

February 2022

# Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



NEWS

*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.



THE LINDSEY ROSE

## VALENTINE'S WEEKEND AT THE LINDSEY ROSE

VALENTINE'S MENU AVAILABLE  
FROM SATURDAY 12<sup>TH</sup> –  
MONDAY 14<sup>TH</sup> FEBRUARY

2 COURSES £16.50<sup>PP</sup>, 3 COURSES £22<sup>PP</sup>  
& OUR ROSE ROYALE COCKTAIL  
ON ARRIVAL

The Tye, Lindsey, Ipswich IP7 6PP  
welcome@thelindseyrose.co.uk  
01449 741424  
thelindseyrose.co.uk/valentines



## 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



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

## BOXFORD WELCOMES MRS LEA

Dear All

I am delighted and honoured to be appointed as head-teacher of Boxford CEVC Primary School and am very keen to get to know families and the wider community of the Box River Benefice, as well as students and staff.

I would like to take the opportunity to introduce myself to you. In my previous role, I was headteacher at Bucklesham Primary School for 4 years and previous to this Head of School of Bramford CEVC Primary School for 3 years. I feel very lucky to be given the opportunity to take over the leadership of Boxford Primary school and to begin working with everyone in the community.

As headteacher of the school, my job is to work with you all to make sure our children are safe, happy and reaching their potential.

Families and the wider community make a hugely vital and important contribution to our children's achievements and from my experience I know that a happy and successful school depends on us all communicating and working together to benefit the children. I am really looking forward to finding out more information about the school and how we take it forward so that we can continue to allow it to thrive and grow.

I have met many parents down at the school gates and I have been so thrilled with the huge amounts of kindness and support I have been given by you all in the past few weeks. I know that Boxford and the surrounding villages are a special, happy place that I am very much looking forward to working in.

Best Wishes  
Emma Lea



## BETTY & VIC RICE 70 GLORIOUS YEARS!



Many congratulations to Vic and Betty on the celebration of their Platinum Wedding Anniversary on the 9<sup>th</sup> February! The happy couple were married at Newton Green church on a cold and blustery February day in 1952, while Vic was on leave from National Service in Libya. It was uncertain whether the wedding would be able to go ahead as King George VI had died 3 days earlier. Rationing was still in force, so the reception was a tribute to everyone pulling together and the bride's catering skills! Vic's cousin, Jackie Iliffe, was one of the 2 bridesmaids, alongside Betty's niece, Margaret Addison.

The newlyweds lived with Vic's parents for 2 years in Sherbourne Street, before they moved into their newly-built council house at Homefield, Boxford, where they still live to this day!

We, as their family, are enormously proud of their amazing achievement. They were aged 18 and 19 when they married, but

had been together since they were 14, having met at youth club. They are a shining example of what true, enduring love really means! Even after 7 decades together, we love the fact that they still walk hand in hand! We all feel very blessed to have them at the heart of our family and love them more than we can say!



Elaine, Linda, Will, Ian, Hannah, Sam and Tina.

[Ed - The BRN would also love to wish Vic and Betty a very Happy 70th Anniversary! An amazing and heartwarming achievement, congratulations!]

## Box River News

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

Telephone: 01787 210946

email: editor@boxrivernews.com

Deadline date for the March 2022 Issue is:

**February 15<sup>th</sup> at midday**

## 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

## OLLIE'S NEWS FROM SESAW

It's time for a cat's eye view of SESAW with a story just as good as Ken's dog-tale last month.

We recently had the delightful experience of reuniting a cat that was missing for about eighteen months with his owner. Kind people fed him until new neighbours realised he belonged to no-one nearby. They asked Mother to check him for a microchip – and he was reunited with one happy owner who had given up hope of seeing their beloved pet again.

If you befriend a stray please ask a vet or rescue centre to scan for a chip and have your own cats microchipped, we are just as important to our humans as dogs are to their owners. Speaking of canines, we have a friendly pair of seven year old dachshunds looking for a home where they can be absolutely spoilt.



Dougie and Hazel love their cuddles but tend to tell other dogs off so would be better as the only pets in a household. Hazel is rather bossy and Dougie's sight is poor but that does not stop him, although sometimes he returns from walks in someone's arms! If you can offer this delightful twosome a loving home with a very secure garden, please phone for an appointment to meet them.

That's enough from me, rest assured the chatty Chihuahua will be back next time, hopefully having learned that people sometimes need to read the feline point of view and a prime example of the superior species is me.

*Ollie (the Black) Cat.*

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

## Gary Jarvis

*Paper Hanger and Interior Decorator*

01787 211471 or 07733 325669

## NEWTON FIRESIDE CLUB

The final Fireside Club of the year was held on Tuesday 7<sup>th</sup> December. We used it as an opportunity to make festive table decorations whilst partaking of a festive glass of bubbles. I think everyone was very pleased with their creations especially as it was the first attempt at flower arranging for some. Those of us who were a bit speedier made an extra arrangement which was then sold at the church coffee morning.

### Dates for the new year are:

- Tuesday 18<sup>th</sup> January BINGO!
- Tuesday 1<sup>st</sup> February A Talk on Russia by Jenny Anthill
- Tuesday 15<sup>th</sup> February Room 101
- Tuesday 15<sup>th</sup> February Pancakes!
- Tuesday 15<sup>th</sup> March A Games Afternoon
- Tuesday 29<sup>th</sup> March A Talk on Watery Places in Suffolk by Pip Wright
- Tuesday 12<sup>th</sup> April Easter Crafts

All meetings are held in the Village Hall and start at 2pm. New members are always welcome. Please contact Moira on **01787 374652** or Sue on **07881 383 998** if you would like more details.

Wishing you all a happy and healthy festive season!!!  
*Sue Presland*

## BOXFORD VILLAGE HALL

We want Friends!! We've got a few but we need more!  
How would you like to become a Friend of Boxford Village Hall and help out with the running of this lovely venue?  
Specifically at this time we are looking for 2 or 3 volunteers to look after our clothes bank.

Sometimes people leave big bags of stuff that they can't get in the bank so we need volunteers to bag it up and post it in the bin and phone up to get it emptied when it's full. Probably a couple of hours every week.

If you're up for being a ClothesBank Warrior, let Joe know!  
[joe@joebarrett.me](mailto:joe@joebarrett.me)

## HADLEIGH & BOXFORD PATIENT PARTICIPATION GROUP

The Practice has administered **30,000** jobs since January. There is no plan to carry out any further large scale vac sessions but rather continue any necessary jobs during working hours at the Hadleigh Practice. The appropriate patients will be invited.

The Art Exhibition at the Hadleigh Practice has been changed and work by Emma Kerridge is now on display. Dr Cullen, the previous exhibitor, sold four of his photographs with 10% of the purchase price going to The Hadleigh and Boxford Medical Practice Charitable Trust.

The PPG is currently working with the Practice to improve the online appointment booking facility. Once this has been achieved, the Group will campaign to encourage more people to make their appointments using this method.

Just to confirm that face to face appointments are available and patients will be seen by a doctor if they request it.

Website: [www.hadleighhealth.co.uk](http://www.hadleighhealth.co.uk)  
Facebook: <http://bit.ly/Hadleigh-Group-Facebook>  
Email: [hadleighboxfordppg@gmail.com](mailto:hadleighboxfordppg@gmail.com)  
PPG: Chair Jan Devey 01473 827091



## HORSES & THE HIGHWAY CODE



As a driver, when you come up behind a horse on the road, you might just think 'Get off the road! Roads are for cars, fields are for horses.' and yes, horses and riders would certainly prefer to be off the roads and instead on the tracks and fields. However, over the years, access to these offroad havens has become increasingly restricted, meaning you see us more on roads travelling between tracks.

We're not intentionally trying to hold you up. We want nothing more than to help you safely past our half-tonne animal so that you are free to continue on your way and we can continue too.

We are very lucky to have a lot of understanding road users within the Benefice. A massive **THANK YOU** to you all. Our farming fraternity are brilliant at making it safe for horses to pass, and the majority of car and truck/van drivers are great too.

If any cyclists are reading this, it would be very helpful if you could call out as you approach from behind us. Some horses may be startled by a silent passing bicycle and an advanced warning gives both horse and rider a heads-up. This also holds true for electric cars - it can be difficult to hear the low-speed 56dB sound that electric cars emit (at 12.5mph and below). Again, a friendly call out would be much appreciated, but *please do not sound the horn.*

From 26<sup>th</sup> January 2022, new updates to The Highway Code come into force, designed to help protect vulnerable road users and reduce road accidents. The new rules advise road users *must*:

- Pass horses/horse-drawn vehicles at speeds *under* 10mph.
- Provide a *minimum* of 2 metres clearance. If not possible due to oncoming traffic or the road width, the driver/cyclist must wait to pass until the 2m clearance is possible, and not before.

Thank you for passing us all wide and slow, it really does matter and it keeps us all safe.

In return, we will endeavour to be as helpful as possible. We will try to say thank you to all considerate motorists. We will aim to get into a layby/gateway/off-road as soon as possible to enable a better passing place.

*Arthur, Edwardstone*

## 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](mailto:enquiries@naylandchiropractic.co.uk)  
w: [www.naylandchiropractic.co.uk](http://www.naylandchiropractic.co.uk)

... THE ...

# WHITE HORSE INN

... EDWARDSTONE ...

Open 5 Days A Week  
Wednesday - Sunday from 12pm

Wide Selection Of Drinks From Independent UK Producers  
Craft Beers, Ales, Ciders, Wines & Spirits.  
Takeaway Draught & Bottle List

**Monthly Supper Club**  
Next one: January 26th  
3 courses, 5 Drinks To Pair  
Tickets Available Via Our Website

**Cheese & Charcuterie Boards**  
Locally Sourced Suffolk Cured Meat & Cheese, In-House Made Pickles & Sourdough Bread. Great To Share!

**Folk Night**  
Second Wednesday of the Month!  
Join Us February 9th From 7pm!

@edwardstonewh

**Little Earth Project Brewery**  
One of the UK's Most Interesting Mixed Fermentation Breweries

**Self Catering Cottages & Camping**  
Availability Open Until End of Summer 2022

**Contact**  
[www.edwardstonewhitehorse.co.uk](http://www.edwardstonewhitehorse.co.uk)  
01787 211 211  
Mill Green, Edwardstone,  
Sudbury CO10 5PX

## 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@btinternet.com**

Phone: 01787 210031

Mobile: 07866 015953

[www.itworxnow.co.uk](http://www.itworxnow.co.uk)

## 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](mailto:info@sbelectrical.biz) or visit [www.sbelectrical.biz](http://www.sbelectrical.biz)  
Church Road, Little Waldingfield, Sudbury, Suffolk



Chapman Stickels

Suffolk and North Essex

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



Estate Agents · Lettings · Valuations · Land

chapmanstickels.co.uk

01473 372 372

info@chapmanstickels.co.uk

The Corn Exchange, Market Place, Hadleigh IP7 5DN

Part of Investeq Holdings Limited

## HEAL WITH HEAT OR CURE WITH COLD?

### What's best for your aches and pains? Hot or Cold?

Navigating life without suffering a headache, straining a muscle, falling over or wrenching your back is extremely unlikely. The more years we live, the more susceptible we are to wear and tear and degenerative joint disease, like osteo-arthritis.

Whilst many painful conditions can be eased with medication, exercise and natural therapies, we still may need additional relief such as thermography (heat therapy) or cryotherapy (cold therapy).

So, when something hurts, what will make it feel better - ice or heat? When does it make sense to use both?

### Acute injuries

Try to avoid heat on acute injuries, because that extra warmth can increase inflammation and delay the healing process.

The consensus is; it's best to predominantly choose cooling/ cold applications such as ice if the injury is acute (immediate and up to 6 weeks old in certain cases). The chill constricts blood vessels, numbs pain, helps to reduce inflammation and limits bruising.

### Chronic injuries

If you're dealing with lingering injuries (older than 6 weeks) using heat can be very beneficial. The increased blood flow relaxes tight muscles and relieves aching joints. Warmth can help ease morning stiffness, improve motion of stiff joints and relax tense muscles.



### Exercise

Use heat to get moving, before stretching or doing exercise and sports. You can still use ice or cold treatment after exercise or activities to prevent any flare up of swelling. Just remember "Warm up, cool down".

### Osteo Arthritis

The inflammation of joints and worn-away cartilage can cause pain and stiffness in all our joints including the spine, elbows, knees, shoulders and fingers, just to name a few.

For these instances, moist heat, like a soak in a hot bath or a shower feels great. However, If you sprain an arthritic joint and it's acutely inflamed and painful - go for cold.

### Headaches

Ice is usually preferred for frontal or temporal headaches, a cold eye mask or wraps over the forehead, eyes and temples can help the throbbing pain of a migraine.

Heat pads or a heat wrap can relax neck spasms that contribute to headaches - especially at the base of the skull.

### Muscle strains and sprains

Muscle strains and sprains usually benefit from a combination of hot and cold. Whether you have pulled a muscle in your back or strained your ankle, it's usually best to start with ice to ease inflammation (including swelling, redness or tenderness of the injury) and numb the pain. Only after the inflammation resolves is it a good idea



to switch to heat; this can help relieve any muscle stiffness at the injury site.

### Tendinitis (e.g. shoulder, elbow, wrist, ankle)

Tendinitis is a painful condition that affects tendons (the connective tissues between your muscles and bones). A common cause is repetitive activities, so tendons in your elbow, knee, shoulder, hip and the Achilles tendon are common sites. Initially ice is the preferred method here as it can ease swelling and numb the pain. However, if it continues and becomes chronic tendinitis move onto warmth.

### Hot and Cold / Contrast bathing

It's worth trying this on slow healing injuries where you want to stimulate the healing process. Use warmth and cold (not ice) as the contrast doesn't need to be extreme. Apply alternate packs for 2 minutes each. Cold, Hot, Cold, Hot, Cold (10 mins total). Twice a day.

**Still not sure?** If in doubt try cold first for a couple of minutes - apply a cool item from the fridge. If it soothes and gives relief use cold therapy.

### What you can use:

#### Cold - 10 mins max

- Ice packs: Frozen peas/veg, ice cubes in a bag or frozen gel pack. You can ice beyond 48 hours until swelling/tenderness are gone.
- Cold masks: Place a cold mask over your eyes or lay a towel soaked in cold water (in a plastic sealed bag if required) over your forehead and temples.

#### Warmth - 30 mins max

- Moist heat: Enjoy a bath, shower, hot tub using warm, not hot, water.
- Heat wraps: Drape a heat wrap or wheat bag around your neck like a scarf (great for work or travel).
- Heating pads: we hand these out like sweets at the clinic! They provide 14 hours of warmth and give so much relief!
- Heat lamp /electric pad: give soothing constant warmth.

### How to safely apply ice and heat

- Always test the temperature first (wrist/inner arm) and use warm and cold - not hot or freezing, as temperatures shouldn't be too extreme.
- Never apply ice or heat directly on the skin as it can burn - always have a protective layer around the pack or over your skin
- Take great care on areas with decreased sensation or sensitive skin. For example, if you have neuropathy (from diabetes or another condition) or Raynaud's syndrome. Extreme temperatures can damage skin.

This article is not intended for therapeutic advice. Always consult your health practitioner if you have an injury.

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

## MY WISH CHARITY

As we go into February one of our fundraisers is already about to take on his second challenge of the year!

Over the past few years Josh Wright has run half marathons, whole marathons, taken part in our Soapbox Challenge and even conquered a 24-hour gaming marathon, all to raise money for his local NHS charity. 2022 sees him go one step further with not one but twelve different challenges over the course of the year.



January saw Josh run two half marathons in one weekend which should set him up nicely for his February challenge of running 255km! This is the distance from the Bury HS Direct Office, where Josh is the customer service manager, to the Sheffield office. He will be remotely running with his Sheffield colleague, Andrew Langdon, over the course of the month before using March as a rest month as he takes on a 24-hour gaming marathon.

The rest of the year see's him not only running but cycling, climbing a mountain, taking on a Nuclear Race, doing a month of press ups and even swimming, something Josh admits is not his forte!

It's even turned into a family affair. Josh and his dad, Les, have run together for us before and so it seems only right that the pair should end the year completing a double marathon.

What a fantastic year to look forward to.

Do you have a bucket list of challenges you'd like to achieve? Why not go for it and help your local NHS charity in the process. Together we can enhance the care of patients and support our amazing NHS staff at West Suffolk NHS Foundation Trust and you'll spend 2022 doing something you've always wanted to do.

We will even give you a coveted My WiSH Charity top just like Josh!

Contact us at [fundraising@wsh.nhs.uk](mailto:fundraising@wsh.nhs.uk) to find out more.

## THE BUTCHER'S WIFE

When I first became The Butcher's wife, I didn't do any cooking. None at all. The only thing I could cook with some remote success was pasta. I worked long hours in London and so The Butcher was the one in our house to cook our meals. I literally didn't know how to fry an egg or even mash potatoes and I had absolutely no interest in it. And then we had children and wanting them to eat healthy, homemade meals started my interest in cooking. I was fortunate that when the mini-Leeders were younger they would eat (or at least try) anything I cooked. As they've grown it's become more of a challenge. For example, one likes pasta with cheese, one doesn't like pasta with cheese, only tomato based sauces and one doesn't like pasta (and anyone who follows me on Instagram knows what The Butcher thinks of pasta!).

I love finding new recipes and experimenting in the kitchen. It's not always a success though - the fish pie of 2007 which tasted more like glue than fish still haunts me to this day.

As much as I want us all to eat lovely homemade meals with fresh ingredients every day, I don't have the luxury of time and after a busy day at work, I often can't be bothered to spend ages cooking. That's when I need a quick, mid-week meal!

There was lots of trepidation from The Butcher and the mini-Leeders for this month's recipe. None of them can cope with any amount of spice (even a korma is too much!) so when I said I was using harissa paste, they had glasses of milk at the ready! They needn't have worried though, the paste gave the dish more of a smoky taste which was nicely counter-balanced by the feta and potatoes. Empty plates all round!



### Smoky Harissa Beef with Feta & Crispy Roast Potatoes

Serves 4

#### Ingredients

- 3tbsp olive oil - 2tbsp for potatoes, 1tbsp for frying beef
- 400g quality lean steak mince (from A. Leeder Butchers!)
- 4tsp harissa paste
- 1 tin chopped tomatoes
- 600g floury-type potatoes for roasting
- 100g feta, roughly crumbled
- 2 red onions, cut into wedges
- 150ml cold water
- salt and pepper for seasoning

#### Method

1. Preheat the oven to 200C/180C fan/gas mark 6. Pour 2tbsp of the oil into a medium roasting tin and place in the oven to pre-heat.
2. Peel the potatoes and chop into large chunks.
3. Once the roasting tin is hot, carefully add the potatoes and onion then roast in the oven for 30 minutes or until golden, turning occasionally.
4. Meanwhile, heat the rest of the olive oil in a large pan and brown the beef.
5. Add chopped tomatoes and water. Bring to the boil then stir in the harissa paste, season, and simmer gently for 20 minutes.
6. Once potatoes are crispy, taken them out of oven and spoon the cooked beef over the top, sprinkle over the feta and place the whole thing under a medium grill for 5 minutes until the feta is bubbling and slightly browned. Serve and enjoy!

**A. LEEDER**  
Family Butcher

Free local delivery\*

- Local British Beef, Pork, Lamb & Chicken
- Fresh bread (from Sparling Faiers, Lavenham)
- Local free range eggs
- Fresh vegetables
- Variety of cheeses
- Homemade sausage rolls, pasties & scotch eggs
- Locally sourced honey
- Condiments, flour, oils and much more!

\*within 7 mile radius of Boxford on orders over £25  
£3 delivery charge for orders under £25 or over 7 miles

33 Swan Street, Boxford  
Tel: 01787 210267  
[www.aleederbutchers.co.uk](http://www.aleederbutchers.co.uk)

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](http://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

**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](http://www.1stoptrailers.co.uk)

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

**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  
Tel: 01787 319200

[info@suffolktreeservices.co.uk](mailto:info@suffolktreeservices.co.uk)  
[www.suffolktreeservices.co.uk](http://www.suffolktreeservices.co.uk)

## BRIAN TORA'S SOAP BOX

In the past I have tended to wear my political colours on my sleeve. As a lifelong Tory supporter, I can claim never to have missed the chance to vote. Although I have never held political office, I was chairman of my local Conservative branch for over a quarter of a century and was first chairman and then president of the South Suffolk Conservative Association during the time that Tim Yeo was our Member of Parliament.

I have also been privileged to meet a number of senior politicians, including a sprinkling of Prime Ministers and several cabinet ministers. Not all have been members of the Conservative party and by and large I have found them an interesting and sometimes impressive bunch of people. It all makes it most difficult to decide what to make of the shambles that has developed at Number 10 as the New Year got underway.

Deadlines being what they are, this saga may well have moved on significantly between me putting pen to paper and you picking up this latest edition of the Box River News. By mid-January revelations were still emerging about partying at the Prime Minister's residence, but no heads had yet rolled. But the implications are considerable, particularly if next May's local elections sees the public shunning a Boris-led party.

He may not be in charge by then, anyway. All most upsetting and an unwelcome diversion from the important task of coping with Covid and rebuilding an economy changed out of all recognition by the effects of the pandemic and the collateral damage inflicted as a result. While not endorsing his actions, it strikes me that

encouraging his staff to enjoy themselves fits in with his image. Sadly, the end result demonstrates a singular lack of judgment.

But toppling him as leader at such a difficult time, with economic and social issues needing urgent attention, is hardly going to make running the country any easier. The crucial assessment for Tory MPs will be whether he is still a vote winner at elections, as he has proved in the past, or if he has now become a liability. Next May could provide the answer to this particular conundrum, though it is worth bearing in mind that mid-term elections are often a catalyst for protest voting.

Managing the affairs of the nation throughout the pandemic can hardly have been easy. Having spent several months in Portugal during the Covid crisis, I can attest to the fact that criticising the actions of the government in dealing with the situation was as much a sport over there as it has become at home. In the end, Prime Minister Antonio Costa was forced to call a General Election, but then his was a minority government, so it was all too easy for the opposition parties to take him down.

I can't say recent events have reinforced any beliefs I might have had that politicians do a good job for purely altruistic reasons. While many, I am sure, enter Parliament with every good intention of making a real contribution to society, when the chips are down, it is securing their survival that all too often gets the upper hand and governs their actions. I sincerely hope this will all blow over and we can return to more normal conditions, but right now this does not look too likely.

Brian Tora

## FRENCH'S CARE HAVEN

Hello to our readers, it is time for us all to look forward to this new year of 2022 in the most positive way we can. For all of us at French's we can only hope for a less stressful year and with more help and financial support coming our way.



Lucy our therapy dog has been very busy with her work at the farm. For the winter, Lucy has some brilliant overalls that she wears which keep her dry and warm while she is out in all elements at the farm. Her least favourite thing is the heavy wet mud, but she doesn't like to miss out so is always there by our side, normally soaked and covered in mud, hay and straw. When Lucy is not up the farm, she goes out to visit people who

are lonely, or spends time with those who have depression or suffer with physical health problems. In this photo she is looking all clean and smart, in her best winter going-out coat and is ready to pay a couple of elderly ladies a welcoming visit. Lucy usually likes to include a cuddle, as she loves giving a big hug, bless her.

Now going back to hoping for less stress this year for me, I am going to sound like a broken record, but...I need more helpers, one being in the shape of a man who has an hour or two once a week to come up and help with jobs like the fencing, any other repairs and helping take round bales of haylage out to the fields. I am in need of help from some ladies who would like to improve their fitness levels, as well as coming to help care for our beautiful animals. Everyone loves being up the farm in the summer, but it takes someone who is dedicated and reliable to turn up when it is wet and cold, those few ladies we have are my troupers and a solid part of my team. Dr John Flather and David Jacobs have

stuck with us over the last two years that we have been in Castlings Heath and I cannot thank them enough for all the hard work they put in each week on their chosen days. Yes, it has been two years, so another thank you must go out to Debra and Andrew the landowners. Right, back to sounding like a broken record again, can someone please help us with putting up our shed that is still sitting in its box nearly 3 months after it was delivered. We need someone who knows what they are doing, or a company who can spare some hours in return for cakes, beer, wine, hugs, great publicity for their business, pick which you would like, just please come and help, this is a desperate woman calling out here, **HELP NEEDED TO PUT OUR SHED UP!**

Our fundraising ladies will be sitting down soon to start planning our events for 2022. If you have any ideas of something we can do, that you know people would like to attend, please get in touch with me and I will pass your details onto Sharon, our events organiser. Last year our open day and the quiz night were enjoyable and a success. Here is a photo of me (Jann) with Janet Hodges accepting a great Golf prize for our Christmas raffle, which was also a success, so let's see what we can do to add to our events for this year.

A big thank you must go to Pets at Home for supporting French's Care Haven by being Martelsham's Charity of the Year for the last two years. That has come to an end now and sadly they will not be using this way to fundraise anymore as they are changing their fundraising format.

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

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



# Luxurious Lava Shells...

If you dream of being transported to tropical shores this dreary February, then a lava shell massage is just what you need!

Bringing the warmth of the Tropics to the massage table, lava shell massage is a celebrity favourite and about as relaxing as it gets!

Originating in the Philippines, this luxurious treatment uses smooth, self-heating shells as an extension of the therapist's hands.

The warmth of the shells penetrates deep into the muscles, leaving you feel truly relaxed and refreshed.

## Lava Shell Special

Save 1/3 on Lava Shell massage

Back, Neck & Shoulder - £30 (from £45)

Full Body - £40 (from £60)

Call: 01787 211 000 to book

\* Offer valid once per person until 28/02/2022.



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

Tel: 01787 211 000 [www.suffolkmedicalclinic.co.uk](http://www.suffolkmedicalclinic.co.uk)



## THE FEBRUARY LETTER FROM FATHER ROB

Dear Friends,

Many of you know that I have a deep love for South Africa. I have many friends there from various trips with the Community of the Resurrection, the monastery attached to the college where I trained for the priesthood. Along with many others, I was knocked sideways when I heard of the death of the Anglican Archbishop Desmond Tutu during the Christmas Holidays. I was devastated knowing that I would never again get the chance to meet this great spiritual heavyweight this side of heaven, and knowing that one of the world's most important moral guides would no longer be able to speak his simple holy truth into the muddle we so often make of things.



The world has lost one of the most eminent voices for moral justice and peace of the past century. It has also lost one of the most joyful. Archbishop Desmond Tutu was a remarkable man of joy. That joy came from his strong faith and it often bred that cheerful and mischievous laugh that he became known for. The physical and the spiritual, the public and the private, the political and the religious, were all united in this extraordinary man. His faith gave him courage to speak honestly and truthfully to power, even in the most precarious situations. He was a priest, a man of love, a man of prayer and a peacemaker. Africa News' Laine Centre, put it this way: "Tutu had a deep sense of being called... an acute sense of the One who called him, and was alive with relationship with the One who called him." Tutu's commitment to the biblical principle of God's love for everyone, was there almost from the very start.

Desmond was also a man who had seen great sorrow and suffering, both in his homeland and in the persecutions he personally suffered. He endured beatings, tear gassing, threats to his life. And yet he continued to believe in the endless potential for goodness in humanity, because he believed we had been created by a God of goodness. So, despite all the difficulty, he found joy and cause for endless hope. To be frank, without him South Africa's struggles would have driven the country to civil war, and dust and ashes.

When faced with intimidation and the pressing threat of assignation, Archbishop Tutu responded with "I will not have any secular authority tell me what Gospel I am to preach" in defiance to the Apartheid government's attempts to silence him. He knew that if he lost his faith he would lose himself and goodness knows they tried! They accused him of being a communist, an atheist, and enemy of the state because of his views and vision for an equal society of equality based around, what he termed, 'a rainbow nation'. His response was to say that "the Bible he preached from pre-dates all these things, even the Apartheid Government". The current president of South Africa, Cyril Ramaphosa, said last month that Tutu was South Africa's "moral compass and national conscience". I would say that for over half a century, he has been the world's.

His ability to captivate with his generous smile and direct speech was legendary, whilst his faith was always his catalyst for inclusion: he saw different faiths as holding a part of the greater whole, each enlightening in different ways the one true God. It is no surprise that one of his closest friends was a Tibetan Buddhist, the Dalai Lama.

Desmond came to faith through the same Monastic brotherhood that I trained for the priesthood alongside, the Community of the Resurrection (CR Fathers or Mirfield Fathers, as they are more

fondly known). Meeting them began his journey into the Church, and we cannot overstate how important both those institutions were in keeping him authentically grounded and focused.

He trained for the priesthood in South Africa under the CR Fathers' tutelage. They later managed to get him a place to study at Kings College London to do his doctorate and he became chaplain. His association with them continued for a lifetime. And he is not alone in being someone whose relationship with that monastic foundation has led them to a life-long fight against injustice. So many CR Fathers and their acquaintances carry that badge. Indeed, Desmond's first encounter with the CR Fathers was when Archbishop Trevor Huddleston CR stepped into the gutter to let Desmond's mother pass by, whilst greeting her "Good day Madam". It was the first time that Desmond Tutu had experienced a white man showing civility to his mother. Trevor Huddleston later visited him daily when he had TB in his teens. Archbishop Trevor Huddleston was soon exiled from South Africa because of his outspokenness against the apartheid regime, and other CR Fathers in South Africa were to become targets for the authorities too; facing intimidation, beatings and even imprisonment. Good holy priests of God's church, just doing their duty and paying the price for it. One such was Fr Timothy Stanton CR.

Father Timothy Stanton CR became Desmond Tutu's mentor. He perfectly summarised Tutu's approach when asked to preach at the 25th anniversary service to celebrate Tutu having been consecrated as the first black bishop in South Africa:

*"Those were the days of Liberation Theology, Black Theology, African Theology, Contextual Theology, but it's not from the exponents of these that the Archbishop (Tutu) quotes. The only book that the Archbishop quotes from extensively is the Bible."*

Interestingly, Father Timothy became a close friend to me and my family when we were at the monastery in Yorkshire. He was known by the other CR Fathers as their living saint and was a wonderful mentor to me throughout my three years of residence and beyond. He and Jasmine, my daughter, struck up a particularly close bond, becoming pen pals after we left right up until his death. He too was a spiritual giant, gentle and yet never ceasing to speak truth into any situation. His influence on Desmond was clear.

Archbishop Tutu was radical (from the Latin word radix, for root). He was rooted in a radical freshness and a newness in the manner he unpacked and interpreted common-sense things. He would often pronounce undeniable truths in a startling manner.

"God is not a Christian!" So startling, yet so true! "If I got to heaven and found that God was homophobic, I would turn my back from heaven!"; disarming for a leader in a church where some still condemn gay people. "Justice, like freedom, is indivisible!". In other words, you cannot have one standard of justice for one group and a different one for another. Profound yet simple!

Although God formed, nurtured and grew Desmond through the Church into the blessed priest he was, he all too readily recognised its institutional flaws. He didn't shy away from speaking truth into its problems any less than he did into the world's. He knew that



God's Church on earth always needed correcting and encouragement to lift its eyes (and aspirations) to heaven, for its earthly manifestation made up of broken humanity was consequently prone to error.

Nonetheless, it was his membership of the Church and its imbedded prayer-life and devotion that sustained and fed him. He would always get up an hour early every day to say his personal prayers and sit in meditation. He always insisted upon a daily Eucharist, no matter where he was. And he would speak holiness into any situation – never allowing others' scorn to make him lose courage or diminish his faith and joy.



Richard Burrige tells a story of when Desmond had arrived in the UK to speak at Exeter University. Desmond's life was at risk because of a sudden change in the political situation in South Africa. Desmond suddenly became top of the UK's security list. Police escort took them from the airport to Reading station. Once on the train, the steward came and asked for their breakfast order. Desmond requested a slice of bread and a glass of wine. Confused, the steward asked if they needed enough pieces of bread for everyone. 'No, just the one. I will break it', he said. Even more confused, the steward then said, 'but surely the archbishop would like it buttered?'

Images of Archbishop Desmond Tutu celebrating Communion in a train carriage at 125 miles per hour surrounded by police guard is, I guess, the measure of the man. A beautiful mix of spirituality and modernity. Held by God's Church in its central unifying act of breaking bread and prayer for the state of the broken world.

Overtime, the world may well try and erase Archbishop Tutu's accepting Christian faith from his moral legacy, just as they have to so many before him. If there is one thing that we can all take from his legacy, however, it is that we should never allow the scorn of others, their false accusations, negativity or aggression to diminish us. Certainly, we must especially guard that they do not drive us to view as normal being ashamed of our faith nor lose the courage, hope and joy it brings. Desmond certainly showed that faith should always be lived in joy! And like him we should be confident in naming God's truth into every situation.

He once said, "If we only had the right kind of eyes, we'd see angels all around us". Maybe, he was one that our earthly eyes were able to see.

I only met Archbishop Desmond Tutu twice. Each time we spoke for ten minutes or so and those ten minutes felt like hours. At each encounter he made me feel like I had known him a lifetime. He held an air of saintliness and compassion, and yes, he giggled... a lot!

*Blessings this Epiphany,*

Fr Rob

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

Tel: 01787 210434

## 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**

# 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



# SERVICE SCHEDULE FOR FEBRUARY 2022



<b>Wednesday 2<sup>nd</sup> February</b> The Presentation of Christ at the Temple	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
	17:00	<i>Christian Meditation</i>	St Mary's, Boxford & Facebook
<b>Sunday 6<sup>th</sup> February</b> 4 <sup>th</sup> Before Lent	9:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Morning Praise</i>	St Mary's, Boxford
	11:00	<i>Forest Church (Wrap up &amp; let's get muddy!)</i>	Rectory Woodland
	16:00	<i>Blessing of the Light Evensong</i>	St Mary's, Boxford
<b>Wednesday 9<sup>th</sup> February</b>	10:00	<i>Midweek Communion</i>	Mary's House, Boxford
<b>Sunday 13<sup>th</sup> February</b> 3 <sup>rd</sup> Before Lent	09:30	<i>Morning Praise</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong</i>	St Mary's, Boxford
<b>Wednesday 16<sup>th</sup> February</b>	10:00	<i>Midweek Communion</i>	Mary's House, Boxford
<b>Sunday 20<sup>th</sup> February</b> 2 <sup>nd</sup> Before Lent	9:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	16:00	<i>Evening Service</i>	All Saints', Newton
<b>Wednesday 23<sup>rd</sup> February</b>	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
<b>Sunday 27<sup>th</sup> February</b> Sunday Before Lent	9:30	<i>Sunday Eucharist</i>	St Mary's, Boxford
	11:00	<i>Sunday Eucharist</i>	All Saints', Newton

Fr Rob's day off has now changed to a Monday. Please be aware that these services may be subject to change at short notice due to the COVID-19 pandemic.

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

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

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

## PLEASE COMPLETE THE CHURCH SURVEY

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

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

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

### IMPORTANT NOTICE:

All our churches across the Benefice are now **OPEN EVERYDAY** for Private Prayer. If you need support please call Fr. Rob on **01787 210434** or email [rparkermcgee@gmail.com](mailto:rparkermcgee@gmail.com)



You are invited to

**"DROP IN FOR COFFEE"**  
(AND CAKES!)

in the Church, Little Waldingfield

**FRIDAY 4 FEBRUARY**  
**10.30 – 12.00**

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

A voluntary donation to church funds would be welcomed



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

## DATES FOR YOUR DIARY

### Boxford

**Drop in for Coffee** - Tues 1<sup>st</sup> Feb @ 9.30 - 12noon Mary's House

**Eco Forest Church** - 6<sup>th</sup> Feb @ 11am Rectory Woodland

**Drop in for Coffee** - Tues 8<sup>th</sup> Feb @ 9.30 - 12noon Mary's House

**Drop in for Coffee** - Tues 15<sup>th</sup> Feb @ 9.30 - 12noon Mary's House

**Film Night - Mamma Mia** - Fri 18<sup>th</sup> Feb @ 7:30pm St Mary's

**Church Café Coffee Morning** - Sat 19<sup>th</sup> Feb 10am St Mary's

**Drop in for Coffee** - Tues 22<sup>nd</sup> Feb @ 9.30 - 12noon Mary's House

### Groton

**Groton PCC** - Tues 1<sup>st</sup> Feb @ 7pm

### Edwardstone

**Edwardstone PCC** - Wed 2<sup>nd</sup> Feb @ 7pm

### Little Waldingfield

**'Drop in for Coffee' Morning** - Friday 4<sup>th</sup> Feb @ 10am - 12noon.

### Newton Green

**Newton PCC** - Wed 16<sup>th</sup> Feb @ 7pm

## Bring and Share Foodbank

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

Just a reminder that the Food Bank in the north porch of St Mary's Boxford is still offering non-perishable items for those in need.



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

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

We look forward to you joining us in our devotions.

## MARY'S HOUSE

We are open for coffee and drop-in Tuesday mornings, from 9.30 - 12.15.

If there is anyone who is willing to do a monthly slot to serve coffee etc., it would be great to have some new helpers. If you think you could spare just a few hours a month and meet new people, please get in touch with Pauline (**210360**)...we'd love to have you on board!

**COME IN AND HAVE A COFFEE AND CHAT!  
SEE YOU THERE.**



**GREAT  
IS THE  
MYSTERY  
OF  
FAITH**

An informative and informal starter course over Zoom

For those who are curious about faith

For those who are new to faith

For those who have had faith for sometime, but would like to refresh themselves.

**7PM  
ON SUNDAYS  
FROM 16TH JANUARY 2022**

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

to register interest and receive the zoom links

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

# Forest Church

**SUNDAY 6TH FEBRUARY 2022 @ 11.00am**  
**and the 1st Sunday of each month.**

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

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

**BOXFORD GARDENING SOCIETY**  
**Chrissy South**  
**THREE GARDENING WOMEN**  
*One famous, one not so famous & one infamous!*



**Tuesday 1st February 7.30pm**  
**at Boxford Village Hall**

## MONKS ELEIGH WHIST DRIVE

Wednesday January 26<sup>th</sup> Whist Drive (Progressive) 7.30 at Monks Eleigh Village Hall (Meeting Room)

Do you enjoy cards? If so why not come and play a game of Whist? We play 18 hands with a break for refreshments, £3 to play and we have a friendly bring a prize, win a prize raffle.

Contact Angela on 01449 740414 for more details.

## POLSTEAD GARDENING CLUB

**Matt Collins talk about A Year at Benton End**

We are delighted to invite both members and non-members to a talk by Matt Collins of The Garden Museum, about the year he has spent studying Benton End gardens, as previously owned by Cedric Morris.

The meeting will be on **Tuesday 15<sup>th</sup> February at 7pm at Polstead Village Hall, CO6 5AL.**

Members free, non-members £5, which includes a drink and nibbles. (Cash only please).

Places are limited, so if you would like to book please contact [gardeningclubpolstead@yahoo.com](mailto:gardeningclubpolstead@yahoo.com).

## THE MILDEN SINGERS

We are looking for one or more Sopranos to join us. You do not need to read music, only have a love of singing and music. We sing anything from Mozart to Queen.

We rehearse Monday evenings 7-9pm at Milden Pavilion. We're very careful, Covid-wise: there are good spaces between all the singers and the windows are open. We have been back singing since last year and our system is safe and works really well.

If interested please email Pearl Gee: [pgee906@btinternet.com](mailto:pgee906@btinternet.com)

**Newton Green**  
**QUIZ**  
**Saturday 19 February 2022**  
**7.30pm start**

**Newton Green Village Hall**  
**£10.00 per head**  
**Teams of six**  
**Food included**  
**Bring your own tipple**

To book a team please contact Paul Presland on [p.presland@btinternet.com](mailto:p.presland@btinternet.com) or 01787 379204

Book early to avoid disappointment  
**only 2 team spaces left!**

All proceeds to All Saints' Church

**FLEECE JAZZ 2022**  
**Fleece Jazz at**  
**Stoke-by-Nayland Hotel presents**

**Nighthawks presents: Jazz from the Movies**  
**Wednesday 9<sup>th</sup> February 2022 8pm - Tickets: £18/£14\***

This band explores film scores within a classic jazz quartet.  
**Matt Wates - Sax**  
**Roy Hilton - Piano**  
**George Trebar - Bass & bandleader**  
**Pete Hill - Drums**

**Simon Thorpe's Jivin' Miss Daisy**  
**Wednesday 23<sup>rd</sup> February 2022 8pm - Tickets: £25/£21\***

An amazing band with lots of energy.  
**Simon Thorpe - Bass and bandleader**  
**Liz Fletcher - Vocals**  
**Enrico Tomasso - Trumpet**  
**Malcolm Earl Smith - Trombone & vocals**  
**Luke Annesley - Saxs & clarinets;**  
**Alex Garnett - Saxs & vocals;**  
**Colin Oxley - Guitar**  
**John Pearce - Piano**  
**Matt Skelton - Drums**

**Stoke by Nayland Hotel, Keepers Lane, Leavenheath CO6 4PZ**  
**Ample parking; fully accessible. Directions: [www.fleecejazz.org.uk](http://www.fleecejazz.org.uk)**  
**Tickets: 01787 211865 or via WeGotTickets (booking fee applies);**  
**or on the door (cash or cheque only; sorry no debit/credit cards)**  
**\*Friends of Fleece Jazz discount**

**SPECIAL OFFER: A double room at the hotel (01206 262836)**  
**+ 2 tickets from £109! (subject to availability)**

**THE ARTS SOCIETY SOUTH SUFFOLK**  
**CALLING WINTER COUCH POTATOES!**

The Arts Society – South Suffolk can give you a welcome boost. We offer a series of 10 illustrated talks given by experts in all aspects of the Arts on the 3<sup>rd</sup> Tuesday of each month at 2pm



**TRY US FOR FREE!**  
**Visit LONG MELFORD VILLAGE MEMORIAL HALL CO10 9JQ for approximately 1 hour.**  
**Contact: Carole Ashton Membership Secretary by tel/email, 07766 107880 / [creevesashton@gmail.com](mailto:creevesashton@gmail.com) quoting code BRN9.**

**For full membership details: Visit our website [www.tassouthsuffolk.org.uk](http://www.tassouthsuffolk.org.uk)**

**NEXT LECTURE: TUESDAY 15 FEBRUARY at 2pm**

**MUSIC IN ART**

Have you often wondered about the background and perhaps symbolism of the musical instruments depicted in great paintings such as those by Brueghel, Hogarth & Rigaud? This is your opportunity for answers. The talk explores the instruments in selected works, explains the social context & development of the instrument before giving live demonstrations on replicas handmade by the lecturer & musician, Sophie Matthews. A real window into the past and a treat for Music Lovers. Not to be missed!

**WEA Adult Learning Within Reach**

**AGM AND TALK**  
**Stoke by Nayland Village Hall**  
**Thursday 10th March 2022, 2.30 pm**

**From Gravel Pits to Nature Reserve: Suffolk Wildlife Trust and Lackford Lakes**  
**A short illustrated talk by Beth Baker**

Beth, one of our long-standing members, is an occasional volunteer with the Suffolk Wildlife Trust at the 'Lackford Lakes' Reserve just outside Bury St. Edmunds. Beth will talk about SWT reserves including the first one at Redgrave & Lopham Fen, explaining the development of Lackford Lakes over the last 30 years, highlighting other notable SWT reserves to visit in south Suffolk and finishing with news on developments in the Trust. Lackford Lakes is well-known for sightings of kingfishers, but is lucky enough to welcome lots of other wildlife including: otters, deer, marsh harriers and, for one summer, a migrating osprey. This will all be illustrated with a number of photos mainly taken by Beth's husband David.

Everyone is welcome to this free talk  
**Tea, coffee and biscuits served**

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

**Newton Green Fireside Club**  
**is pleased to announce the return**  
**of a much loved village event**

**THE MIDSUMMER MUNCH**  
**SUNDAY 12 JUNE 2022 FROM NOON**

**TICKETS NOW ON SALE!**  
**ADULTS £10**  
**CHILDREN £5**  
**FAMILY TICKET £25**

**THE JUBILEE GARDENS/VILLAGE HALL**  
**MUSIC FROM DJ STEVE**  
**BBQ INCLUDED**  
**BRING YOUR OWN DRINK**

**BOXFORD FRIENDSHIP GROUP**

**We are holding a fundraising coffee morning with raffle.**

**The playing fields pavilion**  
**Boxford**

**Monday 14th March 2022**  
**10.30am till 12.00**

**£3 entry**  
**Coffee, Tea and Cake**

**for more information contact**  
**Wendy Hills 210342 or**  
**Alison Warren 211067**

# The Blooming Garden



## Galanthomania

*'Chaste snowdrops, venturous harbingers of spring,  
And pensive monitor of fleeting years!'  
'To a Snowdrop'. William Wordsworth.*

I'm not surprised that Lakeland Willy wrote odes to these little beauties. I almost feel one coming on myself, except nowadays, I don't think you could get away with something like *'Chaste snowdrop, venturous harbinger of spring'*. And anyway, they are not really chaste at all; their promiscuity has given rise to many exciting hybrids which strain the purses of people like me.

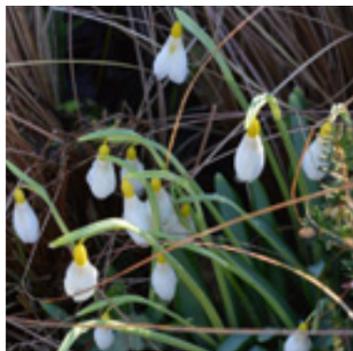
Galanthomania is the name given to an out of control obsession with snowdrops. In extreme cases it leads to people paying crazy sums for a single bulb. In 2015, someone paid £1,390 for a little beauty called 'Golden Fleece'. Most of us aren't quite as mad as that, but nevertheless, an enthusiasm for snowdrops is rather a slippery slope and very bad for the bank balance.

Many people don't know what all the fuss is about and they think that a drift of ordinary snowdrops, *Galanthus nivalis* can't be improved upon. And I agree, they are a wonderful sight in February. They are not actually native to this country, but in Suffolk there are plenty of woods and churchyards where they have become naturalised. But it is nice to have a few other ones. Many snowdrops are fragrant when you bring them into the house for a vase. Particularly sweet smelling ones include 'S. Arnott' and 'Ginn's Imperatii', both of which clump up well and look lovely in a vase.



*Galanthus 'Grumpy'*

*Galanthus elwesii* blooms a bit earlier than *Galanthus nivalis* and is bigger. It has broad grey leaves which are *supervolute*; that means they wrap round each other. The flowers usually have two marks on the inner petals. And of course once you start counting the green marks on petals and examining their shapes and size, you are lost. There are some like *Galanthus 'Merlin'* which has an inner section which is entirely green. 'Robin Hood' has a cross and 'Grumpy' has a grumpy face. 'Daphne's Scissors' has a little pair of scissors, and so it goes on, an infinite variety of little green marks. Some of them have green marks on their outer petals which makes them much sort after. One of them, *Galanthus 'Green Tear'* has both inner and outer petals washed with green and it is very expensive, but gorgeous. And then there are the ones with yellow ovaries and yellow markings. 'Golden Fleece' is beyond most people's pockets, but there are three delightful yellow ones, 'Wendy's Gold', 'Spindlestone Surprise' and 'Madeleine' which are more affordable.



*Galanthus 'Madeleine'*

*Galanthus nivalis* 'Flore Pleno' is a double form of the common snowdrop, but there are even prettier ones such as 'Lady Beatrix Stanley' with very neat petticoats. And there is a whole range of beautiful doubles bred by H. A. Greatorex of Norfolk which he named after Shakespearian heroines. I have

quite a few and to be honest they are all very similar, although 'Titania' is especially beautiful in my eyes.

I am particularly fond of globular snowdrops with petals which are puckered like seersucker, such as 'Fusby' or 'Diggory'. And I also love the enormous *Galanthus* 'Reverend Hailstone' for his sheer stature. But my favourite is *Galanthus poculiform* which is pure white with no green markings. The plant hunter, Reginald Farrer said that snowdrops gave him chilblains, but he admitted that this pure white one is a 'jewel of jewels' because of its serene beauty.



*Galanthus 'Reverend Hailstone'*



*Galanthus 'Corrin'*

Maybe like Farrer, you don't feel the need to kneel on the cold wet ground in winter and peer up the skirts of these chaste beauties, but if so, you are missing one of the few horticultural pleasures of winter, especially when enjoyed with like-minded friends. There is something special about a rare February day of sunshine, when the birds have started practising their trills, buds are plumping up on the trees and you and your fellow snowdrop nerds bond together, exclaiming over yet more beauties. I know there are people who do not 'get' the fascination with snowdrops. They say beauty is in the eyes of the beholder, but I am with the inimitable Miss Piggy when she said to Kermit the frog; *'Beauty is in the eyes of the beholder and it may be necessary from time to time to give a stupid, misinformed beholder a black eye'*. Well, I wouldn't go as far that, but I would suggest you put your coat on and have a closer look. And if you do become infected with this strange obsession sometimes called 'White Fever', don't worry, it does go into remission as soon as the garden wakes up and there are other floral beauties to croon over. If snowdrops bloomed in summer then nobody would be on their hands and knees counting green spots.

Chloris.

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



## EBONY'S DIARY

Well, I wonder who spotted my 'deliberate mistake' in my January column? It just shows that people who eavesdrop are setting themselves up for a fall! 'Sorry' everyone and especially my apologies to Chapelstone, the builders who have re-roofed the Centre during the Christmas holidays. I gave out the wrong name last time.



After 30 years of wear and tear the old, dirty, somewhat leaky roof was removed and beautiful new panels cut and fitted. The old lead flashings have been fully replaced with galvanised steel that won't buckle and puncture over time. Bravely the men lifted up some of the insulation over the office ceiling to inspect the water damage. The list of little corpses and skeletons they found that had accrued over the years was rather shocking, but the very best find was a beautiful huge wasps' nest. At this time of year it was abandoned, and on closer inspection it proved to have been built around an old bees' nest, still complete with honey. You can't say the Shelley Centre doesn't welcome all and sundry!

As usual with our client base we wait an extra week from the start of the school term to open up for our riders. So I cannot report how the start of this term has begun, since we don't know at deadline time whether our riders and volunteers are returning. Let's hope they are and that all my readers are keeping well too. (I hear that there has been a huge influx of the virus since I last wrote.)

On the residents' news, all the horses and ponies are safe and keen to get back in the arena. Their fields have of course become waterlogged mud pies once again with all this damp weather and our wonderful maintenance team is having a very sticky time of it indeed. Amazingly the beautiful snowdrops are just now starting to show through and we can begin to think of better Spring times ahead. I hope you dear readers can too!

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

Reg. Charity No. 1113636

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



## BOXFORD WI UPDATE

Boxford WI held their first meeting of 2022 at the beginning of January and was very well attended.

Colin Hooper, who is a member of the magic circle, gave a very entertaining talk on optical illusions and made us doubt our own eyes.

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

Annie Phillips.

Secretary, Boxford WI

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



## Ipswich Veterinary Centre

For a professional caring service

- 24-hour hospitalisation and emergency care provided on-site
- Advanced diagnostic imaging including CT scanning service
- Veterinary referral services
- Physiotherapy and hydrotherapy
- Pet behaviour counselling, dog agility and training classes
- Pet shop and grooming lounge.

An Independent Veterinary Practice with a personal approach

A member of **FIVP**

Tel: 01473 555 000

enquiries@ipswichvetcentre.co.uk

www.ipswichvetcentre.co.uk

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

WWW.WOODLANDSNURSERYKERSEYMILL.CO.UK

WOODLANDS

At Kersay Mill

NURSERY

OPENING

EARLY SUMMER 2021

FOR CHILDREN FROM 1-4

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

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

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

## IN THE MOOD FOR LURVE?

*'Bridegroom, dear to my heart.  
Goodly is your beauty, honeysweet.  
Lion, dear to my heart.'*

This is the earliest discovered love poem, approximately 4000 years old - supposedly written by one of Sumerian King Shu-Sin's brides on their wedding day around 2030BC. The Sumerians are considered to have created the earliest form of writing and this poem was carved into a stone tablet sometime around 800BC and discovered by archeologists in the 1880s in what is now Iraq. But why do we now celebrate the 14<sup>th</sup> February with written love notes, and why is it called Valentine's Day?

Valentine's Day is an event that has been celebrated since 496AD when the then Bishop of Rome, Pope Gelasius dedicated the 14<sup>th</sup> February as a feast to commemorate the death of a priest named Valentine, who was put to death some 200 years earlier.

The story goes that in 269AD, Roman Emperor Claudius II outlawed marriage, as he believed it made for weak soldiers. The priest Valentine opposed this belief and secretly continued to arrange and conduct weddings for many couples until he was discovered and sentenced to death by the Emperor. Whilst in prison awaiting his fate, Valentine himself fell in love with the jailer's daughter, and on the morning of his execution, left her a love note signed "From your Valentine".

Pope Gelasius embraced the romantic notion in this story and so named the day after Valentine. At the time there was a popular Pagan fertility feast that started on the 15<sup>th</sup> February called the *Feast of Lupercalia*, in which boys and girls of a certain young age would draw random lots, with matching lots partnering boys and girls for a whole year. The Pope saw this as a heathen practice and so used Valentine's Day as a way of suppressing this pagan festival for something promoting a 'purer' Catholicism instead.

It wasn't until the late 14<sup>th</sup> century that the playwright Geoffrey Chaucer popularised the writing of love poems on Valentine's Day. His poem "*Parliament of Fowls*", a love poem about the ways in which different birds attract their mates, mentions Valentine's Day and is believed to have been written to celebrate the marriage of King Richard II to Anne of Bohemia. The gifting of love poems on Valentine's Day hugely took off after this point as it became highly fashionable in royal court no doubt thanks to his influence in literary circles at the time.

In Britain and particularly Lancashire, the Lupercarian practice of drawing lots for partners on February 14<sup>th</sup> continued right up until the start of the 20<sup>th</sup> century. This date combined the pagan observation of the start of wild bird mating season with notions of fertility for the upcoming year and so persisted in folklore. It would appear the Lancastrians like to hedge their bets though - it was customary for each man and woman to draw not one, but two lots, allowing for a choice to be made if you didn't like the first partner selected!



From the mid to late 1900s, during Queen Victoria's rule and at the height of Victorian puritanical attitudes it was very much frowned upon to make direct expressions of emotion to another, and so the giving of printed cards to an intended was an excellent way of letting them know about your feelings. In combination with a cheap printing press industry and a national postal system allowing anonymous posting, Valentine's Day became a huge industry that has since rocketed in size to become a multi-billion pound industry in the UK alone.

Chocolate was cleverly introduced as a way of professing notions of love to a partner by a very clever Richard Cadbury, second son of Cadbury's Founder, John Cadbury. In the 1860s Richard had begun taking over from his father and proved to be not just an excellent chocolatier but a marketing savant. At the time Cadbury's primarily made drinking chocolate, and they made so much of it that they were left with large quantities of sweet cocoa butter. Richard realised that an ideal way of dealing with this glut was to turn it into boxes of sweet flavoured chocolates, and his artistic side came to the fore when he designed packaging using flowers and hearts to tie the product into a romantic gift for lovers to give each other. Victorians loved it, and chocolate quickly became a romantic staple gift for Valentine's Day (and the rest of the year).

As commercial as Valentine's Day now is, the basic romantic notions at the heart of the event remain pure. This Valentine's Day, whether you have already found your significant other or have yet to declare your love, let them know in any way you see fit!



# Love in the Benefice



The BRN put out a request on social media inviting local lovebirds and secret admirers to send in their Valentine's messages and notes of undying adoration for publication in this issue. We weren't disappointed with the response!



**Dear SB,**

You are more and more lovely every single day. Thanks for all the laughs we have. Forever yours.

**AD**

**D,**

I love you so much. Thank you for the past year, getting through 2021 with you made it easier. Ready to ride...

**B.M.**

**RFS,**

Your decorating's lousy but your plumbing is magnificent.

**Claire xx**

**Sarah,**

21 years together this year. I don't know how you put up with me! You are as fabulous today as ever. Our bodies may be going South, but our heads remain in the clouds!

**RPM**

**Lovely K (Newton),**

I don't know if you've noticed, but I like you very much. I'm a bit shy though. Give me a sign.

**x**

**To my lovely hubby,**

To my lovely hubby. Hotdog you 31 years this year. Where will you take me??

**xxxxxx**

**JB,**

15 minutes with you? Well I wouldn't say no.

**Paul MC xxx**

**M,**

I didn't know I was looking for love until I found you! I love you always and forever.

**C xx**

**Joanna,**

Not sure how many letters I can fit into this message but here goes nothing. I wanted to ask you a very important and timely question. Seeing as it is Valentine's Day, will you ma

Roses are red,  
Violets are blue,  
Sending our love,  
To the two at Moat View

**xxx**

**JC,**

you totally rock my world. I'll be at the bar waiting for you to buy me a drink. Chop Chop!

**M.**

**Daking Avenue Dreamboat!**

PLEASE notice me!

**xxx**

**Joanna (continued),**

ke dinner tonight or will I? Because I kind of wanted to finish watching Squid Game. Anyway, let me know

**love Alex**

**Dear Pickled Onion,**

You're always in my jar,

**LM xx**

**Sue,**

you're the sweetest. I love you more with each day.

**love John xx**

**Janey,**

Still besotted.

**Phil x**

**My darling husband Matt,**

my life, my light. Father to my miracle. I Love you more each day. All my love forever.

**Lucy xx**

**Lisa,**

If you were a whelk,  
I'd give you my shell.  
If you were a cheese,  
You'd be my babybel.

**Will xxx**

**K to the T!**

Hubba Hubba, nudge nudge, wink wink. Whaddya say?

**A to the L. Mwah!**

**Bubsie, my liebling!**

You're totally out to lunch, but I'll say "I do" if you do too.

**Fraulein x**

Assington Redhead is extremely partial to hairy Yorkshire hot-pot

**Steve,**

I know you'll be mortified and embarrassed by this, but you're the bestest ever! Kiss Kiss!

**xxx**

**MJ**

I'm sorry I burnt the sausages. I'll make it up to you. Promise.

**P xxx**

**Our dearest Colonel,**

you might be a grumpy pants, but you're our grumpy pants and we love you! x

**R&F**

**Chimney Matters**  
Town and Country

HETAS  
GUILD OF MASTER CHIMNEYS

**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

**Moving?**  
Call us on 01787 377489

**Todds Removals**  
& Todd Storage

- Removals
- Storage
- Home or Business
- Packing materials
- Packing service
- UK, Europe and beyond

www.todds-removals.co.uk

# STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

## Medicine in Boxford through the Ages.

The first records relating to health in Boxford are to be found in the burial records relating to The Black Death. The plague arrived in England in June 1348, and Boxford in 1349. Some detail of its dramatic effect on Boxford over the next 300 years is recorded in the recently published 'Boxford through the Ages' by Roger Loose. Plague records show that the 1624-6 outbreak was the most disastrous for Boxford. In 1626 burials rose threefold. In the later outbreak of 1664-5 Boxford suffered again, but not as badly as other communities. However, overall in the 17<sup>th</sup> Century only nine other Parishes in Suffolk suffered worse than Boxford.

In the 14<sup>th</sup> Century, even without the bubonic plague, the average life expectancy for females was probably only 29 years, and 28 years for males. Infant mortality was very high. Medicine during the Middle Ages was conducted by a wide variety of practitioners including herbalists, conjurers, barber-surgeons, surgeons and university-trained physicians. The last two would have been more usual in towns. Throughout I have generally used the term doctor, as many medical practitioners from the middle ages onward had two or three titles. Back in the 16<sup>th</sup> century, medical doctors were called 'physicians' or 'Dr' and were classed as 'learned men' while surgeons were of a lower standing with the title of 'Mr'. The difference between a physician and a surgeon was that physicians spent four years in university learning about physiology and medicine while surgeons only required an apprenticeship to practice. Of course the reverse is true today with qualified doctors needing to acquire higher qualifications to become surgeons.



A barber-surgeon in C16 working in his hovel.

What help was there for people who were ill in days past in Boxford? Most would rely on healing through God. There would be many saint's statues in the church to pray to for help from the plague and they would have concentrated on St. Roche and St. Sebastian. The greatest fear was of sudden death - depriving one of confession and forgiveness of sins. The wills of Boxford folk reveal their fear of damnation. The priests would have been very busy visiting the sick and getting infected as a result. They were therefore dying in greater numbers in proportion to the general population. The barber would have been sought out when more severe help with a knife was needed, as they were people who had very sharp razors and knives for shaving, hair and nail cutting. Boxford had at least one recorded barber John Coo who remembered the sick in his will in 1452.

The Churchwardens' Accounts (C.W.A.) show the church did provide support to a very few deserving folk in the period between 1530 and 1561. For example, in 1547 they gave money to Father Baker when he was sick and in 1548 to Lamb's wife to bury her child. Wealthier villagers provided money regularly and through fundraisers and wills to be distributed as food and other help to the very poor. Keeping people fed was one barrier against disease.

Infectious illness was transmitted readily between overcrowded families in great poverty. Self-medication was a sound alternative for some ailments in times of regular ill-health, but not in major epidemics. Villages such as Boxford were generally unlikely to have a resident medical practitioner before the 1650s, beyond a barber or a helpful self-appointed woman who would provide mid-wifery and end-of-life services. This form of village midwifery continued here into living memory. By 1680 there was a Boxford surgeon who was paid 10 shillings for curing widow Kingsbury's hand.

From 1695 for a few years smallpox was rife. The C.W.A. show "Venetian Treacle (64 ingredients with 12 yrs to mature), methridate (50 ingredients), dragon water (from a Moroccan plant), figs, raisins, salad oil, liquorice, tobacco and other needful things" being provided for John Cooper, George Jaggard and Widow Cooper when they were sick with smallpox. The bill was £2 6s 9d. (Roughly £400 at today's values). There must have been a doctor or apothecary around to deal with this and a strong willingness to help this household. It shows that the very ancient medicine evolved by the Arabs and the Greeks was still very much in use.



Hendrick House was home and surgery to various doctors from 1709 to 1901.

In 1719 Thomas Alston, Apothecary, bought Hendrick House in Swan Street from Jacob Hendrick. Alston was to be the first of a series of medical practitioners working there for over 200 years. He was registered to perform surgery by the Bishop from 1709 onwards. James Tuson, Surgeon, took over Hendrick House in 1763. He bought up properties next door to extend the house and Georgianised the front and staircase. Tuson had apprentices and was elected Trustee and Vice-president of the Suffolk Benevolent Medical Society in 1788.

Between 1740 and 1800 Suffolk experienced social unrest and uprisings associated with poor harvests, high prices and food shortages. So the poor became poorer. The poor had to pay for any medical treatment. They needed to save for their healthcare if they were to avoid the workhouse. Evidence from the CWA 1796 shows a Boxford doctor was engaged as a medical officer to deal with health problems for those in the workhouse and other very poor folk. Saving and insurance began in Friendly Societies and benefit clubs in the late seventeenth century.

Many doctors qualified through a seven year apprenticeship. There were 8 apprentices over a period of 60 years in the early 1700's who stayed on as Boxford practitioners. Later John Lawton from Boxford was apprenticed to surgeon Frances Rudd... [cont]

**Approximate dates for medical practitioners in Boxford**

- Alston, Thomas** (1709-1757) *Hendrick House, Swan St.*
- Bumstead, Thomas** (1740-1768)
- Bacon, Montague** (1753)
- Alston, Joseph** (1757-1787)
- Growse, John** (1796-1840)
- Searley, Warwell** (1766-1796)
- Salter, Nathaniel** (1770-1829) *Hendrick House*
- Bringloe, Porter** (1775-1820)
- Wynne, William** (1795-1824) *Wynne House, Swan St*
- Tuson, James** (pre 1796) *Hendrick House*
- Gurdon, Theophilus Goate** (1814-1878)
- Partridge, Thomas** (1823-1830)
- Lawton, John** (1824-1842) Surgeon
- Mann, Charles Parker** (1830-1884) *RCS, Hendrick House*
- Thompson, Alfred** (1894-1912) *RCS, Knollgate, School Hill*
- Dr. Everett** (1920s-30s) *Kemball House, Broad St (non resident)*
- Truman, Dudley Becket** (retired 1946) *Greenbank House, Ellis St.*
- Barnes, Clive O.** (1946-50s) *Boxford House/White Hart (non resident)*

at Gedding for eight years, from 1815-1823 and once qualified went to study for six months at the Hospital General Dispensary, Aldersgate Street, London. He was able to claim the title of surgeon and apothecary through his new Licence of the Society of Apothecaries. He returned to Boxford and worked here from 1824-1842. This was a new type of 'doctor', a surgeon-apothecary - a "useful all-round man". He was just one of 14 doctors active between 1750-1830 in Boxford.

In 1828 this same Mr John Lawton, Surgeon of Boxford, gave evidence as a witness under examination at the Coroner's inquest on Maria Marten's death (murdered by William Corder), held at the Cock Inn, Polstead: "I am a surgeon, and live at Boxford. I was present when the body was viewed by the gentlemen of the jury, and made as minute an examination as I could.....". There follows a detailed report with meticulous detail of his gruesome findings.



Boxford Surgeon William Wynne practiced 1795-1824 at Wynne House, Swan St.

Boxford surgeon William Wynne (practising 1795-1824) at Wynne House, Swan Street, was contracted to attend the poor within a five mile radius of the village, together with Nathaniel Salter (practising 1770-1829 at Hendrick House). They negotiated an inclusive contract: "for and in consideration of the sum of twenty pounds to be paid half yearly ..... to attend illnesses, afflictions, and diseases incident and attendant upon the human body, that is to say Small Pox, Measles, Fractures, Dislocations of all kinds and shall also administer and apply to the said poor during such illness as aforesaid such good and sufficient Medicines Potions and Plasters as shall be thought necessary". In addition, some midwifery cases were included: "and where the women

employed by this said parish shall not be competent to deliver (but not otherwise)"

At that time we had a midwife, Fanny Rolls, who charged two shillings and six pence, and would deal with normal childbirth. It seems there was concern about mother-to-be Jane Crocker and the following agreement was made: "Whereas Jane the wife of Robert Crocker is in a very weak condition and near her time of delivery and her case in that respect being thought very dangerous, therefore we the undersigned whose names are hereto subscribed hereby consent and agree that a man-midwife (one of the doctors) shall be allowed for attending, but at the time only of such labour and delivery". No pre-natal or post-natal support then unless from Fanny Rolls! One wonders what happened to Jane and her child. Wynne's own wife died at 28 most probably giving birth to their daughter Mary Anne.

Nathaniel Salter took over at Hendrick House in 1796, and appears in the records again in 1798 for resuscitating B. Rattenby when he was taken lifeless from the River Box. Salter had learned the methods of resuscitation from the Humane Society, applied them and revived him. The next morning he visited the boy, thought him pallid and unwell, so bled him and gave him a medication for fever. This was repeated the next day and the boy recovered. A year before Salter had cured the boy's sister from another serious ailment. Salter received an award from the Humane Society and seemed very content to have not only saved a life but also a soul. Did he charge for this I wonder?

At about the same time, Robert John Growse, surgeon, apothecary and man-midwife, was practising in Boxford and Bildeston. His youngest son, Robert was apprenticed to him in Boxford. Robert (jnr) and the eldest son John later practised together in Hadleigh. Boxford's future doctor, Charles Parker Mann, was apprenticed to both Growse brothers and would later give long service to Boxford from Hendrick House during the 19<sup>th</sup> century.

Boxford must have been a desirable place to live in 1831, for by then the ratio of doctors to the population was 1:173. Few other Suffolk parishes could match that and some had no doctor at all.

Dr. Charles Parker Mann married Elizabeth the daughter of William Green of Coddham Hall, Boxford, in 1850. Their six daughters were raised and lived a major part of their lives at Hendrick House in Swan Street where he practised. Dr Mann was in partnership with Dr Theophilus Goate Gurdon, who lived higher up in Swan Street. Dr Mann, a pleasant, kind and popular man, died in 1901.

In 2001 Lt. Commander A.M. Tuke (Tony Tuke), previously of Knollgate, School Hill, wrote to Mr Roger Cull about the Mann family, whom he knew through having known the daughters: "...the girls were Mary whose daughter was a missionary, Emily, who died not long before I was born, Alice who died in about 1936 in the drawing room where her bed had been moved. There was no water upstairs and a loo halfway up the stairs which was fed from an outside tank which Bob Griggs used to climb a ladder to empty a pail of water from the pump which was in the yard and fed not only the house but the three cottages adjoining and belonging to the Mann's." (Bob must have been up and down the ladder all day or they used very much less water than modern families).



Three of the six Mann sisters, known as Ceci, Madge and Alice. Alice died in 1936.

"Next came Miss Ceci, the very tall one, once apparently too much interested in a young Mr Hart whose father kept The White Hart, so it was necessary for the Doctor to intervene and poor Ceci never had the opportunity to fall in love again - there was a very strict pecking order in those days. Then came the youngest Miss Madge, my Godmother, who was I think the last to die. Madge left me £100 pounds. Alice was thought to have been very close to Dr Alfred Thompson of Knollgate, but during a visit from Norfolk by my Great Aunt Anne Faulke to her cousins at the Grammar School, School Hill, Alfred stepped in and he and my Great Aunt were married in Hedenham, Norfolk." (Alice was very gracious and gave them an impressive antique clock as a gift.)

Knollgate was a doctor's surgery between 1894 and 1912. Dr Alfred Thompson was highly qualified and died c.1917. He gave medical and dental treatment and asked patients to sit between the shafts of a pony trap during extractions and grip tightly. His medical bag is on display at Hadleigh Health Centre. Mrs Thompson (née Anne Faulke) continued to engage socially with the village, but became disabled and used a long three-wheeled basket chair steered by the front wheel.

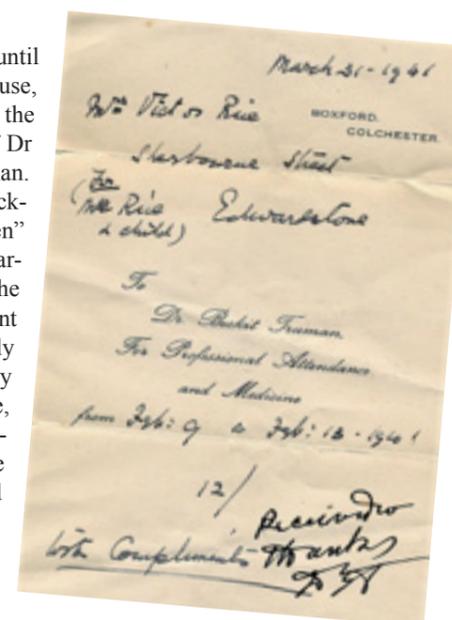
Tony Tuke continues his story: "In 1940 evacuees began to arrive in the village from Bermondsey and Limehouse. The Mann sisters of Hendrick House would have had to house several, even at their age, which would have been cruel, so their niece and my father got Tom Skinner to drive the sisters down to Wiltshire from which they never returned."

Hendrick House was then used extensively by the Queen's Own Huzzars for the rest of the war and its long links to the medical profession were severed.



Greenbank House, Ellis St, on the right was home & surgery of Dr Dudley Becket Truman. 1930s-1946

In the 1930s and until 1946 Greenbank House, Ellis Street, was the home and surgery of Dr Dudley Becket Truman. He was unfairly nicknamed "Crippen" because of his appearance, but it seems he was a very pleasant chap and generally served the poor very well. His wife Gertie, though not so pleasant, would give the boy Kenny King 1d for picking snails off her periwinkles. There are still periwinkles along the bank, and snails too, no doubt.



Receipted bill from Dr Becket Truman 1941 for treatment for Vic Rice, as a small child, & his mother.



The water mill before it burned down and where the Church Street NHS Surgery stands today.

Labour's launch of the NHS in 1948 was one of the most successful levelling-up acts of any government. It was based on three core principles: that it meet the needs of everyone; that it be free at the point of delivery; that it be based on clinical need, not ability to pay. The final doctors before the National Health Service was established here were Dr. Becket Truman, Dr. Everett (based in Hadleigh and a tough ex-army doctor who attracted the "rich"), Dr. Clive O. Barnes (White Hart surgery-non resident) and Dr. Jack Debenham. All are very well spoken of by the oldest members of our community. Soon after Dr Debenham transferred to the new NHS Mill Surgery from a spare kitchen at The Rectory (now Boxford House). A new era of modern medicine and care was born, for which we have been extremely grateful, particularly during Covid.

With thanks to Sally Irvine, M.A.(Cantab.), *Surgeons and Apothecaries in Suffolk: 1750-1830 - Exploring Medical Myths and special thanks to Roger Cull for his Hendrick House research of 1992/3.*

Tina Loose

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

£15

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

## PARISH COUNCIL UPDATES

### GROTON

#### Summary of Council Meeting 12<sup>th</sup> January 2021

**Co-Option of Councillors** – N Chapman and J Long were co-opted as members of the Council

**Planning Matters:** Neighbourhood Plan – As BDC officers were not attending face to face meetings at present, it was suggested that Andrea Long, a consultant working on a number of other plans in the area, be invited to speak to Councillors. The Chairman emphasised that it was important that Groton PC took all appropriate steps before deciding whether a Neighbourhood Plan was needed in the Parish.

**Correspondence:** A request had been received from Hedgehogs are Us offering the Council the chance to purchase 'Hedgehog Highways' which could be sold on to residents at a profit. It was agreed that this was not something that the Council wished to participate in as Groton was very open plan with lots of potential for Hedgehogs to move around.

**Highway and Footpath matters:** Footpath Cutting – A Adams to continue for 2022. Footpath Leaflet – No further action.

**Groton Recorder:** No further action as position now filled.

**Financial Matters:** The Statement of Finances and Orders for Payment were approved. The adequacy of the Budget for 2021/22 was approved. The precept for 2022/23 was set at £4,566 and the Budget for 2022/23 agreed. The Council had received a Community Infrastructure Levy of £2,442.44 from BDC and resolved to look at ways of spending this money to benefit the Parish.

**Future Agenda Items:** New Noticeboard. Community Infrastructure Levy. Queen's Jubilee

**Next meeting:** Wednesday 2nd March 2022 at 7.00pm

Full minutes can be found at:

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

**Richard Jones**

[grotonclerk@yahoo.com](mailto:grotonclerk@yahoo.com)

### NEWTON GREEN

#### Summary of Council Meeting 12<sup>th</sup> January 2021

##### 22/007 Finance

- b The councillors reviewed the agreed Expenditure Budget and NPC Reserves policy before resolving to set a Precept of £13,625.97 for 2022 / 2023. This will mean that a Council Tax Band D household will pay an increase of £11.94 per annum.
- c The councillors agreed that the Clerk investigates the setting up of an Internet Banking Current Account with Unity Trust Bank and report back his findings at the February meeting.

##### 22/010 Neighbourhood Plan

NPC has now received confirmation from Babergh that the referendum date for the Newton Neighbourhood Plan will be Thursday 24<sup>th</sup> February 2022. The councillors requested that a leaflet confirming the referendum details as well as the official notice from Babergh be distributed to all households.

##### 22/011 Bramford to Twinstead consultation

The public consultation on the National Grid Bramford to Twinstead project will run from 25<sup>th</sup> January to 21<sup>st</sup> March 2022. NPC will attend James Finch's meeting on the 18<sup>th</sup> February 2022 at the Stoke by Nayland Hotel and then discuss the plans at the March meeting.

##### 21/015 Christmas Tree

The councillors were very appreciative to Jo Parker for the work she undertook on the decoration of the Christmas Tree. The tree will now be removed from the Green. The councillors agreed that

as the balance of feedback on the tree was positive that it will be used again this year. The councillors agreed to obtain a quotation from Ian Ambrose for an electrical supply to be run from the Saracens to the tree.

##### 21/018 Next Meeting

The next scheduled meeting will be held on Wednesday 9<sup>th</sup> February 2022 at 7.30pm.

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

**Dave Crimmin**

[newtonpc2@gmail.com](mailto:newtonpc2@gmail.com)

### OTHER BENEFICE PARISH COUNCILS

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

<https://boxfordsuffolk.com/BoxfordParishCouncil/minutes>

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

<https://bit.ly/LW-parish-minutes>

### CITIZENS ADVICE

*I keep seeing on the news that my bills could be going up soon. It's making me really worried, especially as I spent more on Christmas than I should have done. How can I get my spending habits back on track in 2022?*

A lot of people will be asking themselves this question right now. The good news is there are lots of things you can do to be more in control of your money and better prepared for the future.

Firstly, find out exactly what money you have coming in and going out each month. Be realistic about what you need for essentials like food and travel. Set yourself a budget that you can stick to - look at the budgeting tool on [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) to help you do this. If any of your bills go up in the coming year you can go back to our budgeting tool anytime to alter the plan and stay in control. Our website tips on how to reduce your regular living costs are helpful if you find you've more money going out than coming in at any point.

You should also make sure you're getting all the income you're entitled to. Use the income checker on our site to see if you could be getting more support, such as benefits or government grants. You can also use this to ensure you're being paid the right wage.

If you've been using credit cards, your overdraft or store cards for your spending, it's understandable if these debts are causing you worry. It's important to prioritise paying your rent or mortgage, plus energy bills and Council Tax first though. Not paying these has the most serious consequences. On the Citizens Advice website, we have advice about which bills you need to prioritise and the support available for paying these and other bills.

Once you have planned how to pay your priority bills, the budgeting tool can help you plan how to repay credit cards, overdraft charges and store cards.

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

If you need advice or information, contact Sudbury & District Citizens Advice. We are providing advice by telephone and email, Monday – Thursday, 10am – 1pm. Please phone **01787 321 400** and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number. Alternatively, contact us by email at [advice@sudburycab.org.uk](mailto:advice@sudburycab.org.uk) or by using the contact facility on our website [www.sudburycab.org.uk](http://www.sudburycab.org.uk)



### TIM'S TOP TIPS

I'm delighted to have been asked by the Editor if I would like to share some tips on improving your golf game on a monthly basis.

As the PGA Advanced Golf Professional at Newton Green Golf Club I work with a lot of golfers wanting to upgrade their game but not quite knowing where they might be going wrong. Hopefully these monthly tips will help identify and improve common areas of weakness so that you can start to see those scores tumble!



#### This month: the 'Chip And Run'

When your golf ball is off the green and you have some green to work with, play a 'chip and run' shot using anything from 9-7 iron. A classic gotcha here is to put too much weight on the right foot leading to fat or thin strikes aplenty. Instead, most of the weight should be on the left foot to help bring the low point of the swing forward to just in front of the ball.

##### Four simple steps:

1. Your grip should be down the club rather than at the top - this gives greater control instead of power.
2. The ball position should be back in the stance
3. Keep your stance open, aiming right of the target.
4. Push your hands forward to de-loft the club and aim for 70% of your weight on the left foot.

Think of the shot being played like a putt - a pendulum stroke allowing the ball to land on the green as quick as possible and then to run.

Good luck and I hope this helps! For any other advice, or to arrange a lesson, please contact me at [tcoopergolf@aol.com](mailto:tcoopergolf@aol.com)

*Tim Cooper*

*PGA Advanced Professional*

*Newton Green Golf Club*

*Old Joes Golf Range & The Golfing Hub.*



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 mail [info@neilluxton.co.uk](mailto:info@neilluxton.co.uk)  
[www.neilluxton.co.uk](http://www.neilluxton.co.uk)



  
**PGA Professional**  
**GOLF COACHING**

With

**PGA Advanced Golf Professional**  
**Tim Cooper**

Newton Green Golf Club  
Old Joe's Golf Range  
The Golfing Hub, Sudbury.

Non-members welcome, all equipment provided.

Teaching Golf for all ages and abilities.

To book your GOLF LESSON - contact

Tim Cooper – [tcoopergolf@aol.com](mailto:tcoopergolf@aol.com)

**07495 766 151**

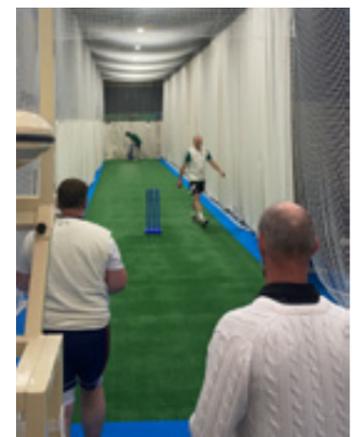
[www.facebook.com/Timcoopergolf](https://www.facebook.com/Timcoopergolf)

### EDWARDSTONE CRICKET CLUB

Edwardstone Cricket Club fresh from winning Division 2 of the Hunts County League in 2021 are already preparing for life in Division 1.

Practice sessions are well under way at the new indoor nets at Sprotts Farm, Polstead a wonderful new facility available to local clubs. Edwardstone play their home matches at Homefield in Boxford with all fixtures taking place on Sundays. The team is a blend of youth and experience drawn from across the local area, always on the lookout for fresh talent. If you are tempted to dust off the whites or fancied trying the game out please contact the captain James Thorogood, [james@thorogood.co.uk](mailto:james@thorogood.co.uk) who will be delighted to hear from you.

The club also runs a popular Colts section that will start shortly after Easter with qualified coaches on Saturday mornings. Over the years several boys and girls have gone on to represent Suffolk as well as playing for the senior Edwardstone team.



### Remember!

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

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

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

### The Extra COVID-19 support in Suffolk is beginning to show good results with infections rates in the county now reducing.

This is a summary of the further precautions concerning the Omicron variant given by the prime Minister on 12<sup>th</sup> December and 3<sup>rd</sup> January 2022:

- All international arrivals to take a Day 2 PCR test & self-isolate until they receive a negative test
- Face coverings to be made compulsory in shops and public transport and strongly advised in Secondary schools.
- COVID Booster is now being offered with the aim of getting everyone over 12 YEARS vaccinated. Appointments will be issued by GP or ring 119 for an appointment in a Pharmacy, library or other regional centre.

**NB - to get your invite by text**, make sure that the mobile number with your GP is up to date.

The most recent announcements is that all secondary school pupils are being asked to wear masks in the class room all the time.

In addition, there will be a groups of key workers who are asked to do a Rapid Flow Tests DAILY

Locally in the 7 days up to 13<sup>th</sup> January 2022 there were 9133 new cases of COVID-19 in the whole of Suffolk – a reduction of 2119 compared to the previous week. This is the first indication that the Infections rates have passed their peak. The peak did treble between mid December and early January.

Locally in the area of my division, there were 82 cases up to the seven day period ending 8<sup>th</sup> January in our MSOA area of 18 villages – a reduction 12 cases over the previous week. **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 still well over 100 with circa 200 in Sudbury and Great Cornard.** Incidences are being recorded in the younger age groups.

**HOWEVER fatalities in Hospitals and Care Homes in the county are still low** - 7 day average < 2 in the county. *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.*



### Bramford to Twinstead Reinforcement – The Statutory Consultation

This statutory consultation will run now for eight weeks. It is expected to take place between 25<sup>th</sup> January 2022 and 21<sup>st</sup> March 2022. All responses to the consultation must be received before 23:59 on the closing date. Postal responses will be accepted up to five working days after this date. National Grid will be consulting

on and seek views and feedback on the following elements of the project including the:

- proposed route of the new 400kV electricity line
- extent of undergrounding and overgrounding of the new 400kV electricity line
- location and form of cable sealing end compounds
- removal of the existing 132kV overhead electricity line
- location and form of a new Grid Supply Point Substation at Butlers Wood
- construction methodology
- likely environmental effects arising from the project
- potential environmental mitigation identified to reduce likely significant effects
- preliminary locations for biodiversity net gain and/or wider environmental gains.

I am planning a public meeting on 18<sup>th</sup> February at Stoke by Nayland Hotel to get together with our MP James Cartlidge to enable as many residents as possible to hear about the latest proposals and have the opportunity to ask questions to the team to help them respond in the Bramford to Twinstead Consultation.

Members of the local community are also able to submit feedback by speaking with members of the National Grid Team via a number of channels, including a freephone information line (0808 196 1515), consultation email address [contact@bramford-twinstead.nationalgrid.com](mailto:contact@bramford-twinstead.nationalgrid.com) via the consultation website [www.nationalgrid.com/Bramford-twinstead](http://www.nationalgrid.com/Bramford-twinstead) or via the postage paid address B T REINFORCEMENT.

### Children's and Adult Care Services at the heart of Suffolk County Council's new budget plans for 1st April 2022 – 31st March 2023.

- More money to support children with special educational needs and disabilities (SEND)
- Extra resources for adults in need of care
- Additional funds to prevent flooding and fix footpaths

Suffolk County Council has outlined how it plans to spend money on public services in 2022/23, with more resources to support the health and wellbeing of everyone in Suffolk. Under the proposals, the council's budget for 2022-23 would rise by 4.5% (from £598.2 to £625.4m). This additional money is generated by a 2.99% increase in Council Tax, and an increase in grants received from the Government.

Some of the detail of the budget proposals, includes:

- £1.1m increase for the family services budget, specifically to address recommendations made by the recent independent SEND review
  - £1m additional funding for Suffolk Highways over the next four years, for example to fund road signs and responsible verge cutting
  - £10m to specifically deliver an increasing number of drainage schemes (over the next three years)
  - £10m to improve footpath quality and access (over the next three years)
  - This means costs for a household would look like:
  - Band D property: £27.60 per week (80 pence per week increase from 2021-22)
  - Band B property: £21.47 per week (62 pence per week increase from 2021-22)
- (Band B properties are the most common in Suffolk)

Councillor Rout continued:

The budget proposals will be presented at a Scrutiny Meeting on Tuesday 11 January 2022, with the final budget discussed at a Full Council meeting on 17 February 2022.

The Scrutiny meeting will be available to stream on Suffolk County Council's YouTube channel, and public questions can be

submitted in advance, details available at [www.suffolk.gov.uk](http://www.suffolk.gov.uk)

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

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

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

Tel: 01206 263649 Mobile: 07545 423796

## FEEDBACK FROM BRYN HURREN Your Babergh District Councillor

Firstly to let everyone know that the hearing of the controversial planning application at Sandhill, Boxford has still not taken place. It will now be heard on Wednesday 16th February as a virtual meeting with all speakers, consultees and Councillors taking part via their computers.

This is not an ideal solution and is not what I would have wanted, I do feel that something is lost in virtual meetings and it is not so easy to get points across to those that will be making the decision. Having said that, those who will be representing the village will take on this challenge and do their very best to get the viewpoints of the vast majority across to the Councillors charged with having the final say on this long-running application that would change Boxford forever, whichever way it goes. Will we have to accept a massive development without any infrastructure to match, or will we be left to develop the village to accommodate some local needs housing along with some much-needed infrastructure to help school and traffic congestion?

The reason this application is being heard in a remote environment is that the Council has decided through its senior management that the current infection rates from Coronavirus are just too high to risk the spreading of the virus through larger meetings or even gatherings.

While it is a little early to completely understand the long-term effects of the Omicron strain that is currently infecting our population at an ever-quickening rate, I do think it is wise to be cautious and bear in mind that many of our residents do have underlying health issues such as asthma, diabetes and other illnesses that put them at more risk.

The recent revelations of Prime minister, government staff and various other cronies swilling wine and booze in the gardens of 10 Downing St, which is a workplace provided by taxpayers' money, have quite rightly angered all who have a sense of what is right and proper and we can but hope that now proper justice can be handed out and at last the head of this awful junta that has brought such shame on our democracy can be removed quickly to save the nation from any more shame and embarrassment. My favorite book of all time is George Orwell's Animal Farm and the words "All animals are equal, but some are more equal than others" has come to a horrible reality with this government of no sense of propriety or little regard to how they are seen by others both nationally and internationally.

In contrast our lovely Queen has obeyed all the rules inflicted upon us with complete dignity and stoicism and has kept her head held high for the nation and indeed all of us, while some around her and in government have been losing theirs, regrettably only metaphorically in some cases. What a fine example to us she has

been and I hope that the platinum jubilee in June will be able to go ahead and can be used as a way of thanking her for 70 years of service and that villages and villagers will come together to mark the occasion and maybe create something to remember the occasion into the future.

My main council duty at the moment, apart from representing every person in the six villages that make up Box Vale, is to help set the budget for 22/23 which is becoming ever harder. The district council does not receive any direct government grant anymore and must carry out all of its' roles, many of which are statutory with funding raised from your Council Tax, new homes bonuses, some charges on services that we are allowed to make, income from our solar panels project and income from investments that we have managed to make in better times.

The Council Tax is likely to have to rise yet again by 2-3% which is inevitable and although it will be portrayed as only the cost of a cup of coffee per week, it is still a rise upon every other rise that we all must bear now and one that will send many into more desperation and debt. Also, the homeless situation across the land including this area is becoming ever more desperate and something that Councils will have to handle.

The overall Council Tax, although collected by the District Council (Babergh) has to be split approx. between County Council (80%) Police (10%) Babergh (9%) and Parish Councils (1-2%)

As the current chair of the Audit Committee, I can give every assurance that your money is accounted for and spent wisely and recorded as such.

In March/April most of the Annual Parish Meetings in all the villages are taking place. This is a good chance to hear reports from the Parish Council as well as all the other local bodies and organisations and for the public to ask questions. Any person can turn up to take part to float an idea or to ask a question which will be answered on the evening or later.

These meetings are for the public to attend, and all are welcome.

Have a great year and I hope that the end is better than where we are now, have a good one.

If you need help from your District Councillor, I can be contacted on the details below.

*All Very Best Wishes.*

*Bryn*

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

Tel: 01787 210854 Mobile: 07771 508348 Text preferred.





nationalgrid

# Bramford to Twinstead Reinforcement

**National Grid Electricity Transmission would like to hear your views on plans to build a new 400kV electricity reinforcement between Bramford substation in Suffolk and Twinstead Tee in Essex.**

This reinforcement is needed to carry more renewable and low carbon power from offshore wind, interconnectors and nuclear power to homes and businesses.

Our statutory public consultation is running from 25 January to 21 March 2022. During this time, you can get involved in the following ways.



### Webinars

Sign up for our webinars



### 'Ask the experts' sessions

Book an appointment



### Online

[nationalgrid.com/bramford-twinstead](http://nationalgrid.com/bramford-twinstead)

You can view our consultation material online, request paper copies by phone or email\*, and information about the project is on display at the following locations from the 25 January 2022.

Venue opening hours are subject to change and may be impacted by government restrictions related to Covid-19 - please check with the location first.

Location	Opening hours
Hadleigh Library, 29 High Street, Hadleigh, IP7 5AG	Tuesday, Wednesday and Friday 9am – 5pm Thursday 9am – 6pm Saturday 9:30am – 5pm Sunday 10am – 4pm
Sible Hedingham Library, 169 Swan Street, Sible Hedingham, CO9 3PX	Monday 9am – 1pm Thursday 2pm – 7pm Saturday 9am – 5pm
Sudbury Library, Market Hill, Sudbury, CO10 2EN	Monday, Wednesday, Thursday, Friday, Saturday 9am – 5pm Tuesday 9am – 7:30pm Sunday 10am – 4pm

To book an appointment at an 'ask the experts' session, sign up for a webinar or speak to the project team, please contact us using the details below.

### Contact us

Website: [nationalgrid.com/bramford-twinstead](http://nationalgrid.com/bramford-twinstead)

Email: [contact@bramford-twinstead.nationalgrid.com](mailto:contact@bramford-twinstead.nationalgrid.com)

Call: 0808 196 1515

\*requests for some consultation material may be subject to a printing charge

## 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 <a href="http://www.boxfordbikeclub.co.uk">www.boxfordbikeclub.co.uk</a>
Boxford Bowls Club	Lea Blackham	01787 210313
Boxford Carpet Bowls	Brian Porter	01473 824283
Boxford Drama Group	Janice Macmillan	07779 303690 <a href="mailto:janice.macmillan@yahoo.co.uk">janice.macmillan@yahoo.co.uk</a>
Boxford Gardens Open	Sarah Williams	07879 997640 <a href="mailto:Sarah.williams@rmcurtis.co.uk">Sarah.williams@rmcurtis.co.uk</a>
Boxford Gardening Society	Elizabeth Wagener	01787 210223 <a href="mailto:elizabeth.wagener@btinternet.com">elizabeth.wagener@btinternet.com</a>
Boxford Literary Group	David Jones	01787 211104 <a href="mailto:audav@hotmail.co.uk">audav@hotmail.co.uk</a>
Boxford Rovers FC	Melvyn Eke	07873 971701 <a href="mailto:m.eke@btinternet.com">m.eke@btinternet.com</a>
Boxford Tennis Social	Sue Moore	07808 481447
Boxford WI	Annie Philips	01787 211729
Edwardstone Cricket Club	Tom Whymark	01787 211375
Fleece Jazz	David Gasson	01787 211865
Local History Recorder Edwardstone	Daphne Clark	01787 210698 <a href="mailto:daphne.clark@btopenworld.com">daphne.clark@btopenworld.com</a>
Local History Recorder Groton	Joanna Roberts	01787 210619 <a href="mailto:jgant87618@aol.com">jgant87618@aol.com</a>
Madrigalia Choir	Sue Price	01787 210913
Miss Lesley School of Performing Arts (MLSPA)	Miss Lesley	07957 351941 <a href="mailto:lesley.mlspa@gmail.com">lesley.mlspa@gmail.com</a>
Milden Cricket Club	Andrew Simmons	07951 055643
Newton Art Club	Carol Langley	01787 373548
Newton Line Dancing	Jean Tomkins	01787 377343 <a href="mailto:JT.Steppers@talktalk.net">JT.Steppers@talktalk.net</a>
Newton War Games Club	Brian Lawson	01787 312160
Newton Fireside Club	Maira 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 <a href="mailto:beaversboxford@gmail.com">beaversboxford@gmail.com</a>
1st Boxford Cub Scouts	Liv Hoy	07801 548854 <a href="mailto:livkarine@hotmail.com">livkarine@hotmail.com</a>
1st Boxford Scouts	Neil Barkham	01787 211916
1st Boxford Rainbows	Janice Macmillan	07779 303690
1st Boxford Brownies	Janice Macmillan	07779 303690 <a href="mailto:janice.macmillan@yahoo.co.uk">janice.macmillan@yahoo.co.uk</a>
1st Boxford Guides	Deborah Tullett	<a href="mailto:debtullett@hotmail.com">debtullett@hotmail.com</a>

### CHARITIES

Boxford & Groton United Charities	Guy Godfrey	01787 211378
Edwardsone Millennium Green Trust	Claire Mortimer	01787 210051
Edwardsone United Charities	Leslie Clark	01787 210698 <a href="mailto:leslie8clark@icloud.com">leslie8clark@icloud.com</a>
Groton Educational Foundation	Stephen Watkins	01787 210977 <a href="mailto:stephen_watkins49@yahoo.co.uk">stephen_watkins49@yahoo.co.uk</a>
Groton Winthrop Mulberry Trust	James Wills	01787 210484
Little Waldingfield Charities	Mary Thorogood	01787 247658
Newton Green Trust	Philip Taylor	01787 211265 <a href="mailto:philiptaylor433@gmail.com">philiptaylor433@gmail.com</a>

### COMMUNITY GROUPS

3PR Boxford 1st Responders	Rich Wild	01787 210946 <a href="mailto:office@boxfordresponders.com">office@boxfordresponders.com</a>
Boxford Allotments	Karen Coleman	07970 945646
Boxford Bounty	Mark Miller	01787 211596
Boxford Community Car Scheme	Jen Eastwood	01787 211853 <a href="mailto:jen.eastwood8@gmail.com">jen.eastwood8@gmail.com</a>
Boxford Community Council	Ward Baker	01787 210129 <a href="mailto:BoxfordCommunityCouncil@gmail.com">BoxfordCommunityCouncil@gmail.com</a> <a href="http://www.boxford.me.uk">www.boxford.me.uk</a>
Boxford Playing Fields	David Burden	01787 211926 <a href="mailto:d.burden379@btinternet.com">d.burden379@btinternet.com</a>
Boxford Society	Jen Eastwood	01787 211853 <a href="mailto:jen.eastwood8@gmail.com">jen.eastwood8@gmail.com</a> <a href="http://www.boxfordsuffolk.com/boxfordSociety">www.boxfordsuffolk.com/boxfordSociety</a>
Boxford Tennis Courts	Yvonne Woodfield	01787 210151
Ltl Waldingfield Playingfield	Charles Miller	01787 249111

### CHILDREN FAMILIES & LEARNING

Boxford Primary School		01787 210332 <a href="mailto:office@boxford.suffolk.sch.uk">office@boxford.suffolk.sch.uk</a> <a href="http://www.boxford-suffolk.secure-dbprimary.com">www.boxford-suffolk.secure-dbprimary.com</a>
Friends of Boxford School (FoBS)		<a href="mailto:talktofobs@gmail.com">talktofobs@gmail.com</a>
Sunflowers Childcare	Maira Grant	01787 211363 <a href="mailto:info@sunflowers-childcare.co.uk">info@sunflowers-childcare.co.uk</a> <a href="http://www.sunflowers-childcare.co.uk">www.sunflowers-childcare.co.uk</a>
Boxford Baby & Toddler Group		<a href="https://www.facebook.com/Boxfordbabyandtoddlergroup">facebook.com/Boxfordbabyandtoddlergroup</a>

### HALLS & FACILITIES TO HIRE

Boxford Pavilion	Hugh Philips	01787 211729 <a href="mailto:hughvcphillips@hotmail.com">hughvcphillips@hotmail.com</a>
Boxford Spinney	Mark Miller	01787 211596 <a href="mailto:mark.miller@talktalk.net">mark.miller@talktalk.net</a> <a href="http://www.boxfordspinney.co.uk">www.boxfordspinney.co.uk</a>
Boxford Village Hall	Jane Elliott	07721 880521 <a href="mailto:BVHbookhall@gmail.com">BVHbookhall@gmail.com</a>
Edwardstone Parish Hall	Daphne Clark	01787 210698 <a href="mailto:daphne.clark@btopenworld.com">daphne.clark@btopenworld.com</a>
Edwardstone Millennium Green	Gordon	01787 211605
Groton Village Hall	Joanna Roberts	01787 210619
Little Waldingfield Parish Room	Sue Bowen	01787 249473 <a href="mailto:sd.bowen@btopenworld.com">sd.bowen@btopenworld.com</a>
Marquee Booking		<a href="mailto:BoxfordMarqueeBooking@gmail.com">BoxfordMarqueeBooking@gmail.com</a>
Milden Pavilion	Pearl	01449 741876
Newton Village Hall	Alan Vince	01787 373963

### PARISH COUNCIL CLERKS

Boxford Parish Council	Debbie Hattrell	01787 210943 <a href="mailto:d.hattrellhattrell@btinternet.com">d.hattrellhattrell@btinternet.com</a>
Edwardstone Parish Council	Richard Jones	01473 828246 <a href="mailto:edwardstoneclerk@outlook.com">edwardstoneclerk@outlook.com</a>
Groton Parish Council	Richard Jones	01473 828246 <a href="mailto:grotonclerk@yahoo.com">grotonclerk@yahoo.com</a>
Ltl Waldingfield Parish Council	Christine Hargan	01449 674727 <a href="mailto:clerk.littlewaldingfieldpc@hotmail.co.uk">clerk.littlewaldingfieldpc@hotmail.co.uk</a>
Newton Parish Council	Dave Crimmin	01787 375085 <a href="mailto:newtonpc2@gmail.com">newtonpc2@gmail.com</a>

# CHURCH CHRISTMAS REVIEW



So much happened in December in the build-up to Christmas that it is impossible to do them all justice in a short write up. We had 6 Carol Services, a Christingle Service, a Nativity Service, 2 Midnight Masses, 2 Christmas Day Services, a Christmas Trees Festival and 2 Christmas Fayres, 2 Cheese and Wine Evenings, 2 Thank You events for supporters and a Christmas Day Community Lunch with an open invite to all.

The Christmas Day Community Lunch alone saw 10 people in the hall and another 8 receiving home deliveries who would have otherwise been eating alone or gone without a proper Christmas dinner. Whilst Omicron may have prevented a few from turning out, all these events were well attended and joyous – everyone had a really good time.

We really must thank all those who helped in any way to make these events happen, and among them Alan Leeder's Butchers, The White Hart Public House, Ladies from Boxford WI, Boxford Post Office, Members of Church and all the individuals, all of whom donated to the Christmas Day Lunch. Thank you for your generosity, time and talents. We couldn't have done it without you. We must do it again in 2022!

Fr Rob



# EVENTS CALENDAR

## FEBRUARY 2022

- 1** **Fireside Club - Guest Speaker** 2:00pm  
TUE Newton Green Village Hall
- 2** **Boxford WI - Guest Speaker** 2:00pm  
WED Boxford Village Hall
- 4** **Drop in for Coffee & Cakes** 10:30 - 12:00  
FRI St Lawrence's, Little Waldingfield
- 15** **Fireside Club - Room 101 & Pancakes** 2:00pm  
TUE Newton Green Village Hall
- 19** **Quiz** 7:30pm  
SAT Newton Green Village Hall
- 26** **Boxford Bike Club Quiz Night** -  
SAT POSTPONED
- 27** **Boxford Farmers, Art & Craft Market** 10:00-1:00  
SUN Boxford Village Hall

## MARCH 2022

- 2** **Boxford WI - Guest Speaker** 2:00pm  
WED Boxford Village Hall
- 7** **Drop in for Coffee & Cakes** 10:30 - 12:00  
FRI St Lawrence's, Little Waldingfield
- 14** **Friendship Group - Coffee Morning** 10:30 - 12:00  
MON Boxford Pavilion
- 15** **Fireside Club - Games Afternoon** 2:00pm  
TUE Newton Green Village Hall
- 27** **Boxford Farmers, Art & Craft Market** 10:00-1:00  
SUN Boxford Village Hall
- 29** **Fireside Club - Guest Speaker** 2:00pm  
TUE Newton Green Village Hall

# SAVE THE DATE!

## JUNE 2022

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

**BANK HOLIDAYS!**



### 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](http://madrigalia.uk)



## 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](http://www.redhousesudbury.co.uk)

## Services Directory



**JBBOILER**  
SERVICE & REPAIR  
OIL BOILER MAINTENANCE

Providing oil boiler heating servicing, maintenance and installation throughout Suffolk & North Essex.

Contact us now for a very competitive quote!  
**07885 504036**  
[JBBoilerServices@hotmail.com](mailto:JBBoilerServices@hotmail.com)



**BiBi Aesthetics**  
Based in Newton, Sudbury

- B12 injections
- Dermal fillers
- Skincare treatments
- Wrinkle relaxing injections

[www.bibiaesthetics.com](http://www.bibiaesthetics.com)  
enquiries@bibiaesthetics.com  
07922 872720

**WELDING & FABRICATION**



Bespoke Gates, Railings, Balustrade  
For design, repair or advice Call Craig 07775 745213  
[www.awardfabrications.co.uk](http://www.awardfabrications.co.uk)

**Samuel P. D. Morgan**  
Woven Willow Fencing  
& Hedgelaying



Sudbury, Suffolk.  
07772 398310  
[samuelpdmorgan@gmail.com](mailto:samuelpdmorgan@gmail.com)

**PEP SERVICES**

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

Friendly & efficient local service  
No job too small  
Call **07792 931446** for a quote

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

Now with free online  
business directory listing  
**01787 210946**  
[editor@boxrivernews.com](mailto:editor@boxrivernews.com)



**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](mailto:jharveycaravanvaleting@gmail.com)

**unique hand-crafted cards  
for all occasions**



**KAREN'S CREATIONS**  
**07873 308 040**  
[bateskaren60@gmail.com](mailto:bateskaren60@gmail.com)

## Services Directory

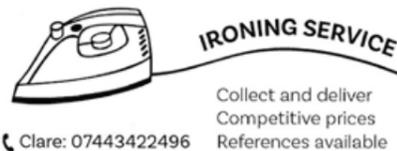


Suppliers of:

- 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](mailto:mail@jpstimber.co.uk)  
[www.jpstimber.co.uk](http://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

[philprobson2011@hotmail.co.uk](mailto:philprobson2011@hotmail.co.uk)



**Country Maids Ltd.**

**DOMESTIC CLEANING TEAM**

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

Contact us today

email:  
[butchertaz04@btinternet.com](mailto: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](mailto:howies@hotmail.co.uk)



Tel: 07473 638660  
Email: [hello@elliesgroomingparlour.co.uk](mailto: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](http://www.howardwatts.co.uk) [info@howardwatts.co.uk](mailto: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

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

Now with free online  
business directory listing

**01787 210946**  
[editor@boxrivernews.com](mailto:editor@boxrivernews.com)

**Antique Renovations**



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

## Services Directory

**S B Electrical**  
For all your electrical work

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

**01787 247043**

email: [info@sbelectrical.biz](mailto:info@sbelectrical.biz)  
or visit [www.sbelectrical.biz](http://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 524 124

email: [BoxfordLaneJoinery@gmail.com](mailto:BoxfordLaneJoinery@gmail.com)

**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](mailto:design@kirkhamsheidow.co.uk)  
[www.kirkhamsheidow.co.uk](http://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](http://www.ahstimgardens.co.uk)



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](mailto:scott@sjhurrell.co.uk) • [www.sjhurrell.co.uk](http://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](mailto:anthonybrai@hotmail.co.uk)  
[www.adbraithwaite.co.uk](http://www.adbraithwaite.co.uk)

**Bed & Breakfast  
Newmans Hall Farm**

[www.newmanshall.co.uk](http://www.newmanshall.co.uk)  
\* All rooms en-suite \* \* Heated indoor swimming pool \*  
\* Ample off-road parking \* \* Quiet rural setting \*  
\* No smoking policy \* \* 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](mailto:louise@newmanshall.co.uk)

**-PJH-**  
Property Maintenance

**Quality Painting and Decorating**

Interior & Exterior,

Tiling and General Maintenance,  
Carpentry

[www.pjhpropertymaintenance.co.uk](http://www.pjhpropertymaintenance.co.uk)  
[pjhpropertymaintenance337@gmail.com](mailto:pjhpropertymaintenance337@gmail.com)

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

**FLOWERS FOR  
EVERY OCCASION**

Jayne Foster  
Groton

Telephone: 01787 211360

**C D Lawson**

Building & Hard Landscaping  
01787 211429 mobile: 07730885019

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

Professional and Reliable service at  
competitive rates

13 Boxford Lane, Boxford, CO10 5JU  
email: [lawsondian@btinternet.com](mailto:lawsondian@btinternet.com)

**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

**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



Your Local Insurance Broker Is Here For You

### Coversure Sudbury

CALL US: 01787 374 857

VISIT US: [coversure.co.uk/sudbury](http://coversure.co.uk/sudbury)

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

For business. For family. For you.

### 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](http://www.jenshouseclearances.co.uk)



### 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**



**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](mailto: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](http://annetownshendart.weebly.com)

## 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](mailto:editor@boxrivernews.com)



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](http://www.nailsbygrace.co.uk)

07484 648932

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

### Sanders Sweeps & Installations

Mobile 07808 298866

Traditional Chimney Sweeping  
Fireplace & Stove Installations  
Email: [info@sanderssweeps.co.uk](mailto:info@sanderssweeps.co.uk)  
[www.sanderssweeps.co.uk](http://www.sanderssweeps.co.uk)

### AK SMITH PLASTERING (EST 1986)

CEILINGS, WALLS, FLOORS  
PLASTERBOARDING  
NO JOB TOO SMALL

For references see our website:  
[www.aksmithplastering.com](http://www.aksmithplastering.com)  
Further Street, Assington  
Mobile: 07808 027 116

### CARPENTRY & JOINERY

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

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

### SHERBOURNE LODGE COTTAGES



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

For further details please call:  
**01787 210885**

### Cass White Traditional & Modern Upholstery



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

07759 924 209  
[casswhite@live.com](mailto:casswhite@live.com)

### 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**



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

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

[info@adilandscapes.co.uk](mailto:info@adilandscapes.co.uk)

07814 404377

### 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](mailto:enquiries@whitwellservices.co.uk)  
Web: [www.whitwellservices.co.uk](http://www.whitwellservices.co.uk)

### LOWER DAIRY FARM

28 day aged, grass fed beef  
Direct from the farm

[www.lowerdairyfarm.co.uk](http://www.lowerdairyfarm.co.uk)  
Lower Dairy Farm Shop · Nayland  
CO6 4JS · 01206 262314



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

Appointments available Monday - Saturday

Tel: 01787 378178  
Email: [sudburyphysio@hotmail.co.uk](mailto:sudburyphysio@hotmail.co.uk)  
[www.sudburyphysio.co.uk](http://www.sudburyphysio.co.uk)  
8 Cornard Road Sudbury CO10 2XA

### H Byham & Son Ltd Ballingdon Dairy, Sudbury

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

### 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](mailto: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](http://www.bradshawtrenching.co.uk)



M: 07515 288 736  
T: 01787 228 341  
E: [info@blaketreecare.com](mailto: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

### 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](http://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](http://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](http://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](mailto:riverwoodaquatics@hotmail.com)  
 Web [riverwoodaquatics.co.uk](http://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](mailto: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, Leavenhath, 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](mailto:countrylifedogcare@gmail.com)  
 or find us on Facebook.

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



### The Local Self Storage Company

For all domestic and business needs

See website for details  
[www.boxstore.co.uk](http://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](mailto: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](http://www.supercleancarpetcleaners.co.uk)

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



ANDY TUFFS  
 Tel: 01787 211563  
 Mob: 07944 115193

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

### 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](http://www.colnevalleywindows.co.uk)  
 Email: [info@colnevalleywindows.co.uk](mailto:info@colnevalleywindows.co.uk)

Certified Company 36650

### LAWNS FIELDS AND GARDENS

Established 1991  
 All types of Grasscutting undertaken •  
 • Commercial and Domestic •  
 • Contract or otherwise •  
 • Grounds Maintenance •  
 • Hedges • Trees • Fencing • Patios •  
 • Drives • Pergolas •

FOR A FREE QUOTE RING MARTIN ON  
 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](mailto: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](mailto:info@miniwaste.co.uk)  
 Website: [www.miniwaste.co.uk](http://www.miniwaste.co.uk)



# 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](mailto:info@fortress-doors.com)

# 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 and effective it is to advertise in the BRN

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

01787 210 946



**SN**  
Stoke by Nayland  
RESORT

# MONTH OF Love



VALENTINE'S DINING 11TH TO 14TH FEBRUARY | 'YOU & I' SPA DAYS THROUGHOUT FEBRUARY



just  
**£40pp**



SCAN ME



just  
**£125pp\***

\*Weekend supplement applies

[www.stokebynayland.com/monthoflove](http://www.stokebynayland.com/monthoflove) t: 01206 262836  
Stoke by Nayland Resort, Keepers Lane, Leavenheath, Colchester CO6 4PZ

**SN** Stoke by Nayland  
RESORT

# Mother's Day

Celebrate Mother's Day with a special afternoon tea or three-course carvery for all to enjoy.

Our menus feature locally-sourced produce, expertly prepared by our award-winning chefs with a special treat to spoil your mum.

Vegetarian and vegan options are available

SUNDAY  
27<sup>th</sup>  
MARCH



Image shown is set for 2 people

Free gift for every mum!

Mother's Day Afternoon Tea £23.95pp



3-course Mother's Day Carvery  
£35 per adult / £20 for 7-12yrs / £15 for 2-6yrs

SCAN ME



Book a table by calling 01206 262836

## GIFT VOUCHERS

Looking for present ideas for that special someone?  
Purchase a gift voucher online, from £10, to use in our Resort.  
Available at [www.stokebynayland.com/gift-vouchers](http://www.stokebynayland.com/gift-vouchers).

View our menus and book online at:

[www.stokebynayland.com/mothers-day](http://www.stokebynayland.com/mothers-day)

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