant produces new shoots with leaves. In Indonesia, Sri Lanka, Kenya, the south of India and China, summer is all year round; the further north plantations are located the shorter the tea harvesting season is.



Tea leaf picking in China

Tea is harvested by hand, with only a few young and juicy leaves plus a portion of the stem and the so-called bud or tip (an unexpanded leaf at the end of the shoot); together these are called a "flush", and are the basis of tea production. With two or three leaves it is called "golden flush", but flushes can also be collected with three, four or even five leaves.

The first time the mention of tea crops up in British history is in a letter dated 1615 by Richard Wickham, who ran an East India Company office in Japan. The recipient of the letter was a merchant in Macao requesting the best sort of 'chaw' (chewing tobacco). In 1664 the Company placed its first order to import tea into Britain.

Miriam showed us an 1850 British engraving entitled 'Tea, its cultivation and preparation' that shows the stages of the overall process, from preparing the ground and irrigating, to air-drying the leaves before a final intensive drying process in shallow heated pans.

Although each type of tea (green/white/yellow/Oolong/black/post-fermented) has a different taste, smell and visual appearance, tea processing for all types consists of a very similar set of methods, with only minor variations. The steps generally include withering/wilting the leaves, a bruising and/or partial oxidation process to release tannins, drying, curing and packing. More information on this process can be found here: <https://bit.ly/tea-process>

Arrival in London and port handling

Tea could be stored in any warehouse, but was always handled in particular ways, primarily because it was such a valuable commodity and very heavily taxed. Following the successful creation of the West India Docks which opened in 1802 an act of Parliament set up the East India Dock Company, promoted by the Honourable East India Company.

The company rapidly became profitable through its trade in commodities such as tea, spices, indigo, silk and Persian carpets, with the tea trade alone being worth some £30 million a year - astonishingly worth some £2.5 billion in today's money. Tea was dutiable, so was stored in bonded warehouses with the duty to the Crown paid only when removed (for onward sale).



East India House by Thomas Malton Pub Dom

The docks spawned further local industry, with spice merchants and pepper grinders setting up around the dock to process goods, the scale of the overall operations clearly evidenced by the size and opulence of their Head Office and their Cutler Street warehouses.

Hay's Wharf was just one of a number of wharves lining the Thames in London, used as places where ships could dock and receive goods and passengers for transport across the country and abroad. During the C19th tea clippers from China brought a high percentage of all the tea consumed in London into Hay's Wharf. In 1834 the famous clipper races began in China, going down the China sea, across the Indian Ocean, round the Cape of Good Hope, up the Atlantic, past the Azores and into the English Channel. The clippers were then towed up the Thames to London by Tugs, and the first ship to throw its cargo onto the docks was the winner, commanding the highest tea prices.



Tea clipper Flying Spur entering Hay's Wharf by Gordon Ellis - Courtesy of A London Inheritance

Tea arrived in London packed in tea chests, essentially plywood boxes strengthened with metal edging strips and lined with foil to keep the tea dry. Before distribution could begin, chests were brought from the warehouse and opened, with samples taken from each, for inspection by tea experts. If the quality was OK, the tea was then mixed together, repacked and sealed in the same chests, with some 'tramping down' to ensure that all of the tea could fit back into the chests.

The tea chests were now of roughly similar weight and the same consistent quality, and were then stored by grade, as evidenced by various chalk marks on the floor of the tea warehouse. Tea was sold via quarterly East India Company auctions and London eventually became the tea capital of the world until as late as the 1990s.

Distribution

Originally tea was distributed by smaller boats around the coast. After the break-up of the East India Company monopoly it was then sent mainly by railway, although Typhoo transhipped their tea by canal barge to Birmingham.

Suffolk alone consumed some 1,600 chests of tea annually, so with each chest weighing about 84lbs, this amounted to some 134,400lbs or 60tons - quite a lot of tea. Bringing the tea trade in the East full circle, the port of Felixstowe is now the largest importer of tea into Britain.

Tea tax and smuggling

By the 1700s Britain was obsessed with tea but taxes put it out of reach of most people, with 5 million pounds of tea sold legally but 7 million pounds smuggled! Tea was smuggled from Holland, via the Dutch East India Company; Revenue Officers and Troops vainly tried to control this but mainly failed.

The 'Hadleigh Gang', which comprised some 100 smugglers with 120 horses - indicated the scale of the problem. Fights took place on beaches and people were injured and killed; these were desperate characters and times indeed. Tea smuggling only stopped after 1784, when William Pitt reduced tea duty from 120% (this is not a misprint) to 12.5%, which perhaps counter-intuitively increased the revenue to the Government.

Selling tea

Originally tea was mostly sold by local grocers and shopkeepers, then later by chain stores and the Coop, and from 1900 by the Home and Colonial Stores. Because of its cost at the time, tea was sadly adulterated with many substances such as inks and carbon graphite, or gypsum and talc to make it go further and increase profits. Many additions would have been distinctly unhealthy!

The sale of packed tea via agents (who advertised their wares through local newspapers) ultimately lead to the many tea brands we have today; these agents usually undertook other businesses such as printing, which perhaps explains where some of the adulteration materials came from.

In the C19th tea began to be sold in paper bags/packets, cementing the links between tea selling and printing, with special bags printed to celebrate the visit of foreign dignitaries and royalty. Later in the 1860s Assam (Indian) tea was introduced to Britain via the Assam Tea Company of London.

This was later followed by Ceylon tea and then Lipton teas some 20 to 30 years later. Sir Thomas Lipton began by helping his parents run their grocery store in Glasgow, and soon had a number across the city. Tea was one of the products sold, and he soon spotted huge potential, buying his first tea estate in Ceylon (now Sri Lanka), reorganising it and introducing an innovative cable car to transport tea leaves more efficiently across the estate.

Lipton took self-promotion to a new level, using spectacular publicity stunts at every opportunity. When the first Lipton grocery store opened in Glasgow in 1871, he celebrated by importing the world's largest cheese and issuing 'Lipton Currency Notes'. He established the Thomas J Lipton Co. tea packaging company in Hoboken, New Jersey. He was always looking for ways to make packaging and shipping less expensive: instead of arriving in



Lipton teabag advert - Courtesy Unilever

crates, loose tea was packed in multiple weight options. He also cut out the middleman, and was the first to sell loose tea directly to the masses.

Soon after, tea bags were accidentally discovered by American merchant Thomas Sullivan, who sent tea samples to customers in silk bags, which they then presumed should be placed in water. Thomas Lipton saw the future, and was the first to print brewing instructions on small tags attached to each teabag with thread and this also furthered the opportunity for brand exposure.

Thomas Lipton became incredibly wealthy, and in 1929 he issued his fifth challenge to the Americans for the America's Cup, commissioning the build of the first J-class (unbelievably expensive) yacht, signifying the start of a new era in design evolution and racing.

"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



Friends Of Boxford School Santa Run

Saturday 18th December 2021

Listen out for Father
Christmas and his elves
dashing around Boxford,
Edwardstone & Groton on his
sleigh!!




Track us on our Facebook page!
Charity number 1037332

Edwardstone Christmas Trees

Pick your Christmas Tree
while it is still growing!

5ft Trees
from £27

Back this year with a fantastic selection of beautiful
Norway and Serbian Spruce trees, 5ft and over.

Opening Times
Saturdays & Sundays
from the 4th December
10:30 - 15:00

Fridays by appointment only
Visit our Facebook page
for more information



We look forward to welcoming you!
If you require a large tree over 10ft
please contact us in advance so the
Chainsaw Elf can be on hand to fell the tree!

MILL GREEN COTTAGE, EDWARDSTONE CO10 5PX
/EdwardstoneChristmasTrees
07754 158 924

KERSEY SCHOOL

After Kersey's school year began with a whirl – and the visit of an Apache helicopter for the launch of Sports Week, as seen on BBC TV News – the school has been speeding forwards as part of the Tilian Partnership, a group of small Suffolk village schools which Kersey joined at the beginning of November.

Since joining Tilian, the children have enjoyed new clubs and activities such as a Handbell-ringing club ("The Kersey Clangers"), weekly music lessons, a visit by singers from Snape Maltings, and taking part in a packed Harvest Festival Service in Kersey Church. To mark the start of a new literacy topic they made and launched paper boats in Kersey splash and took part in a bird walk, as well as remembering those who fell on Remembrance Day with a live performance of the Last Post. Next up of course – Christmas, with a Nativity planned with real animals, a green-screen filming club, and perhaps even a night-time camp fire with carols!

For Headteacher Claire Dunnell Paley, working alongside Tilian's Chief Improvement Officer Louise Clark, this is all part of leveraging the advantages of being a small school in a unique and beautiful location, in order to drive the children's academic engagement and love of learning. "There is so much we can draw on in this school's idyllic setting" says Claire, "which we can use to make the curriculum feel real and vibrant to our children." With the help of Louise, Claire is drawing up an individual learning plan for each one of Kersey's children as well as stepping up feedback with all parents – another huge advantage, she believes, of being a small school, in that there's the capacity to get to know everybody.

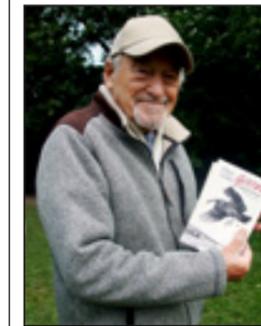
For those who might be interested in Kersey's new trajectory, there's an Open Morning coming up on Saturday November 27 (10-11:30am) and an Open Afternoon on Monday December 06 (1:30-3:30pm) where the Headteacher, Governors, and senior Tilian leaders will be available to answer any questions, and outline their vision for the future of Kersey school.

KENNY'S NEWS FROM SESAW

It's time to thank all the wonderful people who have supported SESAW in so many different ways over the last twelve months. Those who care for the animals, carry out maintenance, donate handmade or purchased items, visit our stalls at outside events to mention but a few. Your efforts ensure the charity continues to care for animals in need. Thanks also to our fundraisers including Jayne and Karen who will be offering pet products and handmade crafts at the Winter Market in Langham Community Centre car park, School Road, CO4 5PA on 5th December.



We hope to hold sales again in 2022, assuming no Covid restrictions prevent it. Please leave a message on our answerphone or email if you would like to help at events. Applicants to help with animal care are also welcome if you can commit to one morning a week.



Copies of Frank Payne's book, "Here Today, Gone Tomorrow" are still available, an ideal Christmas present when combined with the next instalment of the Author's biography, "Well Worth Waiting For". Frank details his wartime childhood, National Service and his career as a sports journalist. Phone 01206 263006 to order the two volumes for £10, all proceeds to SESAW.

We do not rehome animals over the Christmas period so we will be closed from 10th December to 10th January 2022 except for emergencies. One last big thank you to the Editor for giving us a voice. Season's greetings to all our readers from my feline friend, Ollie and me, Kenny (the Boss) Chihuahua.

SESAW volunteers are attending two festive events in Nov. Jeanette is back with her Terrific Tombola, 10-4pm on Saturday 13th at Bridge Farm Barns, Monks Eleigh, IP7 7AY. Sheila will have another classy array of gifts at the Long Melford Christmas Market, 10-1pm on Thurs 25th at the Old School, CO10 9DX. Both ladies take great care with presentation and value for money so please do call in.

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



SbN Weddings

AT STOKES BY NAYLAND

Creating beautiful memories for over 50 years
Award-winning, family-owned venue in romantic Constable Country








f SbNHotel | Instagram SbN_wedding_venue | Pinterest StokeByNaylandWeddings

Credit: Alex's Photography

Credit: Photos from Sophie

Est 1972 www.stokebynayland.com/weddings 01206 262836
Stoke by Nayland Resort, Keepers Lane, Leavenheath, Colchester CO6 4PZ

Bates Wells & Braithwaite

Expert legal help for business and for individuals...

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

Bates Wells & Braithwaite Solicitors
27 Friars Street Sudbury CO10 2AD
T: 01787 880440 E: solicitors@bwblegal.com

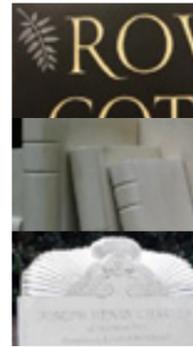
MEMORIALS

LUXSTONE

WE HAND CARVE
ANYTHING IN STONE

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

Stour Valley Business Centre, Brundon Lane,
Sudbury, Suffolk CO10 7GB
Tel: 01787 371570 E: info@neilluxton.co.uk
www.neilluxton.co.uk



PARISH COUNCIL UPDATES

BOXFORD

Summary of Council Meeting 26th October 2021

Vacancies

Please note we have 3 Councillor Vacancies on the Parish Council. The current Parish Council includes Julian Fincham-Jacques as Chairman, Lisa Wortley (Vice Chairman), David Warren, Mathew Wooderson, Pamela Edwards and Theresa Munson. Applications are welcomed. Debbie Hattrell continues as Clerk to Council.

Public Forum

The items raised by residents included concerns about the sweeping in the centre of the village, the need to renovate the telephone kiosk, redecorate the bus shelter and repair the Churchyard gates.

Overgrown foliage obstructing the pavement alongside Riddelsdell Garage was reported and the poor state of the Cox Hill to Fen Street permissive path.

The lack of drain cleansing by County Highways on School Hill and Sand Hill was raised.

A suggestion of the Village marking the Jubilee next year was repeated.

The lack of notice of road closures by Highways was raised. A resident explained he has recently moved back to the Village and was concerned about its general run-down appearance and he volunteered to get involved in a community audit of public spaces to identify where maintenance could assist. Cllr Warren felt that was a good idea. Cllr Munson explained that we could then work through the list and reminded that some areas are County Council, some are District Council and others are the Parish Council.

On-going items

In relation to the clothes bank outside the Village Hall, financial return is decreasing and the work involved increasing. Cllr Munson agreed to discuss with the Community Council in the first instance.

New quotes were being obtained to maintain the Churchyard boundary wall.

Finance

In addition to the usual business, the half year budget review was considered showing overall expenditure at 37% of budget at this half year point.

Planning

Several individual planning applications were discussed. Details of these can be found in the full minutes available online at : <https://boxfordsuffolk.com/BoxfordParishCouncil/minutes>

Debbie Hattrell

d.hattrellhattrell@btinternet.com

NEWTON GREEN

Summary of Council Meeting 10th November 2021

21/189 Public Forum

Two residents raised their concerns over the behaviour of customers and staff leaving the businesses operating in Rotten Row Barn, Rotten Row. The issues raised included anti-social and intimidatory behaviour of drivers upon other road users of Rotten Row and Joes Road, whether they be on foot, horse or in vehicles, speeding along Rotten Row and disregard of the highway code by not stopping at the Rotten Row junction with Joes Road before turning. The councillors resolved to ask James Finch to look at any calming measures that could be introduced in Rotten Row to alleviate some of the issues and to write to the owner of the barn to highlight

the issues that businesses operating from the barn are having upon Newton residents.

21/192 Finance

The councillors reviewed the two options for the scheme to replace the bus shelter by Links View. The councillors felt that the additional costs for putting a path from the shelter to the road were not value for money at this time and resolved to have the existing shelter removed and replaced by Littlethorpe with the same shelter as the one opposite the Saracens Head at a cost of £10,850 + VAT. The councillors noted that if there is an issue with the bus shelter base once the old one is removed then additional work may be required for the scheme. The Clerk was asked to get the hedge behind the bus shelter maintained before the installation takes place.

21/197 Christmas Tree and Lights

The Trust has deferred a decision on NPC's plan to plant a seven-to-eight-foot Christmas Tree that can be grown on the Green. For 2021 the metal tree will be used, and a resident will co-ordinate its decoration within the overall budget of £300. The Saracens Head will provide the power for the lights. The lighting up ceremony will take place on Sunday 5th December 2021 at 6pm.

21/198 Defibrillators

The councillors reviewed the proposals for the first phase of installing additional defibrillators in the village which will reduce the distance that most residents will need to travel to access a defibrillator. They agreed that the first phase will install 3 new defibrillators in the village during 2022 and the second phase for a similar number of defibrillators will be installed in 2023. Work on the site locations and costings for the first phase will now take place.

Full minutes can be found at www.newton.onesuffolk.net

Dave Crimmin

newtonpc2@gmail.com

LITTLE WALDINGFIELD

Summary of Council Meeting 2nd November 2021

Public Forum

Concern was raised over the lack of progress in refurbishing The Swan, raising the question if it would ever happen; a view that had been echoed by other villagers.

It was agreed to raise the matter as an agenda item at the next meeting and invite the owner to inform the parish on the progress of refurbishment works.

Councillors considered that the future of The Swan is a matter for the consideration of the PC because it is listed as an Asset of Community Value, its future is covered in the Neighbourhood Plan, and the number of parishioners that have voiced their concerns about its future.

Planning

Members agreed to support an application for tree works within the Conservation Area to improve the health of 2 trees.

Neighbourhood Plan

It was reported that the NP is almost at the point where it is considered for referendum. Hopefully that will take place by the end of the year, but in all probability it will be January 2022.

Highways & Footpaths

Work has already been done to expose signs around the village, and Mr Bullard should be thanked for his work so far. It was suggested that he continues with this work of cutting back the verges and overgrowing hedges to create safer verges for pedestrians. A budget of £300 was unanimously agreed to pay for further work

cutting back and restoring verges along the B1115 down to the Lavenham road.

b. Footpaths Working Party.

The FpWP held their first meeting where objectives and terms of reference were set out. Maps of the Parish rights of way/footpaths were distributed. The FpWP are initially conducting a series of walks to assess the condition of each of the footpaths and assess any issues.

Closed Churchyard.

The maintenance work carried out in the closed Churchyard was a great success with 15 villagers lending a hand. The PC wishes to record its thanks to all those who undertook the clearance work.

The PCC has given permission to similarly cut back the boundaries of the cemetery area. It was agreed that the next working party will take place on Saturday morning 26th February 2022.

Due to overrunning time it was decided to defer the remaining agenda items to an additional meeting on December 9th, the meeting closed at 10:15pm.

Chris White

Acting Clerk

clerk.littlewoldingfieldpc@hotmail.co.uk

OTHER BENEFICE PARISH COUNCILS

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:

<http://groton.onesuffolk.net/parish-council/documents/>

<http://edwardstonepc.onesuffolk.net/parish-council/minutes/>

YOUR VIEWS ON WEST SUFFOLK HOSPITAL

Last year, West Suffolk Hospital was named as one of 40 hospitals that would be replaced by 2030 under the Government's Health Infrastructure Plan. This is the biggest hospital building programme for a generation – a once in a lifetime opportunity to deliver a new health and care facility for the people of West Suffolk.

It is widely recognised that our buildings on Hardwick Lane are coming to the end of their useable life, so in order to continue providing services we need a new hospital. In December 2020, we announced Hardwick Manor as our preferred site for the new hospital and we aim to submit an outline planning application early in 2022. We are seeking



permission at this early stage to ensure the viability of building a new hospital on the Hardwick Manor site. The outline planning application will seek planning permission for a series of development parameters with more detailed design proposals to be the subject of future planning applications known as reserved matters applications.

Earlier this year, the first phase of pre-application planning engagement for our new healthcare facility was launched in order to gather people's views about the potential that the preferred Hardwick Manor site has to offer and how and why the preferred site was selected. In total more than 800 feedback forms were received and 150 people spoke to us both face to face and virtually at our events.

In order to continue supporting the preparation of our outline planning application, our second phase of pre-application planning engagement started on Monday 1 November but runs until Sunday 12 December. This will provide an update on the progression of the project and include initial plans and illustrations setting out what might be possible to deliver on the site.

This is a once in a generation opportunity and it is important that we get this right. These initial plans aren't finalised and have been prepared purely for the outline planning application however the illustrative plans do give an exciting glimpse of what our community's new health facility could look like with finer details to be addressed via future detailed planning applications.

We remain at a very early stage of our project, and it is paramount that everyone has the opportunity to be involved and have their say. The face-to-face events have been held in the past few weeks but for anyone who missed them there's still plenty of opportunity for you to get involved to shape the plans. The information available at the events and an online feedback form are on the Trust website www.wsh.nhs.uk/planning until Sunday, 12 December. To make sure everyone has a chance to share their views, the online form is compatible with screen readers and the language can be amended.

Securing outline planning permission is a significant milestone on our journey to a new hospital and we hope you will support us in bringing this to fruition.

Best wishes

Gary Norgate

Programme Director

Tel: 07775593472

FEEDBACK FROM JAMES FINCH Your County Councillor for the Stour Valley

Extra COVID-19 support heading to Suffolk

Public health managers in Suffolk have welcomed the Government's commitment to provide extra resources to help fight COVID-19 in the county. It comes as pressure on the county's hospitals is reaching critical levels due to more people needing treatment - and some of the highest rates of infection in the country.

The additional support will include:

- Support for the vaccination efforts by extending opening hours and
- creating pop up vaccination clinic within our communities
- Help to coordinate on the ground door knocking campaigns
- Help to reduce transmission in schools with increased testing and additional temporary powers.

In the 7 days up to **12th November there were 2402 new cases of COVID-19 in the whole of Suffolk**. Locally in the area of my division, there were 29 cases up to the seven day period ending **7th November** in our MSOA area of 18 villages. **BUT** in the Sudbury and Gt Cornard, Hadleigh and East Bergholt areas which surround the Stour Valley division, **their cases in the last 7 days are in the 40s and 50s** and incidences are being recorded in the younger age groups. **HOWEVER** there is some good news that the 7 day rolling average of deaths in hospitals and Care Homes are zero. The Babergh District has the lowest number of incidences in the county and the trend of those infected has now started to decline again. **All in all, this demonstrates again that the vaccination programme is working well locally.** Booster vaccines are now being given for those with greater than 6 months since their 2nd injection. In addition the Flue Vaccination programme has also commenced.

However I continue to 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 so that you can take precautions if you are infected unknowingly and that we can keep the good record we have locally.



£50 million plan to boost Suffolk bus services

On October 7th it was announced that wider coverage, cheaper fares, improved ticketing, and better evening and weekend services are among proposals forming part of a £50 million plan. *The Bus Service Improvement Plan (BSIP)* was submitted to the Government last week.

Following on from the submission of the BSIP, the council, bus operators and other stakeholders will be working together to establish a countywide Enhanced Partnership. This will enable the BSIP proposals to be delivered, building on experience gained from the existing Ipswich Quality Bus Partnership.

The funding bid is being made to the government's £3 billion fund under its Bus Back Better national bus strategy for England. Suffolk County Council will be asking for a minimum of £50m over three years - £15m each for the first two years and £20m for the third.

Another Review of the Lorry Route Plan in Suffolk

A technical and community led review of lorry routes that considers changes to the highway network will take place again since the plan was updated in 2011. This includes: 1. New strategic roads, 2. New Lorry Watch areas, and 3. Air Quality Management

Areas in Suffolk

It will look at a range of evidence including:

- Collision records and traffic data
- Traffic Regulation Orders (TROs) for weight, width and height restrictions
- The resilient road network and its strategic road network diversions as well as GPS data showing the origin and destination of trips, routes taken and the locations of building "strikes"
- Public complaints
- Data from Lorry Watch schemes

The community led review runs **from 22 October 2021 to 17 December 2021**. Suffolk County Council is seeking the views of Parish and Town Councils about their local issues and intelligence. Information will be gathered by a survey sent to all of Suffolk's Parish and Town Councils. Each local council will be limited to three issues within their community to ensure fair and equal representation across the county. The review will be completed in Spring 2022 where the County Council plan to publish a new interactive Lorry Route map. Details of draft routes can be found here: <https://bit.ly/scc-lorries-plan/>

MP's from Norfolk, Suffolk and Essex and County Councillors, unite to protect the countryside and communities from the worst impacts of new pylons and cables

It was announced on October 12th that the **Off Shore Electricity Grid Task Force (OffSET)** has been set up to review and respond to the Government's Offshore Network Transmission Review (OTNR).

A new group of MPs has been formed from across the region, under the chairmanship of Sir Bernard Jenkin, MP for North Essex, and including our County Councillor James Cartlidge and County Councillors from the region. It has been set up **to ensure that the emerging proposals of the Government's Offshore Network Transmission Review (OTNR), and proposals to change the Nationally Significant Infrastructure Planning regime, are effectively scrutinised.**

OffSET supports the government's commitment to meet the target of Net Zero by 2050, and the aspiration to deliver 40GW of Offshore Wind, by 2030. However, this will result in a succession of electricity generation and connection projects in Norfolk, Suffolk, and Essex, over the coming decades, which will have significant impacts on the environment and communities of the region.

The group believes that these ambitions and targets cannot be met, on an "at any cost" basis. Therefore, the further development of the onshore transmission system, and the connection of offshore wind farms, and interconnectors, will require a new deal for communities and the environment. It remains a key priority that we speed up the Government's timetable to transition to the offshore transmission system, in order to protect our communities from the damaging effects of multiple cable corridors.

As well as scrutinising and responding to new policies and initiatives, the group will be a contact point for Ministers and senior officials, as well as for the National Grid, Crown Estate, and Ofgem, to engage with Regional Leaders. The group will also be inviting key stakeholders and community groups to meet with them, to better understand the impacts, and opportunities, of Net Zero transmission and generation infrastructure in the region.

James Cartlidge MP, South Suffolk, said: *"OffSET will play a vital role in ensuring that our region's voice is heard in the national conversation about how we boost the output of renewable energy. I am proud of the huge contribution that our region is making to reaching our net zero targets, but this cannot come at a disproportionate cost to our beautiful countryside. It is vital that at all times we balance the need to reinforce the electricity grid against minimising detriment to our landscape, e.g. by using undersea*

cables and undergrounding through sensitive landscapes."

Virtual Fostering and Adoption Sessions for the Stour Valley

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.

My Priorities

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

james.finch@suffolk.gov.uk

Tel: **01206 263649** Mobile: **07545 423796**

FEEDBACK FROM BRYN HURREN Your Babergh District Councillor

One of the highlights of this council year for me occurred during mid-November, when the project officer for the Groton local needs housing project showed me around the new development at Groton St. The houses were a credit to Hastoe, the housing association, who will manage them, and to Rose builders, who have done such an excellent construction job. The houses, although small and unimposing on the outside, were spacious, very warm, well insulated, and well equipped on the inside. The new development is also well provided, with off street parking and garden. There is also a communal open space area for the new occupants, who have already received their keys and had their first introduction to the new properties. Bidding was restricted to applicants with a strong local connection to Groton, and four new residents have been picked who fit the criteria. I am sure that near neighbours and all in the local area will make them very welcome, they will be known to many in the near vicinity anyway. Should they become available for rent again, they will always be offered to those with a previous or current Groton connection and will not be available on the dreaded government Right to Buy scheme which has damaged and depleted our housing stock so very much.



These houses, on offer at an affordable social rent (which is about 60% of the current private rent for the local area) along with Partridge Close, Mill Green View, Stationfield and Fitzgerald Meadow will keep up the local needs stock for the area, giving local folks a chance to find a home that they can afford, enabling them to stay local near family roots and relatives.

I, and other like-minded councillors, have always supported officers in their attempts to build more affordable homes to keep local communities together and thriving, while being conscious of the damage that Thatcher's Right to Buy scheme has done to the available low cost and starter housing numbers. Although we haemorrhage about 20 dwellings per year, we are keeping the Babergh Mid Suffolk rentable housing stock up to just under four thousand dwellings. A truly credible effort to keep providing people with a safe and affordable place to live. Also, the fact that we were able to install solar panels on almost half of these dwellings is providing cheap power to tenants while providing an additional income to the council and contributing to our environmental contribution.

The Council, despite the difficult times, has continued throughout this past year to promote its tree for life initiative. A scheme that entitles any individual, or family, who has had a newborn between the first day of January 21 and the last day of December 21, to apply for their own tree to plant in their garden or a public space. It is hoped that this will encourage families and children to be aware of our precious natural environment and the contribution that trees make as they grow up alongside them. This offer is also available to those who have had the misfortune to lose a child during this year, and therefore the tree will stand as memorial to their loss.

With the environment itself finally making the headlines that it long ago should have, we can but pray that it continues to do so and that those who are, at this time, elected to lead us, show more clear thinking than those did recently during the sewage debate. One when the majority of our elected M.P.s were truly caught on the wrong side of the fence with their collective pants down. The discharge of raw sewage on 400,000 occasions into our rivers, waterways and seas is not an acceptable situation for public health and utter shame on any MP who thought it was. Thankfully, the upper chamber of the lords smelt something is not as it should be, and our shocking current government, who have more than egg on their faces, have been forced to think again due to the outpouring public outcry.

Anyone who has strong feelings about this disgraceful situation, do feel free to lobby your MP and stir this up a little. As always, I am doing my very best.

It used to be that local MPs stood up for the best collective interests of their constituents and protected them, now it seems that the herd follows bad leadership down some very slippery slopes. Shame on them. This has also shown up during the recent sleaze debate where the exchange of monies and outright corruption is finally taking its toll on Joe Public's patience.

We can but hope that at last enough elected representatives at every level will stand up for the masses of genuine hard-working citizens just getting on with life and contributing as best they can. It is time that control was taken back from those who just to want gain for themselves.

Surely, we have enough sensible people across all political groups to do that and spare us the final death throes and struggles of this current ruling government/junta.

As always everyone, please keep safe and well, oh and I have not mentioned the C word, which this year should stand for Care, Compassion and Consideration.

All Very Best Wishes.

Bryn

bryn.hurren@babergh.gov.uk

Tel: **01787 210854** Mobile: **07771 508348** Text preferred.

COUNTRY HEATING plus



Registered Business

COUNTRY HEATING plus

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

www.countryheatingplus.co.uk

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

BOOST YOUR BUSINESS!

The Box River News is the indispensable guide for villagers needing local trades and services



Contact us to find out just how cheap & effective it is to advertise in the BRN

editor@boxrivernews.com

01787 210 946

MICROPLANT

08703 210256 / 07850 210256

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

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

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



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

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



www.boxfordsuffolk.com/3PR

NHS East of England Ambulance Service NHS Trust

DIRECTORY OF CLUBS & ORGANISATIONS

CLUBS & GROUPS

- | | | |
|-----------------------------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Boxford Bellringers | Richard Gates | 01787 210432 |
| 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 | 07873 971701
m.eke@btinternet.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 |
| Swing jive & Lindy Hop Dance | Sarah Boldock | 07956 614824 |
| 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 | 01787 210323
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 211926
d.burden379@btinternet.com |
| Boxford Society | Jen Eastwood | 01787 211853
jen.eastwood8@gmail.com
www.boxfordsuffolk.com/boxfordSociety |
| Boxford Tennis Courts | Yvonne Woodfield | 01787 210151 |
| 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 | Jane Elliott | 07721 880521
BVHbookhall@gmail.com |
| 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 | Christine Hargan | 01449 674727
clerk.littlewaldingfieldpc@hotmail.co.uk |
| Newton Parish Council | Dave Crimmin | 01787 375085
newtonpc2@gmail.com |

Spotted incorrect details or have a club/organisation you would like to add? Please contact editor@boxrivernews.com



Fortress Doors

The Rolling Garage Door Specialist

Genuine Family Run business

Serving the local community within 40-mile radius of Colchester



LOOKING AFTER THE GENERATION THAT LOOKED AFTER US

- DOORS FROM £895
- FREE SURVEY & QUOTE ON THE DAY
- UP TO A 5 YEAR WARRANTY
- QUICK AND EFFICIENT AFTER CARE
- FREE DISPOSAL OF OLD DOORS

TEL: 01206 332702 MOB: 07504 665790 EMAIL: info@fortress-doors.com



The Red House

RESIDENTIAL HOME

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

Contact Us

Meadow Lane, Sudbury, Suffolk, CO10 2TD
 Telephone: 01787 372948
www.redhousesudbury.co.uk

EVENTS CALENDAR

NOVEMBER 2021

26 Music From Shows & Movies
 FRI St Mary's Church, Boxford 7:30pm

DECEMBER 2021

1 Boxford WI - Xmas Lunch
 WED Boxford White Hart 12:30pm

1-4 Panto - The Burghers of Boxford
 WED-SAT Boxford Village Hall 7:30pm

4 Christmas Fair
 SAT Polstead Village Hall 10:00-3:00

3 Cinema - Nomadland
 FRI Polstead Village Hall 7pm

4 Cinema - Peter Rabbit 2
 SAT Leavenheath Village Hall 7pm

4 Cheese & Wine Party
 SAT Groton Village Hall 7:30pm

6 Carols 'Round The Tree
 MON Outside Boxford White Hart 8pm

10 Festive Drinks & Nibbles
 FRI St Lawrence's, Little Waldingfield 7-9pm

11 Christmas Fayre
 SAT All Saints, Newton Green 10:30-12:00

12 Boxford's Festive Fayre
 SUN St Mary's, The Village Hall & The School 10:00-3:30

11-12 Christmas Tree Festival
 SAT-SUN St Mary's, Boxford 10:00 - 4:00

18 FoBS Santa Run
 SUN Boxford, Edwardstone & Groton TBC

19 Nativity Play
 SUN St Bartholomew's, Groton 2:30pm

JANUARY 2022

5 Boxford WI - Guest Speaker
 WED Boxford Village Hall 2pm

SAVE THE DATE!

JUNE 2022

2 The Queen's Platinum Jubilee
 THU Beacon Lighting, White Hart Car Park TBC

3 The Queen's Platinum Jubilee
 FRI Events to be confirmed. TBC

4 The Queen's Platinum Jubilee
 SAT Events to be confirmed. TBC

BANK HOLIDAYS!

Madrigalia

Choir for hire

Madrigalia is a small choir based in Boxford and is available for weddings and other events

We have a broad repertoire and can adapt to meet most needs.

From sacred to secular and traditional to modern.

We sing accompanied and A Capella.

Call: Sue Price 01787 210913

Demos are available on our website madrigalia.uk

Services Directory

WELDING & FABRICATION



Bespoke Gates, Railings, Balustrade
 For design, repair or advice Call Craig 07775 745213
www.awardfabrications.co.uk

COVERSURE

Your Local Insurance Broker Is Here For You

Coversure Sudbury

CALL US: 01787 374 857

VISIT US: coversure.co.uk/sudbury

We can offer you insurance cover for Business, Property, Home & Motor

For business. For family. For you.

Nails by Grace Beauty Therapist

I'm Grace Crimmin, a fully qualified Beauty Therapist with over 10 years' experience in Salons and Spas.

I offer a wide variety of treatments from my treatment room in Newton, including Body Massages, Facials, Manicures, Pedicures, Waxing and more! I look forward to hearing from you.

www.nailsbygrace.co.uk

07484 648932

[facebook.com/nailsbygrace1](https://www.facebook.com/nailsbygrace1)

J. Harvey Caravan & Motorhome Valeting

Interior & Exterior
 At your home, storage facility or seasonal pitch
 Across Suffolk & Norfolk
 Horse Boxes, Motorhomes, Caravans, Cars & 4x4s
 For any enquiries 07973 705 351
jharveycaravanvaleting@gmail.com

PEP SERVICES



- Carpentry -
- Tiling -
- Painting & Decorating -
- Home Maintenance -

Friendly & efficient local service
 No job too small

Call 07792 931446 for a quote

Bed & Breakfast

Newmans Hall Farm
www.newmanshall.co.uk

- * All rooms en-suite *
- * Ample off-road parking *
- * No smoking policy *
- * Heated indoor swimming pool *
- * Quiet rural setting *
- * Spacious grounds *

Monks Eleigh Road Telephone: 01787 249111
 Little Waldingfield Charles mobile: 07850 210256
 Sudbury, Suffolk Louise mobile: 07887 540432
 CO10 0SY email: louise@newmanshall.co.uk

unique hand-crafted cards for all occasions



KAREN'S CREATIONS
 07873 308 040

bateskaren60@gmail.com

Services Directory



Suppliers of:

- New and Reclaimed Sleepers
- Reclaimed Scaffold Boards
- Carcassing Timber
- Decking
- Post and Rail Fencing
- Oak Barrels and Planters and more....

07970 559 251

mail@jpstimber.co.uk
www.jpstimber.co.uk



IRONING SERVICE

Collect and deliver
Competitive prices
References available

Clare: 07443422496



Robson Thatching

FREE ADVICE
RE-THATCHES
PATCHING
REPAIRS

566 HIGH STREET
LAVENHAM
01787 247964
07443 596757
25 YEARS

phillprobson2011@hotmail.co.uk

Country Maids Ltd.

DOMESTIC CLEANING TEAM

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

Contact us today

email:
butchertaz04@btinternet.com

Telephone:
01449 741108

**PADDOCK AND MEADOW
CUTTING & HARROWING
SERVICE**

Small Tractor 6' Topper
12" Grass Harrow
01787 210842



Darren Howe - Qualified Carpenter & Joiner

All Aspects of Carpentry Undertaken
• Handmade Kitchens & Fitted Wardrobes
• Fitted Kitchens
• Doors Made and Hung
• Floors & Laminates
• Balustrading, Decking and much more
Call me for a free No Obligation Quotation
on 07795 345466 or email me at
howies@hotmail.co.uk



Tel: 07473 638660
Email: hello@elliesgroomingparlour.co.uk
Reliable, Qualified & Insured Dog Groomer in Boxford



W.A. Deacon

FUNERAL SERVICES
24 HOUR
TELEPHONE SERVICE
01787 248282 & 01787 248147

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

INDEPENDENT FAMILY COMPANY

ESTABLISHED 1952



**STIRLING
PAINTERS &
DECORATORS**

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

TEL: 01255 688104 MOBILE: 07866 734519



**HOWARD WATTS
Automotive**

Sales and Service at
Riddelsdell Bros Ltd (Est 1900)
ELLIS STREET, BOXFORD, CO10 5HH
01787 210318
07836 353537
www.howardwatts.co.uk info@howardwatts.co.uk



**Polstead Based
Country Cars
Private Hire**



Local and Long Distance
Airports - Theatres
Restaurants - Weddings

Contact: Dave Howard
Mobile: **07767 076976**



**PAUL MACHIN
GARDEN SERVICES**

General maintenance, hedge cutting,
tree pruning, grass cutting,
scarifying service
Paddock & field topping
Wood chipper & operator hire
Patio, path and driveway cleaning
Garden, house & shed rubbish
clearance

Environment agency waste carriers
licence held and fully insured
Please call me on 01787 249725 or
07854 725777

and find my page on facebook



Lee Dunnett Painter

Interior and exterior house painting
20 years experience. free estimate
Mobile: 07960 743 938
Tel: 01787 212 218
Email: leedunnett@aol.com
leedunnettpainter.co.uk



Antique Renovations

Expert restorers of fine antiques & interior woodwork
Lavenham Studios, Brent Eleigh Road, Lavenham
Tel: 01787 248511

Services Directory



S B Electrical
For all your electrical work
Free Estimates ✓ No Call Out Charge ✓
Part 'P' Registered ✓ Electrical Certificates Issued ✓
01787 247043
email: info@sbelectrical.biz
or visit www.sbelectrical.biz



Boxford Lane Joinery
With the benefit of over 40 Years experience

Specialist Manufacturers and Installers of Bespoke:
Kitchens
Wardrobes and Household Furniture
Staircases • Architectural Joinery
Windows, Doors and Conservatories.
All finished/Sprayed/Polished
in House if required.
A full fitting and Carpentry service
is also available.

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

email: boxfordlanejoinery@hotmail.co.uk



D MAY
Plumbing & Heating
Offering a fully comprehensive range of domestic
plumbing and heating services.
Local tradesman 30 years experience
Free estimates not VAT registered.
New bathroom and ensuite installations
including floor/wall tiling.
Emergency service provided and no job too small.
Tel: 01473 829064 or Mobile: 07886 389 995



Kirkham Sheidow Architects

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



**AHS
Landscape Limited**

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

For a free quote or advice
call Andrew Martin

01787 211671 07786 434315
www.ahstimgardens.co.uk



**SJ Hurrell
Plumbing & Heating**
Over 30 years of experience specialising in
custom solutions for all of your plumbing
& heating requirements
• Gas & Oil Central Heating
• Annual Boiler Servicing
• Bathroom Design & Installation
• Underfloor Heating
• Energy Efficient Systems
07970 163084 • 01787249081
scott@sjhurrell.co.uk • www.sjhurrell.co.uk



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

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



A D Braithwaite Roofing
Anthony Braithwaite
Flat Roof Specialist
Bolyen House, New Queens Road
Sudbury CO10 1PJ
07840 408 510
anthonybrai@hotmail.co.uk
www.adbraithwaite.co.uk



-PJH-
Property Maintenance

Quality Painting and Decorating
Interior & Exterior,
Tiling and General Maintenance,
Carpentry

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

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



The Dogroom at Boxford
Professional Dog Grooming Services
thedogroomatboxford.com
07712 687701
01787 211874



N D Rose
Int/Ext Decorating
• Gutters Cleaned/Repaired/Replaced
• Wall/Floor Tiling
• General Building Maintenance

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



**FLOWERS FOR
EVERY OCCASION**
Jayne Foster
Groton
Telephone: 01787 211360



Ken Grime & Son Ltd
Electrical Contractors
Fully Qualified and part P Registered
All types of electrical works undertaken
No job too small • Very competitive prices
Office Tel: 01787 373 558
Ken Mobile: 07702 358 802
109 Bures Road • Great Cornard • Suffolk • CO10 0JE

Services Directory

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

ADI Landscapes

www.adilandscapes.com

hello@adilandscapes.co.uk



07814 404377

FIREWOOD

DRY SEASONED LOGS
VARIOUS LOAD SIZES AVAILABLE

KILN DRIED LOG NETS

Delivery available on minimum of 6 nets

Contact Carol Abbot
01473 829 130 or
mobile 07768 795 981

M.D.MILLS

(BUILDING CONTRACTORS) LTD

All types of building work undertaken including:

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

For a free no obligation estimate
please call:

01787 373085
www.mdmills.co.uk

Jen's House Clearances

Recycling rather than landfilling

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

For a free quote
Call Jenna Martin

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

When the job's paintin' get The Saint in



QUALITY PAINTER & DECORATOR
* Interior/Exterior * Property Maintenance
* Local, Trusted & Reliable * Free Quotations
Find me on
* Highly Rated Yell.com

07917877694

JLMDecorating@live.co.uk

FOR ALL YOUR DECORATING NEEDS



Find us on
Facebook

COMPLETE PROPERTY SERVICES

Established since 1993

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

Tel: 01787 210856
Mobile: 07538 067868



LOUISE'S
Mobile Hairdressing

I am an experienced,
professionally trained hairdresser
& will visit you in the comfort
of your own home.

Full colours, highlights, cut & blow-dry
Prom & wedding packages available
Ladies, gents & children

Please call Louise to book an appointment
07970 704 823

AK SMITH PLASTERING (EST 1986)

CEILINGS, WALLS, FLOORS
PLASTERBOARDING
NO JOB TOO SMALL

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

David Folkard BLOCKBUSTERS

Drain Clearance
Sinks, Toilets, Drains
Sewers etc.

Hadleigh 01473 827426



For all your Home Heating & Plumbing Needs

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

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

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

LOWER DAIRY FARM

28 day aged, grass fed beef
Direct from the farm

www.lowerdairyfarm.co.uk
Lower Dairy Farm Shop · Nayland
CO6 4JS · 01206 262314

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

original hand-made prints



artist : printmaker
Boxford : Suffolk
01787 211501

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

CARPENTRY & JOINERY

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

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

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

Tel: 01787 375824 • Mobile 07748 800701
andy@seppainters.co.uk
For all your interior and exterior decorating ...
...from New Build to Period Properties
Your satisfaction is my speciality!
Detailed information on my website:
www.seppainters.co.uk



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

Appointments available Monday - Saturday

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

H Byham & Son Ltd Ballingdon Dairy, Sudbury

Deliveries of Dairy Produce and
Goods to Boxford and
Surrounding Villages
Tel: 01787 372526

Services Directory

Qualified Foot Health Professional

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

It costs only £55 a year to advertise in this space!

Now with free online
business directory listing
01787 210946
editor@boxrivernews.com

SHERBOURNE LODGE COTTAGES



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

For further details please call:
01787 210885

Amanda Hollingworth Counsellor

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

Bradshaw Trenching Ltd Trenching & Groundwork Contractors

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

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



M: 07515 288 736
T: 01787 228 341
E: info@blaketreecare.com

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

ONLY OIL OIL BOILER ENGINEERS

Why pay more for your servicing, breakdowns &
commissioning?
Call us now for a very competitive quote!
NO V.A.T.
Tel: 01787 313 250
Or 01473 827 792

Sanders Sweeps & Installations

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



Cass White
Traditional & Modern Upholstery
www.casswhiteupholstery.com
07759 924 209
casswhite@live.com

Seasoned Firewood & Woodchip For Sale By the load 01787 319200



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

AERIAL VIEW

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

01787 311057
Or visit www.aerial-installers.co.uk

Suffolk Medical & Beauty Clinic

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



www.suffolkmedicalclinic.co.uk
6 Broad Street, Boxford
01787 211000

Services Directory



Planted aquarium and aquascaping specialist
Inspiring displays
Expert advice
Live aquarium plants
Huge selection of wood and rocks
Aquarium accessories, foods & treatments
Pond plants and pond fish
Pond accessories and treatments

Riverwood Aquatics

The Barn At Assington
The Street, Assington CO10 5LW
Tel 07981 478 633

Email riverwoodaquatics@hotmail.com
Web riverwoodaquatics.co.uk
Facebook/ Instagram @riverwoodaquatics

Hadleigh Hairloom

78 - 80 High Street, Hadleigh
01473 822191

Walk-in Family Salon

Catering to the entire family's hairdressing needs
*Easy Access *Family Friendly * Free Wi-Fi *
Comfortable Waiting Area with Toys and TV.
Monday Wednesday & Friday: 9 - 5.30
Tuesday 9 - 7.00* Thursday 9 - 8.00*
Saturday 8.30 - 4.00

SAM'S K9 Services

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

Not only am I a dog walker but I'm also a qualified dog trainer. I'm able to help with a wide range of behavioural and training issues. My methods of training are up to date and force free.

Whether you need help as a first time puppy owner, or your dog is showing signs of aggression or you need help with training problems such as lead pulling

please call me on 07939 563 282

Electric Guitar Servicing

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

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

chas.parker@icloud.com Tel 07899081929

GARDEN WORK SHRUBS TREES & HEDGES

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

01473 829130 or
mobile 07768 795981

P.D. Garner Plastering Services

Telephone: 01206 262207
Mobile: 07976 246713

13 Elmtree Lane, Leavenheath, Colchester CO6 4UL



Country Life Dog Care

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

For further information, prices & booking
please contact

Katharine

Tel: 07968 077767

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

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



Boxstore™
Archive and general storage

The Local Self Storage Company

For all domestic and business needs

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

CARPETS - VINYL - WOOD LIONEL HATCH FLOORS

Your local professional, personal,
competitively priced flooring service

Call Lionel Today

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

CARPET CLEANING

Super Clean Carpet Cleaners

Your local professional
carpet cleaning service

Call Mark Today
07376 800 111

www.supercleancarpetcleaners.co.uk

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



ANDY TUFFS
Tel: 01707 211563
Mob: 07944 115193

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

Colne Valley Windows Your local double glazing company

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

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



To arrange a free quotation
please call us on 01787 827382

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

Certified Company 36650

LAWNS FIELDS AND GARDENS

Established 1991

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

FOR A FREE QUOTE RING MARTIN ON
07932 477152

A Tennent Electrical

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

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



MINI WASTE LIMITED

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

Tel: 01787 378811

e mail: info@miniwaste.co.uk

Website: www.miniwaste.co.uk

MEMBERSHIP wrapped up

The Ultimate Health & Fitness Gift

3 month
membership
from £145*

- State-of-the-art Technogym • 18-metre indoor pool and relaxing poolside facilities; Jacuzzi, sanarium and steam room
- Full centre or pool only memberships • Resort vouchers • Membership continuation offers



*Full Centre membership at £175.

Terms and conditions apply.

Please see the website for
full details.

Available until
January 2022!

01206 265841

joinpeake@stokegolfandleisure.com

www.stokebynayland.com/fitness

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

TECHNOGYM
The Wellness Company™



Greetings
from
Santa.co.uk

Personalised letters from the
big man in the North Pole
delivered straight to your little ones!

Simply tell us a few details about the recipient and we'll ask Santa
to send them a special letter in time for Christmas.
As Santa LOVES giving presents, he'll also send them a super activity pack.

There are 4 Christmassy letter designs to choose from
and it takes less than 2 minutes to order.



Enter code: BRNSNOW
for an exclusive 25% discount
on a letter and activity pack!



Order now: www.GreetingsFromSanta.co.uk



THE WHITE HART
— Suffolk Chefs —

CHRISTMAS MENU

2 courses £21 or 3 courses £25

Menu running from 1st December

STARTERS

Tempura Sprouts, Bacon Jam, Cranberry Sauce
Smoked Mackerel Pâté, Apple & Celery
Curried Lentil, Parsnip & Apple Soup
Blue Cheese & Black Pudding Croquettes

MAIN COURSES

Roast Turkey with all the Trimmings
Beef Bourguignon, Dauphinoise Potatoes, Winter Vegetables
Mushroom Steak, Herby Fondant Potato, Brown Butter & Sage,
Winter Vegetables (£3 Supplement)

DESSERTS

Trio of Christmas Pudding, Trifle, Figgy Pudding
Bourbon & Maple Brulee
Baked Vegan Cheesecake with Clementines
Cheese & Biscuits (£2 Supplement)

Booking is essential. £10 deposit per person and pre-ordering required
Call 01787 471960 or email: suffolkchefs@gmail.com

The White Hart, Broad Street, Boxford, Suffolk CO10 5DX

