

July 2023

Box River News

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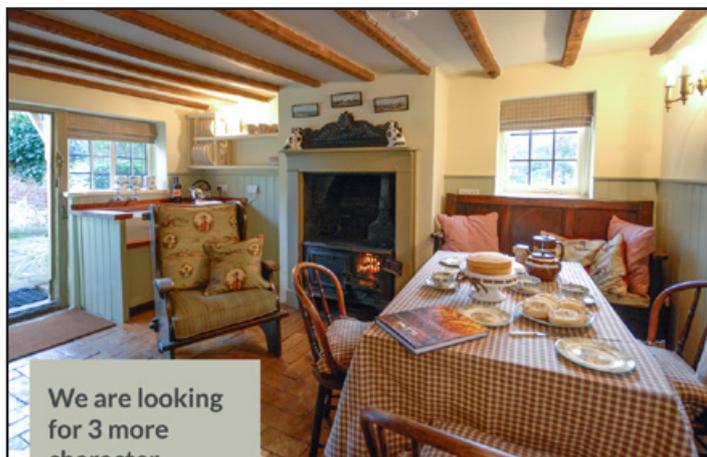
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Portraits in Pastel



by Chris Bennett, ROI
(Royal Institute of Oil Painters)
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Chris is a professional artist living in Monks Eleigh
Contact chris@chrisbennettartist.co.uk
or Tel: 0771 821 5775

THE 91 SATURDAY BUS SERVICE SAND HILL HOUSING UPDATE

Many of you will have heard now that the 91 Saturday Bus Service will cease to operate between Sudbury and Hadleigh - the last Saturday service will be on the 22nd July. The bus company Beestons made the sound business decision that running the Saturday service with so few people was totally uneconomic - it has not been supported in any way by the County Council and the request by Beestons to ask for future support for the service has so far not been forthcoming.



The cessation of this service will of course be problematic and Boxford Parish Council recognises that some of our villagers will be greatly inconvenienced by it.

Boxford Parish Council is already engaged in discussions with the County Council at a senior level and also with the Community Bus Teams to examine the options that we have - we are determined that somehow we shall find a solution that offers some transport service on Saturdays.

During the course of the next two weeks or so we will be assessing all the facts that we can relating to the numbers of persons actually using this service and at what times and between which destination points - Beestons are actively helping us in this process.

If actual users of this service on Saturdays feel that they would like to contact any of us on the Parish Council to tell us of their regular travel patterns, then please do. Please email the clerk, Debbie Hattrell, on d.hattrellhattrell@btinternet.com or phone 01787 210943

Your Parish Council is here for you.

Colin Parr

Chairman, Boxford Parish Council

PARKING IN BOXFORD

We all know that parking within a village such as Boxford is challenging to say the least both for residents and visitors for reasons that are obvious and well known.

However, Boxford Parish Council will, during the course of the next few months, be diligently investigating and examining possible options for a village car park and for enhancing, if possible, those facilities which we have.

In the meantime, to help the village today as best we can, I would like to politely ask that those of us who have off-road parking spaces to try to use them as a matter of course. The fewer vehicles that are parked in our streets will help to provide a safer environment and improve traffic flows.

Any help given to the village by using one's off-road parking facilities would be much appreciated.

Your Council will keep you informed of progress that we are able to make in terms of the 'Improved Parking' project.

Kind regards to you all

Colin Parr

Chairman, Boxford Parish Council

After a delay of five months, the Planning Inspectorate ('PINS') has just activated the appeal lodged by Catesby Development Land Ltd on 13 January against the refusal by Babergh DC last July of their application for planning permission for "up to 64 dwellings and provision of land for a community building" on land east of Sand Hill, Boxford. This is the latest chapter in the long-running dispute over Catesby's plan to put housing on this green field site outside the village envelope.

Readers may recall that after Catesby's original plan for 80 houses was rejected in October 2019, their modified scheme for 64 houses was approved by Babergh's planning committee in June 2020, but the subsequent formal decision granting permission, issued in December 2020, was quashed as unlawful by the High Court in March 2021 on a judicial review brought by Boxford Parish Council. On redetermination on 27 July 2022, the planning committee refused permission on the grounds of the unacceptable highway impact of the scheme, and it is against that refusal that Catesby are now appealing.

Catesby are asking for the appeal to be determined on the basis of written representations and PINS have set a **deadline of 17 July 2023** for receipt of any such representations, which must quote the PINS appeal reference (see below). In a letter dated 15 June, Babergh has notified this deadline to those who originally made representations about the application. Others, though, can also write to PINS with their submissions.

The council are requesting a 'hearing' (in effect, a round table discussion with the inspector appointed to determine the appeal, as opposed to a full public inquiry at which witnesses can be cross-examined) and, if their request is granted by PINS, the details will be notified, and the date for submission of representations may be changed. So, 'watch this space,' but for the present 17 July is the deadline.

Although Babergh must, principally, seek to support their high-way reason for refusal, the policy background has changed in the last 11 months, particularly with the approval of the Boxford Neighbourhood Plan, and anyone making new comments can refer to these policy developments as providing further and now, perhaps, more cogent reasons for dismissing Catesby's appeal. Also, the appeal scheme still includes the 'carrot' of land for a community building - a further such building that the village does not need or want.

Anyone wishing to submit new comments on the appeal can do so by visiting the Planning Inspectorate's website: <https://acp.planninginspectorate.gov.uk>, referencing appeal no. **APP/D3505/W/23/3314690**. Those without internet access can send comments (1 copy required) to: **The Planning Inspectorate, 3C, Temple Quay House, 2 The Square, Bristol, BS1 6PN**, referencing the same appeal number.

Documents relating to original application and the appeal, including Catesby's full 'Written Statement of Case' can be downloaded from the Babergh website: <https://bit.ly/babergh-sand-hill> Or, if searching, type in the Babergh reference, DC/20/00330.

David Lamming

Box River News

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

Telephone: 01787 210946

email: editor@boxrivernews.com

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Deadline date for the August 2023 Issue is:

July 15th at midday

NEWTON FIRESIDE CLUB

We have had a very exciting month with a range of activities. On Tuesday 13th May we showed a film for the first time. About 20 members attended and took their seats to watch *The Dig* with excitement and a bag of popcorn in hand. It was both interesting and emotional. We hope to arrange a trip to Sutton Hoo in September to see the recent



changes. A big thank you to Dave Crimmin for his expertise on the technical side. Next time, maybe we'll have ice creams as the popcorn was a tad noisy at times!



On Saturday 20th, we held our coffee morning. A big thank you to everyone who attended and contributed. We raised over £200, which was a fantastic result.

Laura from Jules Floristry in Assington, joined us on the 30th. She treated us to a demonstration of how to make a basket of flowers. She made it look so easy, but I know it takes a lot of skill to produce such a beautiful arrangement. The finished result was amazing and Laura has agreed to come back and help us all to make one. A big thank you to Laura, and to Jules who unfortunately couldn't come along.

I had been watching the weather forecast with fear and trepidation as we approached the date of the Midsummer Munch. Yes, it was going to be warm, but heavy thunderstorms were also forecast. I should have had more faith as, once again the 11th of June turned out to be a scorching day with glorious, unbroken sunshine. Many gazebos were put up in the Jubilee Gardens next to the village hall to ensure everyone had some shade. Music was provided by Vinyl Richie Events and a big thank you to Ged and Graham who manned the BBQ again.

Also thank you to everyone who donated salads and desserts and bottles for the 'water or wine' table which proved very popular. I think everyone agreed that it was a very special and relaxing afternoon for villagers to catch up and enjoy themselves. We have yet to finalise how much was raised but it is probably in excess of £300.



Unfortunately, the trip to Hyde Hall scheduled for 15th June has had to be postponed due to unforeseen circumstances.

The 'Fireside Four' will be meeting soon to organise next term's events, so watch this space for more news.

Fireside Club Summer 2023 Programme of Events:

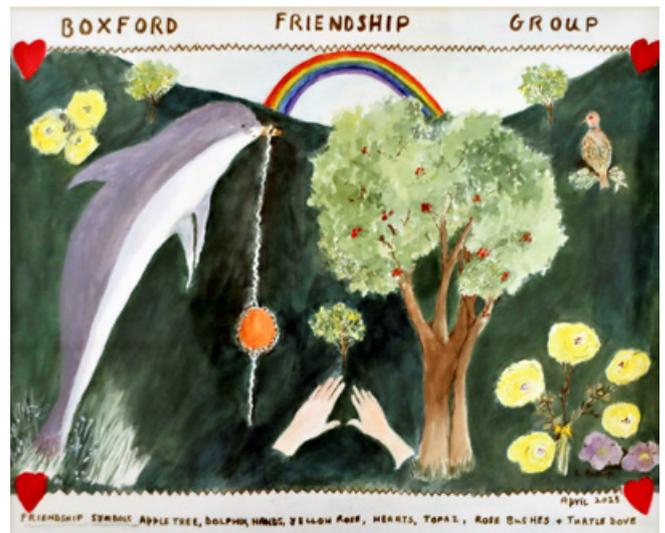
- Tue 11th July Outing to Felixstowe
(meet at Village Hall at 10am)
- Tue 25th July 'Bring & Share' Lunch (time TBC)

All meetings are held in the Village Hall and start at 2pm unless otherwise stated and everyone is welcome. Subs for the term are £3 a session, paid termly if possible. 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. New members are always welcome, the first session is free.

Please contact Moira on 01787 374652 or Sue on 07881 383 998 if you would like more details.

Sue Presland

BOXFORD FRIENDSHIP GROUP



The Boxford Friendship Group (BFG) continues to meet monthly in Boxford Village Hall, and is very well supported by its members. We have enjoyed the space and facilities available in the hall, and our membership has increased.

We recently celebrated our first anniversary at our AGM in April, marking the occasion with a special cake and the unveiling of a beautiful painting, painted by Boxford artist and BFG member, Brenda Bishop. The painting depicts all the friendship symbols and was warmly welcomed by all the members. And we are truly grateful for Brenda and her artistic skills. Our painting hangs proudly in the village hall.



We would like to thank all our members for their continued amazing support and enthusiasm, and for the sterling work performed in the background by Cynthia Richardson, Shirley Smith, Jean Saunders, and Jill Williams. You have all helped to make the group so successful, thank you.

Alison Warren and Wendy Hills.

Photos by David Lamming

CELEBRATION FIT FOR A KING!

Groton residents raised a toast to newly crowned King Charles III at a splendid 'bring and share' lunch in the village hall.

Organised by the brilliant Jayne Foster and a team of helpers including Alison Chapman, Stephen Watkins, Anthea Scriven and Joanna Roberts, this well-attended and enjoyable event was a fitting tribute to this unique and historic occasion. Alongside wonderful food and a childrens' crown competition, one of the highlights was the entertaining and challenging regal-themed quiz compiled and delivered by Nigel Chapman.

A great day, well done Groton, and long live the King!



GROTON'S CORONATION BENCH

Groton has a lasting commemoration of King Charles's coronation in the form of a new bench near the War Memorial.

The new bench was made by Genesis Orwell Mencap, an Ipswich-based charity which has a garden furniture workshop for adults with learning disabilities www.orwellmencap.co.uk.

It replaces the previous bench that had become unsafe, and was part-funded by a Babergh District Council locality grant – many thanks to our District Councillor Bryn Hurren.

The Parish Council has also installed a new notice board nearby. This replaces the old board which used to be outside the Fox & Hounds and suffered frequent damage because it was too close to the road.

Do come and enjoy the view from this shady spot!





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GROTON EDUCATIONAL FOUNDATION

Registered Charity No. 1118325

The Trustees will meet on 7th September at Mary's House, Swan Street, Boxford, to consider applications for grant aid for educational or training purposes from residents of Groton and those parts of Boxford included in the 'area of benefit', i.e. Homefield, the east side of Swan Street and pockets of land in Stone Street south of the church - those parts which were included in the Tithe Map of Groton 1881!

We hope that newcomers to the area will be made aware of this charity by those who have themselves benefited from grants.

There is no means testing. Applications may also be made by organizations serving the area.

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

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

Completed forms should be returned by 30th August.

Remember!

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

www.boxrivernews.com

RECLAIM THE RAIN

We wanted to give you an update as to what is happening with the project at the moment. And first of all, we'd like to thank all of you who have taken the time to complete the questionnaire and/or wish list and chatted to us at events, and to let you know that all of your suggestions/contributions are being considered carefully.

There is some evident frustration over the slow pace in these early stages of Reclaim the Rain. But look at the timeline below; you can see that progress is being made. The project is funded by government bodies and therefore has to follow strict procedures in order to obtain the finances. All UK public bodies have to go through these activities when delivering larger projects. Usually, in projects like this, the local community only gets to comment late in the process and often after decisions have already been made, leaving the community with very little say in what actually happens. Reclaim the Rain is different! This means that the Boxford community is involved from the earliest conception stage. In this project, residents and landowners can have a much greater say in what measures will be adopted on the ground. Understandably, many find the early stages slow, as we have yet to see anything being built!

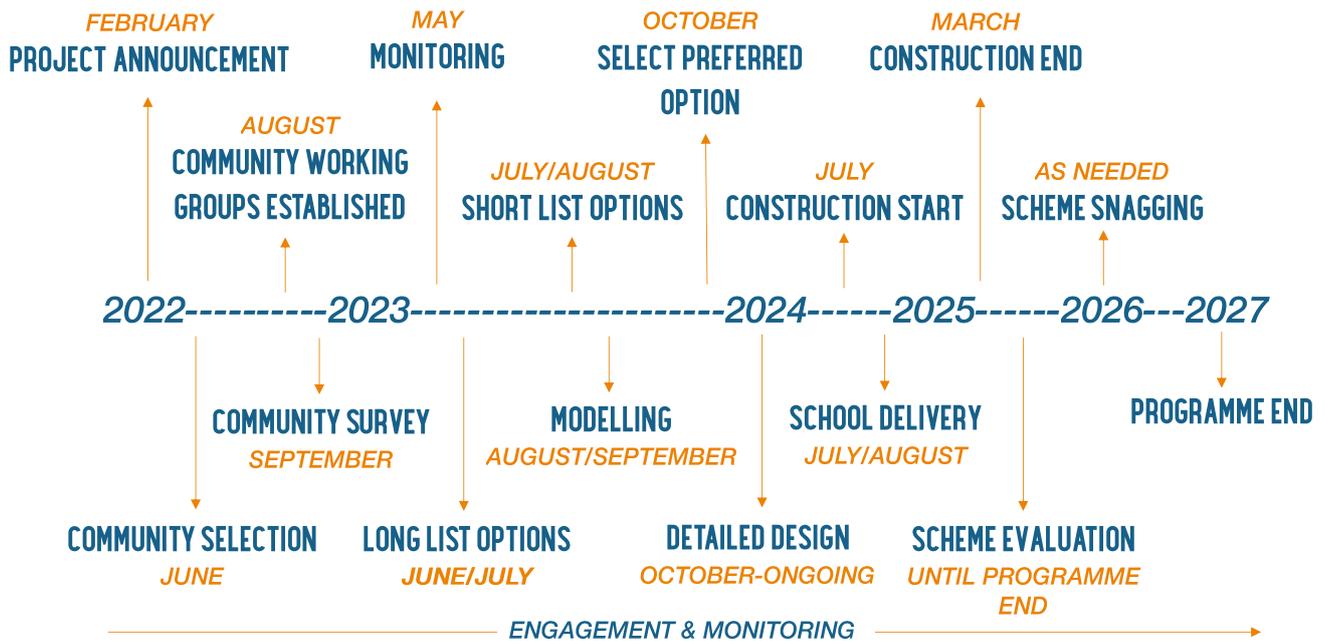
The Community Working Group, made up of residents who showed a strong early interest in the project, has been meeting regularly with the Reclaim the Rain (RtR) Team to work out long-list options based on ideas gathered from the residents living in and

around Boxford via drop-in sessions, market stalls and the Wish List online survey. The RtR team has already begun talking to landowners who might be interested in or benefit from being involved and gathering their input as to what might be possible from their perspective. If you are a landowner in or bordering Boxford and have some ideas of your own or would like to learn more, please get in touch with the Reclaim the Rain team ReclaimTheRain@suffolk.gov.uk.

During all of this the RtR Team has achieved an additional funding of approximately £60k for Boxford Primary School from the Department of Education as part of their *SuDS in Schools* Programme. The RtR Team and the school will be working closely together over the next two years to create fun, functional and educational features which bring together the effects of flood risk to the school site and highlight the importance of water conservation. To compliment this work, the team will continue to engage with Boxford's young people through the *Hello Lamp Post* pilot, school assemblies and sessions with the local Brownie and Scout groups.

We have now begun the process of analysing the suggestions from the long-list options to decide what might be feasible or not and to start reducing those to short-list options by July/August. As you can see from the Reclaim The Rain Timeline below, that puts us right on target. We intend to give you more information on a monthly basis from now on, so please keep an eye on the Box River News and the village Facebook page.

RECLAIM THE RAIN TIMELINE



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VOLUNTEER VACANCIES

Boxford Community Council
& Boxford Playing Fields Management Committee
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Duties are very light – minute taking once a month,
booking meetings and being a port of call.
Both committees desperately need secretaries to enable
us to carry out and develop our activities.

Please contact BoxfordCommunityCouncil@gmail.com
or phone 07850 941831 for further information
or if you are interested.

Help us to help our community.

BOXFORD STREET PARTY

Boxford Community Council would like to thank all the volunteers and organisations for making the Coronation Street Party such a success. There are too many individuals to mention, but particular thanks must go to the following for their donations – with equipment, services, financially and time.

- Adrian Williams Transport** – Use of truck for the stage
- Box Rubbish** – Collection of all waste from the Street Party
- Boxford Parish Council** – Financial support
- A. Leeder Butchers** – Selling Duck Race tickets
- Box River Café** – Sustaining the workers during set up
- Boxford Scouts** – Marshalling road closure
- Barry & Debbie Rule** – Electricity
- Suffolk Medical Centre** – Electricity/Medical support
- The Spinney** – Residents and vendors parking
- Boxford Primary School** – Vendors parking
- Box River News** – Advertising
- John Kirby** – Marketing design
- The residents of Broad Street** – Vacating their parking spaces

READERS' LETTERS

Dear Editor,

We would like to thank friends from Edwardstone and neighbouring villages for joining us at Edwardstone church in a memorial service to celebrate Gordon's life and for the generous donations to Suffolk Wildlife Trust and Diabetes UK.

Sadly missed by all that knew him. Special thanks Fr Rob for his selfless help and prayers

God Bless you Gordon.
Susie Kennett and family

Dear Editor,

Please can I say a special thanks to Veronica and Robert for their love and care to me after my hip operation.

Thanks to Lenny who has been out walking with me.

Thanks to everyone who gave me flowers, get-well cards and telephone calls and asked of my well being.

Thank you all!

God Bless
Tessa King

NEWS FROM BOXFORD SCHOOL

We can't believe it's nearly the end of another academic year! Many classes are preparing for sports day. With such dry weather, the field is quite hard and we are hoping for a little rain to make conditions slightly better.

In Year 1 children have now completed their phonics screening. This was a chance for them to showcase their phonics knowledge.

Year 6 were truly outstanding with their performance of Matilda - it was a great chance to celebrate the arts and finish their time at Boxford Primary School. Children worked with Karen and Sophie from Theatre Arts Academy and wowed parents with a polished performance. One member of the audience said, 'It was lovely to see the children enjoying themselves so much. The parents were as proud as punch!'.




A music trip to Trinity Park was a huge success. Many pupils in Year 5 and 6 attended this event. It was an opportunity to demonstrate all they had learnt with the cornet, baritone and trumpet. A BIG thank you to Suffolk Music Service, particularly Mrs Blythe who has guided children through their music lessons this year.

There aren't many days left of this academic year, so it's now a chance to look back at all our successes. There may only be one more update to provide to Box River News. However, with it being such a busy term there'll be more exciting news to share.

EXECUTIVE ASSISTANT FOR HIRE

Executive Assistant in the Hadleigh/Boxford local area seeking an EA role working full time.

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THE BUTCHER'S WIFE

It's official, I have reached *Middle Age*. Now I know some of you reading will say I am still young, maybe even in the prime of my life but what you need to remember is that I live with three teenagers and in their opinion, I am ancient. *Close-to-death* ancient.

Not only has my plant addiction got out of control, I have now taken to a spot of gardening. If you had told me ten years ago that I would enjoy spending time playing with plants, I would have laughed in your face but now I get as much joy seeing a new leaf as I did going out clubbing in my twenties! I've mastered the art of indoor plants and have even managed to propagate plant babies. The only plant that I didn't get on with was a Peace Lily I bought last year. That thing could have won an Oscar for best actress, it was too dramatic for my liking.

Last year I decided to try my hand at growing my own veg and even ventured into planting a couple of fruit plants. I planted green beans, tomatoes, strawberries and raspberries. I had in my mind that I could sell any leftover fruit etc in the shop. End of summer arrived and I announced to the uninterested teenagers that I was 'going out to harvest!'. I came back 3 minutes later with 4 green beans, 8 strawberries, 5 raspberries and not one single tomato. What a feast! Needless to say this year I've decided to focus my efforts on tomato plants and I am tending to them like new-born babies. It turns out farming is much harder than I originally expected.

Another middle age trait is that I've taken to doing jigsaw puzzles. Proper, 1000 piece puzzles. Again, the teenagers think I'm weird. I have warned them that one day they too will get excited when they complete all the edge pieces. The Butcher has also taken to middle age and has started playing bowls! I don't mind watching him play every once in a while but I did say it would be far more interesting if they bowled the balls overhand instead of rolling them on the grass. Last week I went to watch him play and then went home to finish my puzzle. My Friday nights have definitely changed!



Garlic Chicken

Ingredients

- 1 tbsp olive oil
- 5 boneless chicken thighs, skin on
- 40g garlic butter, chopped
- 1 onion, chopped
- 1 tbsp thyme leaves
- 250ml double cream
- 125ml chicken stock
- 450g cannellini beans, rinsed and drained
- 2 cloves of garlic
- 300g green beans, trimmed and steamed (good luck growing your own!)

Method

1. Preheat the oven to 200C (180C for fan assisted).
2. Heat the oil in an ovenproof frying pan on a high heat and cook the chicken for 3-4 minutes on each side until the skin is golden. Transfer to a plate and reduce the heat to medium.
3. Add garlic butter, onion and thyme and cook, stirring, until the onion softens (approx. 4-5 mins).
4. Stir in the cream, stock and cannellini beans and remove from the heat.
5. Return the chicken to the pan, skin side up and roast for 30 minutes (until the chicken is cooked and the sauce has thickened).
6. Season and serve with the steamed green beans.

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RAMBLINGS FROM THE RECTORY

What a glorious sight beholds us. I don't know about you, but for me the warm snap we have been experiencing through June has been especially welcome after such a long and cold winter. I hope it continues long into July. It feels as though the illuminating rays of summer light have finally broken forth into the present and it literally warms the cockles of the heart. With the garden bursting into colour, such radiant beauty can help remind us that the present is so often what we make of it.



In spite of the lovely weather, the troubles around our world are no less numerous or concerning. The struggles in our lives no less taxing. And yet, if we can find space to stop and sit to observe nature at its height, then something stills at the core of our souls. We get that sense of standing in the footsteps of countless people down millennia who have been calmed and healed by the natural world's remarkable power to inspire our musings. It's as though we are standing on the edge of eternity, which of course we are. The divine life force which is present within and all around us, but we so often lack the inclination or the wisdom to recognise, floods into our consciousness from the creation he indwells.

And maybe, that is what we all need, in good weather or bad. That place where we are able to stop and in stillness observe, contemplate, imagine the overflowing love of God cascading into the core of our beings like a waterfall flowing from the river of life; refreshing, cleansing, healing all that we are.

Living in the present is so important if we are to avoid the perils of allowing our past mistakes to consume us or of worrying to the point of exhaustion over a future that may never be. The troubles of today are no more or less menacing than those of our forebears, nor them which await our children. What we might lack in the present era is the inclination to draw on wisdom's deep roots passed down through the ages. The kind of wisdom that brings patience, hope and purpose...

Equally, having a hope in a bright future, however unknown, helps us cope with the struggles we face today. When we imagine there is a heaven, when we envision that God's mercy is rolling down completely, when we will see and recognise God in all his loving splendour, when all our brokenness has been healed, when God's peace fills the earth and when we all live as one, then we are inspired and compelled to live today in the light of the future that permeates our imagination. Then we begin to build heaven on earth and that future begins to become a reality. It all begins with our own internal lives in the here and now. So enjoy the sunshine!

Copious blessings,

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

Bring and Share

FOOD BANK

North Porch, St Mary's Boxford

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

All donations of non perishable goods,
are gratefully received.

Thank You

TAKE WHAT YOU NEED, LEAVE WHAT YOU CAN

FATHER ROB & SARAH INVITE YOU TO

TEA AT THE RECTORY

for engaged couples, newly weds, recently baptised, young couples and all families

Saturday, 29th July 2023

12.00 - 2.00 pm

The Rectory, Boxford

RSVP by 20th July to:

boxriverbenefice@gmail.com



WANTED

**WE ARE IN NEED OF
PRELOVED
TEDDIES & SOFT TOYS
FOR OUR TEDDY TOMBOLA
AT**

**ST MARY'S CHURCH, BOXFORD
PATRONAL & CHURCH FETE**

SUNDAY 10TH SEPTEMBER
12.30 - 3.30 PM

**IF YOU HAVE ANY TEDDIES OR SOFT
TOYS IN GOOD CONDITION THAT YOU
WOULD LIKE TO DONATE,
PLEASE CONTACT SARAH AT
BOXRIVERACTIVITIES@GMAIL.COM
OR DROP OFF AT MARY'S HOUSE,
5 SWAN ST, BOXFORD**

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

Smooth Summer Skin

It's finally shorts weather! But would we be right in saying there's a pair of stubbly legs or hairy armpits lurking beneath your clothes right now?



You're not alone. When it comes to hair-removal, it's easy not to bother, or to rely on a quick once-over with a razor in the shower. But if you like to be smooth and hair-free and want a solution that LASTS, waxing is the best option.

Lasting 3-6 weeks - far longer than shaving - waxing leaves skin silky-smooth. Regular treatments will gradually make hair finer and softer, diminishing growth.

Waxing Special

This month, get 20% off all waxing treatments

Call 01787 211 000 to book.

* Offer valid once per person, until 31/07/23.

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

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





SERVICE SCHEDULE FOR JULY 2023



Sunday 2nd July <i>Trinity 4</i>	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 5th July	10:00	<i>Morning Prayer</i>	Mary's House, Boxford
Sunday 9th July <i>Trinity 5</i>	09:30	<i>Morning Praise</i>	St Bartholomew's, Groton
	11:00	<i>Morning Praise</i>	St Mary's, Boxford
	17:00	<i>BCP Evensong</i>	St Mary's, Boxford
Wednesday 12th July	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 16th July <i>Trinity 6</i>	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:00	<i>Compline</i>	St Mary the Virgin, Edwardstone
Wednesday 19th July	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 23rd July <i>Trinity 7</i>	8:00	<i>BCP Holy Communion</i>	St Mary's, Boxford
	8:45	<i>Benefice Breakfast</i>	St Mary's, Boxford
	9:30	<i>Pilgrim Service for all the Family</i>	St Mary's, Boxford
	11:00	<i>Sunday Eucharist</i>	All Saints', Newton
Wednesday 26th July	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 30th July <i>Trinity 8</i>	09:30	<i>Benefice Joint Service</i>	St Lawrence's, Lt Waldingfield

(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

Little Waldingfield FLOWER FESTIVAL ST. LAWRENCE CHURCH

A GARLAND OF VERSE

Saturday 2 September, 10 am - 5 pm
Sunday 3 September, 10.30am - 5 pm

FREE ADMISSION - Donations Welcome

Refreshments in Church

Stalls Raffle



ST MARY'S CHURCH, BOXFORD PATRONAL & CHURCH FETE

SAVE THE DATE

SUNDAY 10TH SEPTEMBER

12.30 - 3.30 PM

TEDDIES FROM THE TOWER

HOOK A DUCK

SOAK THE VICAR

WELLY THROWING

CRAFT STALLS

REFRESHMENTS

AND MORE



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY

Sat 1st July 10am *Coffee Morning*, All Saints', Newton
 Tues 4th July 10am *Drop in for Coffee*, Mary's House
 Fri 7th July 10:30am *Coffee Morning*, St Lawrence's, L.W.
 Sat 8th July 6pm *Happy Hour Concert*, St Mary's, Boxford
 Tues 11th July 10am *Drop in for Coffee*, Mary's House
 Wed 12th July 3pm *Bible Study Group*, 47 Swan Street, Boxford
 Sat 15th July 10am *Coffee Morning*, St Mary's, Boxford
 Sun 16th July 2-6pm *Garden Party*, Poplars Farm, Groton
 Tues 18th July 10am *Drop in for Coffee*, Mary's House
 Wed 19th July 10am *Coffee Morning*, All Saints', Newton
 Sat 22nd July 3pm *Wedding*, St Bartholomew's, Groton
 Tues 25th July 10am *Drop in for Coffee*, Mary's House
 Sat 29th July 12-2pm *Afternoon Tea for Couples & Families*, The Rectory, Boxford

WEDDINGS IN THE BENEFICE

Wedding Season is upon us and we look forward to welcoming our brides and grooms, their family and friends to the Benefice as they mark their love and commitments to each other. Congratulations to Courtney and David, Isabella and Romaine on their recent marriages. Our Benefice churches offer a wonder-filled, meaningful, and enriching environment for weddings and baptisms and allow us to reconnect our lives to God. To find out more about weddings and baptisms in the Box River Benefice, have a look at our website or contact the Benefice Office for more information.

LIGHT UP ST MARY'S, BOXFORD

June was a busy month for "Light Up" St Mary's Boxford. On the 6th June, it was lit in memory of Jean and Jimmy Ritchie, on their wedding anniversary, on 27th June in memory of Ken King's birthday, on 28th June in memory of Ernest Sothcott's birthday and on 29th June in memory of Irene Sothcott's birthday. Our thoughts and prayers are with all of their family and friends.

For more information about lighting up St Mary's Church in memory of a loved one or in celebration of an anniversary, birthday or special occasion please contact the Benefice Office.

CHRIS KINGSBURY RETIRES

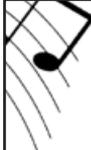
After 40 years of serving the church in many different capacities, Chris Kingsbury has retired from his role of Licensed Lay Minister. Both he and Ruth have been admirable servants of both the church and parish locally. We know that we can count on their continued support and thank them for everything they have done. We wish Chris well as he slows down a bit in his retirement.

GROTON GARDEN PARTY

By kind permission of Steve and Jayne, we are holding a Garden Party at Poplars Farm, Goslings Green, Groton, CO10 5EX. Please join us on Sunday 16th July, 2-6pm and enjoy stalls, games and a raffle. Entrance is £5 which includes a cream tea. Parking available and dogs welcome. Please come and help raise funds for St. Bartholomew's Church.

ST MARY'S PATRONAL FESTIVAL & FETE

September will soon be heren and we're very much looking forward to our Patronal Festival and Fete at St Mary's, Boxford, following its cancellation last year due to the death of our late Queen. For now, pop 10th Sept into your diary. It's not too late for stall holders to book a pitch, so if you or someone you know would like to have a stall at the fete, please contact boxriveractivites@gmail.com



ST MARY'S CHURCH, BOXFORD



HAPPY HOUR CONCERT SATURDAY 8TH JULY BETWEEN 6PM AND 7 PM

WORDS AND MUSIC FOR A SUMMER EVENING

"ONCE UPON A TIME"
WITH PATRICIA EDDINGTON & TOM COGAN

THEATRICAL REMINISCENCES
&
MUSICAL INTERLUDES

FREE ADMISSION, NO NEED TO BOOK, JUST COME ALONG

RETIRING COLLECTION IN AID OF ST MARY'S CHURCH

ENJOY A GLASS OF WINE AFTER THE CONCERT





BOXRIVER BENEFICE
COFFEE MORNINGS

EVERY TUESDAY, 10.00 AM - MARY'S HOUSE, BOXFORD

SATURDAY, 1ST JULY, 10.00 AM - ALL SAINTS' CHURCH, NEWTON

FRIDAY, 7TH JULY, 10.30 AM - ST LAWRENCE'S CHURCH, LT WALDINGFIELD

SATURDAY, 15TH JULY, 10.00 AM - ST MARY'S CHURCH, BOXFORD

WEDNESDAY, 19TH JULY, 10.00 AM - ALL SAINTS' CHURCH, NEWTON

CATCH UP WITH OLD FRIENDS, MAKE NEW FRIENDS



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

SUMMER 2023

ST MARY'S CHURCH, BOXFORD

ON THE 4TH SUNDAY OF EACH MONTH

BCP HOLY COMMUNION AT 8.00 AM
FOLLOWED BY
BENEFICE BREAKFAST AT 8.45 AM
FOLLOWED BY
PILGRIM SERVICE FOR ALL THE FAMILY AT 9.30 AM



ALAN AND BERYL MEREDITH
INVITE YOU TO JOIN THEM ON
THE GARETH MEREDITH MEMORIAL WALK
IN MEMORY OF THEIR LATE SON WHO LOVED WALKING



START 10.30a.m AT BOXFORD HEALTH CENTRE
FINISH AT HADLEIGH HEALTH CENTRE (5 1/2 miles)
A NON-COMPETITIVE, LEISURELY, WELL SIGNED WALK
IN BEAUTIFUL COUNTRYSIDE.

FAMILIES AND DOGS (ON THE LEADS) WELCOME.
*NO JOINING FEE BUT AN OPTIONAL DONATION
TO THE HADLEIGH AND BOXFORD MEDICAL CENTRE, TO PURCHASE
AN INFRARED VEIN FINDER, WOULD BE VERY MUCH APPRECIATED.*

For queries please contact
Alan Meredith 01473 822 433
alan.k.meredith@btinternet.com



CHILTON CHURCH EVENTS

Quill & Inkling are storytellers and their aim is to provide exciting theatrical experiences with dynamic retellings of classic tales. Experience the tales of the last of the great Knights, *Don Quixote*, which will be performed at St Mary's Church on the Chilton Industrial Estate near Sudbury on Friday 4th August at 7pm.



Tickets are £15 for adults, £10 for under 16s, £45 for a family ticket (2 adults and 2 children).

For more information and to book tickets visit the website:
www.quillandinkling.com

POLSTEAD FILMS

THE BOOKSHOP

Emily Mortimer, Bill Nighy, Patricia Clarkson

Friday 14th July, Doors open 7pm

POLSTEAD VILLAGE HALL

A beautiful film, adapted from a novel by Penelope Fitzgerald, for people who love books and are not in a hurry.

Tickets £4.50

Email: polsteadfilms@gmail.com to reserve or buy at Polstead Community Shop.



WINSTON'S SUMMER FETE

Winston's Wheels disabled dog charity are holding a summer fete at Whatfield Village Hall on Saturday 1st July from 10am to 2pm. Refreshments, Tombola and 15+ Stalls. Free Entry
Reg Charity No: 1191322



LAVENHAM AIRFIELD

Learn about life on a wartime American air base with a guided walk on Lavenham Airfield. Home to the USAAF's 487th Bomb Group during WWII

Sunday July 9th, August 13th or September 10th 10am - 1:30pm
Adults £10 Under 16s £5 (sorry no dogs)

Booking essential - tickets available from Lavenham Information Point, 2 Lady Street 01787 249 939 (open Mon, Tue, Thu & Fri 11am-2pm)

All proceeds go towards the USAAF 487th Bomb Group Memorial Fund.

LEAVENHEATH CINEMA

SATURDAY 1st JULY

DANIEL CRAIG AS JAMES BOND IN
NO TIME TO DIE

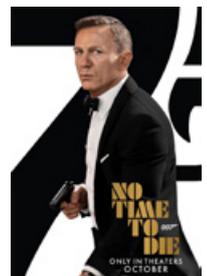
Arrive 7pm For 7:30pm Start
2hr 45mins with 20mins interval

Leavenheath Village Hall, CO6 4NS
Tickets: Adults £4, Under 16 £2.50

Bar is open before showing the film & during the interval. Serving beer, wine, soft drinks, tea & coffee. Ice creams available during the interval.

For tickets phone Marion (01206 26330) or book online at www.leavenheath.org.uk. You can pay on the door either by cash or card

Proceeds towards LVH Capital Project Fund (Charity no 262816)



LITTLE WALDINGFIELD
Saturday 1st July 2023 10am - 1pm

Sellers - To participate as a seller, please contact Sue Bowen: 07962 210359 01787249473
sd.bowen@btopenworld.com
a.s.a.p (and in any event by 28th June)
Fee £5 (for advertising, signs, maps & donation to Parish Room)

This is a great opportunity to recycle items you no longer need to raise money for yourselves and the Little Waldingfield Parish Room Trust. You set up your stall at the front of your property or there are some pitches available (with tables) in the Parish Room and we provide a map to buyers showing where you are.

Buyers - A map showing participating properties will be available from the Parish Room, Church Road CO10 0SW on 1st July for 50p.

Light refreshments will also be available in the Parish Room during the Sale.

All funds raised go to the Little Waldingfield Parish Room for its upkeep.

Jo Hull of Benton End Flower Farm Hadleigh
Growing flowers from seed for cutting - Autumn sowing



Tuesday 4th July 7.30pm
at Boxford Village Hall

Sarah Jane Morris presents
"Something Old, Something New"
Wednesday 12th July 2023 8pm - Tickets: £22



Sarah-Jane Morris is a singer with an amazing vocal range; Trinidadian Tim Cansfield is self-taught, enigmatic and self-effacing, the first choice of many recording artists; Tony Rémy is one of the world's most exciting guitar players of any genre. Henry Thomas on bass completes the line-up.

O'Higgins & Luft present "Pluto"
Wednesday 26th July 2023 8pm - Tickets: £20



"Straight-ahead modern jazz in the African-American tradition, from the Monk and Trane lineage. O'Higgins' hard but never oppressive swing anchors Luft's more charming, visionary flights."

Dave O'Higgins – Tenor sax
Rob Luft – Guitar
Ross Stanley – Piano
Luke Fowler – Bass
Rod Youngs – 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

**It's a 'DOUBLE BILL' at
MILDEN PAVILION
on Friday 30th June**
Enjoy a fun evening with



**ShantyFolk
and
The Mildens
Singers**

*audience participation
encouraged*

**Doors Open
at 7.30pm
Tickets £8
in aid of
Milden Pavilion**



**With a Buffet Licensed
Pay Bar and Charity
Raffle in aid of
Bildeston Food Bank**

**To Book call
Pearl 01449 741876 or email
Info@mildenpavilion.co.uk**

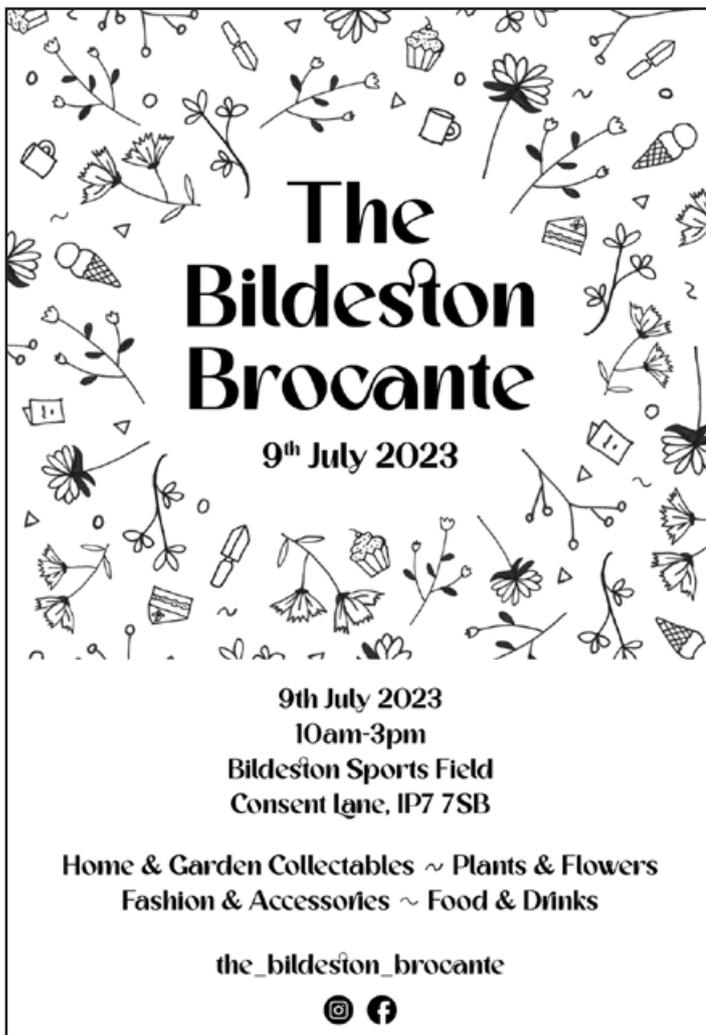
Milden Pavilion
Church Road
Milden
IP7 7AF



www.mildenpavilion.co.uk
Registered Charity No 304919



PLEASE JOIN US FOR A
Garden Party
ON
SUNDAY, 16TH JULY 2023
2.00 PM - 6.00 PM
AT
**POPLARS FARM
GOSLINGS GREEN
GROTON
CO10 5EX**
ENTRANCE IS £5.00
WHICH INCLUDES A CREAM TEA
ENJOY STALLS, GAMES AND A RAFFLE
PARKING AVAILABLE
DOGS WELCOME
PLEASE COME AND HELP RAISE FUNDS FOR
ST BARTHOLOMEW'S CHURCH



The Bildeston Brocante

9th July 2023

9th July 2023
10am-3pm
Bildeston Sports Field
Consent Lane, IP7 7SB

Home & Garden Collectables ~ Plants & Flowers
Fashion & Accessories ~ Food & Drinks

the_bildeston_brocante



MASTER BUILDERS WANTED!

Come and enjoy our Lego event on Sunday 9th July!

Enter a Lego build (pre-register please), build it at home and deliver it on the day for a chance to win a great Lego prize, or come along and try your hand at on the day speedy Lego building challenges (can you break the world record for the tallest Lego tower?) as well as lots of great funfair games of luck and skill (will you guess the number of bricks in our very large jar and win them all?!)

Tea and cakes, bbq and booze too. £4 to enter a build, free entry to non-builders. All raising money to maintain Groton's beautiful and historic Croft. We hope to see you there on Sunday 9th July - 12-3pm, Groton Village Hall, CO10 5EL! Please spread the word.

HADLEIGH ORCHESTRA

Hadleigh Orchestra, in conjunction with St Mary's Church, Hadleigh, are planning on putting on a "Last Night of the Proms" concert on 21st October 2023.



We are looking for enthusiastic singers of all abilities to join us for a fun evening of making music together, with the classic Proms items, including *Land of Hope and Glory*, *Jerusalem*, and *Rule Britannia*. We will also be performing the choral works, *Hallelujah Chorus* from Handel's *Messiah*, and Faure's *Cantique de Jean Racine*.

There will be a rehearsal to include singers on Monday 16th October and again on the afternoon of the concert.

It would be great to have a mixed group of singers – if you are interested in coming along please visit the link below for more information and to register interest: <https://bit.ly/proms-form> or scan the QR code. Music can also be picked up from St Mary's Hadleigh (limited number of copies).



We are also keen to welcome new players to the orchestra, preferably Grade 4 standard or above. The orchestra meets on a Monday evening at Beaumont School, 14 Durrant Rd, Hadleigh, IP7 6GD from 7.30-9.15pm.

If you are interested please pop along on a Monday evening (term-time) or get in contact via our website, <http://hadleighorchestra.uk>. You will be assured of a friendly welcome amongst a group of friends who simply enjoy making music together.

MADRIGALIA NEWS

On Friday 9th June, Madrigalia & Melody of Harps gave a concert at Lawshall Church in aid of church funds. It was a beautiful summer evening and the concert was very well attended.

The mixed programme of harp music & choir songs including madrigals, folksongs and more modern popular songs went down well, including pieces specially arranged for combined harps & voices. These included the Welsh folksong '*Suo Gan*', English folksong '*She's Like the Swallow*' and Enya's '*The Humming*'

The final item on the programme, Caro Emerald's '*Liquid Lunch*' was an appropriate finish to our concert which concluded with a deliciously refreshing glass of Pimms!

Our next gig is a free lunchtime concert again with our friends *Melody of Harps* at The Hive (ex URC church) in Sudbury on Tuesday 11th July from 12:30 - 1:15pm

We are also giving a lunchtime recital at Long Melford Church on Wednesday 9th August at 1:10pm.

AS WE SUCCUMB GRATEFULLY
TO SUMMER HEAT
THE ARTS SOCIETY HEART
CONTINUES TO BEAT!



WATCH THIS SPACE FOR
the launch of its' new programme
commencing in September.

Topics include:

The Life & Work of architect Frank Lloyd Wright
The History of Auctions from Roman times to now
The Art of the Cartoonist by a Cartoonist (with live drawings)

The Arts Society offers a full programme of events plus an Arts Magazine and a series of 10 illustrated talks given by experts in all aspects of the Arts
in Long Melford Village Hall, CO10 9JQ.

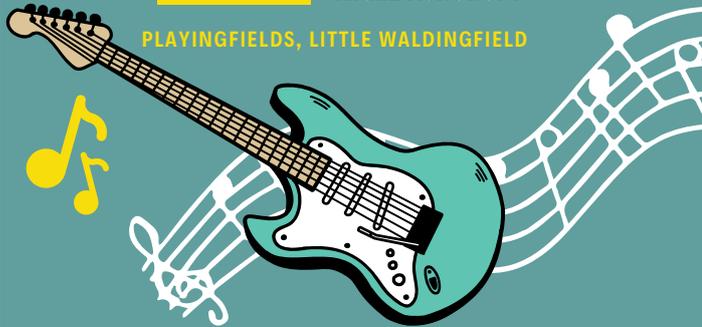
FOR FURTHER DETAILS and to get your name onto the membership waiting list
Contact: info@TASstourvalley.org.uk quoting BRN25
or via our website www.TASstourvalley.org.uk

BACK BY POPULAR DEMAND

DISRAELI BAND

GUEST STAR NIGEL ASHCROFT

PLAYINGFIELDS, LITTLE WALDINGFIELD



BAR AND FOOD

BRING YOUR OWN CHAIRS

TICKETS £15

FAMILY TICKET £40

UNDER 12'S FREE

CONTACT JENNIE JORDAN
07522352558
FOR ADVANCE TICKETS

SATURDAY
JULY

8

2023

7PM UNTIL LATE

LEGO

BUILDING COMPETITION!
SUNDAY 9TH JULY 12 - 3PM
GROTON VILLAGE HALL CO10 5EL



SUMMERTIME
THEME!

RAFFLE

AGES
4-99

FANTASTIC
LEGO PRIZES!



GAMES &
STALLS

BBQ, BEER &
PIMMS

COFFEE & CAKE

PRE REGISTRATION ONLY! BUILD AT HOME.

£4 PER ENTRY. FOR MORE INFO/TO ENTER PLEASE

EMAIL: GROTONLEGO@GMAIL.COM

FUNDRAISING FOR GROTON CROFT

Hadleigh Community Festival

CHILDREN'S ENTERTAINMENT ·
LIVE MUSIC · BEER FESTIVAL ·
FOOD STALLS

FEATURING

Live Bands. Local produce.
Community spirit.

RUNWOOD
HOMES

July 1st

Layham Sports Ground.
12pm - Late

If you would like to participate or sponsor the event
please email
HadleighRFC23@gmail.com

08 28
July Aug

MILL
TYE

MILL TYE GALLERY
AND ARTS CENTRE

Coast.

Take a journey around the shores of the Suffolk
and Essex coastline as seen through the eyes
of five artists/photographers. Dan Sceats,
Graham Cooper, Noel Myles, Roger Seaman
and Tracy Tattersall. The exhibition previews
on **Saturday 8 July** at the Mill Tye Gallery.
Free admission.

Mill Tye Gallery

3 Cornard Mills, Mill Tye, Great Cornard
Sudbury Suffolk CO10 0GW

Opening Times

Thursday to Sunday
10:30am to 4pm.

www.milltyegallery.co.uk/exhibitions

starts: Saturday 8 July ends: Monday 28 August 2023

MELFORD MUSIC presents
fine music in a fine church

LUNCHTIME RECITALS
WEDNESDAY 1.10pm

ADMISSION FREE

Light Refreshments available

Retiring Collection to aid preservation of this Historic Building






JULY

5th THE ROCK CHOIR Sponsored by **KING ARCHITECTURAL DESIGN & PLANNING**

12th JOANNA LAM Piano Sponsored by **THE IVESON CLINIC**

19th BOF French Folk & Medieval Music Sponsored by **The ARTS SOCIETY, STOUR VALLEY**

26th SERENDIPITY WOODWIND TRIO Sponsored by **The SWAN**



HOLY TRINITY CHURCH
LONG MELFORD

For details of the individual programmes visit
 The Church Website/What's On at
www.longmelfordchurch.com/arts

CITIZENS ADVICE



We've booked a package holiday to Spain. It's our first time booking this sort of getaway, and a friend recently had a terrible experience when things went wrong on a similar trip. What sort of help is available if something does go wrong?

Hopefully you'll have a lovely time but if something does go wrong with your package holiday, the Citizens Advice website www.citizensadvice.org.uk has lots of information about what to do if something goes wrong with your holiday and what compensation you may be eligible for.

Firstly, tell the company or travel agent you booked with as soon as possible. This way you're more likely to be able to get it sorted quicker. If you don't say anything until you get home, you might get less or no compensation at all.



If the holiday you went on turned out to be lower in value than the one you originally booked, you can make a claim for 'loss of value'. For example, you paid for a deluxe room but only got a standard one, if it wasn't sorted out at the time you can claim back the difference in value.

You can also claim compensation for any extra money you have to spend while away, for example the hotel was a bus ride away from the beach rather than across the road as advertised. This is called claiming for 'out-of-pocket' expenses. If this does happen make sure you keep all your receipts for things like bus journeys.

If big parts of the trip you booked didn't happen or services weren't provided, for example a planned two-day excursion was cancelled and no alternative was organised, you can make a claim for 'loss of enjoyment'. You can also make this claim if something happens that causes you distress or disappointment, such as the pool was closed for the whole trip.

It's worth noting that there's no strict guidance on how much you can claim for loss of enjoyment but any claim you make must be reasonable.

You can't get compensation if you simply didn't enjoy the holiday or if the problem was out of the holiday company's control - like bad weather.

Check the information you received when you made the booking to see what you're supposed to get. If you don't get the service you've been promised, you may be entitled to compensation for breach of contract. You might also be able to claim from your travel insurance - check if your policy covers this.

If you're still not sure what to do, call the Citizens Advice consumer helpline **0808 223 1133** or talk to an adviser online through the Citizens Advice website.

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

We are providing advice by telephone and email Monday - Thursday, 10am - 3pm.

BOXFORD

BABY & TODDLER GROUP

LET'S HAVE FUN!

£2.50 PER FAMILY

1 2 3

Wednesdays 9-11am
 (term time only)
 @ **Boxford Village Hall**

www.facebook.com/Boxfordbabyandtoddlergroup

SUMMER IN SUFFOLK



HOLLOW
TREES
FARM



SCAN TO BOOK
YOUR TICKETS

ENJOY A 'GREAT DAY OUT' WITH US THIS SUMMER!

Our **Farm Trail** is the perfect place to let your little ones explore. With lots of farm animals to feed, play equipment to enjoy, photo opportunities, places to picnic and **EXTRA** Summer activities to keep you entertained, Hollow Trees Farm is a 'Great Day Out' for the whole family!

KEEP AN EYE OUT
ON **SOCIAL MEDIA**
FOR OUR **SPECIAL**
SUMMER ACTIVITIES!



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JACK'S HOME TRUTHS

It feels as though it has been a long time coming but summer is fast approaching and with it comes a cautious air of optimism throughout the housing market.

Gardens are finally in full bloom, spring cleaning complete, barbecues ready to be wheeled out once more and those lazy summer evenings provide a welcome change of pace. The usual flurry of activity observed in the property market following Easter took longer to materialise this year than first expected but there has been undeniable increase in the number of homeowners committing to the process and looking to make the move over the months that follow and place their property on the market.

As a group, we have seen the number of available instructions more than double since the beginning of the year while the time taken to find a buyer has extended to 57 days from the approximate four week time frame of a year ago. With an increase in the amount of available property for sale causes an inevitable period of pressure on prices while the number of new buyers entering the market struggles to keep pace. It was always expected that spring and early summer would see the biggest influx in new properties reaching the market and so it will be interesting to see if the current trajectory continues through to Autumn. While many people are motivated to move, most remain reliant on a related sale and as a result patience is a pre-requisite in waiting for a chain to complete. Accurate appraisals and pricing strategies are essential in ensuring your property gets the appropriate level of interest in its first few weeks of marketing.

Rightmove calculate that on a national basis the average sale price agreed is 3.1% below the asking price, demonstrating that buyers are reflecting the wider uncertainty over interest rates, mortgage products and living costs in their spending habits.

It's not all bad news though with reports from our preferred financial services advisors that an average 5 year fixed rate mortgage with a 15% deposit now attracts an interest rate of 4.56% compared to 5.89% last October with both electricity prices and inflation slowly on the way down.

The rental market remains particularly buoyant as we continue to see a consistently high demand for properties from high quality tenants. While information on the finer details is yet to be finalised, proposed reform of this sector is on the way with the proposal to remove Section 21 'no fault' evictions and landlords' ability to opt against tenants with pets, in addition to the more stringent energy regulations set to come into force.

Our fully-managed holiday let portfolio continues to grow at a fantastic rate as we enter peak season for guests booking weekends away and enjoying everything our region has to offer. Now is an excellent time to consider launching your property to gain immediate traction and start to get 5* reviews to grow your listing.

If you are considering investing in holiday lets or currently own one and would like to review your options, we would be delighted to hear from you.

With a number of variables profoundly affecting the property market on a weekly basis, we stand by our founder's core principle of 'best advice' at all times and we would be very pleased to speak to you if we can be of assistance.

Jack Thornley

Director, David Burr Estate Agents

<https://davidburr.co.uk>



KENNY'S NEWS FROM SESAW



We had perfect weather for lazing in the sun last month but a chap can't relax with all that tweeting going on. Not the volunteers, they don't have time to look at their mobile phones! I was worried about a little bird constantly calling until Mum told me to leave it alone.

Apparently, it is normal for a fledgling to spend time on the ground whilst learning to fly. If you see one, observe it discreetly, return it to the nest or place it on a branch away from predators. If it is injured, call the nearest wildlife rescue otherwise wait for the parents who maybe nearby waiting to feed it.

I also saw bees in the garden which prompted one of the girls to say: a swarm in May is worth a load of hay, in June it's worth a silver spoon but July is not worth a fly!

Hay was on the menu for the many rabbits we have, including two and a half year old sisters, Millie and Billie. They have been with us for a long time because they had territorial issues on arrival. Since moving into larger accommodation they have become more sociable and like to 'help' on cleaning-out days! They are very fond of each other and sit together, watching the world go by.



Millie & Billie

If you are looking for a new pet please visit us, 10am-1pm, Thursday to Sunday. Animals bring so much joy to families and those living alone. Some even rule the roost like me,

Kenny (the Boss) Chihuahua!

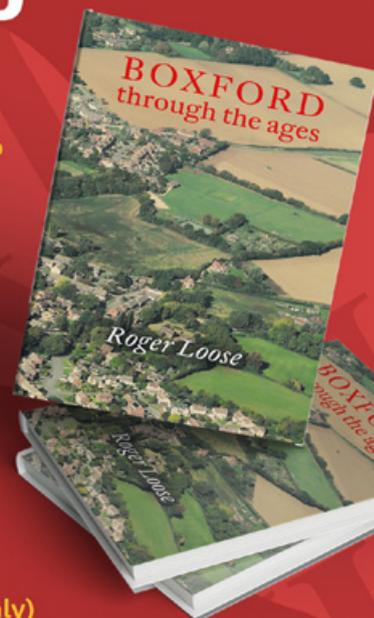
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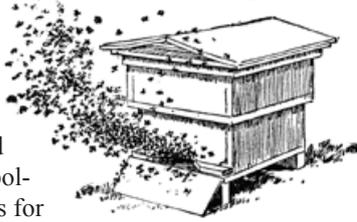
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NOTES FROM A BEEKEEPER'S DIARY

"Summertime and the grass growin' high..." as George Gershwin might have written if he'd lived in Suffolk. Also a time for pollen, streaming eyes and runny noses for those unfortunate enough to suffer from hayfever.



But pollen is as essential a part of the natural eco-system as sunshine and water. Pollen is the male component of floral reproduction, transferred physically from the plant anther to the female stigma to produce a seed or nut which in turn will grow into a new plant.

Inconvenient as it may be for humans, the pollination cycle has been an essential part of nature for tens of millions of years, from a time when the earth was populated primarily by giant creatures such as Diplodocus, slowly cruising through semi-tropical swamps munching on large quantities of fern-like vegetation.

The first fossil remains of pollinating insects date back to around 120 million years. The random nature of pollination made possible the happy mutations and adaptations responsible for the huge variety of flowers, plants and trees around us today.

Pollen is as essential to the life cycle of insects such as the honeybee as it is to plant reproduction. Pollen provides carbohydrate and the amino acids and proteins required for the healthy development of growing bees. It is a mutual dependency as critical to insects as it is to plants.



Honeybees have through evolution developed their own special equipment and techniques for gathering pollen, this is no random process. The bee is attracted to the flower by colour or scent. As the bee crawls across the flower pollen collects on her head and thorax. She uses her forelegs to moisten the pollen grains with nectar and then combs, compacts and transfers the result to "pollen baskets" located on her hind legs. Just to make doubly sure a tiny static electricity charge attracts stray pollen grains to the bee.

There can be a huge difference in the size shape and colour of pollen from different sources. The wonderfully named Vipers Bugloss (*echium vulgare*), a common enough blue flowered wild perennial plant, produces a dark green, almost black, shade of pollen. Dogwood pollen is bright yellow, Dandelion pink and Gorse dull purple. You may have noticed that pollen colour does not always match the colour of the flower in which it is found!

Most pollen grains are spherical or triangular in shape. The largest are approximately the width of a human hair, others in a range down to one twentieth of that size. Daisy pollen is one of the smallest examples, but to compensate is covered in short thick spikes. Forget-me-not pollen is equally tiny. In contrast, Cucumber pollen (as you might expect) is somewhat beefier.

Plants have different strategies for attracting pollinating insects. The Evening Primrose bears uniformly pale-yellow flowers with yellow stamens (pollen bearing organs). Under ultra-violet light however the base of each petal shows up as a darker patch surrounding the central reproductive organs.

The honeybee has five eyes. Two are compound, each consisting of many separate lenses. The other three are simple eyes. Taken

together honeybee eyes are unresponsive to red tones but the simple eyes are sensitive to ultra-violet light waves. So the dark centre of the Evening Primrose guides the foraging bee towards the pollen-bearing heart. Did the Evening Primrose evolve to take advantage of the bees' ability to detect ultra-violet light and gain a competitive advantage over other plants fighting to attract pollinators? Which came first – the chicken or the egg?

The foraging honeybees carry the resulting balls of pollen back to the nest and store it in cells directly above the growing larvae until needed.

The younger 'house' bees mix the stored pollen with nectar and secretions from their head glands. Pollen has a short shelf life, but the resulting blend will ferment in the warm moist conditions inside the hive, extending its usable life and giving off a characteristic yeasty aroma. Which is why beekeepers call brood food "bee bread".

Up to 20% of plants and trees rely on the wind for pollination. Because the odds of successful wind pollination are so long the plant produces an enormous quantity of pollen. The grains are tiny and lightweight and designed to float on the breeze. Some even have an air sac to boost their buoyancy and range.

Wind pollinators such as the oak, birch and walnut have small inconspicuous flowers, but the pollen is held in long strings or catkins, designed to catch the breeze when released. In high summer it is the turn of plants such as the Ragweed to fill the air with pollen, and of course the grasses which give hayfever its name.

Humans are the johnny-come-lately of evolution, but pesticides and herbicides are responsible for eliminating many species of insects and the wild flowers they pollinate. There is some evidence that some plants have evolved wind pollination to supplement or replace insect pollination. How ironic it would be if our own casual disregard for the environment should lead to even larger quantities of wind-borne pollen to add to our discomfort!

Tony Rand



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BOXFORD WI UPDATE

We had our AGM on the 7th June at Boxford Village Hall, but it wasn't all boring committee talk! The meeting started with a Zumba session led by DeeDee Martin. Some members even got their Zumba vibe on and joined in while others were just exhausted by watching! It was great fun and it was a bit of a shame that we also had serious stuff to cover too!



The next speaker we have booked is Hannah Powell, Perrywood's Communications Director on "The History of Perrywoods" on Wednesday 5th July, 2023 at 2pm Boxford Village Hall.

Other interest groups within the WI are:

Chatterbox

The next meeting will be Thursday 29th June at Box River Café 2:30-4pm. £5pp for cake & tea/coffee. Just turn up and enjoy!

Dining Divas

The next lunch is at Hintlesham Golf Club on Thursday 27th July. £20 for two courses. Deposit of £5pp required. Board will be available to sign up at the July meeting.

Book Club

Book currently being read is 'Lessons in Chemistry' by Bonnie Garmus. Next meeting 12th July at Mary's House, Boxford 2pm. Cost is £8 for the season to be paid in advance. Contact Val Clark if you are interested, it is still not too late to join!

Women who Wander

The first walk of the season was led successfully by Annie Phillips in Long Melford, despite the tea venue closing early! The next walk is on Wednesday 21st June, co-ordinated by Jayne Foster. Meet at Kersey splash at 2pm for a walk of about 3 miles. Followed by tea at Kersey Mill Tea Room.

Knit and Natter Group

This group will start again on 18th October in Mary's House, Boxford. The cost will be £8 for the season to be paid in advance. Board available to register interest for next season.

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

Annie Phillips, Secretary, Boxford WI
01787 211729 annie-phillips@hotmail.co.uk

Remember!

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

EBONY'S DIARY

Doesn't time fly when you're having fun! This will be my last blog of the summer term and what a bonkers time we have had with that description. I heard tell we could blame El Niño for the horrible cold wind everyone in East Anglia had to suffer, and the lack of rain.



Practising 2 elements of the Countryside Challenge are Belle and her young rider: posting a letter and opening a gate. The riders must remember to say a 'thank you' to the 'farmer' as they pass.

Our winners will be announced too late for this article but we have a Facebook page called 'The Shelley Centre for Therapeutic Riding RDA' where successes will be celebrated.

We all say a huge thank you to Mary Thornley for being here every day for two weeks to judge riders doing The Countryside Challenge (beginning June 5th) and Dressage (beginning June 12th). Rosettes are being awarded to all who participate.

Looking ahead to when we resume rides in September there are to be two fundraisers in that month. The much missed Stride Out, date to be confirmed, and a Dog Show on Sunday 24th, so please come and support us then.

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DRAMA FROM THE BOXFORD SOCIETY VILLAGE ARCHIVE

Boxford has a long-established and highly successful Drama Club which regularly entertains the community and has a very long history behind it. Our first records of drama in Boxford are for a play in the church in 1535, mentioned in the Church Wardens Accounts (CWA). Fundraising was always a big necessity of life and entertainment was always a good way of raising funds. William Coo and John Skott, the then church wardens, were well used to providing rather boozy entertainment numerous times a year. Their most spectacular achievement was an impressive dramatic event attended by people from thirty villages and towns with visitors from as far away as Dedham, Chelsworth, Layham, Sudbury, Hadleigh and Preston. Not far by car for us but a long walk both ways for them! Every community provided a money collector for the play and the ale that went with it. They raised over £18 which was a considerable sum at that date towards their plans to refurbish the tower and building the porch.

We do not know the play performed though it would almost certainly have had a religious theme, as any other drama would have been seen as a diabolical threat to Christianity and this was, after all, a church event. We assume it was performed in the church although outdoor stages and scenery were known at the time. There is a CWA reference to 'Stoke play' that year and other years, so it may have been connected with the household of the Howards, Dukes of Norfolk, at Stoke-by-Nayland.

Although our next reference to drama is not until 1808, it can be assumed that when religious and cultural conditions allowed, drama would have continued and some folk would have ventured to Sudbury or Ipswich to see London travelling players of the Shakespeare period. The 1808 event was a dramatic two and a half hour performance of "School for Scandal". The play-bill heads it as 'By desire of J Pytches, Esq. Theatre, Boxford'. There were musical performances and the new comedy opera 'Love Laughs at Locksmiths' too. Mr Playford the bill printer of Boxford and his wife were leading lights in the performances. Tickets were sold by Mr Laverlock at the Fleece. Was this 'Boxford Theatre' at the Fleece where a pit seat was 2 shillings, and galleried seating 1 shilling? Quite expensive, but it certainly sounded like a long night, so they got their money's worth! Other play bills exist for such Boxford events during the 1800s.

In February 1925 Boxford decided to build a village hall. The minutes show that it also developed a Drama Club and some of this month's pictures may be examples of their work. Some pictures suggest there were other acting groups from the Guides, the school etc. Very few feature men, something that has been rectified in recent years to very good effect. The 'Boxford Players', a company of local amateurs presented 'Tarradiddle' in 1928 to crowded houses and raised £40 for the Church Restoration Fund.

The current Drama Club's first production 'Fumed Oak' by Noel Coward was performed in May 1975. Many other wonderful performances have continued down the years, including the very popular pantomime.

If you can name any of the people in the pictures, add to, or correct entries please contact us.

Tina Loose



"Mrs Mulligatawny's Spring Cleaning with Sweep" - Mrs Mulligatawny was the wholesome character in tales written by an American Quaker of the period and may be the origin of this drama. L-R: Aileen Baker, Katherine Hogan, Sybil Dansie, Kitty Riseborough, Mrs Andrews (wife of the rector), Edith Gunn, Ida Webb, unknown. Rev. Andrews was rector at St Mary's Church, Boxford from 1919-1932 so the photo was probably taken in that 13-year period.



Girl Guides' drama. The Guides were well established in Boxford and the new 1925 Village Hall Committee were anxious to develop parallel Scouting for boys.



Drama Group. What and when was this play?



Left: Boxford Players Drama Group in the Rectory grounds, cast of 'Tarradiddle' in 1929. They raised £40 for the church restoration at a performance in the new village hall.



Above: Probably Aline Baker as a male Puritan. Another Guides production?



Below: Drama Group at the Bowls Club, or could it be some other big event? Back row second left either a Peachey or Dansie.



Right: Drama Group representing world costume. Mrs Sore, the wife of Boxford School's headteacher on right.



Left: 'Jan of Windmill Land', a stage production by the pupils of Boxford School in the village hall in 1930. The late Percy Fletcher named almost all of the performers.

Back Row L-R: Albie Tricker, Arnold Beer, Geoffrey Elmer; Fuzzy Beer, Aubrey Smith, Roy Hamblin, Stanley Smith.

Second from back L-R: Tommy Skinner, Edie Meekings, Una Tricker; Violet Whymark, Joyce Day, Vernon Tricker; Rowland King, Alan Hamblin, Dennis Skinner, Ada Hills, Tissy Carpenter; unknown, Stan Griggs, Mary Rule.

Second row from front L-R: Dorothy Fletcher; Biddy Smith, Barbara Raynham, Vivien Claydon, Peggy Smith, Jean Clarke, Evie Grimwood, Sammy Fletcher.

Front row L-R: Unknown, Vida Claydon, Margaret Simpson, unknown, Doris McKie.

DID THE SEWERS SAVE LIVES?

A Talk by Dr Anne Folan

Public Health in Ipswich from 1840 to 1911

Little Waldingfield History Society was delighted to welcome Anne Folan to the Parish Room to share her incredibly detailed knowledge of the development of water and sewerage systems in Ipswich during the 19th and early 20th centuries.

Anne began by reminding everyone that today we take it for granted that we have access to clean water and sewerage systems, and also that there are people and procedures in place to quickly sort out any problems that may arise. This however was not the case for most of human history. She graphically illustrated the impact of this by showing the mortality rates for Ipswich 60 years apart:

1851	1911
23.9 per thousand population	13.3 per thousand population
Population 32, 759	Population 73, 932

Shocking as the 1851 figure seems to be, we were told this was about average for the country, with some places such as Liverpool, being considerably worse. Because Ipswich was fairly rural, the mortality rate should have been much lower, probably nearer to 15. Anne also pointed out that should the mortality rate in 1911 have been at the 1851 level then there would have been a further 795 deaths that year - which is quite a shocking statistic. For comparison, the current UK average mortality rate is around 10 per thousand.

Anne then posed the key question: *“What happened during this period to achieve this pretty dramatic improvement?”*

She told us there were three main factors that could account for this, and that opinions over the years had been sharply divided as to which was the main causative factor:

She told us that medicine and medical care could be ruled out because only the smallpox vaccination was available at that time. Similarly, Anne believe an improved standard of living wasn't the reason. Instead Anne was of the opinion that it was improvements in public health infrastructure - particularly sewers and clean water supplies.

The first step on a long road to achieving improvements to public health was The Public Health Act (PHA) of 1848. This received royal assent on 31 August 1848 and established the General Board of Health, responsible for advising on public health matters, such as epidemics and disease prevention, though the board unfortunately had limited powers and no money!

The Act's provisions were based on the findings and recommendations of Edwin Chadwick in his 1842 report on the sanitary conditions of the labouring population of Great Britain. He found there was a link between poor living standards and the spread and growth of disease, and recommended the government should intervene to provide clean water, improve drainage systems and to enable local councils to clear away refuse from homes and streets.

The *Health of Towns Association* (HTA), a political pressure group formed in 1844, campaigned to improve sanitary conditions in towns and cities and strongly supported the creation of local Boards of Health that were obliged to appoint an Inspector of Nuisances (who eventually became known as public health inspectors)

In 1848 Henry Austin, honorary secretary of the HTA, was commissioned to report on the sanitary conditions existing in Ipswich and he was *not* impressed:

“A few sewers and drains exist over a portion of the town, but it is practically without any system of sewerage. There is an abundant supply of good water (from springs), which often runs to waste and is thus injurious to health, and foul matters in the street



Sewer construction early 1900s

always damp and decomposing. The paving is always damp, with stagnant pools of decomposition, wretchedly neglected in many streets. There is no reservoir.”

Austin wanted the council to adopt the PHA and was paid £100 (circa £9,500 today) for his report, but the council did nothing.

In 1851 the GBH issued a statement on the duties and responsibilities of local officers of health (appointed by local boards of health, subject to approval by the GBH). These duties included giving instructions and directing the removal or prevention of the causes of widespread diseases. Boards became responsible for removing ‘nuisances’ from streets, such as refuse or bad paving. They were also responsible for drainage and water supply as well as other sanitary actions. Officers were required to report quarterly to the GBH, provide information on illnesses and deaths in their areas, and to provide a detailed annual report.

Despite multiple approaches to the town council over many years, it was not until 1857 that Ipswich finally adopted the PHA, with the council executing duties of the Local Board of Health. By this time a few sewers had been constructed, but were totally inadequate as they simply discharged into the rivers Gipping and Orwell. The waste also included material from slaughter houses and other industrial activities, apart from being dangerous, the stench must have been pretty awful.

In 1857 a newly formed Sewerage Committee instructed civil engineer Peter Bruff to draw up plans for a complete sewerage system for the town, which he duly did, but as the cost would be £30,000 (nearly £3 million today) nothing happened. By 1862 Bruff declined to attend committee meetings as ‘they were a complete waste of my time’. Between 1862 and 1872 the committee visited other towns and continued to debate the best way to sewer Ipswich, and in January 1874 appointed George Elliston as Medical Officer of Health, a newly-created post. Elliston was a keen supporter of measures to improve public health and a strong supporter of Bruff's plans.

In 1876 Bruff revised his plans and resubmitted, and between 1878 and 1879 the council took up a Local Government Board loan to fund construction of a main sewer two and a half miles in length, intercepting the smaller sewers which had for many years emptied into the river Orwell at various points. Sewage was now to be discharged into the tidal river at extensive outfall works built about 1.5 miles from the town, and storage provided for up to six million gallons of sewage and storm water. At high tide the outlet was also closed. The cost of the sewer and works was between £50,000 and £60,000 (more than £5 million today), and a grand ceremonial dinner was held in the outflow chamber immediately before it was brought into commission in 1881.

Water Supply in Ipswich

In the mid C19th there was an abundant supply from natural springs, though no reservoir; one third of the town was supplied

with mains spring water whilst the rest depended on wells. In 1852, the supply was in the hands of several proprietors, but chiefly the council.

In 1854 the council drafted a bill to take over conveyance of water, requesting authority to levy rates and raise money by mortgage, but this got nowhere, and in 1857 the council sold their interests in waterworks to private proprietors. The supply of water to the town was now solely in the hands of the Ipswich Waterworks Company (IWC), who in 1864 built a waterworks depot and a reservoir. Despite this, during the 1870s and 1880s there were hundreds of houses in the town without a proper water supply, and many with no supply at all.

The turning point came in 1891, when there was a public meeting to consider the question of the council buying the IWC. Finally in 1892 this occurred at a cost of £203,000 (more than £20 million today), and an act to supply water was passed in June 1892.

Between 1850 and 1890 the most common domestic waste disposal method was the Privy Midden (or midden closet), which was a toilet system consisting of a privy, or outhouse, associated with a midden, or dump for waste. They were widely used but were difficult to empty and clean. Typical comments were that they were of most objectionable construction, usually wet and very foul, and often without proper roofs. Each year between April and October middens were often infested with flies - a well-known vector for spreading waterborne diseases (e.g. Diarrhoea, Dysentery, Cholera, Typhoid) and they often polluted water courses. It was not until the use of privy middens was substantially reduced, from 6,225 in 1899 down to just 66 in 1911, that infant mortality rates were halved.

Tangible benefits were obvious - no infestations of flies, no fouling of the water supply and much healthier conditions, especially for children.

Anne's superb talk was incredibly interesting and hugely enjoyed by everyone present.

For reasons of space, this article has been heavily abridged from the original, which is available here: <https://bit.ly/lwhs-ipswich-sewers>



A Victorian Privy Midden

BRIAN TORA'S SOAP BOX

In case there is anyone out there who wondered why Soap Box did not appear last month, I thought I would share with you the problems involved in trying to file copy while on the move. Having written much of the article before setting out on what was to prove a mammoth and taxing journey, my plan was to finish the piece while holed up in a hotel en route to the Algarve. The issue we faced was that, as we get older, we are no longer able to cover as many miles each day as once was the case.

Suffolk to Lagos, the nearest town to our destination, is around 1,500 miles, give or take, plus the ferry crossing. And on this occasion we had been unable to secure a crossing into Spain, which would have halved the mileage we needed to drive, so our route took us through France as well as Spain and Portugal. A decade or so ago, such a journey would have been accomplished in three days, but our time of driving for 500 miles in a single day are long past, so we allocated five days to the task.

So far, so good. Except that a three day journey would have meant we arrived in time to finish and send the article, so the longer journey time meant I would have to complete and despatch the piece at one of our overnight stops. And here is where the problem arose. The article was stored on a laptop in an encrypted file that I was unable to open because the device's security system would not allow me to use the public wifi that is available in most hotels these days.

I explained this to the editor, but unfortunately the option of sending it a day or two after the copy deadline was not available as the issue had to be sent to print by then. Don't worry, she said, just send it for the July edition. All well and good, but as I had written about the Coronation, I felt much of the content to be really rather out of date. This is a pity as the occasion should give us all a sense of pride in our nation at a time when little else appears to be going right for us.

Certainly, I enjoyed the Coronation. To use the words of Carly Simon's title song to the James Bond film, *The Spy Who Loved Me*, nobody does it better. We may have many shortcomings as a nation, but when it comes to pageantry and spectacle, we are in a league of our own. No doubt the pages of this august journal were crammed with pictures of the members of our benefice enjoying themselves at one of the many events organised to celebrate the start of this new era. I'll have to wait to find out once I return home as my copy will be sitting on my doormat I expect.

Little Waldingfield had definitely stepped up to the mark. With a picnic on the Playing Fields on the afternoon of the ceremony in Westminster Abbey and a Coronation tea party in our Parish Room, there was something for everyone to participate in at this most special weekend. Of course, all this was made possible by the very hard work of the many volunteers who gave their time, effort and in some cases money to make this a thoroughly worthwhile occasion. I much enjoyed attending both functions, especially as I am no longer involved in preparation or in helping on the day at village functions, with younger volunteers taking up the running.

But it is all just a memory now, albeit a pleasant one. What is concentrating my mind as I write this is the prospect of our return journey which is due to start in less than a week's time. Once again we are allowing five days to complete the trip, with four overnight stops - two in Spain, two in France. Each hotel is one where we have stayed before, so we know how to get there and what to expect. This is another contrast to the way we managed our trips some years ago. Then we would have been happy to take pot luck and pitch up at a hotel at the end of a day's driving, not having booked in advance. Today we prefer certainty. Getting older brings with it a whole set of challenges.

Brian Tora

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sd.bowen@btopenworld.com

BOXFORD OPEN GARDENS



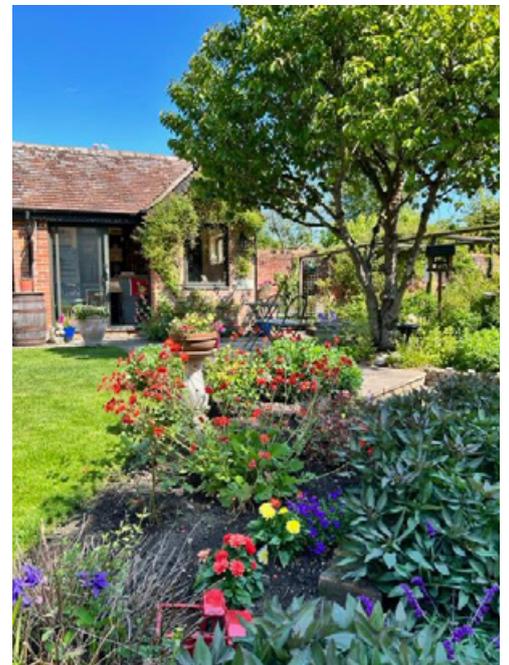
On Sunday 4th June over 400 visitors enjoyed gardens in Boxford and Edwardstone - the 25th year of this event. New gardeners joined some who have been opening since Open Gardens began, with 20 gardens ranging from the formal to cottage gardens, with heritage plants and abundant local plants providing ideas for every visitor to take away.

Much work had evidently been going on in the preceding weeks and months with gardens of all styles looking appropriately show-ready – from formal clipped lawns and pleached hornbeams on Swan Street, through to the manicured roses at Dormers, the acres of rolling grass and meadows at Chequers, and the surprising Japanese-inspired landscaping in Calais Street. There really was something for everyone.

It was a perfect June day of sunshine, and as well as the gardens there were artists' studios open, a cake stall, afternoon teas and, new for 2023, a Children's Trail. As a full village affair, the Box River Cafe opened especially, and the Boxford Society put on a special exhibition of historic photographs in the church. The exhibition showed how much, and more significantly how little, Boxford has changed over the years – what has remained constant is the sense of community we enjoy.

Open Gardens is the main annual fundraiser for St Mary's, and this year over £3,000 was raised to support the Church in its work in the community!

A huge thank you goes out to all those who took part, not only the gardeners, but also the cake bakers, the marshals, the ticket sellers, the tea-makers, and of course all those who turned out in support of the event. Mark your diary for next year's Open Gardens - the first Sunday in June 2024 - and do think about getting involved in this important event for the whole community.



HADLEIGH & BOXFORD PPG

Much to everyone's relief the massive facelift at the Practice is finally complete and the pleasing outcome has made it all worthwhile. Thanks to staff, patients, builders, visitors and the benevolent landlord for their patience throughout the entire refurbishment period.

Happily, the newly-installed picture rails in the main Waiting Room area will enable us to display a greater number of art works than before. Our thanks to Jon Revell and the students of Hadleigh High School for agreeing to be our first exhibitors.

The re-organisation has resulted in the creation of a designated Phlebotomy Room which will be ready for use in a few weeks' time. The newly-acquired equipment will make blood taking much easier for patients and Phlebotomists alike. The infrared vein finder will be funded by Beryl and Peter Meredith in memory of their late son Gareth. The specialist chair has been funded by members of the ladies' Fidelis Group. Sincere thanks to both for their generous contributions making the acquisition of these valuable pieces of equipment possible.

Beryl and Alan Meredith's memorial walk in memory of their late son Gareth has been carefully planned from the start at the Boxford Practice to the finish at the Hadleigh Health Centre. It will take place

at 10:30am on Sunday 16th July and take walkers, with clear signage, cross country for 5½ miles. Families and dogs (on leads) are most welcome, but you do walk at your own risk. You will also be responsible for your own transport arrangements. Parking at Boxford is limited. There is no sign-up fee but a voluntary donation will be possible. This will go towards the infrared vein finder mentioned above. Everyone is welcome so why not come and enjoy this leisurely walk in beautiful countryside?

"Ninety per cent of the diseases known to man are caused by cheap foodstuffs. You are what you eat." Amazingly this sentence



has been around, initially in other languages, since 1826. It has been in and out of public consciousness ever since. More recently Panorama on BBC One aired a well-researched documentary investigating

the link between processed food and physical and mental health. The findings were shocking and disturbing and will be difficult to ignore. You can take advantage of BBC iPlayer to watch

"Ultra-Processed Food: A Recipe for Ill Health?" or visit www.bbc.co.uk/programmes/m001mp67

Another friendly reminder; the Practice is not responsible for Mill Pharmacy. Patients are kindly requested not to call the Health Centre with any queries or questions they may have about that chemist.

PPG Chair: Jan Devey 01473 827091

Email: deveys@btinternet.com

Website: www.hadleighhealth.co.uk

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

NHS App: www.hadleighhealth.co.uk/the-nhs-app

Memorial Walk: alan.k.meredith@btinternet.com

BOXFORD BIKE CLUB

Boxford Bike Club hosted its 10th annual cycle sportive on Sunday 23rd April 2023. It was certainly a ride of two halves with bright sunny weather in the morning, turning to torrential rain in the afternoon. Despite the best efforts of mother nature to spoil the day, almost 200 hundred riders



completed the event in challenging conditions. Congratulations to everyone who participated, especially our many junior riders.

We would like to thank the residents of Boxford and its neighbouring villages for once again supporting us in hosting this much-loved event, and to all our helpers without whom the event would not run.

Each year a considerable proportion of funds raised through the event are donated to community charities and we are delighted to have been able donate £500 to the Boxford Community Council and are presently in the process of donating £1,300 to the East Anglian Air Ambulance. Possible charity matching from employers of club members is likely to increase this significantly.

We would like to thank The White Hart public house for the generous use of their facilities, Sunny Day Cycleworks for providing an excellent mobile repair and recovery service and Buzz Power for providing their wonderful organic honey and energy gels.

Lastly, we have decided to run the Tornado once again on 28th April 2024 – we hope that many of you will be able to join us and will provide a further update in the coming months.

CAPTAIN'S CHARITY DAY

A total of 128 players took part in the annual Men's Captain's Charity Day at Stoke by Nayland Golf Club – raising more than £2,200 for charity.

Glen Jackson, the 2023 Captain, has chosen the Essex and Herts Air Ambulance as his charity this year and was delighted with the response on the day.

As well as playing in a singles competition, club members also took part in a number of fund raising activities.

The day was capped off with a "fly over" from the air ambulance.



Glen Jackson, left, with Hoss Atri and Ken Read from the Essex & Herts Air Ambulance.

HOLE IN ONE FOR ANDY!

Stoke by Nayland golfer Andy Burbidge recorded his first ever ace in the annual Gainsborough Championship.

Andy, whose handicap is 13.6, hit a beautifully flighted five iron from the tee at the long downhill 9th hole, hitting the front of the green and rolling up to drop into the cup.



THE GLOW PRO



As the sun cranks up its rays and the temperatures rise, it's common to switch up your beauty routine and embrace a more natural look. Now, we're all familiar with the golden rules of summer skincare, such as using sunscreen, wearing a hat, and staying hydrated. However, to really summer-proof your routine, it's a good idea to temporarily retire those rich, creamy products in exchange for more lightweight and silky formulas. Read on for my current must-haves:

Heliocare 360° SPF

- keep an eye on our social media for some very special sunscreen offers...

You probably saw this one coming, right? Sunscreen is an all-year-round saviour and the holy grail of skincare routines. The only catch is that it can be challenging to find one that offers maximum protection and doesn't suffocate your skin...which is where Heliocare comes in.

With tinted, clear, mineral, oil-free, pigment, redness control, AND body products, there is literally something for everyone. The **Gel-Oil Free (£35)** is practically a dream come true if you have oily skin, as it boasts a divine formula that transforms into a lightly-tinted, matte finish. Trust me when I say that I ditch my foundation for this!



ALLSKIN|MED Radiance Gel - £15 off in clinic this July

While I've been eagerly anticipating summer, it's true that the sunshine rays can rob our skin of its radiance over time and accelerate the ageing process. Vitamin C is a natural collagen booster and works wonders on the skin's elasticity, texture, and overall quality, which brings me to my hero product: ALLSKIN|MED's Radiance Gel (£50 £65).

This barely-there gel glides on effortlessly and contains a cocktail of antioxidants and regenerative growth factors, leaving skin energised and refreshed!



ESPA Pink Pomelo Lip Balm

Our lips are often in need of a hydration boost, so don't forget to protect and pamper that pout! ESPA Pink Pomelo Lip Balm (£10.40) is my pocket-sized best friend, as it's deeply nourishing with ingredients that scream summertime bliss: grapefruit oil, wild mango and pomegranate. After each use, my lips feel moisturised and have a subtle sheen, adding to that healthy-looking glow. Plus, it's 100% natural, which means it's nothing short of pure goodness.



What are your summer skincare favourites? Let me know: office@suffolkmedicalclinic.co.uk / 01787 211 000

No7 Total Renewal Micro-dermabrasion Face Exfoliator



Regular exfoliation is a key aspect of every skincare routine to create a fresh canvas. That's because our skin has a talent for rapidly shedding cells, and if we don't give those cells the boot, they just settle in and create a lacklustre complexion. To brighten things up, introduce a gentle exfoliator that suits your skin type. My go-to is No7's Total Renewal Micro-dermabrasion Face Exfoliator (£9.95), which has micro-crystals that work against sun-damaged, blemish-prone skin, and fine lines. By gently sweeping away those dull cells, this budget-friendly product revitalizes and smooths drab skin tones and textures.

ORIGINS GINZING

Ultra-Hydrating Energy-Boosting Cream

If creamy moisturisers leave your skin feeling heavy, it might be time to dive into the world of gel moisturisers. These non-greasy formulas are watery, weightless, and quickly absorb since they contain no rich ingredients that make creamy moisturisers, well, creamy! This gem of a product (£29) is packed with super-hydrating ingredients, such as niacinamide and ginseng, which zaps life into tired skin and leaves it feeling supple.



Helena x

Suffolk Medical & Beauty Clinic
Medical Aesthetics



Thank you for all of your questions and comments for this month's Q&A! Our chosen question comes from Beth in Sudbury, she asks:

Q: "Is it necessary to double-cleanse?"

A: Whilst it's not a necessity and doesn't suit all skin types, double-cleansing can be highly beneficial, especially if you wear makeup/sunscreen and live in a polluted environment. The first step is to dissolve and lift away impurities, and the second step is to thoroughly cleanse the skin which helps to reduce clogged pores. Ultimately, it is a personal preference and depends on your specific needs!

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

FIRST WIN FOR MILDEN

A win at last! On the hottest day of the year so far, Milden beat Nowton CC by 15 runs on 11 June to record their first win of the 2023 season.

It was a match in which the three Evans brothers made significant contributions. Batting first in a high-scoring game at Overway Meadow, Milden posted 238 for 7 from their 40 overs, Stan Evans top-scoring on 66 not out, with Guy Evans (47), Alex Cunningham (39) and Ani Thotopalli (30) the other main scorers. In reply, Nowton were struggling at 17 for 3 after five overs, thanks to a run out and two wickets in successive deliveries for Robbie Evans, but Davies and Meeson took the score to 152 before Meeson (77) holed-out to a catch on the mid-wicket boundary by Robbie to give Scott Vaughan a much-deserved wicket. Two quick wickets for Matt Archer followed and at 161 for 6 in the 31st over Milden were slight favourites, but with Davies still there and scoring freely, it was going to be tense finish. Tight Milden fielding ensured the victory, ‘Man of the Match’ Davies ending on the losing side on 101 not out – he reached his century in the final over.



‘Flying bails’ Ani Thotopalli bowled for 30 by Toby Moore at Nowton.

Other results:

21 May Mildenhall 252-7; Milden 97 all out; Mildenhall win.

4 June Milden 129-7; Elveden 130-4; Elveden win.

July fixtures:

2 July Nowton (home)

16 July Elveden (away)

23 July Stansfield (home – friendly)

30 July Stowmarket (away)

BEES STOP PLAY!

In 2022 it was a mini tornado at Battsford stopping play; now a swarm of bees at Milden! The discovery of a swarm in a tree on the boundary at Milden delayed the start of the home match against Stowmarket on 18 June as the boundary was re-marked. The game was then interrupted after nine overs of the Stowmarket innings when Richard Wild of ‘Number 18 Honey’ at Boxford,



alerted to the problem by a message on Facebook, arrived to rehome the swarm.

After the break, Stowmarket progressed to 202 for 5 from their 40 overs, but the match was abandoned shortly after tea when the forecast rain arrived on cue.

Frustratingly, the match was then nicely poised, with Milden 25 for 1 in reply from 7.4 overs.

Another entry for next year’s *Wisden*, perhaps? The ‘man of the match award’—a jar of Number 18 honey—was awarded by the captains to Stowmarket’s young Freddie Flowers-Butcher for his 50-ball 61 not out.

Photos by David Lamming



BOXFORD ROVERS YOUTH

The Boxford Rovers Youth Awards Day was held on June 10th Following 5-a-side competitions amongst the teams and even a parents penalty shoot out all during the hottest day of the year! It made for an enjoyable event for all the Under-13 and Under-15 teams plus an introduction of the new Under-9 team for next season who joined us for the day.

Both the Under-13 and U-15s play in the Suffolk Youth League and both teams have had a fairly successful season in very competitive leagues and all players have enjoyed the challenges of playing against strong opposition.



The awards day was attended by 35 players and many parents followed by a great BBQ provided by Alan Leeder Butchers.

So it’s onto the 2023-4 season starting with training in August and matches in September.

Melvyn

Chairman and Head Coach

THE GOOD OLD DAYS

Once again Boxford Drama Group triumphed with Ward Baker's production of *'The Good Old days'*.

For those of you old enough to remember (and there may still be a few) it was a reminder of the BBC entertainment series that graced our television screens for 30 years between 1953 and 1983 - and we all took a step back to a gentler time.

The show was opened by a splendid MC, the Drama Group's very own David Phillips looking magically resplendent in a red tail coat and brandishing his gavel, never once stumbling over a superfluity of adjectives he used to describe the forthcoming performances.

In front of the stage looking amazingly professional, which indeed they are, tail-coated (well, two of them) and freshly scrubbed up for the occasion, was the mini-orchestra, comprising Ward Baker with Gareth and Sue Price. Throughout the evening they played with complete authority and were magnificent.

The assembled company looked splendid and colourful, singing songs old and new with great gusto. Each section was interspersed with a plethora of puns, jokes and sketches which were greeted with laughs and groans in equal measure.

Lenka Netopilikova bemoaned the fact her pater refused to purchase a canine for her, and she had to be satisfied with a feline, a truly lamentable tale we can all identify with.

Emily Barlow delighted us with her powerful, yet sweet pitch-perfect voice on more than one occasion, initially singing about a certain 'Mrs Moore' who never knew when she's had enough, of anything it would seem.

Monica Murphy charmed us with a recitation of a poem where she was going to kill her husband (although Tony had apparently escaped well enough to appear onstage later and make everyone laugh) and the next minute bemoaning the fact that she had been left waiting at the church.

Jeremy Morgan tried to convince us his name was Charlie and he only drank champagne (pull the other one, Jeremy), Alison Barlow had been following a vehicle containing all her worldly goods but had somehow dawdled and was completely lost along with her caged feathered friend.

Frances Korabik gave a glorious rendition of the dangers of surrendering to the Oom-pah-pah, whilst Pete Korabik reminisced about the folly of owning an unnamed musical instrument which made a curious ding-a-ling sound.

James and Angela Tolputt, complete with necklaces of onions sang a humorous ditty in Franglaise, indeed a *pièce de résistance*.

Joe Barrett exceeded the boundaries of innuendo, indeed risked offending those of us in polite society, with his delivery of the comical cock.

Denise Gribben having had an unfortunate encounter with a pig in the first half, recovered sufficiently to give a splendid performance in the second half playlet as the formidable Mrs Cake.

It was a marvellous evening, each member of the company performing many roles and the audience were encouraged to join in with the singing. It promised to be a lively, fun evening, full of jokes and risqué double entendre and that's exactly what it was. Complete with an amazing 2-course supper for everyone, prepared by the always-dependably talented Dawn Mace in the interval, and a bar to loosen up the vocal chords, it was amazing value for money.

So felicitations must go to Ward Baker for writing and directing, to David Phillips for ensuring the show ran smoothly with his excellent, effervescent performance as MC and to Elaine Carpenter who not only sang in the chorus but organised the costumes and pulled the whole production together - no mean feat. We congratulate you all!



Photos Jeremy Morgan

FEEDBACK FROM JAMES FINCH

County Councillor for the Stour Valley

Support for Ukrainian refugees moving to private rented accommodation.

Suffolk County Council (SCC) has announced a one-off £2,000 support grant for Ukrainian refugees moving on from their host into their own accommodation. The Independent Living Payment will be available to Ukrainian Refugees, who are moving into private rented accommodation after 1st April 2023. Guests must have been living in Suffolk for a minimum of two months and be registered on the *Suffolk Homes for Ukraine* scheme to be eligible for the payment.

The funding can be used for any associated housing costs, including furniture, moving costs or travel to work. The support can be used towards accommodation which is furnished or unfurnished, and accommodation can be in Suffolk or out of county as long as a copy of the new tenancy agreement is provided.

Ukrainian guests can apply for the Independent Living Payment by visiting www.suffolk.gov.uk/ukraine and completing the application form. Application forms can also be requested by emailing refugeesupport@suffolk.gov.uk.

Revised policy agreed to protect Suffolk's water supplies.

SCC's Cabinet has agreed to a revised infrastructure policy to support water security in the region.

As part of its focus on adapting to a changing climate, Cabinet members agreed a revision to the Energy Infrastructure Policy to cover future projects needed to protect and maintain water resources, including reservoirs, pipelines, and water recycling plants.

This new policy addition lays out how future water infrastructure projects will be managed and the council's role with stakeholders, such as the water companies, Ofwat and the Environment Agency. It also sets out how the council will recover the money it has to spend in the planning process for infrastructure projects.

Suffolk residents urged to #ShakeItOut when recycling.

A new campaign by Suffolk Waste Partnership is encouraging people to empty plastic bags and not throw them in recycling.

The #ShakeItOut campaign has been launched by the Suffolk Waste Partnership to encourage households in Suffolk to help improve recycling rates across the county by making sure black bin bags and other plastic sacks are not thrown in with recyclable materials.

#ShakeItOut is encouraging people to shake out plastic bags and keep recycling clean, dry, and loose.

The Partnership, which comprises Babergh District Council, East Suffolk Council, Ipswich Borough Council, Mid Suffolk District Council, SCC, and West Suffolk Council, says more than a quarter (26%) of the materials in Suffolk's recycling bins in 2022/23 were not able to be processed as they were spoiled.

Items that contributed to spoiled recycling collections included:

- Materials that were not clean and dry, or contained food and drink
- Rubbish sacks or plastic bags containing recycling
- Non-recyclable items, such as nappies and food waste

Plastic bags and rubbish sacks are a particular problem – recycling handlers can't see what's inside them and they are often full of rubbish or other non-recyclable items. This means bags are removed during the sorting process to avoid spoiling other good recycling.

Any removed bags are then sent for disposal.

Virtual Fostering and Adoption Sessions for the Stour Valley

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

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

James Finch

james.finch@suffolk.gov.uk

Tel: 01206 263649

Mobile: 07545 423796

FEEDBACK FROM BRYN HURREN

Babergh District Councillor for Box Vale Ward

Firstly this month I need to report a regrettable 2.9% rise in Babergh's share of the council tax levied to all households across the District. Although this will only mean a £4 rise on the annual rate, it has to be remembered that the Babergh share of Council Tax is now only 8.5%. With other partners going for bigger increases the total increase across the district is likely to be around £70 annually on a band D property. This is unsustainable and unaffordable to many in the long term and needs some serious thought into the future.

While Babergh receive no direct funding from Central Government anymore, I do feel that we still give good value for money with the services that we deliver. This now includes licensing and parking enforcement management, which although fee earning, only just about break even in monetary terms.

Community Infrastructure Monies (CIL) continue to be collected from developers to help pay for local schemes to make up for the extra pressure placed on communities and have helped in all villages across my ward to provide and enhance local facilities and equipment. Babergh currently holds £12m in reserve, to enable local schemes to bid into, and with the new swathe of development about to happen, this could go up to £16m by the latter stages of this year.

Environmentally, we continue to punch well above our weight, with the solar panels on our council houses pulling in £350,000 of feed-in tariffs for our budget this past financial year. Also our combined Suffolk Energy from Waste Project continues to function well and ensures that no household bin waste goes to landfill and is all used to generate electricity that feeds into the National Grid and generates an income for all councils across Suffolk.

With our fleet of waste collection and trade vehicles now running on HVO, (hydrated vegetable oil) we continue, along with Mid Suffolk, to punch above our weight in carbon reduction and energy generation.

If we wish to do more, many of the new initiatives will have to come through changes in planning laws and government initiatives. This, I fear, is not going to be easy with a government in power who just do not get it when it comes to climate change and the emerging energy crisis. Changes can also be enacted through our own local development plan and we will have to go down that route to bring positive environmental change and the ensuing benefits.

Housing generally across our joint councils remains in crisis, with never enough homes to meet demand and house all those requiring a basic roof over their heads. Despite the dreadful right-to-buy scheme still being applied without proper recompense to councils to replace what is sold off with new dwellings, Babergh-Mid Suffolk have increased housing stock this past year by 68 much needed houses. This has been done by investing income from rents, sales and grants in new housing stock, some of which we have built ourselves.

As a not-for-profit housing landlord we continue to concentrate on building local homes for the local people that need them, also we continue to support and work with Housing Associations to partner and enable them to build homes where needed and as part of private developments.

The *build, build, build* initiative of this present government across swathes of our green sward has done very little to solve the housing crisis as very few needy families in the areas they are built in can actually afford them, especially since the trash Autumn Statement that has sent mortgage rates spiraling skywards.

As a result of the recent district elections across Suffolk the political colour has thankfully changed from blue to green tinged with a strong golden thread. A vast improvement.

Your council is now made up of 10 Greens, 9 Independents, 7 Local Conservatives, 5 Liberal Democrats and 1 Labour Councillor.

My heartfelt thanks also to those that came out in my own ward to cast their vote and to re-elect me with such a huge margin.

[cont...]

PARISH COUNCIL UPDATES

EDWARDSTONE

Summary of Annual General Meeting 15th May 2023

Present: P Baker, M Gibson, T Wood, L Smythe, J Morgan, R Jones (Clerk) The Chairman welcomed new councillors L Smythe & J Morgan to the council. P Baker was re-elected as chairman. T Wood was elected as vice-chairman. The clerk reported that the council has two councillor vacancies still to be filled. Former councillor D Williams had expressed his interest in returning to the role but was unable to attend. It was agreed to co-opt D Williams to the council, pending his acceptance and to seek another person to fill the remaining position. All elected councillors completed an Acceptance of Office form. It was agreed that the chairman would send letters of thanks to the two outgoing councillors - Sharron Norman & Paul Clarke in recognition of their long service to the council.

On-going matters: *Bus Shelter* - The contractor (Bartswow) who had been awarded the contract had failed to respond to e-mails or calls and the chairman had now contacted two alternative contractors. He had received one quote and was waiting for the second. *Defibrillator* - It was agreed that J Morgan would now be responsible for monitoring the defibrillator. He had spoken to Paul Clarke, the outgoing councillor responsible, who had undertaken to transfer relevant forms and emails to him. J Morgan would contact the Community Heartbeat Trust on the matters of the emergency phone.

Planning Matters: DC/23/02128 Land West Of Mill Green - Full Planning Application - Erection of 4No dwellings – The Council raised no objection to the revised application on the understanding that the plot was of sufficient size to accommodate the planned dwellings and that access to land at the rear was not compromised. There was also concern over whether the properties would meet an ‘affordability’ criteria.

Neighbourhood Plan Update: Report from Working Group – M Gibson reported that the working group had been looking at the following:

- *Housing* - it was felt that it should be left to future developers to prove that any proposed development would fulfil a local housing need.
- *Environment* – the group had revisited the part of the plan dealing with solar farms and wind turbines, to make sure that there were enough safeguards against major development proposals.
- *Landscape* – the group would be looking again at the protection of rural and agricultural sites, in the event of developments such as, for example, equine or dog kennel projects.
- *Bio-Diversity* – Subject to funding being available, the group was proposing to ask Suffolk Wildlife Trust to survey the parish and report on opportunities for further action to protect and enhance biodiversity - for example, the development of new wildlife corridors.

Draft Plan. Councillors had seen the first draft of the plan and been asked to comment on it. The main discussion focused on (1) the proposal not to allow private development outside the ‘settlement boundary’, apart from exception sites for affordable housing, and (2) whether a housing needs survey should be commissioned from the consultants who had prepared the Design Guide, to be incorporated into the final draft for community consultation. Councillors referred the following back to the working group: The Council supported the working group’s proposal, subject to funding being available, to ask the Wildlife Trust to survey the parish, so that the outcomes could be taken into account in preparing the final draft for consultation. The Council feels it is important to include an element of flexibility outside the settlement boundary to allow private development by existing residents with family housing needs. The Council asked the working group to commission a Housing Needs Assessment (subject to funding being available) to enable the Neighbourhood Plan to be based on factual information and housing need projections, rather

Since I wrote this report, the council has had its first cabinet meeting of this new era, with my good friend Cllr David Busby who was elected at our Annual Council meeting as our first Council leader for this new four-year period. The Lib Dems, of which there are now 5 members, will also take the Chair for the Babergh Joint Audit and Standards committee (myself) and with Cllr Lee Parker as Chair of the licensing committee. Both very important and demanding roles.

The council and cabinet will be run by a coalition between the Greens, Lib Dems and Independent councillors, with politics taking a back seat and good governance and dedication to duty and service at the forefront of what we do. So different to the national picture of lies, cronyism, waste, and total incompetence. The sooner this shocking government of little talent is consigned to the dustbin of history and forgotten the better. We will struggle to forget all that has happened during the past eight years or so but pray God that we learn from it and never allow another so bad to take its place. Please let’s all use our precious vote and democracy wisely.

As for myself, I am back on duty throughout all my six villages and trying my very best to make a positive difference for everybody in the Box Vale Ward and throughout all the 78,000 residents of Babergh District Council.

It is going to be tough, but somebody has to do it and I do know what I am doing. If you need your Councillor, I can be contacted on the details below.

Bryn

bryn.hurren@babergh.gov.uk

Tel: 01787 210854

Mobile: 07771 508348

FEEDBACK FROM PAUL CLOVER

Babergh District Councillor for Lavenham Ward

Margaret Maybury and I would like to thank everyone who supported us in the May elections. We feel privileged to have been so well supported at a time when there are so many challenges facing all of us on a local and national scale. Talking constantly to residents and being involved in various community projects appears to have been recognised in us achieving a one seat gain in the Lavenham Ward. We are extremely grateful to everyone who worked with us and helped us towards this success.

The make-up of the new administration at Babergh District Council is part representation of the electorate. Sadly, it does not include Conservatives as our ‘red line’ of no car parking charges would not be supported by other parties. Margaret and I are determined to support our local high streets and businesses alongside the residents from our villages who depend on and contribute to our local towns, by standing against car parking charges.

Other parties who claimed to fight for no parking charges in their campaign literature appear to have conceded this ‘red line’ in forming the new administration.

No business has been conducted as the new Cabinet, which lacks experience in most quarters, is undertaking briefing and will not meet in a full council meeting until 20th July, some eleven weeks following the election. We will see what the new administration brings to our residents.

Margaret and I will continue to move amongst the groups within the Lavenham Ward, volunteering and helping where we can plus enjoying meeting so many of you. If there are any issues where we are able to assist you and/or your community, please do contact us at either of the email addresses below.

With our best wishes to you all,

Paul Clover

paul.clover@babergh.gov.uk

margaret.maybury@babergh.gov.uk

than leaving the issue unaddressed. Councillors were mindful of the needs of young people growing up in the village, and of ageing residents, whose future housing needs should be recognised and taken account of in the plan before the final draft was presented to the community for the second round of consultation.

Footpaths – It was formally agreed to continue to use Garden Arbs Ltd to carry out footpath cutting. Footpath Leaflet – still awaiting feedback on the draft from SCC representative. Other Highways & Footpath Matters – the clerk had received correspondence from Aldham PC regarding a campaign to introduce a local 20mph speed limit. The clerk to forward the information to councillors..

Climate Change: Report from the joint meeting on Wildfires & Community Emergency Plan - the chairman reported that a joint response regarding the provision of emergency facilities such as the Parish Hall was being prepared and he was awaiting feedback from other Parish Councils and SCC. Edwardstone White Horse had agreed in principle for two EV charging points to be installed there. The chairman was authorised to complete the full application form so that the project could proceed to site survey.

Financial Matters: Statement of Finances & Orders for Payment – approved. End of year accounts – due to an anomaly in the receipts and payments section of the accounts, it was agreed that further work was required, to be completed by the chairman and clerk following the meeting. Renewal of insurance from 1.6.23 – it was agreed to renew with Zurich Municipal at a cost of £343.98. Applications for charitable donations – The following donations were agreed: Edwardstone PCC £600. Edwardstone Millennium Green Trust £750. Edwardstone Parish Hall £700. Boxford Playing Fields £300 All donations to be paid in two equal amounts. Annual increment to the Parish Clerk’s salary w.e.f 1 April 2023 – It was agreed to approve the increase of the clerk’s annual salary by one spinal point on the National Pay Scale. The clerk to complete an annual Community Infrastructure Levy return to Babergh DC.

Date of next meeting: Monday 17 July 2023 at 7pm

Full minutes can be found at:

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

Richard Jones

01473 828246 / edwardstoneclerk@outlook.com

GROTON

Summary of Council Meeting 17th May 2023

Present: Piers Roberts, Sarah McGrath, Nigel Chapman, Roland Cheeseman, Catherine Hearn, Richard Jones (clerk)

Others: Adam Dixon-Smith, Gerald Becker. The chairman welcomed new councillor Catherine Hearne to the meeting. Piers Roberts was elected as chairman. Sarah McGrath was elected as vice-chairman. The clerk confirmed that following the election on 4th May, the Council had been left with two vacancies for councillors. Former councillors Adam Dixon-Smith and Gerald Becker were present and had indicated previously that they would like to be co-opted to the Council to fill the vacant positions. The clerk said that the Council had the option to co-opt both if it so wished, without the need to advertise or could open the positions up to other interested parties. The Council discussed this point and decided that it was in the best interest of the village for the vacant posts to be advertised to give other Groton residents the chance to apply.

Appointment of representatives: Babergh Area Committee of SALC – none (position to be held open pending any interest from councillors) Boxford Community Council – Nigel Chapman. Groton Village Hall – Catherine Hearne.

Neighbourhood Plan Update: Nigel Chapman reported that progress had slowed as neither the Government nor Babergh DC had been able to give any guarantees as to how the pilot project would move forward. However, as part of the development of the plan, he

had carried out some research into local housing and how easily residents could access services; further meetings of the steering group were in process of being arranged.

Report from the Wildfires & Emergency Planning Meeting (WPEM) Held on 18 April: Piers Roberts and Roland Cheeseman had attended an inter-village (Boxford, Edwardstone, Milden, Great Waldingfield), meeting held on 18th April to receive a briefing from Freddie Gulliver, the Suffolk County Council Emergency Planning Officer. Freddie Gulliver explained that the main focus of the SCC sponsored Community Emergency Plan was to look at ‘short-term’ solutions such as evacuation of properties and setting up of rest centres. The Groton Councillors discussed the minutes of the WPEM and felt that from a Groton perspective, although the village hall was an obvious choice to use as an emergency site, it was suggested that the church may be more practicable due to the village hall’s wooden construction. It was also felt that more emphasis should be placed on landowners to provide natural barriers to the possible spread of fires. Roland Cheeseman and Piers Roberts would raise this at the next WPEM. The Council also discussed and approved Groton PC’s further involvement in the WPEM planning process as it was felt that Groton’s interests in developing an emergency plan very much align with those of Edwardstone and other villages.

Village Hall Lease Renewal: The clerk reported that he had been in contact with Gotelee Solicitors, who had handled the previous lease renewal (in 2013) and was awaiting their quote to proceed with the renewal. The clerk advised that renewal of the lease is to be completed by September 2023 and no issues are envisaged.

Highway and Footpath Matters: Andy Adams was continuing to carry out the work and the first cut had already been completed.

Financial Matters: Statement of Finances and Orders for Payment was approved and cheques signed. End of year accounts were approved. Annual Governance Statement (s1 of the Annual Return) was approved. Annual Accounting Statements (s2 of the Annual Return) was approved. It was agreed that Nigel Chapman, Sarah McGrath and Roland Cheeseman would be added to the list of authorized signatories for the Council’s bank accounts.

Future Agenda items: Millennium Book to be updated and a new format published to reflect Groton in 2025. The Council recognise that this is likely a complex project that we should take a lead in.

Date of next meeting: Wednesday 5 July at 7pm

Full minutes can be found at:

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

Richard Jones

01473 828246 / grotonclerk@yahoo.com

LITTLE WALDINGFIELD

Summary of Council Meeting 16th May 2023

All councillors stood for re-election in May and were elected unopposed. There remain unfilled vacancies for 2 councillors.

Election of Chair & Vice Chair: Cllr White had previously stated that without the appointment of a clerk he wished to hand over the chair this year due to the fact the combined workload of chair and acting clerk had proved difficult to manage satisfactorily. Cllr Tim Sheppard was elected as chair and Cllr Matt Foster as vice-chair. Cllr White will remain as Responsible Finance Officer and acting Clerk. Cllr Sheppard thanked Cllr White for his tenure over a very difficult period and his efforts to ensure the Council continued to operate competently and successfully.

Reports by County Councillor and District Councillors.

Cllr Margaret Maybury welcomed the incoming chair and elected councillors saying it would ensure the Council could continue its good work. She echoed the Chair’s thanks to Cllr White stating that,
[cont...]

as district councillor she was very grateful he stepped in to take on the added role duties of clerk and for his subsequent work in both roles keeping the Council working efficiently. She informed members that Paul Clover has been elected to Babergh District Council and would replace Clive Arthey as the second district councillor for the Parish; in future they will be working in tandem and one or other would attend Parish Council meetings.

Public Forum: Concern was raised regarding both undergrowth and private hedges encroaching onto pavements along The Street and Church Road. It was observed that in places they are too constricted for adults with children to walk together without walking in the road or on adjacent grass areas. It was agreed to review the matter at the next meeting with a view to requesting the relevant landowners ensure they maintain an adequate and safe pavement width.

Highways & Footpaths: a) *FPWG Update.* Cllr Wheeler reported that 2 new bridges have now been installed on FP2 (Park Farm) which are a great improvement on the previous ones. Dog fouling remains an issue and there is evidence of bikes being ridden illegally on some footpaths. Suggestions have been made that additional signage is put up to address these issues and Suffolk County Council will be approached to see if there are any generic signs that could be used. Finally, there has been a good response to the Footpath Questionnaire and the results are currently being analysed.

b) *Provision of disabled parking bay in Grove Avenue.* Cllr Impett informed members of a family with a severely disabled child and suggested the Council investigate the provision of a dedicated disabled parking bay to allow them easier access to their house. Following discussions and advice from the district councillor it was agreed to identify the owner of the land in question and open discussions on feasibility with them; it was also decided to investigate whether any grants or funding may be available and report further at the next meeting.

Summary of LW Council Meeting 6th June 2023

This meeting was primarily to verify the accounts for 2022/23 and review the Annual Governance and Accountability Return (AGAR) and Internal Audit Report. The Statement of Accounts and all relevant financial and AGAR documents have been posted on the Council website in the Audit & Finance section together with the Notice of Public Rights.

Reports by County Councillor and District Councillors

Cllr Maybury reported that, following extensive negotiations, the Green Party, Liberal Democrat Party and Independent councillors agreed to form a coalition to run Babergh DC. The Conservative councillors were strongly opposed to the proposed introduction of car parking charges in the district and chose not to join the coalition. As there were many new councillors elected there would be an initial training programme at Babergh, and the first meeting would take place in July. She also wished to promote the Mens' Shed project in Long Melford which is attended by men of all ages from the surrounding villages. It is a place to both practise and learn new skills as well as somewhere to talk and share problems.

Cllr Clover reiterated the opposition to the imposing of car parking charges and will be working to prevent their introduction saying they would have a severe negative impact on local businesses as well as imposing additional costs on those without access to public transport. He looked forward to working with the parish, his particular interests being in environmental projects and issues.

Highways & Footpaths: Measures to Reduce Speeding – update. The chair informed members that a new report from Suffolk Highways had been received but needed further debate. He proposed any further discussion be deferred until the next meeting and Members agreed.

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

Chris White

07541 133535 / clerk.littlewoldingfieldpc@hotmail.co.uk

NEWTON GREEN

Summary of the Annual Meeting 14th June 2023

23/120 Emails circulated - The councillors reviewed an email from a resident who wanted to understand if there were plans to leave the recreation ground uncut in order to improve diversity. The recreation ground is owned by Newton Green Trust (NGT) and NPC has permission to have the play equipment, MUGA and fitness equipment in the field. As part of the agreement, NPC maintains the grass and hedging around its equipment, benches and picnic tables. NPC considers that the areas around its equipment should be cut so that it can maintain the correct H&S policy for adults, children and dogs using the area. The remainder of the field is maintained by NGT and the council agreed to pass the correspondence to them so that they can communicate with the resident.

23/121 Clerk's Report (Appendix A) - The clerk was asked to write again to the household in Rotten Row (23/074) and the bench is to be located on the raised ground between the MUGA fencing and the zip wire in the recreation ground (23/090c). They also requested that one bench be moved to be inside the under-7 fenced play equipment area.

23/123 Planning - The councillors reviewed Planning Application DC/23/02254 17 Church Road - Erection of porch extension and resolved to support the application..

23/126 Parish Infrastructure Investment Plan (PIIP) - The councillors agreed that the draft PIIP be adopted by NPC. A copy will be sent to Babergh and the projects identified in the plan will now be included in NPC's Year Plan for 2023 to 2024.

23/127 Traffic Calming - The clerk reported that SCC Highways had confirmed that they will not support having a Speed Indicator Device (SID) located permanently on the two posts at each end of Newton's 30mph zone. The suggestion from SCC Highways for Newton to take part in the ANPR pilot scheme will be investigated by James Finch as, to the best of his knowledge, Newton had been put forward for the pilot 18 months ago.

23/128 NPC communication options - The councillors reviewed a plan for a bi-monthly email subscription service to Newton residents, giving an overview of NPC matters. The councillors agreed to the scheme starting in July, subject to the resident's request for the service being in accordance with NPC's GDPR guidelines.

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

Dave Crimmin PSLCC

01787 375085 / clerk@newton-pc.gov.uk

BOXFORD

Summary of Council Meeting 23rd May 2023

Correction - The minutes of the April Meeting were accepted as correct with one matter arising as an incorrect report was given to the meeting due to a misunderstanding. The finances are still to be finalised for the Coronation event, however, a contribution towards the event is still required from the Parish Council (potentially in the region of £5,000). Once the final amount is known, this will be requested from the Parish Council and a formal minute made.

Chair / Vice Chair and PC Priorities - The first meeting of the new Parish Council took place and we are delighted to report Colin Parr was elected chairman and Hugh Phillips vice-chairman. It was agreed to hold an informal brainstorming session for all parish councillors to share ideas and priorities to get things started. The various committees and representatives will remain the same, as much as possible, ahead of this session. As always, resolutions will be made at the full Parish Council meetings held in public.

Vacancies - You will recall the results of the nominations for the Parish Council election were announced by Babergh District Council resulting in an uncontested election at Boxford with 7 members of

the new Parish Council. This leaves 2 vacancies, so please get in touch if you are interested in joining, as it would be great to have a full Parish Council going forward. Members of the new Parish Council are Louise Carpenter, Theresa Munson, Colin Parr, Hugh Phillips, David Warren, Howard Watts and Lisa Wortley. All contact details are now up to date on the Parish Council webpage.

Meetings - Meetings are held on the 4th Tuesday each month except in August and December. We now hold meetings in the village hall with a video link when requested. The usual start time is 7.30pm. All are welcome to come along and observe and there is a regular public forum to allow a short time for residents to comment and raise items. If you are considering becoming a parish councillor why not come along and observe to see what is involved. All are welcome.

Public Forum - A resident congratulated the new chairman. He reminded about the traffic survey which was requested for a number of locations in the village. He was concerned this has not been satisfactorily resolved by County Highways. He also asked about the seat near the burial ground in need of refurbishment. He felt it was important that a maintenance plan is put in place to keep the refurbished gates to the cemetery and other street furniture in good repair. He was concerned with the standard of street cleaning/sweeping by the community wardens. Finally, he raised the importance of providing a village car park and he remembered in his Parish Council days that some investigations took place on this subject. Another resident had read the report from our district councillor in *Box River News*. She was concerned that improving the surface to the Bowls Club will not solve the problem of a vehicle using the footway to access the rear of their property. Another resident asked about a 20mph speed limit and offered his support in this regard.

On-going matters - In relation to the proposed new bus stop markings received just ahead of the April meeting, it was resolved that the Parish Council is prioritising parking and therefore these markings should not go ahead. The cemetery sub-committee were asked in the first instance to consider a maintenance contract for street furniture. In relation to a potential 20mph speed limit, the Parish Council unanimously resolved that they would like such a limit in the village. It was agreed to contact the County Highways Officer to check the process to make this happen. Some green spaces in the village were looking untidy and this would need to be researched as to ownership and relevant permissions. It may be possible to include some additional contract work, funded by the Parish Council, to maintain such areas, subject to appropriate permissions. Cllr Munson and the chairman will follow up concerns with the street cleaning.

Finance - The End of Year Accounts were considered and approved. The clerk will now use the figures to populate the Annual Governance and Accountability Return (Audit Return) for approval at the June Meeting. The Parish Council had committed to granting £5000 made up of section 106 monies and Parish Council Reserves for playing field shower improvements proposed by Boxford Rovers. It was agreed that this can now be made up from Parish Council CIL monies of £3036 and the balance from Parish Council reserves to make up the £5000 pledged. Cllr Phillips is applying for a Babergh CIL grant towards the improvements and it was agreed for the Parish Council to issue a letter of support.

Cemetery - Cllr Warren confirmed the initial boundary clearance had been done by tree surgeons at the churchyard and cemetery. It was resolved to continue to assess the potential problem trees between meetings. Cllr Warren has received written confirmation from the Church Archdeacon of permission to restore the boundary wall following the List B application. Cllr Warren was thanked for seeing this through. Cllr Warren will now ask the contractors to provide an up to date quote for this restoration.

District Council Report - District Cllr B Hurren congratulated the new members of the Parish Council. Cllr Hurren reassured the resident concerned about the vehicle driving along the croft path. He confirmed a meeting is being arranged with Flagship who own relevant land along the path and members of the Parish Council will be

invited to attend. This is happening alongside the plans to improve the path surface to the Bowls Club. He confirmed he is the longest serving district councillor and was presented with a framed certificate in recognition. He is chasing progress following the planning meeting held in early March.

County Council Report - County Cllr J Finch had sent apologies. However, had issued his report in advance covering the County Council committing additional funding to Suffolk Libraries to help them continue delivering the current level of service. They are supporting Dementia Action Week with a competition to produce virtual reality films for people living with the condition. Extra funding is going into council-run children's homes to provide more placements. Suffolk County Council and East Suffolk Council have been recognised as foster friendly employers and encourage other local organisations to follow suit. It was commented that the report did not cover matters specific to Boxford.

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

Full minutes can be found at:
<https://boxfordsuffolk.com/BoxfordParishCouncil/minutes>

Debbie Hattrell
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Editor's note: Your parish needs your help!
Four of the five parishes within the Box River Benefice have one or more empty vacancies for councillors. Without the full number of councillors parish councils cannot function properly and struggle to meet the demands of residents. Please consider standing as a councillor to help your friends and neighbours, and to see that our beautiful villages continue to thrive!

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The Blooming Garden

Succession Planting.

By the middle of July the garden has lost its glamour. Nothing can rival the luxurious blend of rich colour and sweet perfumes of June. Most gardeners have beautiful gardens in June but keeping them going throughout the year is challenging.

Some years ago, I heard Fergus Garrett, the Head Gardener at Great Dixter talking about succession planting for year-round interest. Of course, at Great Dixter, they have teams of gardeners and vast resources to ensure the garden always looks wonderful. But for the rest of us it is the most challenging part of gardening, especially if we don't have a lot of space. It involves some skilful multi-layering and choosing plants that will die down or can be cut back so that they all have their moment of glory in the same space. To do this the gardener has to study the plants and to notice how they grow and when they take a break. Here are a few points to bear in mind.

Structure.

As most of us realise, the garden looks good all year round if it has a good structure of shrubs and foliage. Flowers come and go, but foliage stays looking good for months, or all year round if it is evergreen. Fergus has an amazing eye for good combinations of shape, colour and texture, but it is fun trying to come up with pleasing combinations for oneself.

Climbers.

Climbers are brilliant for vertical appeal, they don't take up too much ground space and of course there are climbers for all seasons, so our walls and fences never need look bare. Late-flowering clematis such as *Clematis viticella* or *Clematis texensis* with its pretty urn-shaped flowers can be used to clamber through shrubs to extend the interest. They can be cut right down in the spring.



Clematis 'Tie Dye' and 'Madame Julia Correvon

Bulbs.

The use of bulbs extends the season too. Small early bulbs such as snowdrops and scillas can be planted in places that later will be filled with large leaved plants. If you study the leaves of plants you can come up with great combinations. For instance, the lovely scented *Narcissus 'Tazetta'* has large leaves which would kill many plants trying to emerge close by. But it can be planted close to the large leaved *Eucomis 'Sparkling Burgundy'* which emerges later in the summer and will happily grow through the leaves. Tulips are wonderful for spring colour but their leaves would damage such perennials as phlox or rudbeckias. Fergus recommends planting them in groups where the foliage can't damage existing plants. Many tulips are poor value as they don't survive for more than a year or two, so it's a good idea to look for ones that might persist such as Darwin hybrids or species tulips. At Great Dixter, 'Negrita', 'China Pink' and the lovely fragrant 'Ballerina' persist well. It is worth experimenting to see which ones are stayers in your garden.



Tulips at Ulting Wick

To take the garden into May, alliums are wonderful to fill in gaps, but again. It's best to make sure large-leaved ones don't smother other plants. For instance, the showy 'Globemaster' has huge leaves which may be a problem.



Annuals.

Of course, not many people can afford the time and effort and expense of producing annuals on the grand scale of Great Dixter. But it is great fun to experiment each year with a few different combinations and grow pockets of them which will take the garden into autumn. Great Dixter relies heavily on self-sown annuals to give labour-saving colour. For instance, in spring there are self sown forgetmenots with yellow *Smyrniium perfoliatum* looking good with tulips. Later there are lots of Christopher Lloyd's trade-mark stately *Verbascum 'Yellow Lightning'*. Some of the self-sown plants are really weeds. Fergus was into re-wilding long before it became a buzzword. There has long been a deliberate effort to make the garden more natural looking. I have noticed teasels, evening primrose, and even cow parsley and ragwort at Great Dixter. But I believe it is illegal to grow ragwort; even though it is the main source of food for the larvae of the beautiful Zinnabar Moth, it is toxic to livestock. I would be very worried about introducing any of these weeds into my own garden, but the wild Mignonette looks lovely with the frothy heads of *Orlaya grandiflora* which has all the appeal of cow parsley without its invasiveness.



Cheery annual Tagetes



Reseda luteola (Mignonette), Orlaya



Teasels echoing the shape of Allium sphaerocephalon and Eryngium.

Pots.

Of course, the pots at Great Dixter are famous, especially the ones round the front door. They are a great way of ringing the changes throughout the year. Another use of pots is to trial plants so that their height



Pots used to add texture to the foliage bed

Pots at Great Dixter and colour can be assessed and also to see how they fit in with other plants. Most of us haven't the time or space to do this, but I always have a few pot-grown plants on hand to put in empty spaces. It is cheating a bit but it is very effective for times when there is not much colour.

If we follow some of Fergus Garrett's tips perhaps we might never again have to say the famous word: 'You should have seen the garden last week, it looked wonderful'.

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>Kevin Bridge</i>	07876 798617 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
	<i>or Wendy Hills</i>	01787 210342
Boxford Gardens Open	<i>Audrey Zuck</i>	07852 102 455 audrey@a2zriskservices.com
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 Youth FC	<i>Melvyn Eke</i>	07873 971701 m.eke@btinternet.com
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
Highway 12 Western Partner Dance	<i>Chris</i>	01787 371006
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 Arts & Crafts Club	<i>Carol Langley</i>	01787 373548
Newton War Games Club	<i>Brian Lawson</i>	01787 312160
Newton Fireside Club	<i>Moira Evans</i>	01787 374652
Primrose Wood Volunteers	<i>Evan Flockhart</i>	07968 336883 obliquewoodland@protonmail.com
Swing jive & Lindy Hop Dance	<i>Sarah Boldock</i>	07956 614824
Yoga (Boxford)	<i>Marianne Marshall</i>	01787 210323
Yoga Paper Kite (Newton)	<i>Sophie</i>	01787 313662
Yoga With Lindsey (Newton)	<i>Lindsey</i>	07971 800540

CHARITIES

Boxford & Groton United Charities	<i>Guy Godfrey</i>	01787 211378
Edwardstone Millennium Green Trust	<i>Marijke Morris</i>	07914 767013 marijke_e@yahoo.co.uk
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

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>Jan 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>Hugh Phillips</i>	01787 211729 hughvcphillips@hotmail.com
Boxford Society	<i>Jan Eastwood</i>	01787 211853 jen.eastwood8@gmail.com boxfordsuffolk.com/boxfordSociety
Boxford Tennis Courts	<i>Yvonne Woodfield</i>	01787 210151
Lt Waldingfield Playing field	<i>Jennie Jordan</i>	07522 352558 52Jennie1@gmail.com

SCOUTING

1st Boxford Beaver Scouts	<i>Greg Roberts</i>	07578 825971 beaversboxford@gmail.com
1st Boxford Cub Scouts	<i>Liv Hov</i>	07801 548854
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

CHILDREN FAMILIES & LEARNING

Boxford Primary School		01787 210332 office@boxford.suffolk.sch.uk www.boxford-suffolk.secure-dbprimary.com
Friends of Boxford School (FoBS)		talktofobs@gmail.com
Sunflowers Childcare	<i>Moira Grant</i>	01787 211363 info@sunflowers-childcare.co.uk
Boxford Baby & Toddler Group		facebook.com/Boxfordbabyandtoddlergroup

HALLS & FACILITIES TO HIRE

Boxford Pavilion	<i>Hugh Phillips</i>	01787 211729 hughvcphillips@hotmail.com
Boxford Spinney	<i>Mark Miller</i>	01787 211596 mark.miller@talktalk.net www.boxfordspinney.co.uk
Boxford Village Hall	<i>Jane Elliott</i>	07721 880521 BvHbookhall@gmail.com
Edwardstone Parish Hall	<i>Daphne Clark</i>	01787 210698 daphne.clark@btopenworld.com
Edwardstone Millennium Green	<i>Marijke Morris</i>	07914 767013 marijke_e@yahoo.co.uk
Groton Village Hall	<i>Joanna Roberts</i>	01787 210619
Little Waldingfield Parish Room	<i>Sue Bowen</i>	01787 249473 sd.bowen@btopenworld.com
Little Waldingfield Pavilion	<i>Jennie Jordan</i>	07522 352558 52Jennie1@gmail.com BoxfordMarqueeBooking@gmail.com
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Milden Pavilion	<i>Pearl</i>	01449 741876 info@mildenpavilion.co.uk
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EVENTS CALENDAR

JUNE 2023

24	Boxford Farmers, Arts & Crafts Market		
SAT	Boxford Village Hall	10-1pm	
24	Nayland Midsummer Prom in the Park		
SAT	Nayland Village Hall Field	6:30pm	
24	Fun Quiz Night		
SAT	Polstead Village Hall	7pm	
25	Chelsworth Open Gardens		
SUN	Chelsworth	11-5pm	
26	Boxford Friendship Group		
MON	Boxford Village Hall	2-4pm	
27	Fireside Club - Talk by Citizen Advice		
TUE	Newton Village Hall	2pm	
30	Pop-Up Pub		
FRI	Little Waldingfield Pavilion	6:30-10:30pm	
30	Shanty Folk & Mildens Singers Double Bill		
FRI	Mildens Pavilion	7:30pm	

JULY 2023

1	Sale Trail		
SAT	Little Waldingfield	10-1pm	
1	Winston's Summer Fete		
SAT	Whatfield Village Hall	10-2pm	
1	Hadleigh Community Festival		
SAT	Layham Sports Ground IP7 5NE	12-late	
1	Cinema - No Time To Die		
SAT	Leavenheath Village Hall	7pm	
4	BGS - Growing Flowers from Seed		
TUE	Boxford Village Hall	7:30pm	
5	Boxford WI - The History of Perrywoods		
WED	Boxford Village Hall	2pm	
8	Summer Dance		
SAT	Little Waldingfield Playing Field	TBC	
8	Happy Hour Concert - Theatrical Memories		
SAT	St Mary's, Boxford	6-7pm	
8	Disraeli Band Plus Nigel Ashcroft		
SAT	The Playingfield, Little Waldingfield	7pm	
9	Lavenham Airfield Guided Walk		
SUN	Lavenham Airfield	10-1:30pm	
9	The Bildeston Brocante		
SUN	Bildeston Sports Field IP7 7SB	10-3pm	
9	Lego Building Competition		
SUN	Groton Village Hall	12-3pm	
11	Fireside Club - Outing to Felixstowe		
TUE	Newton Village Hall	10am	
11	Madrigalia & A Melody of Harps		
TUE	The Hive, Sudbury	12:30-1:15pm	
14	Relaxation & Sound - all welcome		
FRI	Boxford Village Hall	6-7:15pm	
14	Polstead Films - The Bookshop		
FRI	Polstead Village Hall	7pm	
16	Gareth Meredith Memorial Walk		
SUN	Boxford Health Centre	10:30am	
16	Garden Party		
SUN	Poplars Farm, Groton CO10 5EX	2-6pm	
24	Boxford Friendship Group		
MON	Boxford Village Hall	2-4pm	
25	Fireside Club - Bring & Share Lunch		
TUE	Newton Village Hall	TBC	
29	Boxford Farmers, Arts & Crafts Market		
SAT	Boxford Village Hall	10-1pm	

AUGUST 2023

1	BGS - Diversity of Habitat, Garden Design		
TUE	Boxford Village Hall	7:30pm	
9	Madrigalia		
WED	Long Melford Church	1:10pm	
11	Relaxation & Sound - all welcome		
FRI	Boxford Village Hall	6-7:15pm	
13	Lavenham Airfield Guided Walk		
SUN	Lavenham Airfield	10-1:30pm	
21	Boxford Friendship Group		
MON	Boxford Village Hall	2-4pm	
26	Boxford Farmers, Arts & Crafts Market		
SAT	Boxford Village Hall	10-1pm	

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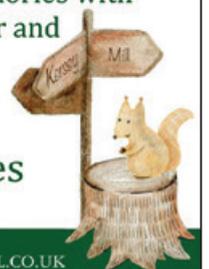
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