

August 2022

Box River News

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AFFORDABLE HOUSING KEEPS COMMUNITIES THRIVING

The housing crisis is affecting the makeup of our rural villages. As large developers seek to prioritise profits over the welfare of local areas, so they build more and more expensive housing at a premium that only those already on the housing ladder, or from more affluent areas of the country can afford. The longer this continues, the more our villages become dormitory villages, unable to provide a local labour force to meet the immediate demands of residents. Young people yet to gain a foothold on the housing ladder are especially affected by this, often subsequently forced to move out of rural areas and into towns and cities simply because they are priced out of local housing. Retired locals also struggle, often having to sell their existing properties to pay for medical or social care but struggling to find downsized housing in areas close to where they may have lived all their lives.

So it is hugely welcome news that at the end of National Rural Housing Week in July, the specialist rural housing developer, Hastoe officially completed developments in two of the Box River Benefice's villages: Groton and Newton Green.



Stakeholders in the Groton project celebrated its fruition

In Groton the plot consists of 2 one-bedroom bungalows and 2 two-bedroom houses whereas in Newton Green there are 2 two-bedroom bungalows and 2 two-bedroom houses. All properties were eagerly snapped up by locals and all are now lived in.

Lindy Morgan, Chair of Hastoe's Board, said: "These housing developments make a huge difference to people living in rural areas, not just to those who live in the houses but to the whole community. You cannot underestimate the impact that these small developments have on local village life. They help to keep families together, local amenities open, and sustain whole communities"

Box Vale Ward Councillor Bryn Hurren, who was instrumental in getting the Groton project off the ground, spoke at the opening of Groton's 2 new bungalows and 2 houses: "This project has been 9 years in the making but the end result is well worth the journey. With house prices now costing around 12 times the average wage for this area, these houses represent an affordable choice for those who cannot reach that ladder. We hope these homes will remain available for Groton residents for generations to come and not forced to be sold. This sort of housing is the very lifeblood of our small rural communities."

The new houses have been built to exacting modern standards and regulations, but also boast proud ecological credentials and with low running costs should prove immensely affordable to residents. Technologies such as modern insulation throughout and air-source heat pumps mean that electricity and heating bills should remain low. The building process itself was also beneficial to the local economy, using only local labour and building professionals wherever possible.

On Friday 8th July both villages enjoyed opening ceremonies for the new properties, with Babergh Mid Suffolk representatives joining Hastoe employees, new residents and ward councillors for the events. Assington Ward Councillor Lee Parker spoke at the Newton

Green event: "This is the realisation of a long held ambition by Newton Green Parish Council, in partnership with Hastoe and Babergh District Council, to provide affordable accommodation specifically for those already living within the village or who have a close connection. I would like to thank all those involved from the outset for their focus in delivering the scheme and I wish the residents a long, happy and healthy tenure."



Resident Ms Molfrey Mortlock (centre) cutting the ceremonial ribbon with Hastoe CEO Andrew Morgan (L) and Ward Councillor Lee Parker (R)

Ms Molfrey Mortlock, who has recently moved into one of the new bungalows in Newton spoke of how she had previously lived in Newton for 44 years. Now at the age of 77 she was looking forward to settling into her new home: "I just want to say on behalf of all Newton and Groton residents, how thankful we are to everyone who played a part in building such beautiful new homes and how lucky we feel for being able to live in them."

Hannah Carpenter, one of the new residents at the Groton development, and who grew up in Groton, said: "I couldn't believe my luck when I was allocated such a lovely bungalow, in this wonderful location! I was in desperate need of housing and I'm so grateful to have my own house at last."

Congratulations to all involved in planning, architecting, developing and finally living in these properties that take a real step towards sustainable local economies and communities to the benefit of all.



Ward Councillor Bryn Hurren (2nd from left) oversees the tree planting at the Groton development

Box River News

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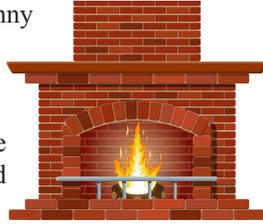
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Deadline date for the September 2022 Issue is:

August 15th at midday

NEWTON FIRESIDE CLUB

Tuesday June 21st dawned warm and sunny and allowed our Suffolk Day Cream Tea to take place in the Jubilee Garden. Gazebos were raised, bunting put up and tables laid with the finest china. The glorious day and the promise of food encouraged an excellent turnout of 24 members.



Scones had been baked by members and were accompanied by jam and clotted cream and copious cups of English tea (or coffee) and a good time was had by all.



Tuesday 5th July saw a group of thirsty Newton Fireside Club members attend a wine tasting at Majestic in Sudbury.



We had an interesting afternoon tasting a variety of wines from countries not immediately associated with wine production such as Hungary, Romania, Lebanon, Greece and Slovenia. A total of seven reds and whites were sampled costing between £8 to £24. A selection of meats, cheeses and biscuits were provided which, after eating, often changed our perception of the wine being sampled. Obviously our taste buds were all different and there was no clear favourite among the group. However, a few cheeky bottles were bought on the way out which may help to decide if a Pinot [Romanian], Sauvignon Blanc [Slovenian], Assyritko [Greek] or dry Tokaji [Hungarian] are among the front runners.

Thank you Majestic for an interesting and informative afternoon.

We very much hope that the weather will be as kind to us for our Midsummer Munch on Sun 24th July from 12pm. Music will now be provided by *Vinyl Richie* who is a local provider of events. (info@vinylrichieevents.co.uk)

We have a few tickets left. Please contact Marilyn on 07748 175 389 for details.

We now have a provisional programme for Autumn 2022. There are just a few details to confirm. We will always keep members updated via our Whatsapp group or by phone.

Newton Fireside Club Autumn 2022 Programme of Events:

Tues 6 th September	Garden Visit - Details TBC
Tues 20 th September	Cookery Competition: Bakes, cakes and savouries to be cooked and judged by members.
Tues 4 th October	Alan's Quiz
Tues 18 th October	Time To Chat (and play games if you want to)
Tues 1 st November	Hallowe'en Soup and Dessert
Tues 15 th November	Armistice Day: A Talk by the Royal British Legion
Tues 29 th November	Art Club Demo: Add a Little Colour by Heather DeRoy
Tues 13 th December	Christmas Decorations
Fri 16 th December	Christmas Lunch - Details TBC

All meetings are held in the Village Hall and start at 2pm unless stated otherwise.

Please contact Moira on 01787 374 652 or Sue 07881 383 998 if you would like more details.

NEWTON HALL REFURB

The rear extension of Newton Village Hall is currently undergoing refurbishment. The plaster was cracking and it was discovered that the wooden frame beneath was badly rotted. As a result, the village hall management committee decided that the woodwork needed to be replaced and new cladding fixed. It was also decided to replace the windows and doors in this section and repair the roof.

Work has been underway for two weeks now and is coming along nicely. A prolonged period of dry weather is now needed so the roof can be looked at. There will need to be some redecoration inside before we can hold an opening ceremony.

We think you'll agree that the hall will look very smart!

Newton Village Hall Management Committee



PERFECT FOR PICNICS

A new addition to the facilities at the Boxford playing fields has just arrived in the shape of an eight-sided picnic table under the shade of the horse chestnut trees between the allotments and the tennis courts. It has been made for us by a community interest company in Ipswich, *Realise Futures*, who also supplied the benches for Primrose Wood and is made of the same durable and heavy weight recycled plastic material. It is ready for anyone to use now having six fixed seats and two spaces left open for wheelchair users or prams, but we are waiting to be sure that is in the right place before laying a concrete slab to provide a level mud free surface to secure it to.

The playing fields were purchased over fifty years ago by the Boxford Community Council charity following a successful fundraising campaign and are today managed and maintained by the volunteers of the charity's Boxford Playing Fields Management Committee. We raise funds through collecting fees for the use of the allotments, tennis court, pavilion, cricket and soccer pitches and through events such as the Dog Show. We're grateful for additional financial support from the Parish Councils of Boxford, Groton and Edwardstone. We also look for grant funding for specific new build projects as they arise but have some big ticket maintenance work on the horizon which could be a challenge!

We work for the village community and appreciate your support in keeping the playing fields safe, clean and here for the future.



The picnic table under the horse chestnut trees at the playing fields. It is eight-sided with six seats. The other two sides are left free for wheelchairs. Chris Southgate is shown in his wheelchair trying it out.

BOXFORD NEIGHBOURHOOD PLAN UPDATE

The Neighbourhood Plan has now been successful at examination and has been recommended by the Examiner to go forward to referendum with some minor modifications. Babergh Council have endorsed the Examiner's report and formally indicated they will proceed with a referendum in due course.



This leaves just the two final stages of Referendum and formal adoption of the plan by Babergh Mid Suffolk District Council as part of its Development Plan Framework and to use it when determining relevant planning applications in Boxford parish. However the good news is that having passed examination the plan does now carry significant weight in planning terms.

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DECODING AED AND CPR

To mark the arrival of several new defibrillators in the town, the Hadleigh Pool and Leisure Centre recently hosted the first of several free training sessions. Instruction came from Community First Responder, Trevor Sheldrick ably assisted by fellow CFR, Yvonne Free. The free session was well attended by local residents keen to understand how these automated external defibrillator (AED) machines work.

The group was given clear step by step instructions from the moment a person in need is discovered to the arrival of the alerted emergency service. This included the initial use of the emergency lifesaving procedure, cardiopulmonary resuscitation (CPR) to the application of the AED.

The invitation to practise on dummy torsos was first taken up by Mayor Gordon McLeod (photo) and followed by most of the other attendees anxious to perfect the art of CPR and experience the AED's instructions first hand. Participants agreed that it was a very helpful, instructive and worthwhile session. Jan Devey highlighted the outside location of the new AED machines at Londis Garage, Hadleigh Cricket Club, and the Hadleigh Feoffment Alms Houses.

The Town Council map, showing the location of all the AEDs in the town, will be circulated to all households in the September copy of the Hadleigh Community News. However, Trevor emphasised the need for everyone to make a mental note of the AEDs' whereabouts just in case they did not have access to the map when the emergency occurred. Sincere thanks to Trevor and Yvonne for giving their time, Jonathan Harvey and Abbeycroft Leisure for hosting the event, and to those who attended.

Further free sessions have been arranged for:-

Tues 2 nd August	10am - 12 noon
Wed 7 th September	7pm - 9pm
Sat 19 th November	10am - 12 noon

Anyone can attend but places are limited so book early to be sure.

Online: <https://bit.ly/defib-awareness>

Telephone: 01284 757473

Visit: Hadleigh Pool and Leisure Centre Reception



BOXFORD SCHOOL NEWS

As we near the end of the school year, I would like to thank all of the community for making me feel very welcome since my appointment in January. The past 6 months have been very busy and we are very pleased to have parents coming into school much more often for events such as family assemblies, the jubilee, sports days, bingo nights and the summer fete.



Stallholders Olivia & Isla at the fete

We are also very proud that we have achieved our School games gold award, which is a national award in recognition for high quality PE and other sporting opportunities within the school. We now have a wider range of sporting clubs, including netball, football, rounders, gymnastics, and next year will be holding archery and fencing club. We have been able to expand the musical opportunities within school by hosting clubs such as Rocksteady, and next year all the children in year 5 and 6 will be receiving weekly musical tuition, learning to play the cornet. There have also been many trips this term including sailing and climbing in Year 6 as well as the school residential, Colchester Castle, Colchester Zoo, and competitive sports tournaments. We are also very excited about implementing our new curriculum in September, which will help to enrich the knowledge and skills of the children across the school to become specialists in each subject.

Once again, your support is very much appreciated and I hope you all have a restful summer.

Best Wishes

Mrs Lea, Headteacher Boxford CEVC Primary School



Year 6 having fun on their residential

GROTON EDUCATIONAL FOUNDATION

Registered Charity No. 1118325

The Trustees will meet on 8th September at Mary's House, Swan Street, Boxford, to consider applications for grant aid for educational or training purposes from residents of Groton and those parts of Boxford included in the 'area of benefit', i.e. Homefield, the east side of Swan Street and pockets of land in Stone Street south of the church - those parts which were included in the Tithe Map of Groton 1881!

We hope that newcomers to the area will be made aware of this charity by those who have themselves benefited from grants. There is no means testing. Applications may also be made by organizations serving the area.

Recent grants have included help towards the costs of university education, travel fares to a sixth-form college, specialist sports coaching and library improvements at Boxford School.

Details and application forms are available from Stephen Watkins, Clerk to the Trustees, Whitewebbs, Daisy Green, Groton, CO10 5EN, tel 01787 210977, stephen_watkins49@yahoo.co.uk

Completed forms should be returned by 1st September.



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THE BUTCHER'S WIFE

I'm sure lots of you have seen me out and about in the village being walked by a massive Dalmatian, that is Dixon, the Leeder family dog. He is my most favourite thing in the world. Yes, I love the Butcher; yes, I love the mini-Leeders but the dog trumps them all. He is the only member of the Leeder clan that is ridiculously happy to see me every time I walk through the door and he follows me everywhere and instead of sleeping on the stupidly expensive dog bed we bought, he prefers to sleep curled up next to me on my bed.



A lot of people warned us about getting a Dalmatian – they can be high energy and hard to train. Um, have you met my kids?! I figured if I could handle three mini-Leeders under the age of 5, I could take on the challenge of a crazy puppy. Turns out, he's not that crazy and he was a dream to train, much easier than the kids! He's a bit of a wuss really. He is terrified of water (a blessing really because he never gets muddy), hates walking on new surfaces (it took us 3 weeks to get him to walk onto the new kitchen floor) and is absolutely petrified of cats. In particular, next door's cat who likes to hide in the bush and then jump out at Dixon when he walks past. It's not often you see a 40kg dog being chased down the street by a cat! The one thing no-one warned me about was the hair. Dixon sheds year-round and his hair is like needles that weave themselves into every part of our house. I've even had one stuck in the bottom of my foot before like a splinter!

Like the rest of us Leeders, Dixon is very food orientated. When we have dinner he watches our every move. He never begs for food or steals it off the side but if there's ever food left out, he'll stare at it, whining until we clear it away. You can get him to do basically anything if you lure him with a piece of cheese (again, very similar to the rest of us).

Right, enough about my puppy boy, let's talk about food and what to eat when it's hotter than the sun outside. If you fancy a twist on a plain salad, try this recipe. It can be prepped in advance and is great as a light meal or an accompaniment to a BBQ. You can even jazz it up by adding in some cooked chicken if you really want to treat yourself!

BLT Potato Salad

Serves 4

Ingredients

- 450g new potatoes, cut into halves
- 1 tbsp olive oil
- 2 red onions, finely sliced
- 1 tsp balsamic vinegar
- 10 rashers smoked streaky bacon
- 400g salad tomatoes, cut into quarters
- 1-2 heads of romaine lettuce, chopped

For the dressing:

- 3 tbsp mayonnaise
- 1 tsp Dijon mustard
- ½ lemon, juiced
- 1 tbsp olive oil

Method

1. Boil the new potatoes for about 15 minutes, drain and set aside.
2. While they are boiling, heat the olive oil in a non stick pan over a medium heat, add the onions and cook until they start to soften, about 5 minutes.
3. Add the vinegar and cook for a further 5 minutes until the onions start to caramelise. Remove from the pan and set aside.
4. Fry the bacon in the pan until crisp. Remove from the pan to cool and then cut into large pieces.
5. For the dressing, mix all the ingredients together and season.
6. Add the lettuce, potatoes, onions, bacon and tomatoes to a large servicing dish and drizzle over the dressing to serve.



Elaine Carpenter

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

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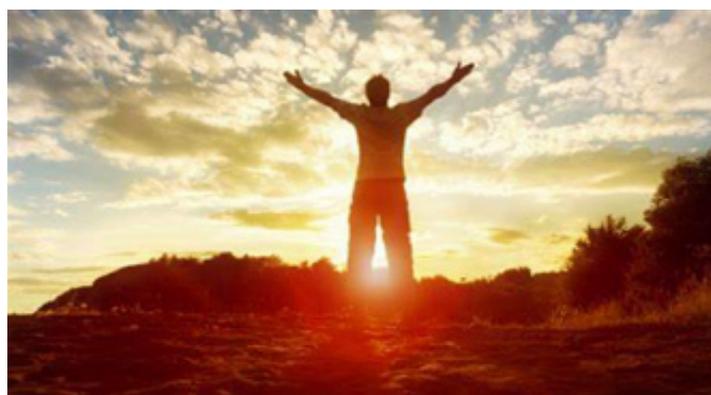


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THE AUGUST LETTER FROM FATHER ROB - A STILL IMAGE

Dear Friends,

A few months ago, someone I know was diagnosed with cancer. She described to me the moment she heard the devastating news. At that time, she did not know what the long-term prognosis would be, but one always assumes the worst. It took her several weeks to get beyond the debilitating fear of dying and contemplating everything that she would be leaving behind. But then she described how, quick as a flash, things began to become reprioritised in her mind. So many needless distractions were banished and she suddenly found herself in a place of complete peace with it all, and a sense of stillness she had never before experienced. She described how, in this stillness, she felt a profound closeness to the divine. In a strange kind of way, it had taken the diagnosis of a life-threatening illness to enable her to stop and, standing on the edge of eternity, gaze on grace.



We all need to take time away from the ordinary routines of life sometimes. To still ourselves and look back over what has happened, take stock of where we are and to contemplate the future. But more than this, we need time to just be. To be properly present with ourselves and with God.

'Be still and know that I am God' are the infamous words of the Psalmist (*Psalms 46:10*). In this prose, the Psalmist first invites us to be still. To still our overactive minds and bodies. Clear the diary. Make space for stillness. Only in the stillness can we become acquainted with the person we are called to be. There we shall meet God and he will inspire in us that peace that so often seems beyond our grasp. It is his 'still, small voice' (*1 Kings 19:12*) that speaks those comforting, reassuring words deep into our hearts using a language so pure and primeval that it speaks into the most primitive parts of our being; those parts that only God knew even before the creation of the world.

Our notion of God, the Divine, or however we might wish to refer to it, is greatly diminished when we interpret him as only being outside of the created order. One of the great mysteries of God, as the Christian tradition has properly interpreted it, is that God is within creation as well as beyond it. He is through all and in all. He is everywhere present and in all things. God is active within the created world, whilst ordering it from beyond. This means that he speaks to us from within ourselves and from within everything around us. His divine presence runs through everything. As Rowan Williams recently commented 'in Christianity properly understood, there is no such thing as dead matter. There is no such thing as just 'stuff'

lying around. It is all of it carrying the energy of God in some way' (*Rowan Williams: 'The Big Conversation, Conversion, Culture and the Cross' 2022*).

There is a profundity to realising that whenever I cease the incessant mental chatter and see things the way they actually are, then the whole world becomes a far more beautiful place. Not only do I meet God at the depths of my inner being, but also in everything around me. I become more aware of the colours of the flowers, the scent in the air, the exquisite beauty of the other. Once we cut through all the chaos and the noise, then we rediscover how we are placed in a world of radical allure. A world made of and for love in its widest and most transformative sense. And it is from this place that we discover who we are meant to be.

Eternal blessings,

Fr Rob

rparkermcgee@gmail.com

Tel: 01787 210434

OUR BEAUTIFUL PARISH CHURCH STANDS AS A TESTAMENT TO THE PEOPLE WHO HAVE LIVED, LOVED AND MADE BOXFORD THEIR HOME THROUGHOUT THE AGES AND AT NIGHT THE TOWER SHEDS LIGHT INTO THE DARKNESS

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St Mary's Church, Boxford

In Memory of a Loved One

OR

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Contact boxriverbenefice@gmail.com
or 01787 828046 for more information.

BOX RIVER PILGRIMAGE WALK

Sunday, 4th September 2022

Starting from St Lawrence's, Little Waldingfield after Sunday Eucharist at 11am, moving onto Newton, then back to Edwardstone, where we will stop for lunch, before moving onto Groton and then heading to Boxford in time for BCP Evensong at 5pm.



Join us for the whole walk, part of the walk or join us at the services.

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SERVICE SCHEDULE FOR AUGUST 2022



Wednesday 3rd August	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 7th August	09:30	<i>Patronal Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 10th August	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Saturday 13th August	All Day	<i>Benefice Pilgrimage to Walsingham</i>	
Sunday 14th August	09:30	<i>Sunday Eucharist</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:00	<i>BCP Evensong</i>	St Mary's, Boxford
Wednesday 17th August	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 21st August	09:30	<i>Patronal Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:00	<i>Compline</i>	St Mary's, Boxford
Wednesday 24th August	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 28th August	09:30	<i>Pilgrimage Eucharist</i>	St Mary's, Boxford
	11:00	<i>Sunday Eucharist</i>	All Saints', Newton
	16:30	<i>Songs of Praise Patronal Evensong</i>	St Bartholomew's, Groton
Wednesday 31st August	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford

(Morning Prayer online, most weekdays from 8.30am)

All our churches across the Benefice are OPEN EVERY DAY
for Private Prayer, if you need support, please contact Fr Rob or the Benefice Office

COFFEE TIME

You are invited to
"Drop in for Coffee" around the Benefice

Every Tuesday @ 10.00,
Mary's House, Boxford

Friday 5th August, 10.30 - 12.00
St Lawrence's, Little Waldingfield

Saturday 13th August, 10.00 - 12.00,
All Saints', Newton

Saturday 20th August, 10.00 - 12.00,
St Mary's Boxford

Join us for coffee, cake and conversation

**EVERYONE
WELCOME**

Bring and Share

FOOD BANK

North Porch, St Mary's Boxford

If you or someone you know is in need,
please visit the Food Bank.

All donations of non perishable goods,
are gratefully received.

Thank You

TAKE WHAT YOU NEED, LEAVE WHAT YOU CAN



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

BENEFICE UPDATE

DATES FOR YOUR DIARY

- Tues 1st August 10am** *Open for Coffee*, Mary's House, Boxford
Fri 5th August 10:30am *Coffee Morning*, St Lawrence's, Little Waldingfield
Tues 9th August 10am *Open for Coffee*, Mary's House, Boxford
Thurs 11th August 7.30pm *Confirmation Class*, St Mary's, Boxford
Sat 13th August 10am *Coffee Morning*, All Saints', Newton
Sat 13th August All Day *Box River Pilgrimage to Walsingham*
Tues 16th August 10am *Open for Coffee*, Mary's House, Boxford
Tues 16th August 7:30pm *Benefice Joint Council Meeting*, The Rectory, Boxford
Thurs 18th August 7:30pm *Confirmation Class*, St Mary's, Boxford
Fri 19th August, 7:30pm *An Evening with Jo Harman & Mike Mayfield*, St Mary the Virgin, Edwardstone
Sat 20th August 10am *Coffee Morning*, St Mary's Boxford
Tues 23rd August 10am *Open for Coffee*, Mary's House, Boxford
Thurs 25th August 7:30pm *Confirmation Class*, St Mary's, Boxford
Sat 27th & Sun 28th August All Day *Groton Flower Festival*, St Bartholomew's, Groton
Tues 30th August 10am *Open for Coffee*, Mary's House, Boxford
Fri 2nd September 10:30am *Coffee Morning*, St Lawrence's, Little Waldingfield
Sun 4th September 11am *Box River Pilgrimage Walk between all five churches*
Sun 11th September 11am *Group Confirmation*, St Mary's Boxford
Sun 11th September 12:30pm *Boxford Church Fete*, St Mary's Boxford

GROUP CONFIRMATION

11th September 2022

We are looking to hold a group Confirmation on the 11th September 2022, when Bishop Martin will be presiding. Would you or your children like to be one of those to be confirmed? Confirmation is the sacrament, that marks the next step in the Christian journey, when a person begins to take responsibility for their own future.

We will be running classes prior to these events; we hope that these will help lay a few moral and spiritual foundations essential to your child as they grow up. By attending these classes, your child will be given the kind of information necessary for them to mature into fully rounded individuals as they develop into adolescence and adulthood.

We have produced a leaflet to provide further information, please do not hesitate to contact the Benefice Office if you would like a copy of the leaflet or have any questions.

Father Rob would be very pleased if you or your child would like to make this next step on their journey and if we could be the ones to accompany them on it.

It has been a very busy few months in the Benefice, we were overjoyed to baptise Edie Rose Harvey at Boxford in May & Rowan Mayhew at Boxford in July. May Edie & Rowan grow up strong & courageous in the faith. Both were lovely occasions. We have also had the privilege of joining together William & Jocasta at Groton and Jamie & Louise at Edwardstone, may their marriages be life giving & lifelong. Sadly, Father Rob has taken funerals for Brian May at Little Waldingfield, Peter Brandt at Boxford & Molly Fletcher of Newton, may Brian, Peter & Molly all rest in peace.

The Benefice has been buzzing with events, an uplifting community lunch was held in Boxford, where we enjoyed delicious shepherd's pie & puddings, later the same day the Church celebrated Ascension Day with a special service at Boxford. Father Rob hosted two Tea Parties at the Rectory in July, one for families who had recently lost loved ones & the other for recently engaged couples, those married recently & for young families connected to our churches. We were delighted that so many people joined us & that we were blessed with sunshine & laughter.

Father Rob & Sarah have represented the Benefice at a Buckingham Palace Garden Party, where they had a wonderful & memorable time and at Suffolk Pride in Ipswich, to show support for diversity & unity in all its forms whilst supporting parishioners who were both performing & attending the event.

Most of our churches got involved with the Queen's Jubilee with a variety of services & celebratory events. Our beautiful gardens in both Boxford & Little Waldingfield have been open, raising money for their respective churches, where the refreshments were delightful!

We are grateful for the increasingly favourable links our churches are forming with other institutions & groups in our villages. Father Rob attended Scout Camp in Boxford, where together with the scouts they thought about unloading their burdens & feeling God's forgiveness, symbolically writing down things they regret & place on the campfire before receiving absolution. The Boxford Village Farmers Market is held monthly & has now expanded to hold stalls in St Mary's churchyard, it is great that these are so popular & to be part of them. Father Rob continues to read stories to the children at Sunflowers each month.

We are actively involved with Boxford C of E Primary School and Father Rob takes assembly every week, is on the Board of Governors & has been busy attending end of year events, including the school fete & two end of year Services in Boxford, we wish everyone a relaxing & recharging summer holiday.

Father Rob & other members of the Benefice visited Morden College in London for their Founders' Day Celebrations; the college is a very supportive patron of the church in Edwardstone & it was great to make new connections. Father Rob also attended the Diocesan Synod in St Edmundsbury Cathedral where it was good to see so many gathering from across the diocese to discuss & guide our churches in Suffolk. In June, Father Rob went on Annual Chapter at the Monastery in Mirfield, West Yorkshire. It was a time for renewal, self-examination and recommitment. He held everyone in our benefice in prayer whilst he was there. Much was discussed about the rule of life and the mission of the Community of the Resurrection and the Society of the Resurrection going forward.

We are very much looking forward to the next few months and hope to see you in church and around our villages.



ST MARY'S BOXFORD PATRONAL AND CHURCH FETE

We are in need of **teddies & soft toys** for our
TEDDY TOMBOLA

On Sunday 11th SEPTEMBER 12:30-3:30pm

If you have any teddies or soft toys in good condition that you would like to donate, please contact Sarah at boxriveractivities@gmail.com

CONTACT INFORMATION

Benefice Office
Mary's House, 5 Swan Street, Boxford CO10 5NZ
01787 828046 email: boxriverbenefice@gmail.com

Fr Rob Parker-McGee SR
01787 210434 email: rparkermcgee@gmail.com

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



BOX RIVER PILGRIMAGE TO WALSINGHAM

13TH AUGUST 2022

**WE WILL BE TRAVELLING TO NORFOLK
FOR A DAY OF PILGRIMAGE TO
THE SHRINE OF OUR LADY OF WALSINGHAM**

LEAVING THE BENEFICE EARLY, WE HOPE TO ARRIVE
IN WALSINGHAM MID-MORNING. WE WILL SPEND
THE DAY JOINING IN THE SHRINE'S ACTIVITIES,
SHARING COMPANIONSHIP AND SAVOURING LOCAL
DELIGHTS. RETURNING LATE EVENING

COST WILL BE KEPT TO A MINIMUM

RESERVE YOUR PLACE NOW

01787 828046 boxriverbenefice@gmail.com

Boxford Church Building Fundraiser

Last Night of the Proms

Friday September 16th

7.30 pm

*The Elite String Quartet play
popular classics*

*An informal celebration of great music
Come and wave a flag!*

Adults £10 Under 18s FREE

www.ticketsource.co.uk/boxford-concerts

Tickets: Boxford Post Office or on the door
St Mary's Church, Boxford. CO10 5DU



LITTLE WALDINGFIELD HISTORY SOCIETY

After a considerable break due to Covid, with us restricting events to our members only, LWHS is now back and open for business to both members and non-members alike!

We put on about ten local history talks or other events each year on a deliberately-wide variety of historical subjects we believe will be of interest to all. Talks are held in our lovely Edwardian reading room – The Parish Room – in Church Road, Little Waldingfield on Wednesday evenings, commencing 7:30pm.

Current prices for our regular talks are £2 for members and £4 for non-members, which gets you:

- Entry to a great talk, typically of an hour's duration
- Tea or coffee plus biscuits after
- Access to borrow historical publications
- Access to what has become a great social gathering bringing friends, neighbours and colleagues together.

You won't know what you've missed until you come along!

Our next event is: **14th September** with speaker Charlie Haylock Charlie and the (Sutton Hoo) dig - Stories from behind the scenes of the film.

Charlie Haylock is a leading Suffolk entertainer. His one-man shows are legendary in East Anglia and his books are bestsellers.



His talk on the making of the Netflix film, 'The Dig', which starred Ralph Fiennes, is a hilarious and intriguing behind-the-scenes look at the story of the Sutton Hoo burial ship and the characters involved.

For more information contact Diana Langford on **01787 248298** dianalangford765@gmail.com

<https://littlewaldingfieldhistorysociety.wordpress.com>

LITTLE WALDINGFIELD WINE TASTING

Date for your diary: Wine Tasting with George Unwin of Baythorne Wines. 7:30pm Saturday 24th September 2022. Little Waldingfield Parish Room. Further information in next month's issue.

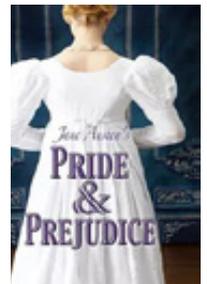


PRIDE & PREJUDICE

This is My Theatre performance of Jane Austen's *Pride & Prejudice* is on Thursday 30th August at St Mary's Church, Church Field Road, Chilton Industrial Estate. Doors open at 7pm, £15 for adults, £12 for under 16s.

With music throughout audiences will fall in love all over again with Jane Austen's best-selling novel.

At least one of the Bennet sisters must marry well for the family to avoid destitution upon the death of Mr Bennet, so the task of finding suitable matches begin. The sisters are very different, and matrimony is a easier option for some than others. Following Elizabeth, we discover that not all judgments quickly made are correct, in particular when the dashing Mr Darcy is involved.



For more information and to book tickets go to: www.thisismytheatre.com/pride-and-prejudice

BOXFORD
GARDENING SOCIETY

IAN BEDFORD

GARDEN BUGS

Cohabit, control or conserve?



Tuesday 2nd August 7.30pm
at Boxford Village Hall



Fleece Jazz at
Stoke-by-Nayland Hotel presents

Horn Factory

Wednesday 10th August 2022 8pm - Tickets: £18/£14*



Nineteen of the best local jazz musicians come together to create their own distinctive brand of fast-moving, hard-hitting, foot-tapping contemporary big band jazz. Expect to hear a range of big band compositions from Quincy Jones, Buddy Rich, Maynard Ferguson, Oliver Nelson and others.

Zoe Schwarz' Blue Commotion

Wednesday 24th August 2022 8pm - Tickets: £18/£14*



"This is a band of exceptional quality, fronted by stellar vocals . . . Powerful singing, great guitar work, phenomenal Hammond . . . a great set and Zoe is such a stylish performer."

Come join us for blues at its best.

Zoe Schwarz – Vocals
Rob Koral – Guitars
Pete Whittaker – Organ
Paul Robinson – Drums

Stoke by Nayland Hotel, Keepers Lane, Leavenheath CO6 4PZ

Ample parking; fully accessible. Directions: www.fleecejazz.org.uk

Tickets: 01787 210796 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 with breakfast and two tickets from £109 (subject to availability) Phone: 01206 262836

Newton Uillage Hall Committee

are pleased to invite you to a

COFFEE MORNING

on

SATURDAY 17th September

10.00 to 11.30

Newton Uillage Hall

REFRESHMENTS
CAKES
PRIZES



BRIC -A- BRAC
BOOKS
RAFFLE

Donations of raffle prizes, cakes, books and bric-a-brac would be most welcome and can be brought on the day or delivered to a member of the village hall management committee beforehand.

Committee members:

Fiona Garman, Joan Linney, Theresa Parry, Sue Presland, Rita Schwenk, Wendy Turner, Alan Vince, Janet Weavers.

ST MARY'S BOXFORD PATRONAL & CHURCH FETE

****SAVE THE DATE****

SUNDAY 11th SEPTEMBER

12.30-3.30pm

TEDDIES FROM THE TOWER
HOOK A DUCK
ARCHERY
SOAK THE VICAR
WELLY THROWING
CRAFT STALLS
REFRESHMENTS
AND MORE





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WEDNESDAY 1.10pm
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AUGUST

3rd PETER THORNE Piano
CATHERINE SHRUBSHALL Saxophone

10th SAMANTHA CHRISTOPHER Clarinet
MARY BLANCHARD Piano

17th FRENCH HORN CONNECTION
5 French Horns + 4 Percussion
SPONSORED BY THE BULL HOTEL

24th SERENDIPITY WOODWIND TRIO
Flute, Clarinet and Bassoon

31st PAULO LOPES Two
and SUZI MORROW Pianos
EDWIN MARR Narrator

SPONSORED BY LONG MELFORD TEA ROOM

HOLY TRINITY CHURCH
LONG MELFORD



For details of the individual programmes visit
The Village Website/What's On at
www.visitlongmelford.co.uk

Boxford Study Centre Literature Group

An 8 week course on Monday afternoons 2.30-4.30pm

Meeting in Groton Village Hall, CO10 5EL

Starting on Monday October 3rd 2022

Marriages of Heaven and Hell

Tutor: Hugh Black-Hawkins

This autumn we shall be exploring the tensions and friction in seven literary marriages. This includes attitudes towards the holy state of matrimony of five writers drawn from the 17th to the 21st centuries.

Monday 3 rd Oct	Macbeth	<i>William Shakespeare</i>
Monday 10 th Oct	Macbeth	<i>William Shakespeare</i>
Monday 17 th Oct	Reading Week	
Monday 24 th Oct	Reading Week	
Monday 31 st Oct	Middlemarch	<i>George Eliot</i>
Monday 7 th Nov	Middlemarch	<i>George Eliot</i>
Monday 14 th Nov	Middlemarch	<i>George Eliot</i>
Monday 21 st Nov	Reading Week	
Monday 28 th Nov	Selected Poems	<i>Thomas Hardy (to be advised)</i>
Monday 5 th Dec	Free Love	<i>Tessa Hadley</i>
Monday 12 th Dec	Private Lives	<i>Noel Coward</i>

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

Newcomers very welcome.

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

NEWS FLASH! NEWS FLASH!
NEWS FLASH! NEWS FLASH!

following the summer recess

THE ARTS SOCIETY
STOUR VALLEY
LAUNCHES IN SEPTEMBER

with a new & exciting Autumn Programme

VENUE: The Village Hall, Long Melford CO10 9QJ
but DIFFERENT DAY & TIME

WEDNESDAY MORNINGS at 11am

TAS Stour Valley is formed from TAS South Suffolk & TAS Sudbury offering a full programme of monthly talks, visits, & special interest days

COME & TRY US WITH A FREE TASTER
+ THE COFFEE!

Contact: Carole Ashton Membership Secretary by tel/email,
07766 107880 / creevesashton@gmail.com
quoting code BRN14.

WEDNESDAY 21st SEPTEMBER at 11am
REGENCY REVELATIONS –
THE LOST DIARY OF A DANDY

Lecturer: Mark Hill whom Antiques Roadshow fans will know better as the Miscellaneous Items' expert, The lost private journals of John Margesson Esq. 1794-1866, a true Regency dandy. **Not to be missed!**



LAVENHAM SINFONIA

Lavenham Sinfonia is well advanced in the planning of the exciting autumn concert, the final concert of the 2022 season, which is on Sunday 18th September at 7pm at Lavenham Church with Michael Coleby as guest conductor. Michael set up the Janus Ensemble in 2014 and made his professional debut conducting the Deutsche Sinfonie in Berlin in 2017 and has gone on to conduct the Birmingham Contemporary Music Group.

The concert opens with the Overture to Weber's Der Feischutz. It is followed by Gustav Mahler's five Ruckert Songs with the soloist Daniela Bechly. It concludes with Robert Schumann's fourth Symphony.

Tickets from www.ticketsource.co.uk/lavenham-sinfonia. Do come and join us at Lavenham Church!



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Harman**

*'A voice to leave
you speechless'*
- Huey Morgan,
BBC Radio 2



**Mike
Mayfield**

*(Ed Sheeran,
Jessie J, Rita Ora,
Emeli Sandé,
Jamie Cullum)*

with Carl Hudson on keyboards



Friday 19th August 2022, 7:30pm
St. Mary the Virgin Church, Edwardstone, Suffolk
Tickets: £15 www.wegotickets.com/event/544914/
Enquiries: Mark 07860 286688

THE 45TH ASSINGTON HORTICULTURAL SHOW

Sunday 21st August 2022

Village Hall for entries 8.30 – 10.30am.

Show and exhibition of entries, refreshments, ice cream and raffle. 2.00pm.

The show once again this year will be divided between our village hall and a hired marquee on the edge of the playing field to show off the village's horticultural, culinary and artistic expertise, with a table for all the under-16s and another one for open classes for entrants from other villages within a 15 mile radius of Assington.

So if you live in one of those villages, let's see the size of your cubs and the conformation of your carrots!

This village show which is now in its 45th year started mainly as an exhibition of gardening and growing skills but has now evolved into a general very non-serious competition to show off the many skills this lovely village and its residents possess.

There is a prize for best first-time entrant and the normal cups and vouchers for class winners overall show winners.

Please have a go and let's get the hall and marquee filled up with produce, nice handmade cuisine and baking along with some good craft and super entries from our young folks.

Please feel free to give me a call for help or advice or pop up to the allotments on a Sunday afternoon if you have a query. The schedule of events and classes is on village facebook pages and in the show schedule that has been hand delivered to every residence in Assington with spare copies at village farmshop and Shoulder of Mutton village pub who are once again sponsoring the village scarecrow competition.

Boxford and all the satellite villages around are welcome to enter the 25 classes in the open section and try to win first prize which will be a £25 voucher.

All profits from this day will be given to the village's much needed charities which require some assistance after two very lean years.

A nice raffle prize donation is a great help and it is thought that if we do well a small donation of £50 - £100.00 could be given to a local foodbank as well to help those in dire need.

See you on the 21st August if not before.

Bryn. 01787 210854 / 07771 508348



PLAN YOUR GREAT DAY OUT THIS SUMMER!

Here at Hollow Trees Farm, we are proud of what we have to offer. Our Farm Trail is an affordable, family friendly day out, suitable for all ages. Our Summer Trail is something we look forward to each year...It's a chance to get out in the sun, make some memories with your loved ones, and explore part of the beautiful Suffolk Countryside.

With plenty of farm animals to feed, bespoke farm-themed play equipment, ride on tractors and our very own beach, we really do have lots to offer...

During the summer holidays we open our popular Cresta Run grass sledges, and set up a Mini Golf course to keep you entertained all day long. With lots of places to sit and relax, you can enjoy an ice cream and a cold drink from our Farm Trail kiosk.

This year, we are running our Summer Trail from 25th July – 4th September, and prebooked online tickets are only £7 each!

We advise you prebook to avoid disappointment. Walk-ins will be available for those of you who prefer to be spontaneous but the ticket price will differ and if we reach capacity, we will be unable to accommodate additional walk-ins.

Keep an eye on our social media to keep up to date with 'what's going on', any special guests and extras on our Farm Trail throughout the summer holidays.

We can't wait to see you!

Team Hollow Trees



HOLLOW TREES FARM

SPACE & SPACIOUSNESS 2022

Daphne McCartney-Williams at the Mill Tye Gallery

Space and Spaciousness Exhibition 2022

How do we discover a feeling of spaciousness within ourselves? Is space a void? The Aurora Borealis and studies in Tibetan Buddhist meditation and philosophy, inspire Daphne McCartney-Williams' watercolours and pastels.

A clear sky, a distant landscape, deep space where gaseous clouds veil stars and the bright colours of the Aurora, are themes. The artist is a yoga and meditation teacher, teaching weekly classes in Sudbury Suffolk.

Works of art in watercolour and pastel, offer direct colour, blended and bleeding into happy accidents.

A weekend of Art, Yoga and Meditation

with Daphne McCartney-Williams

Exhibition Private View Friday 26 August 6-9pm

Join us for Drinks and nibbles. Additional parking available at the Thomas Gainsborough Sports Centre, Head Lane until 9:30pm.

Yoga & Meditation Classes

Mindfulness Meditation / Tibetan Healing Exercises

Sunday 28 August 2-4pm

Breathing for Health and Wellbeing Workshop

Monday 29 August 10-12 noon

Refreshments included in the workshops

For more info and to RSVP: www.milltyegallery.co.uk/exhibitions

Mill Tye Gallery and Arts Centre

3 Cornard Mills, Mill Tye, Great Cornard, Sudbury CO10 0GW (In the old 'Bakers Mill' building)

Opening times: Thursday to Sunday: 11:00 am to 4:00 pm.

August Bank Holiday Monday 29 August 10am to 4pm

Free Parking. Entry is free, everyone welcome.

www.milltyegallery.co.uk



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SUMMER IS HERE!

OUR **SUMMER TRAIL** RUNS
25TH JULY - 4TH SEPTEMBER



Explore our popular **Farm Trail** and all it has to offer... Whizz down our Cresta Run Sledges, get a 'hole in one' on our Mini Golf Course, play in Pogal's Pit, climb the Straw Stack and much more! With plenty of friendly farm animals to feed, selfie opportunities and places to sit and relax, our Farm Trail is great for all ages.

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📍 Hollow Trees Farm, Semer, Ipswich, Suffolk, IP7 6HX



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MILL TYE
MILL TYE GALLERY & ARTS CENTRE

Space and Spaciousness Exhibition
Daphne McCartney-Williams
A weekend of Art, Yoga and Meditation
August 2022

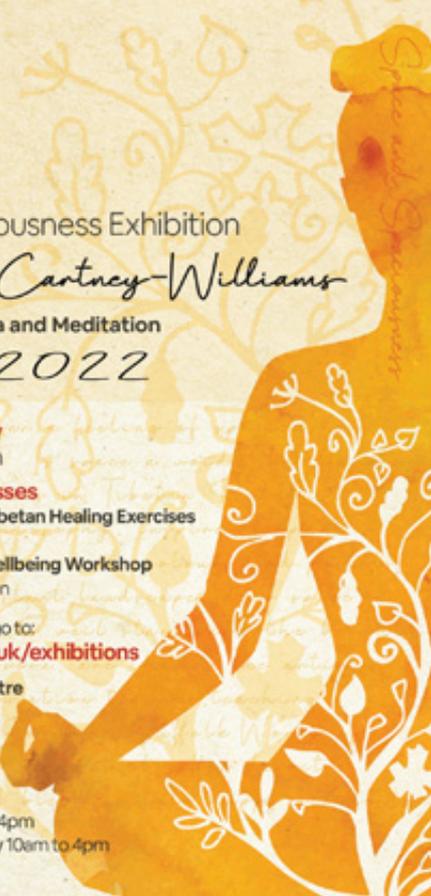
Exhibition Private View
Friday 26 August 6-9pm

Yoga & Meditation Classes
Mindfulness Meditation / Tibetan Healing Exercises
Sunday 28 August 2-4pm
Breathing for Health and Wellbeing Workshop
Monday 29 August 10-12 noon

To RSVP and to book a class, go to:
www.milltyegallery.co.uk/exhibitions

Mill Tye Gallery & Arts Centre
3 Cornard Mills, Mill Tye,
Great Cornard, Sudbury
Suffolk CO10 0GW

Opening Times:
Thursday to Sunday 11am to 4pm
August Bank Holiday Monday 10am to 4pm



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BRIAN TORA'S SOAP BOX

The political turmoil that has developed over recent weeks gives me no cause for pleasure. Trust in our politicians is crucial in a democracy and all that has taken place recently has simply undermined the public's belief that those in government are trustworthy. Apportioning blame is hardly likely to make things any better, though clearly there have been severe lapses of judgment at the very top of our establishment.

By the time you read this, the final two candidates will be known to us all and doubtless the card-carrying members of the Conservative Party will be pondering who best to choose to run the country. Frankly, I do not envy the tasks facing the incoming Prime Minister. Aside from rampant inflation, we may well be in the middle of widespread industrial action as workers in a variety of sectors seek to rebuild their spending capability. And we could also be at the start of a recessionary phase which will cramp further the government's ability to spend.

I remember the last period of high inflation only too well. In the early 1970s, conflict between Israel and the neighbouring Arab states, which became known as the Yom Kippur War, led to a quadrupling in the price of oil. This was swiftly followed by a banking crisis and a change of government, which in turn resulted in inflation busting pay settlements as unions were rewarded by the new Labour administration.

At its peak, the rise in the cost of living reached 25% year-on-year – an eye-watering figure. The profligacy of the Wilson/Healey approach after their election victory led to a much needed bail out by the International Monetary Fund and ultimately to Margaret Thatcher's victory in 1979. The Labour party were then consigned to opposition for the next 18 years. Could this be the fate facing a new Tory government?

It is said that inflation is like a genie – easy to release from its bottle, but most difficult to recapture and rebottle. The problems faced by those charged with calming our cost of living crisis are many and varied and not easy to solve. For a start, the trigger has been the war in Ukraine and the resultant rise in oil and gas prices and in the cost of food staples, such as wheat and fertilizers. Parallels can be drawn here with the early 1970s, though then agricultural products, which affect the global economy, were not such an issue.

A second, often overlooked, aspect of this current crisis is that central banks – and governments, for that matter - have become used to inflation not being an issue in terms of economic management. In 2008, faced with a global financial meltdown, central banks embarked on a seemingly risky recovery strategy called Quantitative Easing, or QE for short. Any economist worth their salt knows that printing money should result in higher inflation.

Except it didn't on this occasion. The traditional approach to combating inflation is to raise interest rates, but the rise in the cost of living remained remarkably muted, despite the injection of billions of dollars, pounds and euros into the economies of the developed nations. Interest rates, which had been lowered to close to zero to help struggling businesses, were maintained at these historically low levels for more than a decade.

There are now hawkish noises emerging from the likes of the Bank of England and the US Federal Reserve. A return to the tried and tested means of restricting the increase in inflation is now back on the agenda. So far the increases in interest rates have been relatively modest, most likely because economies are still relatively fragile, but more could be on the way, which will add to the pain being felt by households.

I fear the next few years could be tricky for many of us. Higher interest rates inevitably cause dearer mortgages which in turn could reverse the recent upward trend in house prices. With less public confidence in house prices, retail spending could take a knock. Our new Prime Minister will have plenty to contend with once he or she enters Downing Street.

Brian Tora

MY WISH CHARITY

Children are the focus of our page this month as we thank the community for helping us to enhance the care of young patients right across Suffolk.

As your local NHS charity our aim is to provide things that the NHS don't provide and your donations have allowed us to do just that.

Roy and Eva Cooke from Feltwell did a spectacular Christmas light display last year and raised money for the phlebotomy department meaning we were able to provide staff with a goody box full of items to bring a smile to children after they have had a blood test.

Clarks of Walsham are not only taking part in our Soapbox Challenge on 3rd September with an incredible soapbox, but they have donated picnic benches and a play house for the upstairs play area which are just a wonderful enhancement to this outside space.

Charlie Walker ran 5k every day for 30 days to fundraise for the Rainbow ward raising enough money for the ward to update their parent room with a new microwave, crockery etc. Donations to My WiSH also mean we can now provide a comfort pack complete with toothbrush and paste, wipes, tissues, bottle of water, notepad and pen etc. Just a few items to make parents a more comfortable should they find themselves staying overnight with their children.



We recently went to St Helen's House in Ipswich to meet Emily Gillingham and her son Harry along with Anna Carter, a paediatric speech therapist. Harry has benefited so much from the work Anna and the team have done with him and so Emily wanted to fundraise to buy toys which are used to help with therapy sessions.

One of our biggest enhancements has been the addition of a play specialist for the emergency department. Claire Thompson joined the Trust last year and your donations have paid for her for two years. This role is new to the Trust but is proving invaluable as Claire is able to work with the children and their parents allowing the health-care professionals to do what is needed and in turn make it a calmer environment and hopefully preventing future hospital phobias.

The area we cover is vast taking in not just west Suffolk but as far as Lowestoft and Felixstowe and also covering all aspects of health-care for patients under the age of 18. Our WiSH Upon A Star appeal focus' entirely on young patients and your donations really do make a difference so thank you for your help and support.

Scan to donate to
WiSH Upon A Star



KENNY'S NEWS FROM SESAW



The volunteers are wilting and the dogs have flopped down in the shade as I write this in the middle of a July heatwave. Luckily it was cooler a few weeks ago when the fundraisers held a sale at Newton Green. Thank you to everyone who helped to raise over £840 plus a generous amount from an anonymous donor.

Some of our ladies helped register runners at the Nayland 10K which raises money for local charities including SESAW. Congratulations to Luke and his team for another

enjoyable day with a great atmosphere. I felt most honoured when the girls returned with a spare 1K medal, although Mum says it was NOT named after me.

Make sure you visit SESAW during August if you like a rummage sale. We desperately need a massive clear out, our stock has piled up over the last two years. There will be something for everyone, from pictures to pottery, books to bric a brac, furniture to flowers. Roll up and bag a bargain, 10am – 3pm, any Saturday or Sunday in August.

Another date for your diary is Saturday 10th September when we will be holding a £1 Sale at the Stevenson Centre, Stevenson Approach, Gt. Cornard, CO10 0WD. Doors open at 11am, these sales are always popular so don't miss it!

We are still open 10am to 1pm, Friday to Sunday during the summer but check first to avoid disappointment. I'm far from disappointed with my 1K medal which I still think was made especially for me,

Kenny (the Boss) Chihuahua.

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

Tel: **01787 210888**

www.sesaw.co.uk

READERS' LETTERS

Dear Editor,

Our lovely antique bench & table with extremely heavy cast iron ends were stolen from our front garden on or around 15th June. The bench and table have been with us a long time and hold much sentimental value. Both the bench and table (which had an odd slat) needed tlc and we were planning to renovate them this summer. We only moved to our bungalow in White Street Green last November and previously had our solar lights stolen from the front pillars of our driveway and now our bench and table. We would ask that our neighbours look out for these items as shown in the attached photo.



Yours sincerely,

Susan & Trevor Page

Dogs Trust

SUMMER SAFETY TIPS

Walk your dog when it's cooler; early morning or late evening

If you can't hold your hand on tarmac for seven seconds, then it's too hot for your dog's paws

Ensure your dog has plenty of water and shade all day

FIVE SIGNS OF HEATSTROKE

- Heavy panting
- Excessive drooling
- Vomiting
- Drowsy and uncoordinated
- Collapsing

FIRST AID FOR HEATSTROKE

Move the dog into shade.

Pour small amounts of tepid water onto their body (never cold water).

Help them to drink small amounts of tepid water.

Once breathing settles, call the nearest vet.

Moving?

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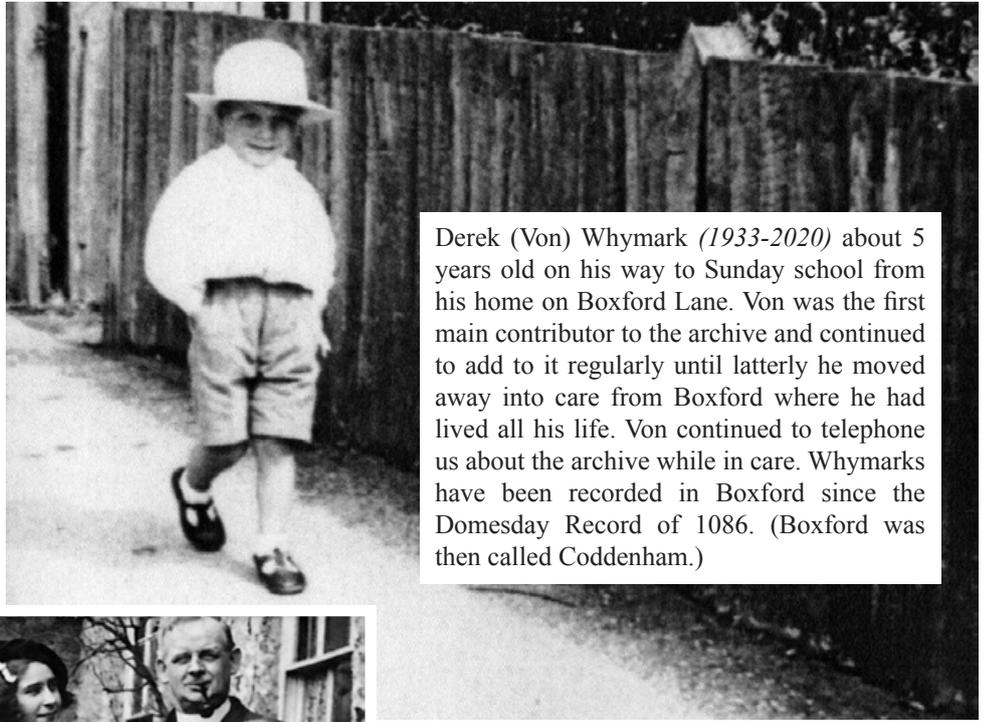
☎ **07866 015953**

☎ **01473 948526**

PHOTOS FROM BOXFORD SOCIETY VILLAGE ARCHIVE

These pictures are from the Boxford Society Archive which has been built up over the past 20 years by Tina and Roger Loose. It consists of photographs, pictures, copies of ancient documents like wills and inventories, oral histories, newspaper articles, books, recordings, videos and finally and importantly collections of notes left to the archive by many villagers who are no longer with us. Much of it is held digitally.

Any corrections or additional information you have about any of the pictures will be gratefully received. Naming people or precise dates would be very helpful. (tina.loose@gmail.com or 01787 210538 or Ancient House, 16, Clubs Lane, Boxford, CO10 5HN)



Derek (Von) Whymark (1933-2020) about 5 years old on his way to Sunday school from his home on Boxford Lane. Von was the first main contributor to the archive and continued to add to it regularly until latterly he moved away into care from Boxford where he had lived all his life. Von continued to telephone us about the archive while in care. Whymarks have been recorded in Boxford since the Domesday Record of 1086. (Boxford was then called Coddendam.)



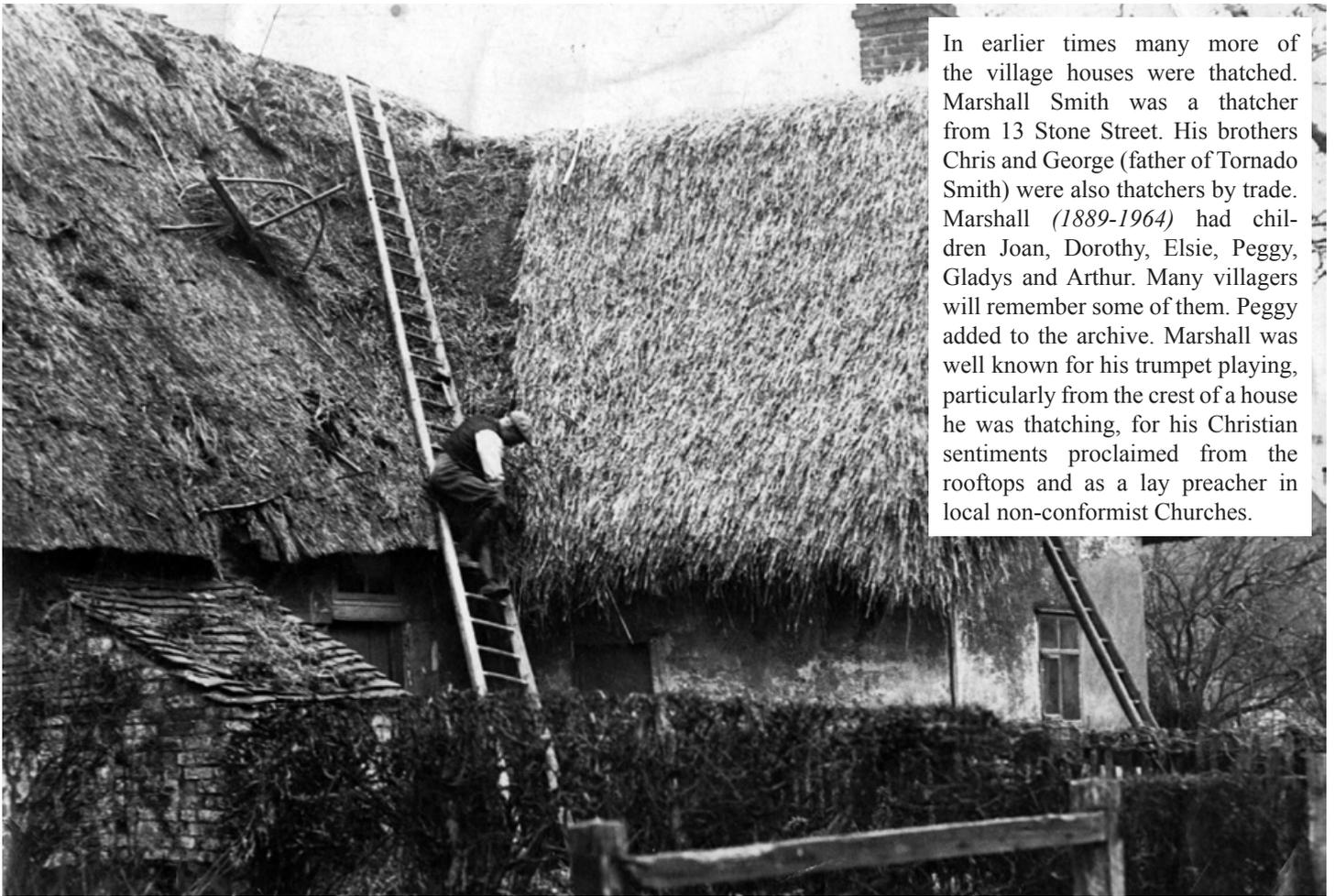
Some of the nine Bethnal Green evacuees in 1939 during WWII who lived with the Rector Rev. Thomas Rice (nicknamed Ticker) and his housekeeper whom he married before this picture was taken.

At that time the Rectory and Rectory Park was used as a sports area and for social events, as the Rector shared his premises with the community. Thomas and his wife were remembered as very kind and supportive by Maud Emily Clingan (2nd from right) and her sister who stands behind her. He used to take Maud antique hunting in Sudbury! Apparently she loved that.

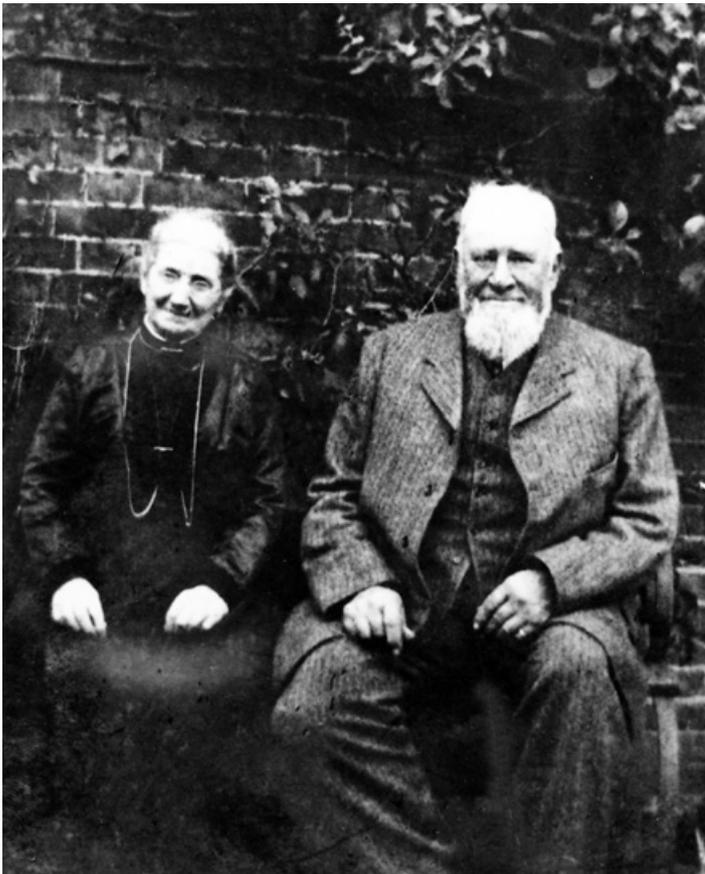
The Rules also took in refugees, but some villagers were much more resistant to having the children. The placement officer's work could be quite fraught as newspaper reports attest.



This lovely picture is of the last village outing before WWII to the seaside, probably Clacton. The young woman in a dress and no hat is "Queenie" who married 'Young' Tom Skinner of Ashley House Carriers, later based in Calais St. Do you recognise anyone else? Please let us know.



In earlier times many more of the village houses were thatched. Marshall Smith was a thatcher from 13 Stone Street. His brothers Chris and George (father of Tornado Smith) were also thatchers by trade. Marshall (1889-1964) had children Joan, Dorothy, Elsie, Peggy, Gladys and Arthur. Many villagers will remember some of them. Peggy added to the archive. Marshall was well known for his trumpet playing, particularly from the crest of a house he was thatching, for his Christian sentiments proclaimed from the rooftops and as a lay preacher in local non-conformist Churches.



Mr Charles (nickname Plummy) and Mrs Kemball in their garden at Kemball House on the corner of Butchers Lane. He was a maltster, builder and coffin maker as well as the regular Father Christmas for the village. He had two daughters who went boating on the Box River millpond with their friends, the Dawson brothers, when it was wider and deeper than today and the ponding sluice for the mill still existed.



Nicky and Polly Boileau, Wynne House between 1946-52 in the Pear tree just inside the entrance on the left. Her memories include collecting cream from Mr Leader across the road, a Mrs Munson who cooked at the house and the ice-cream man on a bike who came to the village on Sunday mornings. She has strong memories of the family farming at Coddendam Hall and the fun they had there. Her book gives a well-off family's account of Boxford village and life here in the late 1940s. She left Boxford aged 8 following the premature death of her father in 1952. The house was then bought by the Pearces.



For centuries the Kingsbury businesses were the lifeblood of many Boxford families. This is a works outing in 1920 to Chelsea Docks. We do not know if this was purely a pleasure outing or connected with the building business. Percy Fletcher's father is 4th from left, front row. Percy was himself a great and regular contributor to the archive and to the village. He arrived as a small boy and lived in Falcon House, Swan Street while his grandparents lived at Hagmore Green. He married Evie Grimwood from the shop-owning Boxford family.

RESEARCHING KINGSBURYS

At the end of June an urgent message arrived asking if The Boxford Society could help a family from Chicago in their quest for information about their ancestors, the Kingsbury family. They were stopping off in London on their way home to Chicago from Greece. Because of rail strikes and flights we only had a window of a few hours on the Friday morning. A whirlwind plan was hatched and Jessica, Tom and Mica arrived promptly at 9.30.



Jessica Lezac from Chicago

The archive had been searched and documents and photos made ready for them. Then followed a walk around the village and the church to see how the Kingsbury family had contributed so much to Boxford over five centuries. They saw where the two recent branches of the family had lived and worked and the many buildings they constructed. Lots of questions were asked about homes and life here when the Kingsbury's first arrived in the 1500s. Their ancestor left Boxford with the Puritans for the Massachusetts Bay Colony in America around 1630. They were also interested in the Winthrops as their ancestors had links with the family in the early pioneer days so we rushed out to Groton to look at the church, the

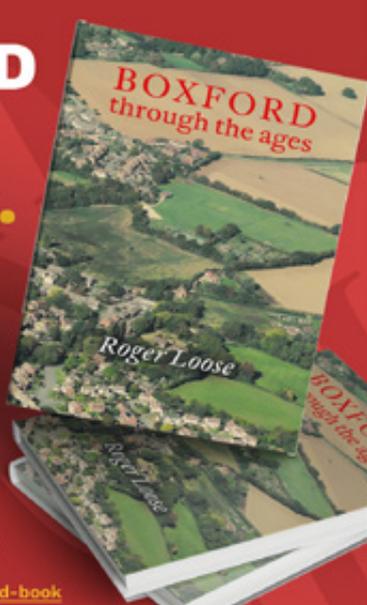
Mulberry tree and John Winthrop's birthplace. The final visit was a very brief meeting on the way to the station with Ann Kingsbury and her brother who lived in Mill Cottage by the River Box as children. Ann has been helpful in the past in exchanging information and pictures of the family and will be a useful link for Jessica.

It was a pleasure to meet such a charming family and pass on the information we have to them. We were delighted also to receive all of Jessica's research carried out during Covid lockdowns and look forward, at a later date, to writing in the BRN about the significant contribution of the Kingsburys and their workforce to Boxford.

Tina and Roger Loose

BOXFORD through the ages.

By Roger Loose



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

CITIZENS ADVICE

I'm due to fly to Spain during the school summer holidays. After hearing about all the problems at airports, I'm really worried. My family have been looking forward to this and it's cost us a lot of money. What do we do if our flight is cancelled or delayed?

citizens
advice

A lot of people will be worried after seeing the recent news about flights. If you face issues, the Citizens Advice website, www.citizensadvice.org.uk has lots of information about what to do when your flight is delayed or cancelled.

If you're already at the airport when they announce the delay, the airline should give you food and drink, access to phone calls and emails. You should also get accommodation if you're delayed overnight (including journeys to and from the airport).

Your airline might offer you vouchers to pay for these or advise you to keep receipts to claim back expenses later. They will only refund 'reasonable' expenses, not expensive meals or luxury hotels.



What counts as a long enough delay to get this help depends on how long your flight is. A short flight only needs to be delayed two hours, whereas a flight of more than 3,500km needs to be more than four hours. Full details are on the Citizens Advice website.

It's worth knowing that if your flight is delayed for more than five hours, you don't have to take it. The airline legally has to give you a full refund for that flight (and any onward flights and return flights if you're part-way through a connecting journey). Talk to someone from the airline as soon as you decide you don't want to fly.

If your flight is cancelled altogether, you've a legal right to either a full refund or a replacement flight to get you to your destination. The refund includes any onward flights and money for a return flight if you're part-way through a connecting journey. Ask about this at the airport if you can.

Don't just rebook another flight yourself - check with the airline first because it's their responsibility to sort out your replacement. If you do have to rebook it yourself, keep any receipts and evidence of why the airline couldn't do this for you, for example screenshots of live chats. If the cancellation ends up delaying you getting to your holiday by two or more hours, you're entitled to help with costs.

Check if you're entitled to compensation for a delayed or cancelled flight. Again, this will depend on how long the delay was, the distance, and whether it's the airline's fault. The Citizens Advice website has details on claiming compensation for delays or cancellations from the airline. You might also be able to claim from your travel insurance - check if your policy covers this.

If you have a problem with an airline and you're not sure what to do, call the Citizens Advice consumer helpline **0808 223 1133** or talk to an adviser online through www.citizensadvice.org.uk

If you need advice on this on anything else visit www.citizensadvice.org.uk or call Sudbury and District Citizens Advice on **01787 321400** and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number. Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website, www.sudburycab.org.uk/contact

We are providing advice by telephone and email Monday - Thursday, 10am - 1pm.

HADLEIGH & BOXFORD PPG

PRACTICE UPDATE

- More Doctors will be available so the Practice will be able to increase the number of Doctors' sessions.
- More advanced appointments are available.
- The number of Receptionist call takers has been increased.
- NHS England have paused GP practices doing Covid jobs until September.
- The Practice and the PPG are working on improving the Practice website but the changes will not be immediately apparent.

For those who don't use Facebook the following advice was posted on Tuesday 12th July <https://bit.ly/hadleigh-boxford-practice>

"We are seeing an increase in Covid cases, and we have numerous staff off with the virus. We are working really hard to keep the service running smoothly, but please do bear with us during this time. We are also seeing large numbers of appointments for patients with Covid and Covid symptoms. Fortunately the vast majority are not too unwell, and all that is needed is self-care advice rather than calling the surgery, as there is nothing additional we can provide.

The following link is really useful to help with self-care. Please only contact the surgery if you are very unwell, (for example have difficulty in breathing, or are getting worse despite the self-help guidance) <https://bit.ly/treat-covid-at-home>"

Active Suffolk is working with local Practices to support them in achieving the Active Practice Charter. This, the Royal College of General Practitioners' Charter, is a way of demonstrating to staff and patients that 'movement is the best medicine'. By making subtle lifestyle changes in and out of the Practice they are aspiring to achieve the Active Practice Charter status.



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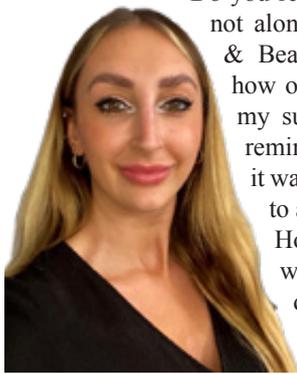

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THE GLOW PRO



Do you regularly check your moles? No? You're not alone... Until working at Suffolk Medical & Beauty Clinic, I was pretty naive about how often I should check mine, even though my surname (Moles) should be an obvious reminder! While I checked them sometimes, it was really just a second glance, as opposed to a thorough inspection.

However, knowledge is power, and that's why I've teamed up with our resident doctor to answer your mole-related questions and offer advice on how we can all stay safe, especially in the sun.

Introducing the expert!

Dr Anthony O'Neill has over 30 years' experience as a GP and takes a particular interest in dermatology. Using his specialist knowledge, Anthony routinely carries out minor cosmetic procedures for the removal of unwanted lumps and bumps, such as skin tags, some moles, cysts and more.



Is it normal to develop new moles throughout life?

Most moles usually develop in childhood and adolescence, but adults can also develop new moles. Not all moles that appear in adulthood are sinister. For example, benign new moles can emerge during pregnancy, due to hormonal changes. However, if you're concerned or develop a new mole, it's always best to speak to your GP or a skin specialist.

Are some people more at risk of developing skin cancer?

Factors that can increase your risk of skin cancer include:

- Pale skin that burns easily (Fitzpatrick skin type 1 and 2)
- Having more than 50 moles on your body
- Personal and/or family history of malignant melanoma
- Having a weakened immune system
- Excessive exposure to sunlight and other forms of radiation
- History of blistering sun burn

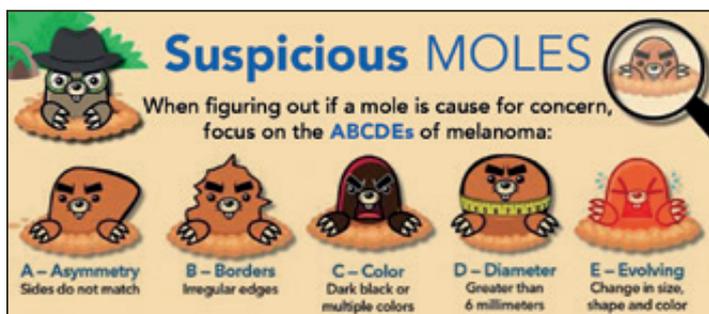
Why is it important to check moles?

Most moles are harmless, but occasionally they can turn cancerous. The earlier this is detected, the better. Melanomas are a type of cancerous mole which most people have heard of, but there are others such as basal cell carcinomas (BCC/Rodent Ulcer), and squamous cell carcinomas (SCC). These are much less serious, but still need to be removed.



How do I check my moles?

To make checking your body as easy as possible, be in a well-lit room with a mirror to hand so you can examine any hard-to-reach areas. Take photos of your moles with a ruler or tape measure next to them so that you can refer back and check for any changes at a later date. In difficult areas like the scalp, back and the back of the legs, ask someone to help you.



Should I wear sunscreen all year round and what SPF would you recommend?

Ideally, you should wear SPF50 on sun exposed areas all year round to reduce the chance of sun damage caused by UVA and UVB. Suitable clothing and hats also provide excellent protection.

The body naturally produces vitamin D in response to direct sunlight (up to 30 minutes a few times a week is usually sufficient) so if you are completely screening your skin from the sun, consider taking a supplement to ensure you maintain healthy levels of vitamin D throughout the year.

Foods that contain vitamin D include: tinned or fresh salmon/tuna/herring/sardine, cod liver oil, egg yolk, mushrooms, some fortified food such as cow's milk, soya milk, breakfast cereals and orange juice.

If you'd like to enquire about having a mole removed, please get in touch!

Helena x

office@suffolkmedicalclinic.co.uk
01787 211 000



Summer SNAPS COMPETITION

• **COMPETITION** •

We all like to have fun in the sun, but protecting your skin is essential!
So this month, we're giving you the chance of winning a range of Heliocare, the multi-award winning professional SPF!

To enter, like and follow our Facebook or Instagram page & send in your summer themed pictures before the 5th of August 2022 to:
theglowprosuffolk@gmail.com

T&Cs

- 1) Winner will be selected by the Suffolk Medical & Beauty Clinic team based on creativity and relevance to the theme
- 2) Closing date 5th August 2022
- 3) One picture per entry
- 4) Winner will be informed by email within 7 days of the closing date

Beauty Postbag

Thank you for all of your questions and comments for this month's Q&A!

Our chosen question comes from Laura, based in Ipswich. She asks:

Q: Since starting the menopause my eyelashes have felt thinner and look sparse. Mascara seems to make it more obvious. I've tried a few serums but they haven't worked. Can you recommend anything?

A: There are plenty of people who want to improve their natural lashes for a variety of reasons so you're not alone! I recommend trying *Latisse*[®], an FDA-approved treatment which is clinically proven to grow eyelashes longer, darker and fuller. *Latisse*[®] works by increasing the length of the growth (anagen) phase and increasing the number of hairs. Following the instructions, you could see a real difference in the length of your lashes in as little as 4 weeks - it's no illusion! It's a prescription-only treatment, so you'll need to speak to a medical professional first. We stock *Latisse*[®] in-clinic, so please don't hesitate to give us a ring if you'd like to know more: 01787 211 000.

Email your beauty questions to theglowprosuffolk@gmail.com for a chance to be featured next month!

FRENCH'S CARE HAVEN

Hello to our readers, let's give you all an update on the happenings at French's: Pamela who did her 80th birthday, 80 mile bike ride, raised £900, which was brilliant. Pamela is also one of our volunteers along with her husband Graham. Graham does some strimming for us while she helps clean and feed the animals. Debbie, who did her scarecrow fundraiser, raised £450. A huge thank you to both ladies. Our BBQ open day in July also went well, over 120 people came along and it was lovely to see families interacting with our rescued animals on the day. Our animals loved the extra attention and activity. The nice thing for me to hear on our open day was what super condition our animals all looked in. One of the photos was a family with our donkey 'Minstrel'. Thank you to Tesco in Sudbury for supplying our buns and thank you to Perrywood garden centre for their £30 plant voucher. While thanking people, our helpers and our BBQ cook did a great job, well done team.



I gave a talk to the Hadleigh Wives' Club one evening in June and met some lovely ladies. I did see a few of the ladies from the club came along on our open day and it looked like they were enjoying their visit and our BBQ. We are looking for a volunteer handy man who can spare us a morning a week to help with the up keep and small jobs on the grounds along with repairs. Can you find a bit of your time to give us? I would really appreciate your help, if so please give me a call on the number below.



Monks Eleigh fete: We had a stand at the fete that Sharon lead the way with and did a great job for us, giving locals a look at the work we do, as you can see in the photo. Helpers who came along to give Sharon a hand were, Pamela, Graham, Debbie and Jackie. The Fete and dog show went well and

even though I was not there, because I had to tend to our animals on the farm, it sounds like the fete was a success and a good day for visitors. Such a shame I could not be in both places, looks like I missed a lovely day out.

Our yearly 100 club has restarted with prizes starting from the £50 first prize. We have a monthly draw and a bonus prize at Christmas. Call Sharon on: 07999051401 to pick your numbers and buy tickets, £30 each. Our 100 club helps our animals with food and their daily care, give Sharon a call today.

Raising money is essential to our charity, as the animals care and management has huge outgoings of several thousand pounds each month, excluding extras like massive vet bills which have occurred over the last few months. Whether it is doing a fundraiser for us, or just buying a 100 club ticket it all helps and we appreciate your input when you support us.

We have a position available for one or two weekend mornings a week. Full training will be given. This is a great opportunity to become part of our small team and work with our beautiful animals. Reliability is essential. If interested, please call me.

Ragwort (poisonous to horses & donkeys) is going crazy again this year in our fields. We are on top of it in some fields, but could do with some extra help to clear it from others. If you can spare an hour or so to help pull it up, please get in touch.

French's is a charity on your doorstep: can you help, either with time, donations, or sponsorship? You are welcome to come along and meet our animals - Call Jann for an appointment on: 07747 755556 or email: jann.turner@hotmail.co.uk

Website: www.frenchscarehaven.org.uk

HUMMINGBIRDS? IN SUFFOLK?

You're out in your garden at the height of Summer and suddenly you can hear a low-pitched vibrating sound - the thrumming of tiny wings beating incredibly fast. Turning your head to your borders you see the darting of a small flying creature, stopping and hovering at the flowers along your borders whilst it drinks nectar from each.

You'd be forgiven for thinking that this beautiful creature is a hummingbird, and you wouldn't be alone. Naturalists across the country get hundreds of calls a year from excited would-be hummingbird spotters. It's certainly a surprise too - true hummingbirds only live in the Americas!



In all likelihood the creature you're looking at isn't a bird at all, but a large day-moth known as a Hummingbird Hawk-Moth (*Macroglossum stellatarum*). These amazing insects, which migrate to the UK in the summer months from South Europe and North Africa, feed from nectar-rich flowers such as Honeysuckle, Lavender and Buddleia. One of the larger moths, their wingspan can be up to 5.8cm across (the same size as Cuba's Bee Hummingbird) and they have bright orange hindwings, a brown body and a black and white 'tail'. When hovering they beat their wings at up to 80 times a second to help keep them still enough to extend their long proboscis (which can be up to 3cm in length!) into the flowers to feed. As they do so, the bright orange of the hindwings is exposed making them quite a colourful sight.

The female moths will lay single eggs in Bedstraw (varieties of which include one of the gardeners' enemies - the incredibly swift-spreading Cleavers aka 'Goose-grass' or 'Sticky-Willy'). The caterpillars eat just this species of plant and so are quite a friend to gardeners. It is uncommon to see the cocoon that the caterpillar pupates in as it usually buries itself a couple of centimetres beneath the soil to emerge 3 weeks later as an adult moth.

If you're lucky enough to see a Hummingbird Moth then you'll know what a joy it is to watch in the garden as it flits from flower to flower. If you would like to attract these wonderful creatures consider planting nectar-rich species of shrubs and flowers that bloom in August onwards.

MEMORIALS

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WOMAN WHO WALKS

Here's another short walk around the outskirts of Boxford, with an even shorter alternative. It's mainly off the roads, with many wide views of the surrounding countryside – perfect for a balmy summer evening.



Take the footpath from Cox Hill, along the hedges at the ends of the gardens, and follow it through the woods. At this time of year, the ground is dry, so you can walk through the trees and enjoy the glimpses of the large pond, edged with bulrushes, on your left. At the end of the wood, the path emerges into a large field. Follow it round the bottom of the field and then right, up the hill, past the footpath to Cox Hill House and past the bridlepath signs. The views to the left and behind you open out as you climb the hill, with Assington and the Hagmore Green firs in the distance.

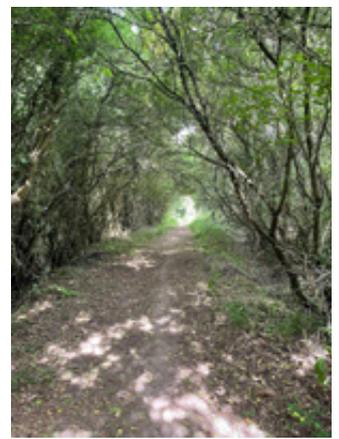
At the top of the hill, the path passes two meadows, with a high hedge, then woodland on the right. There are several unusually tall sweet chestnut trees on the edge of the wood and at this time of year, they are covered in glossy, saw-edged leaves and strangely exotic-looking flowers, hanging in long clusters from every branch.

At the end of the path is a T junction of footpaths. Turn left and follow the path along the top of the last meadow and on along a green corridor, with mixed woodland on the right and a profusion of wild flowers on the left. The path eventually narrows, seeming to disappear into a tunnel of overhanging branches. The tunnel continues, with light filtering through the leaves, until you reach the road at Wicker Street Green.

Cross the road and take the track opposite and slightly to the right, marked with a footpath sign. At the end of the track, go left then immediately right, along the edge of another flower-filled meadow, with more woodland in the distance to your left. At the next footpath sign, turn right, straight across the field, then to the left of a hedgerow. Here, the view opens out again into a vast skyscape, with distant views of Assington, then Groton church emerges, closer but still appearing far away.



When you reach the road, turn left, then right shortly after at a footbridge through a hedge (there is a footpath sign not easily visible from this direction). The path goes along a hedge at the side of a garden where some resident geese might honk a greeting to you.



Follow the path down the hill, the views of Groton gradually receding as the slope steepens. In the current dry weather, hardy wild flowers have taken over from the crops towards the bottom of the field, a mix of yellow trefoil and purple vetches, ending in a pillow-fight of daisies. The path continues down a couple of steps and through a small wooded area, then ducks through another tunnel of branches which shut the rest of the world out entirely, so that when you emerge into the next meadow the light seems all the more intense. Go left, round the end of the wooded area and across a footbridge under a Willow. The path turns right, along a ditch and ends at the road.

Here, there is a choice. If you want a shorter walk, you can turn left and follow the road down to The Spong, then take the path on the left, along the bottom of the field, with Groton church visible at the top of the hill. The path goes down to the left and through a small wood, winding along the edge of a stream and ending in Horner's Green. Here, you can turn right and follow the road down to Butcher's Lane, or right again at the green and up the hill towards the Groton Fox and Hounds.

If you want a slightly longer walk, when you reach the road, take the footpath immediately opposite, following it to a footbridge, then left up the side and round the top of a grassy field. Look out for the footpath sign on your left, next to a horse jump, and follow this path along the edge of another field, with wide views again on your left. The path leads round to the right, along a field with more horse jumps, then left into a wood. Here, you pass Pitches Mount, a huge mound of earth which was once the site of a 12th century castle. Follow the path round the Mount and take the footpath over the stile to the right. This path leads through a private garden, through a gate and down to the road.

Cross the road and take the footpath almost opposite, leading across a large field and eventually on to the Edwardstone road, beside the old school house. Here, you can turn left and follow the road until you reach the first footpath sign on the left, between two houses. This path takes you round a small pond and across a large field. At the junction with a track, turn right and then left on to Sherbourne Street. Enjoy the distant views again, with Groton church now on your left, as you head back towards Boxford.

Cross the road and take the track opposite and slightly to the right, marked with a footpath sign. At the end of the track, go left then immediately right, along the edge of another flower-filled meadow, with more woodland in the distance to your left. At the next footpath sign, turn right, straight across the field, then to the left of a hedgerow. Here, the view opens out again into a vast skyscape, with distant views of Assington, then Groton church emerges, closer but still appearing far away.

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Lisa

www.womanhowalks.com

Instagram: [@womanhowalks](https://www.instagram.com/womanhowalks)

NEWS FROM KERSEY SCHOOL

Acorns (Reception, Years 1 & 2)

We have had the most exciting two weeks in Acorn Class. Firstly, we had the proud responsibility of growing and taking care of our very own caterpillars which we are pleased to say have all grown into the most beautiful butterflies. The children took the butterflies over a flowery spot in the church yard and released them into the wild. We spoke a lot about the importance of animals in the world and allowing them to be free and grow in their natural habitat. The children took great pride in this and were amazed to see their final transformation.

We have also been designing and creating our own camouflage theme t-shirts as our art project has been looking at camouflage artists. The children have discovered patterns and techniques they can use to make themselves look almost invisible against different backgrounds.

This has also linked nicely into our work about animals, their life cycles and their habitats. We have focused on exploring why some animals use camouflage and why some do not need to. As well as this we have learnt that frogs begin their life as tadpoles and are often only camouflaged when they are fully grown adults.

Finally, a huge well done to all the children who participated in sports day! The children in Acorn class were committed to trying hard but had a great attitude towards success, failure and team support! Mrs Cousins and I are exceptionally proud of you!

Miss Pratt

Oaks (Years 3, 4, 5 and 6)

The past two weeks have seen the return of Mrs Quinn and our fantastic Art lessons. This week was no exception; we created our own clay fish, which looked incredible! We will be adding colour to them in the coming weeks.

We have been writing our own biographies in English, based on the learning around David Attenborough's biography. We have used what we have learned to make our writing the best it can be. It has been a great opportunity to share our knowledge about other famous individuals who are passionate about the environment.

Sports day is always a great event in the school calendar and the perfect opportunity for the older children in the school to demonstrate how mature and sensible they can be when with their Houses. It can take a lot of patience and kindness to support others, but Mrs DP and I were impressed by how well the Oak class children looked out for their younger peers. Well done!

Mrs Damant

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

Follow us now on social media for all the latest news and information.

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Twitter: [@KerseyPrimary](https://twitter.com/KerseyPrimary)

Instagram: [kerseyprimaryschool](https://www.instagram.com/kerseyprimaryschool)



EBONY'S DIARY

Happy holidays to all our riders and their carers. I know 'holidays' don't really exist for the team of carers who visit but at least it's one less trip you have to organise in a busy week. We look forward to seeing you all again in September.

If the usual procedures about planning speed up, there should be some swanky new building work to view when we re-open. We can't wait to show you.....

The Summer Term finished with small dressage competitions and The Countryside Challenge for those riders who wanted to compete. Look at our news page on our website (below) to see who participated.



Back in June we had a delightful visit from the Ipswich Rotary Club. They were shown all the horses, including me, and heard about the work we do. It was a sunny evening so the Centre was looking its best. I think our guests enjoyed themselves. They asked a lot of questions! Ruby is greeting them in this photo.



The second photo shows the Wednesday afternoon group of volunteers celebrating the last rides of the term in terrific holiday attire! That brought a smile to everyone's faces.

The big gossip I'm hearing at the Centre is all about the Shelley Ball. Many more discussions about dress, hair, nails, make-up, raffle prizes, food and drink! What a lot of trouble you humans go to for a fundraising event, and how very grateful we horses and our riders are that you do. Best of luck everyone, may you all enjoy the frivolities and come back in September raring to go.

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

Reg. Charity No. 1113636

Tel: **01473 824172**

www.shelleyrda.com

Remember!

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

www.boxrivernews.com

FEEDBACK FROM JAMES FINCH

Your County Councillor for the Stour Valley

Family carers must be recognised for their invaluable contribution

During the week 7 – 12 June Suffolk County Council, alongside Suffolk Family Carers and other partners, marked Carers Week and celebrated the hard work and dedication of carers in Suffolk.

The theme this year is ‘Working together to ensure family carers are visible, valued, supported and connected’. There are an estimated 98,000 carers across Suffolk who provide unpaid care for their loved ones. In the UK, according to research from Carers UK conducted in 2020, this figure rises to 13.6 million. Their contribution is believed to have saved the country somewhere in the region of £193 billion during the Covid-19 pandemic alone – during a time when many have faced unprecedented pressure, taking on new caring responsibilities for some of the most vulnerable in our society.

That is why, during Carers Week, we highlighted the challenges faced by unpaid carers and recognising the contribution they are making to families and communities across Suffolk and the UK.

Many people are carers without realising it. If you are supporting someone who cannot manage without help, whether due to illness, frailty, mental health, substance misuse or disability, then you are a carer and we want you to know that there is advice and support available.

Some of this support is financial: for example, you may be entitled to a weekly allowance or a reduction in your Council Tax. You can also find practical and emotional support. There are several groups and organisations where you can link up with other family carers and share information and experiences in a friendly setting. These can also offer a welcome break from your role as a carer.

To learn more about the types of support available, help is available on the Suffolk County Council website <https://bit.ly/help-for-carers>. In addition there is support and help at Suffolk Family carers website <https://suffolkfamilycarers.org>

Council objects to Norwich to Tilbury pylon proposals

On June 8th, Suffolk County Council confirmed its intention to object to the proposals for **National Grid’s East Anglia GREEN pylon run**. A new network is needed to deliver electricity between Norwich, Bramford and Tilbury, to cope with the increasing amounts of renewable and low carbon electricity being generated around East Anglia.

The council does not support this proposal as it stands. It believes that there are better ways to manage the project, for example involving an undersea network which has not been fully investigated. The council has been campaigning for government ministers and officials to introduce a more co-ordinated off-shore approach to meet the demands of all the energy projects in the region.

The council absolutely supports ambitions for renewable energy and the government’s commitment to meet the target of Net Zero by 2050. They recognise the benefits that can come from this project, and they continue to work with the government to develop coordinated off-shore transmission.

However, the council objects to the proposal for National Grid’s East Anglia GREEN as it stands. I and my colleagues are determined that Suffolk will not suffer unnecessarily as a consequence, we will continue to protect our communities, residents and natural environment.

Successful communities awarded £6.4m to ‘Reclaim the Rain’ and tackle flooding

Norfolk and Suffolk County Council’s joint Reclaim the Rain

project, which aims to implement innovative and sustainable water management projects, was announced on 14th June. Six communities across both counties were selected. The project team received 37 formal applications from communities keen to be involved in Reclaim the Rain living in one of the most driest areas in the country. These applications were carefully considered and whittled down to three communities in Suffolk and three in Norfolk. They are:

- **Boxford** – this community displayed a strong interest in sustainable water management and ways in which the community could be more involved with water management.
- **Friston** – who are exploring innovative ways of resolving hard-to-resolve flood issues.
- **Little Blakenham** – they identified some opportunities to work with upstream landowners, allowing them to have a more proactive approach in managing flood water running off their land.

I am excited by the announcement of Boxford in particular as one of Suffolk’s chosen communities, and congratulate officers and selected communities across the two counties, in what will no doubt be a fascinating and innovative 6-year programme to provide guidance to future National policy.

Extra Funding for second phase of £45 million five-year project for SEND

Suffolk County Council’s Cabinet agreed an additional £15.9 million to complete the funding for the creation of at least 879 specialist places for children and young people with special educational needs and disabilities (SEND). This money marks the second phase of a £45million five-year project to deliver specialist provision for SEND students in Suffolk. These places include units attached to mainstream schools and three new special schools.

So far, 500 new places have opened across the county, with another 325 due to open between September 2022 and September 2024 under phase 1. The additional money will enable the completion of phase 2 of the project, and the creation of between 54 to 72 new places, depending on design and planning.

The new SEND places support the growing number of children and young people in Suffolk who need specialist help at school. Between September 2021 and May 2022 there have been 1,333 referrals for specialist placements for children currently in mainstream schools

Virtual Fostering and Adoption Sessions for the Stour Valley

A Foster Carer Recruitment Event is held the 1st Wednesday of every month, and an Adoption Event is on the 1st Thursday all 7:00pm in your home.

To book a place please email Claire.Gwatkin@suffolk.gov.uk.

My Priorities

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

james.finch@suffolk.gov.uk

Tel: 01206 263649

Mobile: 07545 423796



FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

One of the nicer things about being your councillor is sometimes being asked to do proactive duties. I was recently, along with others, asked to officially open the little local needs housing scheme for two houses and two bungalows in Groton. It was a very special occasion and a good chance to catch up with Hastoe staff who were part of this project along with Rose builders for the past five years. I also caught up with members of Groton PC and various local residents who helped to instigate this very much-needed local project. We can but hope that whatever government we may have in the future, that these houses are always preserved for local residents of this village and never made the subject of the harmful right-to-buy legislation as was suggested by our floundering PM in a desperate attempt to win some votes and a stay from his current difficulties brought on by his own total lack of awareness of how normal folk live and at the moment survive.

Also last week I was asked along with others to help make a "Be a Councillor" video by the Electoral and Comms team at Babergh, which is designed to attract new candidates to stand for election next year. This is something that I was pleased to do, as however much I still enjoy the role, the challenges and helping residents get a better deal and understanding the role that local government plays in our lives, I do recognize that we always need new blood coming in at election time to bring new ideas and democracy into our organisation.

We also need every resident to come to the polling stations to cast their votes, hopefully for a candidate who represents them and not themselves as has happened at national level.

There has been a democratic revolution already as the last four by-elections have produced genuine hard working new MPs to represent their constituents in place of the normal political fodder of party puppets to support an ever failing out of touch junta. It seems that now we can all have a good local representative to take our views and concerns forward.

While talking of national politics, it is truly nauseating to hear eight wannabee's talk glibly about it being us that matter and better times ahead when just a month ago they were all on the other side of this magic fence backing massive sewage pollution, trying to change our parliamentary laws to protect a lawbreaker and having no regard for the wellbeing of the rest of us at all. Subtle changes to the right of protest, the right to be able to vote along with a very right-wing control of the national media, leading to very unfair elections and referendums as well as putting pressure on our national broadcasters and Channel 4 are about the place that Putin was in twenty years ago when he first appeared and was not quite the monster he is now. Please be very careful what you vote for, as all is not always as it first appears.

Hopefully now that Johnson has gone, the comedy of errors can become a new beginning but probably not with any of the current applicants who are beginning to quarrel amongst themselves and scratch open all the old wounds from past failures and cover ups.

I think honesty, integrity, and the ability to serve for the best of others instead of themselves is sadly missing from this remaining quintet. We are still a million miles away from getting back onto the World stage and others being comfortable with having us there. So tragic.

Locally and I hope finally, the application to build 64 houses on the farmland at Sandhill, Boxford will now be coming before the planning committee at Babergh on Wednesday 27th July.

The PC's and my opposition to this, is not that we do not want development, it is that we want development in the correct place with proper infrastructure to accommodate and facilitate it. We are getting to the stage where we need another local scheme for

local people, a bit like another Boxford's Station Field, maybe with some shared ownership or self-build houses for local people to be able to have a home along with an expansion of our school and with some areas for local car parking so that others can move, work and shop safely in our village.

By the time this newsletter is out it I hope that the temperature will have dropped from 40 degrees (104 Fahrenheit in old money) down to a more temperate seasonal heat. It is now about 40 years since David Attenborough and then Al Gore warned us of what global warming and climate change would do to our once-safe planet and it seems that our national leaders have done very little and the COP-22 World conference was just paying lip-service to what is a world disaster threatening us. When the previous climate conference was held in Rome the year before, the new President Biden turned up with 80 diesel-guzzling limousines, what an own goal! While a new President cannot know everything, one would have thought that he would have an aide or intern to whisper in his ear, it seems that we are not the only country lacking a true statesman or sensible leader, hopefully he will learn quicker than Trump.

Surely it is not too much to ask that the airplanes that traverse and pollute our skies should only carry passengers when essential freight can also be accommodated and that the appropriate fuel duty should be paid and money raised should be used to offset the damage that this means of travel does to our environment. If we destroy our world the next generation will have nothing of beauty to visit and admire.

If any of my constituents want to engage with me on any matters of concern to them then please feel free to do so. My annual day off is during the second week of August but otherwise I will be around.

All Best Wishes and Hopes.

Bryn xx

bryn.hurren@babergh.gov.uk

Tel: **01787 210854** / Mobile: **07771 508348**



Being a family carer for my mum is an honour, but also a sacrifice. I have my own mental and physical issues but I can't let her see. My pain and anguish is on hold when I'm with her.

A family carer from Suffolk

Family carers can feel invisible to even the people closest to them. That's why we make caring visible, valued, supported and connected.

Suffolk Family Carers
Living Fuller Lives

01473 835477
hello@suffolkfamilycarers.org
www.suffolkfamilycarers.org

ENSURING FAMILY CARERS ARE VISIBLE | VALUED | SUPPORTED | AND | CONNECTED

PARISH COUNCIL UPDATES

LITTLE WALDINGFIELD

Summary of Council Meeting 5th July 2022

Reports by County Councillor and District Councillors.

Reports were received from County Cllr Philip Faircloth-Mutton, District Cllr Margaret Maybury & District Cllr Clive Arthey. Copies of their reports and questions raised are contained in Annex A to the full minutes available on the Council website.

Co-option of new Member

Members, having reviewed her application and qualifying status, approved the co-option of Tina Impett as a Member of the Council.

Clerks Report

The Clerks report on matters arising from the last meeting is attached as annex B to the full minutes and can be viewed on the Council Website.

Planning Applications & Decision Notices

- a. Members noted the refusal of Application DC/22/0614 – Erection of 2 dwellings, Land to the Rear of The Grange, The Street, Little Waldingfield.
- b. Members noted the Discharge of Conditions Application DC/20/00402 –, The Swan, Little Waldingfield.
- c. Members considered the Discharge of Conditions Application DC/21/00149 –Priory Farm, Priory Green, Edwardstone, Part In Parish Of Little Waldingfield, and agreed that no comments were required.
- d. Members considered Applications DC/22/02972 (Householder Application & DC/22/02973 (Listed Building Consent) - The Priory, Church Road, Little Waldingfield. It was agreed to submit a “No Objection” comment.
- e. Members considered Application DC/22/03221 Listed Building Consent - The Old Vicarage Haymarket Little Waldingfield and agreed to support the application.

Finance

The bank balances and bank reconciliation were reviewed together with the RFO's report.

Governance

- a. The updated Asset Register to include the new bench at Croft Lea was approved by members.
- b. Member's Responsibilities were reviewed and changes agreed. The list will be updated on the Council's website & Noticeboard.
- c. Recruitment of new Clerk: the Chair informed the meeting that there were currently 14 vacancies for part- time Clerks in the Suffolk area so the likelihood of filling the post was slim. Discussions followed regarding operating without a qualified Clerk and employing an admin assistant. It was agreed to take advice and discuss the findings at the next meeting.

Highways & Footpaths

The Footpaths Working Party requested costings be obtained for the cutting of those footpaths that are frequently used but not part of the current cutting programme. It was agreed to review the whole of the current cutting arrangements and determine whether improvements could be made.

Date of Next Meeting

The next meeting will be held on Tuesday 6th September 2022 at 7:30pm in the Parish Room.

Full minutes can be found at <https://bit.ly/lw-parish-council> under Meetings Agendas & Minutes

Chris White

clerk.littlewaldingfieldpc@hotmail.co.uk

NEWTON GREEN

Summary of Council Meeting 15th June 2022

22/113 Clerk's Report

Following a review of the Clerk's report (Appendix A) the councillors agreed to contract the Community Wardens to jet spray the MUGA (Multi-User Games Area) in Spring 2023 at a cost of £185 +VAT. The Clerk was asked to contact Roy Gardner regarding the repair of the bylaws sign in the layby. The Community Wardens have been contacted regarding the splintered pane in the bus shelter opposite the Saracens.

22/114 Finance

- b. All cheques signed and due for signing, as itemised in the RFO Report as well as the payment of £8,724 to CHT for the defibrillators were authorised by the councillors. The councillors also noted the income received since the last meeting and reviewed the Statement of Accounts against the budget, the bank reconciliation against the bank statement, the committed spending and the statement of reserves.
- c. The councillors reviewed the proposed costs for the legal services to transfer the allotment land to NPC. The councillors resolved to proceed with the transfer and agreed on a budget of £3,500+VAT.
- d. The council is still awaiting a quotation to provide an electricity supply for the Christmas Tree.

22/116 Recreation Ground

The councillors were updated that the tennis net storage cabinet has now been fitted in the MUGA. The litter bin has been ordered and will be installed by the Community Wardens once delivered. The Chairman updated councillors on the official opening of the play equipment at the Queen's Platinum Jubilee celebrations.

22/117 Defibrillators

The three defibrillators are now installed and awaiting confirmation that they are now part of the ambulance service system. The training session for the cardiac arrest response seminar is being planned for September. The seminar will be publicised in the Box River News. The issue raised by a resident over the location of the defibrillator on Little Green has been forwarded to Newton Green Trust for its consideration.

21/119 Welcome to Newton

The councillors reviewed the final draft of the booklet and were pleased with the content. The Clerk will produce 250 copies of the booklet ahead of the July meeting.

21/122 Picnic in the Park

The Chairman updated councillors that the total costs of the event held to celebrate the Queen's Platinum Jubilee were £216 with proceeds raised of £127. There were more than a hundred and ten people present and the councillors were very grateful for the entertainment provided by village resident Richard Bradford on the day.

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

Dave Crimmin

newtonpc2@gmail.com

OTHER PARISH COUNCILS

The following Parish Councils were not able to supply their minutes in time for publication, but may be found on their websites.

Boxford parish council minutes can be found at:

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

Edwardstone parish council minutes can be found at:

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

Groton parish council minutes can be found at:

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

MILDEN CRICKET CLUB



Battsford v Milden: Battsford pavilion at tea after order restored post-tornado.

TORNADO STOPS PLAY!

Only one win for Milden out of the five matches played in the past month, but the match at Battsford & District CC's Moats Tye ground on 10 July will surely be remembered as much for the tornado that struck near the end of the Battsford innings. Happily, order was restored after a 15-minute break in play, but 'tornado stops play' is now likely to feature in the 'Chronicle of [noteworthy incidents] 2022' in next year's *Wisden Cricketers' Almanack*.

Batting first after winning the toss on a hot afternoon, Battsford were 141 for 9 when the players were distracted by the sight of the parasols over the picnic tables in front of the pavilion (from where spectators were watching the game) being turned inside out and lifted into the air, one being blown onto the top of the adjoining container. Only when the dust in the nearby car park started to spiral did it become apparent to the batsmen and Milden fielders (who were unaffected) that the cause of the mayhem was a mini tornado, lasting less than a minute.

The tornado seemed to have appeared from nowhere and tracked in a narrow corridor. Happily, the parasols were retrieved and, with order quickly restored, play resumed, Battsford losing their final wicket without adding to their score. Joe Smith was Milden's most successful bowler (after conceding 11 runs in his first over, he ended with 4 for 26 from his ten overs) but important wickets were taken by Scott Vaughan (2 for 5) and Guy Evans with his leg spin (3 for 9 – all bowled). Matt Archer took the remaining (and key) wicket, that of Jack Hall for just 7, via a juggling catch at point by Guy Evans.

In reply, Milden lost two early wickets before a partnership of 38 between Stan Evans and Jack Montgomery steadied the innings. After Montgomery fell (caught and bowled by Skinner for 10), Evans (54) continued the steady progress with David Willis (29) but with the score 133, both fell to catches by Hall before the win was secured, thus reversing the result in the high-scoring match at Milden two weeks earlier.



Stan Evans, Milden's top-scorer v Battsford

Other results:

19 June *Bardwell v Milden*: Milden 142-7; Bardwell 143-2. Bardwell won by 8 wickets.

26 June *Milden v Battsford*: Battsford 282-6; Milden 232-7 (Cunningham 58, Willis 52). Battsford won by 50 runs.

3 July *Milden v Edwardstone* (John Bailey Trophy match): won by Edwardstone – see adjoining column.

17 July *Milden v Bardwell*: Milden 209-5 (Walton 96 not out); Bardwell 213-3. Bardwell won by 7 wickets.

Remaining 2022 fixtures:

7 August	Long Melford (home)
14 August	BT Waldringfield (away)
21 August	Brantham (home)
4 September	Melton St Audrys (away)

David Lamming

EDWARDSTONE CRICKET CLUB

Edwardstone Juniors unbeaten in first tournament



Enjoying their success at Halstead!!

On Sunday 10th July two teams from the Junior section of Edwardstone Cricket Club travelled to their first Kwik Cricket tournament at Halstead.

Both a minis team and an intermediate team played fixtures against a number of local clubs, most considerably larger than Edwardstone. The minis performed with huge credit especially against Witham who only narrowly beat them. The intermediate group won all four of their matches against Halstead, Witham, Long Melford and Eight Ash Green and were one of only two unbeaten teams in the competition.

Huge thanks to the parents who came and supported an excellent occasion and also to Chris Philbidge and Tim Beven who have coached the boys and girls throughout the summer. The fielding and catching shone through so all the hard work is paying off.



Head Coach Chris Philbidge with the Edwardstone Juniors

The mens' team continue to maintain their form

On the return to Hunts County League Division One the mens' team demonstrated unbroken form. Recently they defeated Brockley for the first time in living memory thanks to a fine 82 from Sam Chapman (on a brief visit from New Zealand) and some excellent bowling from Farran Kirkham, Walleed Wain and Jack Clark.



Edwardstone captain receiving the John Bailey Trophy

The next week Edwardstone narrowly lost a high scoring game against Bardwell despite 98 from Sam in his final game.

The 3rd July saw the annual John Bailey Trophy Match against Milden. Jack Clark returned the extraordinary bowling figures of 6 wickets for 6 runs to leave Milden 70 all out, which was comfortably chased down by Edwardstone for the loss of just 3 wickets.

The Blooming Garden

Summer- flowering Bulbs.

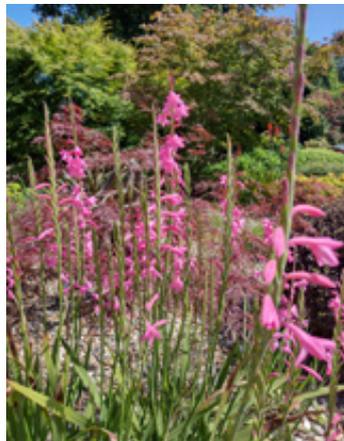
August is the time of year when unusual bulbs from round the world can give your garden a bit of pizzazz. Some of them are rarely seen so you can have fun if you enjoy amazing your gardening friends.



Watsonia, (bugle lily) is not actually a bulb; it grows from a corm like crocosmia or gladiolus. It is a genus consisting of 56 species and it comes from South Africa. It is not reliably hardy in this country but if you find a sheltered space and plant it in a sandy soil in the sun you might be lucky enough to grow these amazing flowers outside. Watsonia is a member of the *Iridaceae* family and like irises they benefit from being divided in autumn. I didn't dare try it outside until I saw it growing happily and looking fabulous at Green Island Nursery near Ardleigh. I now have them in red, peach and pink. The peach one rejoices in the peculiar name *Watsonia* 'Dart's Sea Trout'. The most spectacular is *Watsonia vanderspuyiae* which is a showy plant with tall bright red, tubular flowers on long spikes.



Watsonia vanderspuyiae



Watsonia 'Tresco Dwarf Pink'

Watsonia 'Tresco Dwarf Pink' was selected from the Abbey Gardens on Tresco and is reasonably hardy in the right spot. I don't know why it is called dwarf because it looks quite tall to me. It is a very pretty shade of pink.

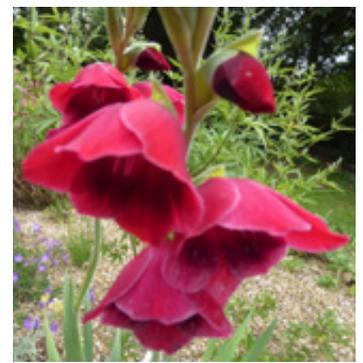


Albuca bracteata

Albuca also comes from South Africa and there are over 100 species. I grow several different forms of it although I haven't yet tracked down *Albuca spiralis*, the crazy frizzle- sizzle albuca. These bulbs are sometimes called slime lilies because they are fleshy with a mucilaginous juice. The largest is *Albuca nelsonii* which has enormous onion-like bulbs and long stems in summer of white and green flowers. I prefer *Albuca bracteata*, sometimes known as the Pregnant Lily for some reason that I can't fathom. It has green and white starry flowers and is not so tall. My favourite is *Albuca shawii* which has dainty, bell-shape, yellow flowers on shorter stems. I love this one particularly because it smells sweetly of almonds. These are all easy from seed.

Also from South Africa we have the lovely waxy, white flowers of *Galtonia candicans*. It is sometimes known as the Summer Hyacinth by people who are too lazy to learn its proper name. But it is not a hyacinth at all and hasn't been considered one since the 1880s, so keep up. It is a showy plant which is lightly scented and it sets seed readily. I love green flowers so I can never resist the celadon-green flowers of *Galtonia viridiflora*.

Large flowered gladdies need staking and let's face it most of us consider them a bit vulgar; their reputation has never recovered from Dame Edna Everage choosing them to toss into her audience. But Gladiolus is a genus with about 300 species and there are plenty to choose from; the summer-blooming *Nanus* hybrids are very dainty. *Gladiolus murielae* is vey eye-catching as the white flowers have maroon centres and the scent is fabulous. These African gladioli are from Africa and they are sometimes called Abyssinian gladiolus by people who cannot or will not use the correct nomenclature. Actually, I have to admit this one can be confusing as it used to be classified as *Acidenthera*. I cannot get them to rebloom another year so if anyone can, I would like to know how you do it. One of my favourites is the elegant *Gladiolus papilio* 'Ruby' which has hooded, red flowers. I grow it in my gravel garden. I don't lift the corms, although a mulch would probably be a good idea. A new one to me this year from Beth Chatto is *Gladiolus papilio* 'David Hills'. This one has peachy flowers with glowing yellow centres.



Gladiolus papilio 'Ruby'

A lot of the flowering bulbs gracing our gardens in summer come from South Africa.

Dierama is another one, although it is actually a corm. Once you plant it, don't try and move it as it resents this. It is easy from seed, although it may take a while to bloom. You might know this plant as Angel's Fishing Rods and indeed the flowers look wonderful gracefully arching over a pond. The tallest is *Dierama pulcherrimum* although you can get shorter, more compact ones such as *Dierama igneum* which is salmon pink. You can get pink, salmon and white ones or a very dark one called 'Blackbird'. They are all lovely with bell-like flowers on long stems which sway in the breeze. They are a great addition to the August garden. I like them growing with agapanthus. They are great for the gravel garden and when happy they will seed around.



Dierama pulcherrimum

I will finish with a really unusual bulb that I am trying for the first time this year. It is called cypella and it comes from South America.. There are about 15 species. I think mine is *Cypella herbetii* as this is the most common one and it is the easiest to grow. I keep it in a 3-litre pot and it mustn't dry out. It has very strange yellow flowers and sets copious seed which may bloom the first year after sowing. It is probably strange looking rather than beautiful, but I like it as I can't resist anything unusual.



Cypella species

Chloris.

For more from Chloris follow:

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EVENTS CALENDAR

JULY 2022

25 MON	Boxford Friendship Group Boxford Pavilion	2:00-4:00
31 SUN	Boxford Farmers, Art & Craft Market Boxford Village Hall & St Mary's Church	10:00-1:00

AUGUST 2022

2 TUE	Defibrillator Awareness Session Hadleigh Pool and Leisure	10-12noon
2 TUE	Garden Bugs Boxford Gardening Society - Village Hall	7:30pm
13 SAT	Box River Pilgrimage to Walsingham	All day
19 FRI	Singers Jo Harman & Mike Mayfield St Mary the Virgin Church, Edwardstone	7:30pm
21 SUN	Assington Horticultural Show Assington Village Hall	2pm
22 MON	Boxford Friendship Group Boxford Pavilion	2:00-4:00
27-29 SAT-MON	Polstead Exhibition Maria Martins Cottage, CO6 5AG	10am-5pm
27-28 SAT-SUN	Groton Flower Festival St Bartholomew's, Groton	All day
28 SUN	Boxford Farmers, Art & Craft Market Boxford Village Hall & St Mary's Church	10:00-1:00

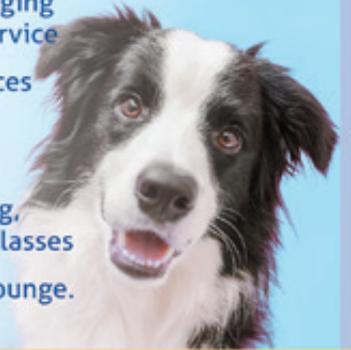
SEPTEMBER 2022

6 TUE	Fireside Club - Garden Visit TBC	2:00pm
6 TUE	Climate Change & Gardens Boxford Gardening Society - Village Hall	7:30pm
7 WED	Defibrillator Awareness Session Hadleigh Pool and Leisure	7-9pm
11 SUN	Church Fete St Mary's Church, Boxford	12:30-3:30
14 WED	LWHS Charlie Haylock and 'The Dig' Little Waldingfield Parish Room	7:30pm
16 FRI	Last Night At The Proms String Quartet St Mary's Church, Boxford	7:30pm
17 SAT	Newton VH Committee Coffee Morning Newton Green Village Hall	10-11:30am
20 TUE	Fireside Club - Cookery Competition Newton Green Village Hall	2:00pm
24 SAT	Wine Tasting Little Waldingfield Parish Room	7:30pm
25 SUN	Boxford Farmers, Art & Craft Market Boxford Village Hall & St Mary's Church	10:00-1:00

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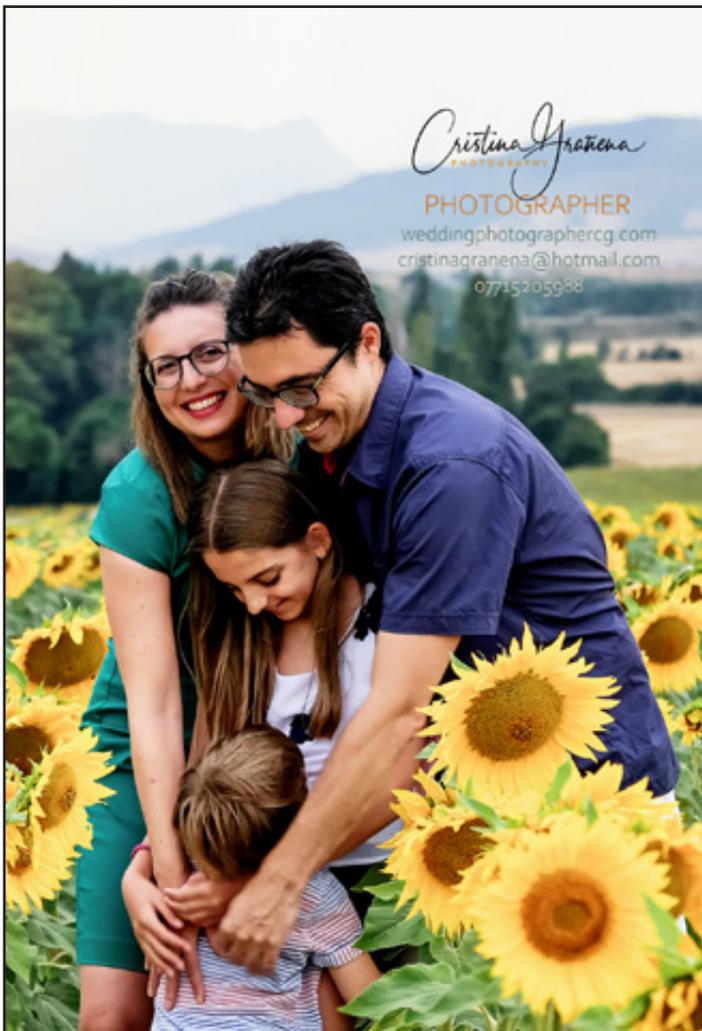
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