

October 2022

# Box River News

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1926-2022

## Queen Elizabeth II

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# RIP OUR BELOVED QUEEN ELIZABETH II 1926-2022

The BRN would like to extend its deepest condolences on behalf of the Box River Benefice to the Royal Family after the death of Queen Elizabeth II. Her loss was anticipated, yet is keenly felt by a nation and Commonwealth both in shock and deep mourning.

At the young age of 21 in 1947, the then Princess Elizabeth gave a speech in which she pledged to the nation: "My whole life, whether it be long or short, shall be devoted to your service."

It is quite incredible that 75 years later she would be continuing to do so - working right up to the day she died, performing official duties of state regardless of discomfort and fatigue.



She witnessed a period of enormous technological, political and social change and she worked tirelessly and earnestly to adjust to its swift pace to balance the modernisation of a Royal Family with its requisite tradition and ceremony.

Her reign spanned the death of Stalin, Roger Bannister's 4-minute mile, Mankind's first explorations in space, the raising (and fall) of the Berlin Wall, the introduction of colour television, Decimalisation, the Falklands and Iraq conflicts, the birth of Louise Brown - the world's first test-tube baby, Concorde and the opening of the Channel Tunnel, the gargantuan rise of the Internet (the Queen was one of the first leaders of state to send an email on Arpanet way back in 1976!) and no fewer than 15 British Prime Ministers.



The cover photo of this month's BRN is a photo taken by Dorothy Wilding (the first female photographer to receive a royal warrant) in 1952, just days after Elizabeth's accession to the throne following the death of her father King George VI. It was part of a set of 59 photographs used as the basis for stamps and commemorative coins from that year onwards and was only released as a photograph in its own right earlier this year by the Royal Collection Trust.

In the photograph, Queen Elizabeth (as she had only just become) wore one of her favourite tiaras - the *Girls of Great Britain & Ireland* tiara that was gifted to her as a wedding present by Queen Mary. She wore it very frequently throughout her reign as it was light and comfortable to wear and she even customised it herself and informally referred to it as "Granny's Tiara".

Queen Elizabeth's death has reverberated around the world as she was a much loved and revered monarch, as popular with other

nations' leaders as she was with her own subjects and well-known for her wry humour and sharp insight.

We hope that her children, grand-children, great-grand-children and extended family are able to come to terms with her loss in time and are able to follow the path she forged with wisdom and humility.

Books of Condolence were made available in all of the benefice's churches for those wishing to leave a message.

*God Save The King!*



## BOXFORD CHRISTMAS CARD

This is the new Boxford Christmas card £4.50 for a pack of 10. This year we will be donating £1.10 from each pack to 'Friends of Boxford school'.

They will be on sale in the Post Office from mid October.

*Queen Bee Designs*



## Box River News

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

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Deadline date for the November 2022 Issue is:

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

## NEWTON FIRESIDE CLUB

The summer seems to have passed so quickly and the first meeting of the Fireside Club took place on Tuesday 6<sup>th</sup> September. We had hoped to visit a garden, but the hot, dry weather meant that there wouldn't have been much to see. Instead, we had a cream tea and discussed our new constitution. This is required so we can change our bank account to one that does not charge fees!



We have now finalised our programme for Autumn 2022. We will always keep members updated of any changes via our Whatsapp group or by phone.

### Autumn 2022 Programme of Events:

Tues 20 <sup>th</sup> September	Cookery Competition: Bakes, cakes and savouries to be cooked and judged by members.
Tues 4 <sup>th</sup> October	Royal Themed Quiz
Tues 18 <sup>th</sup> October	Time To Chat (and play games if you want to)
Tues 1 <sup>st</sup> November	Hallowe'en Soup and Dessert
Tues 15 <sup>th</sup> November	Armistice Day: A Talk by the Royal British Legion
Tues 29 <sup>th</sup> November	Art Club Demo: Add a Little Colour by Heather DeRoy
Tues 13 <sup>th</sup> December	Christmas Decorations
Fri 16 <sup>th</sup> December	Christmas Lunch at Newton Green Golf Club

\*Non members are welcome to attend this talk, which I'm sure will be very interesting. Entrance will be £5 and include tea or coffee and cakes.

All meetings are held in the Village Hall and start at 2pm unless otherwise stated and anyone is welcome. Subs for this term are £3 a session or, if possible, £25 for the term. This includes refreshments and activities.

Please contact Moira on **01787 374652** or Sue on **07881 383998** if you would like more details.

Sue

## DEFIBRILLATOR TRAINING

You may have seen the yellow defibrillator (AED) boxes whilst travelling through Newton Green, but if you ever found yourself in a position where someone needed one and you were there - how would you go about using them?

The equipment is actually very easy to use and is designed to tell you what to do. You cannot make a mistake when using an AED - just follow the instructions being given. However, training is desirable and will help you keep your head in an emergency situation. Newton Parish Council has engaged Community Heartbeat Trust to demonstrate the use of defibrillators to local villagers. The more people that know how to use the portable defibrillators installed in our community, the more chance there is of saving the life of a victim of Sudden Cardiac Arrest.

A free training session will be held on Wednesday 28<sup>th</sup> September 2022, from 6-8pm at Newton Green Village Hall.

Everybody is welcome, no need to book a place, and no special skills are required, just your willingness to play an important role in the event of a medical emergency for the benefit of your friends, family and neighbours.

Dave Crimmin PSLCC

Clerk to Newton Parish Council

## NEIGHBOURHOOD PLAN FOR GROTON



Groton Parish Council has received approval from Babergh District Council to formally 'kick off' the Groton Neighbourhood Plan. We will need your help, residents of Groton and the associated hamlets (Castlings Heath, Parliament Heath, Daisy Green, Goslings Green, Horner's Corner, Partridge Close).

The first step is to understand residents' needs and wishes for living in Groton, both now and in the future. To do this we will be asking you all to complete a simple survey where you can say what is important to you. Throughout October we will deliver paper copies of the survey to addresses in Groton Parish, as well as setting up midweek sessions at the Fox & Hounds 7pm-9pm on Tuesday, Wednesday and Thursday evenings during the week commencing 10<sup>th</sup> October. Additionally we will be there on Saturday 15<sup>th</sup> October 1pm-3pm. In these sessions a member of the Groton Neighbourhood Plan Steering Group will be available to answer questions and assist you to complete the surveys. To thank you for taking part and helping us, every Groton resident completing a valid survey will also gain a ticket in a raffle. Have your say and possibly win a prize!

Once we have collected and collated all the surveys we will set up a couple of informal meetings back at the Fox & Hounds to share the findings with you.

Please join us and help build a 'Neighbourhood Plan for Groton, where You Decide'.

## BOXFORD NEIGHBOURHOOD PLAN UPDATE



The Neighbourhood Plan is progressing towards its completion with the referendum on its approval by the electors of the parish due to take place on **Thursday 27<sup>th</sup> October**.

The referendum is a statutory process which must be followed before a neighbourhood plan can be 'made' (adopted) which is conducted in accordance with procedures similar to those used at local government elections. Those entitled to vote will be asked to answer 'Yes' or 'No' to the following question: **'Do you want Babergh District Council to use the Neighbourhood Plan for Boxford to help it decide planning applications in the neighbourhood area?'** If more than 50% vote 'yes', then Babergh District Council will be legally obliged to 'make' (adopt) this neighbourhood plan as part of its development plan framework.

A person is entitled to vote in the referendum if;

- entitled to vote in a local government election in the referendum area (the parish of Boxford); and
- has an address at which they are registered to vote within the referendum area (the parish of Boxford) and are 18 years of age or over on the date of the poll.

Copies of the full set of the relevant papers are in the post office for your review or short loan and can also be seen online at [www.babergh.gov.uk/BoxfordNP](http://www.babergh.gov.uk/BoxfordNP)

**Please put the date in your diaries; look out for a notice of the ballot arriving on your doormat from Babergh District Council and exercise your right to cast your vote. Every YES vote will count towards improving local control over the future development of the parish.**

# EDWARDSTONE ALMSHOUSES AND OTHER CHARITIES

The trustees of Edwardstone Charities meet on a regular basis or when occasion demands.

The purpose of the Charities is to help when hardship or distress affects the residents of Edwardstone.

There are five trustees who administer the Charity in confidence.

We try to help those who:

- Are ill at home or in hospital
- Care for and visit the sick and/or housebound
- Need extra/emergency funding during severe circumstances
- Need assistance with educational costs/equipment
- Need assistance to seek employment
- Are in need

If you, or someone you know, is in need of assistance, please apply in writing to the Clerk.

All enquiries are dealt with in strictest confidence.

*Nick Raymond, Clerk/Treasurer*

*Moat Cottage, Mill Green*

*01787 210461, [ncraymond@hotmail.co.uk](mailto:ncraymond@hotmail.co.uk)*

# BOXFORD & GROTON UNITED CHARITIES

*Registered Charity Number: 207861*

The trustees of Boxford and Groton United Charities invite applications for grant aid from residents living in the three parishes of Boxford, Groton and Edwardstone, for educational, medical and general charitable purposes. Applications from organisations serving the above area are also invited and should be made in writing to: *Guy Godfray, Clerk to the Trustees, 17 Swan Street, Boxford, Sudbury CO10 5NZ.*

Closing date for applications 25<sup>th</sup> November.

# FREE SAFETY DOOR STICKERS FOR OLDER RESIDENTS

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If you would like to receive any door stickers to give out to older or disabled people you know, please send an email to: [info@ablecommunitycare.com](mailto:info@ablecommunitycare.com) with how many you would like to receive and an address to send them to. (No addresses will be kept or passed on).

*Angela Gifford, Managing Director*

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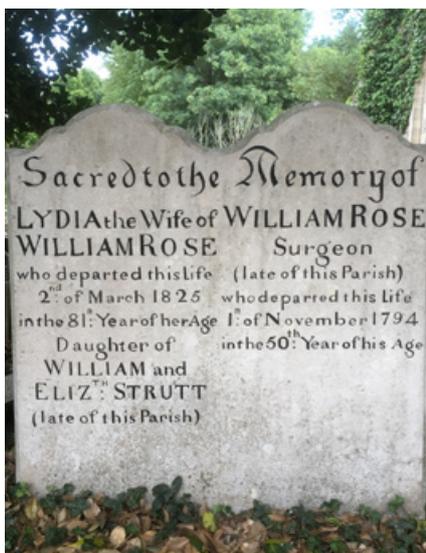
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# AN INTERESTING FIND IN ST MARY'S CHURCHYARD

While walking through the churchyard one hot sunny day in July, we saw a lady dutifully cleaning and tidying up a family grave.

After a long chat with that person, Anna Cordon, we established it was the grave of her 6 times removed cousin, Boxford surgeon William Rose, who married Lydia Strutt in 1776. The Strutt family included carpenters and seem to have been well-off at that time.



They were a well-known local family with many graves both inside and outside the church. It was interesting to note that when writing in the BRN about medical practitioners in February 2022 we were unaware of William's existence. He has now been added to our archive.

Before coming to Boxford, surgeon William Rose was married to Sarah Pett, but she died leaving him with a young daughter also named Sarah. William Rose died in 1794 at the young age of 49, while his second wife Lydia lived until she was 80. They had two surviving children Mary Ann and William, but four others died in infancy and were buried in Boxford. Their son William Rose Jnr married Elizabeth Wright in Boxford church and had five children baptised in Assington. Mary Ann, William and Lydia's daughter married into the Lewis family and she is buried close to her parents.

Discoveries such as this all add to our knowledge of the people of Boxford who came before us. It makes one wonder how much more we could find out from our gravestones. We are grateful to Anna for her contribution.

*Tina and Roger Loose*

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## BOXFORD?



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

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

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

## BOXFORD VILLAGE HALL CLOTHES BANK HAS GONE!

The Clothes Bank was managed by 2 committed volunteers who are among The Friends of Boxford Village Hall. It was intended to be a bin that did not require any maintenance. The volunteers spent a lot of time moving items from the blue bins into the bank, sorting out non-clothing items, bagging up unbagged clothes and reloading the Clothes Bank and arranging for it to be emptied.

Frequently the chute was blocked with big dustbin liners full of clothes, duvets, bedding, shoes and bags when only a small carrier bag size would fit, despite notices to the contrary. Unblocking the chute was a tiring and difficult task and took most of their time. We have had upwards of 100 bags stored in the Village Hall waiting to go into the Clothes Bank at any one time.

If people don't play fair, then it seems quite unreasonable to expect our volunteers to waste their time. The nearest clothes banks are at Tesco Sudbury and the Fire Station in Hadleigh.



# BOXFORD SCHOOL NEWS

We are very pleased to welcome everyone back after a warm and sunny summer. We have been delighted to welcome our new children into Reception as well as many new families to the school.

On Thursday September 8<sup>th</sup> we all heard the sad news that Queen Elizabeth had passed away.

In school, we have held special assemblies celebrating her life as well as holding a minute's silence in recognition of her many years of service she has given our country.

The children have also created messages in class to add to the church condolence book. It has been important for us to educate the children on this historical event as it is a point in time that they will remember for the rest of their lives.

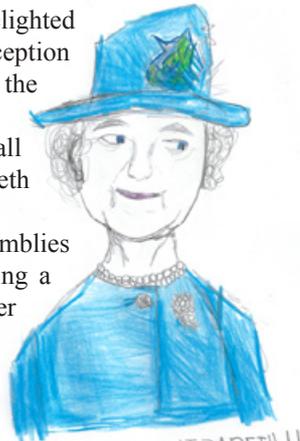
This year we have an exciting new curriculum planned with adaptations to many subjects. Years 5 and 6 have started their weekly cornet tuition and already we have extended our clubs to involve many more sporting opportunities.

We look forward to engaging with you all this year and I look forward to updating you with school news throughout.

*Best Wishes*

*Mrs Lea*

*Headteacher, Boxford CEVC Primary School*



*"Our Queen" by Orla Wild*

# THE BUTCHER'S WIFE

Just like that summer is over and I'm back to work and back to dragging teenagers out of their pits to get to school. The nights are drawing in and I've had to put the flip flops away for another year. The Butcher keeps threatening to put the heating on and we are back to having a roast dinner at the weekends. I always find that when it's dark outside I start going to bed earlier and this past week I've been in bed, sound asleep by 8.30pm each night. On one hand, it's lovely, I'm waking up feeling like I've had a decent night's sleep. On the other hand, I'm concerned that this is my life now and should anyone invite me for a night out, I'm not going to make it. It's a real problem.



In other news, some of you may have seen my car around the village with 'L' plates on. The oldest mini Leeder has her provisional licence and is learning to drive. In between her proper lessons, I've been taking her out for practice drives. It's absolutely terrifying! I have no idea how driving instructors don't have a nervous breakdown every time they have a learner driving. I'm doing my best to stay patient and calm but I honestly feel like I'm on the verge of a heart attack when she's driving. Don't get me wrong, she's actually a really good driver, she's cautious and sensible but 20mph feels like 70mph down the country lanes when you're being driven by someone who you had to teach to use the toilet. Remember when we all stood on our doorsteps and clapped for the NHS during Covid? I think we need to do a weekly clap for the driving instructors.

One dinner that I cook a lot during the autumn is a chilli and it always tastes better if you cook it the day before. Because I live with people (cough, cough, The Butcher) who can't eat anything remotely spicy, I have to make my chilli quite mild. Sometimes just for laughs, I'll switch from mild to hot chilli powder and then plead ignorance as to why it's so spicy.

## Chilli

Serves 4

### Ingredients

- 500g mince
- 1 tbsp oil
- 1 onion, chopped
- 1 red pepper, diced
- 2 garlic cloves, finely chopped
- 1 tbsp mild chilli powder
- 1 tsp paprika
- 1 tsp ground cumin
- 1 beef stock cube
- 1 tin of chopped tomatoes (400g)
- 1 tsp of sugar
- 2 tbsp tomato puree
- 1 tin of red kidney beans (410g)

### Method

1. Heat the oil in a pan on the hob over medium heat. Add the onion and cook for about 5 minutes until they are soft.
2. Add the garlic, red pepper, chilli powder, paprika and ground cumin. Cook for 5 minutes stirring occasionally.
3. Add the mince and cook until browned.
4. Add the beef stock to 300ml of hot water and add to the pan.
5. Add the tomatoes, sugar and tomato puree to the pan.
6. Mix well and bring to the boil then put the lid on and simmer for 20 minutes.
7. Drain the kidney beans and add them to the pan and bring to the boil again and leave to bubble away without the lid for about 10 minutes.
8. Serve with rice, jacket potatoes or in wraps!



## Elaine Carpenter

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

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# THE OCTOBER LETTER FROM FATHER ROB

*Dear Friends,*

I don't imagine I am alone in that, although we all knew this day would come, when the news of Her Majesty's death was announced, it hit me like a battering ram.

This majestic lady, a devotee to community and the common life, centre to our national life and bringer-together of international communities and culture has been taken from us.

Sometimes people ask why the monarch is Head of the Church of England. I think her Majesty Queen Elizabeth II was all the answer needed. A devout and loving Christian, devoted to unity and public service, who managed somehow to be both committed to her family whilst always serving the public interest.

The loss of Queen Elizabeth II will be deeply felt throughout our nation and the Commonwealth.

Living a life of public service, always in the public eye and under public scrutiny, is not easy. No matter how family-focused one is, there are regular times when it must play second fiddle to the demands of the role. Serving the community demands regularly giving up your own wishes and desires in order to serve the common-good.

For the Queen that role was not only intense, it was 24 hours a day, 365 days a year for 70 long years! Her commitment to duty and service was remarkable. Her enduring long-term vision transcended the reactivity of short-term politics. Such is the advantage of our own constitutional democracy; a defence against being blown back and forth by the prevailing winds of popularism. But even more remarkable was the way in which Queen Elizabeth undertook her role with wisdom, humour, kindness and attention to the real concerns of every person and community with which she spoke. She purveyed a humanity despite her sovereignty. It is not surprising that warm tributes have come flooding in from all over the world. It isn't just the UK that has felt this loss.

From Canada, Justin Trudeau was fighting back tears as he said in a televised address to his nation that: "In a complicated world, her steady grace and resolve brought comfort and strength to us all. Canada is in mourning."

From Australia, Anthony Albanese likewise said 'This is a loss we all feel, for few have known a world without Queen Elizabeth II. In her seven remarkable decades on the throne, Her Majesty was a rare and reassuring constant amidst rapid change,' he said. 'Through the noise and tumult of the years, she embodied and exhibited a timeless decency and an enduring calm.'

If the words of the Archbishop of Canterbury are to be believed, it is a calm that she carried to her deathbed, dying in hope and expectation that she would now be reunited with the God she had served so faithfully for 96 years.

And, of course, that faith moulded and fashioned her for her entire life. She could not have been the remarkable head of state that she was without her faith. She prayed daily and attended church every week without miss. She knew that the only way for her to remain balanced in such a demanding role was to remain connected to her loving God, perchance his love might just manifest something of itself through her. She was an example to us all - her faith gave her resolve, resilience and a gracefulness that only grew with advancing years. She embodied the faith that she proclaimed and inhabited those words of Jesus: "I have come to serve, not to be served" (Matthew 20:28).

What the media often miss but the people intuitively grasp, is that her monarchy was not about privilege, it was about vocation. She believed very strongly that she had been chosen for a role of life-long service. She felt that God had called her to be our Queen and she assented with her whole life. In her simple 'yes', Queen Elizabeth showed each of us how to convert privilege into service, no matter what the challenges and criticisms. From the moment she

was anointed with holy oil at her coronation she understood her role to be one of life-long service under her High Priest and King, Jesus Christ. Her loyalty to him and her people never wavered, and it is thanks to her strong Christian calling that she will be remembered mostly for her selfless public service and sense of duty.

The changes that society has seen during her reign are vast. Changes to technological, political and private life have been both extreme and fast moving, from post-war Britain to 21<sup>st</sup> Century globalisation, industrial expansion to environmental concern. But the biggest change that society has seen in that time is perhaps not technological, economic, environmental or political, but a rampaging individualism that has driven so much of it.

Her Majesty had the most remarkable way of cutting through the noise and the nonsense to see the truth of what was needed. She always seemed able to put common-life and the public interest first whilst so much of the society around her rode a tidal-wave of selfishness and self-interest. It is almost as if we as a nation became reliant upon her holding up a light reminding us of the need for faith, hope, loyalty, service, building of community and striving for unity.

What will happen to us now that she has gone? We have a choice. We can let the attributes and principles she espoused die with her like some out of fashion niceties from a bygone era, or we can commit ourselves again to those chivalrous notions of faith, trust, loyalty, public service and self-sacrifice.

In St John's gospel chapter 6, Jesus says "I am the bread of life. Whoever comes to me will never be hungry and whoever believes in me will never be thirsty". For the Queen, Church was central to who she was as a person and she persevered in faith during good and bad moments. She spoke frequently of how her faith gave her the resolve and fortitude she needed to lead our country in such a fractured world.

As we gather around the altar in our churches, we share that same gift of God that her Majesty partook of every week for the entirety of her life. That's the beauty of our Christian faith and Jesus' gift of Holy Communion; it unites people of every station and every nation and it bonds them to the eternal promises of the heavenly kingdom. It is to that heavenly kingdom that our beloved Queen has now been called, where I have no doubt she will be rejoicing with the angels at the eternal banquet prepared for all peoples.

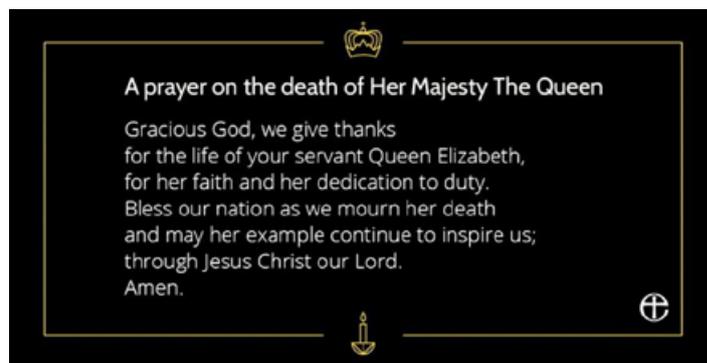
May she rest in peace, and rise in glory.

God save the King!

*Fr Rob*

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

Tel: 01787 210434



A prayer on the death of Her Majesty The Queen

Gracious God, we give thanks for the life of your servant Queen Elizabeth, for her faith and her dedication to duty. Bless our nation as we mourn her death and may her example continue to inspire us; through Jesus Christ our Lord. Amen.

Decorative elements include a crown icon at the top center, a candle icon at the bottom center, and a cross icon at the bottom right.



A prayer for the new King

Everlasting God, we pray for our new King. Bless his reign and the life of our nation. Help us to work together so that truth and justice, harmony and fairness flourish among us; through Jesus Christ our Lord. Amen.

Decorative elements include a crown icon at the top center, a candle icon at the bottom center, and a cross icon at the bottom right.

# Lift & Curl!



Before Lash Bomb



After Lash Bomb

We have a new treatment here at SMC and we LOVE it! If you're a fan of semi-permanent eyelash extensions, this is going to be a game-changer...

Leading brand, **Lash Bomb** lifts, tints and curls your lashes, making them appear longer, fuller and **100% natural**.

Lasting for approximately 6 weeks with little or no maintenance, you can make the most of what you were born with – natural beauty!

## *Lash Bomb Offer*

*Lash Lift Treatment  
just £35 (usually £45) \**

\* Offer valid once per person until 31/10/2022.  
Lash Bomb should last around 6 weeks depending on your lifestyle. Subject to suitability. Test patch required 48 hours before appointment.

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

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



# SERVICE SCHEDULE FOR OCTOBER 2022



<b>Sunday 2<sup>nd</sup> October</b>	09:30	<i>Harvest</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Pet Service</i>	St Mary's, Boxford
	17:00	<i>Compline</i>	St Mary the Virgin, Edwardstone
<b>Wednesday 5<sup>th</sup> October</b>	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
<b>Sunday 9<sup>th</sup> October</b>	09:30	<i>Sunday Eucharist</i>	St Bartholomew's, Groton
	11:00	<i>Harvest</i>	St Mary's, Boxford
	17:00	<i>BCP Evensong</i>	St Mary's, Boxford
<b>Wednesday 12<sup>th</sup> October</b>	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
<b>Sunday 16<sup>th</sup> October</b>	09:30	<i>Harvest</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:00	<i>Harvest Evensong</i>	St Bartholomew's, Groton
<b>Wednesday 19<sup>th</sup> October</b>	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
<b>Sunday 23<sup>rd</sup> October</b>	09:30	<i>Pilgrimage Eucharist</i>	St Mary's, Boxford
	11:00	<i>Harvest</i>	All Saints', Newton
<b>Wednesday 26<sup>th</sup> October</b>	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
<b>Sunday 30<sup>th</sup> October</b>	09:30	<i>All Saints' Patronal Eucharist</i>	All Saints', Newton
	17:00	<i>All Soul's Memorial Service</i>	St Mary's, 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 7th October, 10.30 - 12.00  
St Lawrence's, Little Waldingfield

\*\*\*\*\*

Saturday 15th October, 10.00 - 12.00,  
St Mary's Boxford

Join us for coffee, cake and conversation

**EVERYONE  
WELCOME**

## Bring and Share

# FOOD BANK

**St Mary's, Boxford  
(in the North Porch)  
&  
St Lawrence's, Little Waldingfield  
(in the Church)**

If you or someone you know is in need,  
please visit the Food Bank.  
All donations of non perishable goods, are gratefully received.

**TAKE WHAT YOU NEED, LEAVE WHAT YOU CAN**

**Thank You**



# The Box River Benefice

Boxford, Edwardstone, Groton,  
Little Waldingfield and Newton

## DATES FOR YOUR DIARY

**Fri 7<sup>th</sup> Oct 10:30am** *Coffee Morning*, St Lawrence's, Little Waldingfield

**Sat 8<sup>th</sup> Oct 7:30pm** *Harvest Horkey Dance*, Dove Barn, Groton

**Thurs 13<sup>th</sup> Oct 7:30pm** *Boxford PCC*, St Mary's, Boxford

**Sat 15<sup>th</sup> Oct 10am** *Coffee Morning*, St Mary's, Boxford

**Fri 4<sup>th</sup> Nov 10:30am** *Coffee Morning*, St Lawrence's, Little Waldingfield

## CELEBRATE HARVEST AROUND THE BENEFICE

We have been going through and will continue to go through really tough times both individually and as a nation, Harvest offers something of a reprieve, a time to stop, recognise the good gifts we are given and to respond in gratitude for them. We know that gratitude has a whole host of spiritual and psychological benefits which help us to grow positivity and hope and increases our resilience during difficult moments. Harvest will be celebrated in all five of our churches.

On the social side of Benefice Life, The All Saints' Newton, Harvest Afternoon Tea held at the end of September, was a wonderful and delicious event, thank you to everyone who attended. Limited tickets are still available for the Harvest Horkey Barn Dance, to be held at Dove Barn Groton on Saturday, 8<sup>th</sup> October, please contact Jayne 01787 211360 or Val 01787 211978 to reserve yours now. It promises to be a fun evening as we join Gareth's Band for an evening of dancing, supper will be provided.

## LITTLE WALDINGFIELD FOOD BANK

We are very pleased to let you know that a Food Bank has been set up in St. Lawrence Church, Lt. Waldingfield for anyone that needs extra help. It will be very accessible and visible on the left-hand side, as you enter our church. We shall be very grateful for any contributions of non-perishable goods and hope that it will provide support to those suffering from the current cost of living increases.

## LIGHT UP ST MARY'S CHURCH

On the 8<sup>th</sup> September, we were honoured to light up St Mary's Church, Boxford in memory of Phyllis Rose. Our thoughts and prayers were with Phyllis's family, as they remembered her on her birthday.

If you would like further information about Lighting up St Mary's Church in Memory of a Loved one or In Celebration of an Anniversary, Birthday or Special Occasion, please contact the Benefice Office for further information.

## EDWARDSTONE PATRONAL FESTIVAL

The Edwardstone PCC would like to thank everyone involved in organising the concert on 19<sup>th</sup> August at our church, St Mary the Virgin, for our Patronal weekend. It was a truly great success which, bearing in mind the calibre of the musicians, was guaranteed. They, Jo, Mike and Pete, had travelled long distances to be with us for the performance and they gave their all. Mark Ede, the organiser, put a lot of energy into the event as well as securing these artistes for us. He has received many messages of appreciation from concert-goers who came from various localities as well as within the Benefice.

Mention must also be made of the flower arrangers for such a beautiful display under the guidance of Ineke Morris; to Jan Paul for upholstering our kneelers, to Linguard Fabrics of Sudbury for making our beautiful curtains in time for the event; Rob Eels for

laying our brand new carpet and many others who did their bit. Most importantly a big thank you to everyone who came and supported us.

## CHURCH CLEANING & FLOWER VOLUNTEERS

We would like to thank Karen, Alison and Carolyn for all that they have contributed to the floral arrangements at St Mary's Church, Boxford and wish them all the very best for the future.

We are now looking for volunteers to join our Flower Rota or Cleaning Rota at Boxford. Are flowers your thing or are you at your happiest when you are cleaning? You do not have to be a regular attendee of church to volunteer, the flowers are to make the church look beautiful for all those who visit.

If have a few hours spare a month and you would like to volunteer, please contact Audrey Zuck: [audrey@a2zrkservices.com](mailto:audrey@a2zrkservices.com) or 07852 102455

Without our volunteers across the Benefice, our churches would not be able to open daily and look resplendent and we are eternally grateful to everyone who volunteers, thank you.

## BOXFORD CALENDARS

HOT OFF THE PRESS! Boxford calendars in aid of St Mary's Church, will be available for sale at Boxford Post Office from mid-October, perfect Christmas presents, an essential for every home.

## ST MARY'S CHURCH FETE

Following the sad news that her Majesty Queen Elizabeth II had passed away the decision was made to postpone the fete. We will be including many of your favourite "fete" games and stalls in our Christmas Fair and we know that it will be a wonderful event for the whole family.

## PILGRIMAGE WALK

The sun shone for our Benefice Pilgrimage walk, which saw our numbers swell as we made our way between the five churches of our Benefice. It was a great day, walking around our beautiful part of Suffolk, with time for prayer and reflection along the way.



# Pet Service

Sunday, 2nd October at 11.00 am

St Mary's Church, Boxford

Join us to Celebrate God's Creation.

Whoever your pet may be, bring them along,  
give thanks for the gift of them in your life and  
bring them for a blessing.



## CONTACT INFORMATION

Benefice Office

Mary's House, 5 Swan Street, Boxford CO10 5NZ

01787 828046 email: [boxriverbenefice@gmail.com](mailto:boxriverbenefice@gmail.com)

Fr Rob Parker-McGee SR

01787 210434 email: [rparkermcgee@gmail.com](mailto:rparkermcgee@gmail.com)


**St Bartholomew's Church Groton**  
 Presents a Traditional

# "Harvest Horkey"



**Barn Dance**



with

## \*\*\* Gareth's Band \*\*\*

**Saturday 8th October 2022 7:30pm – 11:30pm**  
 at  
**Dove Barn, Groton**  
(by kind permission of Mr & Mrs Dixon-Smith)  
**Supper – Bar – Raffle**  
 Tickets £15 available from  
**Jayne 01787 211360 jaynefoster715@gmail.com**  
 Or Val 01787 211978






**MONKS ELEIGH**

# JUMBO JUMBLE

## SALE

### Saturday 15<sup>th</sup> October

### 2022

### 2pm to 4pm

Village Hall, Church Hill, Monks Eleigh IP7 7JL

Free entry & parking

Smashing deals at very low prices  
Everything needs to go

White elephant, DVDs, books, and the famous  
preloved clothes, shoes, bags.

Refreshments available

Proceeds of the Fete will be used for the fabric of St. Peter's Church, a 15<sup>th</sup> century place of worship in the heart of the village

## 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 3<sup>rd</sup> 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 17<sup>th</sup> to the 21<sup>st</sup> centuries.

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

## BOXFORD DRAMA GROUP

### PANTO 2022

# The CHRISTMAS SOLDIER



### 30<sup>th</sup> November - 3<sup>rd</sup> December 2022

Boxford's very own Christmas Soldier will come to life  
 along other toys to entertain you this Christmas.  
 There is even talk of an appearance by Father Christmas himself!

## More details coming soon...



# BOXFORD SOCIETY

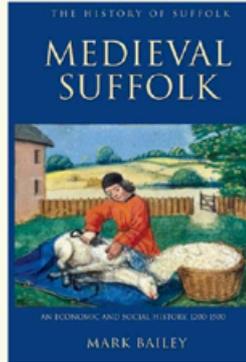
'The Towns & Trade in Medieval Suffolk'

Our Autumn Meeting will be held on  
**Friday 7<sup>th</sup> October 2022 at 7:30pm**  
in **Boxford Village Hall**

The guest speaker will be **Professor Mark Bailey**,  
Professor of Late Medieval History at the University of East Anglia.

He was a Fellow at Cambridge for many years, then became the Head of Leeds Grammar School before becoming the High Master of St Paul's School before returning to UEA, not to mention appearances in England's Rugby team and the Barbarians in earlier years.

He is an engaging speaker who will undoubtedly entertain and educate us about the Towns and Trade in Medieval Suffolk.



All welcome.

Free for Members. Small charge for visitors.



**Fleece Jazz** at  
Stoke-by-Nayland Hotel presents

## Antonio Forcione Solo Guitar

Wednesday 12<sup>th</sup> October 2022 8pm - Tickets: £25



"... his guitar never fails to mesmerise. He can make it sing or weep."  
- Review of a live gig at Ronnie Scott's  
"Thrilling voyage around the world... passion, grace and fire" - *The Times*  
His impressive twenty-one albums and extensive international tours have brought high critical acclaim.

## Dexterity: The Music of Dexter Gordon

Wednesday 26<sup>th</sup> October 2022 8pm - Tickets: £18



"All-in-all, this is top-notch hard bop played with authority, authenticity and conviction. The desire to communicate with the audience is clearly in the mind of all concerned."

- *Jazz Views*

Vasilis Xenopoulos - Tenor Sax  
Ross Stanley - Piano  
Dario De Lecce - Bass  
Steve Brown - Drums

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

Ample parking; fully accessible. Directions: [www.fleecejazz.org.uk](http://www.fleecejazz.org.uk)

Tickets: 01787 210796 or via **WeGotTickets** (booking fee applies); or on the door (cash or cheque only; sorry no debit/credit cards)

**SPECIAL OFFER:** A double room with breakfast and two tickets from £109 (subject to availability) Phone: 01206 262836

# COME FOR COFFEE

## IT'S FOR MACMILLAN

### SATURDAY 1st OCTOBER

### 10am to 11:30am

Newton Village Hall

coffee, cake stall - competitions  
raffle, bric-a-brac & jewellery stall

contact: Carole Langley 01787 373 548

PLEASE SUPPORT THIS WORTHWHILE CAUSE

## SEE YOU THERE!

WE ARE  
MACMILLAN.  
CANCER SUPPORT



# GET INTO GOLF



SIGNATORY



Come and have fun...

## TRY A FREE TASTER SESSION

Run by our friendly Club Pros Tim & James  
for women and girls

**Wednesday 5<sup>th</sup> October 2-3pm**

or

**Saturday 8<sup>th</sup> October 2-3pm**

All equipment provided.

No dress code except wear trainers  
and one rule: **Enjoy yourself!**

To book your place or find out more  
Contact **Tim**: [tcoopergold@aol.com](mailto:tcoopergold@aol.com)  
or **Kerry & David** at the NG office:  
01787 377217 ext 4

**DON'T DELAY BOOK TODAY**



More information can be found on our website:  
[www.newtongreengolfclub.co.uk](http://www.newtongreengolfclub.co.uk)

## BOXFORD VILLAGE HALL ANNUAL GENERAL MEETING

Monday 24<sup>th</sup> October 2022 at 7pm  
in Boxford Village Hall  
*Everybody welcome*

## EDWARDSTONE WORK PARTY

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

Come along and get involved with the work needed to look after this wonderful local amenity. Jobs can be found for everybody and you will be made to feel welcome. **Turn up for 9am start**

## PROGRESSIVE WHIST DRIVE

Wednesday 12<sup>th</sup> October, 7.30pm Monks Eleigh Village Hall

We play 18 hands with a break for refreshments. £3 to play, we hold a free 'bring a prize, win a prize' raffle.

## ACTON BOOK SALE

Saturday 29<sup>th</sup> October in All Saints Church, Acton, CO10 0BA 10 - 2pm. Free Entry.

1000s of books at bargain prices. Popular Fiction, Classics, Non-fiction, War, History, Biography, Hobbies, Children's. Contactless, card payments and cash accepted. All profits to the church.

### ARE YOU LOOKING FOR RESPITE FROM GRIM DAILY NEWS??

Welcome to the Cultural  
Wellbeing provided by

**THE ARTS SOCIETY  
STOUR VALLEY**



On the 3<sup>rd</sup> Wednesday of each month at 11am  
at Long Melford Village Hall, CO10 9QJ (opp The Bull)  
with refreshments available beforehand

**VENUE: The Village Hall, Long Melford CO10 9QJ**

Our Autumn Programme has just launched offering illustrated Monthly Talks (1 hr), Visits, Special Interest Days + a quarterly magazine and much more – all at a very reasonable cost.

**COME & TRY US FOR FREE**

For further details: [info@TASstourvalley.org.uk](mailto:info@TASstourvalley.org.uk) quoting **BRN17**  
or via our website [www.TASstourvalley.org.uk](http://www.TASstourvalley.org.uk)

\*(TAS Stour Valley was formed from TAS South Suffolk & TAS Sudbury)

**WEDNESDAY 19<sup>th</sup> OCTOBER at 11am**

**HOW TO GET DOWN FROM A YAK:  
ADVENTURES IN CENTRAL ASIAN  
NOMADIC TEXTILES**

Explore the little-known textile culture of the Kyrgyz, Turkoman and Karakalpak through houses made from wool, storytelling carpets, embroideries to ward off evil & kilims used to store kitchenware with everything ready to be packed & carried on a yak or camel at a moment's notice

## NEWS FROM GROTON CROFT

Although resembling an area of African savannah through the hot Summer period The Croft has continued to be well used by walkers, dog walkers and those looking to relax in an open space. The dog bowl has been used and appreciated!

The mulberry tree produced a good crop of fruit and most of the trees appear to have survived the drought period.

The trustees carry out an ongoing management function to maintain the Croft for the enjoyment of the village and are planning some more tree planting when conditions are right. Although much of the work is carried out by volunteers, some maintenance costs cannot be avoided and funds always need to be raised.

With this in mind the trustees are holding another musical evening in Groton Village Hall on the 12<sup>th</sup> November following the success of their last musical evening three years ago. The popular local singer Hannah Louise, who was so enjoyed before, will be performing again and a supper will be available together with a cash bar. An evening not to be missed!



## MILDEN SINGERS

A fun and friendly singing group. We meet weekly from 7-9pm at Milden Pavilion: the ability to read music is not essential and we sing everything from Mozart to Queen! We are looking for new members to join us and we are very much looking forward to performing again at our concerts.

For more information please contact Pearl on **01449 741876**.

## LEAVENHEATH CINEMA

Saturday 1<sup>st</sup> October - Doors open 7pm

**NO TIME TO DIE (James Bond)**

2021 (12A) Action/Thriller

2h 43 mins with 20 mins interval

Tickets £4 per adult & £2.50 per child.

You can now pay by card at the door.

or reserve your seat online at

[www.leavenheath.org.uk](http://www.leavenheath.org.uk)

Telephone Marion **01206 263301** for tickets

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

*Proceeds towards LVH Capital Project Fund (Charity No 262816)*



## WHATFIELD CRAFT FAIR

Sunday 16<sup>th</sup> October 10-4pm

Whatfield Village Hall, IP7 6QU

Wide variety of stalls. Bumper raffle with excellent prizes. Hot and cold refreshments served all day.

All proceeds to Success After Stroke and Whatfield Primary School.



Fundraising evening for Groton Croft

Hannah Louise

Groton Village Hall  
Live Concert

Saturday 12th November

Doors open at 7.00pm

Come along and enjoy listening to the well-known local vocalist singing covers of popular artists and help us raise money to maintain the wonderful amenity of the Groton Croft

**TICKETS: £18.50 (in advance only) to include supper**

Raffle

[lisa.hockley1@btinternet.com](mailto:lisa.hockley1@btinternet.com) or [jalwills@outlook.com](mailto:jalwills@outlook.com)

Cash Bar



**Christmas PARTY NIGHTS**

**Stoke by Nayland RESORT**

**Santa SUNDAY**

**Festive Events**

Celebrate in style with us this Christmas with events full of festive sparkle!

We're hosting party nights, live tribute nights, festive lunches, dinners, afternoon teas, Boxing Day Lunch and Santa Sunday events throughout December as well as New Year's Eve! There's something for everyone!

Find out more online...

**FESTIVE LUNCH, DINNER & AFTERNOON TEAS**  
Throughout December

**New Year's Eve EVENTS**

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

SCAN ME

# POLSTEAD FILM NIGHT

Polstead Film Night is a community initiative set up by Bill and Sue Wigglesworth that has been reignited since lockdown.

We've been hugely encouraged by the great feedback and would like to thank those of you who come to our Film Nights. It really means a lot to see so many happy faces! We are also very grateful for the help of our Film Night Elves (Angela, Paula, Ian, and Lesley).

We do this for the community and want to screen films you will enjoy. To enable us to do this, we've a few questions we'd love you to answer...

1. Would you be likely to attend a more relaxed, family-appropriate showing on a Saturday afternoon?
2. Would you enjoy watching a classic film?
3. And how about an occasional foreign film with subtitles?

Please email [polsteadfilms@gmail.com](mailto:polsteadfilms@gmail.com) with your answers - we love hearing from you!

From your Polstead Films Team, Caroline, Johann, and Lydia

## POLSTEAD VILLAGE HALL

Friday 14<sup>th</sup> October - Doors open 7pm

### THE OUTFIT

Mark Rylance shines in classy mobster thriller. Graham Moore's crime drama about a Savile Row tailor in gangland Chicago. Tickets £4.50 each. To reserve email: [polsteadfilms@gmail.com](mailto:polsteadfilms@gmail.com) or buy in advance at Polstead Community Shop Wine, tea, coffee, ice creams available.

All proceeds in aid of Polstead Village Hall, Charity No. 304933



# POLSTEAD ART GROUP

The "Polstead Art Group" has now been in existence for 21 years which we are celebrating with an Art Exhibition in Polstead Village Hall on the 22<sup>nd</sup> and 23<sup>rd</sup> October.

The Art Group was started by a group of likeminded friends who enjoyed painting and who wished to spend time together in a friendly atmosphere, trying to improve their artistic technique together. Without the forethought of these people, we would not be in the position we are today with a weekly gathering of about fifteen plus people enjoying painting with all different art media. We are not a group who has a tutor; we learn from one another, so new members who wish to join us, please do not feel intimidated. We are a friendly group of mixed abilities some of whom have more experience than others, and are always willing to help their fellow members develop and improve their own technique. More importantly, one of the main reasons the group still exists is that it gives everyone the chance to make new friends.

We meet on Tuesday afternoons from 2-5pm at Polstead Village Hall. Each week we ask for a payment of £2 which goes towards all of our expenses, (with the first taster week being free) which also includes a refreshment break.

We have now expanded the group to also include other forms of Crafts. So we now have people who come along and enjoy doing cross stitch, knitting, applique art and crochet. We encourage others to come along and share their experiences with other forms of art and crafts. It is hoped that this will give more people the opportunity to learn another craft themselves, as well as having a chat.

So why not come along and give it a go? Get yourself out of those four walls for the afternoon and try something new - come and enjoy the company of others.

Please come and join us, or contact Stewart on 07570791716 for more information.

**Shopping Day**  
in aid of  
**Cancer Research UK**  
**Monday 3<sup>rd</sup> October 2022**  
**10.00 am - 3.00 pm**

**The Village Hall, LAVENHAM**  
Church Street, Lavenham, Suffolk, CO10 9QT  
Behind The Cock Horse Inn off Church St., - Free parking

**Lots of lovely things for ladies of all ages - Everyone welcome!**  
Please join us in Lavenham to **support** Cancer Research UK

Hotfooted Ladies' Shoes & Boots (a whole hall full!), collections of ladies' clothes, jewellery, fashion accessories, gifts, plants & more...

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CELEBRATING THE GROUP'S 21<sup>st</sup> BIRTHDAY  
IN THE QUEEN'S JUBILEE YEAR  
WITH AN  
**EXHIBITION & SALE OF MEMBERS' WORK**

**Saturday 22<sup>nd</sup> & Sunday 23<sup>rd</sup> OCTOBER**

10am - 4pm

**POLSTEAD VILLAGE HALL**  
REFRESHMENTS AVAILABLE

**Why not come and join us?**

**New members welcome. Tuesdays 14.00 - 17.00 Polstead Village Hall.**

## LANTERN MAKING WORKSHOPS

Boxford Fireworks will be held on Saturday 29<sup>th</sup> October. The event starts with a parade of illuminated lanterns processing from The White Hart car park to the playing fields. The procession leaves the White Hart at 6:30pm.

The lanterns for the procession are made in craft workshop sessions at Boxford Spinney during the week leading up to the fireworks. This year's sessions are as follows:

### Saturday 22<sup>nd</sup> and Sunday 23<sup>rd</sup> October – Formal Workshop

This is a formal (over-14s only) 2 day workshop to make large parade lanterns that will impress spectators and be the envy of your friends. We recommend a team of at least two and no more than four (this is just a guide, you will need enough people to carry your lantern). If you wish to make a larger lantern, it is essential that you book into this workshop. Bookings are limited to 8 teams and the workshop runs over both days starting promptly at 10:00am and finishing at 4:00pm. You will need to bring a packed lunch, tea and coffee will be provided.

### Monday 24<sup>th</sup> to Thursday 27<sup>th</sup> October - Informal Workshop

This is an informal drop-in workshop aimed at both children and adults (children under 11 must be accompanied by an adult). In this workshop you will have time to make smaller lanterns that can be carried by one person (or 2 if it is slightly larger). You should allow 3 hours crafting time for the smallest lanterns, the larger the lantern the longer it takes. For smaller children, we have some pre-prepared lanterns that can be finished off. Some people like to come back the next day or later in the week to finish off. Workshops close at 4:00pm daily.

Instructional sessions start at 10am and 1pm daily. These sessions are on a drop in basis. Booking is not essential but is advised.

To book a workshop please ring **01787 211596** (answer phone)

and leave your details or email [mark.miller@talktalk.net](mailto:mark.miller@talktalk.net)

Formal workshops cost £10 per person and the informal workshops £5, payable on entry (credit and debit card payments accepted).

## POLSTEAD GARDENING CLUB

Our autumn season of meetings is now under way and coming up we have:

**Tuesday 11 Oct at 7.30pm:** Mike Townrow, local tree and soft fruits farmer, will talk about soft fruits, fruit trees and pruning

**Tuesday 15 Nov at 7.30pm:** Willow Weaving with Deb Hart  
All meetings will be at Polstead Village Hall on the green in Polstead (CO6 5AL). Free to members.

Non-members are welcome £5 (cash or cheque please). Includes a drink and nibbles.

Queries to [gardeningclubpolstead@yahoo.com](mailto:gardeningclubpolstead@yahoo.com)



## KERSEY TABLE TENNIS CLUB

We are a small and friendly club and welcome players of all abilities. The purpose of the club is social and recreational. We do not play competition.

We operate from Kersey village hall on Thursday evenings between 7:30pm and 9pm.

Our fees are: Adults £2.50 for one hour or £3.00 for the full session.

Juniors (under 18) £2.00 irrespective of duration.

Our season commenced on **8<sup>th</sup> September 2022** and ends **29<sup>th</sup> June 2023**

Contact Adrian Blyth **01473 827805** [amblyth1@gmail.com](mailto:amblyth1@gmail.com)

# Fireworks Lantern Making

Saturday 22<sup>nd</sup> October  
To Thursday 27<sup>th</sup> October  
In The Spinney 10.00a.m. - 4.00p.m.



TO BOOK A SESSION  
Contact Mark Miller  
01787 211596  
[mark.miller@talktalk.net](mailto:mark.miller@talktalk.net)

# TAKE TIME TO UNWIND

Would you like to feel more calm, relaxed and spacious?

Deeply relaxing sound baths are starting in Boxford.

So many of us these days find ourselves feeling we don't have enough time; rushing from one thing to another and wondering if it will ever stop. The fact is, this situation is unlikely to change unless we take action - slowing down, paying more attention to what our bodies are telling us we really need, and bringing ourselves back into harmony with nature. My name is Louise and since 2000 I have been training, learning, working, teaching and exploring the field of whole being well-being. I have dived deep into yoga, healing, body work, sound therapy and therapeutic grade essential oils as well as being a vegetable grower and artist. Some of you will know me from my stall Scents of Life at our monthly Boxford market or may have had a one to one appointment with me.



We live in a world which is full of distraction. We are bombarded by media, social media and advertising which wants our attention and fuels belief that we are lacking - we are constantly pulled into consumption and working harder to pay for it all. Unless we

consciously seek out positive news we are mostly fed endless negative images and stories of devastation, disaster, inequality and danger. Putting aside what has happened over the last couple of years - we're living in stressful times



amidst masses of information about health and well-being that is often profit-driven, contradictory and confusing, while resources for and access to our amazing NHS seem to be diminishing alarmingly. Faced with all this it behoves us to take our own well-being firmly into our own hands as much as possible and in ways which cause no harm to ourselves, others and the natural environment.

There are foundational principles for maintaining good health: be active, rest well, eat healthily (fresh, local, seasonal), manage and reduce stress, live and let live i.e. be responsible for our own thoughts, words, actions and emotions, and, do what we enjoy! However, it is so easy to be drawn away from this and find ourselves in all kinds of muddles. How to prevent that happening, and cope with all that is swirling around us in the external world? A key for me is allowing stillness and silence - simply stopping and being with ourselves, present in our surroundings and just being with whatever flows through us for a few minutes on a regular basis. This helps us reset and regain connection with ourselves and our inner knowing and from there we can move in the direction of what feels 'light and right' for us.

Many of us find it difficult to do this - to step out of the habits and patterns of being that are running our lives. I offer a safe and supportive space to start allowing those changes to take place. I am really happy to be starting up a monthly Deep Relaxation and Sound Bath group here in Boxford. All are welcome and no prior experience is needed. You can sit or lie down for a guided relaxation leading into a 'wash' of sound along with the beautiful aroma of some oils in the diffuser. I have made many of my own instruments including singing bowls, bells, and a gong and have flutes and rattles made by friends. The effect of the sound can be deeply soothing as well as having the capacity to loosen up anything that is holding us back. It leaves you feeling refreshed, calm and spacious with the possibility of a different perspective on life. I invite you to join me for the first one on Friday 21<sup>st</sup> October at 7.30pm in the Village Hall - all details are in the adjacent ad. I look forward to seeing you there!

*Louise Carpenter*

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**Louise Carpenter**  
*whole being well-being*

## DEEP RELAXATION & SOUND BATH

**Boxford Village Hall**  
**Friday October 21<sup>st</sup> 7.30pm**

save the date for Nov 18<sup>th</sup> and Dec 16<sup>th</sup> too!

A chance to enter a deeply relaxed state and receive a wash of healing, uplifting sound from unique hand-crafted high vibration instruments.

Leave feeling refreshed, calm, de-stressed and spacious - a perfect start to the weekend.

I am offering this first one by donation (suggested £10-£20)

Please contact Louise  
 to book your place:  
[yogarcikilouise@hotmail.co.uk](mailto:yogarcikilouise@hotmail.co.uk)  
 01787 211862





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Mill Tye is sign posted off the Bures Road in Great Cornard, approximately a mile out of Sudbury Town Centre. The turning is opposite the Kings Head Pub. Parking is in the car park before the level crossing. The gallery is a short walk opposite the Mill Pond, before the river; in the old 'Bakers Mill' Building.

For Exhibitions, Art Classes, Workshops and more, visit...  
[www.milltyegallery.co.uk](http://www.milltyegallery.co.uk)



Exhibition ends: Sunday 30 October 2022

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## NEWTON RIDE & STRIDE

We'd like to thank all the generous people who sponsored us for the Suffolk Churches Ride and Stride. We raised £200 which will be divided between All Saints' Church in Newton and the Suffolk Historic Churches Trust.

As we were staying in Blakeney for the week we decided to do the ride from there for a change. After visiting the 3 churches in Blakeney, we cycled via the churches at Wiveton, Glandford, Great Snoring etc. and made our way to Walsingham. After the quiet country lanes it was quite a surprise to come across so many people visiting the various churches and shrines. At one point we were stopped by a lady asking if we had seen her 2 rams that had escaped - I'm not sure what we were meant to do if we had met them!!

We were very lucky with the weather, and managed to visit 25 churches, cycling 36 miles in total.

*Thanks again*

*Marianne and Laura Anthony*



## MILDEN RIDE & STRIDE

Milden cyclists completed Suffolk Historic Churches Trust Ride & Stride and reached their target of visiting 20 churches, travelling a distance of 40 miles as part of this fundraising event for St Peter's Church, Milden and the Trust.

Thank you to everyone who has supported us, we are pleased to report our total raised is £475!



*Milden Cyclists 2022 - Jules, Julie, Debbie, Sarah, Sara and Jackie*

## LAVENHAM SINFONIA

Lavenham Sinfonia's final concert of the 2022 season took place at the end of September and was remarkably successful and well supported. It concluded a really excellent season following the Sinfonia's absence during the pandemic.

Planning is now complete for the Sinfonia's first two concerts of the 2023 season with first concert scheduled for 23<sup>rd</sup> April 2023 at the Church and a fantastic summer concert on 25<sup>th</sup> June 2023. The final concert of the season will be on September 17<sup>th</sup>, 2023, and the programme for this is currently being finalised.

Please do reserve the dates for next year's events which we are sure will continue the high quality of this year's. Tickets will be available from [www.ticketsource.co.uk/lavenham-sinfonia](http://www.ticketsource.co.uk/lavenham-sinfonia).

Do come and join us at Lavenham Church!

## CURIOUS CREATURES!

Find out what lurks in the Maze of Mystery, speed down the Slithering Snake Sledges, and scramble up the Spider's Straw Stack. Are you brave enough to ride on Beastie's Barrel Train?

Practise your putting on the Goblin's Mini Golf course and discover who's hiding in the Creepy Cabin.

With plenty of awesome activities and all sorts of weird and wonderful things to explore, a fantastic selection of hot and cold takeaway foods, all on top of your usual farm fun, you won't want to miss Holloween 22'.



Online tickets for the event are only £9 per person! 2 years and under are free. Head to our website [hollowtrees.co.uk](http://hollowtrees.co.uk), or scan the QR code to book your tickets today...

We strongly advise prebooking to avoid any disappointment. For full event details see our website, and keep an eye on our social media platforms.

See you soon,

*Team Hollow Trees Farm*



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TREES  
FARM**

## CALLING ALL SINGERS

*Madrigalia* is a choir based in Boxford and we welcome good singers. We generally meet fortnightly on Thursdays & regularly sing for various engagements.

We sing anything from Madrigals and Folk Songs to Modern Songs and Carols. From Thomas Morley to Caro Emerald and Bruno Mars. We like a challenge so we sing accompanied and A Capella.

Call Sue Price **01787 210913**

[www.madrigalia.uk](http://www.madrigalia.uk)



## SUFFOLK 'SONGS OF PRAISE'

The long-running BBC1 programme 'Songs of Praise' visited Holy Trinity Church, Long Melford, on the evening of 19<sup>th</sup> July (the hottest day of the year!) when a congregation of over 500 people sang and recorded nine hymns. Four of these hymns will be included in a programme to celebrate harvest, to be broadcast at **1.15pm on Sunday 25<sup>th</sup> September**, when Aled Jones will meet Christians caring for creation in East Anglia. Other hymns recorded on 19<sup>th</sup> July will be included in future programmes. One hymn, 'Colours of Day', has already been broadcast (on 4<sup>th</sup> September) and the programme is available to watch on iPlayer for two more weeks: go to <https://www.bbc.co.uk/programmes/m001bv09>. Watch out for some familiar faces!

# HOLLOWEEN

SAT 22ND OCT - MON 31ST OCT 2022

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## GROTON'S FLOWER FESTIVAL - 'SAINTS AND SEASONS'

Groton Church's flower festival over 27-28<sup>th</sup> August coincided with the commemoration of its patron saint, St Bartholomew. The church was filled with beautiful flowers showing off the artistry and skill of the arrangers. Many thanks to them, especially to event organiser Jayne Foster, and to all those who visited and supported the church - a total of £484 was raised.

1. *Joan of Arc (1412-1431) by Valerie Riddleston. Having helping Charles VII become King of France, Joan was captured, tried for witchcraft and burned alive at the stake at the age of 19.*
2. *St Ambrose (c 339-397) by Jayne Foster. Ambrose's patronage of bees and beekeepers originates in the legend that, when he was an infant in the cradle, a swarm of bees settled on his face.*
3. *St Gall (c 550-645) by Valerie Riddleston. St Gall, patron saint of domestic fowl, spread Christianity in Europe, particularly Switzerland, spending much time in the countryside. There are many stories about his encounters with wildlife.*
4. *For all the saints by Pauline Lamming*

Photos: David Lamming



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# SbN RESORT CELEBRATES

It was a very big night for the Stoke by Nayland Resort on Saturday 10<sup>th</sup> September when the family-owned venue celebrated the 50<sup>th</sup> Anniversary of its Golf Club with a gala dinner in the Devora Suite. Guests included long-standing members, Club Captains and Presidents, customers and suppliers, employees from across the decades and wider members of the family owners.



SbN 50th Anniversary Dinner. Susanna Rendall welcomes 200 guests

The evening began with a welcome by Matt Manning, newly appointed Managing Director of the Stoke by Nayland Resort, followed by a tribute to Her Majesty the Queen by Susanna Rendall, and a toast by Graham Barber, the first club captain in 1972.

Then Susanna, Group Managing Director of the Boxford Group, and Executive Chairman of the Stoke by Nayland Resort, briefly covered the 50 year journey for the venue which has grown from a modest golf club into the impressive resort that we see today, with 80 bedrooms, spa, restaurants, banqueting suites and lodges. Her speech was preceded by a remarkable short video taken from a 1971 Anglia TV documentary. This featured an interview with her parents and founders of the Golf Club, Bill and Devora Peake, about the creation of the Club as a diversification from their fruit and arable farm, and showed the construction of the first of two championship courses. Guests commented afterwards about how this footage highlighted the huge challenges faced by the Peakes and how fascinating it was to see bare fields where the resort now stands. Many guests hadn't ever heard the voices of Bill and Devora before (Bill died in 1979 and Devora in 1999).

Alan Line, a past Club Captain and Veteran's Captain, then gave a humorous account of being a longstanding member of Stoke by



Bill and Devora Peake



50th Anniversary presentation. L-R George Unwin, Susanna Rendall, Tamara Unwin, Jonathan Loshak, Robert Rendall, Carmella Meyer

Nayland. The guest speaker was Sir Eric Peacock, an international entrepreneur who was Chairman of the family's Boxford Group and SbN Resort for the past 9 years, and who gave an interesting insight into working with the different personalities on the family board.

Finally Susanna's sisters and fellow directors, Carmella Meyer and Tamara Unwin both spoke, and then presented Susanna and their brother Jonathan Loshak with portraits to acknowledge their substantial contributions to the business over the past 50 years: Jonathan had managed the Golf Club from 1972 to 1992, and Susanna has been Group MD since that time.

Susanna Rendall said "We are really delighted that so many guests were able to join us to celebrate this landmark occasion. Our parents Bill and Devora had a 50 year plan starting with the creation of a club where everyone was welcomed to come and enjoy playing golf in beautiful countryside, as well as benefit from a lively social environment where they could relax and enjoy good food and drink with friends. Now 50 years on they would have been proud of what their legacy has achieved and I must extend a huge thank you to our brilliant teams, members, customers and local community who have contributed to the success of the Club over this time. We are now eagerly looking forward to the next 50 years!"

## EBONY'S DIARY



Grass at last! The horses are so grateful that their fields recover quickly after the drought. Parys and Tilly discussed its quality together in mid-September, as my snap shows.

However, our news is not so wonderful: we were unable to open up at the start of term since the building works continued. The workmen did their best but the Centre had to remain shut to facilitate their labours and avoid accidents in the vicinity of so much hazardous stuff.

There has been a massive push to get rid of old and unused equipment too: Babs and I are just about able to see over the tops of the boxes in our room but you wouldn't be able to ride in here! So the plan is to be open on October 3<sup>rd</sup>, we keep our hooves crossed.

Meanwhile the live horses have been costing a lot extra since June, when Lyn had to start providing short feeds for them all. Very hard dry ground caused shoes to come loose so there were more visits from the blacksmith as well. Whilst Babs and I feel smug that we cost nothing if our electricity is off, we do appreciate that the others have to be kept in good condition. So once again, thank you to our supporters for keeping the Centre going through thick and thin!

Watch this space for more horse news next month and hopefully pictures of our lovely riders back in the saddle.

The Shelley Centre for Therapeutic Riding, Shelley, IP7 5QY  
Reg. Charity No. 1113636

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



# FRENCH'S CARE HAVEN

Hello to our readers. QUIZ NIGHT the first thing I must mention, as it is important to us as a charity that desperately needs income, to have as many people attend as possible and of course for all to have a great evening out. Our Quiz Night is on 22<sup>nd</sup> October at the Ansell centre in Hadleigh, Fish and chips, cakes, a bar for drinks and lots of fun, so please pull a team together, minimum 4 people and the maximum per table is 8 people. If you are single or a couple and would like to come but do not have a team, don't worry, let us know and we can put you on a table that will suit you. Contact Sharon on: 07999 051401 or email: [frenchs100club@gmail.com](mailto:frenchs100club@gmail.com) for more information and to book your table.

All of us at French's would also like to say what sadness we feel for the loss of Queen Elizabeth, she was such a lovely lady and for me we had three things in common, our deep love of horses, our love of the countryside and we were both born on the 21<sup>st</sup> April.

I met the Queen when I lived in Windsor in 1976, I actually stayed at the castle for a while before moving into a cottage. I worked for a friend of Prince Charles who owned Honeywell computers. Prince Charles played Polo at this time and invited his friend over from America along with his Polo ponies for a season. While working in Windsor I was given a car and a free pass to everywhere including Ascot racecourse, a local Gym and the big Windsor animal park that use to be. I also kept my horse at a farm on the beautiful Windsor Great Park, where I took it out for rides in the grounds. I spoke to both the Queen and Prince Charles on separate occasions while riding either the polo ponies or my mare Astral in the Windsor grounds. It seems like many moons ago I had this life and wonderful experience. The photo enclosed is a picture of me competing around 15 years later, when I went back to Windsor Great Park to compete on my beautiful horse Norman.



The other photo I had to show is of Frankie asking me "where's the grass?". He really was, bless his heart.



A few thank you's to go out: Horsemat Ltd in Sudbury have provided us with 9 more rubber mats that we needed. Thank you Horsemat for your generosity and good quality mats. Thank you to Daren for going to pick them up in his van. Thank you also to Dr John Flather, Brian and new chap Paul for your help with the farm's ever-long list of maintenance that needs doing every week.

Last month I put a call out in the magazine for some kitchen cupboards and a sink for our first-aid area and a nice chap called Sid called to say he could help. Sid came over with his daughter to see where the units need to go and they brought some bales of hay with them, so thank you both and we look forward to Sid fitting the units he said he will supply for us.

I am having difficulty finding new volunteers, I cannot understand why? We have even been putting out for someone to work part time. Is this how things are out there now? Years ago people were so active and could not wait for their volunteer days, so they could enjoy their time with the animals in a lovely environment and you would have a queue of people asking if you had any full or part time work. Goodness times have changed and not in a good way for some of us. Where are you? Call me.

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

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

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## KENNY'S NEWS FROM SESAW



Life can be up one day and down the next. Before the sad loss of our Queen, our ladies were enjoying running a Rummage Sale in another heatwave. They raised over £1500 and some visitors also acquired a new pet, much to Mum's delight.

Now, in keeping with the melancholy mood, Autumn has arrived and we turn our thoughts to the months ahead. November's Christmas Fair is our last event of the season and volunteer numbers have dropped so we have

stopped accepting donated items until next year. Some of our supporters sell online so if you have anything special please leave a message or email [sue.wilson317@btinternet.com](mailto:sue.wilson317@btinternet.com). We will, of course, continue to accept clean bedding and towels but no pillows, cushions or feather duvets.

Our Volunteers enjoy their days at SESAW. If you would like to help care for the animals, please leave a message on **01787 210888** or email [info@sesaw.co.uk](mailto:info@sesaw.co.uk).

You will be sure of a warm welcome from all of us, including me,

*Kenny (the Boss) Chihuahua.*

Suffolk & Essex Small Animal Welfare, Stoke Road, Leavenheath, CO6 4PP.

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



# WOMAN WHO WALKS

## Our beautiful Box Valley

Here is a walk around Boxford which will soon be appearing in a leaflet about walks in the area, part of the "Discover Suffolk" series, published by Suffolk County Council and the Parish Councils. The series is aimed at encouraging visitors to explore our region on foot. A special "thank you" to our Boxford Footpath Warden, Jono West, for devising this route!

Unfortunately, some of the land featured in this walk is at risk of being submerged beneath huge, plastic netting cages, metres high (see the article in this edition of Box River News). So, you might like to seize the chance to enjoy our beautiful Box Valley as it is now.

Starting from Club's Lane, I took the footpath straight on, past the backs of the houses in Fen Street, and on up the hill. It's surprising how quickly the built-up area is left behind and the path leads out into open views of autumnal fields, with Boxford church tower in the background. The footpath continues to the left and over a stile into a field where cattle are often waiting to meet you. I'm trying not to be such a wimp about cows (I tend to change tack instantly and find an alternative route if I look over a stile into a pair of eyes and a headful of horns), but today I braved them. The resident ladies, plus their one very large and rather terrifying chap, were lying in a far corner of the field, sagely contemplating life in general. To my relief, a passing walker was well beneath their notice.

I continued over the next two stiles, through the agricultural machinery yard and out into another field at the top of Cox Hill. Here, there is a wide vista towards Hagmore Green in one direction, Groton and Edwardstone in the other. At the road, I turned right, then left and down the footpath beside Cox Hill House. There was a pearly, grey light in the sky this morning, with clouds sweeping away towards the horizon, making the distances appear even greater than they really are from this elevated viewpoint.

I followed the path down the hill, right at the bottom and through the woods. The intense green of the leaves here, down by the stream, made a striking contrast with the tawny browns of the dry landscape elsewhere. Past the pond (which seems, almost miraculously, to have its normal water level), I turned left and up through the Sand Hill field to the A1071. I crossed over and took the path alongside Roylands Lane, ducking under the huge laurel hedge, which also seems to have thrived in the drought and has now outgrown the space.

At the end of the laurel tunnel, the path opens out into another wide view, with Wash Lane to the left and Stone Street all but invisible in the valley. This is one of the views that we may soon have to say goodbye to, despite it being designated a protected view in the Boxford Neighbourhood Plan. Instead of arable fields which could have been painted by Constable, we will see an expanse of black, plastic netting cages, enclosing ranks of wired trees, all in pursuit of the perfect apple for fussy supermarket buyers. We will not be the



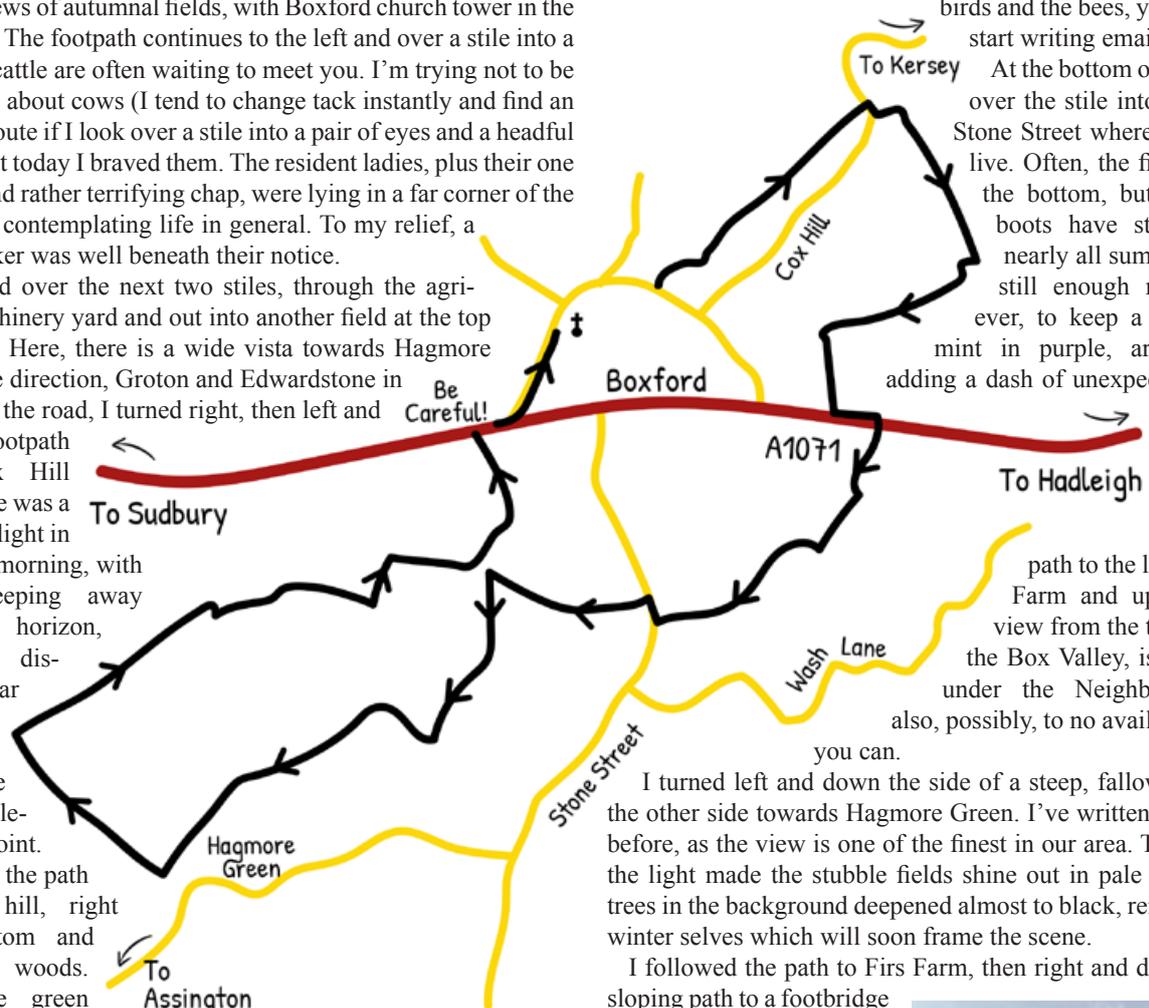
only losers: the larks that erupt into a skyward frenzy of trilling song when a walker passes here in spring, may be just a memory. If, like Joni Mitchell, you'd rather have spots on apples if they leave you the birds and the bees, you might like to start writing emails!

At the bottom of the hill, I went over the stile into a field behind Stone Street where horses usually live. Often, the field is boggy at the bottom, but this year, my boots have stayed dry here nearly all summer. There was still enough moisture, however, to keep a clump of wild mint in purple, aromatic flower, adding a dash of unexpected colour and scent.

Out into Stone Street, I turned right, then took the path to the left of Pippette's Farm and up the hill. The view from the top, back across the Box Valley, is also protected under the Neighbourhood Plan; also, possibly, to no avail. Enjoy it while you can.

I turned left and down the side of a steep, fallow field, then up the other side towards Hagmore Green. I've written about this path before, as the view is one of the finest in our area. Today, a trick of the light made the stubble fields shine out in pale gold, while the trees in the background deepened almost to black, reminders of their winter selves which will soon frame the scene.

I followed the path to Firs Farm, then right and down the grassy, sloping path to a footbridge over a small stream. This is another spot which is often a muddy slog, involving acrobatic hops from one wobbly, firm-ish foothold to the next, hands grabbing for any helpful overhanging branches. Today, it was dry underfoot, but the trees and shrubs had all revelled in the constant supply of water, along with the heat this summer, and had turned the path into a miniature jungle, which I had to beat my way through.



I turned right and followed the path along the bottom of a large potato field. Last time I came this way, I had to wade through chest-high grasses, nettles and hogweed, but today it was easy going on a well-trimmed path, the potato furrows leading the eye up to a high and seemingly far-off horizon on the left. The A1071 runs along the top of this field, but down here in the valley, I felt I could be in the middle of a steppe.

The path eventually leads uphill and to the left, then right just before a high hedge. At the end of the next field, it meets a path on the left which leads back down into Boxford. The path runs along the side of a field with a wild, unkempt feeling, adding to the sense of being in the middle of nowhere, despite the centre of the village being only a stone's throw away and the A1071 rumbling constantly in the background. To the right, as you go down the hill, is an ancient hollow way, now impassable and filled with debris of fallen branches, but once a drover's road, with high sides, formed over hundreds of years by constant trampling of feet and animal hooves down the middle of the track.

At the end of the path, I crossed the A1071. Please be extra, extra careful if you follow this route, as the crossing is dangerous – if you can, walk along the verge and cross at the island opposite the top of School Hill.

Down School Hill, I was greeted by the familiar shape of the church tower. Just as I was thinking that it's good some things don't change, I realised that the clock was missing. Fortunately, it has gone away to be restored with loving care by experts and will come back to us soon, better than ever. If only the same could be true of our beautiful Box Valley.

Lisa

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

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

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## MY WISH CHARITY

Do you know what My WiSH Charity support? Well, unlike many other charities, we really don't have just one thing! It's so varied and we actually support about 100 areas of the West Suffolk NHS Foundation Trust.



**Enhancing care for you,  
your family, for life.**

This starts before we are born all the way through until it's time to say goodbye. We don't provide anything that the NHS should provide but we enhance care and support the amazing staff.

With that in mind we thought you would like to hear about some of the few of the things we've purchased over the past couple of months.

**DVD players** - All patients can watch free TV, have access to the radio, newspapers and magazines with a smart phone but for those who don't own one we lend out large screen DVD players so the patient can enjoy a large selection of DVD's during their stay.



**Garden** - Thanks to a fantastic donation we provided a garden at Newmarket Community Hospital which allows patients, including those in a bed, to enjoy some fresh air.

**Toys** - Toys are wonderful, but they don't just work for play, they work for therapy! Donations meant we provided toys to the community speech and language team to help them with their young patients.

**Cushions** - Although we don't make the cushions, we work with the breast cushion care group to provide the fabric and filling for these wonderful cushions which help women who have undergone breast surgery.

**Nebulisers** - More patients are needing respiratory care in the community. To ensure they stay in the comfort of their home we recently provide five nebulisers to aid their treatment.

**Goodies** - It's tough being a young patient with lots of procedures needing to be done. We provide boxes of goodies to paediatric teams to help them send their young patients on their way with a smile.

This is just six things from a long list, all bought thanks to your donations. If you would like to support us, you can do so by scanning the QR code or by going to [www.mywishcharity.co.uk/donate](http://www.mywishcharity.co.uk/donate). Every penny really does make a difference.

And finally, it's not all about buying things. August saw a special visitor come to Newmarket Community Hospital as Papineau, a beautiful G1 Ascot Gold Cup winner, came to say hello to the patients thanks to Godolphin. It was a wonderful day and the patients absolutely loved it. You can watch the full video on our YouTube channel.



### *Remember!*

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

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

# THE GLOW PRO



The days feel shorter, evenings are nipper, and Pumpkin Spice Lattes are the talk of town. Whilst I'm still reminiscing about the Mediterranean summer we had, there's no doubt about it... Autumn is in the air.

Your jumpers may be out, but skincare is always in! That's why this month, it's all about how you can tweak your products to keep your skin feeling hydrated and balanced as the seasons shift.

## Rich Replenishing Cream

With the air becoming drier, now is the perfect time to retire those lightweight formulas in exchange for thicker, creamier moisturisers.

I recommend the **Rich Replenishing Cream from ALLSKINMED (£70.00)** as it's ideal for everyday use with its nourishing properties. This medical-grade formula is one of our best-sellers for men and women, helping to replenish lost hydration for a dewy complexion.



## Nourish Hand Mask



It's easy to neglect our hands. Where they were once silky-smooth over the summer, they can suddenly turn red and rough with the temperature change. The fix? A moisture boost! Enriched with winter must-have ingredients such

as shea and cocoa butters, **The White Company Nourish Hand Mask (£15.00)** is one of my handbag staples. This soothing hand cream is comforting and protective. Not to mention it has a divine scent!

## Brightening Ampoules

Back-to-school stress, a plummet in the temperature and the use of central heating are just some of the culprits that can dwindle your skin's complexion. There's never a time when we don't want to glow, but sometimes the elements are against us! That's where the **ALLSKINMED Brightening Ampoules (£100.00)** come in. Each ampoule contains high levels of Vitamin C and growth factors for an instant pick-me-up. After the 28-day course, you can expect dull and tired skin to feel alive and revitalised.



## Hydro Boost Body Gel Cream



Low humidity levels draw moisture from our skin, so daily moisturising is key ladies and gents!

If you're worried about feeling greasy post-body cream application, I can vouch for the efficiency of Neutrogena's fast-absorbing and affordable **Hydro Boost Body Gel Cream (£3.99)**. My skin feels supple after each use and it's powered by Hyaluronic Acid – a much-needed ingredient for thirsty-looking skin.



## Cleansers

If you read one of my previous columns, you'll know that I rave about the **Prophilo Micellar Water (£25.00)**. Thanks to its gentle and super hydrating ingredients, it's my go-to all year round to keep my skin feeling pleasantly fresh and balanced.

A close contender is **REN Evercalm Gentle Cleansing Milk (£25.00)**, which is ideal if your skin feels a little tight after cleansing, especially in the colder months. This beautifully creamy cleanser helps to soothe irritated skin whilst combating dryness.

## Sunscreen

Summer is sadly in the past, but your SPF should still be present! Come rain or shine, the sun's UV rays are just as harmful – so don't be fooled by a grey sky.

I recommend **Heliocare**, as it offers complete photo-protection with an added shot of nourishment.



What's your favourite skincare at the moment? Let me know on: [office@suffolkmedicalclinic.co.uk](mailto:office@suffolkmedicalclinic.co.uk) / 01787 211 000

Helena x

**Suffolk Medical & Beauty Clinic**  
Medical Aesthetics



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

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

**Q: "How do I know which skincare products are best for me?"**

**A:** With so many products out there, it can be confusing to know where to start, but learning your skin type is the most important first step! There are 5 key categories of skin types:

- 1) Oily skin
- 2) Dry skin
- 3) Combination skin
- 4) Normal skin
- 5) Sensitive skin

To find out what yours is, you can take a quick online quiz (there's plenty of free ones out there). Or, you can always book a consultation with one of our beauty therapists who are experts in skincare - they will spend time discussing your skin goals and will help you to build a tailored regime.

Email your beauty questions to [theglowprosuffolk@gmail.com](mailto:theglowprosuffolk@gmail.com) for a chance to be featured next month!

# AREA OF OUTSTANDING NATURAL BEAUTY THREATENED

Many local people still seem to be unaware of the developments in the Dedham Vale AONB on the northern side of the Box Valley. Around 65 acres of land, including the two fields to either side of Wash Lane, leading down from Calais Street, plus another field down by the river, have recently been purchased by Boxford (Suffolk) Farms Ltd, who have begun work on the installation of commercial apple orchards. This locally prominent company was established in 1938 in the Box Valley, and according to their website grows a variety of top, stone and soft fruit “in the picturesque rolling landscape of the Dedham Vale and Stour Valley Area of Outstanding Natural Beauty (AONB)”. The “Boxford Group” of companies includes Boxford (Suffolk) Farms Ltd, Peake Fruit and the Stoke by Nayland Hotel, Golf & Spa Resort.



The new orchards add to the similar orchards they have planted extensively around Leavenheath, Honey Tye and Brick Kiln Lane. Until now, the land around Wash Lane has been used to grow mainly cereal crops. The problem with this change of use is not the fact that trees are being planted instead, nor even that the trees are not grown in a traditional way, but on metal wire supports: the problem, in the context of the AONB, is that the trees will be enclosed in cages, like the ones at the other sites, to protect them from birds and adverse weather. These structures are made of concrete or wooden posts some 4m high, which are entirely enclosed for much of the year, top and sides, by black netting or white fleece, which appears to be made of a plastic material. From a distance, the orchards look much more like some kind of large, industrial building than any kind of agriculture.

In many people’s opinion, this is not a look which is compatible with the designation of an Area of Outstanding Natural Beauty. As one resident remarked, what is an AONB without the O and the B? Although some of the existing orchards are also within the AONB, and apparently have not attracted any official attempts to prevent their construction, the existing ones are generally not so prominent, as they are on flatter ground and not visible from such a large distance.



Some local residents recently had a site meeting with the farm manager. He was very helpful and clearly open, in principle, to the idea of taking any reasonable steps to mitigate the visual impact of the structures, for example by using wood, rather than concrete, where possible and planting fast-growing alder trees to mask the outlines. However, no amount of perimeter planting, or use of wood rather than concrete, will prevent the loss of many local views within the designated River Box Area of Local Landscape Sensitivity.

One example is the view from the footpath which leads up from Stone Street towards Hagmore Green. The view of the sloping valley on the Wash Lane side, with its traditional fields in the middle distance and Stone Street hamlet in the foreground, is one of the views which was selected for special protection in the Boxford Neighbourhood Plan. If the current development is allowed to proceed, that view will be largely of enormous, black, box-like structures covering the middle distance.

You may be wondering how planning permission could be obtained for such a project in the AONB. The answer, it appears, is that the developer is relying on various exemptions from planning permission which can be applicable to agricultural developments under government regulations called the General Permitted Development Order. The Order covers many, but not all, types of development on agricultural land. Those that are not covered are subject to the same planning controls as any other development project, including the requirement for a public consultation on the effect of the proposed development on local people, wildlife and the environment.

At the time of writing this, it remains unclear whether these structures come within the scope of the GPDO. Several local residents have asked Babergh planning office for guidance on this, in particular on whether the designation of an area as AONB has any effect on the application of the exemptions to developments which impact on the visual amenity (and therefore on the potential attractiveness as a tourist destination) of the area. Polstead and Boxford Parish Councils (the affected area is partly in both parishes) have made similar approaches to the Chief Planning Officer and we believe that discussions are taking place between the Planning office and the AONB.

Clearly, in such sensitive circumstances, it is very important that local people know that the correct rules and procedure are being followed. We have not yet had a formal response from the Planning Office. While we cannot draw any conclusions at this stage, the length of time needed to decide whether the exemptions apply to this development suggests that the answer is not as easy as the developers believe.

If the outcome is that no permissions or consultations of any kind are required, it will be down to the conscience of the developer to decide how – or whether - to proceed with this unpopular project. The Boxford Group is a prominent, long-standing local business which prides itself on being part of the community. We hope that in due course they will consider the impact on the Box Valley of cladding so much of it in concrete and plastic. The impact is potentially not only visual, but economic. Tourists visit Constable Country to admire the landscape that Constable painted: he did not paint concrete and plastic cages.

One agri-business may own the land, but they do not own the landscape, particularly one which has been chosen as worthy of special protection. This belongs to all of us who live here and value our beautiful area, and to the visitors who choose to come and enjoy our beautiful area with us.

Anyone who feels strongly about this development might like to make their feelings known to the directors of Boxford (Suffolk) Farms Ltd c/o their registered address: Stoke by Nayland Resort, Keepers Lane, Colchester, Essex, CO6 4PZ and to your Parish, District and County Councils: Boxford Parish Council: [d.hattrellhattrell@btinternet.com](mailto:d.hattrellhattrell@btinternet.com); Polstead Parish Council: [clerk@polstead-pc.gov.uk](mailto:clerk@polstead-pc.gov.uk); District Councillor (Boxford): [Bryn.Hurren@babergh.gov.uk](mailto:Bryn.Hurren@babergh.gov.uk); (Polstead): [john.ward@babergh.gov.uk](mailto:john.ward@babergh.gov.uk); County Councillor: [James.Finch@suffolk.gov.uk](mailto:James.Finch@suffolk.gov.uk). The Dedham Vale AONB Team may also be interested to hear from you: [dedhamvale.project@suffolk.gov.uk](mailto:dedhamvale.project@suffolk.gov.uk)

*Amanda & John Flather; Lisa & Michael Wortley; Chris Andrade; Sarah Banks; Lynda & Eric Benton; Judith & Richard Blatch; Fiona Bonny; Rosy Chesterton; Maureen Cooling; Barbra & Bernard Golding; Marian & Michael Goldsmith; Brian Howe; Heather & Rob Jones; David Long; Martin Roffey; Margaret Seward; Annabelle & Tom Sexton; Kim & Kevin Shanks.*

## HADLEIGH & BOXFORD PPG

All day 'flu and Covid booster vaccinations will start at the Hadleigh Health Centre on 1<sup>st</sup> October and will continue on the 15<sup>th</sup> of the month.

Appointments will be offered, by mail, to all eligible patients starting with 75plussers.

The two clinics are not 'drop in' centres. There is no need to call the Practice if you are unable attend the appointment time you have been given. Likewise, if you have made alternative arrangements at a pharmacy.

The vaccines will be 'flu and Moderna; a single dose will be given, one in each arm. Patients are not required to rest afterwards.

Face masks are no longer obligatory but you may wear one if you wish.

During the vaccination sessions the two car parks near the Health Centre and some strategic places inside will be manned by volunteers. For safety reasons, a one way system in and out of the car parks will be implemented. Please be kind enough to observe the changes and follow the directional signs and instructions from the volunteers.

Parking tickets are required in the public car park on a Saturday from 8am to 12noon with no exemption for vaccination clinic attendees.

With the help of Hadleigh and District Probus Club the PPG is a step nearer to acquiring an outside defibrillator for the Practice. The Town Council has approved their application for funding so together we can now make the necessary arrangements for a machine to be installed. Our thanks to Probus for their help with this. More future training sessions on the use of the machine are planned at the Leisure Centre.

The mini art exhibition in the Old Pharmacy area has been changed. Clare Dawson's exquisite colourful photographs now grace the walls. Some of the pieces are for sale, with a percentage of the revenue going to the Practice's Charitable Trust.

Our thanks to Jane Haylock for allowing us to enjoy her intricate creative textile work for many weeks.

Finally, I am always happy to hear from anyone who wishes to join my Dream Team of volunteers. My contact details are below.

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

**PPG Chair:** Jan Devey 01473 827091

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

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



Clare Dawson

## BRIAN TORA'S SOAP BOX

September has turned out to be quite a momentous month. A new Prime Minister and a new Monarch – all within the space of less than a week. We had several weeks to get used to the idea that a new incumbent of No 10 would be setting the political agenda as we moved into autumn. In theory we also had plenty of time to prepare ourselves for a change in Buckingham Palace – given the age of Queen Elizabeth II. It still came as a tremendous shock to me and, I suspect, to most of us.

Her death at the age of 96 should not really have come as a surprise. She had been looking increasingly frail and had needed to opt out of a number of engagements, including some which she would ordinarily have wanted to attend – and not just out of a sense of duty either. Perhaps more important still, she had recently lost her husband, who had been such a tower of strength to her over more than 70 years of marriage and very nearly seven decades of her rule as Queen.

I recollect the Coronation – just. It took place a few months before my eighth birthday. I remember waving a flag at school, but while one of my neighbours said we had a half day holiday to mark the occasion, this is something I have been unable to dredge up from the recesses of my mind. Nor do I recall seeing the event on one of those early televisions, with a small black and white screen, though I am sure we did not own a TV until I was well into my teens and I doubt our neighbours did either.

As it happens, I have been fortunate enough to meet the Queen – and Prince Philip too, though on different occasions. This is probably not that unusual as, according to one of the many broadcasts that celebrated the life of the dear departed Elizabeth Regina, around one third of the population are likely to have met, or at least to have seen the Queen during their lifetime. Given that she reigned for more than seven decades, that does not seem too fanciful.

Indeed, at a recent Rotary lunch that took place shortly after her death was announced, I learned that several members had met her, some more than once, and around half of those present had a story to share that included some involvement with the Royal Family. My brief handshake, gentle bow and mumbled response paled into insignificance once I heard of these other encounters. I even felt embarrassed at my nervousness at the time and the fact that I was lost for words – not a common experience for me.

Meeting Prince Philip was an altogether more positive experience. The occasion was a business breakfast held some 20 years ago at Cardiff Castle as part of a sponsorship event for the Duke of Edinburgh's Awards scheme. There were to be speeches after the meal, starting with Prince Philip. I was to follow him, so no pressure!

Before the breakfast started, the Prince was introduced to a number of those involved, including me, on a one-to-one basis, rather than in a presentation line. He was charming, inquisitive and easy to talk to. The contrast with my meeting with the Queen some ten years later on her Diamond Jubilee could not have been greater, but then I was part of a much larger gathering, so she had a lot of people to greet in a comparatively short space of time.

I had been part of a committee formed to fund and build a special garden to celebrate the Queen's Jubilee at Capel Manor, a horticultural college north of London and adjacent to the M25, a place with which I had enjoyed an association for many years. The Queen had flown in by helicopter to open the garden and to deliver a speech of thanks. It was a glittering occasion and I would not have missed it for the world, even if I feel I did not make the most of it at the time.

As for our new King, I have seen him in the flesh, but never met him. All the early indications are that he will endeavour to follow his mother's example and be a considerate and diligent Head of State, with much of the humility shown by her. Even so, it came as a severe blow to lose someone who had been ever present in our lives for so long. Singing the National Anthem feels strange now. But I have no hesitation in wishing him well. God save the King!

Brian Tora



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# COST OF LIVING SUPPORT IN SUFFOLK



## HELP WITH DEBTS & HOUSEHOLD EXPENSES

### Suffolk Advice and Support Service (SASS)

A free phonenumber, available to support vulnerable people in our communities with access to debt and money advice. The telephone number is freephone **0800 068 3131** and is staffed from 9am to 5pm Monday to Friday.

You will be asked to indicate what you need help with. Debt/money advice queries will be answered by specialist debt advisors on-hand to assist.

### Local Welfare Assistance scheme

The Local Welfare Assistance Scheme (LWAS) helps those experiencing financial hardship, whereby local organisations across Suffolk can submit an application for support, on behalf of an individual or family. The LWAS can help with household furniture and white goods, fuel vouchers (electricity and gas topups), supermarket vouchers, and contributions towards increasing costs during the winter months.

Applications on your behalf can be made by our trusted gateway partner organisations only. Members of the public that wish to apply for this support should contact a gateway partner, who will assess your circumstances and submit an application for you (you cannot directly refer yourself). To find a gateway partner in your area who can support you with an application, such as CAB, district and borough councils, health services, voluntary organisations, visit: [www.suffolk.gov.uk/FinancialHardship](http://www.suffolk.gov.uk/FinancialHardship)

### Warm Homes, Healthy People

Suffolk's Warm Homes Healthy People is a project designed to help vulnerable people and families make their homes cheaper to heat. The project can provide the following for eligible residents in Suffolk:

- **Grants for First Time Central Heating**
- **Boiler or heater stopped working?** Warm Homes Healthy People can lend you electric heaters and point you in the direction of any grant funding available such as assistance in applying for a local authority renovation or home assistance grant.
- **Do you own or privately rent your property?** Warm Homes Healthy People can arrange for an **independent surveyor** to visit your home and discuss energy efficiency improvements that could make a real difference to your heating bills.
- The project can also access grants to help pay for **insulation** and basic **draught proofing**

Call Warm Homes Healthy People on **03456 037 686** or email [whhp@eastssuffolk.gov.uk](mailto:whhp@eastssuffolk.gov.uk) if you have a question.

### Suffolk Infolink

Suffolk Infolink is our directory that lists a wide range of community services across Suffolk. It's a great place to find organisations that can help.

Visit: [infolink.suffolk.gov.uk](http://infolink.suffolk.gov.uk)



## SUPPORT FOR FAMILIES

### Home Start in Suffolk

Home Start is ready to support families through their toughest times. Call: 01473 621104 Email: [headoffice@homestartinsuffolk.org](mailto:headoffice@homestartinsuffolk.org) Visit: [www.homestartinsuffolk.org](http://www.homestartinsuffolk.org)

### Healthy Start

Healthy Start provides vouchers for pregnant women and families with a child under four years old on a low income to buy basic food items. Call: 0345 607 6823 Visit: [www.healthystart.nhs.uk/contact-us](http://www.healthystart.nhs.uk/contact-us)

### Support for children during school holidays

Families who are eligible for free school meals will be contacted directly by their school if they are eligible for support for the school holiday periods covering May half term and the Summer Holidays. Further information will be available from your school on what support is being offered.

Where a child is eligible for income related free school meals, families will be contacted directly by their child's school regarding supermarket voucher grants of £15 per week, available to them during the school holiday from May until September 2022.

Where a child is not eligible for free school meals because they are not attending a state funded school, a family can seek support directly from the Local Welfare Assistance Scheme. For more information, visit: [www.suffolk.gov.uk/FinancialHardship](http://www.suffolk.gov.uk/FinancialHardship)

## CAREER / WORK ADVICE

### National Careers Service

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# WHISPERING TO THE MOTHS

## 500 Species of Moth Identified at Ancient House, Boxford



The collective noun for a number of moths is a whisper of moths - a wonderfully evocative term that reflects the quiet nature of this elusive and mysterious animal. Five years ago I was given a moth trap and so began my adventure into the moth world. Moths are closely related to butterflies and some moths are as large and colourful as butterflies.

Most people think of moths in connection with the clothes moth that eats holes in our household fabrics. However, only two or three British species eat fabric while the other 900 species of large (Macro) moths and 1,550 or so species of Micro-moths do not. Moths unfairly get a bad press! They are important in the insect world and need to be better understood. A few are disliked by farmers as they may affect certain crops and farmers spray to contain them in lower numbers.



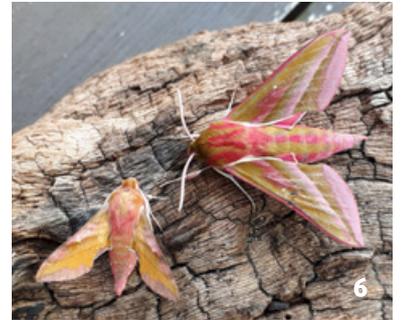
In August 2022 I reached my goal of identifying and photographing 500 different species in the garden of Ancient House, Boxford. I never imagined this was possible as they all like different habitats, specialist foods and have different breeding habits, as well as having behaviours peculiar to their species. It did not seem possible that such a variety of creatures would visit one garden. As time has passed we have added new plants and managed our garden differently so as to encourage more varieties of moths to at least pass a night here or even breed here. Near us are various habitats like woodland, the river, meadows, hedgerows, boggy land and fields. All these habitats have their own specialist moths which fly in the area either at night, or a few, during the day.

I set the trap before dusk and go out early in the morning to take photographs and release each of them in some safe nook or cranny until they are ready to fly, so that the birds do not think I am



providing a smorgasbord for them. Some moths are docile and handling does not bother them while others seem anxious and twitchy so are more difficult to photograph or identify before they fly.

Moths are incredibly important for the services they provide to our planet. They are vital to the ecosystem carrying out a similar role to bees. Moths are important pollinators in our ecosystems, as they help seed production of plants when feeding on the nectar or pollen of flowers. Many moths are linked to



one particular plant or tree for its life cycle so the loss of that plant means the loss of that species. Additionally, birds feed their chicks with winter and spring moth caterpillars collected from high in the trees. It is estimated that a single brood of blue tits can eat up to 10,000 moth caterpillars before fledging.



At this time in our history, when there is massive concern about the world ecosystem, it is important to help ourselves by lending a hand to these beautiful creatures. We can do this by making our gardens more ecofriendly and by not killing them off when they venture indoors or appear in the garden. You can also help by not cutting back herbaceous material so much in the Autumn. This will provide resting places for caterpillar hibernation and pupae over winter. Amphibians, bats, spiders, night flying birds, hedgehogs and other small mammals also feed on the caterpillars. Cuckoos, which eat caterpillars, are in decline and this is thought to be because of the huge reduction in moth numbers. Did you hear a cuckoo this year? You were lucky if you did, so rare are they becoming. When we look after our insects, the environment benefits and so do we.

Accompanying this article are a range of a very few larger moths that appear in our garden. They all have scientific names but only the traditional given common names are provided here.

Rough guide to size: L=Large - same size as a Common White butterfly. M=Medium. S=Small - same size as a wasp. All except the Beautiful China Mark are in the group known as Macro Moths.

Tina Loose

Images as numbered:

- 1. Muslin Moth, male.** *Plays dead with legs in the air when threatened, showing its bright yellow underside e.g. when a bird lands nearby or a camera points at them too swiftly. (Flies May to June. Needs Dock, Plantains, Red Deadnettle and dead leaf litter.) M*
- 2. Bordered Beauty.** *Seen for the first time this year and escapes at great speed. (Needs Sallows, some Willows, Alder or Hazel and plant litter.) M*
- 3. Beautiful China Mark.** *Despite its size it is classified as a micro moth. (Flies May to September. Needs certain water plants and the caterpillar lives below water surfaces.) S.*
- 4. Lime Hawk moth, female.** *They come in various shades of lime green through pinkish shades to brown. These happily sit on a hand. (Flies May to July. Needs Lime, Elm, Birches and Alder.) L*
- 5. Eyed Hawk-moth.** *This moth shows its anxiety by displaying two large eyelike markings which are designed to scare off predators. It becomes a menacing looking beast with 'snout' and 'big ears'! (Flies May to July and August to September. Needs Willows or Apple trees.) L.*
- 6. Elephant Hawk Moth and Small Elephant Hawk Moth.** *The larger of these is very placid and will rest for long periods for photo opportunities. (Both need Willowherbs or Bedstraws and plant litter.) L*
- 7. Large Emerald.** *What a hairdo! All the very large, butterfly like species fly away immediately when they have the chance. (Flies June to August. Needs Birches, Hazel and Alder.) L*
- 8. Canary-shouldered Thorn male.** *Its yellow hairs and raised head makes it look like a canary. A very placid creature. (Flies July to October. Needs Ash trees.) L*
- 9. Clifden Nonpareil.** *This is the 'Holy Grail' of moths in GB and is rarely seen. It is a visitor from central Europe and very occasionally breeds in East Anglia. The wingspan is almost 10cms. (Flies mid August to mid October. Needs Aspen in woodland.)*

## CITIZENS ADVICE

citizens  
advice

*My oldest child is starting school this month, and, with uniforms and PE kits, the costs are already mounting. The school we got into isn't within walking distance, so I now need to budget for bus money five days a week too. We're already pretty stretched, so I'm not sure how to cover these new costs. Is there any extra help I can get?*

The start of a school year can be tough for many people's budgets, so you're not alone in your worries. But there is help available.

On the Citizens Advice website, we have lots of information on the support you might be entitled to for school-related costs. If you're claiming benefits, it's worth checking if you can get extra help for things like school lunches, transport and uniforms.

Children in Reception, Year 1 and Year 2 automatically get free school meals. For older children, you can apply for free school meals if you claim certain types of benefits. The full list is available on the Citizens Advice website, and includes Universal Credit, Child Tax Credit and Income Support.

You've mentioned you're worried about transport costs. For children aged 5 to 16, your local education authority might be able to offer free or discounted transport if you're not able to walk to the school. Contact them directly to find out how they can support you.

Your local education authority might also help you with activity and school uniform costs if you're on a low income. You're probably considered to be on a low income if you get means-tested benefits like Universal Credit or Housing Benefit. There are also some local charitable schemes that can help - check with your school, as they will usually know if these kinds of schemes are in your area. Schools can sometimes also advise on finding cheap or free second-hand uniforms.

If your child is disabled or has a health condition, you can also claim Disability Living Allowance (this isn't means-tested).

A lot of peoples' budgets are feeling the squeeze at the moment, but it's important to remember that help is available with starting school costs.

For information and advice on this or anything else, visit [www.citizensadvice.org.uk](http://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](mailto:advice@sudburycab.org.uk) or by using the contact facility on our website, [www.sudburycab.org.uk/contact](http://www.sudburycab.org.uk/contact)

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



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## FEEDBACK FROM JAMES FINCH

### Your County Councillor for the Stour Valley

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#### Cost of Living Support for households in Suffolk – for the next 2 years.

The government has announced on 8<sup>th</sup> September the following immediate, short-term action to support households:

- Replacing the price cap with a new Energy Price Guarantee
- The Energy Price Guarantee will ensure that a typical household in Great Britain pays an average £2,500 a year on their energy bill, for the next 2 years, from 1 October 2022.

The consumer saving will be based on usage, but a typical household will save at least £1,000 a year (based on current prices from October). Energy suppliers will be fully compensated for the cost of the Energy Price Guarantee.

£150 of this £1,000 a year saving will be delivered by temporarily suspending green levies. These costs will be transferred to the Exchequer, so customers don't bear the costs, but benefit from the low-carbon electricity generation.

This is in addition to the £400 Energy Bills Support Scheme. This will be paid in 6 instalments from October. The most vulnerable UK households will also continue to receive £1,200 of support provided in instalments over the year.

Suffolk County Council County Council has also summarised for our residents potential sources of help for those facing hard times this next winter and beyond. I plead with all in our parishes to keep your eyes and ears open to ensure that those who do need help are supported in going to the right place to help them.

#### Could you help a Ukrainian family in need?

Suffolk has a proud history of supporting people in need and in the last six months, we have seen people and communities across our county come together to do all we can to help those fleeing the conflict in Ukraine.

More than 1,050 Ukrainian guests have now arrived in Suffolk via the Homes for Ukraine scheme and I want to say a huge thank you to each and every person and family who has taken Ukrainian guests into their homes and into their hearts. You are making a real difference every day, supporting and welcoming Ukrainian families into our communities.

Sponsors originally signed up to host guests for at least 6 months, with the option for those who are willing and able to continue beyond this. The Suffolk County Council team are extremely grateful to those who are able to continue to provide this invaluable support to families beyond this initial period, however they fully understand that some will be unable to, due to changes in their circumstances in this time. Again, thank you to all in my division for everything you have done - supporting a person or family fleeing conflict is no mean feat and it cannot be underestimated how much of a difference you have made in these people's lives.

**Guests on the Homes for Ukraine scheme who are not yet ready to leave sponsorship and move into their own alternative accommodation, but who cannot stay with their current host after 6 months, can move to a new host.**

*We also sadly continue to see more people fleeing the conflict each day. We are therefore asking anyone who thinks they may be able to help a family in need to sign up to the Homes for Ukraine scheme."*

For more info go to: <https://bit.ly/suffolk-support-for-ukraine>

#### Changes to the National Grid Targeted Bramford to Twinstead 400kV proposals – in response to the death of Her Majesty the Queen

Following the sad passing of Her Majesty the Queen, National Grid have reviewed their engagement strategy for the ongoing

targeted consultation for the Bramford to Twinstead Reinforcement. The consultation launched on Thursday 8 September 2022 and was due to conclude on 7 October 2022. The consultation relates to changes made to the proposals following their statutory consultation held earlier in the year. Their response has been formed following engagement with the host authorities and event venues and careful consideration within National Grid taking account of external guidance.

The most significant changes proposed are to the alignment in Essex to the north of Alphamstone (which would include the use of the non-open trench cable installation) and a new haul route to the A131 to avoid impacts on local roads. Regrettably only minor changes are proposed in Suffolk to refine the boundaries and access points to the construction site.

In respect to the Queen and the national period of mourning National Grid have extended the deadline for submitting consultation responses. **The deadline for submitting feedback is now 23:59 on Wednesday 19 October.** This will allow stakeholders and the community more time to respond.

The developer's website can be reached by following the link provided below.

<https://www.nationalgrid.com/electricity-transmission/network-and-infrastructure/bramfordtwinstead>

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

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

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

#### My Priorities

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

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

Tel: 01206 263649

Mobile: 07545 423796

## FEEDBACK FROM BRYN HURREN

### Your Babergh District Councillor

---

So sad to hear of the death of Queen Elizabeth our Monarch and Head of State for the past 70 years, although the outpouring of grief and the reception and acceptance of King Charles III gives us great hope for the future of the United Kingdom.

It seems that the overall shock and reaction of the masses and the desire to share and show genuine grief is a huge vote of confidence in our Royal Family after some less than gracious incidents from some of the fringe members who have erred from what is normally expected from our Royals in recent times.

King Charles III seems to realise this and has taken heed, along with the responsibility of such a massive task of following in his mother's footsteps. His pledges to serve his people have been very sincere and there can be no doubt that he really means to fulfill his duties to the very best of his capabilities within the scope of what is permitted for the Head of State.

This will really be so difficult for him as he has always been one to question bad policies and call out grave mistakes, whether it be carbuncle architecture or the foolhardiness of sending refugees to a distant country at great expense. Also, how will he feel about

the gradual abandonment of green policies and objectives and the constant support for fossil fuels that will do us so much harm in the long run and stymie our efforts to benefit from a much-needed and vital green revolution?

Will he just raise a royal eyebrow or will he do more? Maybe he will refuse to give Royal assent to some of the worst legislation that has been proposed and inflicted upon us during recent times, or even send back the King's speech at the opening of Parliament as unfit for purpose.

He will find it very difficult to stand up for his people as he has promised but I wish him all good fortune in trying to deal with the present numpties that have somehow risen to the top of our very flawed political system at our expense.

Talking of which, it seems that our esteemed Bankers are likely to have their earnings cap removed, to enable them to earn even more than they do now, coming at a time when Joe Public are scraping around to pay basic bills. This is an unbelievable message to send. Even Thatcher, who is now regarded historically as a pariah of her time, had the foresight to introduce a windfall tax on the banking fraternity to help the treasury through hard times.

God save the King as he is going to need all the help he can muster.

Locally all Council meetings have been delayed or cancelled, if permitted, but the work of the Council has gone on regardless during this mourning period. Despite our costs rising dramatically due to increased wages and electricity outlays we are trying to give extra monies to those that help and guide those in need during these difficult times.

Babergh District Council are also charged with handing out the additional cost of living payments of £650.00, the £300.00 extra for pensioners and the £150.00 disability payments. These should automatically arrive in constituents bank accounts.

The local CABs have taken the brunt of the cost of living crisis and face ever increasing footfall with less resources to help alleviate our mounting social problems and debt.

If anyone reading this has spare funds or time to spare, this is a place where it could be used.

Much of my time has also been taken up with housing issues and it is so good that in my ward we do at least still have some good numbers of housing stock in the form of the local needs houses that we have built during the past 25 years which has enabled the Council to be able to accommodate families and single people within the area in which they were brought up or wish to live. I would think that housing matters, the lack of housing and fallout from a minority of properties that are in our ownership takes up probably a third of my allocated council time, although having said that in most cases it is also the most rewarding.

What is not so rewarding is trying to set a balanced budget for the coming year - the balance of trying to keep all our services and commitments running and up to speed with what is going to be in all likelihood on a reduced budget, a very difficult and thankless task.

The fragile state of the nation's finances will hit hardest at a local level and we are not allowed to borrow £millions on a pay back later promise, such as has been done to feed the greed of our energy and utility conglomerates. Somehow, hopefully, we will get through without the need to yet again raise the rate of Council Tax.

Please enjoy the end of summertime and the company of those around us and although times will be ever tougher for most of us, we will get through and if you haven't already, please register to vote in next year's District elections. The fightback starts there.

*All Best Wishes,*

*Bryn xx*

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

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

## BACK TO SAVVY

Households urged to get Food Savvy and plan ahead to save money and avoid waste



As the cost of living continues to bite a new campaign has been launched in Suffolk to help families reduce food waste and save money.

Back To Savvy is a Suffolk Waste Partnership initiative which advises people on how to reduce food waste through planning out meals and storing them effectively.

The campaign will advise on planning meals and batch cooking, storing prepared meals so they are ready for work/school, and repurposing leftovers into new meals.

The three main top tips are:

1. Cook today, eat tomorrow - cook multiple meals together using batch recipes and store in a fridge or freezer for later
2. Love your leftovers - turn dinner leftovers into tasty lunches or even remix them into fun new recipes.
3. Plan ahead - organise your lunches by planning and buying in advance. Even a minute planning your meals will save you a tonne of time and money.

Back to Savvy launches on Monday September 5 and is part of the wider Suffolk and Norfolk Food Savvy campaign, which offers a range of advice and information on how to save food and money.

Households across the UK waste 6.6 million tonnes of food annually, of which it is calculated 4.5 million tonnes are good to eat.

In Norfolk and Suffolk, this equates to 118,000 tonnes of wasted food across the two counties annually.

The average family with children could save more than £730 per year if they were to reduce their avoidable food waste.

Food waste also contributes to climate change as the greenhouse gases associated with food waste in the UK are the equivalent of those produced by ten million cars.

Councillor James Mallinder, the chair of Suffolk Waste Partnership, said: "Family budgets are under huge pressure, so this is one way of helping ease the financial burden.

"As we head into autumn the cost-of-living crisis will undoubtedly affect many more families and our food-saving tips will help people to reduce the money they spend on wasted food.

"With a little forethought and planning it is possible to make what we buy go further, last longer and help protect our environment."

For more details visit: [www.foodsavvy.org.uk/back-to-savvy](http://www.foodsavvy.org.uk/back-to-savvy)

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# PARISH COUNCIL UPDATES

## BOXFORD

### Summary of Council Meeting 26<sup>th</sup> July 2022

**Vacancies** – Please note we now have 3 Councillor Vacancies on the Parish Council.

**Meetings** – Meetings are held on the 4<sup>th</sup> Tuesday each month except in August and December. We now hold meetings in the Village Hall with a video link when requested. The usual start time is 7.30 p.m. Our next scheduled meeting is for Tuesday 27<sup>th</sup> September as the Parish Council does not meet during August.

**Public Forum** – A resident in Stone Street who lives at the pinch-point explained cars have hit the bollards in the pinch-point near their property. She stated that something has to be done to preserve the Conservation Area. Traffic is increasing and the blind pinch point makes crashes likely. County Cllr Finch confirmed that this is a long term challenge and he has arranged a visit from the new Senior Engineer at County Highways. Another resident reminded Cllr Finch regarding the review of speed limits in the centre of the Village. Cllr Finch explained that he chases frequently and it is on the list. The resident then explained they were hoping to provide a brief presentation at the September Meeting with the findings of their survey of the Village and hopefully include proposals for the Bus Shelter. He then thanked the Parish Council for getting the Churchyard and Cemetery gates maintained and for instigating the re-decoration of the telephone kiosk. He was to raise separate issues identified directly with the Playingfield Management Committee.

**County Council Report** - County Cllr J Finch attended and his report covered that the hard work of all Carers in Suffolk was celebrated and support offered during the Carers Week in June. The County Council objects to the National Grid's East Anglia GREEN pylon run. James Cartledge MP is calling for an independent report in relation to an offshore option rather than pylons. The successful Suffolk Communities for Reclaim the Rain funding were announced including Boxford. Extra funding is available for creation of specialist places in education for Children and Young People with Special Educational Needs and Disabilities. Virtual Fostering and Adoption Sessions continue. Locally Cllr Finch had a meeting with new Snr Highways Engineer for our area on 10<sup>th</sup> August. Cllr Warren asked Cllr Finch to include a review of the box on the A1071 for turning into Sand Hill. It is considered too small to contain a car safely. Cllr Wortley raised the need for further verge cutting along the A1071.

**District Council Report** - District Cllr B Hurren had sent apologies and confirmed he would be attending the Planning Committee the following day for the Sand Hill development.

**Cemetery** - The lack of progress with the heritage approval for the churchyard boundary wall was explained. Following earlier requests for photographs and scale plans which were provided, the heritage team are now asking for inspection by structural engineers and a full planning application to be submitted. It was agreed for the Chairman to liaise with our District Cllr to see if this process can be streamlined. The boundary wall had previously been inspected by the Babergh building control surveyor who had suggested maintenance to be carried out to help preserve the wall. In relation to the request from a neighbour to the churchyard to have trees/bushes thinned, it was agreed to instruct tree surgeons to visit with our cemetery representative(s) to review the trees and boundary hedging to both the churchyard and cemetery to recommend where timely maintenance would be helpful.

**Neighbourhood Plan** - There was an amendment to the Neighbourhood Plan following Examination. It is now progressing towards Referendum. The Plan carries significant weight at

this stage. The Parish Council agreed to meet cost of producing the Neighbourhood Plan document.

**Planning** – A number of planning applications were discussed, details on which can be found in the full minutes found online.

Full minutes can be found at:

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

**Debbie Hattrell**

[d.hattrellhattrell@btinternet.com](mailto:d.hattrellhattrell@btinternet.com)

## LITTLE WALDINGFIELD

### Summary of Council Meeting 6<sup>th</sup> September 2022

**County Councillors' report** – SCC Phillip Faircloth-Mutton reported an additional £1.3 million of additional funding for the provision of public Electric Vehicle Charging Points had been secured, and that applications were being invited.

Councillors considered where any could be located in the village and initially concluded the lack of any off-street public parking areas would prove problematical but agreed to investigate further. He also advised that Suffolk CC have prepared a leaflet that outlines Cost of Living Support in Suffolk, a copy of the leaflet is available on the village website in the Notices section. Further information on available support can be found on the Suffolk County Council and Suffolk Infolink websites.

**Brookwood Manor** – The new owners of Brookwood Manor presented their plans for it's future.

Their wish is to sensitively renovate the property to its original appearance and name of Holbrook Hall, and to convert it into a family orientated boutique hotel. They also wish to encourage local business, produce and employment.

Plans are at an early stage with various feasibility studies involving architects and planners underway. They hope to have an initial planning submission ready by the end of October.

Councillors welcomed the project and suggested that a public presentation of the plans, when finalised, would be met with a lot of interest within the village.

#### Planning Applications

- The Agricultural Determination DC/22/03403 - proposed construction of a grain barn on land south of High Street Farm – was found to be within General Permitted Development and did not require planning approval.
- Members considered Applications DC/22/03834 & 03835 – Malting Cottage, Haymarket – extension to existing annex; it was agreed unanimously to support it.

**Finances** – Members reviewed and approved the financial statements and reports presented by the RFO for the period since the last meeting. Full details can be seen in the draft minutes on the Council website.

#### Highways & Footpaths.

- Members were informed that the contract for the cutting of footpaths would need to be reviewed for next year. The contractor had expressed concern regarding access restrictions to some footpaths because of sub-standard bridges and overhanging hedges. It was agreed to liaise with the relevant landowners and the contractor to resolve these problems, and further agreed to review the scope and frequency of footpath cutting for next year's contract.
- The ongoing problem of excessive speeding through the village was raised following another recent incident of a vehicle travelling too fast to negotiate the bend by Haymarket Farm, crossing the oncoming lane, and leaving the road. Recent data from the Speed Indicator Devices showed that during a 1 week period in August more than 9900 vehicles (48%) travelling through the village were exceeding the speed limit. Various measures to

reduce speeding were discussed and it was decided in the short term to request ANPR cameras be fitted to the SID's and to have regular visits by mobile camera vans. Ways to improve safety at the Haymarket end of the village will be investigated..

**Village Maintenance** – It was noted that the Village sign is in need of repainting and members agreed to obtain quotes for the work.

**Playing Field** – Members voted to support a grant application by the Playing Field Committee to fund the provision of adult fitness equipment on the playing Field.

**Date of Next Meeting** – The next meeting will be held on Tuesday 1<sup>st</sup> November 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.littlewoldingfieldpc@hotmail.co.uk](mailto:clerk.littlewoldingfieldpc@hotmail.co.uk)

## OTHER PARISH COUNCILS

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/>

Newton Green parish council minutes can be found at: <http://www.newton.onesuffolk.net>

## MILDEN CRICKET CLUB

It's a good thing that Milden's cricketers enjoy their cricket, which is always played in good spirit, whatever the result, as, sadly, the 2022 season finished with another defeat (at home to Brantham) and a concession on 4<sup>th</sup> September when Milden were unable to raise a side for their final match, away at Melton St Audry's.

At home against Brantham on 21<sup>st</sup> August Milden posted 115 for 9 from their 40 overs, thanks mainly to 42 from skipper Alex Cunningham, who has been the mainstay of the batting this year, and 23 from Joe Smith. Replying, Brantham took just 22.5 overs to hit the 116 runs needed for victory, doing so for the loss of only one wicket when Hunt was bowled by Matt Archer with just two runs required.

Undoubtedly, therefore, and with only two wins (at home to Old Newton and away at Battsiford) Milden will be playing in Division Five of the Hunts County Bats League in 2023 and will be looking to recruit some new players to strengthen the squad.

Meanwhile, watch out for an announcement of the 'End of Season' presentation evening, and the dates for pre-season indoor nets early next year. Not forgetting, also, the mini tornado at Battsiford on 10 July that will probably secure Milden an entry in the 2023 Wisden!

*David Lamming*



*Scott Vaughan batting against Brantham.*

## BOXFORD BOWLS CLUB

Boxford & District Bowls Club win Suffolk Mixed Triples League Millennium Cup

Teams from North Essex and Suffolk compete for this cup during the outdoor bowls season each year and this year the finals was hosted at the West End Bowls Club, Colchester last Saturday, 10<sup>th</sup> September.

It was a very special day for Boxford & District Bowls Club - as their Green Team and Blue Team were the two finalists competing against each other for this cup. Having 2 teams in this League and competition from the same Club is a great achievement - for both teams to be in the finals is exceptional.

Following a tense match, the 2022 Millennium Cup Final Winners were the Green Team, beating the Blue Team by 11 shots. Congratulations to the Green Team, but also to all Boxford players for reaching the final - what a great achievement.



*L-R: Jan Carter, Robin Turner, Margaret Blakebrough, David Logan, Peter Newsom, Marion Hibben, Steve Mansell, Ian Whipps. In the centre with the cup is the Captain - David Ingleby.*

## NEWTON GREEN GOLF CLUB HOSTS SUFFOLK OPEN

As the fog settled on Sunday morning, September 11th, Newton Green Golf Club hosted this year's Suffolk Open.

What a day this turned out to be, the format had to be changed to a shot gun start due to a 2 hour fog delay. Sam Forgan, a pro at Felixstowe Ferry shot a new Pro's course record of -7 in his morning round to lead.

Newton Green was well represented by Tim Cooper, Ian Woodhead and Tom King who all had solid starts.

During the afternoon the breeze picked up which made for tricky playing conditions but the standard of golf was still very high. Sam Forgan shot -3 in the afternoon to post a winning score of -10 for the day.

Congratulations to Tom King who was runner up in the handicap competition. Tom shot 72, 72 for 136 nett.



*Winner of the handicap competition, Tom King*

# The Blooming Garden

## Stapelia gigantea.

Something strange and very smelly goes on in my greenhouse every October.

I have a plant which produces enormous blooms at this time of the year which are weird and other-worldly. If you could visit on a sunny day, you might not want to linger because it smells as if something has died.



*Stapelia gigantea* is a succulent with four-angled stems which are spineless and velvety to the touch. As I said it looks like a cactus but actually belongs to the Milkweed family. It can be invasive in warm climates and it has become something of a nuisance in Hawaii, but



there is no chance of that happening in the UK. It won't seed around, but it is easy to grow from cuttings. Just break a piece off and allow the cut end to callous over. Plant it in a free-draining compost mix with added grit. If you want a really unusual plant for the greenhouse, then it is worth a try. The huge flowers will stop visitors in their tracks; they can be as big as 25cm across. Forget the horrible name, Carrion Flower, because it is also known by the much nicer name of *Zulu Giant*. Of course, the smell is a problem, but you can keep it outside in a sunny spot as long as we don't get frosts, but it shouldn't be moved once the buds have formed or they will drop off.

In Africa, the plant is used medicinally as an emetic to treat hysteria and it is also said to have analgesic and purgative effects, although I wouldn't recommend it. The crushed stems are also mixed with other plants as a charm which can be sprinkled on family members to protect them from the pollution of visitors. I should have thought the smell of the flowers would do this job very efficiently. It is also said to ward off lightning.

There are dozens of other attractive plants in the *Stapelia* family with curious starry flowers and varying degrees of colour, size and hairiness, but none are quite as impressive as *Stapelia gigantea*. This year I have eight buds on one plant so it is going to be quite a sight when they all open up.

*Chloris.*

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



I suppose anybody with delicate sensibilities would be revolted by the smell and the gruesome habits of this plant. It is not insectivorous exactly, but it relies on flies to pollinate it. *Stapelia gigantea* comes from arid, desert areas of South Africa where there is a lack of butterflies and bees. It is sometimes known as the Carrion Flower because



not only does it smell of rotting meat, but the flowers resemble carrion. It is a yellowish flesh-colour with wavy concentric lines like veins and the petals are edged with what looks like fur and feels like soft suede. Flies lay their eggs in the flowers and pick up pollen. Despite all the flies, my plants never seem to get pollinated so I don't get the horned seed pods; perhaps I have the wrong-sized flies. The maggots soon die of starvation so they fall off and presumably nourish the roots.

It all sounds disgusting, but let's look at it another way. An alternative name for it is Starfish Cactus. This is not very accurate as *Stapelia gigantea* is not a cactus at all although it looks a bit like one. The flowers do look just like starfishes though, and although the smell is awful, if you go into the greenhouse on a dull day there is no odour at all. The reason I grow the plant is, smelly or not, the flowers are massive and look amazing; they are absolute show-stoppers. They look unreal or as if they have been knitted, and the huge buds are amazing too; they take ages to plump up and eventually look just like balloons.

In summer, these plants live in a sunny spot in my greenhouse and get regular watering. Flowering is stimulated by shortening days. In winter they have to be kept inside because they can't take temperatures below 10c. They need to be kept very dry in winter so I put them on the spare bedroom window sills and forget about them.



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Boxford Bounty	<i>Mark Miller</i>	<b>01787 211596</b>
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Edwardstone United Charities	<i>Nick Raymond</i>	<b>01787 210461</b> <a href="mailto:ncraymond@hotmail.co.uk">ncraymond@hotmail.co.uk</a>
Groton Educational Foundation	<i>Stephen Watkins</i>	<b>01787 210977</b> <a href="mailto:stephen_watkins49@yahoo.co.uk">stephen_watkins49@yahoo.co.uk</a>
Groton Winthrop Mulberry Trust	<i>James Wills</i>	<b>01787 210484</b>
Little Waldingfield Charities	<i>Mary Thorogood</i>	<b>01787 247658</b>
Newton Green Trust	<i>Philip Taylor</i>	<b>01787 211265</b> <a href="mailto:philiptaylor433@gmail.com">philiptaylor433@gmail.com</a>

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Boxford Village Hall	<i>Jane Elliott</i>	<b>07721 880521</b> <a href="mailto:BVHbookhall@gmail.com">BVHbookhall@gmail.com</a>
Edwardstone Parish Hall	<i>Daphne Clark</i>	<b>01787 210698</b> <a href="mailto:daphne.clark@btopenworld.com">daphne.clark@btopenworld.com</a>
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Newton Village Hall	<i>Alan Vince</i>	<b>01787 373963</b>

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# EVENTS CALENDAR

## SEPTEMBER 2022

<b>25</b> SUN	<b>Boxford Farmers, Art &amp; Craft Market</b> Boxford Village Hall & St Mary's Church	<b>10:00-1:00</b>
<b>26</b> MON	<b>Boxford Friendship Group</b> Boxford Village Hall	<b>2-4pm</b>
<b>28</b> WED	<b>Defib Training</b> Newton Village Hall	<b>6-8pm</b>

## OCTOBER 2022

<b>1</b> SAT	<b>Macmillan Coffee Morning</b> Newton Village Hall	<b>10-11:30am</b>
<b>1</b> SAT	<b>Cinema - James Bond, No Time To Die</b> Leavenheath Village Hall	<b>7pm</b>
<b>3</b> MON	<b>Cancer Research Shopping Day</b> Lavenham Village Hall	<b>10-3pm</b>
<b>4</b> TUE	<b>Fireside Club - Royal Themed Quiz</b> Newton Village Hall	<b>2pm</b>
<b>5</b> WED	<b>WI: Games &amp; Quiz</b> Boxford Village Hall	<b>2pm</b>
<b>5</b> WED	<b>Ladies/Girls Golf Taster Session</b> Newton Green Golf Club	<b>2-3pm</b>
<b>7</b> FRI	<b>Danny Patterson Live Music</b> Polstead Village Hall	<b>7pm</b>
<b>7</b> FRI	<b>The Towns &amp; Trade in Medieval Suffolk</b> Boxford Village Hall (Boxford Society)	<b>7:30pm</b>
<b>8</b> SAT	<b>Ladies/Girls Golf Taster Session</b> Newton Green Golf Club	<b>2-3pm</b>
<b>8</b> SAT	<b>Harvest Horkey</b> Dove Barn, Groton	<b>7:30pm</b>
<b>12</b> WED	<b>Progressive Whist Drive</b> Monks Eleigh Village Hall	<b>7:30pm</b>
<b>14</b> FRI	<b>Film Night - The Outfit</b> Polstead Village Hall	<b>7pm</b>
<b>15</b> SUN	<b>Jumbo Jumble Sale</b> Monks Eleigh Village Hall	<b>2-4pm</b>
<b>16</b> SUN	<b>Craft Fair</b> Whatfield Village Hall	<b>10-4pm</b>
<b>18</b> TUE	<b>Fireside Club - Time To Chat</b> Newton Village Hall	<b>2pm</b>
<b>21</b> FRI	<b>Deep Relaxation &amp; Sound Bath</b> Boxford Village Hall	<b>7.30pm</b>
<b>22</b> SAT	<b>French's Care Haven Quiz Night</b> Ansell Centre, Hadleigh	<b>7pm</b>
<b>22-23</b> SAT-SUN	<b>Polstead Art Group Exhibition</b> Polstead Village Hall	<b>10-4pm</b>
<b>22-23</b> SAT-SUN	<b>Lantern Making Formal Workshops</b> Boxford Spinney	<b>10-4pm</b>
<b>24</b> MON	<b>AGM</b> Boxford Village Hall	<b>7pm</b>
<b>24-27</b> MON-THU	<b>Lantern Making Drop-In Workshops</b> Boxford Spinney	<b>10-4pm</b>
<b>27</b> THU	<b>Neighbourhood Plan Referendum</b> Boxford	<b>All day</b>
<b>29</b> SAT	<b>Book Sale</b> All Saints' Church, Acton	<b>10-2pm</b>
<b>29</b> SAT	<b>Fireworks Display &amp; Lantern Parade</b> Boxford	<b>6:30pm</b>
<b>30</b> SUN	<b>Boxford Farmers, Art &amp; Craft Market</b> Boxford Village Hall & St Mary's Church	<b>10:00-1:00</b>

## NOVEMBER 2022

<b>1</b> TUE	<b>Fireside Club - Hallowe'en Soup &amp; Dessert</b> Newton Village Hall	<b>2pm</b>
<b>2</b> WED	<b>WI: Christmas Wreath Demonstration</b> Boxford Village Hall	<b>2pm</b>
<b>12</b> SAT	<b>Hannah Louise Live Concert</b> Groton Village Hall	<b>7pm</b>
<b>15</b> TUE	<b>Fireside Club - Armistice Day Talk</b> Newton Village Hall	<b>2pm</b>
<b>18</b> FRI	<b>Deep Relaxation &amp; Sound Bath</b> Boxford Village Hall	<b>7.30pm</b>
<b>20</b> SUN	<b>Boxford Farmers, Art &amp; Craft Market</b> Boxford Village Hall & St Mary's Church	<b>10:00-1:00</b>
<b>29</b> TUE	<b>Fireside Club - Art Club Demo</b> Newton Village Hall	<b>2pm</b>
<b>30</b> WED	<b>BDG Panto - The Christmas Soldier</b> Boxford Village Hall	<b>TBC</b>

## DECEMBER 2022

<b>1-3</b> THU-SAT	<b>BDG Panto - The Christmas Soldier</b> Boxford Village Hall	<b>TBC</b>
<b>11</b> SUN	<b>Boxford Farmers, Art &amp; Craft Market</b> Boxford Village Hall & St Mary's Church	<b>10:00-1:00</b>
<b>13</b> TUE	<b>Fireside Club - Christmas Decorations</b> Newton Village Hall	<b>2pm</b>
<b>16</b> FRI	<b>Fireside Club - Christmas Lunch</b> Newton Green Golf Club	<b>2pm</b>
<b>16</b> FRI	<b>Deep Relaxation &amp; Sound Bath</b> Boxford Village Hall	<b>7.30pm</b>



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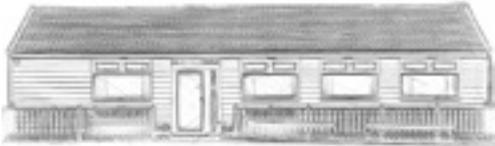
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