

October 2023

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



Delivered free to every home in Boxford, Edwardstone, Groton, Little Waldingfield, Newton Green, Bower House Tye, Milden & White Street Green and available to residents in Acton, Assington, Brent Eleigh, Great Waldingfield, Hadleigh, Kersey, Lavenham, Leavenheath, Nayland, Polstead, Shelley, Semer, Stoke-by-Nayland, Sudbury and parents of children at Boxford School.



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BOXFORD SCHOOL YEAR 6 SHOW OFF THEIR RESILIENCE!

Happy New (School) Year! As the very damp summer holidays are behind us, we are all very much looking forward to the academic year ahead.

It has been a very busy time in school with new routines and some new faces too. We welcome our new pupils who have started in Reception. The children have all made a brilliant start and they are working very hard.

Year 6 attended their annual residential, moved to the Autumn Term this year. They had the opportunity to try a range of new and exciting activities: tree trekking, canoeing and climbing. Unlike years gone by, children stayed in 'The Pods' this year. The new accommodation made for a truly unique school trip. The pine-clad interior and arched roofs created a very cosy environment when children were ready to settle down after an exhausting day.



The residential always allows the children to push through the boundaries of what they've previously been capable of and they're often confronted by their fears (many activities being way up in

the treetops well over 10 metres high!).

As we move through this term, we will focus on one of our core school values - one which was particularly observed

on our trip: *resilience*. At Boxford Primary we endeavour to give children the confidence to try new things but have the desire and ability to try again if they do not succeed the first time around. Our entries to the BRN this year will reflect our current school value and we'll have some more fun things to report on too, as Year 6 are already looking forward to visiting Harry Potter World later this year and watching The Lion King in London!

IT'S NOT TOO LATE...Our Reception class have spaces! If you would like join our school, please contact the office on **01787 210332** or email office@boxford.suffolk.sch.uk to book a school tour. If you are looking to join in Year 1-6, we would love to hear from you too - we would love to share our exciting school curriculum with you.

Scott Reynolds
Assistant Headteacher



Boxford Bounty The Village Lottery

WE ARE RE-LAUNCHING THE BOUNTY

£20 a year

Draw every 2 months

3 Money Prizes

All surplus proceeds go to Boxford Community Council.
We support organisations and clubs in Boxford, Edwardstone and Groton, providing grants for projects and facilities through fundraising from village events such as the Fireworks and the Coronation Street Party.



SUPPORTING COMMUNITY ACTIVITIES IN
BOXFORD, EDWARDSTONE
AND GROTON

BoxfordCommunityCouncil@gmail.com
www.boxford.me.uk
01787 211596

Charity Number: 304862

LATEST ON BOXFORD BOUNTY

The Boxford Bounty is the exciting local lottery for Boxford, Edwardstone and Groton where players can win cash prizes and the local area wins big too!

Tickets are available at a single cost of £20 per year for entry to the six draws, one every two months. Approximately 50% of the money collected is distributed in prizes with the remainder of the being given out in grants to support local groups.

Through the Community Council, the Bounty provides financial support for many local groups and interests. The following groups have benefited from direct grants in the past few years: *1st Boxford Brownies, Boxford Guides, Boxford Fireworks, Carpet Bowls Club, Boxford Village Hall, Breast Cancer Care, Boxford Bowls Club, Boxford Cycle Club, Boxford Spinney, Sunflowers Nursery, Edwardstone Mill Green Trust, Friends of Boxford School, Boxford Playing Fields, Box River Club, Boxford Bridge Club, Boxford Scouts, Boxford Rovers, Boxford United Charities.*

If you have held a ticket in the past you will soon be visited by you local collector. If you haven't played in the past then we're welcoming newcomers to register for a chance to win! Please apply directly to:

Boxford Bounty, 39 Daking Ave, Boxford CO10 5QA or ring Mark Miller on **01787 211596** (answer machine) or e-mail: mark.miller@talktalk.net and we will arrange a call from your local collector.

If you run a local group and would like to make a grant application please email boxfordcommunitycouncil@gmail.com for an application form and details of how to apply.

The Boxford Bounty is organised on behalf of Boxford Community Council - registered charity No 304862.

Box River News

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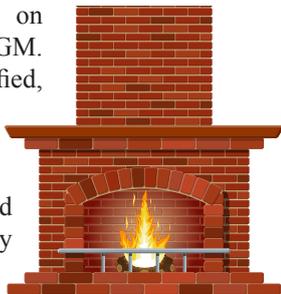
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Deadline date for the November 2023 Issue is:

October 15th at midday

NEWTON FIRESIDE CLUB

Our first meeting this term was on September 12th and was our annual AGM. Membership was discussed and clarified, the finances were shared, and we talked about this term's programme and future events. We are even considering a 5 or 6 day trip to Scotland with Lochs and Glens. We have a very varied programme and if you would like to come along to any of the sessions, you will receive a warm welcome and excellent cakes!



By the time you read this we will have been on our boat trip and had lunch at the Henny Swan and experienced Katie and her drums. If you happen to be passing the village hall on the 26th of September between 2-3pm, I'm sure you'll hear us. More details about these 2 events in next month's newsletter.

Autumn 2023 Programme of Events:

Tues 26 th Sept	Katie and her drums
Tues 10 th Oct	Bingo
Tues 24 th Oct	Film Show - Lion
Tues 7 th Nov	Talk by Sue Tibbetts
Tues 21 st Nov	Famous Places Quiz
Tues 5 th Dec	CAB Christmas Music
Fri 15 th Dec	Christmas Lunch 12 for 12:30 (Venue TBC)
Tues 19 th Dec	Christmas Flowers Workshop

All meetings are held in the Village Hall and start at 2pm unless otherwise stated. Anyone is welcome. Subs for members are £25 this term and must be paid in advance. This includes refreshments, activities and subsidised events. 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

SCHOOL GOVERNORS WANTED!

Our Board of Governors at Boxford CEVC Primary School would like to invite members of the surrounding communities to apply to join our school's board.

Governors make up one of the largest volunteer forces across the country and play an extremely important role in the success of our schools. Effective governance is crucial in maintaining the quality of leadership and management, and student attainment. Governance is both challenging and rewarding.

We are looking to recruit two Co-opted Governors, who need to be passionate about the education of young people or perhaps, you are looking for a way to give back to the community. You do not need to be, or have had, experience in education. In fact, we value hugely our members without an educational background.

We would love to hear from anyone who may be interested in hearing more about these opportunities. Please contact Emma Hollock, Chair of Governors at Boxford CEVC Primary School through the school office on office@boxford.suffolk.sch.uk or 01787 210 332, leaving your name and contact details.

For more information on the role that governors play in schools please refer to this literature from Suffolk County Council: <https://bit.ly/suffolk-school-governors>

RECLAIM THE RAIN

Exciting progress is taking place in Boxford with our project. In last month's issue we shared that we are in a vital stage of the project: selecting options with our dedicated Community Working Group. Their efforts have produced a variety of innovative and exciting ideas for sustainable water management in and around the village:



- One compelling option is the establishment of a **Willow or Wetland Plantation**. This idea has the potential to deliver significant social, environmental, and economic benefits. Modelling is being carried out to establish if the introduction of willow trees in this area could reduce Boxford's surface water flood risk.
- Another exciting prospect is the creation of a **Community Rain Garden**. Rain Gardens not only reduce strain on our sewer systems during heavy rainfall events but provide many social benefits including amenity, whilst also improving the resilience of key infrastructure.
- In another area, we are considering natural flood management techniques for **water storage** features and **Sustainable Urban Drainage Systems (SuDS)** to make the most of our rainwater. These ideas could offer multiple social and environmental benefits for the village.
- Use of **Slow-Release or Smart Water Butts** for householders' water collection and storage. This idea could not only promote effective water reuse and conservation but could relieve surface water run-off on roads and hardstanding areas prone to flooding in storm events.
- Some interest has been shared in the creation of a **Pond or Reservoir** to support the natural environment and/or alleviate pressure on our water resources for agriculture.
- We are also considering opportunities for sustainable water management schemes which benefit Boxford's local youth groups.

These options could have great potential in reducing the impacts of surface water flooding and drought in Boxford. We're excited to continue working with the community and local landowners to develop these options further and make sure we deliver schemes which make a difference and maximise the value to Boxford. In the coming months, we will be able to provide you with further updates and more details on each scheme option. We're always keen to hear from you. If you'd like to get involved in the project, join our mailing list for updates, or share your ideas on the options above, please get in touch via our website or reclaimtherain@suffolk.gov.uk

Reclaim the Rain Project Team
www.reclaimtherain.org

BOXFORD & GROTON UNITED CHARITIES

Registered Charity Number: 207861

The Trustees of Boxford & Groton United Charities will be meeting on the 27th November and invite applications for grant aid from residents living in the three parishes of Boxford, Groton and Edwardstone, for educational, medical, and general charitable purposes.

Applications from organisations serving the above area are also invited and should be made in writing to: *Guy Godfray, Clerk to the Trustees, 17 Swan Street, Boxford, Sudbury CO10 5NZ.*

Closing date for applications Friday 24th November.

GROTON: A GARLAND OF HAMLETS - 25 YEARS UPDATE

For many people in Groton and its associated hamlets, the Millennium Book 'Groton: A Garland of Hamlets' is a fantastic source of history, local character and record of the people and places in Groton in the year 2000.

The Groton Parish Council would like to set up a working group to look at the possibility of a '25 Years later' edition being produced, to showcase Groton and its Garland in 2025. This will be an item on the agenda of the next Groton Parish Council meeting on 6th November at Groton Village Hall (7pm). If you would like to be involved in the project to explore a possible 25th Anniversary edition, please can you pop along to the Parish Council meeting and or email our Clerk, Richard Jones (grotonclerk@yahoo.com) to let us know of your interest in taking part in this project.

A PEOPLE & PLACES PLAN FOR GROTON

We are working with Babergh DC on a 'lite' Neighbourhood Plan, now titled 'A People & Places Plan for Groton'. As one element of this plan, we will be performing a Housing Needs Assessment survey within Groton. This will be a key input in the plan to gauge the needs of Groton over the coming years. It is anticipated that this will be performed in October. It will be delivered via hardcopy to all households in Groton with an accompanying opportunity to complete the survey online.

In addition, one of the key elements raised in the previous needs survey for Groton was the safety of our roads, specifically the speed of cars travelling through Groton and its narrow roads. We have the commitment of James Finch, our well-known Suffolk County Councillor, that Highways will conduct a Traffic Speed Survey in Groton to provide us with the appropriate evidence to determine what actions we would propose, as a consequence.

Naturally we will share the outcomes of both these initiatives with you as soon as we are able.

Groton Parish Council

TREKKING ACROSS EUROPE FOR THE SAMARITANS



This year the Central London Samaritans (CLS), the founding branch of the organization, is 70 years old.

Richard Gates, who ran the Boxford village post office for more than 20 years and has been a volunteer with CLS for 40 years, is doing a sponsored walk along the *Camino de Santiago de Compostela* across Europe to raise money for them.

The Camino was the third most important pilgrim route in the Middle

Ages and stretches 500 miles from the French border along the north coast of Spain to the Cathedral of Santiago de Compostela that is near Cape Finisterre. For a prepared and experienced hiker, this route takes about 30 days, start to finish!

Please do support Richard and the Samaritans by sponsoring him at <https://bit.ly/richard-gates-fundraiser>

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SPONSORED CYCLE RIDE

On the hottest day of the year...!

We made an early start and reduced the route we'd originally planned. We started at Little Cornard church and then after visiting a number of churches in Sudbury made our way to Melford along the old railway line. From there we went on to Lavenham where we stopped for much needed refreshments!!

We came back to Newton via Acton and Great Waldingfield. We rode just over 25 miles and visited 16 churches.

Thank you to everyone who sponsored us and the £120 we raised will be divided between All Saints Newton and the Suffolk Historic Churches Trust.

Marianne, Richard and Laura



UPDATE ON EDWARDSTONE NEIGHBOURHOOD PLAN

The Steering Group has been working hard over recent months to finalise the draft Neighbourhood Plan based on the comments that we received at our exhibition last year. We will be launching this in October where all residents in Edwardstone will be invited to comment on it. As last year there will be an exhibition to explain the policies that we are proposing with a six week period for you to let us know your thoughts.

Further details will be announced shortly so please keep your eyes open for updates in the Box River News.



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

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CITIZENS ADVICE



I need a new car for work, but I can't afford to buy a new one, so I've been looking at second-hand options. I've heard so many horror stories about people buying cars that turn out to be faulty. I'm worried that I won't know what to check, especially as I know very little about cars. How can I make sure I don't buy a dud car?

For many people, buying a car is a major purchase and whether it's new or second-hand, the process can seem daunting and complicated. But don't worry, there's lots of information on the steps to take when buying a car and what you can do afterwards if something goes wrong on the Citizens Advice website, www.citizensadvice.org.uk

First of all, where are you going to buy the car? If you're buying from a trader, choose a trustworthy one with an established name with a good reputation. Ideally, they will be part of a trade association or follow the industry's code of practice.

If you're buying via an auction, this is much riskier as you'll have fewer legal protections like the right to returns or refunds so carefully read the terms and conditions before you bid.

If you buy from a private seller, there's a few extra steps to take. For instance, try to inspect the car at their home address so if something goes wrong later, you have a record of that.

Make sure the car's details are correct by using the DVLA's free online vehicle information checker: www.gov.uk/get-vehicle-information-from-dvla

You'll need the registration number, MOT test number, mileage and make/model of the car to do this check. Also, check the car's MOT history for free on www.gov.uk

Keep a copy of both these results (take a screenshot or download the information) as well as the original advert or description of the car. You might also consider getting a private history check to see if the car's been reported stolen, still has money owing on it, or has been in a serious crash. This will cost about £20.

Before buying a car, it's good to check if it meets emissions standards as it could mean paying extra charges when driving through London's ULEZ or clean air zones across the UK.

Inspecting the car is crucial before buying. Ideally, do this during the day when it's not raining (scratches are harder to see on a wet car) and take it for a test drive for at least 15 minutes and on different types of roads, if possible. Check you have the appropriate insurance for a test drive (either your own or the seller's policy might cover you).

Once you've decided on a car, don't be afraid to negotiate on the price. If you take out a loan or finance to buy it, make sure you can afford the repayments over the lifetime of the contract. If you pay with cash, you will have fewer protections than other options like debit.

Often, despite doing all these checks, you might find something wrong with the car after you've bought it. You may have a legal right to a repair, the cost of a repair or some money back but it's on a case-by-case basis and some examples might be the car's mileage is wrong or the car keeps breaking down.

For more information, check out the Citizens Advice website www.citizensadvice.org.uk or call its consumer helpline on 0808 223 1133.

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.

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JACK'S HOME TRUTHS

As the daylight hours shorten we have enjoyed a welcome return from summer holiday season to a somewhat more stable September than we experienced twelve months ago. The fallout from the 'mini-budget' that initially shocked both the property and stock market in 2022 is still causing disruptive ripples although was a particularly turbulent period this time last year as over 30% of our active sales broke down due to nervousness in the marketplace. Whilst we have become used to operating in a heightened state of market uncertainty, the gently decreasing two and five year average mortgage rates are expected to see a greater proportion of our chains secure an exchange of contracts and subsequent completion than they did this time last year.



September usually represents a burst of motivated sellers looking to try and secure a move date pre-Christmas and this year is no different with those sales agreed in the last fortnight already keen to establish if they will be able to move this side of December 25th. As always, we will do our absolute best to ensure as many of our clients experience as smooth a moving process as possible and whilst the longer the chains the greater the potential hurdles, we have many decades of experience in managing the moving process from the day of valuation to the day of completion.

Our lettings portfolio has experienced its strongest year in recent memory with a sustained demand for all types of homes and whilst our existing landlords are benefitting from the swift introduction of new tenants, we would dearly love to hear from those that are considering either letting or holiday letting either this year or in the future.



Finally, a huge thank you must go to everyone that so very kindly sponsored my colleague Nick Mills and me on behalf of our chosen charity for 2023, St Nicholas Hospice. Having visited the hospice and viewed some of the incredible work that they do, we would be very grateful for anything that anyone feels able to provide on behalf of this compassionate charity. Whilst not something any of us wish to ever consider, the job that a hospice does in our final days truly

reaches the core of the human soul and this cause really kept us going in the moments of despair during our recent ultra marathon. <https://www.justgiving.com/fundraising/davidburr2023>

We completed the Stour Valley Path 100k ultra marathon in under 14 hours and whilst an incredibly tough yet rewarding experience, we really enjoyed the day and met plenty of inspirational characters en-route. Whilst one should never say never, we might take the running slightly easier over the coming months to give our toenails a chance to recover!

Jack Thornley

Director, David Burr Estate Agents

[jack@davidburr.co.uk](mailto:jack@ davidburr.co.uk) | <https://davidburr.co.uk>

FRENCH'S CARE HAVEN

Thank you to everyone who came along to our barn dance in Boxford Village Hall. Those who came enjoyed themselves with lots of dancing and laughter which was nice to see and hear. Our next event is our Open day and BBQ on 24th September, gates open at 12pm until 4pm. Come along have a nice afternoon and interact with our animals.



I have been calling out for volunteers and someone to work part time for us, as we really need more hands on deck. It has been frankly like banging my head on a wall, there are more people in this country than there have ever been, yet as time goes on trying to find helpers or staff is so hard. I am hearing this from so many people in business or at other charities, what is going on? We need helpers every morning, so if you can give your time for a few hours a week then do call me, you will need to be relatively fit, as it is a physical job working with larger animals.

We are having a Curry Night on Thursday 26th October at the India Villa curry house on Hadleigh High Street at 7pm. A starter and main buffet, with tea/coffee and raffle. It will be nice to see you all, £23pp. Bookings before 24th please - call Sharon on: 07999 051 401 or email: frenchs.100club@gmail.com

We also have our Fish & Chip Quiz Night at the Ansell centre in Hadleigh on 18th November. There are normally around 100 people who come along to our great evening of quizzing, so make sure you are one of them, more info will be on our posters and on our website/facebook page in due course.

The lovely photo below is of Lady, our Shetland, having a chill-out time, while keeping out of the heat and sun in her shelter, bless her. On 1st December we will be starting our Christmas raffle, so if you own a shop a business or you do art and would like to donate



a prize for some publicity and of course to help us, that would be really good, contact me.

French's is a charity on your doorstep: can you help, either with time, donations, or sponsorship? You are welcome to come along and meet our animals - Call Jann

for an appointment on: 07747 755556 or email: jann.turner@hotmail.co.uk

Website: www.frenchscarehaven.org.uk

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THE BUTCHER'S WIFE

There are some people that need a minimum of 8 hours sleep a night and others who only need a few hours. I am the former and the Butcher is the latter. He only has about 4 hours sleep a night and is a fully functioning human being. Not only that, he falls asleep at the drop of a hat.



I need complete darkness and silence in order to fall asleep and even then it can take me ages to finally drop off. I'm slightly deaf in my left ear so I sleep on my good ear to block out any noises of the Butcher watching videos of people building stuff on his phone.

Annoyingly, when he's finally decided it's sleep time, he'll put his phone down and within 3 minutes is sound asleep. After listening to him snoring away for another hour or so, I'll finally drop off.

I'm also a really light sleeper whereas he practically goes into a coma. The house could literally explode and he would sleep right through it. And to top it all off, he wakes up really chipper and chatty. Very annoying.

Staying on the 'things the Butcher does that annoys me' theme, we recently started watching a new TV series. He got halfway through the first episode and decided it was boring so stopped watching it so I carried on watching it without him. That's fine. What is not fine is coming in halfway through the final (10th) episode and asking questions - 'who's he?', 'what are they doing?', 'why is he shooting them?'. He expects me to wrap up 10 episodes of a complicated drama in 10 minutes so he can enjoy the final episode. Absolutely not, get out of my living room!

This month's recipe has been shared by our lovely customer, Mrs Davis (complete with a silicon air fryer friendly cake mould!). I have to admit, I've not tried it yet - it's my plan for this weekend so I'll keep you updated but I have high hopes it's going to be game changer!

Air Fryer Apple Rum Cake

Ingredients

- 1 extra large egg
- 75g butter
- 75g self-raising flour
- ½ level tsp baking powder
- 75g golden caster sugar
- 1 large Bramley apple, peeled, cored and cut into small chunks
- ½ tsp vanilla
- 1 dessert spoon of Rum
- A sprinkling of demerara sugar

Method

1. Cream the butter and sugar.
2. Sift in the flour and baking powder in a separate bowl.
3. Add the egg to the butter and sugar mixture with 1 tsp of the flour mix. Stir well.
4. Add the vanilla and the rum.
5. Carefully fold in the remaining flour and add the apple.
6. Turn into a 6" silicon cake mould and sprinkle with demerara sugar.
7. Bake in the air fryer for 30 minutes at 160C (or 165C depending on your air fryer)

GARDEN DESIGN
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 GARDEN OVERHAUL
 GARDEN
 GIFT VOUCHERS



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07974 375254

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We are a local garden design company and can offer a complete design, construction and maintenance package or just a planting plan for a single border.

WWW.ZINNIADDESIGN.CO.UK



Beautiful jewellery handmade from silver, gold and platinum
 Bespoke service available



Please call 01787 210251 to make an appointment

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Approved dealer for *Bateson, Maypole, Tickner & Woodford Trailers.*

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www.1stoptrailers.co.uk



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

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



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Tel: 01787 210267

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RAMBLINGS FROM THE RECTORY

The last few months have been busy in the Benefice. Community events and special services have taken place in all of our Benefice churches. We undertook a walking pilgrimage of 14 miles around them all, then a few weeks ago we had the most amazing day as St Mary's, Boxford flung its doors open wide and welcomed our Bishop to lead our Patronal Festival (the day which commemorates our patron saint, St Mary), new people were baptised and confirmed as Christians in the Anglican tradition and we held the annual Church Fete. Hundreds of people wandered through and were able to get a glimpse of the Church's hospitality sitting at the centre of our communities and our lives.

People often ask me, "Why are you an Anglican Christian?" (or words to that effect). There are lots of very good answers that I could give to this question: because Christianity makes sense and adds that missing bit of philosophical truth to modern scientific endeavour; it offers stability and balance in an otherwise unsettled world; it provides a stable pillar of morality to individual and national life; the Anglican Church is a sanctifying presence at the heart of the nation. All these are valid and true. Nevertheless, I think a recent interview on Radio 4 offers something equally profound.

'What would you do if you weren't afraid?' is the title of a new book by Michal Oshman, discussed on Radio 4's Women's Hour. Michal is no stranger to success, having held senior international roles at both Facebook and TikTok. Yet in her book she reveals how she has spent most of her life hiding anxiety and fear bred into her by surrounding culture. Therapy, if anything, made matters worse, causing her to keep revisiting childhood experiences. She wanted to move forward, not backwards, so at 38 she began exploring what she calls the multiple 'isms', Buddhism, Taoism, Hinduism... Her family were Jewish, yet early on she felt no curiosity for Judaism because society had impressed upon her that exploration would be regressive. In our society we are led to believe that everything must be shiny and new; different from what our forebears held dear. It was only after she began re-familiarising herself with the wisdom at her roots that she began to feel a sense of stability and belonging and with it a calmness and purpose not based upon success or worldly influence.

It may seem strange, but I think I am an Anglican Christian partly for similar reasons. It embeds me into the Judeo-Christian tradition of our ancestors and draws me deeper into a timeless wisdom and truth. A wisdom and divine connection that has guided and sustained the lives of countless Christians before me. Its rhythms have brought structure and purpose to otherwise directionless lives. Through its balancing of Tradition, Scripture and Reason, the Anglican faith connects me in the present to the past and the future. It forces me to take seriously my place in a mysterious and complex ecosystem of existence. It reminds me that I cannot neglect spiritual morality nor the importance of community without there being consequences. Too often, the modern life things we pursue do not bring us satisfaction or grounding. Christianity teaches that if we nurture our whole selves, body and soul, then we will become something quite beautiful. Christianity offers me that hope and purpose, even if through my own failings it often seems just beyond my grasp.

When we offer bread and wine on the altars of our churches each Sunday, we do so as a communal act on behalf of the whole benefice (not just those attending). The joys and pains of our community are offered up in prayer, we reflect on God in the life of Jesus, we are fed by his body and blood and we go out to share that life with others.

I am an Anglican Christian because the Church is a blessing to us and our communities and I recognise that in order for it to continue we have to commit our attention to it. If any of this resonates with you, why not pop in, re-familiarise yourself with the faith of our ancestors and start your journey towards belonging and purpose?

Many blessings,

Fr Rob

boxriverrector@gmail.com Tel: **01787 210434**

ALL SAINTS' CHURCH HARVEST CREAM TEA

SUNDAY
1ST OCTOBER 2023

3.00 PM

NEWTON GREEN VILLAGE HALL
TICKETS ONLY £10

TO BOOK PLEASE CALL FIONA ON
01787 377630

ST MARY'S CHURCH BOXFORD HARVEST SUPPER

DO COME ALONG AND ENJOY A 2 COURSE
DELICIOUS HOME COOKED SUPPER.
(SUGGESTED DONATION IS £5.00, PAYABLE ON THE DAY)

FRIDAY, 13TH OCTOBER
7.30 PM

Please contact the Benefice Office
to reserve your place by Thursday, 5th October
01787 828046
or boxriverbenefice@gmail.com

PLEASE JOIN US TO
WELCOME RESIDENTS OF MORDEN COLLEGE,
OUR PATRONS FROM BLACKHEATH LONDON, ON THIS
SPECIAL OCCASION

ST MARY THE VIRGIN CHURCH EDWARDSTONE HARVEST LUNCH & HARVEST EVENSONG SERVICE

SUNDAY 15TH OCTOBER

1.00 PM HARVEST LUNCH AT
EDWARDSTONE VILLAGE HALL

FOLLOWED BY

4.30 PM HARVEST EVENSONG AT THE
CHURCH OF ST MARY THE VIRGIN,
EDWARDSTONE

IT PROMISES TO BE A TRULY MEMORABLE OCCASION

TICKET PRICE TO BE CONFIRMED

To reserve your place or for more information
please contact the benefice office 01787 828046 or
email boxriverbenefice@gmail.com

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Lost your youthful glow? Let us find it for you!



ENDYMED radiofrequency treatment, the 'Cinderella facelift', lifts and tightens skin.

From crows feet or heavy jowls to saggy skin on the face and body, Endymed helps to remodel your collagen - sculpting, lifting and tightening.

ENDYMED is a clinical device, which uses radio-frequency energy to target every layer of your skin; stimulating collagen to tighten, firm and improve its structure.

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Maintenance treatments are required for longer-lasting results and this month, you can save a £300 when you book a course!

Endymed Offer

*Radiofrequency
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***A course of 6 treatments
for just £600* (usually
£900)***

** Offer is valid once per person until 31/10/2023*

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

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



SERVICE SCHEDULE FOR OCTOBER 2023



Sunday 1st October <i>Trinity 17</i>	09:30	<i>Harvest Festival</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Pet Service</i> <i>Bring your pet along for a blessing</i>	St Mary's, Boxford
Wednesday 4th October	10:00	<i>Midweek Communion</i>	Mary's House, Boxford
	18:00	<i>Holy Half Hour Meditation</i>	St Mary's, Boxford
Sunday 8th October <i>Trinity 18</i>	9:30	<i>Harvest Festival</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:00	<i>BCP Evensong</i>	St Mary's, Boxford
Wednesday 11th October	10:00	<i>Morning Prayer</i>	Mary's House, Boxford
	18:00	<i>Holy Half Hour Meditation</i>	St Mary's, Boxford
Sunday 15th October <i>Trinity 19</i>	11:00	<i>Harvest Festival</i>	St Mary's, Boxford
	16:00	<i>Harvest Evensong</i> <i>preceded by Harvest Lunch at 13:00</i>	Lunch- Edwardstone Village Hall Evensong at St Mary the Virgin
Wednesday 18th October	10:00	<i>Midweek Communion</i>	Mary's House, Boxford
	18:00	<i>Holy Half Hour Meditation</i>	St Mary's, Boxford
Sunday 22nd October <i>Trinity 20</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 Eucharist</i>	St Mary's, Boxford
	11:00	<i>Harvest Festival</i>	All Saints' Newton
Wednesday 25th October	10:00	<i>Midweek Communion</i>	Mary's House, Boxford
	18:00	<i>Holy Half Hour Meditation</i>	St Mary's, Boxford
Sunday 29th October <i>Last Sunday after Trinity</i>	11:00	<i>Newton Patronal Festival</i> <i>Joint Benefice Service</i>	All Saints', Newton
	17:00	<i>All Souls' Memorial Service</i> <i>All Souls' (translated from 2nd Nov)</i>	St Mary's, Boxford

(Morning Prayer online every Tuesday, Thursday and Friday morning from 8.30am)

All our churches across the Benefice are OPEN EVERY DAY for Private Prayer.

If you need support, please contact Fr Rob or the Benefice Office

PET SERVICE

Sunday, 1st October at 11.00 am
St Mary's Church, Boxford

JOIN US TO CELEBRATE GOD'S CREATION.

**WHOEVER YOUR PET MAY BE, BRING THEM ALONG,
GIVE THANKS FOR THE GIFT OF THEM IN YOUR LIFE AND
BRING THEM FOR A BLESSING.**

BRING AND SHARE

FOOD BANK

St Mary's Church, Boxford
(in the North Porch)

IF YOU OR SOMEONE YOU KNOW IS IN NEED,
PLEASE VISIT THE FOOD BANK OR CONTACT THE BENEFICE OFFICE FOR A FOOD PARCEL.
ALL DONATIONS OF NON PERISHABLE GOODS, ARE GRATEFULLY RECEIVED.

TAKE WHAT YOU NEED, LEAVE WHAT YOU CAN

Thank You



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY

Sun 1st Oct 11am *Pet Service*, St Mary's, Boxford
Sun 1st Oct 3pm *All Saints' Harvest Cream Tea* Newton Village Hall
Tues 3rd Oct 10am *Drop in for Coffee*, Mary's House
Wed 4th Oct 7:30pm *Boxford PCC*
Thurs 5th Oct 7:30pm *Edwardstone PCC*
Fri 6th Oct 10:30am *Coffee Morning*, St Lawrence's, Lt Waldingfield
Fri 6th Oct 7.30pm *Piano Trio Concert*, St Mary's, Boxford
Sat 7th Oct *Choir visit to St Edmundsbury Cathedral*
Tues 10th Oct 10am *Drop in for Coffee*, Mary's House
Wed 11th Oct *Bible Study Group*, 47 Swan Street, Boxford
Wed 11th Oct 7:30pm *Groton PCC*
Fri 13th Oct 7:30pm *Boxford Harvest Supper*, St Mary's, Boxford
Sun 15th Oct 1pm *Edwardstone Harvest Lunch*, Edwardstone Village Hall followed by *Harvest Evensong* at **4pm**, St Mary the Virgin, Edwardstone
Tues 17th Oct 10am *Drop in for Coffee*, Mary's House
Tues 17th Oct 7:30pm *Lt Waldingfield PCC*
Wed 18th Oct 10am *Coffee Morning*, All Saints', Newton
Sat 21st Oct 10am *Coffee Morning*, St Mary's, Boxford
Tues 24th Oct 10am *Drop in for Coffee*, Mary's House
Thurs 26th Oct 7:30pm *Newton PCC*

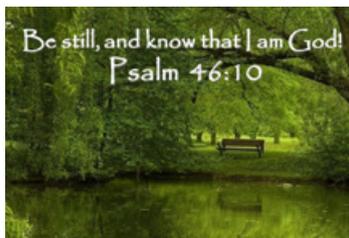
LIGHT UP

St Mary's Church, Boxford was lit up on Friday, 8th September in memory of Phyllis Rose on what would have been her 100th Birthday, our thoughts and prayers are with her family.

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

HOLY HALF HOUR MEDITATION

New this Autumn, please join us every Wednesday evening at 6pm, at St Mary's, Boxford for half an hour of reflection and stillness in the middle of a busy week to allow our hearts to rest and move deeper into the heart of God.



ST MARY'S PATRONAL FESTIVAL & FETE

It was wonderful to welcome Bishop Martin back to St Mary's, Boxford and for him to bless our Nave Altar and Tabernacle. Congratulations to Tom and Oli on their confirmation.

A huge thank you for everyone who contributed in any way in making the Patronal Festival and Fete such a fun and enriching day, raising church funds. So much work goes into organising this day and we are so grateful to everyone who came out and supported the event, despite the extreme heat, for once, everyone was envious of Father Rob getting his annual soaking!



ALL SOULS MEMORIAL SERVICE

Will be held at 5pm, on Sunday, 29th October at St Mary's, Boxford. The Commemoration of the Faithful Departed, an opportunity for the whole benefice to remember family and friends who have died. Please leave the names of those you would like to be remembered with the Benefice Administrator by 5pm, Wednesday, 25th October.

CHRISTMAS IN THE BENEFICE

Christmas is always a joyful and celebratory time in the Benefice and this year will be no exception. More information will follow in future editions of the Box River News but in the meantime, here are some dates for your diaries:

2nd & 3rd Nov *Christmas Fair*, St Mary the Virgin, Edwardstone
2nd Dec *Cheese & Wine evening*, fundraising for St Bart's, Groton
8th Dec *Festive Drinks & Nibbles*, St Lawrence's, Lt Waldingfield
8th Dec *Classical Concert*, St Mary's, Boxford
10th Dec *Christmas Tree Festival & Fayre*, St Mary's, Boxford

CONTACT INFORMATION

Benefice Office

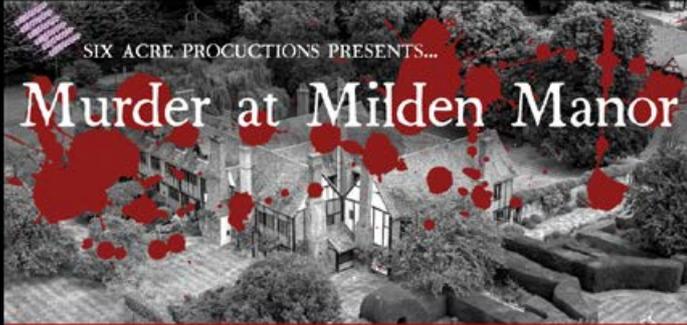
Mary's House, 5 Swan Street, Boxford CO10 5NZ
01787 828046 email: boxriverbenefice@gmail.com

Fr Rob Parker-McGee SR

01787 210434 email: boxriverrector@gmail.com

SIX ACRE PRODUCTIONS PRESENTS...

Murder at Milden Manor



An Interactive Murder Mystery Evening
 Saturday 14th October 7pm
 at
 Milden Pavilion, Church Road, Milden IP7 7AF

£20 per person

Evening includes food: chilli or vegetarian alternative
 Please advise of any dietary requirements

There will be a licensed pay bar and a charity raffle
 in aid of Monks Eleigh Community Shop

To book please email info@mildenpavilion.co.uk
 or buy tickets via Eventbrite

Registered Charity No.304919

Boxford Study Centre Literature Group

An 8 week course on Monday afternoons 2.30-4:30pm

Meeting in Groton Village Hall, CO10 5EL

Starting on Monday October 2nd 2023

POWER AND CORRUPTION

'Man, proud man,

Drest in a little brief authority.

Most ignorant of what he's most assured ...'

In our Autumn Course we shall explore the abuses of power and its corrupting effects with a study of these texts

Tutor: Hugh Black-Hawkins

Monday 2 nd Oct	Measure for Measure	<i>Shakespeare</i>
Monday 9 th Oct	Measure for Measure	<i>Shakespeare</i>
Monday 16 th Oct	Enron	<i>a play by Lucy Prebble (Methuen)</i>
Monday 23 rd Oct	Reading Week	
Monday 30 th Oct	The Leopard	<i>Tomasi di Lampedusa (Vintage)</i>
Monday 6 th Nov	The Leopard	<i>Tomasi di Lampedusa</i>
Monday 21 st Nov	Reading Week	
Monday 20 th Nov	Milkman	<i>Anna Burns (Faber)</i>
Monday 27 th Nov	Milkman	<i>Anna Burns</i>
Monday 4 th Dec	The Masque of Anarchy	<i>Shelley</i>

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

Newcomers very welcome.

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

**AS THE NIGHTS DRAW IN,
 A NEW PROGRAMME
 ROLLS OUT OFFERING
 CULTURE, COFFEE & FRIENDS**



Enliven your Autumn by Giving Us a Go!

THE ARTS SOCIETY STOUR VALLEY offers a series of illustrated Monthly Talks, Visits, Special Interest Days + an Arts Magazine - all at a very reasonable cost.

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

FOR FURTHER DETAILS:
 Contact: info@TASstourvalley.org.uk quoting BRN28
 or via our website www.TASstourvalley.org.uk

WEDNESDAY 18th OCTOBER

THE HISTORY OF AUCTIONS:
From the Roman Period to the present day

The Inside story of why the world's most expensive paintings sell for such staggering sums.

**THE TRUSTEES OF NEWTON CHARITIES
 (WILLIAM ALSTON)**

ARE PLEASED TO INVITE YOU TO A



**SATURDAY 28TH OCTOBER 2023
 10.00 TO 11.30**

REFRESHMENTS • CAKES • RAFFLE

PLEASE DO COME ALONG TO FIND OUT MORE ABOUT THE CHARITY AND HELP TO RAISE FUNDS TO SUPPORT THE WORK OF THE TRUSTEES
 WE HOPE TO SEE LOTS OF NEW AND FAMILIAR FACES
 THE FIRE WILL BE LIT AND THERE WILL BE A WARM WELCOME FOR ALL.

DONATIONS OF RAFFLE PRIZES, CAKES AND SAVOURIES WOULD BE MOST WELCOME AND CAN BE BROUGHT ON THE DAY OR DELIVERED TO:
 SUE PRESLAND AT REDWOODS, CHURCH ROAD BEFOREHAND.
 FOR FURTHER DETAILS PLEASE CONTACT SUE ON 01787 379 204/07881 383 998

BOXFORD
GARDENING SOCIETY

Anni Kelsey UNUSUAL ABUNDANCE



Tuesday 3rd October 7.30pm
at Boxford Village Hall

FLEECE JAZZ 2023
Stoke-by-Nayland Hotel presents

The Andrew Cleyndert Quartet: "Eclectricity"

Wednesday 11th October 2023 8pm - Tickets: £18



A stellar quartet with a unique ensemble sound. A veritable feast for the ears and the soul.

Andrew Cleyndert – Bass
Mark Edwards – Piano
Martin Shaw – Trumpet/Flugelhorn
Colin Oxley – Guitar

The Josh Kemp Quartet present John Coltrane: A Love Supreme

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



JOSH KEMP & THE COLTRANE PROJECT
Exploring the lyrical and spiritual music of John Coltrane, including his masterpiece 'A Love Supreme'

Josh Kemp – Tenor sax
Gareth Williams – Piano
Dave Manington – Bass
Tristan Maillot – Drums

"A subtle, highly nuanced and original sound" – *Time Out*

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

SPECIAL OFFER: A double room with breakfast and two tickets from £119 (subject to availability) Phone: 01206 262836

Boxford Church Fundraiser

Piano Trio Concert

Mendelssohn & Schubert

Friday October 6th 2023
7.30 pm

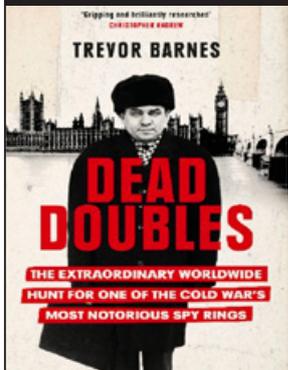
Violin Rhianwen Gold
Piano Caroline Finlay
'Cello Edward Gold

Adults £10 Under 18s FREE
www.ticketsource.co.uk/boxford-concerts
Boxford Post Office or on the door



St Mary's Church, Boxford CO10 5DU

DEAD DOUBLES



TREVOR BARNES
DEAD DOUBLES
THE EXTRAORDINARY WORLDWIDE HUNT FOR ONE OF THE COLD WAR'S MOST NOTORIOUS SPY RINGS

AN INFAMOUS COLD WAR SPY MYSTERY COMES TO BOXFORD

An illustrated talk by
TREVOR BARNES

Boxford Society Autumn Meeting
Boxford Village Hall
Saturday 7th October at 7:30pm

The Portland Spy Ring was one of the most dangerous KGB espionage rings to operate in the UK until rounded up in 1961.

Former senior BBC producer Trevor Barnes has written a thrilling account of the top secret investigation into the five spies – three men and two women – who formed the Portland Ring, the crucial secrets it stole, and its SUFFOLK connection.

Many of the KGB spy techniques used back in 1961 are still deployed by Putin's spies against the West in 2023.

One critic said the DEAD DOUBLES story 'reads like a Le Carré thriller - but true!'

Do come and join us. Free for Boxford Society members and all are welcome at just £2 per head.

LEAVENHEATH CINEMA

SATURDAY 7th OCTOBER

JOYRIDE

Starring Tom Hanks

A coming of age drama PG-13

Starring Olivia Coleman, Charlie Reid & Lochlann Ó Mearáin

Arrive 7pm for 7:30pm start

1hr 34 mins with 20 mins interval

Leavenheath Village Hall, CO6 4NS

Please book early to avoid being disappointed

Tickets £4.00 per adult and £2.50 for under 12s

You can pay by cash or card on the door

Reserve your seat online at www.leavenheath.org.uk or phone

Marion on 01206 263301 to book your tickets

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

Proceeds towards LVH Capital Project Fund (Charity no 262816)



WHIST DRIVE

Wednesday 11th October whist drive in Monks Eleigh Village Hall Meeting Room. 7:00pm. Entrance is £3.

We play 18 hands of progressive whist and refreshments are served. We enjoy a social evening of cards and everyone is welcome, even if they have never played before.

CHARITY CRAFT FAIR

Sunday 15th October, 10-4pm at Whatfield Village Hall, IP7 6QU

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

All proceeds to *Success After Stroke*.

GREAT ACTON BOOK SALE

Saturday 21st October in All Saints Church, Acton, near Sudbury. CO10 0BA 10am – 2pm. Free Entry. 1000s of books at bargain prices. Popular Fiction, Classics, Non-fiction, War, History, Biography, Hobbies, Children's.

Contactless, card payments and cash accepted.

All profits to the church.

CHRISTMAS CRAFT & CHARITY FAIR

Saturday 18th November between 10am and 3pm.

At The Old School, Long Melford. Hot & Cold food available.

Free admission & parking.

AUTUMN FASHION SHOW

The Stoke by Nayland fashion show, in aid of Breast Cancer is on Friday 6th October 2023. Doors open at 6:30pm in SbN Village Hall. Showcasing collections from Woodbridge boutiques *Laura Jane* and *Tilley & Grace*. Show tickets are £10 which includes a glass of wine or soft drink and nibbles. Tickets should be purchased in advance and are available from SbN village shop and from both boutiques in Woodbridge.

Beth Baker and Marian French.

Beth Baker: 07973 326788 / bethbaker@intamail.com

LANTERN MAKING WORKSHOPS

Boxford Fireworks will be held on Saturday 28th October. The event starts with a parade of illuminated lanterns processing from the White Hart car park to the playing fields. The procession leaves the White Hart at 6:30pm.

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



Saturday 21st and Sunday 22nd October – Formal Workshop

This is a formal (over-14s only) 2 day workshop to make large parade lanterns that will impress spectators and be the envy of

your friends. We recommend a team of at least two and no more than four (this is just a guide, you will need enough people to carry your lantern).

If you wish to make a larger lantern, it is essential that you book into this workshop.

Bookings are limited to 8 teams and the workshop runs over both days starting promptly at 10am and finishing at 4pm. You will need to bring a packed lunch.



Booking is essential. Formal Workshops cost £10 per head.

Monday 23rd to Thursday 26th October - Informal Workshop

This is an informal drop-in workshop aimed at both children and adults (children under 11 must be accompanied by an adult). In this workshop you will have time to make smaller lanterns that can be carried by one person (or 2 if it is slightly larger).

You should allow 3 hours crafting time for the smallest lanterns, the larger the lantern the longer it takes.

For smaller children, we have some pre-prepared lanterns that can be finished off. Some people like to come back the next day or later in the week to finish off. Workshops close at 4:00pm daily.

Instructional sessions start at 10am and 1pm daily. These sessions are on a drop in basis. Booking is not essential but is advised. Informal workshops cost £5 per head.

To book a workshop please ring **01787 211596** (answer phone) and leave your details or email mark.miller@talktalk.net



The fee for the workshops is payable on entry (credit and debit card payments accepted).

Fireworks tickets are also available at the workshops.

BOXFORD COMMUNITY COUNCIL

In association with
Boxford Parish Council
presents

BOXFORD FIREWORKS

Sat 28th

October

**LANTERN
PARADE**

6.30 from the village

**Fireworks 7.45 on
The Playing Fields**

Tickets in advance
Adults £6.00
Children £4.00

Tickets on the gate
Adults £7.00
Children £5.00



SUPPORTING COMMUNITY ACTIVITIES IN
BOXFORD, EDWARDSTONE
AND GROTON

Charity Number:304862

POLSTEAD VILLAGE HALL

Polstead Village Hall has a range of regular clubs and activities at specific times from Monday to Friday.

At all other times, the hall is available for private bookings. There is a small room for hire, as well as the main hall with its curtained stage and an adjacent, well-equipped kitchen.

Please note that the hall now has WiFi.

Anyone interested in hiring any of the hall's facilities should contact the Bookings Secretary (Mrs. Sue Townsend) tel – 01787 828570 or email: polsteadvillagehall@outlook.com

If you think you might like to join in any of the regular weekday activities, please contact the relevant organisers (phone numbers below), even if it is just to make further enquiries.

Monday	Table Tennis	6:30-8:30pm	07470 635 600
Tuesday	Art & Crafts Club	2-5pm	07570 791 716
Wednesday	Zumba	6-6:45pm	07791 496 767
	Carpet Bowls	7pm	07969 983 554
2nd & 4th Wednesday	Craft Workshop	2-4pm	07394 149 472
Thursday	Body Movement	10-11am	07969 983 554
3rd Friday	Coffee Caravan	10-1pm	07969 983 554

New members are always welcome, the organisers will be pleased to hear from you.

POLSTEAD GARDENING CLUB

Our autumn season of meetings is starting soon with some very interesting speakers:

Tuesday 31st Oct at 7:30pm: The Secret Gardens of East Anglia with author Barbara Segall

Tuesday 21st Nov at 7:30pm: The Butterfly Garden and Changing Environment with Dr Ian Bedford

All meetings will be at Polstead Village Hall on the green in Polstead (CO6 5AL). Free to members.

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

Queries to gardeningclubpolstead@yahoo.com

POLSTEAD FILMS

A MAN CALLED OTTO

Based on Fredrik Backman's best-selling novel. Tom Hanks's cranky widower may tread well-worn ground, but the neighbourly kindness that saves him is life-affirming.

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POLSTEAD VILLAGE HALL

Tickets £4.50

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

POLSTEAD CHRISTMAS FAIR

The Christmas Fair will be on Sunday 3rd December and will focus entirely on the festival of Christmas, with all stalls geared towards the Christmas theme.

If you would like to book a table to sell Christmas gifts or goods, please contact Angela on **07969 983554**.

In aid of St Mary the Virgin, Edwardstone and SESAW animal rescue

Free Entry!

Thursday
2nd November
6pm - 9pm
Stalls
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Friday
3rd November
9am - 2pm
Stalls
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Boxford Drama Group panto 2023

Puss in Boots



By Michael Munn

29 November - 2 December

Can Puss triumph over the wicked sorceress?
Will Robin get his girl? And who exactly are Grimp & Mire?

Boxford Village Hall

Watch this space for more details...


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MILL
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MILL TYE GALLERY
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Iconic

'Iconic' - a presentation of Art Textiles from group Stitches Inc, bringing an innovative twist to quintessential design motifs drawn from sources both ancient and contemporary.

stitches Inc

Mill Tye Gallery

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

Opening Times

Thursday to Sunday
10:30am to 4pm.

For Exhibitions, Art Classes, Workshops
and more, visit www.milltyegallery.co.uk

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starts: Saturday 7 October

ends: Sunday 29 October

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STITCHERS INC. PRESENTS 'ICONIC'

'Iconic' is a presentation of Art Textiles from art group *Stitchers Inc*, bringing an innovative twist to quintessential design motifs drawn from sources both ancient and contemporary.

Stitchers Inc. is excited to present the collection at the Mill Tye Gallery, Sudbury. The group of 10 artists based across South Suffolk and North Essex, have each drawn inspiration from a style or artist that are themselves icons of design. These range from millenia-old metalwork, through folk and indigenous art to more modern icons of the 19th and 20th centuries.



Liz Pilkington

Each artist has brought a fresh recognition to their chosen inspiration by interpreting key elements and motifs into stitch whilst allowing their own artistry to complement the original. The result is a cohesive and exiting exhibition of work two years in the making.

Stitchers Inc. are: Alex Waylett, Carolyn Dilloway, Dot Ronaldson, Jan Robinson, Jane Baston, Jane Elliott, Juliet Day, Liz Pilkington, Margaret Kay, Melanie Missin-Keating and Pauline Wilson. Some of the artists will be in attendance throughout the exhibition to discuss their work and the items available for sale.

The exhibition previews on Saturday 7th October from 10:30 to 6pm. Enjoy exclusive access to the artists and their new work.

For more details visit: www.milltyegallery.co.uk/exhibitions

The exhibition continues until Sunday 29th October 2023.

Mill Tye Gallery and Arts Centre is set by the idyllic River Stour in Great Cornard, just outside the centre of the historic market town of Sudbury, Mill Tye Gallery and Arts Centre is located in a historic mill building in the heart of Gainsborough territory, and has spectacular views across the river Stour to the water meadows beyond. Visitors to the gallery will find free parking is available in the car park located before the level crossing.

3 Cornard Mills, Mill Tye, Great Cornard, Sudbury, Suffolk CO10 0GW (In the old 'Bakers Mill' building) Tel. 01787 376 796 Open: Thursday to Sunday: 10:30am to 4:00 pm.

For Exhibitions, Art Classes, Workshops and more, visit www.milltyegallery.co.uk or follow Mill Tye Gallery on Facebook or Instagram.

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BOXFORD WI UPDATE

Annie Phillips, our President is shown here promoting Boxford WI at St Mary's Boxford Patronal Festival and church fete.



If you fancy having some fun, a cup of tea and cake then come along to our November meeting where we will be playing a game of 'What's in your handbag?'.

Once you are a member you will be able to enjoy the following interest groups

which we hold on a regular basis:

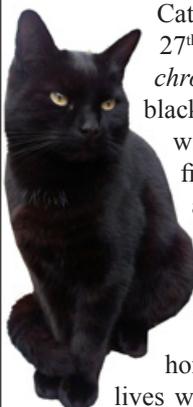
- Dining Divas (lunch group)
- Chatterbox (afternoon with tea and cake)
- Knit and Natter
- Book club
- Women who wander (walking group)

New members are always welcome, so if you are interested please come along to the Village Hall on the first Wednesday of the month at 2pm or contact our secretary.

Lyn Beer. Secretary, Boxford WI

07961 357 526 lyn@the-brook.net

OLLIE'S NEWS FROM SESAW



Cats Protection created National Black Cats Day on 27th October to "...celebrate the majesty of monochrome moggies..." having ascertained rehoming black/black white cats took longer in 2011. Mother will tell you this is still the case. She will also confirm I am not the easiest pet to live with, rather like another animal we homed recently.

Whereas I am a cat, he is a Jack Russell/Chihuahua cross, his name is also Ollie and he has plenty of 'attitude' too! He arrived due to his owner's illness and didn't settle in the first home we found, but the second was ideal. He now lives with a couple by the sea, he rides on his master's mobility scooter and they know just how to manage his funny ways! It can be difficult to find the right home for animals with varied personalities but we usually succeed.



Ollie Dog

There are worldwide myths predicting dire or delightful consequences for those who see, touch or live with black cats. I don't claim to bring you good or bad luck but I do offer my annual warning to keep all your pets safe during the firework season. It can be a very scary time for us so please keep you dogs and cats indoors with you at night, close the windows and curtains, provide a 'safe place', play music and investigate calming room diffusers. Insulate outdoor hutches or move them to a shed or garage and check for hedgehogs before you build a bonfire.

I'll close now as it's getting dark outside - and Mother's broomstick stands waiting for me,
Ollie (the Black) Cat!
Suffolk & Essex Small Animal Welfare,
Stoke Road, Leavenheath, CO6 4PP.
Tel: **01787 210888** Web: www.sesaw.co.uk

STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

A glimpse of community and political life in Boxford in the mid 20th century.

Before the Second World War Boxford had suffered 60 years of agricultural recession and poverty. The 'town' had been almost entirely dependent on farming for work and income, as were the many services serving the surrounding villages. Non-conformism and left-leaning politics had been strongly reinforced by that long period of severe hardship, very low wages, insecurity and the poor housing of farm workers and their families. Many young men left Boxford to seek work elsewhere. The First World War was followed by high food prices and the 1929-39 Great Depression. Farm workers were very insecure. Their families depended on them being hired and they lost wages when the weather was bad. Many lived in "tied" cottages from which they could be ejected at the farmer's whim.

After the privations of the Second World War with serious rationing of food, clothes, bedding, curtains and furniture, villagers were very optimistic about a much better future and decent housing. Previously, in 1923, the small number of Cosford R.D. Council Houses had been built in Boxford Lane. More council houses were started at Bonsey Terrace on Swan Street in 1937. Later these became known as Homefield. In 1953 the full set of Homefield houses were finally completed, although the pre-fabs remained a bit longer. This was a new community of mainly young, post-war, Boxford families. The election of a reforming Labour Government in 1945 kindled more optimism and hope for change for working people with universal free education 5-18 and an NHS free at the point of need.

At the 1945 National General Election, Labour won with a clear majority of 145 seats. A Labour MP was elected for the Sudbury constituency for the first time. This resulted in a strong Sudbury Labour Club and a linked Boxford Labour Club. Valerie Moulton and her husband Russell played a major and very active role and she became Sudbury Town Mayor in 1976.

The Sudbury Constituency had a long and infamous history though. From 1549 to 1884 it sent two MPs to Parliament and it was so corrupt, with votes bought and sold, it was known as a "Rotten Borough". So rotten that Charles Dickens in *The Pickwick Papers* is thought to have based the chaos and corruption of "Eatenswill" on the Sudbury election of 1835, for he was a newspaper reporter there at that time. So corrupt was it that in 1844 Sudbury was disenfranchised and absorbed into Western Suffolk. Only in 1885 was it re-established as a single member constituency on modern lines.

For the 1950 General Election a very different Sudbury and Woodbridge Constituency was formed including Hadleigh, Woodbridge and Felixstowe. Roland Hamilton, the Labour MP, lost his seat to John Hare, a Conservative, by over 4500 votes. It was never a Labour seat again, but the Boxford Labour Club continued to grow and was a focus of social and community activity for the next 30 years.



Congregational Chapel outing 1947. Spanning the family generations.

Boxford had for centuries been a strong community with a non-conformist tradition. The Congregational Chapel in Swan Street was independent and self-governing and up to 1980 had a considerable membership in Boxford. It encouraged independent forward-looking working people and was left-leaning in spirit. Such Protestant churches were community focused and very concerned with the welfare of all. This will have appealed to many in the new Homefield community which began to hold its own social events, as well as to many others in Boxford.

The Boxford Labour Party flourished from the late 1940s to late 1970s, organising for elections but also holding many social functions and fund raising events. Joe Tarbet, the husband of Olive Tarbet, was very pro-active and by 1950 it had over 300 members. The village hosted large Labour Rallies on Rectory Park. Reg Tricker recalls Ernest Bevin being the guest speaker on one occasion when he was a Minister under Labour PM Clement Atlee's government. After the Rallies, it was down to the Village Hall for entertainment. Percy Edwards (the "Whistling Birdman") lived in Suffolk and was the main act on one occasion. There was then a Labour Party garden and noticeboard in Swan Street at the entrance to Goodlands Farm (where Stray House is now).



Homefield Christmas Party Boxford Village Hall 1952

In addition there were annual fetes in Christchurch Park, Ipswich. These were grand combined events funded by the Co-operative Society and the Sudbury and Woodbridge Labour Party. Hundreds from all over Suffolk attended. Each child was given a 'goodie bag' which to this day Pauline Taylor (Reg's daughter) can remember, as they were very special days. Labour Party rallies also took place at the Spa Pavilion, Felixstowe, which were always packed to the rafters. Reg Tricker recalls one particular speaker, Barbara Castle, who was a Minister in Harold Wilson's government. Reg remembers her as a force to be reckoned with!



Boxford Labour Party Christmas at the Fleece in the 1960s
L-R front row: 1? 2 Susan Newell, 3 Dick Elmer, 4 Doreen Tricker (Reg's wife), 5 Dorothy Panks?, Back Row: 6 Hilda Rule, 7 Tony Murphy?, 8 Archie Rule, Front Row 9 Olive Tarbet, 10 Ben Garrett, 11 Maisie Tricker, 12/13 Bonners? Back Row: 3 Unknown, 14 Dessie Downs (Fleece landlady) 15 Gavin Downs (son of landlady), 14 Mary Riddlestone, 15 Christine Murphy?, 16/17 Archie Hallam and wife Jean?, 18 Sheila Smith, 19 Charlie Smith. 20/21 ?



Boxford Labour Party Committee late 1960s
L-R front row: Doreen Tricker, Rosie Marriott nee Carter, Olive Tarbet, Maisie Tricker. Back row: Una Richardson, Joyce Saunders, Brian Orriss, Labour candidate Sudbury & Woodbridge, Maureen Fosker, Joan Seggar, Queenie Grimwood, Cecil Hughes.



Boxford Labour Party meeting. Retiring secretary Olive Tarbet passes the minute book to Doreen Tricker the new secretary.
L-R: Doreen Tricker; Brian Orriss, (stood as Labour candidate in the Sudbury and Woodbridge Constituency in the 1970 and 1974 General Elections), Olive Tarbet, Rev Brian Bird retiring chair, Queenie Grimwood new chair.

Building up to Labour narrowly winning the 1964 General Election, the local Labour members were very active. In the 1966 election Wilson had a much increased majority, but in 1970 he lost to Edward Heath's Conservative Party. In the 1970 and 1974 General Elections, a local man from Polstead, Brian Orriss, stood as the Labour candidate. He was strongly supported by the Boxford Labour Party, but the Conservatives took the seat on both occasions.

After the 1974 General Election Wilson led a minority government, handing over to James Callaghan in 1976. The Boxford Labour Party then seems to have gone into rapid decline and we know little about its demise. We do know that the 1979 General Election was the last held before another Constituency boundary change when it became South Suffolk.



Sudbury and Boxford Labour Club with Harold Wilson at the Spa Pavilion Felixstowe in 1970.
L-R: Brian Orriss Labour candidate Sudbury and Woodbridge, Queenie Grimwood, Harold Wilson, Maisie Tricker, her sister Doreen Tricker (spotted collar). The lady pointing is Iris Howlett, and shaking hands with HW is Cynthia Humphrey. Both ladies were from Polstead where there was plenty of support for the Boxford Labour Club..



Cecil Hughes, Labour Party member and Parish Councillor meeting Harold Wilson Prime Minister at the Spa Pavilion Felixstowe 1970.
They discussed Boxford's need for a bypass and it was favourably received. Cecil was a good servant of Boxford all his life.

Whilst every effort has been made to get people's names right for the accompanying photos, we apologise for any errors and would welcome corrections. This seems to be a little known part of Boxford's history and we are grateful to Reg Tricker and his daughter Pauline Taylor for their contribution to the Archive, and particularly the photos. We would be delighted to hear from anyone else who has memories, details or photos from the 1940s to 1990, which is rather sparsely represented in the Archive.

Roger Loose

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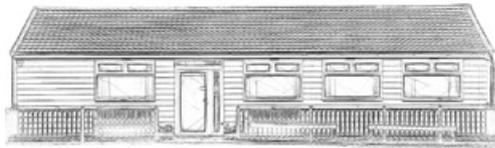
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HADLEIGH & BOXFORD PPG

The increase in cases of the latest strain of Covid is concerning. For this reason the Practice has been asked to vaccinate all 65 plussers and clinically vulnerable against Covid and 'flu before the end of October 2023. Residents in all Hadleigh's care home have already been attended to. The rest of the eligible patients are being invited to come to a September clinic, (already completed) and one on 7th and 21st October from 8am to 12:30pm. Patients' appointments to attend are being sent via letter or text. There will be no walk ins unless you have been asked to do so by your GP.



As on previous occasions, members of the PPG and others have agreed to continue volunteering in the car parks and inside the Practice when the clinics are in progress. As ever volunteers have stepped up to the plate immediately and generously offered their time enabling the Practice to focus on the medical and admin aspects of the exercise. Receptionists and the Practice Dispensary will not be open while the clinics are in progress.

I understand that, from next year, you will be able to buy Covid vacs if you are outside the NHS cohorts.

Last week the Practice received a visit from the Healthwatch Team. Their function is to collect feedback from patients in the waiting room and give their findings to the Practice personnel. I'm delighted to say their overall report was highly favourable with patients describing the surgery as 'excellent and brilliant'. There were some shortcomings which the Practice hopes to address but car park issues and pure demand are more problematic. If you wish to have your say, their survey is online together with some of the patients' previous comments. See link below.

A new art exhibition is in place in the Waiting Room. Work is by Jenne Foulger. Please make an effort to view her unusual, delightful work and remember you don't have to be sick to take a look. Jenne's work can be bought for a very reasonable sum. 10% of proceeds to the Practice's Charitable Trust.

Do you know if you are eligible for help with the cost of NHS prescriptions, NHS dental treatment, eyecare, travel to receive NHS treatment and NHS wigs and fabric supports? Find out if you're eligible using the free eligibility checker link below.

PPG Chair: Jan Devey 01473 827 091

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

Healthwatch: <https://bit.ly/hadleigh-boxford-feedback>

NHS Help: www.nhsbsa.nhs.uk/check



Remember!

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

www.boxrivernews.com

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THE GLOW PRO



The temperature has shifted (although, did summer this year even get the memo?), back-to-school season has been and gone, and suddenly, we're well past the halfway mark of 2023!

Among the hustle and bustle of today's fast-paced world, it's important to take some time for yourself to recharge and prevent burnout.

The good news is, the notion of self-care doesn't have to be time-consuming or expensive... Allow me to shed some light!

Firstly, what is burnout?

In essence, burnout is a feeling of running out of steam, which can leave you feeling physically and emotionally drained. If you've noticed you're no longer finding enjoyment in activities you once loved, or if you feel as though you've lost your spark, it's a clear sign to identify the cause and prioritise your well-being.

As the saying goes, "You can't pour from an empty cup"!



Remember the essentials



In our daily routines, it's crucial to keep in mind the basic necessities that nourish our bodies and help us to feel our best: food, exercise, and rest.

Self-care comes in all shapes and sizes, whether it's a refreshing 20-minute walk on your lunch break, a hot cup of your favourite tea, or a few minutes of mindfulness practices before bed.

Doing something that makes you feel good, is the simplest way to relax and add a little zen to your life.

Unwind with a Lava Shell massage

In the clinic: Back, Neck & Shoulder: £45 | Lavish Full Body: £60

In the midst of life's chaos, a detoxifying massage can work wonders in melting away stress. As we prepare to embrace the colder days, a comforting lava shell massage might be your golden ticket to hitting that reset button!

Originating from the shores of the Philippines, this therapeutic treatment uses the soothing warmth of shells to delve deep into your muscles, easing aches, gently smoothing away knots, and relieving tension.



Limit social media

In our digital age, it's all too common to lose precious hours scrolling through screens and social media, which often leads to unhelpful comparisons and feelings of FOMO (fear of missing out).

Occasionally disconnecting from the internet is a simple remedy to balance your mind and reconnect with your surroundings. In doing so, you can take time for activities that genuinely brighten your day, in contrast to the artificial glow from a screen!



Skincare is self-care

If you're a busy parent juggling the new academic year, skincare might not be your top priority. However, you don't need a lengthy routine to pamper yourself! When time is limited, consider setting aside a few moments in the morning to focus on three steps: cleansing, applying a moisturiser, and SPF. Opting for multi-purpose products, such as moisturisers with built-in SPF, are a time-saving skincare hack. Additionally, hydrating cleansers such as **Prophilo Micellar Water** (available in the clinic - 400ml £25), with its convenient pump bottle, are perfect for on-the-go moments, and will instantly refresh your complexion with one sweep.

What are some of your self-care tips? Let me know: office@suffolkmedicalclinic.co.uk

Helena x



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

Q: "How and when should I apply retinol?"

A: It's generally advised to apply retinol in the evening before bedtime, as it can make your skin more sensitive to the sun. After cleansing, ensure your skin is completely dry before applying retinol, as this helps to prevent irritation. Finally, only apply a pea-sized amount of retinol and use it sparingly. Less is more and don't forget your SPF!

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

EBONY'S DIARY

We went missing! Well, Ebony did. Perhaps the strikes were infectious? However, at the Centre there has been so much activity over the last few months we are buzzing.

Firstly our beloved Stable Manager Lyn Bensusan has retired after 30+ years of dedicated service to the place, its ponies and people. In her wisdom she picked the perfect successor for the Trustees to welcome here as the new Stable Manager, Abi Sinclair. We equines all feel grateful to these two ladies for giving us a smooth handover, keeping us safe, fit and happy.

There have been more retirements amongst the herd. By the last weeks of the Summer we were very pushed to mount all our riders on live animals. Babs and I worked flat out to offer physiotherapy indoors but I could see our riders were disappointed not to have their usual ponies available.

Abi has worked miracles to increase the live herd. Her team of able bodied riders has helped her to school and prepare the new arrivals for their important job. Good luck to all you new horses and ponies and welcome to the nicest workplace in Suffolk.

For a taster of the newbies here is a photo of JimBob watching what goes on in the yard. He is a 14 year old Piebald Cob, measuring 14.1hh. He suffers from asthma so his stall is dust free and open to the fresh air. He is the perfect size for our younger riders. A big thank you to the owner who loaned him to the Centre.



Next month we shall introduce some more members of the workforce, and soon your Auntie Di will have them all ready to be sponsored!

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www.shelleyrda.com

NOTES FROM A BEEKEEPER'S DIARY

Just for the moment summer has returned with a final flourish of bright sunshine and high temperatures, but evenings are drawing in and already the bees are starting to prepare for winter.

The last of the borage and blue tansy, and garden plants such as sedums ("Brilliant" is particularly nectar-rich) provide useful forage to help build up stores for the dark days ahead. The hedgerows too are bursting with ivy blossom and where they catch the sunshine are smothered in foraging insects. Tiny flowers that make up in numbers what they lack in size and a valuable source of autumn nectar and pollen, not just for the bees but also for butterflies and bumbles.

The Sainfoin is still in flower. Long spikes of pink pea-like flowers that can yield 10 times the nectar of other forage plants. Many beekeepers consider the resulting honey to be superior to any other. Sainfoin thrives on our Suffolk soils. Originally imported from



France as a fodder crop for animals, hence its name which means "healthy hay". The Latin name *onobrychis* means "devoured by donkeys". Take your pick.

The swarming season finished some time ago so any remaining honeybee drones are surplus to requirements. Their services will not be required until the spring when they will be easily replaced with eager juveniles. The workers round them up and drive them out of the nest to succumb to starvation or the cold. Conveniently drones lack stings, so are unable to resist. Tough, but that's Nature.

Queen bees are slowing down their egg laying activities. Summer bees progressively die off and the adult worker bees emerging over the coming weeks will carry the burden of maintaining the colony through the winter months ahead. The glands of these winter bees are not fully developed but they carry an extra layer of fat to help them survive.

Honeybees do not hibernate but remain active throughout the winter months, steadily consuming their stores of honey. As temperatures drop, they slow down within the nest to conserve energy. Below 10 degrees they cluster into a compact ball, the bees on the outside shivering their wing muscles to generate warmth. The queen will be somewhere in the middle. On her survival depends the future of the colony.



Beekeepers are kept busy harvesting any surplus summer honey. Equipment must be cleaned and stored securely. Empty frames and boxes will not be harmed by the occasional hibernating spider, but can be devastated by marauding wax moths. Hive entrances are reduced to stop mice gaining entry. Beehives offer a warm safe refuge for mice to doze through the winter months. Surprisingly they are normally tolerated by bees. But they do leave an unwelcome mess and can chew through unoccupied brood frames.

From now on beekeepers will be weighing hives regularly. The empty cells that once contained larvae and pupating bees are now available for winter stores and the bees are working hard to fill every last one with honey. If autumn forage is poor beekeepers feed with sugar syrup to keep them going. It's surprising how heavy a full brood box can be when full.

It only remains for beekeepers to keep their fingers crossed. Sudden temperature drops last winter before and after Christmas played havoc with honeybee colonies. Many bees succumbed to the cold before they had a chance to cluster, and spring came late and unusually cold, wet and windy. So, a short cold winter please, and warm, calm days for when the crocus and hellebore come into flower again.

Tony Rand



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LITTLE WALDINGFIELD'S FLOWER FESTIVAL

Amazing imagination and creativity brought poetry to colourful life at our Flower Festival 'A Garland of Verse'. The porch welcomed visitors in with "Changing the Guard at Buckingham Palace" and a sign to "Ye Olde Tea Shoppe". Once inside, visitors were met with a riot of colour and perfume, and the promise of copious amounts of home-baked cakes and other refreshments.

A huge 'Thank you' to everyone who worked so tirelessly to make this festival such a success and, of course, to our visitors who made it all so worthwhile. Special thanks to Di and Greta who worked tirelessly throughout the weekend.

A total of £1,880 was raised, (including a record-breaking £636 for refreshments!) towards church funds.

Photos by Fran Gregor -Smith



'They're changing guard' at Buckingham Palace by AA Milne



'Fireworks' by James Reeves



'To Autumn' by John Keats



Di Langford & Greta Martin making beautiful arrangements



'Fire and Ice' by Robert Frost & 'Rumble in the Jungle' by Giles Andreae

BOXFORD & DISTRICT BOWLS CLUB

An exciting start to September as after 100 years of great service, our old bowling green was taken up, the ground levelled, and then prepared for re-seeding. We have had to protect the green with an electric fence to prevent the badgers returning - they did so much damage at the end of last year's season and we cannot afford to let them do it again with the new green! A huge thank you to all the members involved in preparing the green - you know who you are.



Huge machinery had to navigate Swan Street to get to the playing fields and down to the club (a challenging drive!). Thank you to all involved - there were some very early starts! Thank you also to our Boxford neighbours and community for being so understanding and co-operative whilst this necessary work was going on.



Our club members are looking forward to seeing the grass growing over the next few weeks and being able to play next year. The old green over the years had developed some odd bumps and quirks on the rinks and we'll no longer be able to blame this for my wayward bowls next year!

The Club's outdoor season at Boxford finished at the end of August, although we still have some of our members in finals for different competitions around the county.

Photos: Peter Norris

BOXFORD ROVERS

Saturday 9th September saw the return to U9s football at Homefield as Boxford Rovers U9s welcomed Ransomes Pirates U9s.



With the boys raring to get their league campaign under way, Boxford were out of the traps quick and soon had their first goal of the season courtesy of Jamie Revell.

With the weather at melting point both teams made some changes. Ransomes settled and began to apply the pressure. James White and Joshua Stroud battled hard to repel the constant waves of attacks but Ransomes managed to take charge and equalise before half-time despite some fine saves from Oliver Humphreys .

After the break Boxford regrouped and came out guns blazing. Freddie Mann made some great attacking runs. Elliot Horne stepped up with a solo run down the right, finding a through ball to Teddie

White to slot home his 1st ever goal with a lovely side footed finish. With Boxford now in full swing, Jude Gooch unleashed a rocket of a strike from a distance which almost broke the woodwork - goal of the game. Soon after Jamie Revell netted his second to make the score 4-1.

In the last quarter, despite some fine saves from Monty Archer Ransomes did get their second with some great passing football. A well deserved 4-2 win, a great game of football, and a massive shout out to all the support from the sidelines from the home fans.

It was a pleasure for the team and parents to meet Kieran McKenna the Ipswich Town manager after the game as he was spectating and supporting his son playing for Ransomes. He posed for many photographs including this one with our goalkeeper Oliver Humphreys.



A massive thank you to both our teams sponsors:
Rob and Hayley White of Diamond White Developers Ltd
Dan and Hannah Jarvis of JARVIS Building Contractors Ltd.

MILDEN'S LAST FLOURISH



Dan Moase bowling against Long Melford

After losing to eventual Division 5 champions Haverhill on 20 August, Milden CC ended their 2023 season on a high with an overwhelming 278 runs victory at Long Melford on 3 September.

Brutal hitting by Harry Leitch (95 not out, including eight 4s and six 6s) after a century opening stand between Alex Cunningham (36) and Guy Evans (78) saw Milden post their highest total of the season: 316

for the loss of just 3 wickets. All the Milden bowlers took wickets as the home side were dismissed for 38 in 18.5 overs, Matt Archer finishing with the remarkable figures of 4 for 3 in his 5.5. overs. Dan Moase was nearly as economical, taking 3 for 8, and Keith Gooderham 2 for 14. Two weeks earlier at Haverhill, the home side batted first and Milden (fielding four 'Evanses': Guy, Stan, Michael and Rob) did well to restrict them to 177 for 9 from their 40 overs, Joe Smith being the pick of the bowlers with 3 for 21 from his 10 overs. There were significant contributions from Guy Evans (25) and Fred Walton (46), as Milden scored 150 for 9 in reply to lose by just 27 runs. So, another season, in which Milden won 4 and lost 7 matches, with one abandoned due to rain, ended on a positive note, Milden finishing 6th in Division 5 of the Hunts County Bats Suffolk League.



The final wicket: Melford's B Leonard bowled by Matt Archer. Photos: D. Lamming

FEEDBACK FROM JAMES FINCH

County Councillor for the Stour Valley

Ambling African Women break down barriers to accessing Suffolk countryside

Suffolk County Council celebrated the launch of 'Ambling African Women' a new partnership with PHOEBE, the Ipswich-based charity advocating for black and ethnic minority women and children. The new partnership aims to support PHOEBE members to access the countryside for its health and wellbeing benefits and is part of the wider work by the Green Access and Area of Outstanding Natural Beauty (AONB) teams to address inequalities in countryside access.

Founded by Zimbabwean women social workers in 2008, P.H.O.E.B.E (Promotion of Health, Opportunity, Equality, Benevolence and Empowerment) offers specialist domestic abuse advice, information, casework, advocacy and support and counselling services to black and ethnic minoritised women and children in Suffolk. The Council worked with PHOEBE in 2022 to identify specific cultural barriers to countryside access.

At the launch event on Tuesday 29 August, Suffolk County Council and its partners hosted a guided walk for around 30-40 women from the PHOEBE centre, who are part of the centre's new Ambling African Women walking group. As your newly elected Chairman of the Dedham Vales AONB, I am suggesting a similar walk here in the Dedham Vale AONB.

Trading Standards urge £765k fraudster to give himself up

Suffolk Trading Standards is appealing to the public for help as they urge a man wanted for failing to appear in court for sentencing for fraudulent trading to hand himself in.

Wayne Parker, of Mildenhall, was found guilty in October 2022 of obtaining more than £765,000 in credit from suppliers. He presented himself as a livestock owner which enabled him to be given credit by a wide range of companies. He often made no attempt to settle his debts and, when he did, repeatedly sent cheques that would bounce. An arrest warrant was issued when he failed to appear in court in February 2023.

Since going on the run Mr Parker is known to have been using the Match.com dating website and has also been hiring cars in a bid, it is believed, to avoid detection by the police. He has links to west London, with his last known address being in Feltham, however, he has carried out work across Suffolk, Norfolk, Cambridgeshire, and Surrey.

Award Success for Social Care in Suffolk

Social work is vital to keeping people safe, and helping them live good, independent lives as part of the community. In Suffolk I believe we are incredibly lucky to have some of the best Social Workers, Occupational Therapists and Social Care workers anywhere in the country.

This year more Suffolk County Council staff and teams have been recognised for their achievements and skills by being shortlisted at the Social Worker of the Year Awards, a national award ceremony which uses these awards to improve the awareness, understanding and reputation of the social care sector.

The awards are open to qualified practitioners throughout England with a wide range of individual and team categories for those working in both children's and adult departments. This year Suffolk has been particularly successful - I want to extend my congratulations to all the individuals who have shone with their professionalism and talents in their respective services who include Patrick Hamilton and Victoria Veale, both shortlisted as Newly Qualified Social Worker of the year and Suzanne Ladlow.

Window now open to apply for school places

Parents and carers can now apply for a place in the normal year of entry at a primary (including infant and junior) school and secondary school for September 2024.

The deadline for applications to secure a place at a secondary

school is Tuesday 31 October 2023. The deadline for applying for a primary school place, including infant and junior schools, is Monday 15 January 2024.

All applications received by the relevant closing date are processed at the same time using the schools' oversubscription criteria to prioritise applications when necessary. Late applications are processed after all of those received on time.

Last year, Suffolk County Council received just over 15,400 on time applications for pupils wishing to start at a primary or infant school, or to transfer to a junior or into Year 7 at a secondary school from September 2023. Just over 94% of applicants received offers for their first preference school and 98.5% of applicants received an offer for one of their top three preferred schools.

Opening of £1.3m Suffolk Fire & Rescue Service training centre

The Suffolk Fire and Rescue Service Training Centre at Wattisham Flying Station near Stowmarket has recently undergone a £1.3 million upgrade. It now boasts a tactical firefighting facility, which uses real fire and an LPG-fired facility to simulate incidents firefighters may be faced with. The most recent addition is the modular office complex, which features additional classrooms and welfare facilities for all delegates and staff.

The centre was formally declared open at the annual base families' day on Thursday August 24 by Chief Fire Officer (CFO) Jon Lacey of Suffolk Fire and Rescue Service, and Colonel Toby R Moore MBE, Station Commander, Wattisham Flying Station.

Council fears new energy proposals will harm Suffolk's coastline.

Suffolk County Council is disappointed to learn that the LionLink interconnector project from National Grid Ventures has identified an alternative landfall at Walberswick, with cable routing making its way to the north of Southwold. The Lionlink project aims to connect multiple offshore wind farms in the North Sea, instead of individual wind farms connecting one by one to the shore. The project is a joint venture between the UK and the Netherlands, supplying energy to both countries. I believe, if National Grid Ventures are to bring this project ashore in Suffolk, they must fully justify why far less harmful alternatives have not been fully considered and why they are not working with other projects in the area.

The Council will study the details of the new proposals and will prepare its response to the National Grid's second public consultation, which opens on 8th September.

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

After last month's day off and more light-hearted report, it is back to normality and hard work.

Some good news is that the national men's cycle race again came through our districts and provided spectacular entertainment on a circular route through the county starting and finishing at Felixstowe. There are some big benefits to our region through increased tourism and spend in local businesses. It also seems that the potholes along the routes get mended, whether they have been reported multiple times, or not at all.

Our Grant teams and lead officers have also been able to secure some external grant funding from national and local sources which

we can use in many different ways on existing and new projects to help the general sustainability and productivity of the area. Among the best is a rural fund for capital grants which will enable local rural businesses to bid for money to fund new schemes and projects across our region. We have around £620,000 awarded for BDC, which although seemingly a large amount, will have to be used widely and wisely across the region to do maximum good and spread the new prosperity for all our constituents. Maybe 50 or so good deserving causes across our area can benefit from these schemes to assist our whole region with added employment and training opportunities for all.

My coalition partners and I will use it well.

Although like most public authorities across the country, we are struggling to do everything we would like for our constituents, we are doing better than most to keep the district afloat, balanced and ready for better times when they eventually come, which will be several years' hence I am afraid. Our national government's mistakes, disregard for due diligence and complete incompetence will haunt us for a long time yet.

I sense among the voters and general population an attitude of despair and utter bewilderment at this time, which is so worrying. Apathy is a dangerous path to walk upon and we must all retain a will to fight, hope, and above all seek a restoration of our fragile democracy. It is no good changing the way we elect our representatives, it is the representatives themselves that need changing and above all the rules that govern their conduct. Those that abuse our democracy and have scant regard for the rules and laws of our land and for true representation of those that elect them should be punished with heavy fines and in extreme cases long prison sentences.

Some sad news is that our new administration has had to do some very quick reorganization due to an illness to our new leader Cllr David Busby. As a close friend and colleague of Dave's, this has come as a shock to me and group colleagues as well and I am sure that those who know him well and those who don't will recognize him as someone who for 20 years has served the council and all its constituents well and will wish him a speedy recovery and to see him back in position very soon.

My neighboring councillor John Ward, will step up from deputy to become interim leader with some minor adjustments to fill the gaps.

My fellow Lib Dem colleagues along with myself will also see that Dave's ward and constituents will still be served as well as the council, cabinet and coalition structure.

One of the more rewarding duties that I have to fulfill is occasionally to show off my ward and all its assets and warts to a member of the Babergh staff. This happened just recently when Rachel Cattermole, a member of the localities team who is assigned to help me in my ward at the council, asked if she could come walkabout with me to look at the six villages that I represent. It was an enjoyable day spent with someone who knew her job very well and offered some very valuable advice towards getting other officers' help and ways of tapping into more assistance gaining grants for new projects and how to run them. She also took copious notes on some of the things that the council had let us down so badly on, mostly down to terrible planning decisions and lack of any proper enforcement. She also met and talked to many residents and reps from organisations that I had agreed to meet and showed a great knowledge of all things that the council does and runs. She parted with a greater knowledge of how the constituents, businesses and especially the Parish Councils are affected by the decisions and actions of the Council. I left as an old dog who learned new tricks and ways of working.

Along with all my colleagues I am going to need every piece of skill and experience to pull the council and the district through the next 4 years and come out the other side.

If you need your District Councillor during this time, please email or flag me down.

Bryn

bryn.hurren@babergh.gov.uk

Tel: 01787 210854 / Mobile: 07771 508348

PARISH COUNCIL UPDATES

GROTON

Summary of Council Meeting 6th September 2023

Cllr Mackay-Morris raised concerns about the cost of the transport from parts of Groton and Boxford to Thomas Gainsborough School (TGS). Some residents within the parish are not eligible to be funded for travel to the school, despite their children attending Boxford Primary School, which is the nearest primary school to their address. Boxford Primary is also a feeder school to TGS, meaning if a child attends Boxford Primary they will secure a place at TGS. However, free transport to school is determined by the child's home address and free transport is granted to the nearest high school. For some residents this is Hadleigh High, meaning children who have attended a feeder school for TGS would be required to not continue with their peers of the last 7 years but go to another high school in order to be entitled to free transport. It was understood that the County Council cannot fund all travel from all areas to all schools. However, it was questioned why, if a young person who has attended a feeder school and can get to the feeder school village would not be entitled to free transport from this location. As such the only available transport to TGS is a public route, with a company not taking part in the government cap scheme and therefore the weekly cost of school transport for these families is £27.50 for each child a week, which could deter a family from moving to Groton. The high cost of transport is also leading to more families having to drive their children to high school, which has environmental implications. Cllr Hurren suggested contacting a resident who had campaigned previously for changes to this system.

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

Neighbourhood Plan Update: Cllr Chapman reported the next stage of the project was to commission a housing needs assessment. Some work had been done towards this. Ideas were being discussed around services, community, environment and the relationship between the parish and district councils. The Government had now approved the next round of funding which may be required should the plan take a different path. Officers from BDC were happy to attend an event or steering group meeting if required.

To set future Agenda items: a) Millennium Book 25th anniversary. It was suggested that a new updated digital version of the book should be the way forward and that an item be placed in the Box River News asking for contributions and recollections of changes in the last 25 years. b) Siting of Groton Parish Sign.

Date of next meeting: Monday 6 November 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 12th September 2023

Planning Applications and Updates: a) DC/23/03709 Erection of a two-storey side extension, Walnut Cottage, Church Road, CO10 0SP. Councillors voted to support the application with the comment that a condition should be applied to protect the adjacent walnut tree and its root structure as it is subject to a TPO.

b) DC/23/02526 Application for Tree Works, Walnut Cottage, Church Road. Councillors noted that Babergh DC had no objection.

Highways & Footpaths: a) Footpath Working Group. It was noted that the online reporting tool was currently working very efficiently with footpath reports being actioned promptly.

Members were informed of the results of the footpaths group's questionnaire that had a 21% response rate. The results indicated that an improved footpath network would encourage regular use. Also of note was the request for improving footpath access to Great Waldingfield and the Lavenham road. The Chair requested that the FPWG consider the report and present any concrete proposals arising from it to the Council at its next meeting.

Full report findings are contained in annex D to the 12 September Minutes and on the village website.

b) Speeding Data & Action Plan. The Chair informed members that results of the SCC Highways speed tests in the Haymarket area did not currently meet the criteria for additional signage or speed reduction methods. A review of the SID data revealed that at the Haymarket site 48% of vehicles exceed the 30mph limit and 10.5% exceeded 35mph (the threshold for prosecution); at The Street site the figures were 41% and 12.2% respectively.

Members were advised that the main proven options for encouraging speed reduction were village 'gateways' at the entrances to the village and semi-permanent Speed Indicator Devices.

The Clerk stated that all 3 SID units were currently in need of repair. Co-owners Great Waldingfield had decided not to fund repairs but buy their own device. Over the last year the SID devices only supplied reliable data for 62% of the time they were active.

The Chair observed that any of these speed reduction methods would involve considerable financial outlay by the Council and that the views of the Parish should be sought as to whether the expenditure was justified. The County and District Councillors indicated they would make contributions towards the costs.

Members decided to: establish the procurement costs of the gateways and SIDs; seek the views of the Parish and invite open debate on reducing speeding at the next meeting; identify the best means of reducing speeding, reducing conflict between pedestrians and road users.

Questions to the Chair: It was requested the Council consider installing an additional dog bin at the top of Church Road by Archers Farm. The Chair agreed to discuss it at the next meeting.

Date of next Meeting: The date of the next meeting was set for Thursday 9th November 2023 at 7:30pm.

Full minutes can be found at <https://bit.ly/lw-parish-council>

Chris White

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

NEWTON GREEN

Summary of Council Meeting 13th September 2023

23/166 Councillor Vacancy - The councillors reviewed the application from Janys Sherwood to fill the councillor vacancy at NPC. The councillors resolved unanimously to co-opt Janys as a councillor of NPC and she signed the Declaration of Acceptance of Office accordingly.

23/167 Public Participation - A Rotten Row resident raised his concerns about the speed of traffic along his road which he felt would lead to a collision in the near future. The councillors and Lee Parker discussed the progress of the appeal for Rotten Row Farm with the resident, and the possible actions following a decision by the Planning Inspectorate.

23/171 Planning - a) The councillors reviewed planning application DC/23/03649 Valley Farm House, Valley Road - Boundary treatments (retrospective) following receipt of breach of planning conditions letter EN/22/00206 and resolved that they had no comment. b) The councillors reviewed planning application DC/23/03194 Wheldon's Fruit Farm, Farm Shop, Joes Road - Erection of equestrian building and construction of menage area. Change use of land for the keeping of horses and resolved that they supported the application.

c) The councillors reviewed planning application DC/23/04056 Stow Cottage, Sudbury Road - Application under S73a for removal or variation of a condition following grant of planning permission B/05/01274 dated 22/09/2005 - Erection of shed and boundary wall. Town and Country Planning Act 1990 - To vary condition 2 to retain white painted exterior instead of approved matt black and resolved that they supported the application.

23/172 Newton Footpaths - There was no further update on the creation of any new footpaths. The councillors appreciated the efforts of residents in cutting FP2.

23/173 Allotments - The solicitor has informed the council that there are two parcels of land rather than one that must be transferred to NPC. He expects to send his report to the council early next week.

23/172 Fireworks in 2023 - Lee Parker reported that due to a lack of volunteers, there would be no fireworks in 2023.

23/175 Walk of the Parish - The councillors reviewed the correspondence received from Tony Langley who has maintained the plants around the memorial since Harry Buckledee retired from the voluntary role. The councillors agreed that Gary Flowers be asked to undertake a maintenance programme on the plants around the memorial and village sign. The memorial plants are to have a tidy-up ahead of the remembrance service, and then both sets of plants are to have a hard cut ahead of winter. The tommy statue will be put in store between remembrance services.

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

Dave Crimmin PSLCC

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OTHER PARISH COUNCILS

Boxford PC

Clerk: Debbie Hattrell- 01787 210943

d.hattrellhattrell@btinternet.com

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

Edwardstone PC

Clerk: Richard Jones - 01473 828246

edwardstoneclerk@outlook.com

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

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Sue Bowen 07962 210 359

sd.bowen@btopenworld.com

BRIAN TORA'S SOAP BOX

Last month we said goodbye to Boris, our Jack Russell. It was just two weeks before his 14th birthday – not a great age for a terrier. Boris was an exceptional dog and his passing has left a big hole in our lives. For the first time since we have lived in Little Waldingfield, which is more than 38 years, we find ourselves without a canine companion. It feels very strange, but as we plan to downsize as soon as practical and have plans to travel abroad this autumn, it would be difficult – and arguably unfair – to get another dog immediately.

Boris was the fifth dog we have had since we first moved here in 1985. All were terriers. Boris was the only one where we knew both his parents and thus his actual breed. The others were terriers in the widest sense. Three of them came from Ireland and enjoyed common ancestry. All have been interesting characters, but Boris was undoubtedly the most loving of all of them. His end came quite swiftly, with the cancer that manifested itself in weight loss and lack of appetite only discovered just days before his death.

Dogs can be invaluable companions. As well as keeping you company, they can act as a burglar alarm, keep you amused with their antics and ensure that you take sufficient exercise in order to keep them in good shape. It will take a certain discipline to ensure that daily walks are not abandoned now that the necessity of heading out into the fields is removed. And Boris was a regular visitor to church – both here and in Portugal. Indeed, he wrote articles delivering a terrier's take on life in the Algarve for a local magazine, admittedly ghost written by me. He will be sorely missed and just now feels irreplaceable.

On a lighter note, I've finally bitten on the bullet and officially retired for the last time (I hope). Readers of the East Anglian Daily Times may have seen a piece about my departure from the local wealth management firm for whom I have contributed a fortnightly article for well over a decade in the business section. It was to mark the publication of my last contribution to a journal for which I have written pieces for the past three decades. Radio Suffolk was also kind enough to interview me in connection with my departure from the airwaves. I have enjoyed my media involvement, but all good things come to an end.

To be fair, I first retired some 17 years ago at the age of 61. But that reflected more a desire to leave the financial organisation that had taken over the firm that I had worked for the previous 15 years than a need to work less. Taking up a post with a firm of wealth managers that had an office conveniently located in Bury St Edmunds resulted in the longest period of employment I have spent in a single firm in all of my 60-year career. I have been fortunate in working for a number of top-class companies in the financial sector, with only comparatively brief occasions when I have regretted moving firms.

Starting work, as I did, in 1963, just a few weeks before my 18th birthday, armed with a handful of O and A levels, I was lucky enough to join a progressive firm which encouraged me to stretch myself and embrace new challenges. From my initial role as a humble clerk, I was able to advance my career and have enjoyed a successful, enjoyable (mostly) and rewarding time in the investment industry, tackling a variety of roles in some seven different businesses, ranging from small, privately owned companies to massive, international corporations. I have been truly blessed.

So, what does the future now hold? Having reined back my work schedule steadily over the past decade, I am not expecting to find time weighing heavily on my hands. There is always plenty to do and one consequence of getting older is that I find more commitments to sort out medical issues, which can be quite time consuming. I am also conscious of keeping in touch with friends and family as the number of people I know who have reached the end of their lives seems to increase on a regular basis. Funerals rather

than weddings have become the principal forum for catching up with people you have not seen for some time.

But I remain positive. My mind continues to function as well as it has done (well, it feels that way to me), my curiosity about all things is unabated and, even if my mobility is not what it once was, I still get out and about, with travel abroad remaining an important part of my life. And I have a supportive and caring wife, two sons that are a credit to the family and many truly wonderful friends. Perhaps a new dog will complete the picture, but that will have to wait until the next chapter.

Brian Tora

HOME-START IN SUFFOLK

Suffolk's leading family support charity, Home-Start in Suffolk is seeing record numbers of families accessing their vital services this year. They are now urgently appealing for more local people to help support the charity and consider becoming a volunteer.

Home-Start are currently supporting more than 1,500 local families thanks to a network of fully trained and experienced volunteers. The charity helps families with children aged from birth to 12 years through a range of challenging and difficult circumstances, such as, loneliness, isolation, mental health, domestic abuse, bereavement, health struggles, disabilities, poverty and much more.

The charity has seen referral numbers rise sharply throughout this year causing a huge strain on their existing network of volunteers. It is therefore now vital that more volunteers are recruited and trained to cope with the continuing rise in demand.

Tara Spence, CEO of Home-Start in Suffolk said: "This sharp increase in families needing help is showing no sign of slowing, particularly in relation to the rise in the cost of living. Families who never before would have needed our support are finding themselves struggling and reaching out for help from our team."

Whilst Home Start in Suffolk know how fortunate they are to have an incredible network of volunteers, varying hugely in age, backgrounds and life experiences, in order to cope with this level of demand they need to recruit and train more volunteers.

"Volunteering can have such a positive impact" continued Tara, "not just on the life of the families we are supporting, but also for the volunteer themselves. We would like to encourage anyone that may have a few hours to spare each week to get in touch to just have an initial conversation about the range of volunteering opportunities at Home-Start in Suffolk".

One volunteer, Tara, said: "Home-Start works because it is such a simple yet powerful concept." Continues Tara. "Volunteers are matched with a family, then visit or call them once a week to provide vital emotional support and practical help. We also have volunteers that provide support to our many groups operated across Suffolk. It's very satisfying to see families get the help they need and seeing them blossom and grow in confidence."

There are a wide range of volunteering opportunities available at Home-Start that can suit any time and level of commitment people may have. People can volunteer to support families or you could even volunteer your time as an events and fundraising volunteer.

To find out more about volunteering for Home-Start in Suffolk please call: **01473 621104**, email: volunteer@homestartinsuffolk.org or visit www.homestartinsuffolk.org



The Blooming Garden

Derek Jarman's Garden. Dungeness.

'Paradise haunts gardens and some gardens are paradises. Mine is one of them'. Others are like bad children – spoilt by their parents, over-watered and covered with noxious chemicals'. Derek Jarman.



Dungeness is a bleak, but strangely haunting landscape. The area looks like a wilderness but it is rich in bird and plant life. It is one of the largest expanses of shingle in Europe and is classified as the only desert in Britain. It comes out into a point in the sea and behind it lies Romney Marsh. For years it was considered as wasteland and people much preferred the large sandy beaches and dunes down the road at Camber Sands near Rye.



Dungeness

The isolation of Dungeness was probably the reason that Dungeness Nuclear Power Station was built here. Apart from a few fishermen's cottages there was not much here. I think Derek Jarman was one of the first to fall for the charm of the place whilst out for a pub lunch with the actress, Tilda Swinton in 1986. He had ventured into Kent in search of a bluebell wood and on a whim decided to drive on to Dungeness. Prospect Cottage, an old fisherman's hut was for sale for a small sum and the rest is history. At the end of 1986, he was diagnosed with HIV and he seems to have found great peace and comfort in his strange new home in the time he had left to him. He wrote that for him, the bleakness was part of its charm.

Many of the huts have been done up now, but it is still a wild, open landscape because hedges and fences are not allowed. Apparently, Derek had always been interested in gardening so he set about creating a garden here in the shingle. Initially, he planted 30 rose bushes but most of them died so after that he tried to use plants that were more suited to the harsh conditions. The area is rich in flora; there are over 600 species of plants here. Because Dungeness is a SSSI (Site of Scientific Interest) there were restrictions on the plants that could be grown.

To create windbreaks he used natives such as elder, broom, gorse and



Above: *Lathyrus japonicus*
Left: *Crambe maritima*



prostrate quickthorn. White leaved plants such as *Santolina* and *Helichrysum italicum* will withstand the salt-laden winds. He tried as

far as possible to use plants that are indigenous to the area such as the beautiful Sea Pea, *Lathyrus japonicus* which is becoming very scarce nationally although it is still reasonably abundant here.



Power Station. Viper's Bugloss in Foreground

The lovely blue-flowered Viper's Bugloss, *Echium vulgare* grows everywhere in the shingle and is wonderful for insects. Another ubiquitous plant is Sea Kale, *Crambe maritima* which has beautiful curly leaves. It is edible, but Derek said that because it is long-lived plant, it absorbs radiation here so close to the power station. If that is true, you might wonder what else absorbs radiation here. The proximity of the power station and the pylons radiating out from it strike me as really sinister, especially as there seems to be a low hum coming from the wires. Combined with the loneliness of the place, it gives me the shivers. Derek said that it reminded him of a liner on the horizon and he seemed to enjoy its twinkling lights as evening fell.

You have a good view of the power station as you stand with your back to the side of the house. Along this south wall Derek had written in raised wood a stanza from John Donne's poem, *The Sun Rising* beginning '*Busy Old Fool, Unruly Sun*'.



Prospect Cottage above and the garden to the right

What makes the garden so original is the use of found objects as art. The whole garden reminds me of a film set which is appropriate as Derek Jarman was a film director as well as

an artist. He loved the wonderful flints which you find on the beach

here and he placed them in circles like dolmens. He made a circular bed surrounded by pointed flints which he called dragons' teeth. He used stones, wood and old rusty iron; anything he found as he loved beachcombing.

Towards the end of his life he said: '*every flower is a triumph. I've had more fun from this garden than I've had from anything else in my life. I should have been a gardener*'. I think all the visitors to this magical place would agree that he was in fact, a gardener, in every sense of the word.

In one of those moments of serendipity, shortly after my visit, I was browsing in a second-hand bookshop when I found the book that Derek Jarman wrote about his garden. **Derek Jarman's Garden** with photographs by Howard Sooley. I thoroughly recommend this book; the photos are superb and Derek wrote so lyrically about his beloved garden and how he created it. There are poems he wrote too. This is a beautiful book about a beautiful garden. Although Derek died in 1994 his garden remains as a monument to him. It is well worth a visit.

Chloris.



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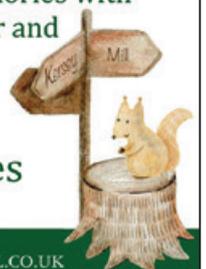
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SEPTEMBER 2023

24	Family Dog Show	1-4pm
SUN	Shelley Centre, IP7 5QY	
24	French's Care Haven Open Day	12-4pm
SUN	French's Care Haven, CO10 5EU	
25	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	
26	Fireside Club - Katie & Her Drums	2pm
TUE	Newton Village Hall	
29	Pop up pub	6:30-10:30pm
FRI	Little Waldingfield Pavilion	
30	Boxford Farmers, Arts & Crafts Market	10-1pm
SAT	Boxford Village Hall	

OCTOBER 2023

3	Boxford Gardening Society Talk	7:30pm
TUE	Boxford Village Hall	
4	Boxford WI - Shanty Folk	2pm
WED	Boxford Village Hall	
6	Autumn Fashion Show	6:30pm
FRI	Stoke-by-Nayland Village Hall	
6	Piano Trio Concert	7:30pm
FRI	St Mary's Church, Boxford	
7	Leavenheath Cinema - Joyride	7pm
SAT	Leavenheath Village Hall	
7	Boxford Society Talk - Dead Doubles	7:30pm
SAT	Boxford Village Hall	
10	Fireside Club - Bingo	2pm
TUE	Newton Village Hall	
11	Whist Drive	7pm
WED	Monks Eleigh Village Hall	
13	Polstead Films - A Man Called Otto	7pm
FRI	Polstead Village Hall	
14	Murder At Mildens Manor	7pm
SAT	Mildens Pavilion	
15	Charity Craft Fair	10-4pm
SUN	Whatfield Village Hall	
18	LWHS - The De Veres of Castle Hedingham	7:30pm
WED	Parish Room, Little Waldingfield	
20	Relaxation & Sound - all welcome	6-7:15pm
FRI	Boxford Village Hall	
21	Acton Book Sale	10-2pm
SAT	All Saint's Church, Acton	
23	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	
24	Fireside Club - Film Show 'Lion'	2pm
TUE	Newton Village Hall	
27	Pop up pub	6:30-10:30pm
FRI	Little Waldingfield Pavilion	
28	Charities Trustees Coffee Morning	10-11am
SAT	Newton Village Hall	
28	Boxford Farmers, Arts & Crafts Market	10-1pm
SAT	Boxford Village Hall	
21-22	Formal Lantern Making Workshop	10-4pm
SAT-SUN	Boxford Spinney	
23-26	Informal Lantern Making Workshop	10-4pm
MON-THU	Boxford Spinney	
28	Boxford Fireworks & Lantern Parade	6:30pm
SAT	Boxford	

NOVEMBER 2023

1	Boxford WI - Competition/Quiz	2pm
WED	Boxford Village Hall	
2	Edwardstone Christmas Fair	6-9pm
THU	Edwardstone Church	
3	Edwardstone Christmas Fair	9-2pm
FRI	Edwardstone Church	
7	Fireside Club - Talk by Sue Tibbetts	2pm
TUE	Newton Village Hall	
3	Boxford Gardening Society AGM & Social	7:30pm
TUE	Boxford Village Hall	
8	Christmas Craft & Charity Fair	10-3pm
SAT	The Old School, Long Melford	
15	LWHS - Scott's Polar Expedition	7:30pm
WED	Parish Room, Little Waldingfield	
17	Relaxation & Sound - all welcome	6-7:15pm
FRI	Boxford Village Hall	
18	Boxford Farmers, Arts & Crafts Market	10-1pm
SAT	Boxford Village Hall	
21	Fireside Club - Famous Places Quiz	2pm
TUE	Newton Village Hall	
24	Pop up pub	6:30-10:30pm
FRI	Little Waldingfield Pavilion	
27	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	
29-30	Boxford Drama Group - Puss In Boots	TBC
WED-THU	Boxford Village Hall	

DECEMBER 2023

1-2	Boxford Drama Group - Puss In Boots	TBC
FRI-SAT	Boxford Village Hall	



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