

January 2024

# Box River News

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# BOXFORD PARISH COUNCIL WORKING FOR YOU

I am pleased to report that the 'Working Sub-Committees' continue to move forward on the projects identified thus far as being important to Boxford. I am most grateful to the efforts made by all members, our clerk, and the volunteers who continue to support our working groups. I am also pleased to announce that we now have a new councillor on the Parish Council - Mr Kevin Couling. Welcome aboard!

## Current Key Projects:

### *The 91 Bus Service*

We continue to fight for the retention of our bus service - we appear now to be having to strive to protect our bus service on non-school days as well as Saturdays. I mentioned last time that the Government had made monies available to Suffolk County Council to support rural transport services - £1.8million for each of two years. We have been working with Beestons and a bid has been submitted to secure funding that, if successful, would enable our bus service to continue. We are grateful for the strong support for this bid from our local county councillor. We do have a challenge here - initial responses to our bid are not as encouraging as I would have liked. At our request, our county councillor, James Finch, has organised for us to meet at Endeavour House with the senior persons involved with deciding how the funding is allocated. Boxford Parish Council will be fighting our corner - you would expect no less.

I would like to assure you that the current bus service is secure for the first quarter into next year.

### *Traffic & Speed Surveys*

Data from the recent surveys is now available to us. Work is now underway to evaluate that data and to move forward on options for improving safety for all in Boxford. We will be looking at the issues of speed limits, parking concerns and any other relevant aspects. We shall be working with the county highways team, to examine all options which we can then share with our community and receive comments.

Following comments from residents in Stone Street at the last parish council meeting it is planned to hold a special meeting with them in January to revisit concerns and to examine some options for consideration.

### *Village Hall*

We continue to work alongside the Village Hall Committee to support them in their endeavours to improve and upgrade this important village asset.

### *Churchyard & Cemetery*

Work continues to improve the churchyard and cemetery environs. Some tree felling work in the cemetery has taken place and more remedial works will recommence in January. In this respect our environment & ecology committees are working hand in hand with the churchyard & cemetery committee. Over the next few months some real improvements will be seen. The churchyard wall fronting Church Street will be repaired during the 2024 school summer holidays.

### *Public Realm*

The Sudbury warden team have been retained and are extending their duties to further improve the tidiness and appearance of the village. By the spring of next year we hope that these improvements will be truly visible - together, I hope, with some floral displays at strategic points in the village to 'pretty it up'.

We are about to commission a condition survey of the street lights in Boxford - primarily to help us assess what financial provisions we need to be making to ensure their proper maintenance and replacements when necessary. This will be done in January 2024. We will also take a look to see if there are parts of the village that could benefit from additional lighting.

Drain and gully cleaning in Boxford, a service provided by the county council, is not adequate for our village. A once-a-year clean or a reactive approach to a problem is not satisfactory given the topography of Boxford and the flood risks emanating from that fact. We are attempting to meet with senior personnel at Suffolk County Council to discuss this issue and to secure an improved maintenance cleaning service appropriate for our village or release budget to allow us to manage this task ourselves.

### *Road maintenance*

Another subject where we are engaging with SCC to agree a plan of future works.

### *Road sweeping*

Contractually we are due to receive two road sweeps a year by our District Council. We would suggest routine road sweeping needs to occur more than twice a year - this is a matter which we are working with our district councillor to find a more acceptable service level. Given the difficulties some times in a road sweeper negotiating parked vehicles, we may need to review what we can do to overcome this kind of difficulty.

### *Flood risk mitigation*

We know that Boxford has a potential to flood - recent heavy rainfalls over the last few weeks saw water levels rise significantly in the Box and the tributaries flowing into it - fortunately no serious flooding was reported but we were coming close.

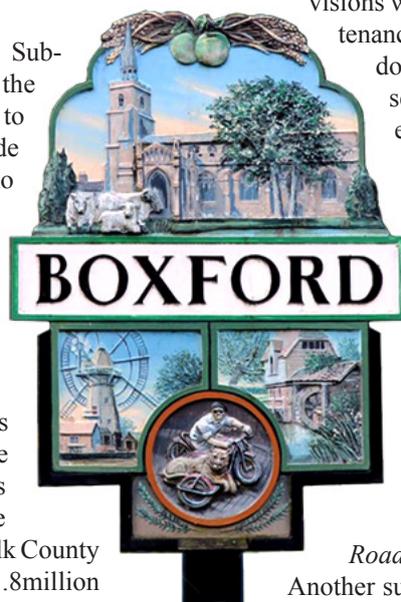
It is our intention to set up a working group with a specific remit to review with all the appropriate bodies their take on the flood risks within Boxford, any plans they have to reduce the flood risk and then to move forward ourselves with an assessment of what could be done to mitigate the flood risk still further. This project will bring together the Environment Agency, Anglian Water, Suffolk County Council, the Reclaim the Rain Team, landowners and some experts in the village (I know we have some).

Finally as always a reminder that we are still seeking secretarial support for two organisations in the village - Boxford Community Council and the Playing Field Management Committee. Any volunteers out there?

And to end - may I wish all our parishioners a very Merry Christmas and a Prosperous New Year and thank you for the support you give to your parish council team who strive to support you.

*Colin Parr*

*Chairman, Boxford Parish Council*



## Box River News

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Deadline date for the February 2024 Issue is:

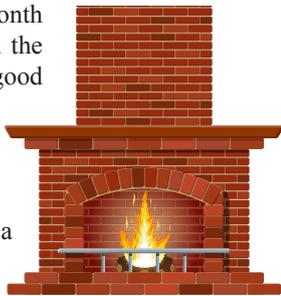
**January 15<sup>th</sup> at midday**

## NEWTON FIRESIDE CLUB

Firstly, apologies for my absence last month – time ran away with me and I missed the copy deadline. I have made sure I am in good time this month so I can share next term's programme with you.

But first, a bit about our recent sessions.

On 21<sup>st</sup> November, Moira organised a picture quiz of famous landmarks for us. As always, competition was fierce and two teams tied for first place, so well done to them.



The following session we were joined by John and Josh from Citizens Advice. We were treated to some familiar and popular Christmas songs accompanied by guitar. It was a great start to the festive season.

As I write this, we are looking forward to our annual Christmas meal. This year it is at the Saracens Head, so not too far to stagger home. For our last event we are going to be joined by Laura from Jules Flowers in Assington. She is going to guide us through producing, what I am sure will be, a magnificent Christmas table arrangement. We also plan a festive raffle.

Now, on to next term. The village hall is having to close for two weeks to sort out some damp issues. As a result, there is a slight adjustment to our original plans, but nothing that can't be resolved.

### Spring 2024 Programme of Events:

- Tues 16<sup>th</sup> Jan Alan's Pies Lunch - 12:30 start
- Tues 30<sup>th</sup> Jan Speaker - 'It Shouldn't Happen to a Vicar'
- Tues 13<sup>th</sup> Feb Pancakes
- Tues 27<sup>th</sup> Feb Trip to Norwich (more details to follow)
- Tues 12<sup>th</sup> Mar Bring & Share Lunch - 12:30 Start - Venue TBC
- Tues 26<sup>th</sup> Mar Talk by Hannah from Perrywood Garden Centre

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*

## NEWTON'S CHRISTMAS TREE

A huge thank to Jo Parker and her team for decorating Newton's Christmas tree so beautifully and for coordinating the lighting ceremony on the 3<sup>rd</sup> December. Approximately 40 villagers, young and old, braved the cold weather to celebrate the official 'switch on' and to sing a selection of traditional carols. I am sure you will agree that as you drive through the village at night, the tree makes a fantastic festive focal point.



## BOXFORD FRIENDSHIP GROUP

2023 has been a successful and happy year, enjoying the company and friendship of our membership and realising the benefits it brings to us. The meetings have been varied and in the main we have tried to include variety and a taste of what there is around us locally.

Copious amounts of tea and cake have been consumed AGAIN! A valid reason for including some form of exercise, at least once a year. We started off sedately in the spring with a Zumba Class with Dee, which gradually after such enthusiasm at the start became vaguely similar to ball room dancing, as fatigue set in, with members reclining in their seats. Hats off to Dee! How she coped with us all at varying stages of agility we do not know. It was brilliant fun though and Dee was so patient and a stunning dancer. The star turn of our own was Iris, the very last member standing.

We have enjoyed a pub lunch at the Brewers; Midsummer was strawberry tea followed with a fantastic trip to Hollow Trees Farm, meeting Sally Bendall who gave us giddy ladies, and a few daring gents, an entertaining guided tour around the working farm. It concluded with a sumptuous afternoon tea.



Our Soup & Pudd meeting in September was accompanied by the talented Boxford's Got Talent Group, *The Three Disciples*, led by Colin Parr, Peter, on guitars, with Father Rob singing his heart out with hits from our former years! Fabulous entertainment!



At our last meeting, the exhilarating group *Da Capo* performed, and lead us in carol singing with plenty of wassailing. It was such a joyful end to our year, with a glass of mulled wine at the ready. In our more formal meetings, we were given a very insightful guide into the

history of beekeeping, and lifestyle of bees, by Laura Middleditch, of Loveland Honey. A talk about French's Care Haven charity by Jann, was very moving and highlighted the plight of rescuing horses from distress, but we were cheered by a very friendly Spaniel, a pat dog, who made us all his best friends.

A repeat favourite is Jayne Foster, a talented instructor and florist who demonstrated to us the art of making buttonhole flowers and posies. Of course we have entertained in-house with bingo, a quiz or two, and an attempt to learn Whist, as a group, which ended up with a lot of us playing Snap. Sylvia Preedy gamely masterminded a hilarious Call My Bluff game, which we enjoyed.

Lastly we recently enjoyed a delicious Christmas meal at Stoke By Nayland Golf Club. This long list contributes to what makes an enjoyable way to pass a few hours of time with members who are patient, supportive and generate a lot of fun. A big thank you to all of you in the group, and to our gallant girls Cyn, Shirley, Jean, and Gill, who keep the Co-Chairs afloat, and in ORDER! Thanks also to duty driver David. Special thanks to the Boxford and Groton Charity, for their generous donation towards the running costs of the group. Happy Christmas and New Year to Everyone

*Alison and Wendy, Co-Chairs.*

# SAND HILL APPEAL HEARING

Around 50 Boxford residents attended the hearing in the Boxford Spinney Scout Hut on 12 December of the appeal by Catesby Development Land Ltd against the refusal by Babergh's planning committee in July 2022 of their application for outline permission to build up to 64 houses on agricultural land east of Sand Hill. The 'hearing' was not a formal public inquiry (with witnesses for each side giving evidence and being cross-examined) but, as explained by the independent inspector, Jeremy Sargent, in his opening remarks, it took the form of a 'structured discussion' led by the inspector on the various issues he had identified as relevant to his determination of the appeal.



Babergh's refusal of permission in 2022 was founded on the highway/traffic objections to the proposal, especially the 'unacceptable impact' on Swan Street (see the report on page 3 of the September 2022 BRN). Much time at the hearing was taken up with this issue, with many villagers telling the inspector about the current problems, said to be worse than at the time of the Goodlands appeal in 2018 when a previous inspector, Simon Warder, found the highway safety issue decisive against a smaller proposed development off Daking Avenue. If Mr Sargent differs in his assessment, he will have to give cogent reasons for doing so. Also considered in some detail at the hearing was the feasibility of Catesby's proposal for providing a new footpath in Ellis Street, and the impact (not previously addressed) of likely additional traffic in Stone Street.

Among other issues discussed was the weight to be attached to Catesby's inclusion in their application of the provision of land for a community building, with Boxford Parish Council submitting that such a new building was not only not needed but could have an adverse impact on the viability of the existing facilities in the village (village hall, pavilion, and scout hut.) Another issue, relevant to 'sustainability' of the proposed housing, is the uncertainty over the future of the No.91 bus service.

Importantly, the inspector is not constrained to ruling on Babergh's highways reason for refusal: rather he must decide the appeal on the basis of all material issues as at the date of his decision. A key new factor is the adoption by Babergh on 21 November of Part One of the Babergh-Mid Suffolk Joint Local Plan (JLP), which contains an updated policy (SP03) relating to new housing development in the Babergh district. Catesby's proposal (for major housing development outside the Boxford settlement boundary) conflicts both with this policy and policy BOX 1 of the (also recently adopted) Boxford Neighbourhood Plan.

In a letter to the Planning Inspectorate ('PINS') on 29 November, Babergh submitted that there were "no material considerations that indicate a decision should be taken that departs from the development plan." However, as the adoption of the JLP was so recent, both sides accepted the inspector's offer for them to make their detailed submissions about its effect in writing. These submissions must be sent to PINS by 12 January, with any public comments in response by 19 January and a final reply by Catesby by 26 January. We can, perhaps, then expect a decision from the inspector sometime in February.

David Lamming

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## READERS' LETTERS

Dear Editor,

I would like to wish all my friends and neighbours a very merry Christmas and a happy new year. I haven't sent cards this year I have made a donation to 3PR instead.

Best wishes,  
Di Butler

Dear Editor,

I want to thank all my friends who supported and sponsored my pilgrimage walk on the Camino de Santiago de Compostela. The important news, as far as I am concerned, is that I have raised over £2,000 for Samaritans so far.

The route that I took is known as the French Way and goes via Pamplona, Burgos, and Leon. The walk itself was not difficult, although the downhill side of the Pyrenees had to be negotiated slowly as it was very steep in parts. On average I did 15 or more miles a day and a couple of days managed 20, once I had got really fit and into my stride. For the most part the weather was dry and hot. I completed over 400 miles of the walk but came home early because of an unexpected death in the family, I plan to complete the final stretch next year.

As I said at the beginning, I sincerely want to thank all my friends for their support.

Best wishes,  
Richard Gates

# FUEL SUPPORT

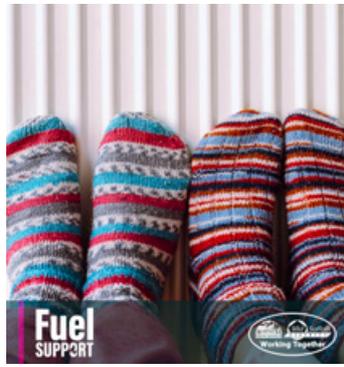
At this time of year many are feeling the effect of the cost-of-living crisis and finding it difficult to balance keeping warm with paying ever-rising heating bills. However, help is at hand! Find out more about the support in our area:

## Help to heat your home:

- *Prepayment meters* - if you are unable to top up your meter, Citizens Advice can offer you advice and may be able to refer you for charitable support. You can also contact *Warm Homes Healthy People Suffolk* for support, advice and an in-home survey. Call **07769 365796** or email [prepay@eastssuffolk.gov.uk](mailto:prepay@eastssuffolk.gov.uk).
- *Local Welfare Assistance Scheme* - This hardship grant offers payments up to £300 towards the cost of essentials, including energy. Visit the Suffolk County Council website for more information and to apply.
- *Surviving Winter* - offers help, such as fuel vouchers or support for alternative fuels like oil and LPG, to help you heat your home. Apply online via the Citizens Advice Ipswich website or call **01473 298634** to find out if you are eligible.
- *Emergency Heating* - if your home currently has no heating, Warm Homes Healthy People can provide free emergency heaters and help you find longer term support. Call **03456 037 686** or email [whhp@eastssuffolk.gov.uk](mailto:whhp@eastssuffolk.gov.uk). Subject to availability.

## Bringing down your bills:

- *Warm Homes Healthy People Suffolk* offers free efficiency surveys and advice to help you use less energy. If you are a private tenant or homeowner, they can also tell you if you are eligible for energy efficiency grants. Visit [www.warmhomessuffolk.org](http://www.warmhomessuffolk.org) or call **03456 037 686**.



- *National Energy Action* runs a Warm and Safe Homes helpline which advises on ways to reduce energy use and improve efficiency. Call **0800 304 7159** or visit [www.nea.org.uk](http://www.nea.org.uk).

## Help for off-gas homes:

- *Oil loans* - Eastern Savings and Loan Credit Union offer interest-free loans of £500 to help spread the upfront cost of oil and LPG. To become a member and apply visit [www.eslcu.co.uk](http://www.eslcu.co.uk) or call **03336 000690**. Subject to a manual decision process, affordability and a credit check.
- *Oil buying clubs* - Bulk buying reduces the cost of your heating oil. Find out if your community has an oil buying club by visiting [www.oil-club.co.uk](http://www.oil-club.co.uk). You can also check the Community Action Suffolk website for details of their scheme [www.communityactionsuffolk.org.uk](http://www.communityactionsuffolk.org.uk) or call **01603 881 888**.

## Dealing with energy debt:

- *Supplier grants* - many energy suppliers have grants to reduce or clear debt. Speak to your energy supplier to see what help you can get.
- *Citizens Advice* offers advice for energy, debt and more. They can support you to create a budget, negotiate with your supplier and boost your income.
- *Benefit entitlement* - payments such as Warm Homes Discount, Cold Weather Payments, and extra Winter Fuel Payments can add up to hundreds of pounds to help you pay your energy bills - but you'll need to be claiming certain benefits to get them. Check online at [www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators) or by contacting your local Citizens Advice.

## More information

Visit [www.babergh.gov.uk/energy-fuel-and-utilities](http://www.babergh.gov.uk/energy-fuel-and-utilities) for more resources to help you keep fuel and utility costs down.

For help to access the internet or to use a computer, phone or tablet, you can contact Babergh's Digital Skills on **0300 123 4000**, option 7, who can help you find support in your area.



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## CITIZENS ADVICE

*I am a single parent with two kids, and I'm really worried about how I'll afford to pay my energy bills when I have to start putting the heating and lights on more now winter is here. At the moment I just about have enough money to cover my bills but there is nothing left over. The thought of getting into debt keeps me awake at night but the idea of my children being cold and possibly unwell as a result is just unbearable. What can I do?*

**citizens  
advice**

You are not alone - a record number of people came to Citizens Advice with energy debt in the first four months of 2023 (32,400) - a 112% increase on the same period in 2020 (15,200). There are things you can do to feel in control when it comes to your energy bills.

There are some simple tips to help save money on your energy bills. They won't cover all the extra costs, but they can make a difference:

- Check your thermostat: A room temperature between 18°C and 21°C is ideal for most people. Try turning your thermostat down by one degree within this range – it could save you around £115 a year. If a medical condition means you need a warmer home, ask your GP what room temperature you should aim for.
- Keep the heat in: Check your home for any gaps in the doors, windows and floors. Blocking any holes where you could get a draught could save you around £30 a year. It is important to allow for some ventilation as without it mould and damp can form.
- Turn off anything you're not using: Turning your appliances, like TVs and washing machines, off instead of leaving them on standby could save around £60 a year. Turning off lights when you're not using them – even if it's just off for a few seconds - could save around £25 a year.
- Consider using LED lightbulbs, which cost less to run.
- Watch your water usage: Cutting your shower time by just one minute can make a difference. If everyone in a four-person household with a water meter did this, they could save around £75 a year.

If you're struggling to afford your energy bills, you might be able to get support from the government or your energy supplier. The first step is to contact your supplier to find out what they can offer. You may be eligible for benefits including the Warm Home Discount, Cold Weather Payments or the Household Support Fund, find out more about these on our website.

For more information visit the Citizens Advice website at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or call Sudbury and South Suffolk Citizens Advice on 01787 321400 and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number. Alternatively, contact us via email at [advice@sudburycab.org.uk](mailto:advice@sudburycab.org.uk) or by using the contact facility on our website, <https://www.sudburycab.org.uk/contact>

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

### ***Remember!***

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

## BOXFORD PRIMARY SCHOOL

From everyone at Boxford Primary School, we hope you've had a brilliant Christmas and 2024 creates new extra-special memories. I'm sure, like many of you, a new year starts with creating resolutions for the coming year and reflecting on past successes – all with good intentions!

Looking back and reflecting on 2023, we achieved so much at Boxford Primary. We have enjoyed a brilliant nativity performance by Reception class and Key Stage 1. A big thank you to all parents who attended the performances at St. Mary's, Boxford.

We are very proud of how children performed and spread the Christmas spirit in the village. Logan, Year 1, said, "I really enjoyed the nativity because I loved the dancing!"

James Cartlidge paid us a visit in December to congratulate Faye, Year 6, for her winning Christmas card entry – over forty schools entered this year.

Rishi Sunak was photographed with Faye's winning entry and it was Mr Cartlidge's official Christmas card of 2023.

Music has continued to be a cornerstone of our exciting curriculum. Upper Key Stage 2 have enjoyed working with Mrs Blyth from Suffolk Music Service. Children have made excellent progress and the Year 6 class now have a brilliant ensemble with a range of musical instruments: French horn, cornet, baritone and trombone, to name a few! Bella, Key Stage 1, commented on the performance, "I liked it when everyone played together. My favourite song was Jingle Bells!"

When we look back, our SAT results last year were a testament to the hard work of both staff, pupils and parents:

Key Stage 2 Performance data 2023						
	School	National	Above Average School	Above Average National	Average Scaled Score School	Average Scaled Score National
Reading	91%	72%	46%	29%	108	105
Writing	91%	71%	18%	13%	N/A	N/A
Maths	85%	73%	34%	24%	106	104
RWM Combined	73%	59%	15%	8%	N/A	N/A

We believe everyone at Boxford can achieve!

A HUGE THANK YOU to FOBS for hosting another brilliant Christmas Fete. Over £2,000 was raised and this will go towards funding additional enrichment in school for all of our pupils.

As a thank you, our Year 6 pupils will be hosting a 'thank you' afternoon tea in the Spring Term.

We LOVE to share the learning occurring in our school.

If you would like join our school, please contact Mrs Clarke in the office on **01787 210332** or email [office@boxford.suffolk.sch.uk](mailto:office@boxford.suffolk.sch.uk) to book a school tour. We look forward to seeing you soon.

*Mr Scott Reynolds*  
Assistant Headteacher

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## THE BUTCHER'S WIFE

My die hard readers will know that I don't normally make New Year's resolutions (and if I do, they last until about the 4<sup>th</sup> January) but this year I've decided to change that up and make, and hopefully stick to, a few for 2024. These aren't earth shattering resolutions but they will certainly change my life and will make me, and those around me, happier!



1. I will no longer wait until the petrol light comes on before filling the car up. I find that more often than not, I'm eeking out the last fumes of diesel and waiting until there's about 10 miles left in the tank before filling up and it drives the Butcher mad!

2. I will try to remember to bring the milk in. In the summer it turned into yogurt by the time I remembered it was out there. In my defence, we don't really use our front door so it's not like I'm walking past it and just being lazy!

3. I will put my bags for life in the boot of my car after I've used them. Every single time I go food shopping I forget them at home and we are going to have to build another extension to house them all soon.

4. I will put my electric toothbrush on charge when the battery light starts flashing. I normally leave it until it completely dies and then have to brush my teeth like it's 1997.

5. I'm sure coffee and diet coke (with a splash of gin) is running through my veins so I will try my best to drink more water... does the tonic water in my gin count?

Wish me luck sticking to these past the first week of January. No doubt you'll see me broken down, out of diesel, swigging from a coffee cup with an empty boot in no time!

This is another quick and easy dinner from my air fryer recipe book which has gone down well in the Leeder house. Enjoy!

## Lemon Chicken

### Ingredients (Serves 3)

- |  |                            |
|--|----------------------------|
| • 2 heaped tbsp cornflour              | <b>For the sauce:</b>      |
| • 1 tsp garlic powder                  | • Juice of 1 large lemon   |
| • 1 tsp ground ginger                  | • 3 tbsp honey             |
| • 3 skinless, boneless chicken breasts | • 100ml chicken stock      |
| • 1 tbsp oil                           | • 3 tbsp soy sauce         |
|  | • 3 garlic cloves, crushed |
| <b>For the garnish:</b>                | • 1 tsp ground ginger      |
| • Spring onions, finely sliced         |                            |
| • Lemon slices                         |                            |
| • Sesame seeds                         |                            |
| • Sweet chilli crispy onions           |                            |

### Method

1. Combine the cornflour, garlic and ginger powders in a bowl and toss the chicken in this mix.
2. Add to an air fryer with the 1tbsp of oil.
3. Cook at 200C for about 20 minutes.
4. For the sauce, add all the ingredients to a pan and cook over a high heat until it starts to thicken.
5. Coat the chicken in the sauce in the pan before serving.
6. Garnish with any or all of the above garnishes.

*This recipe is from Bored of Lunch The Healthy Air Fryer Book by Nathan Anthony*

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## BLETCHLEY PARK DAY TRIP

Once the top-secret home of World War Two code breakers, over the past 25 years Bletchley Park has become an internationally renowned heritage attraction.

Step back in time to experience the stories of the extraordinary men and women who worked here. Immersive films, interactive displays, exhibitions set within beautifully restored historic buildings and faithfully recreated WW2 rooms will guide you through on a journey to discover the past!

Date: **20<sup>th</sup> April 2024**

Price: **£65.00** per person

Pick up: 8am (outside The White Hart, Boxford)  
Deposit: £20 (Non-Refundable)

### What's Included:

Return Coach Travel  
Sausage or Bacon Bap to take on the coach  
Tea and Coffee on arrival at Bletchley Park  
Entrance Ticket

If you would like to join me on this amazing day out, please get in touch  
email [tracey@boxrivertravelboutique.co.uk](mailto:tracey@boxrivertravelboutique.co.uk)  
or call **07747 608509**

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\*within 7 mile radius of Boxford on orders over £25  
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# RAMBLINGS FROM THE RECTORY

As we move through Christmas and into the New Year, we are afforded an opportunity to stop and reflect on all that has passed. For many, it has been another unbelievably tricky year. There may be burdens that we hold which at times feel insurmountable. It is okay to feel sad occasionally. It is okay to struggle now and again. In fact, it would be more concerning if we didn't struggle from time to time. The trick is, I think, to give ourselves space and time, and above all to be kind to ourselves. When we have a bad day, that's okay, it will pass. If today is the best day we can remember, it's okay, it will pass too. We cannot expect to live in a state of elation all the time. Sometimes, it is amidst the struggles and challenges that we discover the best of ourselves (and others). Hope is never far from us.



That is exactly the message of Christmas – that God is willing to meet us in the messiness and offer us a helping hand, even at great cost to himself. We cannot always fathom when or where that help may come. The story of Christmas itself is a tale of God intervening in the most unlikely of circumstances and in a way we do not expect. The historical events that we commemorate this time of year, of Christ coming in the manger, born in a barn with animals to a displaced family in the most difficult of circumstances, is a reminder that 'the Light shines in the darkness and the darkness does not overcome it'. We see this everyday through amazing people who share love, care and charity to each other – family, neighbours, friends, strangers...

As we move into the New Year, the Church celebrates Epiphany: The story of the Wise Men, Magi, travelling in hope, following nothing but a light in the sky, hoping to find something amazing and life-transforming. When they finally encounter the baby Jesus, that is exactly what they find.

As we travel into the New Year, we travel with that same hope, and we know that at unexpected times and in unexpected places we will be met by the God who transforms all things. A God who brings light out of darkness. A God who says, 'I will make all things new. Now it springs forth, can you not perceive it?'

So keep your peckers up. And remember, the church is here if you need it, all you need do is ask.

May you be richly blessed this Christmas and long into the New Year,

*Fr Rob*

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

Tel: 01787 210434



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

## "LIGHT UP" St Mary's Church Boxford

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

FOR A SUGGESTED DONATION OF £15.00, THE CHURCH WILL BE LIT UP IN REMEMBRANCE OR CELEBRATION AND A COMMEMORATIVE POSTER WILL BE PUT UP IN THE CHURCH TO MARK THE OCCASION

CONTACT [BOXRIVERBENEFICE@GMAIL.COM](mailto:BOXRIVERBENEFICE@GMAIL.COM) OR  
01787 828046 FOR MORE INFORMATION



## "SOUP & PUD" AT MARY'S HOUSE 5 SWAN STREET BOXFORD

FRIDAY, 19TH JANUARY 2024

12.00 - 2.00 PM

Donations towards the upkeep of Mary's House welcome.



# *Glowing skin, happy soul...*

Winter is tough on faces! Cold air, central-heating, rich Christmas food and alcohol can all play havoc with our skin.

If you are struggling with your complexion this New Year, we can help. **Medical Microdermabrasion** is the ultimate treatment to improve the look and feel of your skin. A painless alternative to chemical peels but with similarly impressive results, this treatment intensively exfoliates, resurfaces and rehydrates. Using a fine jet of crystals, it stimulates blood flow and leaves you with brighter, younger-looking skin.

And this month, to give your skin an extra boost, you can opt to follow your Medical Microdermabrasion with a **Dermalux LED treatment**. Known for accelerating the skin's natural rejuvenation and repair process, this treatment duo packs a real punch! And what's more, it's great to help treat Seasonal Affective Disorder too...



## *January Skin Special*

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

***Call: 01787 211 000 to book***

\* Offer valid until 31/01/2024. Offer cannot be used in conjunction with any other promotion or voucher.

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

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





# SERVICE SCHEDULE FOR JANUARY 2024



<b>Wednesday 3<sup>rd</sup> January</b>	10:00	<i>Communion &amp; Coffee</i>	Mary's House, Boxford
<b>Sunday 7<sup>th</sup> January</b> <i>Epiphany</i> <i>Baptism of Christ</i>	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Holy Communion</i>	St Mary's, Boxford
<b>Wednesday 10<sup>th</sup> January</b>	09:30	<i>Communion &amp; Coffee</i>	Mary's House, Boxford
	18:00	<i>Holy Half Hour Meditation</i>	St Mary's, Boxford
<b>Sunday 14<sup>th</sup> January</b> <i>Epiphany 2</i>	09:30	<i>Morning Praise</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist with Choir</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong</i>	St Mary's, Boxford
<b>Wednesday 17<sup>th</sup> January</b>	10:00	<i>Communion &amp; Coffee</i>	Mary's House, Boxford
	18:00	<i>Holy Half Hour Meditation</i>	St Mary's, Boxford
<b>Sunday 21<sup>st</sup> January</b> <i>Epiphany 3</i> <i>Week of Prayer for Christian Unity</i>	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist with Choir</i>	St Mary's, Boxford
	18:30	<i>Ecumenical Evening Service: Week of Prayer for Christian Unity</i>	Suffolk Road Church, Sudbury
<b>Wednesday 24<sup>th</sup> January</b> <i>Week of Prayer for Christian Unity</i>	10:00	<i>Communion &amp; Coffee</i>	Mary's House, Boxford
	12:30	<i>Service: Week of Prayer for Christian Unity</i>	St Mary's, Boxford
	18:00	<i>Holy Half Hour Meditation</i>	St Mary's, Boxford
<b>Sunday 28<sup>th</sup> January</b> <i>The Presentation of Christ in the Temple</i> <i>(Candlemas)</i>	08:00	<i>BCP Holy Communion</i>	St Mary's, Boxford
	11:00	<i>Sunday Eucharist</i>	All Saints', Newton Green
	11:00	<i>Pilgrim Family Service</i>	St Mary's, Boxford
	16:00	<i>Compline Night Prayer</i>	St Mary the Virgin, Edwardstone
<b>Wednesday 31<sup>st</sup> January</b>	10:00	<i>Morning Praise &amp; Coffee</i>	Mary's House, 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

## JOIN US FOR A COFFEE THIS MONTH!



Drop in for Coffee every Tuesday between 10am to 12pm at Mary's House, Swan Street, Boxford

Friday, 5th Jan - Coffee Morning at St Lawrence's, Lt Waldingfield

Wednesday, 17th Jan - Coffee Morning at All Saints', Newton Green

Saturday, 20th Jan - Coffee Morning at St Mary's, Boxford

## BRING AND SHARE



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

IF YOU OR SOMEONE YOU KNOW IS IN NEED, PLEASE VISIT THE FOOD BANK  
YOU CAN ALSO CONTACT FATHER ROB OR THE BENEFICE OFFICE  
IF YOU NEED 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

**Tues 2<sup>nd</sup> Jan 10am** - Drop in for Coffee, Mary's House  
**Fri 5<sup>th</sup> Jan 10:30am** - Coffee Morning, St Lawrence's, Lt Waldingfield  
**Tues 9<sup>th</sup> Jan 10am** - Drop in for Coffee, Mary's House  
**Thurs 11<sup>th</sup> Jan 6pm** Choir Practice, St Mary's, Boxford  
**Tues 16<sup>th</sup> Jan 10am** - Drop in for Coffee, Mary's House  
**Tues 16<sup>th</sup> Jan 7pm** - PCC Vision Planning Meeting, Boxford  
**Wed 17<sup>th</sup> Jan 10am** - Coffee Morning, All Saints', Newton  
**Thurs 18<sup>th</sup> Jan 7pm** - PCC Vision Planning Meeting, Edwardstone  
**Fri 19<sup>th</sup> Jan 12 noon** - Soup & Pud, Mary's House  
**Sat 20<sup>th</sup> Jan 10am** - Coffee Morning, St Mary's, Boxford  
**Tues 23<sup>rd</sup> Jan 10am** - Drop in for Coffee, Mary's House  
**Tues 23<sup>rd</sup> Jan 7pm** - PCC Vision Planning Meeting, Groton  
**Wed 24<sup>th</sup> Jan 7pm** - PCC Vision Planning Meeting, Newton  
**Thurs 25<sup>th</sup> Jan 7pm** - PCC Vision Planning Meeting, Lt Waldingfield  
**Tues 30<sup>th</sup> Jan 10am** - Drop in for Coffee, Mary's House

Happy New Year to everyone, we hope that you had a joyful and peaceful Christmas. December was a very busy month in the Benefice, here's a quick review of our festive events ....

## NEWTON FESTIVE COFFEE MORNING

Over £415 was raised for All Saints' Church, thank you to everyone who attended, baked for, donated raffle prizes, items for sale and their time. Don't forget to come along to one of our monthly coffee mornings on the 3<sup>rd</sup> Wednesday of each month, starting on 17<sup>th</sup> January at 10am, everyone is welcome.



## LT WALDINGFIELD FESTIVE DRINKS & NIBBLES

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

## BOXFORD CHRISTMAS TREE FESTIVAL

There was a very festive atmosphere at St Mary's and the festival was well attended, despite the weather hundreds of people passed through the doors to see the trees, enjoy the warmth of community, delicious refreshments, children's activities and the festive stalls, as well as voting for their favourite decorated Christmas Tree.

The winner of the best decorated tree was the Boxford Explorer entry, which was won by a huge majority for its originality and presence. Thank you to everyone who attended, it was lovely to see so many of you there.



Thank you to everyone for their very generous donations and time for making this event possible and so successful.

*Did you win?*

*Where's Father Christmas hiding? – Rory*

*Missing snowman – Jenson*

*Meat Hamper kindly donated by A Leeder Butchers – Sue*

The day ended with the Advent Carol and Christingle Service with St Mary's Choir and choristers from the School Choir, it was a wonderful way to begin the build up to Christmas.



## VOLUNTEERING WITHIN THE BENEFICE

Sitting at the heart of our villages, our churches are always on the lookout for new volunteers to support our existing volunteers within the Benefice. Our volunteers do an incredible job keeping our church and communities alive. You don't have to be a church-goer to volunteer, levels of commitment also vary, everyone is welcome. Come along and feel part of your church and community.

Is 2024 the year for you to try something new? There is something for everyone: - bellringing, choir, flower arranging, opening/closing churches, helping at coffee mornings, helping at Mary's House, cleaning, maintenance, gardening, fund raising Please contact the Benefice Office in the first instant for more information.

## GIVING

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

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

## SPIRITUAL GUIDANCE, CONFESSION AND PASTORAL VISITING

The Benefice offers a rich ministry of Spiritual Guidance, Confession and Pastoral Visiting. Our Priests and Ministers accompany people from all walks of life. If you would like Spiritual Guidance, Confession, House Blessing, Pastoral Visiting, Home Communion, Hospital or Prison Visiting for yourself or someone you know, please do get in touch with Fr Rob or the Benefice Office.

## CONTACT INFORMATION

### Benefice Office

Mary's House, 5 Swan Street, Boxford CO10 5NZ  
**01787 828046** email: [boxriverbenefice@gmail.com](mailto:boxriverbenefice@gmail.com)

Fr Rob Parker-McGee SR

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

# LEAVENHEATH CINEMA

## SATURDAY 6<sup>th</sup> JANUARY: THE GREEN BOOK

Comedy Drama PG-13.

Based on a true story!

2hrs 10mins with 20mins interval.

## SATURDAY 3<sup>rd</sup> FEBRUARY: THE GREAT ESCAPER

Comedy Drama PG-12A

Starring Michael Caine & Glenda Jackson

Based on a true story!

1hr 36mins with 20mins interval

Both films: arrive 7pm for 7:30pm start.

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](http://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)

# POLSTEAD FILMS

Friday 12<sup>th</sup> January, 7 for 7:30pm

POLSTEAD VILLAGE HALL

## The Great Escaper

*Michael Caine and the late Glenda Jackson star in this true-life heartwarmer about the 89-year-old second world war Royal Navy veteran Bernard Jordan, who, in 2014, jauntily sneaked out of his seaside care home on a secret mission to get aboard a cross-channel ferry and attend the 70<sup>th</sup> anniversary celebrations of the D-day landings in Normandy.*

Tickets £4.50

Email: [polsteadfilms@gmail.com](mailto:polsteadfilms@gmail.com) to reserve or buy at Polstead Community Shop.

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



# THE HISTORY OF SURNAMEN

Discover the History of English Surnames with Charlie Haylock on Friday 19<sup>th</sup> January at 7pm.

Charlie will provide a fun and informative talk, starting with Anglo-Saxon and Viking names and nicknames during the evening at Mildens Pavilion. He has a wealth of knowledge and will explain how and why surnames evolved after 1066 AD and the disruption it caused! Charlie will then enlighten the audience on the four different types of surnames. He would like the opportunity to research some of the English surnames in the audience, so please advise your surname, maiden name or the family names when booking. As a dialect coach he will transport you round the country and across the world as he demonstrates his ability to speak many different accents during the evening.

To reminisce listening to Charlie's nostalgic Suffolk accent, please visit [www.mildenspavilion.co.uk](http://www.mildenspavilion.co.uk) for the link to book tickets via [www.eventbrite.co.uk](http://www.eventbrite.co.uk). Tickets are £10 and are in aid of Mildens Pavilion, the licenced bar opens at 7pm and during the evening there will be cheese board and a raffle supporting The Befriending Scheme at Red Rose Community Farm, Lindsey.

For more information and to advise surnames to research please email [info@mildenspavilion.co.uk](mailto:info@mildenspavilion.co.uk) or phone Justine 01787 248145.

# 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 15<sup>th</sup> January 2024

## Through the Eyes of the Child

A study of selected fiction narrated in the voice of the child

Monday 15 <sup>th</sup> Jan	<b>David Copperfield</b> (Ch. 1 to 14)	<i>Dickens</i>
Monday 22 <sup>nd</sup> Jan	<b>Great Expectations</b> (Ch 1 to 19)	<i>Dickens</i>
Monday 29 <sup>th</sup> Jan	Reading Week	
Monday 5 <sup>th</sup> Feb	<b>Huckleberry Finn</b>	<i>Mark Twain</i>
Monday 12 <sup>th</sup> Feb	<b>Huckleberry Finn</b>	<i>Mark Twain</i>
Monday 19 <sup>th</sup> Feb	Reading Week	
Monday 26 <sup>th</sup> Feb	<b>To Kill a Mockingbird</b>	<i>Harper Lee</i>
Monday 4 <sup>th</sup> March	<b>A High Wind in Jamaica</b>	<i>Richard Hughes</i>
Monday 11 <sup>th</sup> March	Reading Week	
Monday 18 <sup>th</sup> March	<b>Atonement</b>	<i>Ian McEwan</i>
Monday 25 <sup>th</sup> March	<b>Never Let Me Go</b>	<i>Kazuo Ishiguro</i>

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

Newcomers to these classes are very welcome.

Further information from:

Mr David Jones, The North Wing, Groton Street, Sudbury CO10 5EE.

Telephone: 01787 211104

Please contact Mr Jones if you are interested in attending.

# HISTORY OF ENGLISH SURNAMES with Charlie Haylock



Friday 19<sup>th</sup> January

7pm at

Mildens Pavilion

£10 per person

*Enjoy a fun and informative evening when you can discover the history of your surname, maiden name or a family name. Please advise names when booking.*

Please visit [www.mildenspavilion.co.uk](http://www.mildenspavilion.co.uk) to buy tickets via Eventbrite or phone 01787 248145

Evening to include licensed bar, Cheese Board and charity raffle in aid of The Befriending Scheme at Red Rose Community Farm, Lindsey

Church Road, Mildens IP7 7AF  
[www.mildenspavilion.co.uk](http://www.mildenspavilion.co.uk)  
[info@mildenspavilion.co.uk](mailto:info@mildenspavilion.co.uk)



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BOXFORD  
GARDENING SOCIETY

Helen Chen  
**BAMBOOS:**

The good, the bad and the ugly  
How they grow, runners, clumpers, growing  
in containers and which to grow.



Tuesday 9th January 7.30pm  
at Boxford Village Hall



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

**Q3 featuring Kevin Flanagan**  
Wednesday 10<sup>th</sup> January 2023 8pm - Tickets: £18



Q3 brings together some of the UK's finest jazz musicians in an exciting blend of superbly crafted original music and virtuosic performances.

Kevin Flanagan – Saxophone  
Martin Hallmark – Piano  
Tiago Coimbra – Bass  
Derek Scurl – Drums

**“Cannonball and Nat”**  
Wednesday 24<sup>th</sup> January 2023 8pm - Tickets: £18



Ronnie Scott's Big Band leader, Pete Long & Ryan Quigley front an exciting salute to a legendary team of jazz brothers, Julian "Cannonball" Adderley & Nat Adderley.

Peter Long – Alto sax  
Ryan Quigley – Trumpet  
Chris Ingham – Piano  
Malcolm Creese – Bass  
George Double – Drums

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

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

LOOKING FOR YOUR  
VALENTINE 2024?

  
Frenchs Care Haven Animal Rescue  
are holding a

Speed Dating Evening

£10  
p.p

40s to  
late 60s



Stoke By  
Nayland  
Resort

1st Feb  
7 - 10 pm

Bookings close on the 30/01  
Contact Sharon 07999051401  
or [frenchs.100club@gmail.com](mailto:frenchs.100club@gmail.com)  
Registered Charity



back by popular demand

**QUIZ NIGHT**

Our First Quiz Night of 2024  
Returns to Newton Village Hall on  
**SATURDAY 17<sup>TH</sup> FEBRUARY**  
7:30pm start

TEAMS OF 6 // £12 PER PERSON  
ploughman's supper include, please bring your own tittle

Pre booking is essential as this event always sells out very quickly

**CONTACT PAUL PRESLAND 07484 669 605  
TO RESERVE YOUR PLACE**

All proceeds go to the village hall and All Saint's Church

# BRIAN TORA'S SOAP BOX

Well now, Butcher's Wife. I feel I cannot let the opportunity pass to attempt to explain more about at least one of the things that you do not understand. You see, I was a stockbroker once. And to be honest, stockbrokers today are not what they once were when I started out in the early 1960s. Nor is the stock market the same, for that matter. Indeed, I'm no longer sure that a job description such as "stockbroker" really applies any more.

The stock market is a very different institution to that which I entered on leaving school. There should be no surprise in that. Change in many industries and professions have been considerable and the financial sector has certainly had its fair share of developments that would render as unrecognisable the way in which things operate today to someone whose career ended as mine was beginning.

It is tempting to recommend that you buy the book I wrote some 30 years ago (still available: <https://amzn.to/3Nx8DAC>) which goes some way to explaining how the investment world works and gives a little background on how we got to where we were then. Of course, there has been plenty of change since, which I tried, not altogether unsuccessfully, to predict in my closing chapter. But perhaps we should go back to the very beginning.

In the second half of the 18<sup>th</sup> century, groups of entrepreneurs were laying the foundations for what was to become two important contributors to our economy – insurance and company finance. Interestingly, both groups met in coffee houses in the heart of the City of London, where ideas were exchanged and deals concluded. In the case of the insurance industry, it was Lloyds coffee house, which is why this important market is known as Lloyds of London.

Elsewhere, deals were being carried out to finance enterprising individuals who had business propositions requiring capital to get off the ground. Those gathering in these coffee houses would have contacts amongst the wealthy who might have an appetite for investing money in new or expanding businesses, with the hope of securing a healthy profit at some stage in the future.

Not all deals were profitable, of course, but such was the success of these initiatives that a formal exchange was founded to allow all participants to meet under a single roof and trade stock in companies requiring finance for cash or to allow existing stock holders to sell the shares they owned to new investors. And the government became a part of this operation, using the investors seeking a safe haven for their money the opportunity to buy government bonds.

By the time I joined a stock exchange firm as a lowly clerk, the overall nature of the business had changed relatively little, with those working on the floor of the market divided into two classes – brokers and jobbers – a distinction now abandoned. The brokers bought and sold shares on behalf of their clients. Jobbers made markets in these shares, matching buyers with sellers. If there were more buyers than sellers, prices rose. More sellers than buyers and they fall.

But in the next half century things changed dramatically. In the early 1960s the majority of shares were owned by wealthy individuals and we were very much a domestic market, with legislation limiting access to foreign markets. Margaret Thatcher did away with these restrictions, while the massive growth of the pensions industry transformed share ownership. Despite the privatisation splurge of the mid 1980s, which expanded enormously the number of people investing in the stock market, individual investors are now a small percentage of those owning shares in our companies.

The stock exchange has ceased to be a members' only club and is now just an electronic platform for trading stocks and shares. Government regulation now controls how those employed in the financial sector conduct themselves and an exam-based system is in place to ensure the competency of those dealing with the public. But perhaps the most important point to make is that most of us are

investors in the stock market in one way or another.

If you have a pension, be it personal or as a result of a company scheme, then it is likely to be invested in a portfolio of stocks and shares. Insurance products are similarly based. And, of course, many will have collective investments that themselves will be invested in the stock market. These days, these portfolios are quite likely to be diversified internationally. Indeed, many shares in our domestic businesses will be owned by foreign investors.

The Butcher's Wife might well say, so what? Why does this happen? It is the basis of the capitalist system. Even China has a stock market. Business needs capital to operate. The stock market provides the opportunity for this capital to be raised and, as important, for investors to vote with their feet if they feel a company is not performing well. This market, I suspect, is little different to a market in, say, meat, like Smithfield, where buyers will compete for the best cuts.

*Brian Tora*

## BOXFORD WI UPDATE

Boxford WI have been busy during December. Firstly 28 members thoroughly enjoyed a festive lunch at The Fleece, followed by a quiz provided by one of our members. Thank you to The Fleece for providing a superb lunch.

Some of the ladies have been busy knitting and sewing together paper chains to decorate the Christmas tree for St Mary's Church Christmas Tree Festival, where we also held a stall selling knitted snowmen (made by some of the WI ladies) and a jam jar tombola. All the money raised will be sent to the Lighthouse Women's Aid.



New members are always welcome, so if you are interested in finding out what the WI are up to in 2024 come along to the Village Hall on the first Wednesday of the month at 2pm where you will receive a warm welcome.

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)

For more information please contact our Secretary, Lyn Beer on **07961 357 526** or email [lyn@the-brook.net](mailto:lyn@the-brook.net)

# POLSTEAD VILLAGE HALL

## Save the date - The Shanty Folk are coming to Polstead

Rousing shanties and songs of the sea will be performed by 'The Shanty Folk' in Polstead Village Hall on Sat 23<sup>rd</sup> March at 7:30pm. Doors will open at 7pm, there will be a licensed bar and interval refreshments. Proceeds will go to the RNLI and the Village Hall.

## Polstead Hand Bells

The hand bells, which have been stored in the Church for a number of years, have now been cleaned and tuned and are sounding very musical. We have a lovely lady who travels from Colchester to give us tuition. She is, I might add, a very patient lady. If anyone who has rung hand bells, or fancies coming along to have a go, please contact Angela on 07969 983554 or Maureen on 07789 848609.

## Polstead W.I.

We start the New Year with our meeting on Wednesday 17<sup>th</sup> January at 10:30am in the village hall with a joint presentation on 'Fred, Katy and their Feathered Friends', by two well-known local birdwatchers, David Baker and Peter French. They will be advising us about what to look out for and listen to over Polstead's skies, ready for the RSPB Big Bird Watch at the end of the month.

## Warm Space

We are again offering a 'Warm Space' to meet and chat over a drink and cake, on the second and fourth Friday each month from 10am - 12noon. This month it will be on 12<sup>th</sup> & 26<sup>th</sup> January.

## Craft Workshop

Our Craft Workshop will also take place on every second and fourth Friday, from 10am - 12noon

## The Rural Coffee Caravan

The Caravan visits on Friday 19<sup>th</sup> January, so if you are free do come along; we have visitors from Nayland, Boxford, Great Waldingfield and Stutton.

N.B. - As well as providing coffee and good company, Garry is always willing to help with any difficult form-filling, should you require it.

# BOXFORD BOUNTY 2024

The Boxford Bounty is the exciting local lottery 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 money being given out in grants to support local groups.

I am pleased to say that the Boxford Bounty collection in preparation for the 2024 draws is going well. We still have a few people to visit and will be trying our best to make sure we have been in touch with everyone who has previously registered before the first draw takes place at the end of February.

There will be 6 draws in 2024 each with 4 prizes. Based on the collection so far, we expect the prizes for each draw to be *at least*:

1<sup>st</sup> Prize - £200      3<sup>rd</sup> Prize - £75  
2<sup>nd</sup> Prize - £100      4<sup>th</sup> Prize - £50

If we can increase the membership, then the value of the prizes will go up!

There is still time to join the Boxford Bounty, you can register in the following ways:

- Email [boxfordbounty@gmail.com](mailto:boxfordbounty@gmail.com) with your name, address, telephone number and how many tickets you would like
- Visit [www.boxford.me.uk/boxford-bounty](http://www.boxford.me.uk/boxford-bounty)
- Scan the QR Code here:
- Ring **01787 211 596** (answerphone) with your details and phone number

**Applications to join the Bounty must be received by 31<sup>st</sup> Jan 2024.**

*Promoter: Mark Miller, 39 Daking Ave, Boxford, CO10 5QA.*



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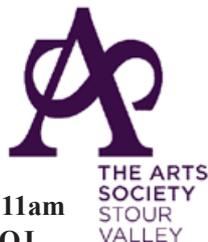
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We deliver a programme of enlightening illustrated cultural talks as well as Visits, Special Interest Days with lunch + an Arts Magazine – all at very reasonable cost.  
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or via our website [www.TASstourvalley.org.uk](http://www.TASstourvalley.org.uk)

## WEDNESDAY 17<sup>th</sup> JANUARY

### GENDER AND THE BODY – THE STORY OF THE NUDE

This talk examines the treatment of the nude by museums & collectors which was in essence keeping them behind curtains. Raising the question "if this is art, how did it become so and why"?

# KENNY'S NEWS FROM SESAW



Have you made any resolutions as you hang the new calendar, flip through the seed catalogues and holiday brochures or search for evening classes? Maybe you want to turn over a new leaf, eat less, exercise more – or how about volunteering once a week?

A few hours of your time can make a huge difference to charitable organisations struggling to provide much needed support in the community. Charity

shops, food banks, befriending services, hospitals need help, or if you happen to love animals, the rescued dogs, cats and rabbits at SESAW need you too. Volunteering is a two-way street, your gift is more than compensated by the feelgood factor. Our human carers go home tired, sometimes dirty but happy to have spent time with the animals. They are happiest of all when they see people or families going home with their new pets.



Lorna & Tabby

If you would like to volunteer at SESAW, please contact me at: [sesawken@gmail.com](mailto:sesawken@gmail.com) I'll ask one of my humans to call you to discuss how we could help each other.



Tanya & Oriel

If you plan to share your life with a new pet, do visit SESAW. At the time of writing, we still have kittens in need of new homes. We are open by appointment only due to our annual Winter shutdown so please email or leave a message on the answerphone and someone will get back to you.

Mum's new diary is open on the desk, ready to take your calls but she'll find her pen is missing. A nice, crunchy biro is too tempting to a little dog like me, Kenny (the Boss) Chihuahua!

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# ATTENTION BEER ENTHUSIASTS...

Sudbury's original real ale pub and home to Mauldons Brewery, The Brewery Tap, is temporarily closing its doors from 1<sup>st</sup> to 9<sup>th</sup> January 2024 for an exciting cellar refurbishment. The transformation will be aimed at enhancing your Mauldons drinking experience.

The refurbishment aims to fine-tune the cellar, ensuring that each pint poured is a masterpiece of flavour. From refining temperature controls to optimizing storage conditions, every detail is tailored to make your favourite Mauldons pint even more delightful.

Get ready to raise your pint with Sudbury's finest brews! Stay tuned for the grand reopening and follow The Brewery Tap on Instagram and Facebook. There'll be quizzes, live music and much more throughout 2024.

Did you know that you can find out even more about Mauldons selection of real ales with your very own brewery tour in Sudbury? Please email [welcomed@brewerytapsudbury.co.uk](mailto:welcomed@brewerytapsudbury.co.uk) for booking information.

# A DATE WITH BILDESTON CROWN

In September 2007, The Bildeston Crown was awarded the much coveted Three Rosettes by the AA. They are delighted that they have retained the 3 AA Rosettes throughout the years. They're proud to grow many of their own vegetables, fruits and herbs in their kitchen garden at Nedging Hall. This is key to sustainability efforts, reduces food miles and inspires the chefs to create the best seasonal dishes in Suffolk.



The Bildeston Crown sits proudly on the high street and they host exclusive gourmet tasting events throughout the year. They've just released their evening events calendar for the year including:

## Traditional Burns Supper

Friday 26<sup>th</sup> January

Kilts, Bagpipes, Haggis, Whisky and so much more...

## Best of British Springtime with wine pairing

Friday 5<sup>th</sup> April

A six-course tasting menu with wine pairing, savouring the delights of the Nedging Hall Kitchen Garden and local produce.

## Best of British Summertime with rose wine pairing

Saturday 27<sup>th</sup> July

Courtyard canapes and a six-course tasting menu savouring the best of British summertime with rose wine pairing.

## Best of The British Harvest with wine pairing

Friday 27<sup>th</sup> September

Six-course tasting menu with wine pairing, savouring the produce from Nedging Hall Kitchen Garden.

## Best of Suffolk Wild Game with fine wines

Friday 29<sup>th</sup> November

A culinary journey of locally sourced game with our General Manager's selection of fine wines.

They're gourmet tasting events that will make you incredibly proud of the produce we can grow in Suffolk.

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# STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

## Hairdressing in Boxford over the ages.

A month or so back we asked if anyone could provide us with more information about life in Boxford from the 1950s onwards. As a result several people contacted us and we are busy recording their memories. One such call, from Sheila Morley, has prompted the following article and we are grateful to her.

In our previous article about Boxford doctors, the medieval barbers got a mention. Back in medieval times, a barber (or barber surgeon) was the only person with the sharp instruments needed for a shave and trim. Because a barber owned such sharp instruments which were not so readily available, they also performed minor surgery, dentistry and bloodletting.

Barbering is one of the oldest professions in the world and barbers were often the foremost men in their tribes. Hair has always been important to humans. There is much evidence of ancient people developing hair styles as an indication of social class, political affiliation, occupation, religion, marital status, race and culture. A barber's razor was mentioned in the Old Testament and two female statuettes from the Ice Age dated at 30,000 BC show evidence of hairstyling and braiding. Some of the early barbering services were performed by Egyptians in 5000 BC with instruments they had made from oyster shells or sharpened flint. High status Egyptian men wore wigs over shaven heads and women wore them over long hair. At the same period the Ancient Greeks were developing styles of longish hair with bundles of curls and braids. They preferred blonde hair. Red heads were shunned by the Greeks as possible vampires, while the Romans also liked blondes, they preferred red haired slaves for good luck. No doubt the Romans influenced British hair "fashions" in their 400 plus years here.

In some cultures, long hair and beards were singed off using a red hot coal from the fire. This was also the preferred method for kings who didn't care to run the risk that their barbers had been bribed to cut their throats. However, by 1745 barbers and surgeons had become separate jobs.

In any event 'hairdos' have gone through many changes and repeat fashions over the years. Ridiculous at times, as in the powdered wigs of the very rich in the late 1700s which towered high above their heads. One wonders if such a fashion ever reached Boxford through its many trading links with London.

During medieval times Boxford probably had its own barber for those who could afford him. The poorer men usually had short hair for practical reasons and as a sign of their lower status in the community. It may have been that the metal shears used by some of the Boxford cloth workers came in handy for home hair trims. The shearers would have been very skilled at handling them and there are some historical references to shears being used for hair. It was commonly believed that long hair was appropriate for women as it was a sign of maidenhood and a means of self expression.

Our archive has few references to barbers, but in 1522 Robert Deye, barber, appears in a Babergh Muster Roll that assesses which men of Boxford are available for war and what their financial contribution will be, based on their assets. All those with over 20 shillings in land and 'moveables' had to contribute to the war fund. Robert is assessed at 24 shillings. He was doing pretty well as a barber.

The next entry for a hairdresser is John Peggs, publican and hairdresser at The Fleece in 1839. What pleasanter way could there have been than imbibing a good pint while waiting for the chair and the cut. We do not know whose hair he cut and whether he was up to date with the men's fashionable, elegant hair cuts emanating from London. Perhaps it was a basic trim for most. However, in 1855 we find Thomas Clarke is the hairdresser though we do

not know where. Does the use of the word hairdresser rather than barber mean that women now had the services of a hairdresser as well, I wonder?

In the last 50 years there have been salons in Boxford at 24 Swan Street, above the Post Office Stores and at the shop attached to The Fleece. In addition there have been a number of peripatetic hairdressers who have visited people at home and continue to do so.

How many remember Admyra hairdressing salon at 24 Swan Street? It was opened by Sheila Morley in July 1971. In subsequent years she was joined by her mother Dora and her sister Angela. They trained their own apprentices to build a fully qualified staff.



*Admyra's staff, Beverley Green, Dora Morley (Sheila & Angela's mum) Sheila Morley, Teresa Whymark & Angela Morley posing on the bridge before it was reconstructed. Note the uniform which changed over the years and was always important to the staff.*



*VE Day anniversary May 1995 is celebrated with a window decoration. Maggie Thorpe is admiring the display.*



*Sheila and Angela celebrate their 25<sup>th</sup> anniversary of opening in July 1996. They shared with clients their pleasure with cake and wine.*

It was an extremely busy salon being fully booked everyday and with a continual cancellation list used by those needing an emergency appointment.

The clients came not only from Boxford, but from many of the surrounding villages. The sisters regularly attended training schools in London to keep up to date with their skills and discover new products. The salon walls were clothed with their framed diplomas and certificates.

It was a welcoming and happy atmosphere and all the staff were prepared to go the “extra mile” to oblige their clients. Sheila particularly remembers the winter of 1974 when snow drifts were extremely deep on roads all around the village. Her father took her to the salon on a tractor, which in those days had no cab! Before she unlocked the door she could hear the phone ringing – the first of all her clients to cancel that day because of the weather. Her father was not amused to be asked to pick her up again after only an hour! The salon was open from 9am to 6pm, five and a half days a week, with a late night on Fridays. Admyra’s salon did everything - cutting, setting, blow-drying, perming and all aspects of colouring, which Sheila remembers as very rewarding. The only ‘inconvenience’ was the ‘convenience’ which was through the house and the garden! This would not have been uncommon in the old houses of Boxford early in the 1970s. Not at all what we might call the ‘good old days’!



Sheila and Angela outside the salon in July 2000 just before they closed Admyra.

The salon closed in 2000, when the property was sold, after 29 years of excellent service to many.

Interestingly 24 Swan Street has a previous history of services as in 1918 it is thought to have been a sweetshop owned by Mr Mulluck. In the 1920s and 1930s David ‘Pegleg’ Coe shoemaker and repairer worked from here with his wife who ran a draper’s shop from the same premises. The drapers closed in the 1930s, but David continued his business from No 36, what is now the garage to No 34 Swan St. David used a motor cycle and sidecar for deliveries. He lost a leg in the WWI and drove around the village on his motor bike with leg stuck straight out in front. Some villagers remember when he rode like this on a push bike. He was well known for helping the village boys add hobnails to their spinning tops. His peg leg is reputed to have been still in use in 2007 as Les Gunn’s dibber for Brussels sprouts!

By late 1940s the shop was owned by Mr and Mrs Danny Mann as ladies outfitters and haberdashers. In 1952 it was bought by Mr and Mrs Hallam as a drapers shop. By the time it closed in 1971 it was a dry cleaners and hairdresser too. In July 1971 Sheila Morley re-opened the shop, once more as a hairdressing salon (Admyra

Hair Fashions).

Another building linked to hair dressing on and off since 1839 is No 10 Broad Street, part of the Fleece and on the right hand side of the horse and coach entrance. In the 1920s and 30s Fred Hynard, master butcher, ran it and obtained meat from the slaughterhouse off the High Street in Hadleigh. He employed Albert Tricker and lads Ken King and Dan Whymark for cycle deliveries



Charlie Chrisell & Izzy Griggs of A.H.C Hair Design No.10 Broad Street (next to The Fleece)

to the village and hamlets around with wages 5s a week. They could only carry meat for 5 houses at a time and frequently worked from 6am to 9pm. The premises became a hairdressers in the 1960s and later a beauty salon; then finally a hairdressers called ‘Just Hair’ for a short time in late 2000 closing in 2001. It finally returned to hairdressing in 2016 when Charlie Crisell opened A.H.C Hair Design. Like Admyra before her, Charlie today offers a full range of hair techniques for men and women and has been training Izzy Griggs of Boxford as part of her 2 year apprentice college course. Izzy qualified in 2023 and has joined Charlie as part of a fully qualified team. One of the benefits of being in Boxford for Charlie is the family feel about it, making her part of the community and people are loyal. Knowing everyone so well means it feels like a friendship group as well as a service. As a village we are very fortunate to have her, along with so many other services that are currently provided locally.

Tina and Roger Loose

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## Scott's Polar Expedition of 1910 to 1912

Little Waldingfield History Society was delighted to welcome Ashley Cooper back again to the Parish Room to talk about Captain Scott's last Antarctic expedition, and in particular his very detailed knowledge of Captain Lawrence (Titus) Oates's involvement, a local lad who hailed from Gestingthorpe, near Bulmer.

Ashley began by taking us back 113 years to a time when there were no mobile phones, TV or radio, no NHS or antibiotics, and people did things by oil or candle light. People then were driven by a spirit of adventure, with the first powered flight having taken place just 7 years previously by the Wright brothers in 1903.

Lawrence Oates was born in Putney in 1880 to very wealthy landed gentry, who moved to Gestingthorpe in 1891 when his father William became Lord of the manor. His father died five years later of typhoid aged just 56, leaving £120K (today more than £13 million) in his will. Gestingthorpe was an agrarian village with 13 farms, and that Lawrence's parents were very benevolent, freely giving back to the village.

Ashley believes one of the stained glass windows in the church, depicting birds, probably inspired Oates, alongside his uncle's explorations of Africa. Frank Oates was only the fifth European to see Victoria Falls, and perhaps the first when in full flood. After sketching and painting them he began his return journey but developed a dangerous fever, dying twelve days later on 5<sup>th</sup> February 1875 aged just 35.

We were told that Oates was a sickly child, leaving Eton college after just two years due to ill health, after which he attended an Army crammer to fulfil his ambition of joining up, but only with the considerable help from his mother "who knew the right people".

In 1898 Oates was commissioned into the 3<sup>rd</sup> Battalion of the West Yorkshire Regiment, seeing active service during the second Boer War as a junior officer in the 6<sup>th</sup> Inniskilling Dragoons. In March 1901 a bullet shattered his left thigh bone, leaving it an inch shorter so thereafter he always walked with a limp. Twice called upon to surrender, he replied "We came to fight, not surrender", and thereafter he was known as "No Surrender Oates", and recommended for the Victoria Cross.



Lawrence Edward Grace "Titus" Oates

Another great explorer, Ernest Shackleton, began his "Great Southern Journey", on 29<sup>th</sup> October 1908. On 9<sup>th</sup> January 1909, Shackleton and three companions, Frank Wild, Eric Marshall and Jameson Adams, reached a new 'Farthest South' latitude of 88° 23' S, just 112 miles from the pole. En-route the party discovered the Beardmore Glacier, named after Shackleton's patron, and became the first people to see and travel on the South Polar Plateau. Their return journey to McMurdo Sound was a race against starvation, on half-rations for much of the way. At one point, Shackleton gave his one biscuit allotted for the day to the ailing Frank Wild, who wrote in his diary: "All the money that was ever minted would not have bought that biscuit and the remembrance of that sacrifice will never leave me". They arrived at Hut Point just in time to catch the ship.

This expedition, which came so close to reaching the Pole, gave Captain Scott the impetus to proceed with plans for his second Antarctic expedition. On 24<sup>th</sup> March 1909 he took the Admiralty-based appointment of naval assistant to the Second Sea Lord, and in December he was released on half-pay to take up the full-time command of the British Antarctic Expedition 1910, to be known as the Terra Nova expedition from the name of the ship (an old converted whaler).

Oates was a keen huntsman, horseman and yachtsman, with a thirst for action and adventure. As army life in India began to pall for him, he read of Captain Scott's proposed Antarctic expedition and applied



Terra Nova by Ponting

to join, offering £1,000 (more than £97,000 today) towards expedition funds. He was accepted on the strength of his military record and expertise with ponies. Scott planned to use 19 ponies to haul the sledges during the initial food depot-laying stage, and the first half of the trip to the South Pole. Sadly Oates had no part in the selection of the animals, which he said were "a wretched load of crocks". He later said that "Scott's ignorance about marching with animals is colossal", but Scott

said that "the soldier [Oates] takes a gloomy view of everything."

Oates joined the Terra Nova in London, and on 15<sup>th</sup> June the ship set sail from Cardiff for the long voyage south. Scott meanwhile was fundraising in Britain, joining the ship later in South Africa. Arriving in Melbourne, Australia in October 1910, Scott received a telegram from Amundsen stating: "Beg leave to inform you Fram proceeding Antarctic Amundsen", indicating that Scott probably faced a race to the pole.

The expedition suffered a series of early misfortunes, impairing preparations for the main polar march. On its journey from New Zealand to the Antarctic, Terra Nova nearly sank in a storm, then became trapped in pack ice for 20 days, far longer than other ships had experienced. This meant a late season arrival, with less time for preparatory work before the Antarctic winter set in.

In early 1911 they landed at Cape Evans to lay down depots of stores. One of the motor sledges was lost during unloading, breaking through the ice and sinking. During this time, and the following winter, Oates won admiration by all for his hard work and his care of the ponies.

Deteriorating weather conditions and the weak, unacclimatised ponies affected the initial depot-laying journey, so that the expedition's main supply point, One Ton Depot, was laid 35 miles short of its planned location at 80°S. Oates, in charge of the ponies, advised Scott to kill ponies for food and advance the depot to 80°S, but Scott refused to do this. Oates is reported as saying to Scott, "Sir, I'm afraid you'll come to regret not taking my advice", which sadly turned out to be the case. Four ponies then died during this journey, either from the cold or because they slowed the team down, and they were shot.

Though independent and taciturn, Oates was well liked and respected, but was often at odds with Scott. Nonetheless in January 1912 he was selected to be in the final party of five to make for the Pole.

On their return to base (Ross Island), the expedition learned of the presence of Amundsen, who was camped with his crew and a large contingent of dogs in the Bay of Whales, 200 miles east. Scott conceded that his ponies would not be able to start early enough in the season to compete with Amundsen's cold-tolerant dog teams. He also acknowledged that the Norwegian's base was closer to the pole by 69 miles. However, during the 1911 winter Scott's confidence increased, and on 2<sup>nd</sup> August, after the return of a three-man party from their scientific winter journey to Cape Crozier, Scott wrote "I feel sure we are as near perfection as experience can direct".

Scott outlined his plans for the journey to the shore party, leaving open who would form the final team according to their performance. 11 days before the teams set off, Scott gave the dog driver Meares written orders to secure Scott's speedy return from the pole using dogs. "About the first week of February I should like you to start your third journey to the South, the object being to hasten the return of the polar party and give it a chance to catch the ship. The date of your departure must depend on news received from returning units, the extent of the depot of dog food you have been able to leave at One Ton Camp, the state of the dogs, etc. It looks at present as though you



Antarctic route map showing both Scott & Amundsen

should aim at meeting the returning party about March 1<sup>st</sup> in Latitude 82 or 82.30.”

The march south began on 1<sup>st</sup> November 1911, being a caravan of mixed transport groups with motors, dogs and ponies, all with loaded sledges travelling at different rates, and all designed to support a final group of four men who would make a dash for the Pole. The southbound party steadily reduced in size as successive support teams turned back. Scott reminded the returning Surgeon Lieutenant Atkinson of the order “to take the two dog-teams south in the event of Meares having to return home, as seemed likely”.

By 4<sup>th</sup> January 1912, the last two 4-man groups had reached 87°34’S and Scott announced his decision: five men, himself, Wilson, Bowers, Oates and E. Evans would go forward; the other three (Teddy Evans, William Lashly and Tom Crean) would return. The chosen group marched on, finally reaching the Pole on 17<sup>th</sup> January, only to find a tent left in place by Amundsen, and within it a letter dated 18<sup>th</sup> December. Scott’s anguish is indicated in his diary: “The worst has happened, all the day dreams must go, Great God! This is an awful place”.



At the South Pole. L-R: Laurence Oates, H.R. Bowers, Robert Scott, Edward Wilson & Edgar Evans.

The deflated party began the 862 miles return journey on 19<sup>th</sup> January, with Scott writing in his diary: “I’m afraid the return journey is going to be dreadfully tiring and monotonous”. The party made good progress despite poor weather, and had completed approximately 300 miles by 7<sup>th</sup> February. In the following days as they made the 100 miles descent of the Beardmore Glacier, the physical condition of Edgar Evans declined sharply. A fall on 4<sup>th</sup> February had left Evans “dull and incapable”, and on 17<sup>th</sup> February, after another fall, he died near the foot of the glacier. With 400 miles still to travel across the Ross Ice Shelf, the party’s prospects steadily worsened. With deteriorating weather, a puzzling lack of fuel in the depots (which had unexpectedly evaporated from the storage containers), hunger and exhaustion, they struggled northward.

The Terra Nova arrived back at Cape Evans at the beginning of February, with Atkinson deciding to unload the supplies from the ship with his own men rather than set out south, with the dogs, to meet Scott as ordered. When Atkinson finally did leave south for the planned rendezvous, he encountered the scurvy ridden Edward (Teddy) Evans, who needed urgent medical attention. Atkinson tried to send the experienced navigator Wright south to meet Scott, but chief meteorologist Simpson declared that he needed Wright for scientific work, so Atkinson decided to send the short-sighted Cherry-Garrard on 25<sup>th</sup> February; he was able to navigate only as far as One



Members of the expedition

Ton depot, which effectively cancelled Scott’s orders to meeting them at latitude 82 or 82.30 on 1 March.

On the journey from the Pole, Scott reached the 82°S meeting point for the dog teams, 300 miles from Hut Point (Scott’s hut), three days ahead of schedule, noting in his diary for 27<sup>th</sup> February 1912 “We are naturally always discussing possibility of meeting dogs, where and when, etc. It is a critical position. We may find ourselves in safety at the next depot, but there is a horrid element of doubt.”

On 2<sup>nd</sup> March, Oates began to suffer from the effects of frostbite, and the party’s progress slowed as he was increasingly unable to assist in the workload, eventually being able only to drag himself alongside the men pulling the sledge. By 10<sup>th</sup> March the temperature had dropped unexpectedly to below -40 °C.

As we all know, the five men never returned, and the rest of Scott’s team had to wait through the winter before a search party could set out. In November 1912 they found the tent in which the bodies of Captain Scott and two of his companions lay, starved and frozen, just 11 miles from One Ton Depot. Evans and Oates were missing and Scott is presumed to have died on 29<sup>th</sup> March 1912, or possibly one day later, the positions of the bodies in the tent suggesting that Scott was the last of the three to die.



Grave of the southern party

Scott’s diary told the tragic story: their second-place arrival at the Pole, the agonies of the return journey, the death of Evans, and Oates’s final decision to leave the tent in the midst of the blizzard, walking to his death hoping to save his comrades. The diary recorded the now famous last words: “I am just going outside and I may be some time”. The search party could not find Oates’s body, so erected a memorial cairn to commemorate ‘a very gallant gentleman’.

News of the fate of the expedition reached the world in February 1913 and the international press fell upon the story. The tragic outcome was translated into victory and “deathless glory”. Oates’s death in particular struck a powerful emotional chord, especially during WWI, inspiring many soldiers fighting in France.

At Gestingthorpe, Oates’s mother remained in mourning all her long life, preserving his letters and diaries though ordering them to be destroyed when she herself died. However, extracts from his diaries and letters were published in the 1970s, when his critical comments on Scott and the expedition’s organisation opened the door for revisionist views of Scott’s competence and even of Oates’s own death. His quiet heroism is remembered and widely celebrated.

Our next event will be a members-only (members’ guests welcome) talk on Wednesday 17<sup>th</sup> January at 7.30, Roger Green will talk about the first Friar Street schism of 1765-1785. This is a fascinating story of the disastrous split in the congregation of the ‘Great Meeting’, leading to the rise of bucolic poet/hymn writer Daniel Herbert.



# THE GLOW PRO



## ...Combating Winter Lethargy

Feeling like you're in hibernation mode? Join the club!

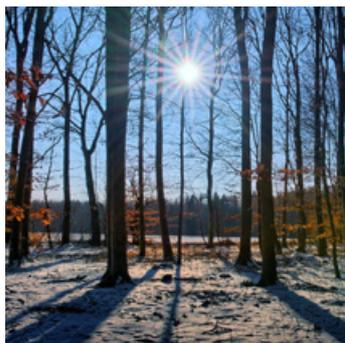
As the winter chill lingers and the bustling festive period winds down, the beginning of the new year can feel a little anticlimactic.

Yet, incorporating some simple tips, such as reflecting on achievements in 2023, expressing gratitude, and planning fun activities, can help to shake off that January funk. Here are a few other practical actions you can take:

## Get Enough Sunlight

Though my family labels me as a sun worshipper (which isn't entirely untrue), I do enjoy pointing out the scientific basis behind the positive effects of light exposure on mood, focus, energy, and even sleep.

So, if your energy levels have taken a nosedive this winter, try to take advantage of those occasional days when brilliant blue skies and the crisp winter sun decides to make an appearance... even if it's just for a quick 10-minute stroll!



## For Winter Blues – Dermalux Phototherapy £40 in clinic



Whilst the allure of jetting off to a sun-soaked paradise is undeniable, my bank account isn't on board. Luckily, there are feasible solutions, such as SAD lamps and Dermalux LED Phototherapy, that can trigger the release of serotonin without the hefty price tag.

Picture this: reclining beneath the therapeutic glow of the lamp in a serene atmosphere, as soothing music plays in the background. It's during these moments that I let my mind wander to the beaches of somewhere far, far away. And sure, I may not physically be in the Seychelles, but I can still enjoy a sense of tranquillity!

## Treat Those Toes – Pedicures from £17 in clinic

We've got a while to prepare for sandal season, but it doesn't mean our feet should suffer in silence throughout winter! If your toes could do with a little TLC, why not inject some pampering into your self-care routine by booking a pedicure? Never underestimate the rejuvenating impact of a gentle foot scrub, a luxurious soak, and a massage. What's more, you can choose from a variety of colours to brighten even the dullest of days.



## Up Your Vitamin D

Come winter, vitamin D deficiency is a struggle us folks in the UK know all too well. If constant yawning and the need for naps are making you resemble a cat more than a human, it can be tempting to load up on caffeine.

However, instead of succumbing to the coffee craze, why not try and incorporate more vitamin D into your diet? Think oily fish, red meat, egg yolks, fortified foods... the list goes on! Creating hearty meals that are infused with nutritious goodness might just help to give that post-Christmas sluggish feeling the boot.



## Get Cosy & Comfortable

Hibernation mode doesn't have to be gloomy. Whether you're wrapped in a plush dressing gown on the sofa, or bundled in a thick woolly jumper whilst out on a walk, there's a certain charm to embracing the sensation of cosiness.

I relish those evenings when I can illuminate my space with the gentle glow of a candle, knowing I'm snuggled in the warmth. January can be the perfect month to indulge in the bliss of doing nothing!



What are your New Year's resolutions? Let me know on:  
Telephone: 01787 211 000  
or Email: [office@suffolkmedicalclinic.co.uk](mailto:office@suffolkmedicalclinic.co.uk)  
Suffolk Medical Clinic | Sudbury, Suffolk

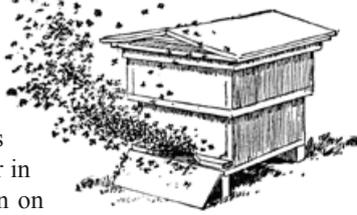
Helena x

[office@suffolkmedicalclinic.co.uk](mailto:office@suffolkmedicalclinic.co.uk)  
01787 211 000



# NOTES FROM A BEEKEEPER'S DIARY

In 1909 an 11 year old boy was sent to England from Germany. His name was Karl Kehrle and his destination was a Benedictine order in Buckfastleigh, a small market town on the edge of the Dartmoor national park.



We know little of his family background other than that his health was poor. It is hard to imagine what passed through his mind at the time, a stranger in a strange land, struggling to understand and be understood in an unfamiliar language. We can well imagine that he became withdrawn and insular, surrounded by the cloistered company of the Benedictine monks. And yet by the time he passed away at the age of 98 he had achieved worldwide fame, honoured with the OBE, and established the Buckfast bee as the preeminent honeybee strain for beekeepers everywhere.

Six years after his arrival in Buckfastleigh he had enrolled with the Benedictine order as Brother Adam and at the age of seventeen he began his lifetime's work with the abbey honeybees.

In 1915 a microscopic parasite swept through the apiaries of Southern England. It originated on the Isle of Wight, so the effects became known as the Isle of Wight disease, and the consequences were catastrophic. In 1916 it reached the abbey, and two thirds of the colony were lost. Brother Adam travelled to Turkey searching for disease resistant native bees, and in 1917 he produced his first examples of the Buckfast bee by cross breeding European bees with the English black bee.



Two years later he was put in charge of the abbey apiary, and in 1925 established a breeding station on Dartmoor to further develop the Buckfast strain. The breeding station still operates to this day. For the next sixty years he continued his efforts to breed the perfect bee, and his travels took him throughout Europe, the Middle East and East Africa. Some irony in that a celibate monk should spend his life

overseeing the reproductive endeavours of insects.

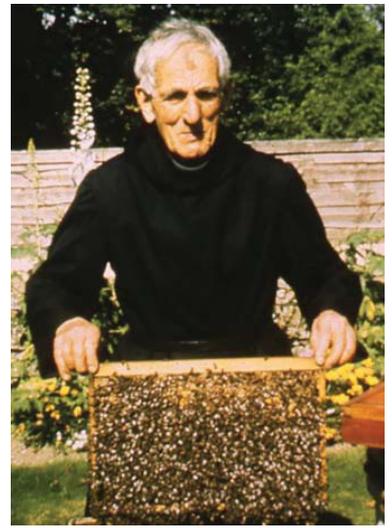
Brother Adam was not the easiest person to get along with. By all accounts he was taciturn, often rude and did not tolerate fools gladly. He suffered frequently from depression. But he had a rare gift in handling bees, talking to them as though they were his true companions in life. And his bees reciprocated in kind – he was rarely stung, and his presence seemed to have a calming influence on his colonies. His life's work provided the peace and harmony he found lacking in worldly affairs.

In Brother Adam we can recognise the strange affinity between beekeepers and honeybees. There is something strangely relaxing about watching honeybees go about their daily tasks in summertime, streaming back and forth between the hive and their foraging places. A ten-minute time-out watching the bees is more effective by far than anything on the dispensary shelves when it comes to stress relief. Honeybees are essentially wild animals, but few other species would tolerate humans in such close proximity.

For many hundreds of years the most renowned beekeepers were men of the cloth, a tradition continued by Brother Adam. But not exclusively. Keen viewers of the film "Day of the Jackel" would have noticed that when detective Claude Lebel was summoned to resume the search for the suspected would-be assassin of President

de Gaulle he, Commissioner Lebel, was to be found at the bottom of his small garden tending his bees.

The great detective and criminologist Sherlock Holmes took up beekeeping when he retired to a life of obscurity after an illustrious career. Indeed, Sherlock Holmes dedicated his later years in researching and completing his "magnum opus" the "Practical Handbook of Bee Culture". In his final case Holmes distracted his evil adversary von



Bork with a copy of his work before subduing him, a neat crossover between the world of the bee and human life

Conan Doyle was not the first writer to explore the mystique of beekeeping. From an early age Leo Tolstoy embraced rural life on his family's vast estate in preference to cosmopolitan Moscow. In later years he forsook the joys of huntin', shootin' and fishin' and turned his attention to beekeeping and the life of the honeybee.

Like many before and since he came to appreciate the difference between the order and productive purpose of the honeybee colony and the dissonance of human life. A contrast no less relevant in the world today with two European wars and political chaos as it was a hundred years ago.

*Tony Rand*

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

## HYPNOTHERAPY

Negative emotions such as anxiety and depression can overwhelm us by rippling out and affecting our whole lives. Hypnotherapy can help you discover how to use the power of your mind to free yourself from fear and gain control back of your life.

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# FEEDBACK FROM JAMES FINCH

## County Councillor for the Stour Valley

### **Cabinet approves new funding to resurface residential roads and welcomes recent Government announcement of £107m ring fenced over next ten years.**

At Suffolk County Council's Cabinet meeting (7<sup>th</sup> November), Cabinet approved an extra £10 million to repair and resurface local roads in villages and residential areas across Suffolk. The funding will nearly double Suffolk Highways' £11 million annual road maintenance budget but be targeted at smaller residential streets which are typically maintained less frequently than busier A and B roads.

Over recent years, the county council has recognised the importance of improving roads for residents, this new proposal follows the successful £21 million contribution towards the resurfacing of 1,000 miles of road between 2017 and 2021, and more recently the committed £21 million between 2021 – 2025 to increase pavement maintenance, deliver drainage improvement schemes and repair road signs.

It is hoped that the extra £10 million boost to resurface some local roads, minor rural roads and urban cul-de-sacs would result in a reduction of new potholes, which in turn will reduce the overall financial burden on the council's emergency and reactive repair budgets. Between 2020 and 2023, 2 out of 3 pothole repairs were carried out on local roads, minor rural roads, and urban cul-de-sacs. During that period, more than half of all defects reported by the public were on these types of roads.

The extra investment will make use of more sustainable materials such as warm mix asphalts that have a lower CO2 footprint than traditional hot mix asphalts and which include recycled materials to reduce raw material use; resulting in a more positive impact on Suffolk's environment.

Suffolk County Council has welcomed the Government announcement - which is part of a Department for Transport plan to pump £609 million into highway maintenance in the East of England. £107m has been ringfenced for Suffolk over the next decade, including £3.4 million in this financial year.

### **Suffolk County Council's Adult Social Care service rated Good overall by Care Quality Commission.**

*Suffolk Suffolk County Council has been awarded an indicative overall rating of "Good" for the quality of its Adult Social Care services. Following a period of intense inspection by the Care Quality Commission (CQC), Suffolk County Council has become one of the first councils nationwide to achieve this standard.*

Earlier this year CQC announced that 5 local authorities with responsibility for adult social care, including Suffolk, had volunteered to be part of a Local Authority Assessment Pilot, to help CQC develop the new model of inspection to help assess councils against the requirements of the Care Act. This model would then be rolled out across the country with all 153 Local Authorities with responsibility for Adult Social Care being inspected by the commission.

The assessment process began this summer with a request for information to each local authority taking part in the pilot. This collected the written evidence needed to allow CQC to understand how each council is delivering its adult social care services. Following on from this initial ask, the County Council was then required to arrange over 40 different meetings including 4 staff drop-in sessions, with over 150 people, including staff, partners, providers, carers, and people with lived experiences. These meetings allowed the CQC inspection team to meet people directly and ask questions to help further evidence the quality of social care services provided.

CQC's final report rated the overall quality of Suffolk County Council's Adult Social Care services as "Good" and highlighted areas of strength including, the quality of its leadership, the culture of learning and support for staff, the range of digital care options

available, the good relationships between social care and health colleagues and locality team knowledge and understanding of community needs.

### **1,400-year-old temple discovered at Suffolk royal settlement at Rendlesham**

A rare, possible pre-Christian temple from the time of the East Anglian Kings, has been found at Rendlesham, near Sutton Hoo in Suffolk. The discovery was made this summer by Suffolk County Council's Rendlesham Revealed community archaeology project, which is funded by The National Lottery Heritage Fund, made possible by National Lottery players.

Last year the project uncovered the remains of a large timber Royal Hall, confirming the location as a royal settlement of the East Anglian Kings. This year's excavations also uncovered evidence of fine metalworking associated with royal occupation, including a mould used for casting decorative horse harness similar to that known from the nearby princely burial ground at Sutton Hoo.

The royal compound was found to have been more than twice the size than was previously thought, bounded by a 1.5 kilometre-long perimeter ditch that enclosed an area of 15 hectares (the equivalent to about 20 football pitches). The royal residence was part of a wider settlement complex covering 50 hectares which is unique in the archaeology of 5<sup>th</sup> to 8<sup>th</sup> century England in its scale and complexity.

This year's breakthrough caps a three-year campaign of excavation that transforms expectations and understanding of the period. The site at Rendlesham is identified as an East Anglian royal centre by The Venerable Bede in his Ecclesiastical History of the English People. Bede records that King Redwald, who died c AD 625 and whose grave is thought to be the Sutton Hoo ship burial, maintained a temple in which there were altars to pre-Christian Gods alongside an altar to Christ – although he does not specifically say this was at Rendlesham.

Excavations are now complete and the trenches at the site back-filled, with work already underway to analyse the finds with provisional results in 2024. To find out more about the Rendlesham Revealed project visit: [heritage.suffolk.gov.uk/rendlesham](https://heritage.suffolk.gov.uk/rendlesham)

### **County Councils remain united against Norwich to Tilbury onshore option**

Essex, Suffolk, and Norfolk County Council leaders are urging National Grid to reconsider their preferred onshore option following findings of a recent review.

The councils jointly commissioned and have now published an independent report into the Norwich to Tilbury project, which proposes the construction of a new high voltage electricity transmission line between Norwich in Norfolk, Bramford in Suffolk and Tilbury in Essex.

Leaders of the three county councils are now asking National Grid Electricity Transmission (NGET) and the electricity system planner, National Grid Electricity System Operator (NGESO) to consider the findings. The report, by Hiorns Smart Energy Networks, reviews the options considered by National Grid, including the preferred option of a pylon line between Norwich and Tilbury.

The total length of the line would be 183 kilometres. This would consist of around 158 kilometres of new overhead line supported by 520 pylons. There would be also four sections of underground cabling. These underground sections would run through, and in the vicinity of, the Dedham Vale Area of Outstanding Natural Beauty. National Grid's proposals also include a new substation on the Tendring Peninsula, to allow the connection of offshore wind farms.

Essex, Suffolk, and Norfolk County Councils, accept that the transmission network in East Anglia needs reinforcing to support the transition to net zero, and provide energy security. However, they remain concerned that the need for, and timing of, the current

proposals is uncertain and not robust.

This uncertainty brings into question the need case for National Grid's preferred option, of a land-based pylon line. All three county councils have expressed their concerns that this option will harm the local economy, environment and the health and wellbeing of their communities.

The review focused on a re-appraisal of the need case for the project; that need case was developed by National Grid Electricity System Operator.

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

A Foster Carer Recruitment Event is held the 1<sup>st</sup> Wednesday of every month, and an Adoption Event is on the 1<sup>st</sup> Thursday all 7:00pm in your home. To book a place please email [Claire.Gwatkin@suffolk.gov.uk](mailto:Claire.Gwatkin@suffolk.gov.uk).

James Finch

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

Tel: 01206 263649

Mobile: 07545 423796

Thank you for your hard work during the year and wishing you a peaceful and happy Christmas.

## BABERGH CHRISTMAS AND NEW YEAR WASTE COLLECTION SCHEDULE 2023-24

Refuse and recycling collections will take place as normal up to and including, Friday 22 December 2023. Refuse and recycling collections will be on an amended schedule from Monday 25 December 2023 to Saturday 13 January 2024.

	Usual collection date	Amended collection date	Change
Recycling	Mon 25 December	Wed 27 December	2 days later
	Tue 26 December	Thurs 28 December	2 days later
	Wed 27 December	Fri 29 December	2 days later
	Thurs 28 December	Sat 30 December	2 days later
	Fri 29 December	Tues 2 January	4 days later
Refuse	Monday 1 January	Wed 3 January	2 days later
	Tues 2 January	Thurs 4 January	2 days later
	Wed 3 January	Fri 5 January	2 days later
	Thurs 4 January	Sat 6 January	2 days later
	Fri 5 January	Mon 8 January	3 days later
Recycling	Mon 8 January	Tues 9 January	1 day later
	Tues 9 January	Wed 10 January	1 day later
	Wed 10 January	Thurs 11 January	1 day later
	Thurs 11 January	Fri 12 January	1 day later
	Fri 12 January	Sat 13 January	1 day later

From Monday 15 January 2024, collections return to the normal refuse and recycling collection schedule.

## GARDEN WASTE (BROWN BIN) COLLECTIONS

Collections will take place as normal up to, and including, Friday 22 December 2023. There will be no garden waste collections during the weeks commencing 25 December 2023 or 1 January 2024.

From Monday 8 January 2024, collections return to the normal garden waste collection schedule.

### Please put your bin out by 6:30am

To check for delays and report a missed collection please visit [www.babergh.gov.uk](http://www.babergh.gov.uk). Alternatively, phone 0300 1234 000 (option 4)

## HADLEIGH & BOXFORD PPG

**New Year Hours:** Closed 1<sup>st</sup> January 2024. Re-open 2<sup>nd</sup> January

**Out of Hours Doctor:** If you need a doctor when the Health Centre is closed, including weekends, call 111 for advice and details of your nearest 'out of hours' duty doctor.

**Queries:** Please call after 10am if you have a query and do not need to book an appointment.

**Keep or Cancel:** If you are unable to keep an appointment you can now easily cancel by choosing option 5 when you call the Practice. You do not have to sit through all the options either; once you are connected press 5. Hopefully, this will reduce the high number of 'no shows'.

### East Suffolk Alliance Award:

Congratulations are in order as the Practice's Care Homes Team recently received an award for their outstanding collaborative work in the town's many care homes. Special recognition was given to their innovative approach in helping residents, family members and carers understand all aspects of end-of-life care. Well done and well-deserved ladies.



**E Consult:** Available 24/7 whereby requests will be triaged by the Reception Team.

**Updating Contact Details:** Are your contact details up to date? This can be done by completing the form on the Practice website via contact us then non-medical enquiry or via the NHS app. Please be sure you only use your own primary contact number.

**Help with IT issues:** Babergh District Council are holding monthly drop-ins, in Hadleigh Library, to help people get online and develop their digital skills. The Digital Skills team are here to answer any questions you may have and to help you learn the basics of using computers, phones and tablets. Sessions take place on the first Thursday of every month from 10am to 1pm. No need to book. The next session is on 4<sup>th</sup> January. You could then make full use of the helpful information on the Practice and NHS websites.

**Art Display:** The delightful wildlife photos are still in place for you to enjoy in the Waiting Area.

**Marathon Team:** Dr Croot, Dr Dickenson, Kate Brett and Laura Pearson will be participating in the 2024 London Marathon. Apart from the gruelling training programme beforehand they also have to raise a considerable amount of money for their 2 chosen charities; Hospice UK and Crohn's and Colitis UK. If you wish to support their noble efforts visit: [www.justgiving.com/team/teamhadleigh](http://www.justgiving.com/team/teamhadleigh). Good luck ladies!

Best wishes for an eventful, healthy New Year

PPG: Chair Jan Devey 01473 827091

PPG Email: [deveys@btinternet.com](mailto:deveys@btinternet.com)

Both Practices: 01473 822 961

Out of Hours: 111

Cancel Appointment: 01473 822 961 option 5

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

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

IT Help for beginners: <https://bit.ly/babergh-digital-skills>

Marathon Donation: [www.justgiving.com/team/teamhadleigh](http://www.justgiving.com/team/teamhadleigh)

# PARISH COUNCIL UPDATES

## BOXFORD

### Summary of Council Meeting 28<sup>th</sup> November 2023

**Meetings** - Meetings are held on the 4<sup>th</sup> Tuesday each month except in August & December. We now hold meetings in the village hall with a video link when requested. The usual start time is 7pm. All are welcome to come along and observe and there is a regular public forum to allow a short time for residents to comment and raise items.

**Public Forum** - items raised by the residents present included:

- Glasses and cigarette butts being left outside The Fleece.
- Publicity of forthcoming appeal
- Suggestion that residents drive around the village at 20mph to slow other traffic generally
- Failure of cars to give way in the centre of the village and suggesting re-painting of junction lining.
- With work on neighbourhood plans at Groton/Edwardstone, concern about future traffic on Swan St.
- Why have Assington & Stoke got 20mph limits and not Boxford? Residents would like to see a 20mph speed limit & weight restriction on Stone St. Another resident wanted to go even further with restricted access to Stone Street.
- Poor footpath/obstructing signs/lack of barrier near the Stone St/Stone St Rd A1071 crossing.
- A resident recalled asking County Cllr J Finch about vehicle activated signage and that he had confirmed that these are shared with 4 or 5 other villages.
- Concern that Stone St is being forgotten - the Chair reassured that isn't the case. The Chair spoke about potentially putting a project together in relation to Stone St.
- A resident was concerned that those without internet access were unable to look at the summary of planning discussed by the PC.

**District Council Report:** District Cllr Bryn Hurren attended and confirmed the first part of the Joint Local Plan has been approved. A steer has been given to planning to approach heritage planning issues more sensibly.

A press release has introduced the concept of local listed building consent orders which intend to streamline the process of applying for balanced and sensitive energy efficiency improvements. This may lead to less problems with poor insulation and drafty windows in heritage properties. They now have a new head of housing and are looking to improve the maintenance of their housing stock.

He promoted the excellent work of Citizens Advice locally and urged the continued use of Boxford Post Office that will benefit from increased footfall. Funding sources at the District Council include the CIFCO, solar panels and energy from waste.

Finally Cllr Hurren confirmed the jubilee bench is finished and ready to install. The Chair confirmed the base is currently being installed.

**Questions:** - The Chair asked the following: 1) It would be helpful to have a sweeping schedule of dates and times? Cllr Hurren agreed to investigate and confirmed currently we benefit from additional sweeps on his request. 2) Has the Goodlands play area been attended to? No - Cllr Hurren will press for it to be done. The Chair said if the funding is passed to the Parish Council, we would be happy to organise.

**County Council Report:** County Cllr J Finch had sent his apologies and his report issued in advance was as reported on Page 28 of the December 2023 issue of the BRN.

Members were concerned that Cllr Finch had not answered local issues affecting Boxford. The PC Chair spoke of increasing the pressure to get our issues resolved. These include: 1) getting a schedule of gully/drain clearance. 2) All the traffic surveys have been done. The Chair updated the meeting of the results of the surveys and the next stage including further evidence gathering and discussion to progress towards 20mph limits. 3) Road maintenance was

generally awful and the lack of scraping of Butchers Lane and Wash Lane to enable effective sweeping - Cllr Hurren agreed to ask District Council Public Realms to press for the scraping to enable them to organise the sweeping. 4) Lack of support from Highways towards the filling of some grit bins. 5) Traffic signs in poor condition and obstructed by foliage. 6) Trees overhanging verges. 7) Re-painting lining in the village. 8) The need to discuss with highways engineers some yellow lines for the pinch-point near the churchyard wall. This is needed to protect the wall and allow for larger vehicles to pass more easily. 9) The box for turning right onto Sand Hill from the Hadleigh direction is not large enough.

**Cemetery** - Cllrs Phillips & Warren gave reports about the progress of tree work in the churchyard & cemetery and plans to restore the churchyard boundary wall. Following the meeting it was agreed to authorise the work to the boundary wall to take place during the school summer holidays 2024.

**Finance** - The Chair reported on a productive and detailed session the previous week by the finance subcommittee. We are trying to get a better understanding of required expenditure going forward. The final budget setting will take place at the January PC Meeting.

The various subcommittees are working hard to refine proposals for future spending. It may be necessary to take on more expenditure to make Boxford the place it should be. It was agreed that the full council will meet early January for a brainstorming session on finances ahead of the final budget and precept setting.

**Environmental and Ecology** - The subcommittee are looking into planters available from Sudbury Town Council. They attended a networking event hosted by the County Council Climate Change Partnership. A community energy project is being explored for the area. They are sharing information locally including with the Hadleigh Environmental Action Team (HEAT).

Monitoring of the River Box is due to start. They are sharing information with the school about grants towards solar power. A representative from Suffolk Wildlife Trust visited to help advise on biodiversity and habitat improvements in the village. Swift boxes and stag beetle pyramids were among the various ideas being explored. This visit included the churchyard and cemetery. Some residents are looking to form a village group of around 8 to 10 people on this subject.

**On-going matters** - The PC website (<http://boxford.suffolk.cloud>) is running with a link from the community site.

The parking outside 2 Brook Hall Road is still unresolved. It was agreed for a councillor to investigate with Jess Care to check they were working towards a solution.

Cllr Wortley updated the meeting about the Roylands Lane footpaths. The landowner has committed to cutting the hedge along one side. A larger project has been identified near the pumping station. Cllr Wortley will continue to monitor and keep the PC and residents updated.

The Stone Street permissive path fencing has been repaired and the path re-opened.

The issue of Station Field street lighting being on all night is being followed up. Finally the Chair updated the meeting about the bid for funding to continue the 91 bus on non-school days. Evidence was collated by resident, D Burden, following the survey and we should know the outcome of the bid before Christmas.

In relation to an item in committee following the meeting, members resolved unanimously to invite applicant Kevin Couling to join the PC effective from the December meeting.

**Planning** - A number of planning applications were discussed, details on which can be found on the parish council website.

**Date of next meeting:** 17<sup>th</sup> December 2023

Full minutes can be found at: <http://boxford.suffolk.cloud>

**Debbie Hattrell**

01376 425744 / [pc@boxford.suffolk.gov.uk](mailto:pc@boxford.suffolk.gov.uk)

# LITTLE WALDINGFIELD

## Summary of Council Meeting 9<sup>th</sup> November 2023

This meeting was primarily directed at setting the precept and making decisions in relation to the Speeding Action Plan for the village.

**Report by District Councillor Clover:** Cllr Clover's comprehensive report can be read in Annex A to the 9 November draft minutes on the council's website under Meetings Agendas & Minutes.

**Public Forum:** The Little Waldingfield Playing Fields Committee (LWPFC) stated that they were interested in purchasing and positioning a second defibrillator for the parish at the pavilion. The council agreed to match the payment to be made by LWPFC in order to secure the grant funding offered by the Community Automated External Defibrillator Fund for the purchase of a second defibrillator for the village.

**Finances:** The relevant financial information was reviewed and Councillors unanimously agreed not to increase the precept for 2024/25.

**Highways and Footpaths:** It was agreed to purchase 2 Speed Indicator Devices (SIDS), along with the dual colour speed display option, and data collection facility.

It was also agreed to purchase 2 extra gates to be placed at the entrance to the Village, with the speed limit and the village name displayed on each gate. The final design and features will be discussed at the next meeting, as will the offer of funding support for the speed reduction measures from district councillors and the county councillor.

In addition, it was agreed to apply for a licence to enable the parish to have street furniture installed by an approved contractor rather than having to apply to Suffolk Highways.

The possibility of extending the pavement towards the Lavenham Road was discussed, along with the potential of Community Infrastructure Levy funding for the same. The Footpath Working Group will provide a report for discussion at the next meeting to cover proposals for an extension.

It was agreed to purchase a new green dog bin to be positioned near Archers Farm.

**Community Emergency Planning:** Councillors agreed to the adoption of a Community Emergency Action Plan and to work towards its implementation in conjunction with surrounding parishes.

**Date of next Meeting:** The date of the next meeting was set for 9<sup>th</sup> January 2024 at 7:30pm.

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

**Chris White**

07541 133535 / [clerk.littlewaldingfieldpc@hotmail.co.uk](mailto:clerk.littlewaldingfieldpc@hotmail.co.uk)

## OTHER PARISH COUNCILS

### Edwardstone PC

Clerk: Richard Jones - 01473 828246

[edwardstoneclerk@outlook.com](mailto:edwardstoneclerk@outlook.com)

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

### Groton PC

Clerk: Richard Jones - 01473 828246

[grotonclerk@yahoo.com](mailto:grotonclerk@yahoo.com)

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

### Newton Green PC

Dave Crimmin PSLCC - 01787 375085

[clerk@newton-pc.gov.uk](mailto:clerk@newton-pc.gov.uk)

[www.newton.onesuffolk.net](http://www.newton.onesuffolk.net)

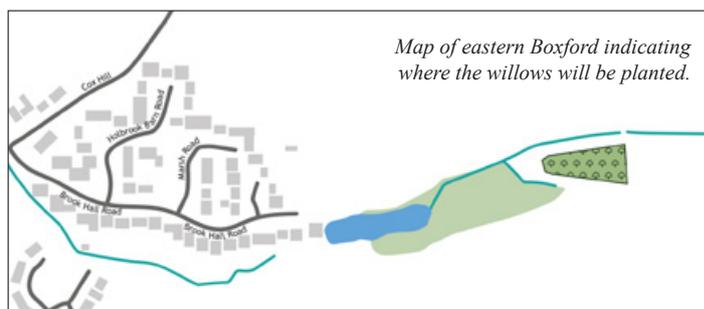
# RECLAIM THE RAIN



Happy New Year Boxford residents! To kick-start the year, we have an exciting announcement for you... We're planting our first phase of willow trees this January! The willow trees will be planted on the eastern flow path, which contributes to Boxford's surface water flood risk. This is one of many initiatives we're exploring with the Community Working Group to mitigate flood risk to Boxford whilst bringing a broad range of wider benefits, including environmental enhancements and amenities for the community.

Due to their high-water uptake, willows will help to reduce flood risk to the properties downstream of them. They can also help to encourage infiltration, prevent soil erosion, and improve water quality. Reclaim the Rain are delivering this in joint partnership with the landowner, Alan Keeble, as well as J.S. Wright & Sons cricket bat company.

As we enjoy watching these willow trees grow, it is also important that we commit to protecting them from any disturbance. We will need to treat them carefully to allow them to thrive and fulfil their purpose, so please keep to the designated footpath in this area. In doing so, we pave the way for these trees to work as part of a larger scheme to increase Boxford's resilience to the impacts of flooding and drought.



Map of eastern Boxford indicating where the willows will be planted.

This planting is just the beginning! Please get in touch if you want to learn more about the work we're doing in and around Boxford.

In other exciting updates, Reclaim the Rain will be starting a project newsletter, which will provide more detailed updates, specifically covering any progress as we enter the detailed design and delivery stages of the project. If you wish to receive future editions, please get in contact to express your interest in being added to our growing mailing list. You can contact your Suffolk team, Ruby and Sian, via the Reclaim the Rain website ([www.reclaimtherain.org](http://www.reclaimtherain.org)) or using our email: [reclaimtherain@suffolk.gov.uk](mailto:reclaimtherain@suffolk.gov.uk).

Reclaim the Rain Project Team

[www.reclaimtherain.org](http://www.reclaimtherain.org)



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## JACK'S HOME TRUTHS

As we draw closer to the festive period, thoughts turn to those without shelter and companionship at a time of year that can feel so special to some and so desperate to others. Part of the joy that comes with age is that annual events and seasons take on new perspective as experience and (hopefully) wisdom allow the world to be seen from a different viewpoint. Whilst the anxiousness of those looking to move into a new home before Christmas Day can seem like the be-all-and-end-all to those involved, these life events take on a trivial status when compared with others reliant on foodbanks or unable to keep themselves warm this Christmas. Whilst I have no doubt that anyone that takes the time to read this column finds themselves with a vastly different set of challenges to another reader, I have little doubt that each of us have something we can consider ourselves thankful for at this time of year.



I am pleased to report that this year we have raised over £25,000 in support of St Nicholas Hospice. It is a charity that remains close our hearts as having supported our friend and founder David Burr in his final days. The sheer financial costs required to run the hospice for a single day are eye-watering and it was not until we were privileged enough to be invited to visit and see the life-affirming work that this charity does did it really hit home quite how transient our time on this planet is. Having had such close involvement with them this year has given us added incentive to push ourselves to provide as much as we possibly can and I speak for all of my co-directors in that this year's fundraising has given our endeavours an additional sense of purpose.

To all of those that have chosen to engage our services in this or any other year gone by, as well as those that have taken any time, no matter how much, to read even a sentence or two of this column over the year, I am most grateful and wish you all a very merry Christmas.

We will be enjoying a well-deserved few days off with our final pre-Christmas day in the office on 23<sup>rd</sup> December. Whilst the phones may not be answered as rapidly as usual in the days immediately after, do leave a message and we will always get back to you. As a final anecdote for the year, on a Christmas Day approximately 10 years ago I received a call from a number I didn't recognise. Being in sales I learned a long time ago that phone calls are usually best answered and as such I answered. Despite being approximately 2:30pm on Christmas Day, sure enough I found myself engaging with a gentleman who was keen to view a property over the coming days. It all seemed a little odd but I called my client on Boxing Day with the sincerest of apologies but recommending we try and entertain him as he seemed motivated enough to have enquired on Christmas Day. The viewing subsequently took place, the gentleman purchased the property and as to the best of my knowledge he remains in residence to this day. So whilst I would rather anything non-urgent waits a day or two if possible, we are never going to sell anything without answering the phone!

Merry Christmas to you all and a happy new year.

Jack Thornley

Director, David Burr Estate Agents <https://davidburr.co.uk>  
[jack@davidburr.co.uk](mailto:jack@davidburr.co.uk) | 01206 263007

## EBONY'S DIARY

The last term has gone so quickly with lots of our riders doing really well on the new horses – that's when the weather has permitted! We've seen torrential rain, winds and then frost! When outdoor riding isn't possible I'm in constant use, being tucked up in a lovely warm, dry room. As a reminder, or for those new to my column, I'm Ebony, a mechanical simulator. I give important therapy and confidence to our riders when riding my real-life friends is not possible.



Before the term ended our helpers enjoyed three fun events. Firstly, our Bingo Night, kindly hosted by Hadleigh Football Club, raised around £800 for the Centre. Then it was the Helpers' Christmas Supper and Quiz, where our Chairman Jan Derbyshire presented gifts to Lyn Bensusan, our retiring Stable Manager. Lyn has been at the Centre for as long as anyone can remember. She will be missed but has been replaced by Abi, who is doing a wonderful job of keeping my friends fit, happy and willing to do their important job of helping our riders.



RDA presentation to Lyn

Our third event before the end of term was the Christmas Carol Service. This was held in the stable yard which is all decorated with lights, trees and tinsel. All my horsey friends are in their stables and are blessed by Father Jo. Some of our riders dress up for the nativity scene and others hold candles for the horses. It's a magical time – it was just a pity the weather wasn't a bit better!



RDA Nativity

The holidays see our horsey volunteers working hard to keep the ponies fed and exercised. Unlike me, my friends need looking after every day, even on Christmas Day.

We always have space for more helpers and would love to welcome even more fresh faces at the Centre. Please contact us if you would like to know more – you don't have to be horsey, just willing to learn and be kind. You can find out more at [www.shelleyrda.com](http://www.shelleyrda.com)

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## BOXFORD & DISTRICT BOWLS CLUB

First of all, here's wishing you all a happy and healthy New Year, and of course – lots of great bowling. And now to take you back to those balmy days of last summer. If you read our article in the November newsletter, I promised to share with you the other winners at our Club Finals Day in August. They were:



Left:  
President's Cup –  
Cynthia Hollingsworth  
Ladies 4 wood Singles –  
Cynthia Hollingsworth



Right:  
Novices Final –  
Andy Wiles



Left:  
Over 60's Singles –  
Robin Turner



Right:  
The Keith Egglestone  
Cup for the most  
Improved player –  
Bernadine Dwyer

We also had these winners but unfortunately we have no photos to accompany their success: Ladies Pairs – Gillian Barnes & Debbie Miller; Ladies 2-wood Singles – Gillian Barnes, Handicap Singles – Mike Billington. Congratulations to all our winners!

## EDWARDSTONE & BOXFORD CC

### A new beginning for an old club

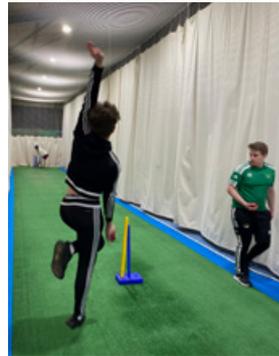
Following a difficult 2023 season the club had to regroup and after an EGM in September, players and members came to the meeting with positive views and new ideas to keep our club going and attract more players to our friendly and sociable team.

We have decided to change the club name to *Edwardstone and Boxford Cricket Club*. This more accurately reflects our club. We started in Edwardstone playing opposite the church! Yes on that bumpy, sloping field, however eventually we moved to Boxford and for nearly 40 years now we have been playing at Homefield with a great number of our players coming from the village.

We have redesigned our club crest which now shows the Temple



Bar by Edwardstone Church where we started and we have added the motorbike and circle representing Boxford's well-known link to George "Tornado" Smith who lived in the White Hart and started the motorcycle shows that he ran for many years from the pub. The show, now called The Wall of Death, can still be seen in Boxford and at some better known motorsport races such as Le Mans and the Silverstone GP!



As part of the cricket club's new beginning, we would like to invite anyone who would like to play some cricket to contact us! We need experienced and inexperienced players to add to the mix of our cricketers. Last year we once again gave a young player his first start in the senior team after starting cricket in our junior section!

You do not need to be Ben Stokes to play in our team.....you would make the rest of us look very bad indeed.

Enthusiasm and a good team spirit is what is required.

We will be playing on Sundays in Division 2 of the Hunts County League in 2024. The fixture list will be confirmed very soon.

If you would like to get some practice in, we are planning to run some nets sessions in the coming months, details on our website.

You can get any details about the club on our website by going to the Contact Us section. Our new-player contact is Sam Whymark who is also this year's captain. The club is also on Facebook and Instagram.

We look forward to welcoming you to our club.

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

## MILDEN CRICKET CLUB 2024

With this issue of the Box River News due to be published around the date of the winter solstice (22 December), here is some news to brighten the current dark winter evenings. The fixtures are now out for the 2024 cricket season – so we can put England's sorry performance in the World Cup behind us and look forward to a new season of club cricket.

Milden will again be playing in Division Five of the Hunts County Bats Suffolk League. There are nine teams in the division – one more than in 2023 – which gives Milden 16 league fixtures in 2024. Battsford & District (the scene of the mini tornado in 2022) replace Haverhill (2023 Division 5 champions) and Elveden, who are promoted to Division 4, and there are two new teams in the division: Copdock & Old Ipswichian 2<sup>nd</sup> XI and Woolpit 2<sup>nd</sup> XI. The first match is a home game against Nowton on 28 April – just four months away. This is the full fixture list (possible friendly matches to be added later). All matches are on Sundays, with a 1:30pm start. (Milden home games in bold)

April 28	<b>Milden</b> v Nowton
May 5	<b>Milden</b> v Long Melford
May 12	Nowton v Milden
May 19	<b>Milden</b> v Copdock & Old Ipswichian
June 2	Elmswell v Milden
June 9	<b>Milden</b> v Woolpit
June 16	Battsford & District v Milden
June 23	<b>Milden</b> v Mildenhall
June 30	Stowmarket v Milden
July 7	Woolpit v Milden
July 14	<b>Milden</b> v Battsford & District
July 28	<b>Milden</b> v Elmswell
August 11	<b>Milden</b> v Stowmarket
August 18	Mildenhall v Milden
September 1	Copdock & Old Ipswichian v Milden
September 8	Long Melford v Milden

Watch this space next month for news of pre-season indoor nets.

# The Blooming Garden

## New Year's Resolutions for Gardeners.

Once Christmas is over and we approach the new gardening year, it is a good time to look back on mistakes and make some resolutions to be more efficient in the garden in 2024. Here is my list of resolutions.



*Poinsettia*

1. Throw out your poinsettias straight after Christmas. They won't be dead but they will keep on growing looking leggier and uglier. And you can forget about making them nice and red for next year. It won't happen. They were probably gifts and you never liked them anyway. You do know that they are poisonous?

2. Remember to plant the hyacinths in the garden once they finish blooming. The flowers will be smaller next year and I think prettier. The forced ones you keep in the house are morbidly obese and stumpy and they smell horrible as the flowers start to fade.

3. Protect less hardy plants from frost early so that you don't have to go out in the middle of the night in your dressing gown to throw table cloths over them on the first really cold night.

4. Winter is the time for browsing through seed catalogues, but you don't have the time or the facilities to grow 50+ packets of seeds.

5. You probably don't need any more hellebores. See if you can go shopping in the winter months without buying yet another one every time you leave the house.



Above: *Helleborus x hybridus*  
Left: *Edgeworthia chrysantha*



6. You must not buy another *Edgeworthia chrysantha* on the principle that you don't believe you can't grow something until you have killed three of them. Losing two should be enough, especially at that price. This goes for any plant that you

can't grow, particularly rare and expensive ones.

7. Stop coveting your friend's *Daphne bholua* 'Jacqueline Postill'. Go out and buy your own, you clearly can't live without one. But don't take it personally when it dies; daphnes like chickens suffer from sudden inexplicable death syndrome. Forget resolution number 6, grit your teeth and buy another one (don't expect consistency from these resolutions).



*Daphne bholua* 'Jacqueline Postill'



Top left: *Lamprocapnos formosa* 'Bacchanal'  
Above: *Schizostylis coccinea* 'Cindy Towe'  
Bottom left: *Symphyotrichum novae-angliae* 'Andenken an Alma Potschke'

8. Try to keep abreast when plant names are changed. For example, *Dicentra* goes by the name of *Lamprocapnos* now. And it is really unfair that just when you learn how to spell *Schizostylis* it becomes

*Hesperantha*. And Michaelmas daisies are now *Symphyotrichum* which is tricky to say the least. And to make it even more of a headache some of them are called something else entirely.

9. Stop putting your secateurs down wherever you happen to be working and forgetting where you left them. You haven't got the time or energy to search for them; especially when it involves emptying the wheelbarrow and painstakingly and painfully going through all the rose cuttings. I think the Japanese secateurs 'Okatsune' are the best; they are expensive though so you really don't want to lose them.

10. Don't get carried away and buy a *Pyracantha* 'Orange Glow' when it is looking beautiful with its bright orange berries in autumn. It is the most vicious plant in the garden. Not only are the spines very painful but they will always turn septic when lodged in your finger.

11. You must remember to wear your gardening gloves at all times to protect you against thorns, (see above) poisonous plants and the disgusting mess that the neighbour's cat buries in your flower beds (never in his own).

12. You must stop taking off one glove and forgetting where you leave it. And by the way, you are never going to need 15 gardening gloves for the left hand.

13. Find a less disgusting way of killing lily beetles. Or wear gloves (see resolution number 11).

14. And talking about pests, don't get sentimental about encouraging wildlife to the garden. Most wildlife wants to eat your garden or poo in it, or both. Think about it: badgers are beautiful but they dig up your bulbs and dig disgusting latrines. And do you really want herons eating your goldfish, incontinent pigeons, muntjac, rats, slugs, snails, aphids and other pests? Don't get me started on squirrels.

15. The squirrels will always find a way to get at the birds' peanuts however cunningly you try to protect them. This means that the squirrel is cleverer than you, or he has more time on his hands.

16. Try to find a cunning way to stop the squirrel digging up your crocus corms and try to get to your strawberries and walnuts before he eats them all.

17. Better still, try to find a way to get rid of the squirrels and then you can forget about resolutions 15 and 16 and concentrate on slug and snail warfare (not easy now that slug pellets are banned).

18. Don't go to nurseries during a summer drought.

19. If you do go to a nursery during a drought don't buy any plants.

20. If you do buy any plants during a summer drought you have only yourself to blame. You will have to spend hours watering them or they will die. It's no good standing in the garden like Elijah in the desert praying for rain (I think it was Elijah; the one who was fed by ravens).

So there we have it; my list of resolutions which doesn't change much from year to year because I never learn from my own advice. Happy gardening in 2024.

*Chloris.*

# DIRECTORY OF CLUBS & ORGANISATIONS

## CLUBS & GROUPS

Boxford Bellringers	<i>Richard Gates</i>	<b>01787 210432</b>
Boxford Bible Study Group	<i>Peter &amp; Margaret</i>	<b>01787 211077</b>
Boxford Bike Club	<i>Kevin Bridge</i>	<b>07876 798617</b> <a href="http://www.boxfordbikeclub.co.uk">www.boxfordbikeclub.co.uk</a>
Boxford Bowls Club	<i>Lea Blackham</i>	<b>01787 210313</b>
Boxford Carpet Bowls	<i>Brian Porter</i>	<b>01473 824283</b>
Boxford Drama Group	<i>Janice Macmillan</i>	<b>07779 303690</b> <a href="mailto:janice.macmillan@yahoo.co.uk">janice.macmillan@yahoo.co.uk</a>
Boxford Friendship Group	<i>Alison Warren</i>	<b>01787 211067</b>
	<i>or Wendy Hills</i>	<b>01787 210342</b>
Boxford Gardens Open	<i>Audrey Zuck</i>	<b>07852 102 455</b> <a href="mailto:audrey@a2zriskservices.com">audrey@a2zriskservices.com</a>
Boxford Gardening Society	<i>Elizabeth Wagener</i>	<b>01787 210223</b> <a href="mailto:elizabeth.wagener@btinternet.com">elizabeth.wagener@btinternet.com</a>
Boxford Literary Group	<i>David Jones</i>	<b>01787 211104</b> <a href="mailto:audav@hotmail.co.uk">audav@hotmail.co.uk</a>
Boxford Rovers Youth FC	<i>Melvyn Eke</i>	<b>07873 971701</b> <a href="mailto:m.eke@btinternet.com">m.eke@btinternet.com</a>
Boxford Tennis Social	<i>Sue Moore</i>	<b>07808 481447</b>
Boxford WI	<i>Lyn Beer</i>	<b>07961 357526</b>
Edwardstone Cricket Club	<i>Tom Whymark</i>	<b>01787 211375</b>
Fleece Jazz	<i>David Gasson</i>	<b>01787 210796</b>
Highway 12 Western Partner Dance	<i>Chris</i>	<b>01787 371006</b>
Little Waldingfield History Society	<i>Diana Langford</i>	<b>01787 248298</b> <a href="mailto:dianalangford765@gmail.com">dianalangford765@gmail.com</a>
Little Waldingfield Over 60s and Friendship Club	<i>Tricia Eddington</i>	<b>01787 247932</b>
Local History Recorder Edwardstone	<i>Daphne Clark</i>	<b>01787 210698</b> <a href="mailto:daphne.clark@btopenworld.com">daphne.clark@btopenworld.com</a>
Local History Recorder Groton	<i>Joanna Roberts</i>	<b>01787 210619</b> <a href="mailto:jgant87618@aol.com">jgant87618@aol.com</a>
Madrigalia Choir	<i>Sue Price</i>	<b>01787 210913</b>
Miss Lesley School of Performing Arts (MLSPA)	<i>Miss Lesley</i>	<b>07957 351941</b> <a href="mailto:lesley.mlspa@gmail.com">lesley.mlspa@gmail.com</a>
Milden Cricket Club	<i>Andrew Simmons</i>	<b>07951 055643</b>
Milden Singers	<i>Pearl</i>	<b>01449 741876</b>
Newton Arts & Crafts Club	<i>Carol Langley</i>	<b>01787 373548</b>
Newton War Games Club	<i>Brian Lawson</i>	<b>01787 312160</b>
Newton Fireside Club	<i>Moira Evans</i>	<b>01787 374652</b>
Primrose Wood Volunteers	<i>Evan Flockhart</i>	<b>07968 336883</b> <a href="mailto:obliquewoodland@protonmail.com">obliquewoodland@protonmail.com</a>
Swing jive & Lindy Hop Dance	<i>Sarah Boldock</i>	<b>07956 614824</b>
Yoga (Boxford)	<i>Marianne Marshall</i>	<b>01787 210323</b>
Yoga Paper Kite (Newton)	<i>Sophie</i>	<b>01787 313662</b>
Yoga With Lindsey (Newton)	<i>Lindsey</i>	<b>07971 800540</b>

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Edwardstone Millennium Green Trust	<i>Marijke Morris</i>	<b>07914 767013</b> <a href="mailto:marijke_e@yahoo.co.uk">marijke_e@yahoo.co.uk</a>
Edwardstone United Charities	<i>Nick Raymond</i>	<b>01787 210461</b> <a href="mailto:nrcraymond@hotmail.co.uk">nrcraymond@hotmail.co.uk</a>
Groton Educational Foundation	<i>Stephen Watkins</i>	<b>01787 210977</b> <a href="mailto:stephen_watkins49@yahoo.co.uk">stephen_watkins49@yahoo.co.uk</a>
Groton Winthrop Mulberry Trust	<i>James Wills</i>	<b>01787 210484</b>
Little Waldingfield Charities	<i>Mary Thorogood</i>	<b>01787 247658</b>
Newton Green Trust	<i>Philip Taylor</i>	<b>01787 211265</b> <a href="mailto:philiptaylor433@gmail.com">philiptaylor433@gmail.com</a>

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3PR Boxford 1st Responders	<i>Rich Wild</i>	<b>01787 210946</b> <a href="mailto:office@boxfordresponders.com">office@boxfordresponders.com</a>
Boxford Allotments	<i>David Burden</i>	<b>01787 211926</b> <a href="mailto:d.burden379@btinternet.com">d.burden379@btinternet.com</a>
Boxford Bounty	<i>Mark Miller</i>	<b>01787 211596</b>
Boxford Community Car Scheme	<i>Jen Eastwood</i>	<b>01787 211853</b> <a href="mailto:jen.eastwood8@gmail.com">jen.eastwood8@gmail.com</a>
Boxford Community Council	<i>Ward Baker</i>	<b>01787 210129</b> <a href="mailto:boxfordcommunitycouncil@gmail.com">boxfordcommunitycouncil@gmail.com</a> <a href="http://www.boxford.me.uk">www.boxford.me.uk</a>
Boxford Playing Fields	<i>Hugh Phillips</i>	<b>01787 211729</b> <a href="mailto:hughvcphillips@hotmail.com">hughvcphillips@hotmail.com</a>
Boxford Society	<i>Jen Eastwood</i>	<b>01787 211853</b> <a href="mailto:jen.eastwood8@gmail.com">jen.eastwood8@gmail.com</a> <a href="http://boxfordsuffolk.com/boxfordSociety">boxfordsuffolk.com/boxfordSociety</a>
Boxford Tennis Courts	<i>Hugh Phillips</i>	<b>01787 211729</b>
Lt Waldingfield Playing field	<i>Jennie Jordan</i>	<b>07522 352558</b> <a href="mailto:52Jennie1@gmail.com">52Jennie1@gmail.com</a>

## SCOUTING

1st Boxford Beaver Scouts	<i>Not currently active</i>	
1st Boxford Cub Scouts	<i>Jo Colclough</i>	<b>07798 765419</b>
1st Boxford Scouts	<i>David Talbot-Clarke</i>	<b>07946 550519</b>
1st Boxford Explorer Scouts	<i>Neil Barkham</i>	<b>07734 108257</b>
1st Boxford Rainbows	<i>Janice Macmillan</i>	<b>07779 303690</b>
1st Boxford Brownies	<i>Janice Macmillan</i>	<b>07779 303690</b> <a href="mailto:janice.macmillan@yahoo.co.uk">janice.macmillan@yahoo.co.uk</a>
1st Boxford Guides	<i>Bethany Ireland</i>	<a href="mailto:bethanyireland11@gmail.com">bethanyireland11@gmail.com</a>

## CHILDREN FAMILIES & LEARNING

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Boxford Spinney	<i>Mark Miller</i>	<b>01787 211596</b> <a href="mailto:mark.miller@talktalk.net">mark.miller@talktalk.net</a> <a href="http://www.boxfordspinney.co.uk">www.boxfordspinney.co.uk</a>
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Edwardstone Parish Hall	<i>Daphne Clark</i>	<b>01787 210698</b> <a href="mailto:daphne.clark@btopenworld.com">daphne.clark@btopenworld.com</a>
Edwardstone Millennium Green	<i>Marijke Morris</i>	<b>07914 767013</b> <a href="mailto:marijke_e@yahoo.co.uk">marijke_e@yahoo.co.uk</a>
Groton Village Hall	<i>Joanna Roberts</i>	<b>01787 210619</b>
Little Waldingfield Parish Room	<i>Sue Bowen</i>	<b>01787 249473</b> <a href="mailto:sd.bowen@btopenworld.com">sd.bowen@btopenworld.com</a>
Little Waldingfield Pavilion	<i>Jennie Jordan</i>	<b>07522 352558</b> <a href="mailto:52Jennie1@gmail.com">52Jennie1@gmail.com</a>
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Newton Village Hall	<i>Alan Vince</i>	<b>07955 199000</b>

# PUSS IN BOOTS

If you missed Boxford Drama Group's version of 'Puss In Boots' this year then you really missed a brilliant night out. Written by the late and very much-missed author Michael Munn and directed by his partner Jane Lindekam it was a fun ride from start to finish!

In true folkloric fashion, Michael Munn took the existing Puss In Boots story and gave it his own twist, much in the same way that Charles Perrault did in 1697 and the Brothers Grimm did again in 1812. Munn's version provided a fantastic platform for the cast to really have fun with the plot and enjoy themselves to the full.



Above: Hannah Carpenter as Puss in Boots & Emily Barlow as Robin.  
Right: Grimp & Mire: Alison Barlow & James Tolputt

In essence, Robin (Emily Barlow)'s parents have been thrown in prison by cunning Queen Malaria (Elaine Horne, played by stand-in Janice Macmillian on the Tuesday & Wednesday night performances)



and her crack bailiff team (Alison Barlow & James Tolputt). Dim-witted Robin is saved from a life of poverty by his fairy-godmother-in-training Fred (Angela Tolputt) who transforms Robin's cat into genius Puss In Boots (Hannah Carpenter). Puss In Boots then masterminds a strategy to not only drag Robin out of the gutter, but to marry into nobility and riches galore!

Along the way Puss encounters the much-afraid and malevolent sorceress Satania (Linda Drake) and attendant bumbling witches (Elaine Carpenter & Frances Korabik) and manages to outwit them



Above: Will Carpenter's King Kevin  
Right: Nick Elliott as Nursey  
Below: Peter Korabik as Serf

to take over the ownership of her castle in order to impress King Kevin (Will Carpenter) enough that he will allow Robin to marry Princess Rose (Lenka Netopilikova).

It was a magnificent spectacle, full of song and jokes that



kept everyone entertained throughout. The set, lighting and costumes were all totally amazing. Composite musician Mike Keith performed all the music (and many sound effects) perfectly throughout whilst Jane Elliot's ferocious pyrotechnics had many of the audience jumping in their seats!

Jane Lindekam managed to pull all of the cast together for a fabulous panto, one which everyone thoroughly enjoyed! Special shout outs go to Nick Elliot's dangerously funny ad-libbing and general outrageousness, Peter Korabik's perfect Baldrick impression just got funnier and funnier throughout and Hannah Carpenter was perfect as the eponymous Puss in Boots and lapped up the role as if it were a saucer of milk.

Fantastic work, Boxford Drama Group, encore!  
Thank you to Jeremy Morgan for the photos.



Cast & Crew back row l-r: Angela Tolputt, Elaine Carpenter, Linda Drake, Alan Clark, Jane Lindekam & Gus, Nick Elliott, Hannah Carpenter, Emily Barlow, Mike Keith, Janice Keith, Will Carpenter, Bronwen Cottrell, Elaine Horne. Front row l-r: Frances Korabik, James Tolputt, Lenka Netopilikova, Alison Barlow, Peter Korabik.

# EVENTS CALENDAR

## JANUARY 2024

<b>3</b>	<b>Boxford WI - Beetle Drive</b>	2pm
WED	Boxford Village Hall	
<b>6</b>	<b>Leavenheath Cinema - 'The Green Book'</b>	7pm
SAT	Leavenheath Village Hall	
<b>9</b>	<b>Boxford Gardening Society - Bamboo</b>	7:30pm
TUE	Boxford Village Hall	
<b>12</b>	<b>Polstead Films- 'The Great Escaper'</b>	7pm
FRI	Polstead Village Hall	
<b>12</b>	<b>Relaxation &amp; Sound - all welcome</b>	6-7:15pm
FRI	Boxford Village Hall	
<b>16</b>	<b>Fireside Club - Alan's Pies Lunch</b>	12:30pm
TUE	Newton Village Hall	
<b>17</b>	<b>LWHS - Friar Street schism Member's Only</b>	7:30pm
WED	Parish Room, Little Waldingfield	
<b>19</b>	<b>History of Surnames with Charlie Haylock</b>	7pm
FRI	Milden Pavilion	
<b>22</b>	<b>Boxford Friendship Group</b>	2-4pm
MON	Boxford Village Hall	
<b>26</b>	<b>Pop-up Pub</b>	6:30-10:30pm
FRI	Little Waldingfield Pavilion	
<b>30</b>	<b>Fireside Club 'It Shouldn't Happen to a Vicar'</b>	2pm
TUE	Newton Village Hall	

## FEBRUARY 2024

<b>1</b>	<b>French's Speed Dating Evening</b>	7-10pm
THUR	Stoke-by-Nayland Resort	
<b>3</b>	<b>Leavenheath Cinema - 'The Great Escaper'</b>	7pm
SAT	Leavenheath Village Hall	
<b>6</b>	<b>Boxford Gardening Society - Talk</b>	7:30pm
TUE	Boxford Village Hall	
<b>7</b>	<b>Boxford WI - Speaker : The Men's Shed</b>	2pm
WED	Boxford Village Hall	
<b>9</b>	<b>Relaxation &amp; Sound - all welcome</b>	6-7:15pm
FRI	Boxford Village Hall	
<b>13</b>	<b>Fireside Club - Pancakes</b>	2pm
TUE	Newton Village Hall	
<b>14</b>	<b>LWHS - Setting Tongues Wagging</b>	7:30pm
SAT	Parish Room, Little Waldingfield	
<b>17</b>	<b>Newton Quiz Night</b>	7:30pm
SAT	Newton Village Hall	
<b>23</b>	<b>Pop up pub</b>	6:30-10:30pm
FRI	Little Waldingfield Pavilion	
<b>27</b>	<b>Fireside Club - Trip to Norwich</b>	TBC
TUE	More details to follow	

## MARCH 2024

<b>5</b>	<b>Boxford Gardening Society - Talk</b>	7:30pm
TUE	Boxford Village Hall	
<b>6</b>	<b>Boxford WI - Speaker : Nayland Handbells</b>	2pm
WED	Boxford Village Hall	
<b>8</b>	<b>Relaxation &amp; Sound - all welcome</b>	6-7:15pm
FRI	Boxford Village Hall	
<b>12</b>	<b>Fireside Club - Bring &amp; Share Lunch</b>	12:30pm
TUE	Venue TBC	
<b>13</b>	<b>LWHS - An Extraordinary Man</b>	7:30pm
WED	Parish Room, Little Waldingfield	
<b>22</b>	<b>Pop-up Pub</b>	6:30-10:30pm
FRI	Little Waldingfield Pavilion	
<b>23</b>	<b>Shanty Folk</b>	7:30pm
SAT	Polstead Village Hall	

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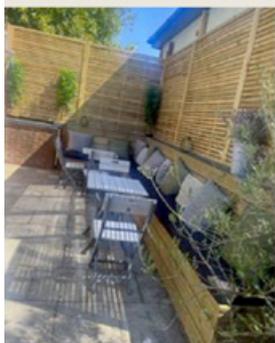
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