

January 2023

Box River News

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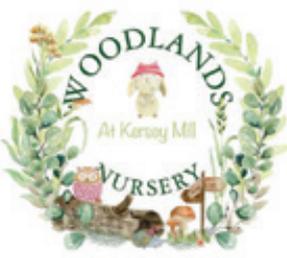
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HANG ON A MINUTE!

Earlier in 2022, the Queen's Jubilee year, Boxford Parish Council decided it would be a fitting tribute to our Queen to restore the tired and corroded St. Mary's Church clock back to its original condition. At the time, Pamela Edwards was on the Parish Council, and also being a member of the Churches Conservation Trust it naturally befell to her to organise the restoration.

The St. Mary's clock is a turret clock of historical importance, so it was vital that the work to restore it was undertaken by professionals. The company selected was Smith of Derby - a clock restoration specialist



company well versed in conservation work for large mechanical clocks. Smith of Derby built the clock at St. Paul's Cathedral in 1893 and they maintain it to this day, so their provenance in the field is well established.

Back in August, Smith of Derby's death-defying engineers abseiled from the 74ft high top of St. Mary's bell tower and carefully removed the 5ft round copper dial, fixing and hands. They then lowered it to the ground before dispatching off to Derby. The dial motion passes through the fabric of the building and thus rarely receives attention. The driving tubes were separated, de-corroded, repolished and lubricated. The gearing was also serviced and adjusted for correct operation so that this very old clock will be under less strain and wear in future.

In Derby the paintwork on the face was removed back to the base

copper, then multiple layers of weather-proof gloss were applied to achieve a hard enamel finish. The clock hands were repainted and then finished in 23.5 carat double-thickness English gold-leaf which has a life span of 20-25 years. The cheaper alternative of spraying with gold paint has a much shorter lifespan and is far less attractive.

On Tuesday 29th November the Smith of Derby abseilers were back! This time

they carefully lowered the newly restored clock face and hands into place and reinstalled it - all the while dangling from ropes!

The new clock face looks amazing back in position and we hope that it remains so for decades to come. The clock should keep much more accurate time so there are no more excuses for being late in Boxford!

Thank you so much to Smith of Derby, to Boxford Parish Council and in particular to Pamela for all the work put in.

Many thanks also to Josanne Stanhope and Lisa Bloomfield for sending in photos of the clock face re-installation.



GROTON NEIGHBOURHOOD PLAN

The Groton NP Steering Group would like to share their progress with the residents of Groton in January. There will be two open sessions at the Groton village hall for the community to come and have a chat and share their thoughts.

Thurs 19th January @ 6pm - 9pm
Sat 21st January @ 12noon - 4pm

You will be able to see the feedback from the recent *Needs for Groton* Survey. There will be a talk through the major themes that are being worked on, as well as an ability to view the proposed Vision and Objectives for the Groton Neighbourhood Plan. Additionally you can discuss how the Steering Group follow up on all the good suggestions in the Needs Survey that will not fit in the specific Plan.

You can also find details of progress on the new Groton Neighbourhood Plan website: www.grotonnp.onesuffolk.net.



GROTON CORONATION IDEAS

Groton Parish Council is asking for suggestions for ways for the village to celebrate the coronation of King Charles III in May 2023.

If you have any ideas and would like to get involved in any way, please send your ideas and suggestions to the parish clerk at grotonclerk@yahoo.com.

RING FOR THE KING!

Next May is the coronation of King Charles III. One of the ways of celebrating the event is to ring the church bells.

There are eight bells in St Mary's, Boxford but not enough ringers! If you would like to be part of an historic group to celebrate the occasion in an unique way by ringing church bells then now is the time to learn - this is sure to be a memorable event!

If you are interested please get in touch with Richard Gates on **01787 210432** who will be pleased to let you know what is needed to become a bell ringer.

RECLAIM THE RAIN DROP-IN

Reclaim the Rain is excited to continue working with Boxford, looking at new ways of reducing flood risk, and capturing excess flood water for reuse. We are keen to meet and chat with as many of you as we can, share what Reclaim the Rain is all about, answer any questions and have a chat over a cup of tea or coffee. Please drop by **Boxford Village Hall on 12th January from 7 – 8:30pm**. We hope to meet you all soon! Visit: reclaimtherain.org to learn more or get in touch with us.



Box River News

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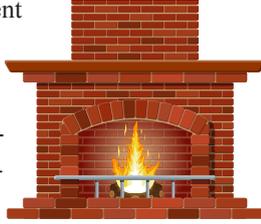
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Deadline date for the February 2023 Issue is:

January 15th at midday

NEWTON FIRESIDE CLUB

We seem to be rather unlucky at the moment as, once again, our contributor had to cancel due to ill health. Not to be daunted we hastily organised a 'bring and share' lunch/afternoon tea with prosecco (and non-alcoholic alternatives) on 29th November. The afternoon was very well attended and we were treated to a fantastic array of savoury and sweet delights. Even after we



had filled ourselves to capacity, there were goodies to be taken home. A big thank you to everyone who contributed to the afternoon.

As the frost and snow arrived at the beginning of December, we met on the 13th to make Christmas table decorations. This was enjoyed by all last year, so I think it



will become an annual tradition. Several members braved the icy conditions to gather foliage and the village hedgerows were stripped of berries. It was a lovely afternoon and everyone went home with at least one beautiful arrangement.

As I write this, we have not yet had our Christmas lunch at Newton Green Golf Club which is on Friday 16th. 24 members and guests have signed up and we are looking forward to a very festive afternoon.

I would like to take this opportunity to thank everyone for their support of the club and especially those who regularly help with the washing up and packing away.

2023 Programme of Events:

- | | |
|--------------------------------|--|
| Tues 10 th January | Quiz & mulled wine |
| Tues 24 th January | Beetle drive & other games |
| Tues 7 th February | An afternoon of popular music with a live singer & guitarist in aid of CAB |
| Tues 21 st February | Pancakes |
| Tues 7 th March | Cooking demonstration by Giampiero Romani from 'Cook Like the Italians' cooking school |
| Tues 21 st March | Easter crafts |

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. Non-members are welcome to come along to any session. The fee will be between £5 and £10 depending on the activity. If you would like to join us for the cookery demonstration you will need to book in advance.

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

Sue

NEWTON NEWS

COFFEE MORNING

All Saints' Church PCC held a very successful Church Coffee morning on the 10th December. Despite the freezing temperatures outside, lots of villagers braved the weather and were treated to a warm, festive atmosphere in the beautifully decorated chancel.



Lots of hot drinks, some laced with an Irish tippie went down well, as did the scrumptious pastries and cakes. There were lots of different stalls and the Christmas raffle had a fantastic food hamper which

attracted a great deal of interest. Everybody appeared to enjoy themselves and it was lovely to see new villagers being made so welcome.

A huge thank you to all the people who came together to make this such a memorable morning and because of their generosity, £300 which will go towards the running costs of the church.

ALL SAINTS' CHURCH FLOWERS & CLEANING

A big thank you to the amazing team of volunteers who ensure there are flowers in the church all year round and clean the church ready for services. Their help is especially welcome at Easter, Harvest Festival and Christmas. The church always looks stunning for these special services.

We gathered just before the church Christmas coffee morning to ensure the church looked suitably festive and had lots of lovely compliments about this. Refreshments are provided and it is always a very sociable few hours.



We are always looking for more volunteers. Many work in pairs, so there would be support if needed and you would usually only need to provide flowers once a year.

If you are interested, please contact Sue Presland on 07881 383998 or email sue_presland@hotmail.com.

CHRISTMAS TREE LIGHTS SWITCH ON

On Sunday 4th December, villagers gathered around the Christmas 'Tree' to watch the lighting ceremony. Donated by Ged Fisher a couple of years ago, the Christmas Tree frame has been adorned with hundreds of coloured lights, baubles and tinsel to provide a wondrous festive spectacle for those passing through the village.

With the usual master of ceremonies, Parish Council Chairman Paul Presland being away, District Councillor Lee Parker officiated and led the countdown to the switch on.

The assembled crowd then sung a few carols before decamping to the Saracens Head who are kindly supplying the power for the lights. Saracens landlady Beverley Faulkner stayed open a little longer so villagers could mingle and take in the festive atmosphere. Thanks go to Ged Fisher for making the tree, Jo Parker for designing its decorations and to all those who gave their time to dress it.



WILLIAM ALSTON CHARITY

A reminder about the William Alston Charity, also known as the Alston and Plampin Charity or the Newton Charity. It was established on the 1st February 1564 when William Alston bequeathed a yearly sum of ten shillings to the poor of Newton.

In 1822, Robert and John Plampin gave a yearly sum of sixteen shillings and six pence, also to the poor of Newton.

These funds are held in a COIF fund which is a fund established under the Charities Act 1993 (now Charities Act 2011) to manage charities' investments. These funds generate small dividends each year that are used, along with the occasional donation, for the day to day running of the charity. The capital has been added to over the years, usually through a bequest from the will of somebody who lived in the village.

The distribution of funds has changed a lot over the years. Although there is little real poverty in the village, the tradition is perpetuated by giving small cash gifts to the more needy in the village, mainly at Christmas. In addition, the charity contributes to the Christmas parcel fund set up by the Parish Council and The Trust.

The trustees met at the beginning of December to agree the cash gifts for this year which, we are sure, will be appreciated even more this year due to the current financial situation.

Occasionally the charity can also help those who have severe health or financial difficulties. The funds are also used to provide a card, flowers or other gift to villagers who are very sick or have suffered a bereavement to show that the village is thinking about them. These small gifts are much appreciated by the recipients and is a wonderful tradition to maintain.

It is sometimes difficult to know who would best benefit from the charity's small income. The trustees would be very grateful if you would let us know of anybody who you feel would benefit from this.

The trustees are;

Sue Presland (chair) 01787 379 204 / 07881 383 998

Janet Taylor, Maureen Williams & Fr Rob (ex-officio)

POLSTEAD CHRISTMAS FAIR

Polstead's Christmas Fair on Sunday 4th December was a resounding success.

The village hall was filled with a variety of stalls, from original artworks to wood-turning, from gardening to needlecraft, ceramics, bric-a-brac and hand-made Christmas cards and wreaths.

There were the traditional Christmas favourites – a tombola and a Christmas Raffle and of course 'Guess the Weight of the Christmas Cake' (4lb 8oz), which was won by Jayne Rowland of Polstead Heath.

Hot drinks, bacon rolls and snacks were available throughout the day, served by willing volunteers in the kitchen.

The event was enjoyed by many and raised well over £700 to replenish the Village Hall funds.

Thanks go to all those who provided the stalls and to the many helpers who gave their time and energy to make the event happen. Thanks go especially to Angela May, the event's organiser-in-chief.



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Wednesday, January 18th from 6:30pm
Join in or sit back & enjoy with a pint

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HADLEIGH & BOXFORD PPG

All local vaccinations were completed by mid-December. For any outstanding needs, patients must call 119 or visit the NHS government website for further information.



More doctors' and phlebotomists' appointments are available online. Several next-day face to face appointments are also made available online from 7pm the night before.

The pharmacy inside the Hadleigh Practice is open for patients living outside the Hadleigh area. The transition seems to have gone quite smoothly. Other patients continue to use the services of Mill Pharmacy and Boots.

Many well-meaning patients make a list of their health problems so that all can be dealt with during one appointment. It is important to remember that each consultation is scheduled to last ten minutes and whilst some health issues take very little time to resolve, others do not. If the GP's permanently extend their appointment times, fewer patients would be seen in a working day. Patients are therefore requested to confine their appointment time to a single medical problem and if necessary book another appointment for other concerns.

Thanks to the combined effort of the Town Council, the Hadleigh and District Probus Club, Tony Hayward of S. Cowle Electrical Ltd and the PPG there is a new external defibrillator on the outside wall of the Hadleigh Practice. Once again free training sessions are available at the Hadleigh Leisure Centre for anyone interested in learning how to use this important piece of equipment. The group sessions, which will be given by Hadleigh's First Responders, will not include formal testing; just an optional opportunity to practice. Details are available below or from Jan Devey. **07881 798 999** deveys@btinternet.com

Best wishes for a peaceful, healthy 2023 from the PPG.

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Hadleigh Leisure Centre

Thursday 19th January - 10am – 12 noon

Tuesday 7th February - 7pm – 9pm

Saturday 11th March - 10am – 12 noon

Limited places so please book:

Online: www.eventbrite.com

Search 'Hadleigh Community Defibrillator Awareness Session' to book a place.

Telephone: **01284 757 473**

Or visit: **Hadleigh Leisure Centre Reception**

No tests or exams involved just basic instructions on how to understand and use this life-saving machine.

CITIZENS ADVICE

citizens
advice

This time of year is always so expensive, with presents to buy and heating bills going up. I've seen offers for 'Buy Now Pay Later' when I'm doing online shopping. It seems like a good way to spread the cost of some of the things I need to get for my family but how can I make sure I don't get into debt?

With everything getting more expensive, this is a really difficult time for a lot of people, so it's sensible to be thinking about how you can manage. There are lots of things you can do to try and stay in control of your money.

Before you start spending, work out exactly what money you have coming in and going out each month. Be realistic about what you need for essentials like food and travel. Take a look at the budgeting tool on the Citizens Advice website,



www.citizensadvice.org.uk This can help you set a budget you can stick to.

You'll also be able to find tips on how to reduce your regular living costs, which might be helpful if you're struggling to keep within your budget.

While it can be tempting to split payments with schemes like Buy Now Pay Later (BNPL), you'll need a plan to pay the money back. If you're using something like that repeatedly, you might be managing for now, but it could also be a sign that it's unaffordable in the long run. Keep a record of how much you owe in total.

Always make sure you understand what you're signing up for, how you'll make the repayments and what will happen if you can't pay on time. It's important to check the returns process for both the retailer and credit provider. Paying through BNPL may also affect the cost of postage returns if you've ordered online. The riskiest thing about it is that you're not guaranteed to be protected if something goes wrong. For example, you can't go to the Financial Ombudsman Service if you have a complaint.

If you find yourself turning to credit cards, your overdraft, or store cards for your spending, keep track of what you owe. You should prioritise paying your rent or mortgage, plus energy bills and Council Tax first, because not paying these has the most serious consequences. On the Citizens Advice website, you can find information on what bills to prioritise and how to manage debts. There's also information on the support available for paying these and other bills.

If, like many during this crisis, you find you can't afford to reduce your debts after paying your priority bills and essentials, seek advice as soon as possible. If you need specific support or don't feel able to manage your situation alone, call our debt helpline: **0800 240 4420**.

Everyone's circumstances are different, particularly when it comes to managing personal finances. Our advisers are here to help you find a way forward.

For information and advice on this or anything else, visit www.citizensadvice.org.uk or call Sudbury and District Citizens Advice on **01787 321400** and leave a message and someone will call you back when available.

We will attempt three times to call you back, so please expect a call from a withheld number. Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website, www.sudburycab.org.uk/contact

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THE BUTCHER'S WIFE

There are two types of people in this world. Those that always have at least a quarter of a tank of fuel in their cars and those that play a game of roulette to see how many miles they can eke out once the fuel light comes up. The Butcher is in the first category and I'm most definitely in the second and should we ever get divorced it will be for this reason. When it says there are 10 miles left in the tank, I know, from experience, there are at least another 15 and I rarely fill the tank up all the way. It drives the Butcher crazy. He is obsessed with having a full tank of fuel despite the fact that we need a mini mortgage to do that nowadays. To me, the car is a just that, a car.



While my house is tidy (ish) and clean, the car is a completely different story. It gets an annual wash (by the poor guys at the supermarket car wash) and I honestly can't remember the last time it was cleaned on the inside. I did wash it by hand once. The garden hose doesn't go as far as our driveway so I took out a bucket and a sponge. It took about 5 hours and I don't think it was much cleaner than when I started. Never again.

Years ago we had a brand new car and the Butcher made a point of showing me and the mini Leeders how if we shut the door whilst holding onto the handle, we won't get fingerprints on the door. Hilarious! I don't get excited about what car I drive. As long as I can get the dog in the boot and it gets me from A to B, anything with wheels will do. If the Butcher had his way, we'd have a clean, shiny car at all times but I've driven into the garage door enough times for him to realise that is a pipe dream. And don't get me started on the curbs...

There is strategy in my having a dirty car. It means the Butcher doesn't see the scratches. So I'm not really being lazy by never cleaning it, it's for the sake of my marriage!

Given that it's January and feels like it's been 3 months since payday, splashing out on a takeaway might not be in everyone's budget so try this homemade curry instead. You won't be disappointed!

Butcher's Butter Chicken

Serves 4

Ingredients

Marinade

- ½ lemon juiced
- 2 tsp ground cumin
- 2 tsp paprika
- 1 tsp chilli powder (hot or mild)
- 200g natural yogurt

Curry

- 500g boneless chicken thighs, chopped into pieces
- 2 tbsp oil
- 1 onion, chopped
- 3 garlic cloves, crushed
- 1 inch ginger root, grated
- 1 tsp garam masala
- 3 tbsp tomato puree
- 300 ml chicken stock

Method

1. Add the marinade ingredients together then add chicken. Ensure well-coated and marinade for at least 1 hour (or better, overnight).
2. In a large pan heat the oil and add the onion, garlic, ginger and some seasoning and fry on a medium heat for about 10 minutes.
3. Add the garam masala and tomato puree and cook for 2 minutes. Add the stock and chicken and cook for 15 minutes. Add in any remaining marinade and simmer for 5 minutes.
4. Serve with rice and naan bread.



Elaine Carpenter

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

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RAMBLINGS FROM THE RECTORY

The other day I was in Ipswich and a gentleman was sitting on the opposite path shivering and holding out a paper cup. He called across to me: "Morning Father!". In a rush and slightly taken by surprise, I politely said good morning and walked on, just as the hundreds of other people were doing. After all I was running late for a pressing appointment!

As I walked through the town, I found that I couldn't shift him from my mind, and still can't.

Apparently, the most recent census of the UK population reveals that those identifying themselves as Christian has fallen to below 50% for the first time. It has been claimed that the number of 'active' Christians who attend church regularly is far less. However I am always a little sceptical of measures that are prescriptive in such a way. After all, what do we mean when we say we are a 'Christian'? I wonder if Christmas Spirit has anything to do with it? A spirit of generosity, patience, kindness. A spirit of praise and hope.

Christianity can sometimes be easily misunderstood or confused in people's minds. It is never a purely private affair. It is true that there has been a cultural push to make it private in recent years (to keep it at a safe distance) and this might have contributed to its apparent decline. But that is at odds to what Christianity really is. Christianity is more a public and lifelong voyage that includes a commitment and service to each other, to church, traditions, history and lived experiences, to neighbours and community. It is both creative and symbolic, rooted in history and expectant for the future. It is sometimes described as a corporate dance with God.

The eminent spiritual writer, Richard Rohr, points out that what we have come to think of in our culture as us needing "faith *in* Christ" should more accurately be understood as us simply engaging in "the faith *of* Christ." This is more than semantics. Rohr continues; "this is an important insight because it means our journey is not our own. We are all participating together in the faith journey that Jesus has already walked. That's a very different understanding of faith than most people consider. Many people think having faith means "to believe *in* Jesus." But "to share in the faith *of* Jesus" is a much richer concept". So, we come together, not for our own egos or to claim spiritual superiority, but to join in with a humble community all looking to share in the faith *of* Jesus. It gives us license to say "I may not know how to have faith in God today, but Jesus does!" We all engage in this faith-dance with varying levels of resistance or consent. It's a tango of life and love with all the ups and downs that suggests.

Not unrelated, I have recently had an influx of people asking me why I believe in God? My response is simple: I have always had a sense of something beyond myself - a guiding force, as it were. I don't think I am alone. I think many of us experience something similar. I know that on those rare occasions when I am in tune with God, things fall into place. I see God's action in the world, in the most unlikely of times and places - in the natural world, in human faces and human affairs.

I think it was Albert Einstein who once said that "coincidence is God's unsuccessful attempt at remaining anonymous". Without God, the only explanation of why we are here is a series of chance events. If this were the reality, then it would not matter how hard I worked or what good I did, because, in the end, I am nothing more than a random organism that will one day cease to be. I know that we often live as though this were the case, but I believe that both you and I are far more valuable than that.

With God in the picture, we are precious. There is order and direction in the created world and we all have our part to play. What we do matters. An eternal invite with God repeatedly offering his hand to pull us from the quicksand of our own making. And that invite is



offered again and again, every hour of every day. In the person of Jesus, we see a God who is concerned for our plight. A compassionate God whose mercies extend to us, even in the mess, even when we get stuff wrong. A God who is in and through all things, bringing balance and redress. A God who speaks into our consciousness, offering us hope!

Returning to my experience in Ipswich for a minute: as I walked through the town, I found God would not let me off the hook and the image of the gentleman sitting on the path with his paper cup kept returning to mind. So, after about 15 minutes of walking away, I turned around, went back to find him and sat with him a while.

This was a real person with dignity who deserved my attention. His name was Simon (just like the Apostle Simon-Peter, he told me). He had been on the streets 2 years, ever since he lost his job at the beginning of COVID, got into debt and was then evicted. He didn't complain even though he'd have every right to. Apparently, the night before, a group of youths had thrown freezing cold water on him when he was trying to sleep in an alleyway. "At least they didn't try and beat me up this time", he said. "They often do".

I asked him whether he could find a place in a homeless shelter that evening? He said that he had learnt to avoid homeless shelters because organised crime tended to push drugs and drink on the residents and then trap them in a cycle of obligation and criminal activity. He said his task for the day was to try and raise enough money for a bedsit that evening. So, I gave him the money he needed for a bed, brought him a hotdog, a hot coffee and fumbled around on my phone to find the numbers for Shelter and Crisis, in the hope that they may be able to provide him with long-term support. He then requested that I pray for him. Afterwards I placed my hands on his head and gave him a blessing before embracing him and departing. "Thank you Father", he said, "I prayed that God would send me an Angel this morning and he sent you". "No Simon, my man", I said, "he sent you. Just like he sent Simon Peter!". I guess we were both the angels the other needed in that moment - God moves in mysterious ways!

I was late for my appointment, but sometimes just asking 'what would Jesus do?' is helpful in resetting our priorities.

With every Blessing,

Fr Rob - rparkermcgee@gmail.com, Tel: 01787 210434

**Fr Rob & Sarah invite you to
St Mary's Church
Community Christmas Day Lunch
Boxford Village Hall
1pm to 3pm
on
Sunday 25th December 2022**

Are you or your family going to be on your own this Christmas Day or are you finding things a bit of a struggle, please do join us for a delicious, home-cooked Christmas Lunch & wonderful company, families are welcome.

Or do you know someone who is isolated at home and would value a home delivery of a proper Christmas Day Lunch?

...Because no one has to be alone or suffering at Christmas

To book your place or arrange a home delivery please email: boxriveractivities@gmail.com

New Year, New Skin

Winter is not kind to skin! Cold air, central-heating and rich Christmas food all play havoc with our skin. But here at Suffolk Medical & Beauty Clinic, we know just how to help...

Medical Microdermabrasion is the ultimate treatment to improve the look and feel of your skin. A painless alternative to chemical peels but with similarly impressive results, it intensively exfoliates, resurfaces and rehydrates the skin using a fine jet of crystals - stimulating blood flow and leaving you with brighter, tighter, younger-looking skin.

And this month, to give your skin an extra boost, you can opt to follow your Medical Microdermabrasion with a **Dermalux LED treatment**. Known for accelerating the skin's natural rejuvenation and repair process, this treatment duo will really pack a punch! And Dermalux has the added benefit of being an effective way to treat SAD (Seasonal Affective Disorder) and banish those winter blues.



January Skin Special

*Medical microdermabrasion, just £50.00 (usually £75)
PLUS, choose to add in Dermalux for just £25.*

Call: 01787 211 000 to book

** Offer valid until 31/01/2023.*

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

Tel: 01787 211 000 www.suffolkmedicalclinic.co.uk





SERVICE SCHEDULE FOR JANUARY 2023



Sunday 1 st January	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 4 th January	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 8 th January	09:30	<i>Morning Praise</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong</i>	St Mary's, Boxford
Wednesday 11 th January	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 15 th January	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	16:00	<i>Compline</i>	All Saints', Newton
Wednesday 18 th January	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 22 nd January	09:30	<i>Pilgrimage Eucharist</i>	St Mary's, Boxford
	11:00	<i>Sunday Eucharist</i>	All Saint's, Newton
Wednesday 25 th January	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 29 th January	09:30	<i>Joint Benefice Service</i>	St Mary's, Boxford

(Morning Prayer online every Tuesday, Thursday and Friday morning 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

FOOD BANKS

**ST MARY'S CHURCH
BOXFORD
(NORTH PORCH)**
 &
**ST LAWRENCE'S CHURCH
LITTLE WALDINGFIELD
(IN THE CHURCH)**

IF YOU OR SOMEONE YOU KNOW IS IN NEED,
 PLEASE VISIT OUR FOOD BANKS.
 ALL DONATIONS OF NON-PERISHABLE GOODS ARE
 GRATEFULLY RECEIVED



BRING & SHARE

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

"LIGHT UP"

St Mary's Church Boxford

In Memory of a Loved One
 or
 In Celebration of an
 Anniversary, Birthday, or
 Special Occasion

For a suggested donation of £15.00, the church will
 be lit up in remembrance or celebration and a
 commemorative poster will be put up in the church
 to mark the occasion.

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



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY

Fri 6th Jan 10:30am *Coffee Morning*, St Lawrence's, Little Waldingfield

Wed 18th Jan 10am *Coffee Morning*, All Saints', Newton

Sat 21st Jan 10:30am *Coffee Morning*, St Mary's, Boxford

COMMUNITY CHRISTMAS DAY LUNCH

Boxford Village Hall 1pm – 3pm. There is still time to reserve your place, are you or your family going to be on your own on Christmas Day or are you finding things a bit of a struggle, please do join us for a delicious, home cooked Christmas Lunch, contact boxriveractivities@gmail.com by 23rd December.

Happy New Year to you all, we hope that you had a peaceful and joyful Christmas. We would like to say a huge thank you to everyone who supported all the events across the Benefice in December, it certainly was a busy month!

GROTON FESTIVE CHEESE AND WINE EVENING

A great big thank you to everyone who helped and supported St Bartholomew's Church Cheese & Wine evening, Val, Sheila, McCorkell family, Rosie & Stephen, Katie, Brian, Joanna and Jayne. Also to say a big thank you to the Nayland Hand Bell Ringers, a great concert of Christmas carols, beautifully played, it really put us in the mood for Christmas. Thank you everyone who attended and helped raise £600 for the church!



NEWTON FESTIVE COFFEE MORNING

Thank you to everyone who attended, donated cakes, items for sale and raffle prizes, a lovely morning was had by all and £297 was raised for All Saints' Church. We look forward to seeing you at the first of our new monthly coffee mornings, on the 18th January at 10.00 am. (Coffee Mornings will then be held to be held on the 3rd Wednesday of each month)



LITTLE WALDINGFIELD DRINKS & NIBBLES

A wonderful evening was had by all those who attended St Lawrence's Festive Drinks & Nibbles on Friday 9th December, £450 was raised for the St Lawrence's Church. Thank you to everyone who came and to all those who organised the evening.

VOLUNTEERING WITHIN THE BENEFICE

We are always on the lookout for new volunteers to support our existing volunteers within the Benefice, who do an incredible job keeping our church and communities alive. You don't have to be a churchgoer to volunteer, levels of commitment also vary, everyone is welcome.

Is 2023 the year for you to try something new? There is something

for everyone: - bellringing, choir, flower arranging, opening/closing churches, helping at coffee mornings, helping at Mary's House, cleaning, maintenance, gardening, fund raising. There are also voluntary roles associated with our regular services, roles such as Wedding and Funeral Verger, Readers etc. Please contact the Benefice Office in the first instance for more information.

WARM SPACE AT MARY'S HOUSE

Mary's House will be closed between Christmas and New Year but will reopen at 9am on Tuesday 3rd January 2023. Opening times may vary but Mary's House, 5 Swan Street will be open most Tuesday, Wednesday and Thursday mornings. Please don't sit at home in the cold, pop along to keep warm. Contact the Benefice Office for more information.

Our regular events continue including our Tuesday drop-in for coffee, we look forward to seeing you in 2023.



GIVING

Whether or not you attend church regularly, it is likely that you benefit in some way from a Church being in our villages. The church helps build community, provides a reassuring presence marking the seasons of the year and during challenging times in our lives. We live in a world where local community is threatened, public service undervalued and individuals all too often get lost in the system. It is no surprise that isolation, loneliness, depression and poor spiritual and mental health are at frightening levels in our society. The Church provides a counter to this at a local level. In many villages up and down the country, once the pub has closed, the Church remains the only remnant of community spirit and focus. We need to secure such assets if we do not wish for them to disappear from our national life. But a church is more than just a building. Are you able to contribute the cost of a coffee or newspaper each week, to help our churches survive and thrive?

Please do get in contact the Benefice Office if you would like to talk to find out more about giving.

COFFEE MORNINGS

Every Tuesday 10am - Mary's House, Boxford

Friday 6th January 10:30am - St Lawrence's, Ltl Waldingfield

Wednesday 18th January 10am - All Saints', Newton

Saturday 21st January 10:30am - St Mary's, Boxford

POP ALONG FOR A CUPPA AND CHAT

CONTACT INFORMATION

Benefice Office

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

01787 828046 email: boxriverbenefice@gmail.com

Fr Rob Parker-McGee SR

01787 210434 email: rparkermcgee@gmail.com

BOXFORD CHRISTMAS TREE FESTIVAL

The 11th December was a fabulous day at St Mary's Church - over 500 people passed through the doors for the Christmas Tree Festival. The church had a very festive atmosphere and the Christmas trees looked wonderful. The winner of the best decorated tree, by public vote, was Boxford WI's entry. The tree not only looked beautiful with knitted and crochet lights and ornaments but had a powerful message about Violence towards Women. The 2nd place went to Boxford 1st



Responders, whose imaginatively themed tree was a great hit with the voters. In a closely fought battle Boxford Primary School won 3rd place, standing

proudly with handmade decorations by the school children.

As a local church serving the local community, St Mary's is grateful for so many people turning up on a cold day and enjoying the warmth of community, treats, and the wealth of lovely things available for Christmas gifts. It also raised vital funds for the church's work in the village desperately needed as our patronal festival in September had to be cancelled. Thank you to everyone who attended, decorated a tree, volunteered their time, baked cakes, donated teddies and gave raffle prizes. Thank you to the stallholders and to everyone who played a part in making the day so successful (the list is endless, so thank you very much). Special thanks to Sarah Parker- McGee for steering everyone in the right direction and overseeing the planning.

Did you win?

Guess the name of the Husky - Sarah FJ

How many sweets are in the jar? - Craig

Where's Father Christmas hiding? - Oscar

Missing snowman - Shannon

Over 160 people packed the church for The Advent Carol and Christingle Service with 20 choristers from the School Choir, which drew the day to a close.



KEEP WARM THIS WINTER AT MARY'S HOUSE

"A WARM, WELCOMING SPACE"

OPENING TIMES

Tuesday, 9.00 am - 12.30 pm

Wednesday, 9.00 am - 12.30 pm

Thursday, 9.00 am - 12.30 pm

**OUR REGULAR ACTIVITIES WILL CONTINUE
BUT EVERYONE IS WELCOME TO JOIN US**

Tuesday, Drop in for Coffee, 10.00 am - 12.00 pm

Wednesday, Midweek Eucharist, 10.00 am - 11.00 am



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

PROGRESSIVE WHIST DRIVE

Wednesday 11th January, 7pm 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.

POLSTEAD FILM NIGHT

POLSTEAD VILLAGE HALL

Friday 27th January

Doors open 7pm film starts at 7.30pm

MRS HARRIS GOES TO PARIS

Lesley Manville is utterly convincing as a wide-eyed chirpy cleaner who comes into money and sets her heart on a Dior dress in this charming film

Tickets £4.50 each.

To reserve email: polsteadfilms@gmail.com

or buy in advance at Polstead Community Shop

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



'Body Movement for Seniors'

Polstead Village Hall



Every Thursday morning

10 - 11 am

Polstead Village Hall

A gentle keep fit and movement class for seniors.

Come along and join the fun

Loose clothing advised



Sponsored by Babergh & Mid Suffolk Council



BOXFORD COMMUNITY COUNCIL

POP-UP PUBS!

Come and enjoy a festive drink with friends at
Boxford Village Hall

FROM 6 PM TILL 11 PM
ON FRIDAY

DEC **23**
and
NEW YEAR'S EVE

BAR & DISCO
FROM 8 PM TILL 1 AM

Free Entry



All proceeds will go towards the Coronation Street Party event fund
Registered Charity No. 304862



Fleece Jazz at
Stoke-by-Nayland Hotel presents

The Magpie Trio

Tuesday 10th January 2023 8pm - Tickets: £16



"A free-wheeling polyrhythmic tour de force and to these ears an absolute delight."
Jazz Mann

United by their love for the tradition of legendary jazz trios, they wind their way through many gems of the jazz canon.

George Crowley – Tenor sax
Tom Farmer – Bass
Sam Jesson – Drums

John Etheridge's "Blue Spirits" Trio

Wednesday 25th January 2023 8pm - Tickets: £18



A trio that connects with the bluesy, intense side of John's playing.

Typical swing elements, soulful ballads, fiery funk outings, all presented with warm humour by John.

John Etheridge – Guitar
Pete Whittaker – Organ
George Double – Drums

Stoke by Nayland Hotel, Keepers Lane, Leavenheath CO6 4PZ
Ample parking; fully accessible. Directions: www.fleecejazz.org.uk
Tickets: 01787 210796 or via **WeGotTickets** (booking fee applies); or on the door (cash or cheque only; sorry no debit/credit cards)

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

Boxford Drama Group

A Matter of Wife and Death

By Elaine Horne



Who would imagine a murder could be so funny? She had it coming, but who did it?
A fun night is guaranteed, so make sure you don't miss it!
More information in the Box River News

**March 16 to March 18
at Boxford Village Hall**

MILDEN AND LOCALITY HISTORY AFTERNOON

**Saturday 21st January
2 - 6pm**



A DISPLAY OF OLD PHOTOS, MAPS AND DOCUMENTS FROM MILDEN AND OUR NEIGHBOURING VILLAGES KINDLY PROVIDED BY CHRISTOPHER HAWKINS ARE AVAILABLE TO VIEW AT MILDEN PAVILION

£1 DONATION PLEASE INCLUDES REFRESHMENTS



Milden Pavilion
Church Road
Milden
IP7 7AF

www.mildenpavilion.co.uk
info@mildenpavilion.co.uk

Registered Charity No 304919

SUDBURY'S 'PARKY PEOPLE'

Dealing with Parkinson's is tough for everyone associated with the disease. That's why we encourage family members and carers to come and make connections of their own, while those with Parkinson's can interact with a range of activities. We believe in stimulating brain connections through a range of activities to help slow-down or manage more comfortably / less embarrassingly the onset of Parkinson's. We have a range of different, beneficial, activities every month – particularly, but not only, for those with PD to enjoy – and to take something learned away from each meeting.

Afternoon Group – Open to people with PD, family and carers: Meetings run on the third Wednesday of each month from January to November, inclusive i.e. First Meeting on January 18th 2023 at 1:45pm for 2pm - at The Stevenson Centre, CO10 0WD in Great Cornard – where Ben Smith will be providing music and song in main room and there is a separate 'quiet room' if preferred for games and puzzles, etc. There will be intermission refreshments served, and occasional special guests providing information and / or entertainment i.e. at the first meeting, Tracey Ward our regional specialist Parkinson's Nurse will give a short talk about her role and Andrea Walsh will give a short introduction to 'The Alexander Technique' which can benefit both people with and without Parkinson's Disease – Andrea comes highly recommended by the Bury St. Edmunds group. There will also be a Christmas Lunch in late November or early December at a selected Venue.

Membership is £10 per year for each person who wishes to come along to our afternoon meetings and benefit from other daytime events, payable at 2nd meeting attended in cash when we will register you. Subject to interest and anticipated take-up, we will be arranging separate regular session(s) to provide specific therapies e.g. 'The Alexander Technique' that will be introduced at the 18th January meeting – separate therapy sessions such as these will be chargeable on a shared basis at cost or less than cost – exact pricing to be decided based on take-up. Additional week-day outings will be booked for Spring through to Autumn for which we will normally hire special access needs transport provided by local coach firm Felix with very caring drivers who have always given us excellent and caring service – these will also be chargeable at cost based on take-up. Our outings have always been very warmly praised.

Working Age / Young Onset Evening Group – Open to those with PD and their carers/family. Meetings run on the first Thursday every month at 7pm at The Maldon Grey in Cats Lane, Sudbury. Come along for a drink, chat, compare experiences and make friends and tell us what else you would like to get out of our club so we can shape it to meet our members' needs. Membership is £5 per year for each person who wishes to come along to meetings and events, payable in cash at the 2nd meeting attended.

We are a small, charitable club and nobody is paid for running it - but we do pay for some regular services to promote what we are doing, to provide meetings venue(s) stationery, etc. and to address legal requirements e.g. insurance - which, in our first year, our past / current committee and volunteers are financing to help us get restarted. Our committee and volunteers are people with Parkinson's or carers and loved ones who have benefited from what our group has offered in past years. **We are looking forward to a successful 2023 by helping as many 'Parky People' as we can – please help us to spread the message!**

John Lane

07941 391 107 / info@parkinsonsudbury.org.uk



Sudbury Parkinson Group in 2019 at Duxford

MANAGING THE MENOPAUSE

Embarrassed? Hot? Itchy? Tired? Not able to sleep? Anxious? Lost your confidence?

Come to our multi-speciality menopause training session. Learn about the science of menopause and the benefits and risks of HRT. Work with a specialist nutritionist looking at non-pharmaceutical strategies for boosting hormone levels and improving overall health. Take part in structured physio/pilates sessions designed specifically for women, to promote pelvic and bone health and learn techniques to keep you fit throughout the peri-menopause and beyond.

Peri-(time around) menopause (when periods stop) is a time of enormous hormonal changes with far-reaching consequences on women's physiology, physical and psychological health. It can be very embarrassing to acknowledge that this is happening. Most people are not aware that the process of menopause starts on average at age 46 and takes at least 10 years to complete. Many women suffer in silence for all those years, thinking it is something they have to just put up with or blaming other aspects of their life for their feelings of emotional instability and physical sluggishness.

We now have very good medical evidence that menopause affects the bones, brain, heart, gut, skin and genital area with sometimes devastating effects.

There is plenty we can do to mitigate these effects. Replacing hormones with oral or topical or transdermal hormones (known as HRT) is just one option. Nutrition and exercise also play a huge role and can be used in conjunction with HRT or as independent treatments depending on symptoms and patient preference. Come along to one of our sessions to find out more (see advert on opposite page).

Some useful websites to learn more about this are:

www.managemenopause.co.uk

www.balance-menopause.com

www.rockymenopause.com

**AMID THE NEW YEAR TASKS,
RESOLUTIONS & TARGETS
KEEP ONE NAME IN MIND**

**THE ARTS SOCIETY
STOUR VALLEY**



We offer illustrated Monthly Talks, Visits, Special Interest Days + a quarterly magazine & much more – all at a very reasonable cost

**On the 3rd Wednesday of each month at 11am
at Long Melford Village Hall, CO10 9QJ (opp The Bull)**

For further details: [and](mailto:info@TASstourvalley.org.uk) to get your name onto the waiting list

Contact: info@TASstourvalley.org.uk quoting **BRN20**

or via our website www.TASstourvalley.org.uk

PLEASE NOTE: Due to a surge in popularity since our Autumn programme launched, a membership waiting list temporarily exists.

**WEDNESDAY 18th JANUARY
SECRET ART IN THE PASSPORT:
HOW WE USE IT TO FOX THE FORGER**

From wax seal to microchip, man has used the skill of artists in attempting to make an unforgettable document.

Three centuries of passport design are explored illustrating the defences built into them & show the tricks forgers use to defeat them! Blue, Red, Burgundy or Green, you will never look at your passport in the same light!



WELCOME PARKY PEOPLE

PARKINSON'S SUPPORT GROUP – Monthly Meetings

FIRST MEET: Wed' January 18th 2023 – 1:45 for 2:00 pm – Stevenson Centre – Gt.Cornard – CO10 0WD

Music with Ben Smith – Meet Tracey Ward, Parkinson's Specialist Nurse – Other Guests - Refreshments - Discussion

PLUS ! – WORKING AGE / YOUNG ONSET GROUP - FIRST MEET: Thurs' Jan' 5th – 7 pm - Maldon Grey Pub, Cats Lane, CO10 2RZ

ALL WELCOME - including Carers / Loved Ones – Free Parking

Call John for more info on 07941 391 107
www.parkinsonsudbury.org.uk

BOXFORD COMMUNITY COUNCIL

BARN DANCE

FEBRUARY 11TH TICKETS £15

LIVE MUSIC

THE HAMLET CELIDH BAND

7:30 PM - 11:30 PM

LICENCED BAR BUFFET INCLUDED

TICKETS AVAILABLE FROM MARK MILLER
01787 211596 / MARK.MILLER@TALKTALK.NET

BOXFORD VILLAGE HALL

All proceeds will go towards the Coronation Street Party event fund
Registered Charity No. 304862



Managing the MENOPAUSE



2 part workshop covering everything you need to know to manage the menopause... diet, treatment options, side effects & ways to manage them. Plus practical pilates

2nd & 9th March 2023

Book at www.aegn nutrition.com

Boxford Rovers Quiz Night

March	11
Arrive for	7

Boxford Village Hall
 Max 8 per Team
 Raffle & Refreshments
 Support your local club in their fundraising efforts.

https://www.justgiving.com/crowdfunding/boxford-rovers-2023?utm_term=4Q8dAG8rr
 Contact Steve for tickets 07815121155
 steveegglestone@icloud.com
Tickets on sale January



JOIN THE FUN AT MLSPA!!

Miss Lesley's School of Performing Arts Registration is now open for 2023 starters!

This established Performing Arts School offers 'Triple Threat' classes in dance, singing and acting to all those budding performers out there, as well as Tap, Street/Commercial, Drama and our exciting New Acro Class starting in the New Year!



MLSPA Classes are for children aged 4 yrs – 18 yrs and take place on Monday and Tuesday evenings during term time across our two venues at Chamberlin Hall, Bildeston & Kersey Mill, Kersey.



BOXFORD WI UPDATE

December festivities saw the WI ladies enjoying a festive Christmas lunch at Stoke-by-Nayland Golf Club.

This was then followed by holding a sweet jar tombola stall at the Boxford Festive Fayre, where we raised over £200 for the Lighthouse Women's Aid.

Many of the WI ladies also made knitted light bulbs to decorate the tree for the Christmas Tree Festival, along with white ribbons which signify the WI campaign to end violence against women. The icing on the cake was coming first in the Christmas Tree Festival!



New members are always welcome, so if you are interested please come along to the Village Hall on Wednesday 4th January at 2pm or contact our secretary, Annie Phillips on 01787 211729 or email annie-phillips@hotmail.co.uk.

Other WI interest groups are:

Dining Divas (lunch group)

Chatterbox (afternoon with tea and cake)

Knit & Natter



Happy New Year Everyone From

BOXFORD FRIENDSHIP GROUP

JOIN US 2023
on Monday 23rd January
for some fun
and companionship

2pm - 4pm
Boxford Village Hall
£3 entry
Coffee/tea and
Gake included

New Members Always Welcome

For more info call
 Wendy Hills 210342 or
 Alison Warren 211067



DANCE • SINGING • ACTING • MUSICAL THEATRE • STREET • ACRO



Classes in Bildeston & Kersey (Mondays & Tuesdays)
for children aged 4yrs plus!



@MissLesley



@mlspa_official

FOR MORE DETAILS CONTACT: MLSPA.PERFORM@GMAIL.COM



This February

Month of Love

Valentine's
3-Course Dinner

SbN Stoke by Nayland
RESORT

Just the Two of Us
Couples' Spa Treatment



Available Friday 10th - Tuesday 14th February



Available throughout February

Book your table online or by phone. Terms and conditions apply. Valentine's Dinner, B & B Package also available.

www.stokebynayland.com/monthoflove t: 01206 262836

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



/SbNResort



READERS' LETTERS

Dear all,

It is with sadness that Boxford WI must inform you of the death of Carole Burgess, one of our former Presidents. She was one of the first members of our WI when it formed in June 2006 and was our President for several years. She always looked extremely stylish and smart and was full of fun. She ran a Theatre Club for a few years and loved nothing more than to recall her adventures as a professional singer. She performed for us one time in the village hall, with her own pianist for the session and she made it a memorable meeting.

She was keen to join in all our activities and loved to socialise, however after her husband, Michael, died, she decided to move back to London to live near her family. She will be missed by us all, and we feel grateful to have had her in our lives.

Yours sincerely,

Annie Philips, Boxford WI



Dear all,

We would like to thank everyone within the Boxford community and surrounding areas who have continued to leave used stamps at the post office. Unfortunately it is no longer proving viable to enable us to collect enough stamps to raise any money for charity. Therefore as from February we will be removing the box from the post office. We would like to thank Richard and the Boxford post office for their support to us in the many years we have collected these stamps for charity.

Our best wishes to you all for a happy & healthy new year.

The Richardson Family

Dear all,

Some of you may have heard that Joy Sellers died in November, aged 98. She and John had moved some years ago to near Leicester to be nearer their family who have been so caring of them. John died in 2013, and Joy, characteristically, had carried on with her full life, though missing all they did together during 59 years of marriage.

Joy was known to many throughout Groton and the benefice, loved and respected for her many interests and her enthusiasm for life. Whether it was at Groton and the other churches, Sudbury Choral Society, Groton Croft, Mary's House, keep fit, amateur dramatics, music and play reading groups, she brought the same loving interest to all, with a zest for living life to the full. She was still doing a Zumba class at 90! I was a lay elder with her at Groton, and loved exploring different thinking that widened faith and life. With John, they opened their house to many of us, always a cup of coffee or shared meal at the ready. She kept her interests in so many people she'd met through her long life till the end, with her great humour and love of her family. We can only take some of her example into our lives, and share it with all we encounter, as she did. Thank you Joy, a special person to many of us.

Pauline Lamming



KENNY'S NEWS FROM SESAW



Each year, happy owners often return with ex-SESAW dogs for a Christmas visit and we absolutely love having a catch-up with them and to see our four-legged friends again! Recently, one of these catch-ups highlighted an issue which might interest readers so here is Carmen's story:

"Last year we were ready to open our hearts to another dog, having lost one in lockdown. We just missed one we liked at SESAW but instead we were introduced to three beautiful Cocker Spaniels. Although gorgeous, the poor things were so scared and neglected, understandably after being overused for breeding. We fell in love instantly and knew they were the dogs for us.

They came home where they are safe, cared for and very much loved but when we were out on walks we noticed strangers giving us horrible looks. For the life of us we couldn't figure out why until after a walk one day it suddenly clicked. The onlookers had been looking at the girls' low hanging bellies, caused by having so many litters of puppies in their previous lives, and they were judging us for how they looked. It made us feel awful.

The moral is, please don't make assumptions based on how a dog may look or act. Maybe, like ours, it didn't have the best start and the owner is trying to make a good life for their pet and help it heal from horrible past experiences. Our girls have come on so well since we've had them, but there is still a long way to go. So please don't judge a book by its cover, because you don't know what's happened on the inside."

Well said, Carmen. It's the same for canines like me. Many of my fans used to think little dogs were nasty and vicious until they met me, *Kenny (the Boss) Chihuahua*.

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

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WHAT IS DEEP RELAXATION?

There is a common belief that anything that is not 'work' constitutes relaxation. Watching TV, gardening, socialising, crafting, can all offer us a sense of being 'off-duty' but is this the same as true relaxation on all levels? Even watching a film there is mental and emotional stimulus coming in, and any physical activity is not allowing the body to rest. The key to real relaxation is allowing ourselves to apparently be 'doing nothing'! It is only when the body is in a state of genuine deep rest that it can go about the business of repairing and regenerating itself: unfortunately we often take tension into sleep time so even then the body is not fully relaxed.

We have become accustomed to filling our days with activity and doing, and there being value attached to this way of being: it is difficult to slow down, let alone stop, and attend to our own well-being. Often, too, if we try and meditate or relax on our own it is challenging - the mind whirs round and won't be quiet, we get frustrated and end up more agitated than when we started. This is one reason why it is such a treat to let someone else guide you - they can give you simple instructions to focus on which helps the mind calm, supporting you to just be with the body breathing, resting, and gradually letting go of tension and sinking into a truly relaxed state. I have years of experience of doing this both for myself and for others.

The addition of the instruments helps deepen and maintain the relaxed state, as well as freeing up the mental, emotional and spiritual realms.



The Deep Relaxation and Sound groups I offer have the potential to leave you feeling rested, refreshed and recalibrated. It is noteworthy that taking some time out of the rush has the effect of increasing our efficiency when we step back in - we have more clarity and are able to make better decisions and prioritise. For this to happen you need to be comfortable during the session so the body is able to fully let go: this is why I say bring mats, blankets, pillows, something for under your knees, an eye mask (or sock) - people have been known to bring a camp bed! I have shifted the groups to 6pm which I hope suits more people. Further details are in the adjacent ad and I am looking forward to welcoming you. Don't hesitate to be in touch with any questions.

With love, Louise Carpenter.

LITTLE WALDINGFIELD OVER 60s & FRIENDSHIP CLUB

We were getting into the festive spirit in the Parish Room on Wednesday 30 November, as our members created beautiful Christmas table decorations.



Little Waldingfield Over 60s and Friendship Club contact Tricia Eddington **01787 247932** for more information.




Louise Carpenter
whole being well-being

**DEEP RELAXATION
& SOUND BATH**

Boxford Village Hall
Friday January 20th 6pm
by donation

Save the date: Feb 17th, March 19th (Sunday at 5pm) & April 14th

Contact Louise on **01787 211 862**
louiseccarpenter@gmx.co.uk

3PR UPDATE

We're over the moon to welcome our newest fully-qualified Community First Responder, Tanya Rivers, to the 3PR team! Tanya completed her EFAST Ambulance Trust Induction Training and is now ready to respond to emergency call-outs throughout the benefice. Tanya already does amazing volunteer work with the Scouts and Beaver Scouts and works at SESAW animal rescue so becoming a CFR is adding another string to her community bow!



Tanya has quickly gained experience at attending emergency call-outs with sessions in the Ipswich fast-response CFR car and is looking forward to being available for any emergency situations that might arise in and around the local villages. Well done Tanya!

3PR still urgently needs volunteers who can give up a few hours each week to be available for basic life support if and when it is needed. If you have a full, clean, driving licence and access to a car then we can provide you with all the free training and equipment you need to make a real positive difference in the community. You will have your mileage expenses paid for any call-outs you attend and what's more, the training you will receive provides you with highly-valuable life skills that can be used anywhere at any time in the future to help anyone in emergency medical need.

For more information on what being a First Responder involves and how to apply, please contact Group Co-ordinator Rich Wild on **01787 210 946** or email office@boxfordresponders.com.

THE SPY WHO LOVED

A Talk by Clare Mulley

On 23rd November, Little Waldingfield History Society was delighted to finally welcome Clare Mulley to the Parish Room to share her intimate knowledge of possibly Britain's greatest ever female spy, Maria Krystyna Janina Skarbek, commonly known as Krystyna Skarbek or Christine Granville.

Clare began by describing Krystyna as someone who was fiercely independent, twice married and with many lovers, a Polish Special Operations Executive (SOE) and Secret Intelligence Service (MI6) agent during World War II, who had at least three recorded dates of birth. She was the daughter of a charming but dissolute Polish aristocrat and a Jewish banking heiress, and was further described in 1939 as "a flaming Polish patriot, expert skier and great adventuress".



She became celebrated for daring exploits in intelligence and irregular-warfare missions in Nazi-occupied Poland and France. Journalist Alistair Horne, who described himself in 2012 as one of the few people still alive who had known Krystyna, called her the "bravest of the brave". SOE spymaster Vera Atkins (who headed F section) described her as a woman with tremendous guts, who valued freedom above all else, and who would do anything to fight for it, for herself and for others. She was, said Atkins, "very brave, very attractive, utterly loyal and dedicated to the Allies, but at the same time, a loner and a law unto herself". Another MI6 colleague was Ian Fleming, who it is rumoured had an affair with her, though sadly without evidence; her persona and daring must have made a deep impression on him, because she was the inspiration for his first glamorous spy, Vesper Lynd, the double agent in *Casino Royale* (Vesper was also allegedly her father's nickname for Krystyna).

Krystyna's parents lived the high life in Jazz Age Warsaw and their daughter, born in May 1908, had the best of everything. She grew up with deportment, French and piano lessons, and additionally learnt to ride horses and ski, both very well. Encouraged by her indulgent father, she became something of a tomboy, albeit a rather glamorous one, as at nineteen she was runner up in the Polish national beauty contest. Her greatest passion however, was risk-taking, including dangerous ski trails and fast cars.

After a short failed marriage, in 1938 Krystyna's second marriage was to Jerzy Giżycki, who was a globetrotter, lifelong adventurer and traveller, and a diplomat 20 years her senior. Whilst travelling to Kenya for Jerzy to take up the post of Polish Consul, WWII broke out and Hitler invaded Poland. The couple attempted to return to Poland, but by the time they reached Southampton the Polish government no longer existed. With no possibility of getting involved in the war on the Polish side, Krystyna decided to join up with Britain and they both went to London, where she volunteered to help the British secret service; this was most unusual, as women were usually recruited from other branches of the services when they were discovered to have valuable skills.

At this very early stage of the war, Britain didn't plan any actual counter-offensive on Nazi Germany, but Krystyna was strongly interested in fostering Polish resistance movements, as well as infiltrating German troops behind their line. Speaking Polish, French, English and German, she proposed a fantastical scheme of travelling to still neutral Hungary, and then skiing over the Carpathian Mountains to Poland, to bring out information and Polish volunteers to fight in the West. For reasons that remain unclear, but perhaps related to Jerzy's pre-war connections to British Intelligence, the

scheme was approved. By December she was in Budapest, which was to serve as her base of operations in occupied Poland. In February 1940 she made her first of 4 trips over the Tatra Mountains (part of the Carpathian chain in eastern Europe and a natural border between Slovakia & Poland) on skis during one of the worst winters on record, with temperatures down to minus 40, carrying documents for the Polish resistance. She returned after 3 months with information on German activities, code books and microfilm. Krystyna spent the rest of 1940 travelling back and forth between Poland and Hungary gathering intelligence for MI6.

In Budapest, in January 1941, she showed her penchant for stratagem when she was arrested by the Hungarian police, imprisoned and questioned by the Gestapo. She feigned symptoms of pulmonary tuberculosis by biting her tongue until it bled, filling her mouth with blood. The Germans suspected TB and a doctor (incorrectly) diagnosed terminal tuberculosis. Scars on her lungs from her job at an auto shop confirmed the lie when German doctors took X-rays. The Germans threw her out, as they were worried about spreading the highly infectious disease.

British officials in Budapest, impressed by her ability, gave her a British passport and Krystyna Skarbek now became Christine Granville, a name she adopted and maintained for the rest of her life. It also made her younger - the date of birth on her passport showing as 1915. She escaped Hungary for Yugoslavia by hiding in the boot of a car crossing the border. Continuing on to Bulgaria, she met with British Intelligence officials and handed them rolls of microfilm (sewn into the lining of her gloves or embedded in blocks of shaving soap) which contained photos indicating that a German invasion of the Soviet Union was being planned. This information was swiftly passed to Winston Churchill who became convinced the information was accurate. Churchill attempted to pass the information on to Stalin, who refused to believe it until the invasion actually began (codenamed 'Operation Barbarossa').

In 1941, despite her important work, Christine found herself in a double-whammy of being suspected by British operatives and resented by the Polish government in exile for having worked with the British. Eventually the Polish SOE re-recruited her. Despite her previous experience in clandestine work, she was given SOE training for prospective agents. She proved a less-than apt student at wireless transmitting (hopeless) and firearms (which she hated), but she loved parachuting. SOE's initial plan to parachute her into Hungary was cancelled, because the mission was deemed little short of suicide.

Eventually, Christine parachuted into France on the night of 6/7 July 1944 to join SOE operations supporting French resistance forces. In August, Christine made contact with a group of low-morale conscript German troops manning a border post at Col de Larche and convinced them to desert to the French partisans. The unit's German officers found themselves nearly devoid of soldiers, and on August 13 agreed to surrender.



With the maquis in France

She became part of the 'Jockey Network' headed by Lieutenant Colonel Francis Cammaerts, SOE's regional commander. The job of Francis and his team was to organize the French resistance fighters, the Maquis, in south eastern France, to weaken the German occupiers prior to the Allied invasion of southern France - Operation Dragoon - which would take place on 15 August. Christine was Cammaerts's courier, to replace an agent who had been captured and killed by the Germans; she had also been given the task of attempting to subvert Polish conscripts in the German army who were stationed along the Franco-Italian border.



1945, in FANY uniform

On August 13 Christine learned that Francis (her sometime lover) and two of his associates had been arrested by the Gestapo and sentenced to death as spies. Despite his meticulous care for security, Cammaerts and his comrades, were arrested at a roadblock by the Gestapo. Cammaerts had received a large amount of money for operations which he had divided between the three of them, an action that would prove to be a mistake. By automobile they came upon a German checkpoint; under questioning, each denied knowing the other two, but a young German civilian examining their forged identity papers noticed the serial numbers of the money each carried was from the same series, indicating a connection among them. All were taken to Digne prison and roughly interrogated. To account for the money, they claimed that they were involved in black marketing. The Germans apparently didn't know they had captured Cammaerts, who was the most important SOE agent in south eastern France, but decided to execute all three anyway, suspecting they were associated with the French resistance.

Infiltrating the area where the prisoners were held on August 17, Christine went about whistling the American song, *Frankie and Johnny* until she heard Cammaerts pick up the tune. His presence confirmed, she then brazenly approached the Gestapo commanders, identified herself as General Montgomery's niece, and demanded the prisoners' release - with a promise of a generous ransom. For three hours she argued and bargained and, having turned on the full force of her magnetic personality, said the Allies would be arriving at any moment and that she, a British parachutist, was in constant wireless contact with British forces. To make her point, she produced some broken and useless W/T crystals and said that "If I were you I should give careful thought to the proposition I have made to you. If anything should happen to my husband or to his friends, the reprisals would be swift and terrible, for I don't have to tell you that both of you have an infamous reputation among the locals". Increasingly alarmed by the thought of what might befall him when the Allies and the Resistance decided to avenge the many murders he had committed, Captain Schenck introduced her to a Gestapo officer, Max Waem, a Belgian with authority to order the release of the SOE agents, who said, "If I do get them out of prison, what will you do to protect me?" Once she had their agreement, she got word to MI6, who parachuted the required 2 million Francs.

When Cammaerts and the two other prisoners were ordered out of their cells, they were convinced they were going to their execution. Instead they were escorted to a waiting car where they saw Christine at the wheel - they could just as easily have been shot, and she with them.

Christine got into the automobile without a nod of recognition so they thought that she too was a prisoner. They drove to the bank of a river where they helped Waem to bury his SS tunic; and it was only then that they realized that they were being released, not executed.

After a brief skirmish as part of a French-occupation uprising (which the Germans swiftly crushed), Christine embarked on a journey of three weeks through the Alps, mostly by foot, carrying a rucksack filled with food and hand grenades. She made contact with two prominent leaders of the French Resistance and greeted the arrival of an "Operation Toplink" team, which included her friends John Roper, Paddy O'Regan, and Harvard Gunn. Their job was to organize and supply both the French and Italian resistance along the border and she subverted some of the Polish soldiers among the German units in the Alps.

After a two-day hike to the Col de Larche, a prominent mountain pass on the Franco Italian border, she approached a formidable fortress at the head of the pass, manned by 150 soldiers. Speaking in Polish and revealing her identity, she talked to the 63 Polish Volksdeutsche soldiers among the defenders. She told them to desert and to destroy the fortress when the order was given by resistance forces, and gave them specific instructions on how this was to be done. Six days later a small force of Maquis and two Toplink officers, John Roper and John Halsey, approached the garrison and the German commander surrendered the fortress and his mutinous soldiers. The Poles in the garrison joined the French resistance as Christine had told them to do.



Fairbairn-Sykes Fighting Knife with scabbard. Krystyna always had this strapped to her thigh

Meanwhile, she continued northward to Lyon and Paris, and in September took a military flight to London after being made liaison for the Americans with the Maquis by US General Alexander Patch.

As the Red Army advanced across Poland, the British government and Polish government in exile worked together to leave a network in place that would report on events in the People's Republic of Poland. Christine was now fully reconciled with the Polish forces, and was preparing to be dropped into Poland in early 1945. However, the mission was cancelled, because the first party to enter Poland were captured by the Red Army.

For her exploits, Christine would be awarded the George Medal and was made an Officer of the Order of the British Empire, an award normally associated with officers of the equivalent military rank of lieutenant colonel and a level above the most usual award of MBE given to other SOE female agents. France would award her with the Croix de Guerre. When the war ended, however, she was unable to return to Poland. The love of risk and danger that fuelled her exploits during the war had little place in the post-war world, and British authorities found exiled Poles like Christine a bother.



Christine Granville after the war - note the parachute insignia

Clare didn't talk about what happened to Christine after cessation of all SOE/MI6 activities, because time did not permit. What follows next is my own short summary as gleaned online; it is a sad read and not at all the ending that Christine fought for or deserved.

Although granted British citizenship, Christine drifted between jobs and relationships, including working aboard a cruise ship, and while working at sea, she struck up a relationship with a handsome but troubled steward, Dennis Muldowney. After a short while she quit her job and broke off the relationship with an increasingly obsessive Muldowney. Sadly, on June 15 1952, he confronted her at her rented London apartment, and after a brief exchange of words fatally stabbed her. She was just 44. Buried at St. Mary's Catholic Cemetery in London, the ceremony was attended by quite a few of the people who had so neglected her after the war; someone made the symbolic gesture of tossing a handful of Polish soil onto her coffin. *cont...*

Muldowney didn't appeal his death sentence and was hanged by Albert Pierrepoint, assisted by Harry Smith and Robert Leslie Stewart, at 8.00 a.m. on Tuesday 30th of September 1952.

As "Jacqueline Armand", code-name "Pauline", Christine was issued a rubber-lined crash-helmet, loaded revolver, commando knife, and a round, brown, rubber-coated cyanide tablet sewn into the hem of her skirt. She had French papers forged by the cream of British and Polish professionals and a money-belt stuffed with gold sovereigns. In some accounts she was given a square of silk printed with a local map, a compass hidden behind her hairclip, and a magnifying glass placed in the end of a cigarette - James Bond himself would be impressed! She was also said to have been Churchill's favourite spy, which says a lot in itself.

About 6 years ago, Clare Mulley successfully campaigned to have an English Heritage Blue Plaque erected in Christine's honour. Clare's superb talk was incredibly detailed, unbelievably interesting and hugely enjoyed by everyone present - the time simply flew by.



Our next event will be at 7.30 in The Parish Room on 7th December, when Anne Grimshaw will present a slide show entitled "The name on the bag". It's about how meticulous research, based on information found on a flight bag bought from eBay, led to the story of how a young USAAF airman came to be in Sudbury during the closing stages of WW2 in 1945. Who was he? What happened to him?

On January 18th we will be holding our free Annual Members Only event, when Susan Tibbetts will tell us how Sudbury Ephemera Archive received a donation of papers from the last survivor of a family named Mole. The extensive record provoked further interest and resulted in Susan tracing the family through more than three centuries. With ancestors from Bures, Sudbury, Chilton and Great Waldingfield, we will hear about brewers, vintners and postmen; an ordinary family, but following research, we will discover about life in our area at the time for the "man in the street".

We very much look forward to welcoming guests to the Parish Room Little Waldingfield on both of these dates.

Andy Sheppard

Editor's note: For reasons of space, this fascinating article had to be heavily shortened. The full and unabridged article about this incredible wartime hero is available to read at <https://bit.ly/the-spy-who-loved>

BRIAN TORA'S SOAP BOX

Returning to a freezing Suffolk, I had rather hoped to be propelled fully into the Christmas spirit. Instead I found the media full of stories about the rising tide of industrial action which threatened to overwhelm the economy. Certainly, like many I suspect, we have already been impacted by the effects of the many strikes that are taking place.

While fortunately the walkout by nurses does not appear to make much of a difference locally, the train strike has meant that my brother has decided against joining us for Christmas (he lives in London and doesn't drive), while the postal workers action has rendered any chance we may have had of catching up with this year's round of Christmas cards downright impossible.

While I have sympathy with those seeking wage increases to help offset the rapidly rising cost of living, I am also mindful of the knock-on effect this could have on inflation. We do, after all, have quite some experience in this area as a nation. The government is doubtless all too aware of the dire consequences that caving into union demands could bring about. Perhaps it is worth looking back at similar periods in our history to see what, if any, lessons could be drawn.

The term "Winter of Discontent" has been bandied about in the press on many occasions. The original description of a winter of discontent referred to the period between November 1978 and February 1979 when Prime Minister Jim Callahan was battling the unions which were seeking inflation busting pay rises. He lost, culminating in his defeat in the May General Election and the rise of Margaret Thatcher to power.

His problems were initiated some earlier in the decade with a set of circumstances that bear no little resemblance to those that surround us today. In October 1973, war broke out in the Middle East as the Arab states neighbouring Israel sought to reverse the territorial losses they had suffered in the Six Day War some six years previously. They were not successful, but a severe consequence was a quadrupling of the price of oil, which placed great pressure on our economy and forced up the cost of living.

By the beginning of 1974, Prime Minister Edward Heath was forced to introduce a three day week, limiting the supply of electricity to both domestic and commercial users. In February of that year he called a General Election on the basis of "Who Rules Britain". The electorate decided it wasn't him.

Despite polling fewer votes than the Conservatives, Labour came to power with the assistance of the Liberal party. They had yet to become the Liberal Democrats, a change that took place when the Social Democrats, a breakaway group from the Labour party led by Roy Jenkins and David Owen in 1981, threw in their lot with the Liberals in 1988. Harold Wilson enjoyed his second stint as PM and secured an overall majority in October that year with a second election.

The Labour administration had a lot of debts to repay and inflation, already high, was further boosted by a series of eye watering pay settlements. It had to end in tears - and it did, with Chancellor of the Exchequer, Denis Healey, forced to go cap in hand to the International Monetary Fund for a bail out. Inflation at one stage topped 25%, while interest rates made it to the high teens. The only real beneficiaries were home owners, who saw the value of their property assets soar.

Fast forward the best part of half a century and you can see a similar scenario being played out now. Government finances are fragile, thanks in part to the hangover from the financial crisis of 14 years ago, but also to the damaging effects of the recent pandemic, while the war between Russia and Ukraine has given a massive impetus to inflation. And the sharp rise in the cost of living comes at a time when many wage packets have been kept low because of the recent economic shocks we have suffered.

There is no easy solution to the problems facing the incumbents of Downing Street. If history is anything to go by, the current administration looks set to be ousted at the next General Election. Edward Heath chose the path that led to his dismissal. Jim Callahan's demise was the consequence of losing a vote in Parliament. This government has two years before a vote is likely to be thrust upon them. Will that be enough? Time will tell, but I doubt it.



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NEWS FROM BOXFORD SCHOOL

HAPPY NEW YEAR! December was a very busy month at Boxford Primary School! We've been out scooping all the news stories!

Firstly, Year 3 news! As part of Science, Year 3 discovered that Boxford church is made from *sedimentary* rock: flint, Caen sandstone and Suffolk Clunch! They took photos and made notes as part of their investigation. They also had a Stone Age theme - they had a Stone Age Day on 5th December, joined by year 4 and had an amazing time! Memma, the cave woman, brought history to life by setting up an indoor camp that looked like a Mesolithic camp. There were furs to sit on, fire-making, foraging and a look at the Mesolithic timeline. They even got the chance to cook fish on an open-fire!



On Thursday 6th December, lots of our year 5 and 6s were involved in a mixed/girls football tournament at Sudbury AFC. Many local schools were involved and we entered 3 teams. The rivalry was hot, and we competed in many hard games as our substitutes cheered us on. One Boxford team came 3rd out of 7. THANK YOUs go to School Games, Sudbury AFC, Mr Griffiths, Mrs Flockhart and Mr Thompson for organising it.

Every year we all LOVE the Christmas dinner and it was brilliant again this year! We had Yorkshire pudding, roast potatoes, carrots, peas, Brussel sprouts, turkey, pigs in blankets and gravy. Ayden, in Year 4, was so excited about it he went and wrote his own newspaper report. He said, "On the table there was a Christmas cracker. I sat with Mummy, Mrs Keedle, Caitlyn and Isabella. The dinner was so nice and super tasty to eat!" Ayden also wanted to remind us that it will soon be time for Santa. "I hope to get a new tablet, dinosaur, game for the Xbox and clothes", he added. We hope your Christmas was filled with love and laughter. We have also enjoyed Nativity performances from Reception and KS1.

Year 5 recently enjoyed a class topic trip to Duxford, for their WWII topic. "I enjoyed learning lots of facts that I didn't already know. Also, the cockpit of the plane was amazing, but I was scared that it would fall apart!" said Mollie. Ted added, "I like learning about the Germans and the tactics they used to bomb London, which failed."

In other news, Harry and Beckett in Year 6, have announced their new 'Electric Club'. Many pupils have been intrigued by the announcement. Year 6 have also been busy with their brass playing. Mrs Blyth, our brass teacher, said that our music performance was outstanding! That feels amazing after only playing for three months. The school have been lucky to get a grant from the Arts Council so all children in Year 5 and 6 can have weekly brass lessons, which we love

We look forward to bringing lots of news about up-coming events in the coming months, but we'll also be thinking about all of our fun learning too.

Year 6 Roving Reporters, Boxford Primary School

Message from Mrs Lea - I want to thank the whole community for all of your support this term. We are looking forward to being involved in many community projects in 2023 and to working with you all. I hope you have had a Happy Christmas and a great New Year!



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PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

The Importance of Horses to Boxford

Horses were first domesticated by humans about 5500 years ago, during the Stone Age. By the Roman conquest in AD43, British tribes could assemble armies which included thousands of chariots and Roman Colchester fell to such an army led by Boudica in AD60. Horses were used in agriculture after 1066, replacing the ox around Boxford, as they became the preferred choice for hauling goods and ploughing fields. The strength and speed of these animals made food production more efficient. Great distances could be covered if need be. In 1530 William Coo (cloth merchant) was paid the considerable sum of 21s 4d (£470.70 today) by Boxford Church Wardens to bring the Church organ home from Kings Lynn after repair. It must have been of great value to the Church and community if they were prepared to pay that much for its journey to Boxford by horse and wagon.

Mentions of horses in Boxford wills or estate inventories of the 15th to 17th Century are rare as compared to pigs, cows and sheep. However, the goods listed indicate the presence of blacksmiths, farriers, saddle makers and horse-driven vehicles and machinery. This shows there were plenty of working horses, as well as those ridden by the wealthier members of the village. The mounting blocks still present at Groton Church and at the entrance to the Croft remain from the times when riding a horse was commonplace.

World War I had a devastating effect on the British horse population and we can read the first hand experience of this in *'Many a Summer'*, the life story of George Everett (1893-1984) written by Hardiman Scott. They were next door neighbours in Butchers Lane. He recalls the army's selection of horses from local farms

and taking a couple to Ipswich for the war effort. Farmers had no choice and were paid £40 per horse. They tried to prevent them taking the good breeding mares. He stresses the importance of the horse to Boxford before the war and mentions the saddler and harness maker Turner, and his assistant George Gooch, as well as the farriers at the forges. The saddlers is today the The Box River Cafe in the centre of the village and the old forge is opposite the church. George also recalls the 'hunting folk' who met here three or four times a year, with horsemen coming from Colchester Barracks to join them.

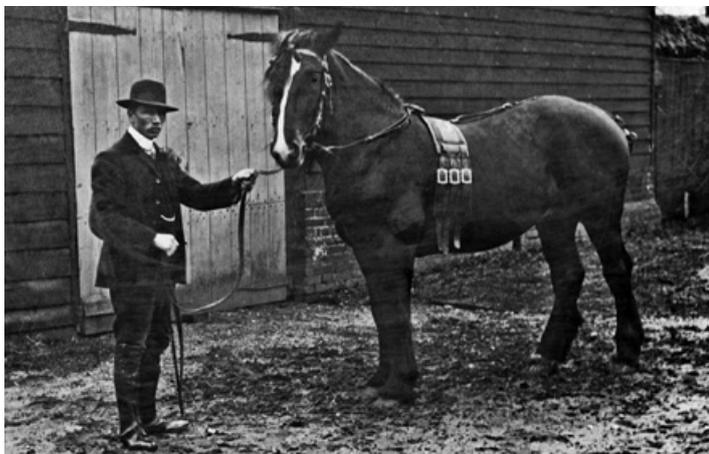
In *'There's a story that my mother told.....'* edited by Neil Lanham, he describes his mother Ruby Alleston's feelings about the loss of the 'war horses', including five of their own taken from Red House Farm, Wicker Street Green (then part of Boxford, but now in Kersey). She also recalls the return of a few branded discharged horses which were auctioned at Colchester. The Pattles, horse dealers (see BRN August 2021), would bring a drove of horses back from there and Ruby's father bought 'Sparks', limping and with a damaged eye. She became his favourite mount.

There are so many horse pictures in the Society archive it has been difficult to select a few for you to enjoy. We hope we have opened up another aspect of Boxford's past and that you will contact us if you have additional information for the archive. Contact us through tina.loose@gmail.com or **01787 210538** or 16 Clubs Lane, Boxford, CO10 5HN.

Tina Loose



Turning the plough, possibly Coddendam Hall Farm.



Samuel 'Fetler' King and the small Shire stallion, 'Bumper', bought at Kembal's sale in 1901 for Charles Alleston. (Mr Kembal's nickname was 'Bumper' hence the stallion's name.) Like most labourers in the 1920s and 30s Fetler did a range of casual work to provide for his family including labouring for Kingsbury's builders and cycling to Bury St Edmunds or Colchester daily for work. (At today's prices he earned £1.72 an hour!)



A Romany horse-drawn caravan in Skinner's field by the Washes off Stone Street. Mr Chapman stands by his family's van. The children made friends in the village and went to the Boxford School. Travelling families helped with the harvests and there are records of gatherings for harvesting peas for the Alleston family.



Probably Bower House Tye. Village horsemen and their charges in the early 1930s at the time of the agricultural depression. *Left to Right:* Possibly the head horseman from Kersey, John Sage, Arthur Sage, George Everett referred to in the text and Hector Tricker.



Groton Forge built on Groton Street in 1798. Ernie Stone, left, lived in Boxford and was also Boxford's smithy in Church Street. 'Happy' Simpson, father of Bill Simpson is holding the horses and Newton Finch assists.



Harvesting peas with the help of the horse and female labour at Charlie Raynham's, Brick Kiln Farm, Ellis Street (now Riverhall), 1943/4. *The ladies pictured from left to right:* Mrs Squirrell, Mrs Stephenson, Mrs Whymark, Miss Baldwin and Miss Polly King.



A moderately well off Edwardian family could afford a Pony and Trap for leisure, and are shown posing in Stone Street. It was a bit of a status symbol.

FEEDBACK FROM JAMES FINCH

Your County Councillor for the Stour Valley

£500m devolution deal hands Suffolk regeneration and skills powers to level up

A landmark devolution deal, which puts money and power over building, regeneration and skills into the hands of leaders in Suffolk was signed on 8th December 2022 by The Levelling Up Secretary of State, Michael Gove, MP and local leaders.

The deal sets out the government's plans to devolve more power to Suffolk County Council through:

- **Investment:** It will bring decades of funding worth £480 million to improve the lives of Suffolk's residents and spend on their local priorities.
- **Housing:** The deal will provide £5.8 million to regenerate brown-field land into beautiful, affordable homes and drive economic growth across the area; Suffolk will also receive greater compulsory purchase powers.
- **Education:** The agreement devolves the Adult Education Budget so they can shape provision in a way that best suits the needs of residents and the local Suffolk economy.
- **Transport:** An integrated transport settlement starting in 2024/25, to support the area to improve key transport infrastructure priorities.
- **The Environment:** The new deal will help Suffolk deliver on its ambitions to be the country's greenest county with £3 million to improve energy efficiency in homes.

This not only provides a single person who is accountable to the people of Suffolk but gives the county a local champion who can attract investment and be a stronger voice in discussions with central government.

The deal is subject to local consultation, a council resolution to change their governance model so that electors directly elect the council leader, and elements, such as the transfer of new powers, require parliamentary approval to secondary legislation.

The deal envisages the election of a directly elected leader for Suffolk in May 2024. Subject to the passing of the relevant measures in the Levelling Up and Regeneration Bill, Suffolk would call the directly elected person, the "elected leader" of the county council.

Could you help a Ukrainian family in need? There is still more need for help

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 are now looking for hosts for these families as well.

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."

Cassius wins Best Elderly Care Technology Solution Award

Cassius also 'highly commended' at Health Tech Awards 2022. The Council's digital care technology service, Cassius, was named 'Best Elderly Care Technology Solution' at the Health Tech Digital Awards, presented by Health Tech Digital magazine in August 2022. Cassius was also 'highly commended' in the Partnership of the Year category at the Health Tech Awards 2022, presented by Health Tech Newspaper in October 2022.

Both awards recognise and celebrate the digital teams, programmes and initiatives which have made a difference throughout the year and are judged by health and care professionals from a range of backgrounds, professions, and healthcare settings.

Preparation for the 2022/2023 Winter Season

The winter season for the gritting programme commenced on 1 October. Salt deliveries continue to be added to the Council's current stock. **So far since September the Council have received 108**

lorry loads which totals 3069 tonnes, as of 2 November the total salt stock is 19,814 tonnes. Grit bin refills have begun across the county, a total of 2124 grit bins have been visited.

Suffolk archives online gallery showcasing the death of Queen Elizabeth II

As part of Suffolk's response to the death of Queen Elizabeth II, Suffolk Archives put together an online gallery which showcased the Queen's visits to Suffolk during her 70-year reign. This was created very quickly in collaboration with RAF Honington, Archant and The National Horseracing Museum in Newmarket. The gallery was shared by the Council's Communications Team. Suffolk Archives has also put out a call for donations of materials to add to our collections recording how Suffolk marked the momentous events of the death of Her Majesty Queen Elizabeth II and the proclamation of King Charles III. Whether it has programmes from proclamation events, or photographs from a community coming together to watch The Queen's funeral, these will form an important historic record for future generations.

Launch of 'Childhood' – short film to raise awareness of the need for Foster Carers

In a ground-breaking national collaboration, 56 local authorities across England have worked together to share ideas and jointly fund the creation of a short film to raise awareness of fostering. It is aimed at finding more people who may be interested in becoming foster carers and providing nurturing, positive homes for children and young people across the country who need them.

The new film, simply called 'Childhood', highlights the impact of neglect on children, particularly brothers and sisters who may be left at times to try and care for each other. **It shows the journey of 'Sophie' and 'Charlie'** who are in a very difficult home situation where their needs are not being met, to being nurtured and supported through foster care to attend school and be able to enjoy their hobbies and interests. In other words, have a childhood. The film can be viewed by copying this link into your browser at <https://bit.ly/scc-childhood>. The readers of this column know the personal interest I have taken in this subject.

For more information, A foster carer recruitment event is held the 1st Wednesday of every month, and an adoption event is on the 1st Thursday - all 7pm in your home online.

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

My Priorities

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

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FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

Welcome into 2023, a new year but with many problems carried over from a very bumpy 2022.

With many strikes and unsettled wage demands escalating across our public services and into some private sectors as well, many of our mistakes, own goals and poor management of our economy and failed targets and ambitions are really beginning to hurt. As always those hard working folk at the coalface are the first to suffer and are now being joined at the food bank queues by the low-middle wage earners which include our brilliant nurses and health care workers. Was it really just two years ago that our shallow political leaders were standing in full glare of any camera they could find, (in a hospital ward in Bojo's case), to be seen applauding the nurses? The vast eyewatering sums of taxpayers' money fast-tracked by our government to shady businesses on a gravy train of shady hand-outs would have paid for a decent 9% wage increase to the real heroes who carried us through the pandemic and saved so many lives, with many billions to spare for other essential services and investment into our post Brexit flagging marooned economy. I used to think that the awful gaffs and crass decisions of this current shambles of a government were all part of some cunning plan, now I have come to realise that there is no plan at all, apart from a reaction to every self-inflicted injury to somehow keep themselves in power a little longer.

My old granny used to say that hollow vessels make the most noise and how right she was.

Work carries on at Babergh to set a balanced budget that works for everyone while keeping as many of our services intact if possible. There was a rumour that central government would offer a one-off payment to local government to help us to balance the books at the sharp end of our political system but this now looks very unlikely to happen. As part of the last Jeremy Hunt budget there was a clause that instead of having money handed down from government to councils, allowed local councils to raise council tax by up to 5%, thereby passing the financial buck down the line to those at the sharp end and once again to those who can least afford it.

I feel that we at Babergh have a responsibility to help our already worried residents and to keep any rises to around 3% or less, which works out as a rise of a fiver per annum.

It was once said that a week in politics is a long time and it seems that the same applies in local government. While I predicted in the December edition of the Box River News that Boxford from now on would now be able to determine its own planning future, it seems that this is not the case, with the first controversial planning application being granted against the stated aims on our own Neighbourhood Plan. Was it all a waste of time and effort? Only time will tell but certainly it is not a good start and it is very disheartening for all those local residents who worked so hard and for so long to get an excellent Neighborhood Plan consulted on, written, published, voted for and ratified.

We have once again rumours and offers from Michael Gove of a change in the way local government is run in Suffolk. While this has caused much excitement (and I understand that there has been a signing ceremony in Bury St Edmunds), it actually brings very little change at all. Suffolk needs unitary government at the local level to cut out the who-does-what confusion and avoid duplication. While it does seem that some powers will be devolved down to a local level, not enough will change to make a real difference. The main offer seems to be that we would be able to elect our own leader for Suffolk who will have some power and clout but along with the current Police and Crime Commissioner will generally be another layer of costly elections and unwanted and unnecessary bureaucracy.

Many thanks to all those local councillors and volunteers who came on my organized trips to Suffolk's energy from waste plant, to see our black bin waste put through our incinerators and used to generate electricity to power 40,000 homes (which is equivalent

to most of Ipswich). This was indeed a lesson on how all councils should be dealing with this commodity. It would, in a perfect world, be better to not create any waste at all but this has to be the next best thing. Even the old bedframes and sink tops came out as saleable items for scrap and the many tons of clinker have good value as hardcore for sale to Brett aggregates, a local firm, for foundations for highways and building sites.

Very little of our black bin waste goes to landfill any more and all the blue bin waste goes through the recycling facility for sale to enter back into the manufacturing chain.

These methods do add to the counties' green credentials and keeps the council tax at a lower level, so please *Keeeeeep Recycling!*

Next year brings the normal round of local elections. Please make sure that if you are over 18 that you are eligible and enrolled to vote. There will be a lot at stake from now on, if we are ever to get more and better representation at local level, which could set the scene for improvements higher up the political ladder. Maybe a government constituted from across the political spectrum would be a good start, instead of the present clueless dishonest bunch of self-serving numpties.

Maybe think of standing yourself - today's parish councillor could be the next decade's Member of Parliament and then up from there. There is not much to beat here in Suffolk, so why not go for it? All that is needed is honesty, integrity, an ability to work hard to serve all your constituents equally and not to tell lies and make promises that will not or cannot be kept.

Have as good a New Year as you possibly can and I will see you all next year!

Bryn xx

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THE GLOW PRO



Ah, January. Let's face it, it's no-one's favourite time of year. With the lull of festive spirit and the miserable British weather, it's normal to feel a bit sluggish after the joyous, party-filled December.

That being said, the arrival of January signifies new beginnings and is the perfect time to revamp old routines. If you tend to fall into the trap of 'January Blues', here are some simple ways to help you feel more optimistic and ready to face a new year:

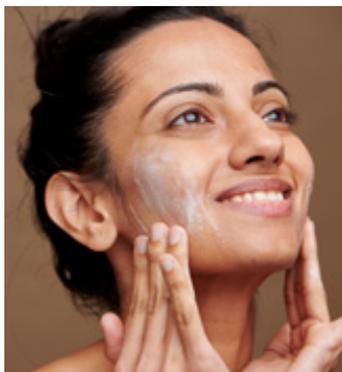
Nourish Your Body

I love indulging over the festive period, but it can be difficult to restore balance in January. As tempting as those lunch-time mince pies are (trust me, I know), improving your nutritional regime by having a healthy intake of water, vitamins and nutrients can influence energy levels and motivation.

Try and stock up on a variety of fresh, seasonal veggies and healthy fats such as avocados and walnuts, which are also great for the skin and hair.



Up Your Skincare Ante



Microdermabrasion in clinic: £75 on offer for £50 in January

Brighten a dreary day and your skin by treating yourself to a resurfacing facial treatment. We often coat dehydrated skin in rich moisturisers, but regular exfoliation is a must to help tackle any build up which can clog pores and cause blemishes. For winter skin, I recommend Microdermabrasion, a professional, deep-down exfoliation that helps rejuvenate the skin and banish dullness. That sun-kissed complexion may be a thing of the past but if dryness and break outs are still present, now's the time to try something new!

..and not just to keep a New Year's resolution! Due to the shorter days at this time of year, it's easy to move around less than usual, which actually makes us feel more tired and lethargic!

Be Active...



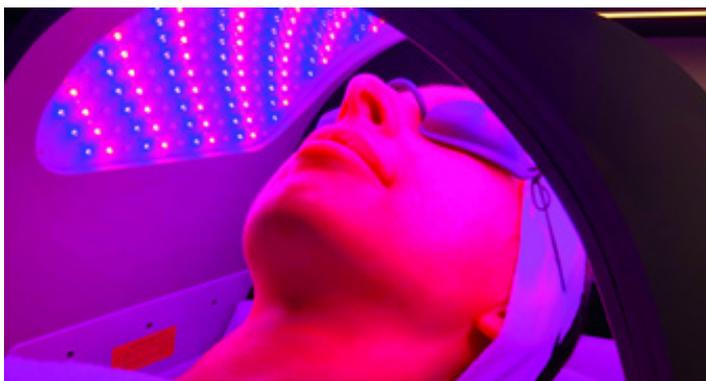
Light exercise, particularly during daylight hours, can provide a healthy dose of endorphins, the 'feel-good' hormones, and it doesn't have to cost! Consider watching a free workout video on YouTube or going for a brisk walk, jog or bike ride in the fresh air to add a spring in your step.

Colour Your Day

Gel manicure in clinic: from £28 / OPI manicure from £17

You only need to look up at a blue sky to appreciate the uplifting effect of colour. Although we can't skip the rain, we can manifest brighter days by surrounding ourselves with more colour.

So, next time you treat yourself to a manicure (self-care is extra important in January), consider choosing a punch of colour to inspire your mood, such as an adventurous orange, a calming green or a soothing pink.



Light Up The Room

Dermalux LED in clinic: £40

Seasonal Affective Disorder (SAD) affects many of us during winter. Dermalux LED Phototherapy uses clinically proven light energy, which can have the same mood-enhancing effect as sunlight, whilst also kick-starting cell regeneration – so you can glow from the inside, out.

Resting in a peaceful room for some luxury me-time is an incredibly relaxing experience, which is something we could all benefit from after the hustle and bustle of Christmas!

What are your New Year's resolutions? Let me know on: office@suffolkmedicalclinic.co.uk / 01787 211 000

Helena x



Thank you for all of your questions and comments for this month's Q&A! Our chosen question comes from Ben, based in Hadleigh. He asks:

Q: "Why is Vitamin C beneficial for the skin?"

A: Vitamin C is often referred to as an anti-ageing powerhouse. That's because it has many benefits, including: repairing damage caused by pollution, brightening the skin and promoting healing through its antioxidant and collagen-boosting agents. Vitamin C serums essentially keep everything in check, which makes it a great addition to your daytime skincare routine for firmer, stronger and healthier-looking skin.

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

MY WISH CHARITY

Happy new year. We hope you all had a wonderful festive time and are ready to start the new year.

As it's January we thought we would take the opportunity to just explain who we are for those who don't know, and what our aims are for 2023.

We are different to many charities in that we don't just support one area of health or wellbeing. As the charity which supports the West Suffolk NHS Foundation Trust, we cover all ages and aspects of health across the West Suffolk Hospital, Newmarket Community Hospital and the community services it provides both in health centres and in people's home. We don't do anything that the NHS should do, but we provide the extras and the enhancements that make life a little easier at a difficult time.

As you will know, there are many avenues in which people find themselves needing the help of the NHS and we support every single one of them.

From the moment a baby is conceived we start supporting and we are looking forward to helping enhance the parent craft lessons this year. As with many services, this was postponed as Covid struck, but now lessons are being reinstated and we are thrilled to help.

This year will see us working with Newmarket Community Hospital as its services grow. It's a wonderful site and we have already worked with the Rosemary Ward to help them as patients spend time there rehabilitating. And we will be back there in the spring with retired Godolphin racehorse, Papillon, as he returns to greet patients. The last visit was so moving and made such a difference that there was no way we couldn't repeat the experience.

Covid has seen the Trust start working in many new ways and we have been proud to help with this. From DVD players to physio aids to portable defibrillators and nebulisers, we have provided equipment to help people be cared for in their homes. Not only is this fantastic for the patient but it means a bed is not used and is therefore available for a patient who cannot be treated at home. With patient numbers ever rising this is a vital part of our role. Ensuring patients have warm clothes and a food pack as they head home is just so important and we will continue to work with the early intervention team in 2023 to help this happen.

Now planning permission has been granted, the new hospital will be on our agenda. It's early days but we will be working closely with the project team to see how we can enhance this new building in the future.

These are just a few of our plans. Our Soapbox Challenge will return in September, we have a fun event in the 'seedling' stage for Newmarket and we are in talks with lots of areas of the Trust on how we can help them enhance care.

We are a small team, passionate about your healthcare. We know times are hard, but your donations really do make a difference and we can't thank you enough for your support. Please do get in touch, we would love to hear from you.

Best wishes,

My WiSH Charity

www.mywishcharity.co.uk



Tanya Fifield, Lucy Proctor, Sue Smith, Sally Daniels & Debbie Kent

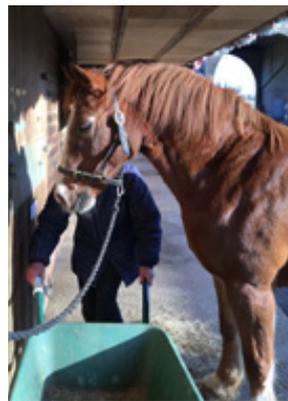


EBONY'S DIARY

Happy New Year dear readers! May you look forward with hope and happiness. This time last year we were looking forward to having a new roof over the Centre. Well, what a revamp that heralded. Not only the wonderful new roof but some months later, a complete extension to the day room with a new kitchen and an office. It really is a five-star set-up now. Our grateful thanks to Chappelstone Developments Ltd, the two movers and shakers throughout the project Lyn Bensusan and Jan Derbyshire and, of course, our amazing benefactor David Tron, who made all this financially possible. Looking out from my vantage point I can truly say it was a year to remember.



Now to the four legged workers: all the equines take it in turns to have health issues just like our riders, but those who get ordered to box rest resent the lack of activity. Bryn had an abscess back in November so precious time in the arena was not to be wasted!



The other photos show Alfie and Buzz and Tilly enjoying the sun on their backs after the able-bodied team had ridden them out. Note the Christmas decorations above them!



Finally, a big welcome to Indy who is now incorporated into the team. Pictured here with Milly on a Friday ride one late November day last year. Indy instinctively knows how to be an RDA pony and seems very happy here.



The two legged workers are having a long break over the Christmas period, save those that care for us lot of course.

Thank you to all of the team that keeps us well and our fields in good nick. We couldn't manage without you.

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THE CHRISTMAS SOLDIER



Dame Lilly Pink (Nick Elliott)

The annual Boxford Drama Group pantomime is always widely anticipated in and around the benefice. This year's production of Joe Barrett's *"The Christmas Soldier"* was no exception. Last performed by the drama group over 20 years ago in 2001, the play had lost none of its shine when it came to entertaining the crowds, as the sell-out performances on the main nights attested!

Addressing the debilitating issue of objectophilia, the plot centred around poor Princess Patsy, unable to fall in love with any real suitors, only her toy soldier, Wellington.

Through house-burglars Ron and Sid (played suspiciously convincingly by Jeremy Morgan and Alison Barlow) we were introduced

to a gin-addled tree fairy, a Cornish Pasty-obsessed Santa (played by the real Santa!), a worryingly-convincing Margaret Thatcher pastiche [enough about the pasties already!], a life-sized teddy bear, a floppy rag doll, a macho Action Man and smart toy soldier with a heart (played by newcomer Harry Hodson-Barnes in his exciting BDG stage debut, and Bronwen Cotterell on the Saturday).



Ron & Sid (Jeremy Morgan & Alison Barlow)

This was combined with a great range of singalong chart-topping covers with music provided by Sue and Gareth Price.

It was clear that *The Christmas Soldier* was a panto that the entire cast and crew hugely enjoyed and played with abundant energy and enthusiasm. This shone through to the audience who all had such raucous fun and left having had a fantastic night out.

The next eagerly awaited Boxford Drama Group production is *"A Matter of Wife and Death"* by Elaine Horne on 16/17/18th March.



King Pompous XIV (James Tolputt) & Chancellor Margaret Thatcher (Jane Elliott)



Ted Bear (Elaine Carpenter), Colin the Action Man (Pete Korabik), Whoopsy the Rag Doll (Angela Tolputt) & Wellington (Harry Hodson-Barnes)

WOMAN WHO WALKS

A winter walk around Groton

This route is based on the third of the 3 walks featuring in our *Discover Suffolk* leaflet, published next year. Approx 4.7 miles (7.5 km).

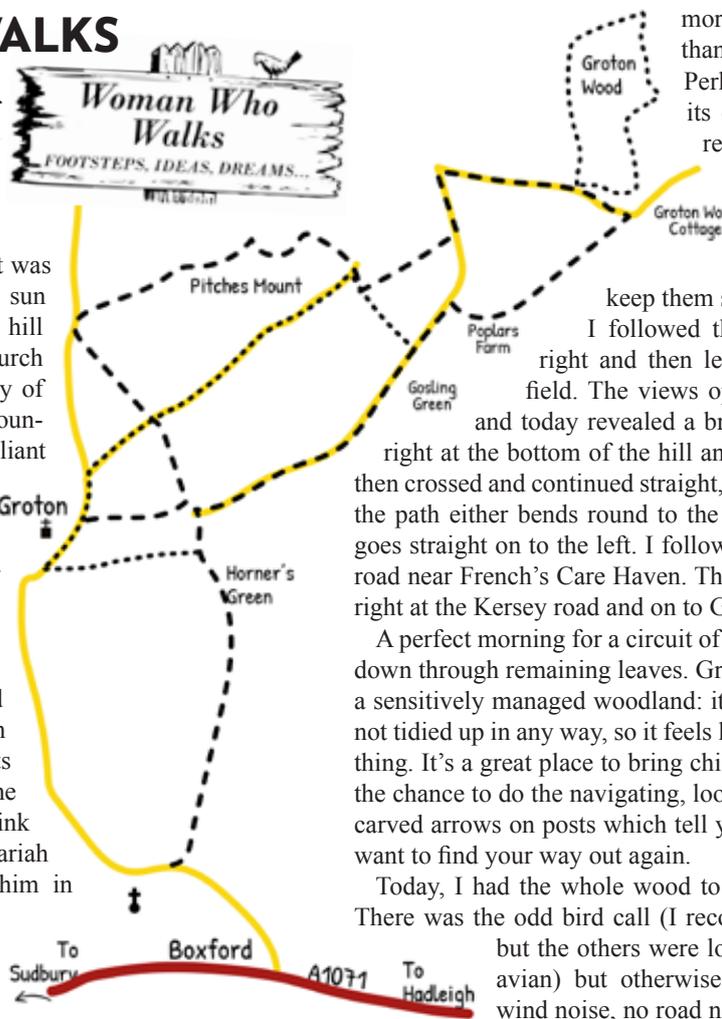
After what seemed like weeks of dismal, grey, cold, wet weather, it was wonderful to see a brilliant winter sun this morning. As I walked up the hill from Boxford towards Groton church and the start of my route, the beauty of the morning was perfected by a fountain of silver and gold against a brilliant blue sky. A small Silver Birch tree was still brazenly displaying its full head of bright autumn leaves, while its companion, a tree similar in every way and just a few metres further on, inexplicably was already deep into winter and bald as a coot.

I walked to the left of the Fox and Hounds and through into Groton churchyard. The familiar occupants seemed to be enjoying the sunshine warming their headstones. I like to think they were, particularly little Zachariah Tricker, whose parents sadly lost him in the 1860s and now lie there with him. I'm always moved by this little memorial, which reminds us: "Thou knowest not what a day may bring forth". I think it's best read as a message of hope for all the good things a day can bring. It has done its job too: here I am, some 160 years later, still thinking about these long-gone people every time I walk past.

I turned left at the churchyard gate, right at the footpath sign, down the side of the field and left along the path to The Spong. There, I crossed the road and continued along the bottom of the sloping field, towards the Groton-Lindsey road. A sudden cooling of the air and I turned to find a dramatic sky following me, the sun glowing determinedly from behind a band of mottled cloud.

Just before the road, I turned right, then right again at the footpath sign. There is a gate here, showing that the land beyond it is private. The remains of vigorous summer growth, now stripped down and bare-stemmed, lined the path on both sides. A wild clematis vine worthy of a Tarzan movie was dangling decoratively from a branch, creating a sculpture to complement the design of the wooden gate. It's the kind of thing nature does to show that it's in charge: no gardener could have made a climbing plant achieve that effect.

Up the steps, through the arboretum and over the stile towards Pitches Mount. I'm always surprised by how small it seems. It looks



more like a mound for a garden folly than a setting for a serious castle. Perhaps time has buried most of its earthworks, so that just the top remains, like a land-locked iceberg. I stopped to admire it and think about more long-gone people, who once relied on this lump of Suffolk soil to

keep them safe from their enemies.

I followed the path round to the left, then right and then left again, along the edge of the field. The views open out suddenly on both sides and today revealed a bright, blue, endless sky. I turned right at the bottom of the hill and followed the path to the road, then crossed and continued straight, to a footbridge on the left. Here, the path either bends round to the right through a small copse, or goes straight on to the left. I followed this one and emerged on the road near French's Care Haven. There, I turned left up the hill then right at the Kersey road and on to Groton Wood.

A perfect morning for a circuit of the wood, with sunlight filtering down through remaining leaves. Groton Wood is a good example of a sensitively managed woodland: it's kept accessible to people, but not tidied up in any way, so it feels like a proper forest doing its own thing. It's a great place to bring children for a walk as it gives them the chance to do the navigating, looking out among the trees for the carved arrows on posts which tell you which way to go if you ever want to find your way out again.

Today, I had the whole wood to myself. I stopped and listened. There was the odd bird call (I recognised wood pigeon and wren, but the others were lost in my ignorance of all things avian) but otherwise the silence was complete: no wind noise, no road noise, no distant tractor or garden power-tool. I could hear individual dry leaves finally

losing their autumn grip and falling down from the canopy. Earlier in the year, I enjoy a game of spot-the-mushroom here, but it was too late in the season for that. I had to settle for a couple of muddy and unidentifiable specimens, grumping in various stages of advanced decay, reminding me that despite the sunshine, it really is winter.

Back at the entrance to the wood, I turned left and followed the road to a footpath sign on the right, next to Groton Wood Cottage. I followed this path to the right, straight on through several fields and back on to the road at Poplars Farm, where I turned left.

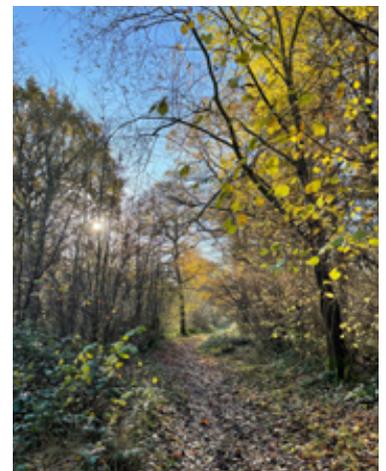
Here, there is a choice. You can either take the next footpath on the right and follow it down the hill to the footbridge you crossed earlier, then back to the road, where you go left, past The Spong and up the hill to the starting point at Groton church, or you can stay on the road back to Horner's Green. From there, you can either head back into Boxford via Butcher's Lane, or you can follow the road to the right and back to the starting point. Today, I chose the road back towards Boxford, the sun following me all the way, throwing a deep, golden glow on the landscape and picking out the spire of Boxford church, peeping out of the valley.

Winter sunshine has its particular magic, which makes even the most familiar walk special. Let's get outside and enjoy every moment of it that we can.

Lisa

www.womanhowalks.com

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



ELIZABETH STEWART - MY 2022 TRIATHLETE YEAR

As a Groton resident studying in Leicester, I was away quite a bit in 2022, focusing on my long time dream of competing at Kona. For those who don't know me, or what Kona is, Kona is the Ironman World Championship held annually in Kona, Hawaii.

I have been competing in triathlons since aged 10, some 11 years ago, and gradually moved through the age groups. I currently compete in the Female 20-24 category. Although I love cycling, swimming is my first love, with running taking third place (although that's improving)!



Due to the fact that Ironman is an endurance event, the focus this year has been very much on training with a few events thrown in to check how things are going. One such event was the Boxford Tornado where I was the fastest female over the full distance! In May I took part in my first full marathon at Halstead - an understated but tough course that took its toll on my body, leaving me with a knee problem that dogged me for the rest of the summer.

Following that I was invited to a triathlon training camp in Dordogne, France. I jumped at the chance and during training there I raced in 2 Ironman competitions back in the UK, coming 4th in both competitions and *just* missing out on podium finishes!

After the camp in France, I flew out to another training camp in Lanzarote. Lanzarote is considered a very harsh training environment with its long, steep, windswept climbs and exhilarating descents. Many professional triathletes and cyclists can be seen out and about on the roads similarly training. Something was right about it as straight afterwards I was awarded First Female with an almost 2-minute lead at a sprint triathlon in St. Neots!

Finally, I was ready for Kona. Kona is the largest settlement on the Western side of Hawaii, with a year round average temperature of around 24°C. It has a population of around 10,000, slightly larger than Hadleigh. I took the opportunity of the few days before the event to build up my training to race-ready level and I was lucky enough to be able to co-train with pro-triathlete Ruth Astle.

Race day finally came around. I tried to remember all the tips I had been given and the strategy discussed with my coach. The hardest part about Kona is the climate which is totally beyond anyone's control. It is hot and windy, and so the training in Lanzarote held me in good stead. For the 2.4 mile swim, I was 6th in my age group. The 112-mile bike ride had strong cross winds. It was virtually dead straight along the coast up to a u-turn and then back. The marathon was hot, with little shade. I was pleased with my steady pace and I kept to my strategy.

The support on the course was great and my parents kept popping up to give encouragement. The pro men were also out supporting us age-groupers, including Olympic gold medallist and 3-times world champion, Jan Frodeno, who handed me water at the aid station! Finally, the finish line was in sight. It was an emotional moment. I crossed the line in 12:43:48 setting a new personal best. I finished 17th in the World for my age group, especially considering that it turns

out I subsequently tested positive for Covid, which explained me feeling a bit under the weather!

Thank you to everyone who has helped me this year, which has culminated in my pre-qualifying for the World Triathlon Championship Finals in Pontevedra, Spain. Thank you in particular to my family, my coaches at Hadleigh Hares, Hadleigh Cycling, Hadleigh Dolphins, TriSudbury, and my sports teacher Wendy Staines, who introduced me to triathlon in the first

place! I mustn't forget friends and neighbours who have cheered me on at all sorts of strange times of the day due to international time differences; Tony and Hannah of Buzz Power, a local honey business, who kept my race and training nutrition on track and Groton Educational Trust for their kind donation towards my BTF Level 1 course. Thank you all!



BOXFORD BIKE CLUB

Boxford Bike Club ("BBC") is a community cycle club based in the picturesque Suffolk village of Boxford. Founded in 2012, and with a membership of around 80, we take pride in being an open, friendly and inclusive group catering for riders of all ages and abilities.

Official club rides take place throughout the year, weather permitting, and are planned and led by experienced ride leaders. Our regular rides include Off Road Mountain Bike, Rough Stuff (a mixture of quiet lanes and trails), and a variety of road rides including a Slow Group which rides at the pace of the slowest rider, a Medium Group and a Faster Group. Ride duration is around two hours covering 20-30 miles of quiet lanes and roads around Suffolk and North Essex.

Rides typically take place each Sunday Morning leaving from the White Hart Public House. The Mountain Bike Group also have regular rides on Thursday evenings, and Ladies Only rides (open to both members and non-members) are occasionally held. Longer Saturday rides, usually taking in a breakfast stop, are also often organised.

Members occasionally get together to participate in other organised events and the club hosts a well-supported annual sportive, with around £20,000 of proceeds having been donated to local charities.

If you would like more information on membership or to join us on a ride as a guest, please check our website: www.boxfordbikeclub.co.uk or contact Kevin at kevbike@btopenworld.com.



BOXFORD ROVERS

Boxford Rovers under 15 team have just received their new sponsored team jackets (these boys keep on growing). We are very fortunate and grateful to OPUS for their kind support.

OPUS, based in Ipswich, are an award-winning camper/caravan manufacturer of stylish and innovative folding campers as featured on Top Gear .

They can be contacted by email: enquiries@opuscamper.co.uk or **01473 601 200** or visit www.opuscamper.co.uk

The under-15s have reached the half-way point of the season in division 3 of the Suffolk Youth League. They were promoted last season and have found the matches much tougher with most results not reflecting the maximum effort and quality of the 18-player squad.



Jacket presented by Jon Ellis, Team Coach



CROWDFUNDING GOAL

As many will be aware, whilst Boxford Rovers youth teams still practice at Boxford Playing Fields, for some time now the adult teams have had to practice and play matches at Nayland due to Football Association rules concerning the required level of facilities at grounds. Sadly, Boxford Pavilion falls short of these standards, but Boxford Rovers are desperate to return to their beloved home ground and so are fundraising to upgrade the building.

The FA requires home and away team showers, a referee changing room (with shower) and improved pitch-side facilities. The funding goal is £10,000 of which just £915 had been raised at time of writing. Boxford Rovers are organising a fundraising quiz on 11th March 2023 but if anyone would also like to donate to the pavilion upgrade then a JustGiving page is available here: <https://bit.ly/boxford-rovers-2023> or you can email boxfordrovers@aol.com. Any assistance is greatly appreciated to avoid the club becoming homeless and pitchless!



EDWARDSTONE CRICKET CLUB

There is ice and snow on the ground as I write this but, as ever we need to look ahead to the summer!



Following a successful season in 2022 in which the team finished mid-table in the Hunts County 1st Division we are looking ahead to the new season!

Indoor Nets

To help the players in their preparation for games in 2023 we have booked nets sessions on Wednesday evenings between 7-9pm at Sprotts Farm in Polstead. The first session will be on 4th January 2023 - the perfect way to blow away the Christmas and New Year excess.

We are always looking for new players, so if you would like to have a go in the nets first, please contact our Club Captain James Thorogood (james@thorogood.co.uk) and he would be happy to welcome you to the club.

Sponsorship

Funding a cricket club such as ours is an ongoing activity. As part of a thriving community, we endeavour to offer a way into playing cricket not just for newcomers to this great sport via our junior cricket coaching sessions but to those who might wish to join our open-age teams.

If there is anyone who might wish to get involved in the club through sponsorship and help fund our activities, please contact: Tim Beven (timbeven@aol.com).



Some of the players at the 2022 end of season game

Edwardstone Juniors Coaching

During 2023 we will once again be running Edwardstone Juniors coaching sessions on Saturday mornings for boys and girls aged 7-13 for all experience levels. 2022 saw an increase in numbers following the pandemic. We are also keen to increase the number of girls participating and would welcome interest from those who have not played the game before. Please contact Tim Beven (timbeven@aol.com) who will be glad to explain how the sessions work.

We would like to wish a Happy and Prosperous New Year to all our players, supporters and readers of Box River News.

www.edwardstonecricketclub.com

PARISH COUNCIL UPDATES

GROTON

Summary of Council Meeting 2nd November 2022

Present: P Roberts (Chair), R Cheeseman, J Long, S Price, R Jones (Clerk)

Neighbourhood Plan Update: 37 surveys had so far been returned with most in favour of a Neighbourhood Plan and none against. In view of this, the following was agreed: Nigel Chapman to continue to lead the project. A separate Groton Neighbourhood Plan Website to be set up. Look at expanding the current working group to involve more parishioners with disparate skills and ideas. All responses to the survey to be collated with a view to holding a public discussion in January to assess the results. Application for grant funding to be made. Begin the process of appointing consultants in lieu of grant funding being allocated.

Planning Matters: Planning Applications - DC/22/05279 - Application for Prior Approval - Agricultural to Dwelling - Land & Agricultural Building, Parliament Heath. The Council had discussed this application previously on 1st September 2022 and had objected as it felt that was not possible to convert the building into a dwelling unless it was completely removed which would not qualify as a conversion. Additionally, any such work would have an adverse effect on local wildlife and the environment. It was agreed that the Council would continue to object to this application for the same reasons previously agreed.

Re-Siting of Noticeboard: The Chairman had surveyed the green where the War Memorial was sited and could see no reason the noticeboard could not be 'sympathetically' erected there. It was agreed that the Clerk establish ownership of the land before proceeding further. It was also acknowledged that the bench sited on the green needed repair or replacement.

Highway and Footpath Matters: Footpath cutting – one further cut being carried out. Other matters: concerns were raised over a local business placing advertising signs at various points in the village, some of which were obstructing sight lines for motorists and cyclists. The Clerk to report this to SCC Highways.

Financial Matters: Statement of Finances and Orders for Payment and Q1 accounts – approved. Other financial matters – agreed to accept insurance quote from Zurich Municipal.

Village Hall Lease: The current ten-year lease was due to expire in September 2023 and had been dealt with previously by Gotelee Solicitors, Hadleigh. The Chairman agreed to look through the previous paperwork before instructing solicitors although it was agreed, in principle, to use Gotelee as they held the current lease.

Next Meeting: Wednesday 11th January 2023 at 7.00pm.

Full minutes can be found at:

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

Richard Jones

01473 828246 / grotonclerk@yahoo.com

EDWARDSTONE

Summary of Council Meeting 21st November 2022

Present: D Williams, M Gibson, S Norman, P Clarke, R Jones (Clerk)

Edwardstone Almshouses and Other Charities: Nick Raymond reported on the work of Edwardstone Almshouses and other charities which was formed of 6 initial charities and run by 5 trustees; 2 nominated by the Parish Council, 2 co-opted and the parish vicar. The purpose of the charity was to provide for those in need in the parish. To this end one local student was receiving help with university fees, 'Harvest' gifts were given to some older people and other people in need and Christmas cash donations were being made to 6 people or families. People needing help could apply in person or

be nominated and this was currently advertised in Box River News. It was felt that increased advertising could potentially reach more people in need and it was agreed to include something on the council's website. Nick agreed to send some promotional information to the clerk.

Financial Matters: Statement of Finances & Orders for Payment were approved and cheques signed.

Use of Community Infrastructure Payment: It was agreed to approve a payment of £1,135.00 to Edwardstone Millenium Green Trust towards the cost of new play equipment.

Adequacy of Budget 2022/23: The budget forecast showed that although there had been some unforeseen expenses such as new defibrillator pads, there were sufficient funds available in the budget as the council had not anticipated receiving the CIL payment of £3,557.58 which could be used for community benefits.

Planning Matters: Decisions noted - DC/22/04151 5 Mill Green. Construction of new rear gable (following demolition of side extension and bay window) and dropped kerb to serve new off-street parking area. Planning permission granted.

Neighbourhood Plan Update: 71 people had attended the exhibitions and most proposals had been supported. There were some concerns over development leading to the 'joining up' of hamlets and the possible requirement for more 'affordable' housing to meet local need. The consultant was currently looking at how best to incorporate suggestions into the draft plan including concerns over biodiversity, renewable energy and protection of views. This document should be available to the steering group before Christmas.

Defibrillator: The Clerk reported that invoices for the past three years had been received from Community Heartbeat Trust for the use of the emergency phone. However, the council had previously informed CHT that the phone was unusable due to poor signal and had not received any subsequent correspondence until these invoices arrived. In view of this, it had been assumed that the Council was no longer being charged for the phone. Councillors agreed that the council should not pay for the phone having previously informed CHT of the problem. P Clark was having difficulties in contacting anybody from CHT regarding fitting a signal booster and reinstating the phone service.

Highway & Footpath Matters: Footpath cutting – S Norman reported that four cuts had taken place but the clerk reported that the council had only been invoiced for three. Speed limits – Although it was agreed that speeding vehicles were an issue on certain roads in the parish, there was also a sense that it would be difficult to monitor and for action to be taken. Mill Green street light – clerk to contact SCC to ascertain who is responsible for the timings and whether the light was a legal requirement. BDC litter & dog waste bin service – the clerk reported that BDC had written to the council regarding requests for new bins. It was agreed that this remain as an item of background interest should any areas of need be highlighted.

Date of Next Meeting: Monday 17th January 2023

Full minutes can be found at:

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

Richard Jones

01473 828246 / edwardstoneclerk@outlook.com

BOXFORD

Summary of Council Meeting 29th November 2022

Vacancies - We have 3 councillor vacancies. Further applications would be welcomed. The Parish Council is receiving some excellent community support currently and it would be great to co-opt a further 3 members to help make full use of this support for the benefit of the parish. The elections are due in May 2023, so it would be an ideal time to get involved and consider whether to stand for a further term.

Public Forum - Around 20 residents attended in person and public thanks were expressed to Pamela Edwards for organising the excel-

lent restoration of the church clock (sadly she recently resigned from the parish council, however, followed through this project to its conclusion). Many have remarked positively on this work. When considering this work, comments were made at parish council of this lasting improvement very fitting in this jubilee year. The traffic survey was raised again and County Cllr J Finch confirmed that, to the best of his knowledge, it would be completed within the next few weeks. Cllr Finch confirmed that he had asked for the white lines at the junction at the bottom of Sand Hill to be repainted and that he was waiting for confirmation from Highways on the scheduling.

Various members of the public had attended to raise their concerns about the agricultural structures on AONB and other protected land in Wash Lane. A representative from Boxford Farms offered a comprehensive explanation of the work so far and of the farm's intentions. He said he wished to correct inaccuracies in reporting. He pointed out that the top of the cage constructions will be covered in white plastic netting rather than fleece, designed to combat hail. The sides will be enclosed in black plastic netting to combat attack from birds and larger insects. Also, that the commercial life of the orchard is likely to be around 20 to 25 years, not 50. He said that wildlife would be encouraged by headland and hedge planting, offsetting concerns about the loss of habitat. Members of the public objected to the netting as they felt it would block the entire protected landscape. The landscape is protected under national legislation and the neighbourhood plan, and that this was causing considerable distress to many local people, who felt that the area's heritage was being lost. Several people said they felt such farming methods were inappropriate in this location and the farm should have considered this before acquiring the land. They were also concerned about the drastic cutting of the hedgerows along Wash Lane, which contained young trees planted for the Millennium and now lost. Also, that the use of Wash Lane by large agricultural vehicles is inappropriate. The representative from Boxford Farms apologised for any upset caused by the hedge cutting and confirmed that new hedgerow plants were to be planted.

On-Going Matters - The Christmas tree is now in place in the churchyard which was organised by Cllr Munson and the community wardens. The community volunteers continue to research improvements in the village reporting back to the parish council. They have researched some potential changes to the Old Gaol (bus shelter) in the centre of the village with one side as an information centre. They confirm this meets the criteria for heritage permission and no planning permission is needed. They are preparing documents for the clerk to send to the planning authority for formal heritage permission to be gained. The community volunteers offered to assist the parish council with committee work between meetings. The parish council elections will take place next May and it was agreed to take steps to raise awareness in the parish. The Reclaim the Rain team are attending the January parish council meeting on 24th January. Cllr Munson is investigating tree planting in the parish. Finally, it was confirmed that the coronation event will take place on the Sunday following the coronation and that various fund-raising events have been arranged by the Community Council. These include a race night, a barn dance and a pop-up pub in the village hall in December, as there will be no pub in the village during the festive season. It is also likely that grant monies will be available.

County Council Report - County Cllr J Finch attended and his report in advance confirmed two Suffolk social workers, Helen Southgate and Clare Fisk won gold and silver awards respectively at the annual awards in London. The Bramford to Twinstead pylons proposals are due to be submitted to the planning inspectorate for examination next year. The East Anglian green proposals will be subject to statutory consultation next year. Grit is being replenished and the road gritting program has started.

District Council Report - District Cllr B Hurren was unable to attend. His report covered that a regrettable housing issue has finally been resolved with a new tenant due in Ash Street shortly. Hedges

are due to be cut in Homefield and Partridge Close soon. He is still chasing the legal department at Flagship regarding the croft footway issues. He was pleased a response was issued from planning regarding the agricultural structures. He had asked public realms to sweep School Hill and Church Street to facilitate the drain works by the County Council. He is asking for a sweep and clean at Wash Lane which is in a very poor condition currently. The District Council has secured £2M to build some social housing on derelict land. They have officially asked Anglian Water to explain why raw sewage has been discharged into Babergh's rivers.

Finance - In addition to the usual business, the half year budget review had been circulated ahead of the meeting showing expenditure at 39% of budget at the half year point. The under-spend was largely due to the churchyard boundary wall project stalling in relation to the heritage and planning permission. It was agreed to out-source the application to an agent to expedite the appropriate permission with the planned restoration taking place during the appropriate school holidays with the funds rolling over into next financial year. It was agreed for a full council working party zoom meeting to prepare for the budget and precept setting for next year. *This took place.

Cemetery - Cllr Warren was to meet tree surgeons to assess the trees in both the cemetery and churchyard. *This took place and the report was to follow.

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

A response had been received between meetings from the chief planning officer regarding the developments by Boxford Farms in the AONB and protected landscape around Wash Lane. The officer had said that at this stage, he did not intend to take any further steps. He said that he had not been asked to issue a certificate of lawfulness for this development and had therefore not been required to consider whether, as a matter of law, planning law was engaged in these circumstances. The parish council considered that it is of utmost importance to ensure that correct process is being applied in this very sensitive matter and resolved to take further steps to investigate the position. It was agreed to work in close co-operation with Polstead Parish Council in this regard.

Date of Next Meetings: Tuesday 20th December 2022 & Tuesday 24th January 2023

Full minutes can be found at:

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

Debbie Hattrell

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OTHER PARISH COUNCILS

Little Waldingfield PC

Chris White Chair & Acting Clerk

07541 133535

clerk.littlewaldingfieldpc@hotmail.co.uk

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

Newton Green PC

Dave Crimmin PSLCC

01787 375085

clerk@newton-pc.gov.uk

www.newton.onesuffolk.net

Remember!

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

www.boxrivernews.com

The Blooming Garden

The Winter Garden.

One of the joys of winter in the countryside is the black tracery of the branches of naked trees against a violet evening sky. But for the garden, I like a bit more pizzazz to get me through the long winter days. Snowy, winter wonderlands with everything icy, cold and white, and seed heads rimed with hoar frost are overrated as far as I am concerned. To me, a monochrome world is depressing even if it is sparkly. And without snow, everything is brown instead of white and looking out on mud and decaying foliage quickly palls.

But it doesn't have to be like that, there are so many plants to bring beauty to the winter garden, giving it structure, texture and colour. I will talk about winter flowers next month. But now I want to feature bark, twigs and leaves. My favourite tree in the winter garden is the birch. I used to have a grove of birches, *Betula jacquemontii*, with gleaming white bark which I scrubbed every year. But now I have a lovely one called *Betula albosinensis* 'Pink Champagne' which has beautiful pinkish, peeling bark. I never scrub it but it always looks good.



Acer griiseum

of new chestnuts. I grow it next to *Muehlenbeckia astonii* which is a shrub which looks like twisted, tangled, copper wire.

It is not very interesting in summer but in winter it looks fabulous. If you like twisty branches, then look out for a curly hazel called *Corylus avellana* 'Contorta'.



Acer conspicuos 'Red Flamingo'

But cornus comes in a variety of other colours; they need to be cut down in the spring to ensure brightly coloured stems every year. A lovely orange one called *Cornus* 'Midwinter Fire' looks

There are two lovely brown trees which have peeling bark, *Acer griiseum* comes from China, it is sometimes known as the Paper Maple. It is a matt, cinnamon colour and it is gorgeous, but quite slow-growing.

Prunus serrula or the Tibetan Cherry has shiny bark the colour



Prunus serrula and *Muehlenbeckia astonii*

I have several acers which look amazing in winter. My favourites are two with bright red stems. One of them, *Acer* conspicuous 'Red Flamingo' looks good all year round with pink, green and white variegated leaves. But in winter it comes into its own with startling red stems. *Acer pensylvanicum* 'Erythrocladum' has red buds and stems and looks dramatic on a sunny day.

There are some lovely varieties of cornus with bright red stems too. My favourite is *Cornus alba* 'Baton Rouge'.



Lophomyrtus x ralphii 'Magic Dragon'

wonderful with an orange-flowered witch hazel. An even better, more recent one is *Cornus* 'Anny's Winter Orange'. I like it growing against the snowy white stems of a bramble called *Rubus thibetanus* 'Silver Fern'. This bramble can be a bit of a thug if you let it but you can control it. In February, it looks good with a white flowering currant, *Ribes* 'White Icicle'.

For vigorous, greeny-yellow stems choose *Cornus sericea* 'Flaviramea'. I grow it in front of the holly-like *Osmanthus heterophyllus* 'Goshilk Tricolour' backed with a phormium for a nice contrast of shape and form.

And then there is a lovely black one called *Cornus sericea* 'Kelseyii' which looks fabulous underplanted with the black grass *Ophiopogon planiscapus* 'Nigrescens' and gleaming white snowdrops. I grow it next to the white winter-flowering Japanese Apricot, *Prunus mume* 'Omoi-no-mama'.

Coloured foliage brightens up the winter garden and gives it more texture against all these twigs. For dazzling pink leaves try *Lophomyrtus x ralphii* 'Red Dragon'. Choisyas are lovely evergreen shrubs and there is a very attractive yellow one called *Choisya ternata* 'Sundance'. There are masses of lovely hollies to choose from and if you have a male and female you will have shiny red berries. A flower bed edged with box balls, *Buxus sempervirens*, takes on a festive appearance if we have a heavy snow fall. Some hebes make a nice dome-shaped plant which gives a similar appearance.



Abies koreana

I think too many conifers makes the garden dull and uninteresting but there are a few I enjoy. Some with lovely blue or golden needles brighten up the dullest day. I particularly love *Abies koreana* which is a compact, slow-growing conifer with upright cones which look like candles. The feathery foliage of *Cryptomeria japonica* 'Elegans' changes colour throughout the seasons and finishes up a rusty bronze in winter.

There are several books you can find on the winter garden. Although my favourites were written some years ago, they are still available on Abe or Amazon. They include:

The Garden in Winter by Rosemary Verey,

The Winter Garden by Eluned Price with fabulous photographs by Clive Nichols.

The Winter Garden by Val Bourne.

There are probably many more up-to-date books on winter gardening but these are trusted old favourites. And in the end, you don't need books; it is much more fun to do your own research and prowl through nurseries searching for plants to create your own winter wonderland.

Chloris.

DIRECTORY OF CLUBS & ORGANISATIONS

CLUBS & GROUPS

Boxford Bellringers	<i>Richard Gates</i>	01787 210432
Boxford Bible Study Group	<i>Peter & Margaret</i>	01787 211077
Boxford Bike Club	<i>Matthew Shinn</i>	01787 211296 www.boxfordbikeclub.co.uk
Boxford Bowls Club	<i>Lea Blackham</i>	01787 210313
Boxford Carpet Bowls	<i>Brian Porter</i>	01473 824283
Boxford Drama Group	<i>Janice Macmillan</i>	07779 303690 janice.macmillan@yahoo.co.uk
Boxford Friendship Group	<i>Alison Warren</i>	01787 211067
Boxford Gardens Open	<i>Sarah Williams</i>	07879 997640 sarah.williams@rmcurtis.co.uk
Boxford Gardening Society	<i>Elizabeth Wagener</i>	01787 210223 elizabeth.wagener@btinternet.com
Boxford Literary Group	<i>David Jones</i>	01787 211104 audav@hotmail.co.uk
Boxford Rovers FC	<i>Melvyn Eke</i>	07873 971701 m.eke@btinternet.com
www.boxfordrovers.co.uk		
Boxford Tennis Social	<i>Sue Moore</i>	07808 481447
Boxford WI	<i>Annie Philips</i>	01787 211729
Edwardstone Cricket Club	<i>Tom Whymark</i>	01787 211375
Fleece Jazz	<i>David Gasson</i>	01787 210796
Little Waldingfield History Society	<i>Diana Langford</i>	01787 248298 dianalangford765@gmail.com
Little Waldingfield Over 60s and Friendship Club	<i>Tricia Eddington</i>	01787 247932
Local History Recorder Edwardstone	<i>Daphne Clark</i>	01787 210698 daphne.clark@btopenworld.com
Local History Recorder Groton	<i>Joanna Roberts</i>	01787 210619 jgant87618@aol.com
Madrigalia Choir	<i>Sue Price</i>	01787 210913
Miss Lesley School of Performing Arts (MLSPA)	<i>Miss Lesley</i>	07957 351941 lesley.mlspa@gmail.com
Milden Cricket Club	<i>Andrew Simmons</i>	07951 055643
Milden Singers	<i>Pearl</i>	01449 741876
Newton Art Club	<i>Carol Langley</i>	01787 373548
Newton Line Dancing	<i>Jean Tomkins</i>	01787 377343 JT.Steppers@talktalk.net
Newton War Games Club	<i>Brian Lawson</i>	01787 312160
Newton Fireside Club	<i>Moira Evans</i>	01787 374652
Swing jive & Lindy Hop Dance Yoga	<i>Sarah Boldock</i>	07956 614824
	<i>Marianne Marshall</i>	01787 210323

COMMUNITY GROUPS

3PR Boxford 1st Responders	<i>Rich Wild</i>	01787 210946 office@boxfordresponders.com
Boxford Allotments	<i>Karen Coleman</i>	07970 945646
Boxford Bounty	<i>Mark Miller</i>	01787 211596
Boxford Community Car Scheme	<i>Jen Eastwood</i>	01787 211853 jen.eastwood8@gmail.com
Boxford Community Council	<i>Ward Baker</i>	01787 210129 boxfordcommunitycouncil@gmail.com www.boxford.me.uk
Boxford Playing Fields	<i>David Burden</i>	01787 211926 d.burden379@btinternet.com
Boxford Society	<i>Jen Eastwood</i>	01787 211853 jen.eastwood8@gmail.com boxfordsuffolk.com/boxfordSociety
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Ltl Waldingfield Playingfield	<i>Jennie Jordan</i>	07522 352558 52Jennie1@gmail.com

SCOUTING

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1st Boxford Cub Scouts	<i>Liv Hoy</i>	07801 548854 livkarine@hotmail.com
1st Boxford Scouts	<i>Neil Barkham</i>	01787 211916
1st Boxford Rainbows	<i>Janice Macmillan</i>	07779 303690
1st Boxford Brownies	<i>Janice Macmillan</i>	07779 303690 janice.macmillan@yahoo.co.uk
1st Boxford Guides	<i>Bethany Ireland</i>	bethanyireland11@gmail.com

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Friends of Boxford School (FoBS)		talktofobs@gmail.com
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Boxford Baby & Toddler Group		facebook.com/Boxfordbabyandtoddlergroup

CHARITIES

Boxford & Groton United Charities	<i>Guy Godfrey</i>	01787 211378
Edwardstone Millennium Green Trust	<i>Claire Mortimer</i>	01787 210051
Edwardstone United Charities	<i>Nick Raymond</i>	01787 210461 ncraymond@hotmail.co.uk
Groton Educational Foundation	<i>Stephen Watkins</i>	01787 210977 stephen_watkins49@yahoo.co.uk
Groton Winthrop Mulberry Trust	<i>James Wills</i>	01787 210484
Little Waldingfield Charities	<i>Mary Thorogood</i>	01787 247658
Newton Green Trust	<i>Philip Taylor</i>	01787 211265 philiptaylor433@gmail.com

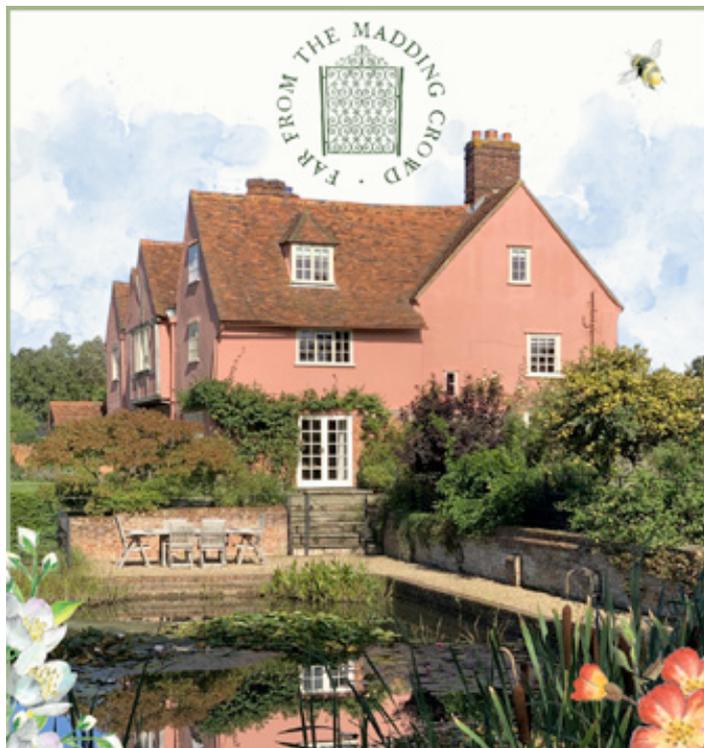
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Little Waldingfield Parish Room	<i>Sue Bowen</i>	01787 249473 sd.bowen@btopenworld.com
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Marquee Booking		BoxfordMarqueeBooking@gmail.com
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Newton Village Hall	<i>Alan Vince</i>	01787 373963

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EVENTS CALENDAR

DECEMBER 2022

23	Pop-Up Pub		
FRI	Boxford Village Hall	6-11pm	
25	Community Christmas Lunch		
SUN	Boxford Village Hall	1-3pm	
30	Pop-Up Pub		
FRI	Little Waldingfield Pavilion	6:30-10:30	
31	New Year's Eve Pop-Up Pub & Disco		
SAT	Boxford Village Hall	8pm-1am	

JANUARY 2023

4	WI - Game of Call My Bluff		
WED	Boxford Village Hall	2pm	
10	Fireside Club - Quiz & Mulled Wine		
TUE	Newton Village Hall	2pm	
11	Progressive Whist Drive		
WED	Monks Leigh Village Hall	7pm	
12	Reclaim The Rain Drop In Session		
THU	Boxford Village Hall	7-8:30pm	
19	Defibrillator Awareness Session		
THU	Hadleigh Leisure Centre	10am-12	
19	Groton Neighbourhood Plan Open Session		
THU	Groton Village Hall	6-9pm	
20	Deep Relaxation Workshop		
FRI	Boxford Village Hall	6pm	
21	Groton Neighbourhood Plan Open Session		
SAT	Groton Village Hall	12-4pm	
21	Milden History Afternoon		
SAT	Milden Pavilion	2-6pm	
23	Boxford Friendship Group		
MON	Boxford Village Hall	2-4pm	
24	Fireside Club - Beetle Drive & Other Games		
TUE	Newton Village Hall	2pm	
27	Pop-Up Pub		
FRI	Little Waldingfield Pavilion	6:30-10:30	
27	Film Night - Mrs Harris Goes To Paris		
FRI	Polstead Village Hall	7pm	

FEBRUARY 2023

1	WI - Talk - The Power of Colour		
WED	Boxford Village Hall	2pm	
7	Fireside Club - Live Music in aid of CAB		
TUE	Newton Village Hall	2pm	
7	Defibrillator Awareness Session		
TUE	Hadleigh Leisure Centre	7pm-9pm	
11	Barn Dance		
SAT	Boxford Village Hall	7:30-11:30	
15	LWHS - The Mysteries of Easter Island		
WED	Little Waldingfield Parish Room	7:30pm	
17	Deep Relaxation Workshop		
FRI	Boxford Village Hall	6pm	
21	Fireside Club - Pancakes		
TUE	Newton Village Hall	2pm	
24	Pop-Up Pub		
FRI	Little Waldingfield Pavilion	6:30-10:30	
27	Boxford Friendship Group		
MON	Boxford Village Hall	2-4pm	

MARCH 2023

1	WI - Talk - Beatrix Potter's Code Breaker		
WED	Boxford Village Hall	2pm	

2	Managing the Menopause Workshop		
THU	Sherbourne Lodge Wellbeing	7-9pm	
7	Fireside Club - Cooking Demo		
TUE	Newton Village Hall	2pm	
9	Managing the Menopause Workshop		
THU	Sherbourne Lodge Wellbeing	7-9pm	
11	Defibrillator Awareness Session		
SAT	Hadleigh Leisure Centre	10am-12	
11	Boxford Rovers Quiz Night		
SAT	Boxford Village Hall	7pm	
15	LWHS - Did The Sewers Save Lives		
WED	Little Waldingfield Parish Room	7:30pm	
16-18	BDG - A Matter Of Wife & Death		
THU-SAT	Boxford Village Hall	TBC	

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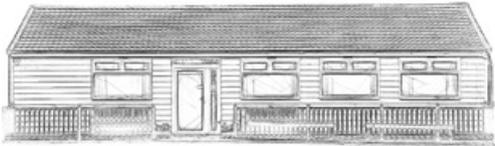


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