

March 2024

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green

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RECLAIM THE RAIN

Calling Boxford residents, we've broken ground! In January, Reclaim the Rain, with the support of our Community Working Group (CWG), land-owner Alan Keeble and J.S. Wright & Sons Cricket Bat Company, kicked off delivery by planting young willow trees at Bower House Farm, which is part of one of the significant surface waterflow paths, contributing to the village's flood risk. Due to the trees' high-water uptake, the willows will play a vital role in reducing surface water flood risk to Boxford. Beyond flood mitigation, the trees support infiltration, prevent soil erosion, and enhance water quality.



This first phase of delivery was only made possible through collaboration. Alan Keeble shared he is *"pleased to assist Reclaim the Rain in this very worthwhile project, [to support our aim] to reduce flood risk to residents of Boxford."*

J.S. Wright & Sons expressed their support of the project aims to reduce surface water flooding and that *"joining forces with Reclaim The Rain on our combined first cricket bat willow planting scheme has provided a great opportunity to expand our ambitions, to put more willow into the ground and keep the sustainability of our product growing year on year."*



Theresa Munson made the original bid to Reclaim the Rain at the start of the project and continues to support us now. Theresa shared that *"it was really exciting and encouraging on such a bright, sunny morning to see the first signs of a project coming to life. At times it felt like a long haul to get to that point, but it certainly reignited the hope and aspirations we've all had for Reclaim the Rain and what it might do for our community."*

The trees are just the beginning... The team and CWG have lots more planned for the eastern flow path and are still working together to identify areas in the north of the catchment where we can make a difference, not only to water resilience, but to people and the environment too. We welcome the opportunity to address any questions or ideas you may have, so please don't hesitate to get in touch (reclaimtherain@suffolk.gov.uk) or check out our website for more information www.reclaimtherain.org.

NATURAL BOXFORD

A new Wildlife and Nature group in Boxford

A group of Boxford residents have teamed up to celebrate, enjoy and enhance Boxford's natural world alongside doing what we can to protect and increase biodiversity and wildlife habitats for the long term. Join us and have fun - all ages welcome and we plan to organise some specific activities for the younger generations to join in. There is plenty to be getting on with: one working party has made a start on transforming the bed opposite the garage with low maintenance, native species good for pollinators. Whilst things might look a bit scruffy or bare in the interim, the results are worth waiting for. There is lots of support around from Suffolk Wildlife Trust, the SCC Wilder Together initiative, and Babergh too, as well as many other groups happy to share knowledge and expertise. We are working with the parish council in some areas and hope to involve the children from Boxford Primary too.



Priority project: encouraging the Swift population in Boxford through Swift boxes and call recording sets (these play a recording of the Swifts' call to encourage them to come and investigate new nest boxes). Many of us love the Swifts who have been visiting the village for decades in living memory, and most likely centuries, thrilling us with their screaming party aerobatics catching insects. These amazing little birds spend as much as two years on the wing, sleeping with half their brain at a time to remain airborne, and migrate between central Africa and Europe. However their numbers have been declining drastically. If you would like to have boxes on your house and it is in a suitable location (Broad St, beginning of Butcher's Lane and Swan St have been their traditional spots but we can try other spots too) please get in touch. They are best placed up high where there is a clear line of flight and close to a window where the call system cable can be threaded inside, avoiding elevations above lower roofs and also those hidden by trees or tall hedges.

Other areas in planning which will all welcome more help are river monitoring, recording the flora and fauna species and habitats of the village, installing bike racks, building stag beetle pyramids, and organising more recycling, upcycling, sharing and swapping - look out for news of a modern day jumble sale!

We are planning to bring you regular updates and news of involvement opportunities via our wonderful Box River News. We warm-heartedly invite anyone interested in joining us or finding out more to contact Louise on **01787 211862**, or louisecarpenter@proton.me in the first instance, or if you see us out and about doing things don't hesitate to stop for a chat!

Box River News

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Deadline date for the April 2024 Issue is:

March 15th at midday

BOXFORD PARISH COUNCIL UPDATES

Working sub-committees continue to make progress to deliver on certain projects. As mentioned last time, the parish is having to take greater responsibility for maintaining and improving the village environment - this is time-consuming to execute and requires the appropriate funding for continued sustainability. To achieve these objectives Boxford PC has taken the opportunity to set budgets and a precept that allows Boxford to continue to flourish. Yes, our precept will increase but we are pleased to say that for properties in bands A,B,C,D the increase is curtailed to between 50 pence and 77 pence per week - for the highest banded property in band H, the increase will be approx £1.56 per week. It is the intention of this council that Boxford residents will feel that they are getting good value for money, going forward. We have many challenges.

Some Key Projects - 'work in progress' as we call it:

Bus Service.

For the immediate future our bus service is safe but we have not yet secured the medium or long-term future. We have experienced some setbacks but we continue to press for the senior decision-makers at county council determining our future to meet with us for discussions at a strategic level to bring about a bus service that is appropriate and adequate for the needs of our community. Central government speaks about 'levelling up' in society - there are times in practice when councils such as ours believe that words are not matched by intentions and actions. Part of ensuring fairness is to ensure that we are included in determining what happens - that means the tiers of council above us talk to us, listen and work together.

We will fight our corner at whatever political level is needed.

Traffic & Speed

The results of the traffic and speed surveys are now available and using that data we are able to move on to the next stage which is to commission a highway engineer and safety report.

The purpose of the report is to assess the data we have and then to assess the potential for the village to adopt a 20mph speed limit within the built up areas as part of a process to improve safety for all. The built up areas of the village would embrace Stone Street and Calais Street as appropriate.

We are also having to consider some areas where we may have a need to restrict parking to allow the free passing of traffic, particularly heavy traffic/buses in restricted areas such as the pinch point in Church Street.

Churchyard & Cemetery

Work continues to deal with belated tidying-up of trees and undergrowth in both areas. In the churchyard graves have been uncovered which have been hidden by undergrowth for years. The areas are now being put in a more manageable state. The puddling at the bottom churchyard gate has now been remedied. Some new fencing has been erected in the cemetery to replace tired and unsafe ones. The church wall at the pinch point in Church Street is due for renovation in July when the schools have broken up for their holidays.

Public Realm

We continue to use the services of the Sudbury Wardens to tidy up some areas of the village. We have the objective to ensure that the village is clean and tidy, footways in the village clear and the common amenity areas neat and tidy for spring. We are reviewing some areas of our street lighting, particularly where the lighting is impeded by the unchecked growth of trees. We are grateful for the help being given by Babergh District Council to do a special deep road sweep in Boxford. We then need to keep the streets and pavements clean - we would respectfully ask all parishioners to do their

bit and keep the areas of pavement fronting their properties clean and tidy for the benefit of all. Please help us to help you.

Drains & Gullies

Following the success we had in January regarding the cleaning of some drains and gullies (long overdue) we continue to press county council for more to be done. We have to keep trying to spread the word to SCC that in an area like Boxford it is so important that these tasks are done to help with the management of surplus waters - it seems difficult at times to get those in power to listen to local knowledge and do what is necessary and common-sense. We are making progress but it is slow and much harder than it should be.

Road maintenance

Really hard going here to get more than one pothole fixed at a time. This is a wasteful approach, does not deal with the problems effectively and is not cost-effective - we have a lot of educating to do to try to change the approach to dealing with this important issue - if we worked like this in commercial business, we would be bankrupt. We need to be the 'agents of change'.

Flood risk mitigation

We are trying to get a special sub-committee off the ground to deal with this very important issue. Struggling at the moment to find the resource to pick up this task. It would be really great if there is someone in the community who would consider joining the parish council and then to major on this project!

In summary:

Boxford Parish Council is trying to be very proactive on a number of fronts. Our sole purpose is to ensure Boxford is the place we want it to be, a place that we enjoy, a place where the community pulls together for the benefit of all. It is hard work to achieve these objectives sometimes, we are all busy people and some of us are getting older. We have two vacancies on the parish council - please consider joining us to fill those positions?

As always, in the meantime, I thank all those of my colleagues on the parish council for their support and enthusiasm, and for the support of our clerk and district and county councillors - and also for the volunteers who help us on our working groups.

We also thank all of you, our parishioners for the support you give us in our endeavours.

Colin Parr

Chairman, Boxford Parish Council

BOXFORD BOUNTY WINNERS!

The following Boxford Bounty numbers were drawn at the Boxford Community Council meeting held at The Fox & Hounds, Groton on Monday 12th February 2024:



January - February 2024 Winners		
1 st	£250	Mrs L. Leeder, Daking Avenue
2 nd	£125	Mrs P. Balls, Daking Avenue
3 rd	£75	Mr T. Taylor, Daking Avenue
4 th	£50	Mr & Mrs Lambert, Cox Hill

Congratulations to all the winners! Further information about the Boxford Bounty can be found at www.boxford.me.uk/boxford-bounty

AN UPDATE FROM BOXFORD PLAYING FIELDS

We have been busy over the autumn and winter completing a project to improve the changing and shower facilities in the sports pavilion to give separate showers for the home and away teams as well as the match officials. The aim has been to enable Boxford Rovers Football Club (BRFC) to qualify to take part in the FA's Essex and Suffolk Border League with Boxford as their home ground once again. This has involved a lot of electrical, plumbing and building works at considerable cost and we are very grateful for the generosity of our donors without whom this would have remained no more than a dream. They are:

<i>Babergh District Council</i>	<i>Boxford Rovers Adult FC</i>
<i>Boxford Parish Council</i>	<i>L Whitwell Services</i>
<i>Stoke by Nayland Resort</i>	<i>Recom Surfacing Ltd.</i>
<i>Boxford Fruit Farms</i>	<i>Lait Storage and Distribution Ltd</i>
<i>Groton Educational Trust</i>	<i>Everyone who donated to the Boxford Rovers FC Just Giving page.</i>

Particular thanks are due to Steve Egglestone for his work and support in specifying the works, obtaining quotes, recruiting sponsors and making a substantial start on the work himself.

The pavilion has now been transformed yet again and opened for business on 3rd February after a good clean so we are now ready to take further bookings for the use of the pavilion for private parties.

Looking into the future we have plans for the remainder of this year and beyond:

- This spring the refurbishment and repair of much of the playground equipment, noting that the larger set of swings are currently out of use.
- This spring start a 6-year programme to improve the quality of the turf of the football pitches using a grant from the FA Foundation.
- This summer the renewal of the aerial slide/zip wire which has now had to be put out of action for safety reasons after 14 years service.
- By this autumn the erection of floodlighting on the BRFC Juniors' soccer practice area together with the necessary upgrading of the electrical distribution systems.
- In the next five years the resurfacing of the tennis courts.
- All of this in addition to the regular maintenance of the pavilion and estate.

Nothing can be achieved without a team of people who are happy to help and serve on the management committee. We are a friendly bunch so I invite anyone who is interested to get in touch and pitch in.

Hugh Phillips
Chairman, Boxford Playing Fields Management Committee

HAPPY 250TH ANNIVERSARY!

News fresh in from Boxford Post Office's star-Postmaster Richard Haining - it has come to light that Boxford's Post Office is celebrating its amazing 250th Anniversary this year!

Ken Smith, a Post Office historian who runs the authoritative (and frankly, *mammoth*) list of UK Post Office records (available at <https://bit.ly/uk-post-offices>) reveals Boxford as having had a Post Office since 1774!

Happy Anniversary Boxford PO, here's to the next 250 years of sterling service!

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Wednesday, March 13th from 7pm
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Eggy Fest
Our Easter Bank Holiday feast of pickled eggs returns!
While supplies last. See Facebook for more!

Bank Holiday Hours
Open Sunday March 31st - 12pm-10pm (food until 8pm)
Monday April 1st - 12pm-6pm (food 12-4)

Sourdough Pizzas & Boards & Bites Menu
Boards: Wed-Sat 12-8, Sun 12-4
Pizzas: Sit in/Takeaway Thurs 5-8pm, Fri & Sat 12-8, Sun 12-4

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CITIZENS ADVICE

Damp and mould is building up in our house as the weather gets colder. Our living room is the worst and there's a strong smell, so we've stopped having friends round. We're also concerned about our health. We've reported it to our landlord, but they haven't done anything. With six months left on the tenancy agreement, we're running out of options. What should we do?

**citizens
advice**

You've done the right thing by bringing this to your landlord. To work out if they are responsible, you'll need to find the cause of the damp and mould, but this can take time unless there's a clear cause, like bad insulation or a leaking roof.

Damp is when an area of your property doesn't dry out, often because it's cold. The main types are rising, penetrating, construction, and condensation damp. It can lead to mould, which is a fungus that grows in areas where warm damp air condenses on cold surfaces, like window frames.

Information on www.citizensadvice.org.uk can help you work out what type of damp you have, who is responsible and what you can do. You should also check your tenancy agreement for mentions of repairs and damp.

Your landlord is responsible for fixing a damp problem if it's making your home unsafe to live in. For example, this could be if it's affecting your health or the health of those you live with. Your landlord will also be responsible if the damp is related to repairs they should have carried out, like if the window frames are rotting. They would have to cover the cost of repairs to any items damaged by the damp, including carpets and furniture.

Condensation is a key cause of damp we're all familiar with. Keeping homes well-heated and well-ventilated is the best way to prevent this, but for many of us today, high heating costs and cold weather are making this very difficult.

If you're finding it hard to insulate and heat your home, check our website, www.citizensadvice.org.uk to see if you're eligible for support.

Always avoid doing anything that can make damp worse, as it may affect whether the landlord takes responsibility for repairs. Our website, www.citizensadvice.org.uk has advice on what to avoid, like drying clothes on heaters, blocking air vents, or using portable gas heaters.

You may reach the point where you just want to get out of your tenancy agreement early but remember this can be very tricky and there might be things you haven't tried yet.

For example, if your landlord is responsible for the damp in your home but doesn't do anything, there are steps you can take, like reporting them to the local authority. And as a private renter, if you've got evidence from a health professional that damp is making you ill, you may be able to free legal advice through Legal Aid.

If you're feeling stuck, always speak to your local Citizens Advice or call our Adviceline on **0800 144 8848** for personalised support.

For more information visit the Citizens Advice website at 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 or by using the contact facility on our website, www.sudburycab.org.uk/contact

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

SPORTS AT BOXFORD PRIMARY SCHOOL

We are racing through 2024. There have been lots of exciting events relating to our school curriculum, particularly the extra sporting enrichments all pupils are provided. Mr Griffith, our P.E leader, has organised many exciting events and we thank him for coordinating these. Boxford Primary currently hold the **School Games Mark GOLD** award.

Here are some highlights from recent sporting events...

Netball: In a tightly contested netball match between Boxford and Dedham, both teams showcased exceptional skills, with impressive netball techniques on display. Dedham exhibited formidable defensive prowess, matching Boxford's strong defensive abilities. The match unfolded with end-to-end action, though occasional bunching and moments of players standing still



added an interesting dynamic. Despite the closely-fought battle, Boxford emerged victorious winning 6-4!

Swimming: Last month, Boxford took part in a swimming tournament at Hadleigh Pool to which 10 local schools were invited. Children from Year 5 and 6 took part in individual events, front crawl, back stroke and breast stroke. Boxford did really well winning some individual races, and came a brilliant third out of all ten schools. Thank you must be given to Vertas for organizing the event.

Athletics: Children from Year 4, 5 and 6 took part in an athletics tournament at Thomas Gainsborough high school in February. There were various events including a six lap paarlauf (pair run), 4 x 1 relay, 2 x 2 relay, track events included: soft javelin, standing vertical jump, chest push and speed bounce. The children loved the events and they look forward to more in the future.

As you can see, we hugely promote sports at Boxford. We are currently raising funds to improve our playground with new markings, basketball and netball posts. Children will be taking part in a sponsored walk to raise funds for this. If you could support us by providing any sponsorship or donations, as an individual or company, please contact our school office

Would you like a school tour?

Would you like to find out more about the sporting opportunities at Boxford? If you would like a school tour, please contact Mrs Clarke in the office on **01787 210332** or email office@boxford.suffolk.sch.uk to book one. We look forward to seeing you soon!

*Mr Scott Reynolds
Assistant Headteacher*

Remember!

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




Louise Carpenter
 whole being well-being

DEEP RELAXATION & SOUND BATH

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01787 211862

Save the dates for: April 19th, May 10th, June 14th, July 12th, August 9th, Sept 13th, Oct 11th, Nov 8th & Dec 13th too!

BOXFORD RELAXATION & SOUND

OUR GROUP IS ON-GOING: COME AND JOIN US



Here is a comment after our last session: *"Thank you so much for a really lovely evening yesterday. The whole sequence of body movement, followed by the beautiful sounds of the bowls, gongs and bells worked so well. I felt so relaxed, refreshed and energised afterwards. I will certainly be back for more!"* Thank you JW for your feedback.

We start at 6pm with everyone arriving from their busy days and week and by 7:15

all are so relaxed that no-one really wants to get up! This opportunity to deeply rest leaves you feeling relaxed and more spacious: the various stresses most of us experience in the different arenas of life, can leave us feeling tight and constricted, no room for manoeuvre and subject to pressure which simply intensifies until we do something about it or burn out. Real rest helps the system reset out of that intensity, bringing a feeling of relief, refreshment and vitality which means we can then engage with some of those pressures in a more balanced and efficient way.

It's over a year now since I started up these groups and they are proving popular. My background is in healing, yoga, movement and nervous system regulation; all these areas of knowledge and experience feed in to what I do now. However, in these times what is of overwhelming importance is our capacity to pause, to be still, to be

silent and make space for what is naturally arising due to our being an inseparable part of life. When I use the word life I am referring to the life-force that powers the constant regenerative cycles that we see in the natural world all around us - we are part of that and can access that wisdom when we make space to listen. We're listening to the body and the sense of inner knowing that we all have: following those impulses rather than trying to work things out with the mind. In recent centuries we have become disconnected from this as a result. In that disconnection we succumb to many externally imposed pressures and easily lose track of ourselves and who we truly are. It is extremely challenging to change trajectory - hence the need to stop, to pause, to give ourselves a breather, a chance to regroup, and to tap into that deep connection with life that remains within. It might take some time to find it again as we realise how far away we have travelled, but for the vast majority it is rediscoverable.

So, what is the point of all this? Life becomes easier, simpler, more harmonious and more enjoyable the more we get ourselves back into alignment with the ecosystem and the way in is to pause. The Relaxation and Sound group is an opportunity to pause and be supported in allowing the self to rest. We start with a few very simple and accessible movements to assist the body in sloughing off tension. Be prepared to lie down and get comfortable - you may chose to sit on a chair which is also fine. Then I offer a spoken relaxation practice to help your whole being come to a place of rest and be able to benefit most from the sound 'bath'. This is a wash of sound from handmade singing bowls, tubular bells, gong, chimes, drum, flute and much more - different every time and working on all levels to nurture that real you and leave you feeling very different from when you arrived - set up for starting the weekend with a clean slate.

I'd love to welcome you to the village hall in Boxford - see the adjoining ad for more details, why not cut it out and stick it to the fridge! Please do get in touch to let me know you are coming.

Much love, Louise

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THE BUTCHER'S WIFE

Breaking news! After a two year hiatus, The Butcher has re-started decorating the house! Now don't get too excited for me, there's still no paint on the walls yet despite 3 weeks of living in chaos. Everything from the living room is currently in the dining room, the carpet has been ripped up, skirting boards ripped off and dust is everywhere. Never one to do a job by half, he has decided that instead of a quick sand of the woodwork, he is going to strip all the paint off. I think there were approximately 763 layers of paint on the bannister alone. It could take some time but I think we are definitely at the point of no return. Watch this space!



In other news, which any of our customers will already know because he can't shut up about it, The Butcher made the 'best cottage pie in the world'. I was at work when he texted me to say he was going to make cottage pie for dinner. I'm not a huge cottage pie fan but if someone is cooking my dinner, I'm not going to make a fuss. I got home about 5:30pm and figured that as he had been home for half an hour, dinner would only be about 20 minutes. (It takes me about 45 minutes max to make a cottage pie). I walked in the door and he was lovingly stirring the meat... not a single potato had been peeled. He eventually dished up dinner at 7:30pm! By this point, I was feeling weak and think my body had started to eat my internal organs! Much to my annoyance, and despite the ridiculous cooking time it was hands down the best cottage pie I've ever eaten. Don't tell him I said that though, otherwise I'll NEVER hear the end of it.

Luckily he has practised it a couple of times since then and managed to get the cooking time down to an acceptable 50 minutes! When I said I was going to use his recipe he was a bit reluctant at first which I thought was because he didn't want to share his secret but it's actually because he has no idea about any of the measurements! He's very much a 'chuck it in and see' kind of cook but, trust me, it's worth it!

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The Butcher's Best Cottage Pie in the World

Ingredients (Serves 6)

- 800g of mince beef
- 1 large onion, finely chopped
- 2-3 large carrots, finely diced
- 3 tbsp of tomato puree
- Salt and pepper
- Splash of Worcestershire Sauce
- 2 beef stock cubes
- 2-3 tbsp of gravy powder
- Splash of milk
- Large dollop of butter
- Red Leicester cheese (as much as you like)
- Mature Cheddar cheese (as much as you like)

Method

1. Brown the mince in a large saucepan.
2. In a separate frying pan, add a drizzle of olive oil and fry the onions and carrots until soft.
3. Once the meat is browned, add the onions and carrots, season well with salt and pepper and add the tomato puree and Worcestershire Sauce.
4. Dissolve stock cubes in 400ml boiling water and stir into the pan.
5. Mix the gravy powder with a small amount of cold water and add to thicken the sauce.
6. Simmer on a medium heat with the lid on, stirring occasionally.
7. Boil the potatoes for about 25 minutes. Once cooked, mash with the milk and butter.
8. Add the mince mixture to a large ovenproof dish, top with the mash potato and sprinkle over the cheese. Bake at 180C for 25 minutes.

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www.suffolktreeservices.co.uk



Portraits in Oils and Pastel



by Chris Bennett, ROI

(Royal Institute of Oil Painters)

Commissions starting from £250

Chris is a professional artist living in Monks Eleigh

Contact: chris@chrisbennettartist.co.uk

Telephone: 0771 821 5775

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Free local delivery*

- Local British Beef, Pork, Lamb & Chicken
- Fresh bread (from Sparling Faiers, Lavenham)
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- Homemade sausage rolls, pasties & scotch eggs
- Locally sourced honey
- Condiments, flour, oils and much more!

*within 7 mile radius of Boxford on orders over £25
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Tel: 01787 210267

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RAMBLINGS FROM THE RECTORY

It is that time of year again when you might be thinking about visiting your GP for an MOT and a health check. I was sitting in the doctor's surgery the other day trying to find things to distract me, whilst waiting for my name to be called. As I did so, a series of displays appeared on the big screen offering advice on how to improve your mental wellbeing.



The first slide focused upon meditation (rebranded as mindfulness), and how it helped the individual to build resilience and cope with stress. The second was about keeping active, and how that assisted both bodily and mental wellbeing. The third encouraged a responsible approach to rest and recuperation to enable the mind to recover and recharge. The fourth looked at the benefits to the mind of study and mental stimulation. The fifth focused on the positive effects of generosity and serving others. Finally, the sixth promoted the value of regular fasting to regulate the chemical balances in the brain and body.

Now, I am someone who is prone to the odd occasion of talking to myself out loud, and this did not go unnoticed by the lady sitting beside me when I blurted out, "that is Christian living rebranded". She offered me that kind of nervous, worried smile people do when they think they are sitting beside a nutter.

But I was right! What modern science and medical opinion has now come to realise is important for holistic wellbeing is effectively a secularised rebranding of the pillars of Christian spirituality. These things have been taught in the Church for nearly two thousand years. Since the 1960's, however, society has increasingly turned away from these rich elements of Christian tradition in pursuit of more comfortable living. I, for one, am thankful that we are now coming back round to the idea that spirituality matters.

This Lent, why not gather your mental health tool kit together in traditional fashion. Join us as we 'Pray, Fast, Study, Give'.

You can join us for special Lenten, Holy Week and Easter services; Midweek Meditations, and live daily prayers online (on our Facebook page). Don't forget to also join us for our Lent Study Course on Sunday evenings entitled 'Ways of Praying'. You'll find the details advertised on the church pages of the Box River News Magazine, on our social media pages and on our website.

I hope you may find Lent renewing and reviving. Stay prayed up!

Copious blessings,

Fr Rob

boxriverrector@gmail.com / Tel: 01787 210434

If you'd like to find out more about self-help tips from the NHS, you can do so at this website:

www.nhs.uk/mental-health/self-help/tips-and-support/



HOLY WEEK & EASTER

WE LOOK FORWARD TO WELCOMING YOU TO OUR CHURCHES THIS HOLY WEEK AND EASTER, THERE WILL BE SERVICES THROUGHOUT THE BENEFICE. THANK YOU TO EVERYONE WHO DONATED TOWARDS THE EASTER LILIES AT ST MARY'S, BOXFORD, PLEASE DO COME ALONG TO OUR EASTER DAY SERVICE TO SHARE IN THEIR BEAUTY AND BE A PART OF THE RICH SYMBOLISM AND JOYOUS COMMUNITY AS WE EXPERIENCE THE PASSION, DEATH AND RESURRECTION THROUGH SYMBOLISM, SONG, PRAYER AND REFLECTION.

OUR SERVICE SCHEDULE DETAILS ALL THE HOLY WEEK AND EASTER SERVICE INFORMATION



WAYS OF PRAYING



A COURSE FOR LENT SUNDAYS DURING LENT

25TH FEB, 3RD, 10TH, 17TH MARCH

5.30 PM - 7.00 PM

AT THE CHURCH'S
COMMUNITY SPACE

MARY'S HOUSE

5 SWAN STREET, BOXFORD

PLEASE SEE FURTHER INFORMATION
WITHIN THE BENEFICE SECTION OF THIS
EDITION OF THE BOX RIVER NEWS OR
CONTACT THE BENEFICE OFFICE FOR
FURTHER INFORMATION.



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



Easter Lily Donations

EVERY EASTER, WE DECORATE
ST MARY'S CHURCH, BOXFORD WITH LILIES

IF YOU WOULD LIKE TO MAKE A DONATION FOR
AN EASTER LILY IN MEMORY OF A LOVED ONE,
PLEASE CONTACT THE BENEFICE OFFICE BY
THURSDAY, 14TH MARCH
(boxriverbenefice@gmail.com)

THE NAMES OF THE LOVED ONES ARE THEN
PLACED ON THE ALTAR ON EASTER SUNDAY



Looking lashious!



Long, thick lashes, night and day, with zero faff!

Until recently, we all had to make do with mascara or fake lashes to give our eyes the drama and definition they deserve.

With lash extensions, all of that faffing flies out the window. From the moment you wake up, to the moment you go to sleep, your lashes look perfectly done. You never have to worry about fall-out or smudging. Morning dip in the sea? No problem! Tear-jerking movie? Not an issue!

Here at SMC, both Rosie and Eve are trained in eyelash extensions. Whether you're after a **Classic** look for extra length or **Volume** extensions for length and fullness, we have the right option for you.

And this month, they're 20% off...

Lash Extensions

Classic and Volume lash extensions - 20% off

(usual price: £75 Classic; £85 Volume).

Call 01787 211 000 to book

* Offer is valid once per person until 31/03/2024. Patch test required, 48 hours before treatment.

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

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





SERVICE SCHEDULE FOR MARCH 2024



Sunday 3rd March <i>Lent 3</i>	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:30	<i>Ways of Praying Course – Session 3</i>	Mary's House, Boxford
Wednesday 5th March	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
	18:00	<i>Midweek Meditation</i>	St Mary's, Boxford
Sunday 10th March <i>Mothering Sunday</i>	09:30	<i>Mothering Sunday Service</i>	St Bartholomew's, Groton
	11:00	<i>Mothering Sunday Service</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong</i>	St Mary's, Boxford
	17:30	<i>Ways of Praying Course – Session 4</i>	Mary's House, Boxford
Wednesday 13th March	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
	18:00	<i>Midweek Meditation</i>	St Mary's, Boxford
Sunday 17th March <i>Lent 5</i> <i>Passiontide begins</i>	09:30	<i>Morning Praise</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:30	<i>Ways of Praying Course – Session 5</i>	Mary's House, Boxford
Wednesday 20th March	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
	18:00	<i>Midweek Meditation</i>	St Mary's, Boxford
Sunday 24th March <i>Palm Sunday</i>	09:30	<i>Palm Sunday Procession & Eucharist</i>	St Mary the Virgin, Edwardstone
	18:00	<i>Palm Sunday Evening Communion</i>	St Mary's, Boxford
Monday 25th March <i>Monday of Holy Week</i>	19:00	<i>Holy Week Communion</i>	St Lawrence's, Lt Waldingfield
	19:30	<i>Compline</i>	St Lawrence's, Lt Waldingfield
Tuesday 26th March <i>Tuesday of Holy Week</i>	19:00	<i>Communion & Coffee</i>	St Mary the Virgin, Edwardstone
	19:30	<i>Compline</i>	St Mary the Virgin, Edwardstone
Wednesday 27th March <i>Wednesday of Holy Week</i>	10:00	<i>Holy Week Communion & Coffee</i>	Mary's House, Boxford
	19:00	<i>Holy Week Communion</i>	All Saints', Newton Green
	19:30	<i>Compline</i>	All Saints', Newton Green
Thursday 28th March <i>Maundy Thursday</i>	10:30	<i>Chrism Mass</i>	St Edmundsbury Cathedral
	19:00	<i>Maundy Thursday Liturgy</i>	St Bartholomew's, Groton
	19:30	<i>Maundy Thursday Liturgy</i>	St Mary's, Boxford
Friday 29th March <i>Good Friday</i>	10:00	<i>Good Friday Family Workshop</i>	St Mary's, Boxford
	10:30	<i>Good Friday Reflection</i>	St Lawrence's, Lt Waldingfield
	14:00	<i>Good Friday Liturgy</i>	St Mary's, Boxford
Saturday 30th March <i>Holy Saturday</i>	10:00	<i>Big Church Clean</i>	St Mary's, Boxford
Sunday 31st March <i>Easter Sunday</i> <i>(Clocks go forward)</i>	06:00	<i>Easter Day Sunrise Service</i>	The Rectory Woodland, Boxford
	09:30	<i>Easter Day Communion</i>	St Mary the Virgin, Edwardstone
	09:30	<i>Easter Day Communion</i>	St Bartholomew's, Groton
	09:30	<i>Easter Day Communion by Extension</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Easter Day Communion</i>	All Saints', Newton Green
	11:00	<i>Easter Day Communion</i>	St Mary's, Boxford



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY- MARCH

- Fri 1st 10:30am** *Coffee Morning*, St Lawrence's, Lt Waldingfield
Sun 3rd 5:30pm *Ways of Praying Course 3*, Mary's House,
Tue 5th 10am *Drop in for Coffee*, Mary's House
Thur 7th 7:30pm *Groton PCC Meeting*
Sun 10th 5:30pm *Ways of Praying Course 4*, Mary's House
Tue 12th 10am *Drop in for Coffee*, Mary's House
Sat 16th 10am *Coffee Morning*, St Mary's, Boxford
Sun 17th 5:30pm *Ways of Praying Course 5*, Mary's House
Tue 19th 10am *Drop in for Coffee*, Mary's House
Wed 20th 12noon *Coffee Morning*, All Saints', Newton
Wed 20th 12noon *Lent Lunch*, Little Waldingfield Parish Rooms
Thur 21st 7:30pm *Benefice Joint Council Meeting*
Fri 22nd 12noon *Soup & Pud*, Mary's House
Tue 26th 10am *Drop in for Coffee*, Mary's House
Fri 29th 10am *Good Friday Family Workshop*, St Mary's, Boxford
Sat 30th 10am *Big Church Clean*, St Mary's, Boxford

WAYS OF PRAYING COURSE,

Sundays during Lent, 5:30-7pm (remaining dates are 3rd, 10th & 17th March).

This course is designed for everyone, no matter where you might feel you are on the journey of faith. It does not matter whether you are an old hand or a newcomer at trying to pray, we all struggle. This course will look at Biblical examples and the thoughts of Christians down the ages to establish what prayer is, the benefits we can expect from it and how we might engage in it. Each session will offer a short period of reflection on a particular style of prayer, opportunity for discussion and will close with a short time of practice in that particular style. It will enliven your prayer life and enrich your faith. Come along. It is free and you are most welcome.

HAPPY HOUR CONCERTS AT BOXFORD

Following the popularity of last years' concerts, we are delighted to announce that we will be hosting monthly 'Happy Hour Concerts' in May, June and July, in St Mary's, with our Director of Music, Tom Cogan. These concerts will be FREE with the retiring collection in aid of St Mary's Church, enjoy a glass of wine after the concert. Starting on 4th May, between 6 and 7pm, please join Tom for an organ recital. No need to book, just come along, everyone is welcome.

LIGHT UP ST MARY'S, BOXFORD

On the 8th February, St Mary's Church was lit up in memory of Gerald King, on the anniversary of his death. Our thoughts and prayers are with his family and friends.

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

SAVE THE DATE

BOXFORD OPEN GARDENS INCLUDING EDWARDSTONE
 Sunday, 2nd June, 11am-4pm. Plant stalls, cake stalls, cream teas, artist studios, children's trail. All funds support St Mary's Church. We are always on the lookout for additional gardens to 'show off', if you would like to be involved, please contact Audrey Zuck – audrey@a2zriskservices.com

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.



BOXRIVER BENEFICE COFFEE MORNINGS

Drop in for Coffee - every Tuesday between 10am - 12noon
 Mary's House, Swan Street, Boxford

Friday 1st March 10:30am Coffee Morning
 St Lawrence's, Little Waldingfield

Saturday 16th March 10am Coffee Morning
 St Mary's, Boxford

Wednesday 20th March, 10am Coffee Morning
 All Saints' Newton Green

CATCH UP WITH OLD FRIENDS, MAKE NEW FRIENDS

PALM SUNDAY 24TH MARCH 2024

**9.30 AM - PALM SUNDAY PROCESSION
& EUCHARIST**
**ST MARY THE VIRGIN,
EDWARDSTONE**

**6.00 PM - PALM SUNDAY
EVENING COMMUNION**
ST MARY'S, BOXFORD



*As we step into Jesus' triumphant entrance
into Jerusalem and the start of Holy Week!*

CONTACT INFORMATION

Benefice Office

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

Fr Rob Parker-McGee SR

01787 210434 email: boxriverrector@gmail.com



LENT LUNCH

AT

THE PARISH ROOM
LT WALDINGFIELD

WEDNESDAY, 20TH MARCH
2024

12 - 2 PM

SUGGESTED DONATION £5 - £10
RAISING FUNDS TOWARDS THE UPKEEP OF
ST LAWRENCE'S CHURCH

*THIS IS NOT A TICKETED EVENT, HOWEVER IT WOULD BE HELPFUL FOR
CATERING PURPOSES, IF YOU WOULD BE KIND ENOUGH TO REGISTER
YOUR INTENTION TO ATTEND WITH NANCY ROSER 01787 882897 OR
nancyroser2004@yahoo.co.uk*



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



"SOUP & PUD"

AT

MARY'S HOUSE
"WARM HUB"

5 SWAN STREET, BOXFORD

FRIDAY, 22nd MARCH 2024
12.00 - 2.00 PM

The meal is free but donations towards the upkeep of
Mary's House welcome



BIG CHURCH CLEANS



ST MARY'S CHURCH, BOXFORD
SATURDAY 30TH MARCH 2024
11AM - 12PM



ALL SAINTS' CHURCH, NEWTON GREEN
CHURCH & GRAVEYARD SPRING CLEAN
SATURDAY 13TH APRIL 2024
10AM - 12PM



YOUR HELP WOULD BE GREATLY APPRECIATED,
PLEASE COME ALONG AND JOIN OUR VOLUNTEERS, EVERYONE WELCOME



ST MARY'S CHURCH, BOXFORD

HAPPY HOUR CONCERTS
BETWEEN 6PM AND 7 PM

SATURDAY, 4TH MAY - ORGAN RECITAL
WITH TOM COGAN

SATURDAY, 1ST JUNE - TO BE CONFIRMED,
FURTHER DETAILS TO FOLLOW

SATURDAY, 6TH JULY - THEATRICAL
REMINISCENCES WITH PATRICIA EDDINGTON
& TOM COGAN

FREE ADMISSION, NO NEED TO BOOK, JUST COME ALONG

RETIRING COLLECTION IN AID OF ST MARY'S CHURCH

ENJOY A GLASS OF WINE AFTER THE CONCERT



FOOD BANK

ST MARY'S CHURCH, BOXFORD
(NORTH PORCH)

IF YOU OR SOMEONE YOU KNOW IS IN NEED,
PLEASE VISIT OUR FOOD BANKS OR CONTACT FATHER ROB
OR THE BENEFICE OFFICE IF YOU NEED A FOOD PARCEL

ALL DONATIONS OF NON-PERISHABLE GOODS ARE
GRATEFULLY RECEIVED



JOIN US ON

Mothering Sunday

SUNDAY, 10TH MARCH 2024

9.30 AM - ST BARTHOLOMEW'S CHURCH,
GROTON

11.00 AM - ST MARY'S CHURCH BOXFORD,
WHERE YOU WILL BE ABLE TO COLLECT A POSY
OR LIGHT A CANDLE IF YOUR MOTHER IS NO
LONGER WITH US

MAY ALL MOTHERS
BE BLESSED ON
THIS SPECIAL DAY



JOIN US FOR OUR

GOOD FRIDAY WORKSHOP

FRIDAY 29TH MARCH
10AM TO 12PM

*fun, games, crafts & more
for primary aged children
light refreshments provided*

ST MARY'S CHURCH BOXFORD



GARDEN MACHINERY

**A local independent business
run by knowledgeable,
approachable people.**

- Servicing garden machinery large and small
- Sell a large range of cordless and fueled garden machinery
- Stock wheelbarrows, garden tools, fuel, oils, and we can order most parts
- Sharpen chainsaws, shears, secateurs and lawn mower blades
- Repair all kinds of garden hand tools
- Collection and return can be arranged for all machines

Opening times: Monday to Friday - 8am till 5pm, Saturday - 8am till 1pm

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info@rnrgardenmachinery.co.uk

12 Honey Wood Yard, Middleton Road, Sudbury, Suffolk CO10 2DB

Gainsborough's House

Warm Welcome

Coffee Club



☉ Sudbury, Suffolk

Supported by Living Well in Winter Grants

Thinking about volunteering?

Let's talk together.

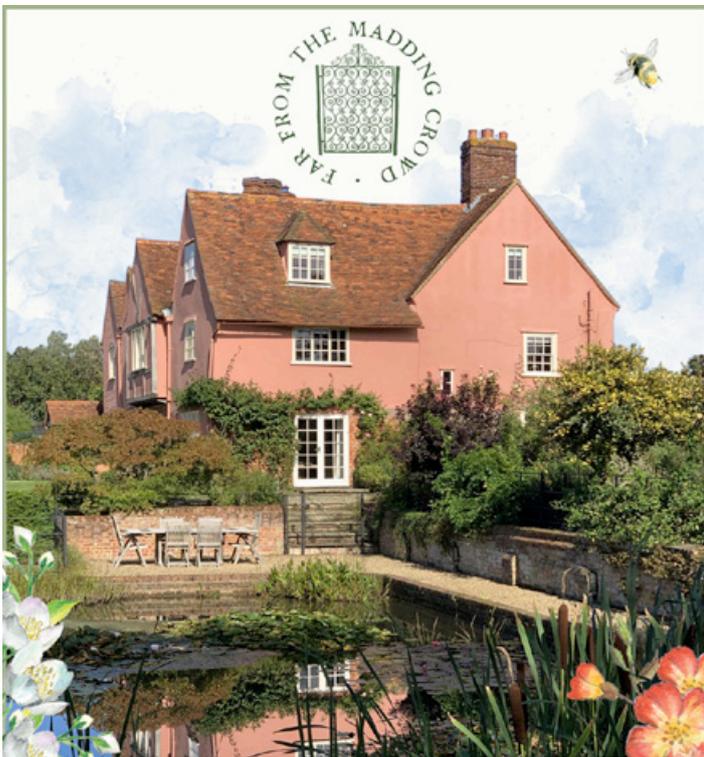
Join us in the Hills Room,
10:30am–12:30pm

- 13 and 27 March
- 10 and 24 April
- 15 and 29 May
- 12 and 26 June

Contact: 01787 372958

catherine@gainsborough.org

www.gainsborough.org



FAR FROM THE MADDING CROWD

Creative workshops and courses
set in a beautiful Suffolk surrounding

For more info on what's on and how to book go to
www.farfromthemaddingcrowd.co.uk

Far From The Madding Crowd Events Ltd
Leavenheath, CO6 4PU



THE CROWN
STOKE BY NAYLAND

NEW BAR MENU

Our pub bar is always open for drinks throughout the day. Stop by after a dog walk or pop in for a drink while you catch up with friends.

If you're feeling peckish, try our baked Camembert, pork & onion sausage roll or selection of mini desserts.

Our bar menu is available Monday to Saturday, from midday.

AFTERNOON TEA

Thursday 21st March
Thursday 18th April
3pm to 5pm
£25 per guest

Enjoy finger sandwiches and savouries, a selection of sweet treats and freshly baked scones with clotted cream and jam.

To book, email hello@crowinn.net

crowinn.net | [@thecrownstokebynayland](https://www.instagram.com/thecrownstokebynayland)

WARM WELCOME COFFEE CLUB

Warm Welcome Coffee Club in Sudbury town aims to encourage volunteering and to enhance well-being

As a result of a successful application to Babergh District Council Community Grants for the Living Well in Winter fund, Gainsborough's House Warm Welcome Coffee Club (WWCC) launched on Wednesday 21 February 2024 for drop-ins from 10:30am to 12:30pm.

This space enables Gainsborough's House Volunteers access to a warm and social space - a space that allows volunteers to meet with one another, especially those from different roles across our site. It's a safe space for them to share experiences and knowledge, and to enjoy each other's company in a communal setting. This creates the perfect opportunity to support each other in a personal capacity and to improve well-being, particularly in terms of accessing local support from organisations that individuals may have experience or involvement with.

If you've been thinking about volunteering and would like to know more, the WWCC gives an incredible and ideal opportunity for the local community to join us to find out about volunteering at Gainsborough's House in a relaxed, warm and welcoming place. Let us know you're dropping in by contacting Catherine King, catherine@gainsborough.org. We can't wait to welcome you! Newcomers can also use the space to learn how they can get involved at Gainsborough's House. With access to this grant, we have allocated funding towards a new Volunteers' Welcome Pack which will be used to support our volunteers, new and existing.

Come and join us! Please see the dates below for more openings of the WWCC:

- 13 and 27 March
- 10 and 24 April
- 15 and 29 May
- 12 and 26 June
- 10:30 am – 12:30pm

Come to our main Reception in the New Galleries, on Weavers Lane to sign in.



Volunteers in the Hills Room about to take a tour of Gainsborough's House.

About Gainsborough's House

Gainsborough's House is the childhood home of Thomas Gainsborough RA (1727–88). In 2019 Gainsborough's House commenced a £10m building project, supported by The National Lottery Heritage Fund. The museum re-opened in 2022 after a transformational refurbishment; introducing 3 new exhibition spaces to accompany the original Grade I listed building and it is now the largest gallery in Suffolk. The permanent collection of Gainsborough's work is accompanied by rooms dedicated to Constable, Cedric Morris, and silk. A gift shop, café and garden are also part of the museum experience. Other features include Camera Obscura, Print Workshop and a stunning Landscape Studio with panoramic views over Gainsborough's Sudbury.



© Hufton + Crow

Since re-opening, Gainsborough's House has continued to build its volunteer database, building on the existing team and inviting new people to join. There are now 160 registered Volunteers supporting staff to deliver the National Centre for Thomas Gainsborough.



Fleece Jazz

Stoke-by-Nayland Hotel presents

The Gaz Hughes Trio: 'Nuclear Bebopalypse'

Wednesday 13th March 2023 8pm - Tickets: £18



"They rarely deliver anything less than excellence and today topped just about everything that had preceded it. I feel sad for the squares who weren't there".
BEBOP SPOKEN HERE

Gaz Hughes – Drums
Andrzej Baranek – Piano
Gavin Barras – Bass

The Jon Lloyd Quartet

Wednesday 27th March 2024 8pm - Tickets: £18



"Lloyd's tunes are steeped in the ECM aesthetic, and he and long-time collaborator John Law ... make it sound like the only music you ever want to hear."
JOHN TURNEY LONDON JAZZ NEWS

John Lloyd – Saxes
John Lloyd – Piano
Nick Pini – Bass
Alex Goodyear – Drums

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

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

BOXFORD GARDENING SOCIETY

Debbie Cooke

Gardening with wildlife in mind

Creative garden design combining her love of art, design and gardening.



Tuesday 5th March 7.30pm

at Boxford Village Hall

GROTON VILLAGE HALL MANAGEMENT COMMITTEE
PRESENTS



QUIZ AND CURRY EVENING

At

Groton Village Hall

On Friday 12th April 2024 7:30 for 7:45 start

£15.00 per head (entry plus choice of curry & dessert)

Teams of up to 6

B.Y.O. Bar

Raffle

Phone Joanna: 210619 or Jayne: 211360 to book your place

Quiz Night

Little Waldingfield Parish Room

Saturday March 9th 2024

7.30pm prompt start

£12 per person, with two course meal

(Please bring your own drinks)

Max 4 persons per team

New quizmaster ♦ Raffle

Bookings: Sue Bowen 07962 210359

sd.bowen@btopenworld.com

Appeal to Gardeners!

Show off your hard work
Share ideas with garden lovers
Support your community

Please open your garden
Boxford Open Gardens 2nd June 2024
Contact Audrey Zuck
audrey@a2zriskservices.com
or
07852 102 455

Boxford Drama Group presents

Tickets available 1st March
from Boxford Post Office
or boxfordshows.uk/tickets
Dietary requirements:
cateringboxfordshows.uk

A very ghostly comedy!

SPIRIT LEVEL

By Pam Valentine

Thurs April 11th @ 7pm
Tickets £14 (Ploughmans in the interval)
Fri 12th & Sat April 13th @ 7.30pm
Tickets £18 (2 course meal in the interval)

Bar & Raffle every night

SPIRIT LEVEL

Having been refused entry to heaven it seems as if famous crime writer Jack Cameron and his wife Susie will be spending eternity in their old country cottage. Then along come Felicity and Simon, a young couple still trying to make their mark on the world and looking for a place to live. With little money and no prospects, according to Marcia - Simon's harridan of a mother-in-law, their tenancy may be short-lived. Mark, the estate agent, is trying to let a property he believes may be haunted and agrees to a one-year rental. Felicity ('Flic') is pregnant, which endears her to Susie, but Jack is not so keen when he discovers that Simon is an aspiring author with little talent. Enter Susie's no-nonsense guardian angel who produces a solution. But will it work and even if it does, how do Jack and Susie get out of purgatory and into heaven?

Come and join Boxford Drama Group as they negotiate this hilarious cross-talking comedy. Performances on Thurs Apr 11th, 7pm (tickets £14 inc ploughmans) and Fri 12th/Sat 13th Apr, 7:30pm (tickets £18 inc 2-course meal interval).

<https://www.boxforddramagroup.com>

JOIN US FOR A SPECIAL
EASTER SUNDAY CARVERY

ADULTS - £34.95 • CHILDREN - £18.00

Savour some special family time on Sunday 31st March with a delicious three-course Easter carvery lunch. Children will also receive an Easter egg to enjoy!



Scan the QR code to view our menu or call 01206 262836 to book your table



Learn how to harvest herbs and make them into natural herbal products & remedies at our fun workshops at Pippettes Farm, Boxford, Suffolk.

Pippettes
FARM™
Herbalist
Workshops

Workshop Dates for 2024:

Thursday 2nd May

Thursday 16th May

Thursday 13th June

Thursday 27th June

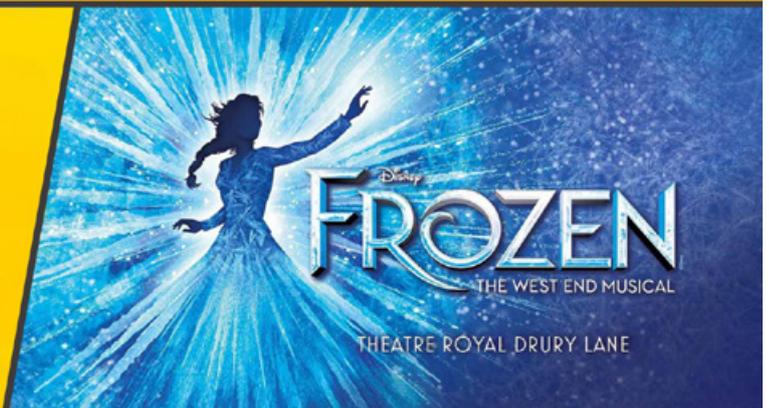
Workshops are priced at £60 per person
Bring friends for a fun morning with herbal tea or coffee breaks, walks, talks and a delicious lunch!

For more information and bookings go to our website:
www.pippettes.co.uk or call Elaine: 07587 743 850

TWO ICONIC DISNEY MUSICALS - Which one will you choose?



Disney
**THE
LION
KING**
LYCEUM THEATRE



Disney
FROZEN
THE WEST END MUSICAL

THEATRE ROYAL DRURY LANE

DATE FOR BOTH: Wednesday 1st May 2024 **TIME:** Depart Boxford at 9am

PRICE: £85.00 per person **DEPOSIT:** £20 (Non-Refundable)

INCLUDES: Return coach travel from Boxford & Seats in the Royal Circle

THE LION KING:

As the sun rises, watch in awe as giraffes strut, gazelles leap and birds swoop bringing the Serengeti, and the story of Simba, to life all around you...

Ingenious puppetry, stunning effects and the enchanting music by Elton John, Tim Rice and Lebo M will transport you to the heart of the African Pridelands.

OR

FROZEN:

The award-winning musical brings to life a world of sumptuous beauty, humour and iconic music in a jaw-dropping production to melt hearts of all ages.

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Mill Tye Gallery and Art Centre
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The gallery is currently closed for a Winter Break, opens on Saturday 9th March 2024

Find us opposite the Mill Pond
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**MILL TYE GALLERY
ARTS CENTRE**

SPRING BEER AND CIDER FESTIVAL

At The Brewery Tap, Sudbury, Suffolk.

The Brewery Tap is hosting its very first Beer & Cider Festival.

Join them from April 4th to 7th for a laid-back beer festival, featuring real ale, craft ciders, live music, and delicious food. All in The Brewery Tap in the heart of Sudbury.

There promises to be a great real ale selection, and you'll explore a variety that will showcase the best of local brewing. For cider lovers, we've curated a selection of craft ciders for you to discover.

Enjoy live music with local musicians in a relaxed atmosphere throughout the festival. There'll also be a range of tasty snacks and hearty meals; perfectly paired with your favourite beverages.

Save the date and come with friends in our friendly pub.

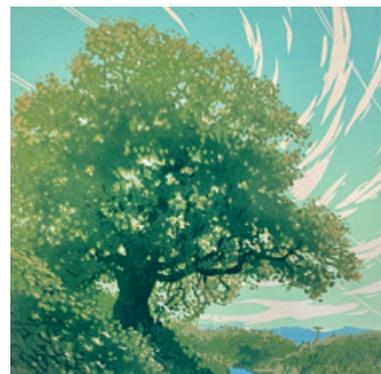
MILL TYE GALLERY'S SPRING PRINTMAKERS EXHIBITION

A celebration of work by talented printmakers from the region, showcased in the gallery's beautiful setting beside the picturesque Mill Pond, in Mill Tye.

The Spring Printmakers Exhibition at the Mill Tye Gallery runs from March to the end of May. It features lino-cut and screen print work from renowned and undiscovered talents in the world of printmaking, as well as ceramics, glassware, textiles and sculptures all with a spring theme.



Harrier by Richard Allen



Spring by Noah Warnes

The exhibition includes exclusive pieces of work that have been created especially for Mill Tye Gallery. Featured printmakers include Andy Lovell, Beth Knight, Clare Curtis, Max Angus, Noah Warnes, Richard Allen, Rebecca Drury, plus many more.

We will also be showcasing pottery from Izzy Letty and textiles from Dorothy

Ronaldson. Dorothy will also be running textile workshops throughout March and April.

Also, for spring, we have new sculptures from Carl Newman, Tobias Ford, and Alice-Andrea Ewing.

The exhibition previews on Saturday 9th March 2024 from 10:30 to 6pm. Join us for drinks and nibbles.

It continues until Bank Holiday Monday 27th May 2024.

Mill Tye Gallery and Arts Centre

3 Cornard Mills, Mill Tye, Great Cornard, Sudbury CO10 0GW
Tel. **01787 376 796**

Open: Thursday to Sunday: 10:30am to 4pm.

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



ENJOY CULTURE, COFFEE & FRIENDS

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

Contact: info@TASstourvalley.org.uk quoting **BRN** or simply scan the QR code above which will take you direct to our website www.TASstourvalley.org.uk

WEDNESDAY 20th MARCH

DISCOVERING MACDONALD GILL: Architect, Artist and Mapmaker.

Best known for his pictorial maps of the London Underground & Cunard Liner murals, his enduring legacy is his alphabet for the Imperial War Graves Commission used on all British military headstones since WW1

Sudbury, Suffolk Christian Spiritualist Church

All beliefs and denominations are welcome!

We meet at:

**The Stevenson Centre, Great Cornard,
Stevenson Approach, CO10 0WD**

Meetings:

Every Sunday
(except December)

at

2:45 for 3pm to 4:30pm

There is **NO ENTRY FEE**

We only respectfully suggest that donations are made during the service

For more information,

Call Maureen on 07931 366 610

BOXFORD WI UPDATE

At February's meeting we had a really informative talk by two gentlemen from The Men's Shed, Hadleigh. They explained how this branch of a national organisation had formed in Hadleigh and how it had impacted on local men's wellbeing. All men are welcome to their sessions, whether they want to take part in DIY or not. Sessions take place several times a week and more are planned if there is a demand. They have received generous financial and moral support from various sources in and around Hadleigh and recently won an award acknowledging their positive impact on men's mental health.

In March our guest speaker is from the Nayland Handbells Group and we will be meeting and greeting 2 Alpacas in our April meeting.

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 - summer only)

For more information please contact our Secretary, Lyn Beer on 07961 357 526 or email lyn@the-brook.net



DO YOU KNOW AN INSPIRING YOUNG PERSON?

To celebrate Boxford's brilliant youngsters, The K&S Cup is given annually to a young person in the village who has made a positive difference to the Boxford community over the last 12 months.

The winner receives £50 in cash and gets awarded the cup with their name engraved on it.

Previous winners have included:

2022 Ryan Summers - for helping the benefice by volunteering his time and effort at a wide number of community events, prepared the Spinney for reopening post-covid lockdown and helping at Cub Scout meetings.

2021 Bethany Ireland - who showed amazing initiative working as a qualified lifeguard and swim coach, volunteering for a local care home and being the Boxford Guides leader.

2019 - Josh Gray - for his assistance with the Scouts, village events and his help with the Community Hub during Covid-10 lockdowns.

Do you know of a young person who has campaigned, fund-raised, or given up their time to improve the lives of others and help make their community a better place? They must be from Boxford and aged 19 or under to qualify.

If there is someone who you feel is a worthy winner, please let us know by nominating them online at :

www.boxfordsuffolk.com/KandSCup



POLSTEAD GARDENING CLUB

As we look forward to the weather improving so we can start our own gardening, here is the information of our next two meetings:



Tuesday 19th March at 7:30pm: My Family and Other Irises with Lucy Skellorn

Tuesday 16th April at 7:30pm: Illustrating the Rare Orchids of Holy Island with Reinhild Raistrick

All meetings will be at Polstead Village Hall on The Green in Polstead (CO6 5AL). Free to members. Non-members are welcome at £5. Entrance includes a drink and nibbles.

Queries to gardenclubpolstead@yahoo.com

POLSTEAD FILMS

THE LESSON

Certificate 15

Starring Richard E. Grant, Julie Delpy, and Daryl McCormack "This literary thriller is a masterclass in tension. Richard E. Grant is superb as a supercilious and sly British author in this country house drama"

Friday 8th March, Doors open 7pm

The film starts at 7:30pm and will finish at around 9:45pm

POLSTEAD VILLAGE HALL

Tickets £4.50

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

Bar serving wine, beer, soft drinks. Tea, coffee & biscuits and ice cream are available during the 20 minute interval

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



SAILING ROUND THE WORLD

Clare Symes gives her talk 'Sailing Round The World'. Clare and her husband Brian spent 17 years in their boat *Lantana Camara* sailing around the world. A talk about their amazing adventures and experiences

Saturday 9th March, Brent Eleigh Village Hall 3:30pm for 3:45pm start.

Tickets £10, including refreshments, on the door or reserved from Karen 07946 209 103.

QUIZ NIGHT

Brent Eleigh Village Hall, Saturday 23rd March 7pm for 7.30pm start. £12 per head. Tables of 6-8 people.

Baked potatoes and chilli served in the interval. Donations bar and raffle.

Please let Karen know if you would like to book a table for catering reasons. 07946 209 103.

THE ARTIST WHO COULDN'T GET ARRESTED

A talk by Kim Smith, a Dedham Vale Tour Guide on John Constable 'the artist who couldn't get arrested'. An insight into the life of John Constable and his surprising link to a modern celebrity.

Saturday 6th April, Brent Eleigh Village Hall. 6:30pm for 7pm start.

Tickets £10, including a glass of wine, on the door or reserved from Karen 07946 209 103.

COFFEE MORNING

Saturday, 20 April

10.00 -12.00

NEWTON VILLAGE HALL

In aid of St Nicholas Hospice
Raffle, Bric-a-Brac, Water or Wine and other Stalls

EVERYONE WELCOME!

SONGS OF THE SEAS

Don't miss the boat! An entertaining and enjoyable evening will be provided by the Shanty Folk singing rousing shanties and songs of the seas at Polstead Village Hall, on Saturday 23rd March 2024 at 7 for 7:30pm.

Bar and light refreshments on sale. In aid of Polstead Village Hall & RNLI. Tickets £10 from polsteadvillagehall@outlook.com or from Polstead Community Shop, The Green, Polstead.

EASTER CRAFT FAYRE

Winston's Wheels Charity Easter Craft Fayre is being held in The Bull Hotel, Long Melford on 23rd March from 11am til 3pm.

LEAVENHEATH CINEMA

SATURDAY 2nd MARCH: A HAUNTING IN VENICE

Crime Drama PG-13

Starring Kenneth Branagh as Hercule Poirot!

Running Time 1hr 35 mins with 20 mins interval

SATURDAY 6th APRIL: WONKA

Comedy, Family

Starring Olivia Coleman, Matt Lucas, Hugh Grant

Running Time 1hr 55 mins with 20 mins interval

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

Leavenheath Village Hall, CO6 4NS

Babergh District Council have given the Village Hall Cinema Committee a Community grant. This has enabled us to discount the ticket price for PRE-BOOKED TICKETS ONLY

Pre Booked Tickets £2

Tickets bought at the door £4 per Adult & £2.50 for Under 12s

You can pay by cash or card on the door.

Reserve your seat online at www.leavenheath.org.uk or phone John on 01206 617090 to book your tickets.

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

Proceeds towards LVH Capital Project Fund (Charity no 262816)

WHIST DRIVE

Wednesday March 13th 7pm in Monks Eleigh Village Hall Meeting Room. Entrance £3.

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

For information contact Angela on 01449 740 414.

**Tickets
£10**



ShantyFolk

Rousing Shanties & Songs of the Seas

Audience participation encouraged, fun guaranteed!

POLSTEAD VILLAGE HALL
23RD MARCH 2024
7:30pm (doors open from 7pm)

Interval refreshments available
Licensed Bar (alcohol not purchased on the premises, will not be permitted)

Tickets available from Polstead Community Shop
or contact Jeff **07470 635600**
polsteadvillagehall@outlook.com

Proceeds to be shared with the RNLI
Polstead Village Hall is a registered charity No.304933

**Lifeboats**

BOXFORD SOCIETY SPRING MEETING

SATURDAY APRIL 20TH 2024
AT 7.30PM IN THE VILLAGE HALL

Charlie Haylock and the 'Suffolkation'
of Ralph Fiennes for the film The Dig



Come and join us for a fascinating and entertaining evening with Suffolk author and dialect expert Charlie Haylock. Charlie will take us behind the scenes of the Netflix hit film *The Dig* which tells the story of Basil Brown, the self-taught archaeologist and modest man, who discovered the Sutton Hoo Anglo-Saxon royal burial site.

Free entrance for members. Visitors welcome at just £2 each.

STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

Local historian Roger Loose recently had the chance to sit down with long-time Boxford resident, Reg Tricker, to talk about his life growing up in the village. Boxford (like most Suffolk villages) has seen a huge amount of change since the late 1920s and the chance to hear about the changes and how residents lived in those days is a fantastic and illuminating read. The BRN has serialised Reg's account into 3 parts, starting with the first part this month and the remaining 2 to be published over the next couple of months.

Reg Tricker, A Boxford boyhood - Part One

I was born Reginald David Henry Tricker on the 21 April 1929 in the first cottage as you approach Wicker Street Green, Kersey, coming up from Boxford. This was just before Red House Farm where my Dad worked as a horseman. I am the 7th and the youngest son of Ruth and Harry Tricker and my 6 older brothers were Harry, Frank, Maurice (Bob), Vernon, Lawrence (Lol) and Gordon (Gordy).

When I was 10 months old we moved down into 3 Boxford Lane, Boxford. My first memories are very happy ones living in this house with my wonderful, loving and caring family.

It was a small 3 bedroomed house, with us seven boys sharing two bedrooms. It was in that bedroom that I really have my first memories of waking up on Christmas morning and seeing this lovely red and blue tricycle at the bottom of the bed. It was a present from my brother Frank. Gordy and myself were the fortunate ones when it came to having presents. Board games, jigsaw puzzles, crayons, paints, cards, ring boards came from our older brothers, because everyone in the winter evenings and at Christmas time used to play games. Christmas Day itself was always such a wonderful day. Lovely food that Mum prepared, she was just an amazing cook. Cooking for the nine of us, but she didn't seem to have a care in the world. She was always smiling.

Dad was a great provider. He, along with my older brothers, used to grow all the veg in the big garden at home and also we had a huge allotment in Stone Street. I remember that on Good Friday we all used to get up early and have a lovely breakfast. Then Dad would get out the huge wheelbarrow that he had made and fill it up with the



Reg Tricker aged 6 or 7

bags of set potatoes. He would tie a rope around the handles, which then went over his shoulders so when he lifted the wheelbarrow he took the weight on his shoulders. A couple of older brothers would tie a rope on the front of the wheelbarrow and would help pull it all the way up Hockley Hill Lane along the footpath to the allotments which were in Stone Street hamlet. The younger of us brothers carried the spades, forks, lines, potato dabs, etc. which we needed, and then we would get cracking, digging and setting the potatoes. We stayed until they were all set of course, and then went home to a lovely meal. I can smell it today - the fish Mum cooked was lovely. She had obviously been down to Sudbury on the bus to the market on the previous day and bought the cod divided into cutlets which she fried for us to devour. That day was one of the family highlights of the year. To this day I carry out the tradition of never eating red meat on Good Friday.

Dad kept pigs, cockerels, geese and chickens which of course were all for the table, so at Christmas we had plenty of pork, sausages, a goose or a cockerel and of course a supply of eggs from the hens. Myself and my brothers also kept rabbits, so we were never short of a rabbit for supper. When I look back, I think what an example and great leadership we all had from both Mum and Dad in those early years.

My Dad left the Red House Farm job, which is why we had to leave the cottage, because of a dispute he had with the farmer. It was over the long, long hours he worked during the summer months helping with the harvest, but the farmer had not paid him. It went to court, but of course as was usual in those days, the judge found in favour of the farmer. The poor man was taken advantage of unfortunately. Dad had then got a job working for the local builders, W B Kingsbury.

A lot of children lived up School Hill in those days, mainly 'Trickers' and 'Whymarks', but we were all of a similar age and in large families. We all got on very well together playing happily. Benny Rose was an exception. He was an only child, poor old boy, and his mum wouldn't always let him join in games. He did alright really in the end because he had an aunt who was quite well off apparently, and she paid for his education and he became a school teacher.

We used to make 'camps' down in Hockley Hill Lane, playing out in the countryside all day. We also had camps in 'The Plantation' and we played in the park which belonged to The Rectory, now known as Boxford House. It was a lovely park. There was a football and hockey pitch and tennis courts. It was used a lot by the children in the village. Cricket was always played there in the summertime. The Reverend Thomas Rice never complained about anything. You were just allowed to go and do what you wanted as long as you were not doing anything destructive, which I cannot recall anyone ever doing.

Harvest time was a lovely time with the school holidays spent in the harvest field with our cudgels, trying to catch a rabbit when the corn was being cut. The children all helped the farmer by standing up the sheaves of corn. I think there were four pairs of sheaves that you stood together. They would then come in later on with the wagons and horses and collect all the sheaves and some of us boys used to ride on the horses. The Suffolk Punch horse was so wide I can't think our little legs spanned its back. We used to go to the stack yard where we would help unload it and then we would bring the wagon



Ruth Tricker with Harry b.1909



Reg's parents Harry b.1881 and Ruth b.1889 with Harry junior b.1909 and Frank b.1911 outside cottage at Red House Farm Wicker Street Green around 1913

and horse back to the field, and so on until it was done. Next the threshing tackle drum and a steam engine with a big flywheel were used to thresh the corn into sacks. The straw was made into huge stacks and used for the animals bedding and later in spring for manure to spread on the fields.

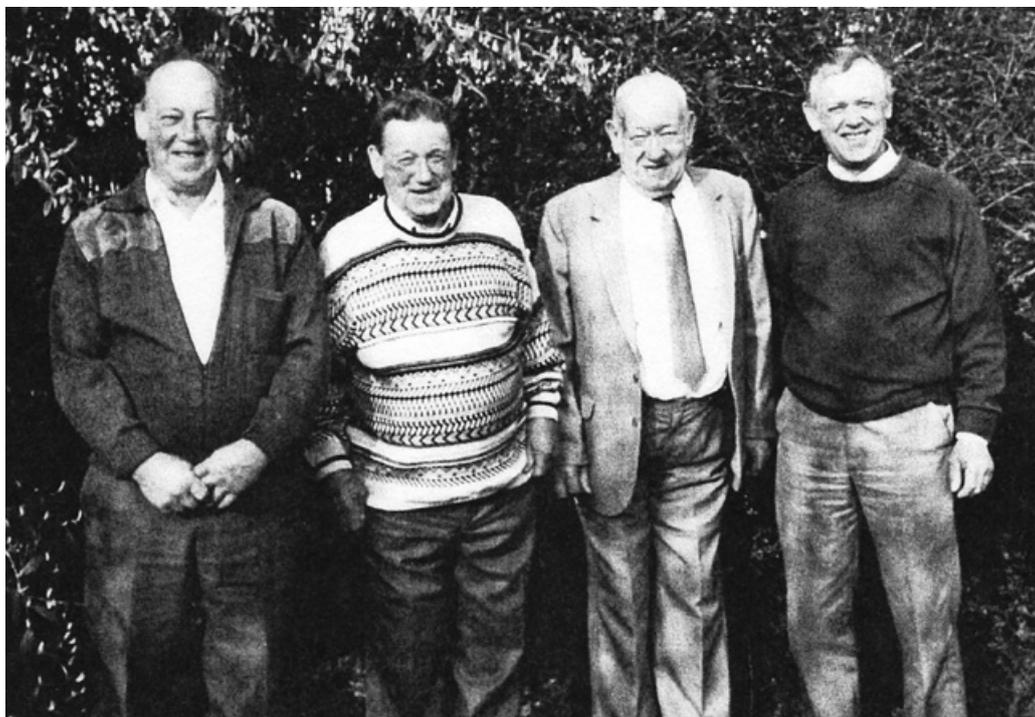
I remember my first day at school, my brother Lol taking me down School Hill on his shoulders. My memory of the first day didn't turn out to be a good one. I don't think I'd been in the class long and I managed somehow or other to tip the inkwell over on the teacher's desk and it went all over the Register. I wasn't welcomed very well that morning and was made to stand in the corner of the classroom. My school days were happy ones, although we didn't have the greatest education really.

I remember the dramatic events that occurred in the village in the mid 1930s. The first was a pair of cottages next to where we lived in Boxford Lane (there is now a bungalow on the site), that burned down. There was an old lady called Amy Johnson who lived in one and two brothers called Rob and Ben Godden in the other. I know those old brothers used to ride big old three wheeled bikes, and we used to try and hitch a lift on the back sometimes for sheer devilment really. They used to take their caps off and try and hit us round the head to get us off, but it was all harmless fun and no harm was done. It was thought that the cause of the fire was that Amy Johnson was drying a coat in front of an open fire and it caught alight.

The second dramatic event was the fire at Boxford Mill, which burned to the ground in 1934. It was lucky that no-one was hurt and that it didn't spread to the nearby properties, because I was told later on in my life that burning sacks were flying in the air over the village and falling on rooftops alight and there were men getting their ladders and helping the fireman to get on the roofs to get the sacks off to save the houses.

In 1934 my eldest brother Harry got married to Ivy Jarvis from Kersey. Ivy worked as a cook at Ropers Hall, Bures. She used to live in most of the time, but on her days off she used to cycle home to Kersey which is about 11 miles and then cycle back again in the evening. So Harry used to cycle back with her to Ropers Hall. So that was 22 miles in total just to get a few hours at home. Sometimes she called at our house which was about half way. I remember them marrying - I was 5 years old at the time - and the reception, which was held at her parents' house at Row View, Kersey.

On a Sunday us younger boys would walk with Mum and Dad to Aunt Sally and Uncle Teddy King who lived in Kersey Tye, often going through the fields to get there and coming out near Groton Wood. We would stop at the cottage by the wood at old Laz Pattle's for a bit of a rest. He was my Dad's friend from his days as a horseman and I think they were an Irish family. Laz used to go to Ireland and bring back horses and break them in to sell at the Horse Fair in Lavenham. We used to go into the cottage and he had two dogs. He was a lovely old boy and he used to give me and Gordy a few sweets, which were all stuck together of course and covered in a few dog hairs, but we didn't care, we still ate them! He had quite a few fruit trees in his garden - apples, plums and pears, and we used to help ourselves. That's how it was - no-one worried too much and shared them out and we brought some home. We would then make our way on to Aunt Sally's for tea and of course a drop of Uncle Ted's home brew beer which was lovely, but not at all strong. After that we would make our way to Wicker Street Green and stop at Harry



Tricker brothers Gordon, Frank, Maurice and Reg in later life

and Ivy's and see Marion, their young daughter, before she was put to bed. Finally we made our way home, dog tired and straight to bed, as that was quite a walk.

I just remember Sundays being a special day. Everyone wore their Sunday best. No work was done, apart from Mum and Dad getting us all Sunday dinner. Mum always went to morning service at St Mary's Church as did four of us brothers as we were all in the choir. We used to come out from the vestry wearing the white robes that Mum used to keep washed and gleaming white. What we must have sounded like I don't know, when we came out we must have sounded like a regiment of soldiers, because all us boys wore hobnail boots. We could be a bit naughty at Thursday choir practice. The Reverend Thomas Rice was known as 'Ticker' because he timed the hymns and psalms precisely. My brother Lol worked the organ bellows. We spent much of our free time in the countryside and played football and cricket in the middle of Swan Street in those days!

After the service we would go home and have a nice Sunday dinner. Later we would go for walks. We might go up Hockley Hill Lane via the allotments and stop and have a chat to people. We might walk on to Whitestreet Green to the pub called The Bakers Arms. Sometimes Dad would have a pint, but he wasn't really a drinker. We might be lucky to get a quick swig out of his mug, but no drinks for us!

It was round about that time there were a couple of terrible tragedies in the village, the mid 1930s I guess. Little Barbara Bowers lived in the cottage next to the bridge as you go up to the Old Mill (the Surgery today). She was riding her three wheeler bike and got too near the edge of the Mill Pool and fell in and drowned. She was the only child of Mr and Mrs Teddy Bowers. Teddy had an old bus which he called *Forget Me Not* and it stank of fumes and petrol. I always felt sick the few times I rode on it.

The second tragedy was the little boy Skinner. I think he was hardly 2 years old. He was tragically run over by one of his Dad's lorries as they were shunting about in the yard at Ashley House which is at the bottom of Swan Street. The Skinner family all lived there and they kept the lorries there to go out to Ipswich and other places. They were another very well-known and respected Boxford family.

I remember those old steam-hauled ploughs coming through very late at night. You could hear these old traction engines miles off. They would be pulling a set of ploughs, or one would be and the other one would be pulling the hut which was on iron wheels. It had a chimney and a stove for cooking. There was a gang of, I think, four men who operated it all. Two of them drove the traction engines

and when they came to ploughing the fields, one steered the gang of ploughs and the other looked after everything including the meals. They would go from farm to farm as required, ploughing the land. It was much quicker than a single furrow plough pulled by a couple of horses. Of course with a single furrow plough they would be lucky if they ploughed an acre a day.

Gypsy travellers would regularly come through the village and they would stop in the lanes or wherever they could and set up camps. They were lovely as were their old horses and Romany caravans. They would light fires with a tripod with an old dixey hanging underneath and cook whatever they could get; rabbits or the like I expect. Then they would make wooden pegs for the linen line and the men and women would make artificial flowers out of bits they got from the hedgerows. They would paint the flowers and they looked really good. Of course the ladies would then come round the doors selling their pegs, artificial flowers and lace. The men would have a grinder on the front of their bikes and they would set the bicycles up on a stand and pedal away and sharpen your knives, scissors, and shears.

I also remember in the early 1930s the Hurdy Gurdy Man coming. He would be pulling this musical barrel organ on wheels and he would stop outside the houses and he would then start the old barrel organ by turning the handle that operated the musical drum and this lovely sound came out. He also had a little monkey that used to dance and come round with a cap to collect the few pence from the people that watched.



Ben Godden on tricycle, Tornado Smith and Gillian Harris outside Peachey's bakery in 1936

In the 1930s I remember going to see Tornado's lion with my brother Gordy at the rear of the White Hart. His mate Basil Smith, Tornado's younger brother, took us round to see it. As far I can remember, all it had in front of the cage doorway was an old metal bedstead. I know that some of the boys would tease the lion which of course was a dangerous thing to do. Apparently it caught its leg or paw in the ironwork and had to be put to sleep poor old thing.

It was about this time in the mid 1930s that the mains water supply was laid on in the village. They built a big water tower at the top of Cox Hill along with a pumping station. They put standpipes in different places in the village and people then took their buckets to the standpipes, turned on the tap and got instant water, whereas before it had to be drawn from a well by a bucket. Some people were lucky enough previously to have a well pump that you operated with a long handle. Others got their water from running springs and I know that people along Brook Hall (Cox Hill) got their water from the brook that runs under the road there. It must have been a godsend for people to have fresh running water.

I also remember the Wall's ice cream man. He used to cycle his three-wheeled trade bike with ice boxes on the front with a sign saying 'Stop Me and Buy One'. I think he stayed at The Fleece hotel during the summer months, but can't be sure. I remember that ice lollies were a penny (1d) and ice cream wafers were tuppence (2d) – just less than today's 1p.

In 1935 we had a carnival in Boxford to celebrate King George V's Silver Jubilee. Most of the school children dressed up of course, and I remember Gladdie Rice sat in the back of Rule's old coal lorry dressed as Britannia. Myself and Rosie Munson were dressed as Micky and Minnie Mouse. There was a band playing at the front of the procession which was mainly made up of people from the village. I remember Reg Fletcher playing the big drum and Mr Hamlin playing the flute or whistle and lots of others. It was a wet day, but lucky for us Sir William Brunyate, who lived in the Old Grammar School House on School Hill, sent his chauffeur, George Whymark, up in his big Daimler car to pick all of us children up and take us down to the school where the parade began. Talking about Sir William I think it was him who paid for the Jubilee seat to be erected at the cemetery gates, where is still stands today.



George Whymark chauffeur to Sir William Brunyate

It was about this time that the cavalry came, from Colchester I expect, on manoeuvres in the area. I remember the men on horses stopping in Broad Street. I think to get water from the river for the horses. I believe they camped out on Castlings Heath in Groton. I remember hearing the bugle calls and that was lovely to see.

By this time some of my brothers were working. Harry was a butcher working for Mr Newman in Swan Street. Frank was a bricklayer helping to build Langham Water Works. Bob was a horseman for Charlie Raynham at Brick House Farm (now called River Hall) in Ellis Street. Vernon was a baker for Alf Peachey. The bake house was right opposite the White Hart and is now called The Old Bakery.

Roger Loose

Part 2 of Reg's Tricker's account of growing up in Boxford post 1935 will be published in the April issue of the BRN.



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BRIAN TORA'S SOAP BOX

As I started writing this, the sky was blue, the rain had ceased and frosts looked like becoming a distant memory. Long may it last was my immediate reaction, but I knew this foretaste of spring was unlikely to persist for too long. Nor should I expect this more pleasant weather to become a regular feature in the future, though there is increasing evidence that temperatures around the world are rising. We know this could be dangerous for mankind. Global warming may bring some transient benefits, but the negatives surely outweigh the positives.

Weather is a natural topic of conversation that brings we Brits together whenever we have the chance to exchange views over a cup of tea, a pint of beer or a glass of wine. And the weather does seem to be changing quite dramatically. Whatever the cause, our weather is becoming less reliable. Aside from the reported increase in the average temperatures we experience, rainfall has become less predictable and flood warnings are becoming commonplace.

Driving around locally I have been unpleasantly surprised by the number of times I have come across puddles that cover the entire road and require a degree of judgment on whether to proceed on my chosen route. So far I have been lucky, but often it has been difficult to gauge just how deep the water is. Worse still, the puddle might be concealing a pothole, with all the potential for damage these can contain.

Heavy rainfall and floods are making the surface of our roads less stable, so little wonder the incidence of potholes is increasing.

I rather suspect that the pothole problem will be playing a close second to weather in terms of likely conversation topics amongst our local residents. Driving out from Little Waldingfield towards Sudbury, it has become virtually impossible to avoid the numerous potholes that exist on the B1115. A few weeks ago, yellow markings were to be seen around the worst of these, but even if they have been filled in, which is far from clear, the real problem remains. Maintaining the quality of our local roads has clearly slipped down the list of council priorities.

Sadly, this is all too easy to understand. Councils are cash strapped as a consequence of cutbacks in central government contributions to local expenditure. The origins of this period of austerity lie in the aftermath of the financial crisis of 2008, the gradual recovery from which was undermined by the pandemic. Trying to balance the books in the aftermath of these unexpected events would have tested the most creative of finance ministers, so the opposition's criticism of the government's handling of the economy is at best naïve, more likely opportunistic.

Which doesn't help the problem faced by local authorities in dealing with the many commitments which they need to address. Suffolk County Council's decision to withdraw from arts funding – a move which has thankfully been at least partly abandoned – highlighted the dilemma which they and many other councils are now facing. Discretionary spending is under threat as statutory obligations have to be met from a dwindling budget.

Dealing with such issues as flood damage and flood prevention are a further burden on our hard-pressed councils. So, as we bask in unseasonably warm temperatures, we should reflect on the additional pressure our changing weather patterns may be exerting on our environment and infrastructure. Not a happy thought, but one we should, perhaps, have at the back of our minds.

Brian Tora

Remember!

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

READERS' LETTERS

Dear Editor,

CAUSE FOR CONCERN

The Friday before Christmas, whilst walking my mini-daschund on the newly planted fruit farm (Stone Street/Wash Lane area, Boxford) two terriers appeared, hurtling towards us at speed; one a Jack Russell and the other, possibly, a Border terrier. Before I could pick my dog up, they savagely began to get their teeth into him.

The ground was very wet and in trying to kick them away I fell over and from my position on the ground all I could see were these two dogs, one at each end of my pet with the Jack Russell dragging him along by his right back leg. I got up and continued in my efforts to protect my dog as they were persistent in their attack. Only then did the owner appear and hook them up to their leads saying they didn't usually behave that way. She agreed to pay for vet treatment.

On visiting my own vet in the new year, I was told that had I picked him up, these dogs would probably have attacked me and it would not have ended well. Fortunately my dog was wearing his winter coat but even so has multiple scars to his rear and under his neck.

The owner of these dogs paid the initial bill and has refused to pay any more. During my dog's recovery she has not been in touch to enquire about his progress. So my message to all dog walkers in the area is to be on your guard: this woman allows her dogs to run amok, losing sight of them and with no knowledge of their activities. This traumatic experience leaves scars, both for the dog and its owner; be vigilant.

MC (name withheld on request)

Dear Editor,

To whoever the culprits are - any chance you could cut down on the number of energy drink, Coke Zero, Thatchers Gold etc cans and bottles you discard onto the verges around here?

If driving, just roll up next to your blue bin, lower the window and throw your empties straight in. Just as easy as lobbing them into the countryside.

Thanks,

A concerned local resident (name withheld on request)



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JACK'S HOME TRUTHS

How to choose which estate agency is best suited for you:

Entrusting the sale or letting of your home to a company that you may have previously no interaction with whatsoever is a daunting concept at the best of times. Add into the mix that you may need the chosen estate agent to oversee the process that may determine whether you secure your dream home or find a tenant in time to meet your next mortgage payment, there are plenty of perils and hurdles along the way. In this latest article, I aim to share a few tips as to what should aid in your decision making (in my humble opinion).



Choose an estate agent who sells and lets similar property to yours.

Brand identity impacts our actions from the first cup of tea we enjoy in the morning to the toothpaste we use before going to bed. Consciously or not, we select companies that we feel that we trust based on longstanding awareness, presentation, colour schemes and reputation (among many more criteria). When selecting a suitable estate agent, the leading candidate should be able to demonstrate a background of having marketed, sold or let a number of similar homes within the local area. These homes can be similar in terms of style, size, setting and/or price but should provide confidence that not only is the suitable agent more likely to have the requisite experience to quote an accurate marketing price, but will also be more likely to have a greater number of purchasers on their mailing list that will be interested in purchasing or letting.

Online reviews are very useful

Whilst there is a growing level of scepticism regarding the validity of online reviews, those using Google reviews all have to go through a multi stage process in order to actually leave a review and these are increasingly seen as a popular tool to assess the experience that others have had with a specific company. This is particularly useful in the world of estate agency when at a time of high stress and tension, the ability to navigate clients through heightened states of emotion is a hugely important skill. We are very proud of our Google reviews at David Burr with a rating of 4.8 out of a maximum 5.0 from 488 reviews. Whilst every business has room for improvement, the ongoing validation from our sellers, landlords, purchasers and tenants gives us an excellent steer on what we are doing well and what we can further improve on.

Presentation is key

Property marketing is a fast moving aspect of our industry and the days of an estate agent arriving with a camera over his shoulder are largely behind us. We have access to professional photographers, videographers, drones, elevated mast photography and interactive floorplans. In a competitive marketplace with lots of other property to compete with, ensure that your chosen estate agency has the capacity to make you stand out from the crowd.

Confidence in pricing

Most of us have an ingrained bias towards our own property being worth somewhat more than often ends up being the case (although some of us have been out of the marketplace for so long that we dramatically underestimate value). For those with a more ambitious mindset, this makes perfect sense in that they were the ones that saw what was attractive about it in the first instance, however this sadly does not always mean that everyone else looking within the market at any given time will draw the same conclusion. Most estate

agents are very capable at nodding along with what a client's original expectations are, the best estate agents have sufficient evidence and the ability to present what may or may not be difficult for a client to hear, but ultimately is the best advice.

If all else fails

My most memorable reason for being selected as the estate agent for the job was being the only one of three that offered to take my shoes off upon arrival. This has long stuck with me in that it is often the smaller gestures that are the ones that go the furthest in creating a positive first impression. Whilst the role of an estate agent is principally to secure the best price, purchaser or tenant possible, if you can get on with them along the way then it certainly helps!

Jack Thornley

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

EBONY'S DIARY

In order to have a range of ponies suitable for Riding for the Disabled activities we have them on trial before they are included in the regular team. Our latest recruit is Cloud (pictured), who has passed all the various assessments designed



to establish whether he is a suitable pony for the important work we do. He has settled well and is a lovely boy with a great temperament and seems to enjoy his role at the RDA. He is a coloured cob, mostly grey, is 10 years old and stands 13.2 hands



high. Now that he's part of our team he is also available to be part of the Shelley sponsor-a-pony scheme.

If you'd like to sponsor Cloud, and provide much-needed funds towards keeping him fit and healthy, please call Auntie Di, who runs the scheme, on 07752 415153 and she will send you a Sponsor-a-Pony form. A minimum donation of £25 is requested and in return you will get a small booklet with a picture of Cloud and his story. Whatever name you choose will go up outside his stable and be proudly displayed for the following 12 months. For other ponies available to sponsor, please see our website.

Sadly, many of our riders have life-limiting illnesses and disabilities and recently we said goodbye to Callum Wormbwell, who passed away in his sleep. He had been riding at Shelley for many years, having initially come along with the Bridge School, and loved the experience. He was a wonderful person to see on the yard as he was always smiling and went to huge efforts to greet everyone at the centre even if they weren't working with him that day. Though non-verbal and facing enormous physical challenges he overcame these to walk up the ramp and mount his trusty April who was eternally gentle and patient with him. He would proceed to make all the volunteers who helped him giggle and join in with his pleasure as he rode around the arena taking part in the games. He could never wait to get on and start the session though he was always a little more reluctant to ride Ebony preferring to be outside and on a real horse. His final journey in a horse-drawn hearse would have made him smile. His infectious laughter and zest for life will be sadly missed.

The Shelley Centre for Therapeutic Riding, Shelley, IP7 5QY
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THE GLOW PRO



Navigating skincare can feel like wandering through a maze of choices, jargon, and sometimes, outright myths! But the most effective routines aren't flashy, they're simply practical and can offer moments of relaxation – something we all crave at times.

So, make a cuppa and get comfortable, as in this article I'll be debunking some common skincare myths.

Myth 1: You should exfoliate every day

Exfoliation removes dead skin cells, stimulates cell turnover, and brightens complexions. However, as with many good things, moderation is key. Over-exfoliation can deprive the skin of its natural oils, leading to redness, irritation, and sensitivity – not the glowy outcome we're aiming for!

Instead, focus on exfoliating a few times per week and choose products that are suitable for your skin type.



Myth 2: Oily skin doesn't need moisturising

Although moisturising oily or combination skin might seem counterintuitive, these skin types need hydration too.

That's because when your skin is dehydrated, it may overproduce oil to compensate. However, keeping your skin moisturised can help to regulate oil production.

To maintain a balanced complexion without clogging your pores, choose lightweight, oil-free formulas.



Myth 3: You can't get sunburnt on cloudy days



If you've read my articles for a while, this myth probably won't be new news.

Those UV rays? They're capable of penetrating through even the thickest of clouds, causing damage to the skin if we don't protect it.

So, let's get the record straight: wearing SPF30+ is not just a summertime ritual, it should be part of your daily routine – no ifs, no buts.



Myth 4: More products = better results

Overloading your skin with layers of products doesn't just overwhelm it; it can also worsen existing concerns.

Choosing quality over quantity is necessary for achieving great skin. To do this, simplify your routine, keep it manageable, and stick to it – let the results speak for themselves.

Myth 5: Washing your face frequently prevents breakouts

Cleansing is your skin's daily detox session, removing excess oil, makeup, and other impurities.

With that being said, too much scrubbing can exacerbate issues such as sensitivity and acne, instead of giving you that fresh-faced feeling.

Gently clean your skin, but avoid stripping it!



Myth 6: Hot water cleanses your face more effectively



Whilst hot water feels soothing, it's not the best idea for your face. This is especially true if you have dry skin, as hot water can zap away moisture, leaving it feeling a little parched.

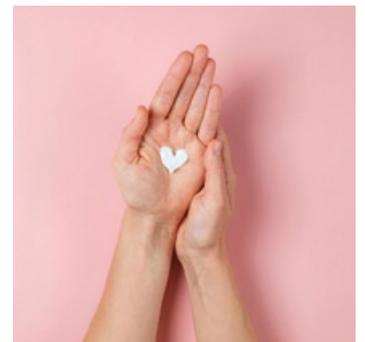
Aim to use lukewarm water, which works harmoniously with your cleanser to banish bacteria.

Myth 7: Good skincare should provide instant results

Many of us have become accustomed to a world of instant gratification, but it's important to remember that skincare isn't a magic wand.

You have to trust and commit to the process, as there won't be any overnight miracles.

However, as they always say, good things come to those who wait!



Helena x

office@suffolkmedicalclinic.co.uk
01787 211 000

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FRENCH'S CARE HAVEN

Hello to our readers, I hope as always you have all been keeping well. Our speed dating evening for 40s to late 60s went well, we did lack men and had lots of ladies, but it was still a success, hopefully our next singles night will draw more gentlemen in. From our feedback, those who came had a good evening and are looking forward to our next singles night. There was lots of chatting and laughter which is so nice to see and we had 10 matches from the group. Thank you to Stoke by Nayland Resort for letting us have a room by the bar and I must thank BBC Radio Suffolk for putting me on air asking for men to come along! The radio station asked me back on air the day after to find out how we got on, as they were intrigued to know, so that was good.

Keep an eye out for our next date and please do not be nervous, there is no pressure on the night, only the chance to meet new people who are single like yourself and have an enjoyable evening out.

On 30th March we are holding an Easter Egg Hunt at our farm, which should be fun for those with children. Start time will be 10:30am ending at 12:30pm with a donation of £5 per child, there will be refreshments and cakes for sale on the day.



One of our photos this month is of Ethel being hugged by Chloe, one of our helpers. Ethel has been with us for 10 years now and is heading towards 30 years old. Ethel is like many of our animals, such a sweet girl who loves a cuddle and groom. The other photo is of me and our therapy dog Lucy standing with the Essex university V-Team, who have been coming one day a week now for over 8 years. It started when we were at our farm in Hadleigh. It is good

to see such a diverse group of people each week volunteering. It is so funny because even though I tell them "you are coming to a farm, so please dress and have footwear for heavy mud and rain", they come in white trainers and some without a coat. Thank goodness we have loads of wellies and boots on standby.



On 26th February Boxford Primary school have said they will do a last day before half term dress down day to raise some money for us, which we really appreciate. In next month's edition I will let you know how that went.

Contact me if you would like any information about becoming part of our small team and helping care for our lovely horses and donkeys. Plus all donations are welcome with open arms and much gratitude.

French's is a charity on your doorstep, can you help, either with time, donations, or sponsorship? You are welcome to come along and meet our animals. Call me for an appointment. Jann on: 07747 755 556 or email: jann.turner@hotmail.co.uk

Website: www.frenchscarehaven.org.uk

HADLEIGH & BOXFORD PPG

Marathon Team: Dr Croot, Dr Dickinson, Kate Brett and Laura Pearson continue their strenuous training programme so that they can cope with the rigours of the 2024 London Marathon. To ensure a place with all the thousands of other participants, they first have to raise a considerable amount of money for their chosen charities; Hospice UK and Crohn's and Colitis UK. Why not give them your support via www.justgiving.com/team/teamhadleigh



Keep or Cancel: If you have to cancel an appointment, help the practice and reduce your own stress level by using option 5. There is no need to listen to all the other options. Once you are connected press 5. Hopefully, this will reduce the high number of 'no shows' and callers' frustration.

Queries: If you have a query and do not need to book an appointment please call after 10am.

Non-Urgent Appointments: No need to sit in the telephone queue if your appointment is not urgent. Use Econsult which is available 24/7. Requests will be dealt with promptly. This will also free up the line for more pressing appointment needs.

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.

Pharmacy First: Are you aware that you will be able to get treatment for seven common conditions at your local pharmacy without the need for a GP appointment?

Highly trained pharmacists will be able to assess and treat patients for sinusitis, sore throat, earache, infected insect bite, impetigo, shingles, and uncomplicated urinary tract infections in women (under the age of 65). It is hoped this will free up GP appointments for more serious health issues.



Repeat Prescriptions: Please allow 3 working days for these to be processed.

Green Matters: This month, Paul Hodgkin, from HEAT will be speaking to the PPG about Net Zero Carbon Footprint and how the Practice and the PPG can do their part in its reduction.



Easter Eggs: Yet another month when chocolate has a high profile, this time in the form of Easter eggs. Apparently there are some health benefits from consuming small amounts of dark chocolate with a high percentage of cocoa. Choose wisely before you indulge or opt for a healthy alternative, a boiled egg. Happy Easter.

PPG: Chair Jan Devey 01473 827091

PPG Email: deveys@btinternet.com

Both Practices: 01473 822 961

Out of Hours: 111

Cancel Appointment: 01473 822 961 option 5

Website: 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

'Net Zero' NHS: <https://bit.ly/nhs-net-zero>



Elaine Carpenter

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

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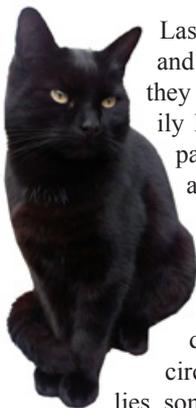
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OLLIE'S NEWS FROM SESAW



Last month's Great Garden Birdwatch found Sparrows and Blue Tits ranked high in Suffolk and Essex, as they did in the SESAW garden. Since being temporarily housebound after a thyroid op, I've grown quite partial to ornithology. Gazing through a window in a cosy room on a winter's day has a certain appeal for a middle-aged moggie but don't tell Kenneth, I'd never live it down.

An unprecedented number of rescue cats arrived for rehoming last year. Some were abandoned, some made homeless through their owners' circumstances, many were mothers with young families, some in-kitten with a second litter. We have wonderful volunteers who care for the animals but, like most charities, we struggle to find enough helpers.

Currently, we particularly need reliable, conscientious adults to look after the cats on Saturdays. We often have youngsters for a while at weekends until academic commitments draw them away. 'Grown ups' who work during the week want time with their families at weekends and so we fall between two stools. We just need a few good people who could spare a Saturday (or Sunday morning) to feed, clean out and socialise our felines awaiting new homes. If you could help, please email sesawken@gmail.com or phone **07881 785535** for more information.



Jenny caring for a cat

I must go now as there is activity around the nest box, suggesting months of entertainment ahead for me, *Ollie (the Black) Cat*.

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GOLFERS GIFT TO CHARITY

Every year the members of Stoke by Nayland Golf Club hold a competition where the proceeds are sent to Ferriers Barn based in Bures.

Last year's Men's Captain, Glen Jackson, visited the centre and presented them with a cheque for £275.

Glen said: "Ferriers Barn is a small local charity based in Bures. It is a day centre for adults with disabilities. It provides a great day out for all its members and also respite for the families and carers. Their service provides an essential service in a rural area and as a registered charity they receive no government funding. They rely on grants and donations like ours to continue to provide the service they do, so this is just a small way of us being able to help".



A GREAT DEBUT SEASON IN CYCLOCROSS FOR DENNY

It has been a great debut season in cyclocross for young Denny Williams (8) who finished 6th in U10 category of the Eastern Cyclocross League 2023/24 season and also finished 6th in the Eastern Regional Championship!



After hearing about Hadleigh Cycling Club and their junior programme, Denny's dad James took him to one of the weekly coaching sessions last July to have a try out and Denny definitely caught the cycling bug! Denny attended every coaching session at both Hadleigh Community Primary School and Colchester Sports Park, benefitted from training with many other young riders in the region and made significant progress throughout the Summer. Denny really impressed the coaches with his attitude to learning and training. He truly listens (which is very rare for an 8 year old) and takes on board the feedback. Denny's competitiveness was clear in the way he raced and dominated the Hadleigh CC Summer Mini Race League. The pre-season cyclocross races hosted by Colchester Rovers CC at Hilly Fields back in late August were the ones that drove Denny to commit to a full season of cyclocross in the Eastern Cyclocross League.



The Eastern Cyclocross League had 13 races for the 2023/24 season and Denny did not miss a single race. Despite being up against many well-established riders, Denny soon found himself on the front row of the grid after his consistent top 10 finishes. Denny claimed his first podium at Diss CC Supercross and again at West Stow Cross. Given cyclocross is a winter discipline, riders often have to contend with freezing cold, wet and muddy riding conditions and Denny has definitely shown true grit in how he has coped in his debut season. He is now considering his debut road/crit season so we look forward to hearing about his adventures in the coming months.

If you're a Boxford resident, you're likely to see Denny and James riding regularly on the local roads and fields, getting their training in! Feel free to say hi and give them a wave if you see them.

Hadleigh Cycling Club will be running their flagship Go-Ride Race Day again during the Easter break, welcoming young riders for a full day of coaching and racing, getting a taste of what the club offers as well as the opportunity to meet Denny and the rest of the team. The Junior Club (weekly coaching sessions) will resume on Tuesday 16th April at Hadleigh Community Primary School. Please follow Hadleigh CC on social media if you would like to find out more about the club and what's happening in the world of cycling. (Facebook – Hadleigh Cycling Club, Instagram – @hadleighcc)

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EDWARDSTONE & BOXFORD CC

2024 Net Sessions start and welcome new players

Our net sessions have now started and we would really like to invite possible new players to come along and have a go.

Players can be either those who are young and new to the game or those who have more experience but may not have played for a few years. We



have recently welcomed players who have come along to the first net session who are new to the club. We still need more of you!!

If you would like to get some practice in, we are running nets sessions in February, March and April, details can be found on our website

You can get any info 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

FEEDBACK FROM JAMES FINCH

County Councillor for the Stour Valley

Council to ensure Sizewell C delivers for Suffolk as construction begin

Sizewell C today (15th January 2024) triggered its Development Consent Order, meaning that work can begin to build the new 3.2GW nuclear power station on the Suffolk coast. Suffolk County Council played a key role to get significant improvements made to the plans during the project's examination by the Planning Inspectorate.

As a result, Suffolk will now see around £250 million made available to its communities, by way of mitigating the impact on residents, businesses, the environment, and infrastructure.

The council was also influential in ensuring that a far greater quantity of construction materials will be delivered by rail and sea, reducing the number of lorries on the county's rural roads.

"We are looking forward to making the most of the economic opportunities for Suffolk which will come from this project, in particular our role coordinating skills and education to create opportunities locally. We have always put on record our support for guaranteeing the nation's energy security, and a future of low carbon energy."

During the construction of Sizewell C, Suffolk County Council will have a number of responsibilities, including:

- Discharge requirements (equivalent to planning conditions) to maintain control over highways, archaeology and flooding
- An important role in project governance over the construction period, in particular chairing the Transport Review Group
- Administering a significant proportion of funding negotiated during the examination and secured through the Deed of Obligation

The Deed of Obligation is a legal agreement between Sizewell C, Suffolk County Council and East Suffolk Council for the scheme to limit its impact on local communities during construction.

More information about Suffolk County Council's role in Sizewell C can be found on its website.

Suffolk local area partnership commits to urgent improvements to SEND services and apologises to families

The partnership responsible for overseeing and delivering services for children and young people with Special Educational Needs and Disabilities (SEND) in Suffolk have apologised to families and commits to urgent action to strengthen and accelerate improvement plans following an inspection by Ofsted and the Care Quality Commission.

- Ofsted and CQC Inspection Report finds significant concerns with SEND services
- The Local Area Partnership promise urgent action to accelerate and strengthen improvement plans
- Senior leaders offer joint apology to Suffolk families

The inspection, which took place in November, highlighted that *'there are widespread and/or systemic failings leading to significant concerns'* about the experiences and outcomes of children and young people with SEND. The report can be read <https://reports.ofsted.gov.uk/provider/44/80565>

The local area partnership which delivers SEND services is made up of Suffolk County Council, the NHS Suffolk and North East Essex Integrated Care Board (ICB) and NHS Norfolk and Waveney ICB.

The inspection report, published January 30th, identifies two priority actions as follows:

1. The partnership should work more collaboratively and effectively to improve strategic planning. This needs to deliver systems with measurable impact that will create better experiences and

outcomes for children and young people with SEND.

2. Leaders should cooperate to take urgent action to improve the timeliness and quality of the statutory Education Health Care plan process, Education Health Care plan needs assessments and Education Health Care plans and annual reviews. This should ensure that plans meaningfully capture the views and aspirations of children and young people with SEND and their families, so that they get the right support at the right time.

The local area partnership is now implementing a number of urgent actions.

A These include the proposed investment of £4.4 million into SEND services next year by Suffolk County Council (subject to Full Council agreement on February 15), and

B the establishment of a Suffolk SEND Improvement Board, which will be chaired by an Independent Chair, to oversee the improvement plan and actions needed.

C A new SEND Strategy is also in the process of being co-produced with parents and carers to set the strategic direction.

Council to propose new funding for arts & heritage in Suffolk

Suffolk County Council is today (26th January) announcing its intention to create a new funding pot open to all arts and heritage organisations in the county.

- Core funding for nine arts and heritage organisations still to cease after 2024/25
- New £500,000 funding pot proposed from 2025/26, open to all arts and heritage organisations in Suffolk
- Proposal to be tabled at Cabinet meeting on 30 January

Following this week's announcement from government that £600 million of further funding will be available to local councils, the council intends to propose a new £500,000 project fund to which all Suffolk's arts and heritage organisations can apply.

However, this does not alter the difficult financial decisions the council is having to make so that it can prioritise spending on services like SEND, home to school transport and children in care. An extra £74 million is still needed over the next two years to protect the county's most vulnerable adults and children.

Proposals to end the core funding of £528,000 of nine arts and heritage organisations after the 2024/25 financial year, are still in place. This funding will be replaced with the new £500,000 project funding pot, open to all arts and heritage organisations, from April 2025.

One Network provides live "up-to-date" activity on the Highway

This is a quick reminder about the website 'one.network'. It is a free-to-view website, with large-ranging sources of roadworks and traffic disruption information in the UK.

The one.network map enables highway authorities to communicate authoritative up-to-date information about roadworks, events and other activities on the highway. Users can register for email alerts about upcoming roadworks affecting their area. This is particularly useful for informing residents on future works.

May I also request that if you do see some defects on the highway that you report it on the user friendly Highway Reporting tool - Weblink. <https://highwaysreporting.suffolk.gov.uk>

Virtual Fostering and Adoption Sessions for the Stour Valley

A Foster Carer Recruitment Event is held the 1st Wednesday of every month, and an Adoption Event is on the 1st Thursday all 7pm in your home. To book a place email: Claire.Gwatkin@suffolk.gov.uk

James Finch

james.finch@suffolk.gov.uk

Tel: 01206 263649

Mobile: 07545 423796

FEEDBACK FROM BRYN HURREN

Babergh District Councillor for Box Vale Ward

We are, I am sure, all hoping for some nice spring weather soon and an end to all the storms, gales, torrential rains and floods that the very noticeable changes in our climate are bringing. We will also have to make serious changes to the way we live and where we travel, also to the way we farm and what we grow and eat and to the sort of future the next generation will have. The first serious changes are here now and the progression in extremes of weather patterns will worsen as time goes by to the worry and detriment of all.

It is also very likely at some time this year we will have a national election across all of the UK to decide which and what sort of government will take us forward or in another direction for the next five years. I would first beg everyone across this district and throughout the whole UK to register to vote and under the new recently enacted laws to have ID to do so. It is quite shocking that the people we might want most to cast their vote to enact fairness and change for the future will find it hardest to cast their vote and may be prevented from doing so. I will make sure that the new rules to enable all to vote will be well publicised and circulated. It has to be right that all who have lived through the past dozen years should have the opportunity to pass judgment on the politicians who through a waning responsibility and sometimes outright dishonesty and those appointed by them such as shareholders to run them on our behalf who have been responsible for the increasing decrease in public services and the steep decline in our prospects for the future.

It cannot be good for a nation also that others have profited so massively from hardships inflicted upon the vast majority of ordinary folk just trying to exist and get by.

Local government such as Babergh & Mid Suffolk District Councils are also suffering from lack of funding to keep all services running and although we are comparatively well run and not tied down by political dogma and claptrap, we are up against the wire now and struggling to fix a fair and balanced budget. We are likely to have to draw from dwindling reserves to make ends meet as after weeks of anguish and agonising with the sums, we know that our electorate will suffer if we cut anything that we do.

Local government is still of vital importance and relied upon by all to do the important stuff right at the coalface, which is what is valued the most because it is accessible to the people and families most in need. Local government, staff and its councillors do things for its people, unlike current national government who do things to its people and take away what they already have.

The village of Boxford is, as I write this, having its annual spring clean. This will be carried out by the council's own public realm team, with local volunteers chipping in with self help wherever they can. The first and continuing phase will be hand cleaning and sweeping the road edges, ready for our mechanical sweeper to come into action and sweep all the highways as cleanly as can be achieved. The problem here is that we have lots of street-parked cars which hamper the access by the mechanical sweeper getting to the street edge and pavements, however volunteers will do their best to politely request cars be moved to other spots to allow teams access for the clean-up. I will also be organising a village litter pick on the weekend before Easter, which is 23rd/24th March. If anybody can manage a few hours across that weekend, either with others as part of a team or on their own to help get the job done, I and the village will be very grateful for anyone's help, great or small.

I will be personally organizing a litter pick along the A1071 from end of Calais St to A134 junction on Sunday 24th March, this is the only possible day to do this job, due to heavy traffic. Please anyone

willing to help with that, contact myself and I will organise teams coming from each direction to meet towards the middle. I will also organise picking tools, litter bags and florescent jackets and team allocations as it is best not to do it alone - safety in numbers here. Early start for that one, 9am before the traffic builds up - sorry!

We are coming up to the annual spring parish meetings throughout all my six parishes that make up the Box Vale District Ward. They will be well published in these pages and are open to all parishioners young and old. If anyone has an idea to improve, enhance or see something that is just plain wrong then come and plead, praise or moan gently to effect change. We are so lucky to live where we do but everything can be made better if we talk about it and work together. If it is something private, then please have a quiet word with me and I will do what I can to help.

Hopefully when I write next month's report, we may know the outcome of the Sand Hill planning appeal. We certainly hope for a positive outcome that represents the views of 95% of the village and can then build upon that to provide homes and infrastructure for all the inhabitants of the village and those of the next generation to follow.

Please take care everyone, our journey is going to be a rough and tough one into the future but we do at least still have the democratic power of the ballot box to enact change for ourselves.

All the best wishes for the upcoming spring, and please grab me if you need me (nicely please).

Bryn

bryn.hurren@babergh.gov.uk

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PARISH COUNCIL UPDATES

NEWTON GREEN

Summary of Council Meeting 14th February 2024

24/027 Newton Footpaths - There was no further update on the creation of any new footpaths. Cllr Taylor was asked to prioritise the engagement with the landowner, as once again the village survey has highlighted this item as being important to residents.

24/028 Allotments - The councillors reviewed the correspondence from BWB and resolved that Cllrs Schwenk and Everett sign the transfer documentation on the council's behalf, with the Clerk witnessing their signatures. It is hoped that the transfer will be completed in March.

24/029 Parish Survey - The councillors reviewed the draft analysis of the village survey responses. Of the 240+ surveys delivered, 75 responses from approximately 73 dwellings were received, similar to the survey in February 2023.

The priorities were as follows:

Rank	Project Name	Priority		
		1	2	3
1	Traffic calming measures through Newton (NNP)	39	21	1
2	Zebra crossing on A134 in Newton (NNP)	24	22	11
3	Develop more circular footpaths within parish boundary (NNP)	3	17	21
4	Maintain and protect the diversity of species across local green space (NNP)	2	2	19
5	Superfast broadband in the village hall (NNP)	4	6	5
6	New car park for village hall	3	1	4
7	Little Green track repairs	0	1	3

24/030 Walk of the Parish - Cllr Evers raised her progress in getting users of the recreation ground to pick up dog litter.

Cllr Sherwood circulated SCC's Expression of Interest for the Plug in Suffolk scheme. As the application form requires the location where the EV charger could be installed, it was agreed that the Trust and village hall representatives would raise the idea with these landowners in the first instance.

24/011 Parish Survey - The councillors reviewed the draft survey to be given to all Newton households and agreed on its content. The councillors will deliver the surveys to each household with the consultation running from the 20th January to the 4th February 2024.

24/031 Replacement Litter Bins - The councillors agreed that following the installation of the new bus shelter, the litter bins at both of the shelters on the green need replacing. As there were sufficient funds in the bus shelter replacement project, they resolved to purchase two dark green Topsy Royle litter bins, which will cost £460 + VAT.

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

Dave Crimmin PSLCC

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

BOXFORD

Summary of Council Meeting 23rd January 2024

Precept Setting - The parish council set next financial year's Precept at £64,817 which was recommended from the full council brainstorming session on 12th January. The finance committee met in November to start work on the budget. In addition to the precept setting, a new accounting system, domain & emails and 10% uplift in Burial fees were agreed. The usual standing orders and policies were reviewed and adopted.

Resignation - The PC was sorry to hear of the resignation of Cllr Louise Carpenter, however, she will remain active in the Natural Boxford Group which reports to the parish council under our regular environmental & ecology item. This resignation leaves 2 vacancies on the parish council.

Public Forum - Residents asked for progress from Babergh Planning re the structures in and near Wash Lane. It was agreed to chase the Chief Planning Officer for a reply. The PC was thanked for organising gully clearance to the bottom of the Croft which has fixed the problem of a large puddle. Verge damage caused by parking in Ash Street/Fen Street was reported. The Chair will meet the management of the care home in Brook Hall Rd to help resolve the parking issue there. Cllr Watts will follow up complaints of cigarette butts outside The Fleece.

District Council Report: District Cllr Bryn Hurren attended and reported on the predicted deficit of £1.4M. Car parking charges are back on the agenda as well as making Babergh & Mid Suffolk one sovereign council. Considering the Post Office scandal, he urged people to support their local post office. The net gain of affordable housing last year was 119 homes. A call for sites will run until spring for future housing land. The appeal against refusal of the 64 homes on Sand Hill will be the first test of the adopted part of the Joint Local Plan. The full sweeping is scheduled for half term on 19th February. Cllr Hurren provided leaflets, asking people not to park on the roads which are to be swept on that day. The PC will arrange to distribute them. He is adding pressure to resolve the condition of Wash Lane and Butchers Lane. Wash Lane may have to be closed to cyclists in view of its poor condition. He drew attention to the excellent work being done by the Babergh Environmental Health Team. He has also carried out a survey of the benches in the churchyard and outside the flats in Ash Street. One needs to be moved and repaired.

County Council Report: County Cllr J Finch attended, and his report issued in advance was as printed in last month's issue of the BRN. He also noted various events are taking place in relation to our Ukrainian guests around the second anniversary of the conflict starting. The Chair reported on a meeting with SCC re buses in Boxford. The service is secured for the short term and talks continue for the long term. Following his report, Cllr Finch was asked about the new road repair contractor and the observation that pot-holes are left unfilled even when others are filled in the vicinity.

Cemetery - Cllr Warren reported that work previously commissioned to the trees had started. The large tree by Rectory Gardens has been removed and work on the oak tree by the village hall was due to be carried out on the week of the meeting. Logs will be stacked so that local people can collect them. It was agreed to go ahead with new fencing and a rack for watering cans. Some urgent surfacing work was being undertaken near the cemetery entrance. Work to the churchyard path was being investigated. Cllr Phillips reported that he has made a start on cutting back the brambles in the churchyard. Biodiversity advisors had suggested cutting these back in several stages. The first stage of cutting has revealed 4 graves which could not previously be seen.

Environmental & Ecology - Cllr Munson reported on the first meeting of the village group, led by L. Carpenter. The group has

adopted the name 'Natural Boxford'. Attendees showed much enthusiasm and are willing to help with planting, maintaining flower beds, citizen science projects, etc. Cllr Munson had also discussed monitoring water wildlife with village resident Adrian Chalkley, who is an expert on the subject. The group will work with the Hadleigh environmental group on monitoring water in the River Box. The intention is to draw up a schedule of projects and aspirations for various areas in the village, along with annual maintenance requirements so that in future these can be considered in the budget.

The next meeting of the Wildfire and Emergency Resilience Planning group was scheduled.

On-going matters - The village street lights have been surveyed and Cllr Couling reported most were in good condition. The lights owned by SCC on the buildings in Swan Street needed attention. A new parish light was being considered for the corner of Cox Hill/Brook Hall Road. The hedge on the corner of Sherbourne Street has not been trimmed for a long time and is encroaching on the footpath. Cllr Hurren will investigate. The potential car park in Stone Street Rd formed a policy in the Neighbourhood Plan. However, it is not clear whether the site near the school is suitable, given its position within the flood plain. It was agreed to commission a feasibility study. The Chair reported that the listed building application for work at the Old Gaol had been submitted. The permissive path between Cox Hill and Fen St is in poor condition following the recent rains, part of the bank having collapsed, leaving holes in the side of the footpath. Cllr Hurren will investigate whether there is an agreement in place with the owner. In the meantime, Cllr Wortley will report on the SCC website.

Sub Committee's as follows:

Environmental & Ecology: Cllrs Munson & Wortley

Public Realms: Cllrs Parr (PC Chair), Warren & Watts

Planning: Cllrs Phillips, Watts & Wortley

Cemetery: Cllrs Warren & Phillips

Finance: Cllrs Parr, Phillips, Warren & the Responsible Finance Officer (Clerk)

All decisions continue to be made by full Council at Parish Council Meetings held in public.

Planning - The full Planning details can be seen in the full minutes on the parish council website

Date of next meeting: 27th February 2024

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

Debbie Hattrell

01376 425744 / pc@boxford.suffolk.gov.uk

LITTLE WALDINGFIELD

Summary of Council Meeting 30th January 2024

DCC Reports: BDC Cllr Clover updated members on latest developments regarding Babergh Cabinet's proposal to introduce car park charges; his full report is included in Annex A to the published minutes on the Council website. A query was raised over the contention that congestion and air quality were not issues in the town centres. Cllr Clover explained that there was no evidence that the introduction of car parking charges would reduce congestion or air pollution levels.

BDC Cllr Maybury reported that SCC had produced a new leaflet explaining what assistance people can apply for help with the current cost of living crisis. It was agreed to publicise the leaflet on the PC website and notice board.

Annual Parish Meeting: Members approved the draft agenda for the Annual Parish Meeting and the date was set for Thursday 2

May 2024 at 7pm in the playing field pavilion. The agreed agenda is at Annex C to the minutes.

Highways & Footpaths: a) Footpath Working Group Update: The parish footpath network has shrunk over the years due to declining use. Landowners typically applying to the local highways authority to close footpaths permanently. The FPG was formed to see if a better local network could be created as well as overseeing the maintenance of the existing network. To the north of the village road, the network could be described as 'out and back' with no circular routes. These originally evolved to connect locals to Lavenham. To the south of the village road the paths are more user-friendly in providing circular walks. The FPG are looking to create a connection between the footpath at the back of the playing field with that crossing Park Farm, following the north side of the brook. This would require the cooperation of the relevant landowners to create a permissive right of way between the two.

b) SCC & DCC Locality Budget support for Speed reduction measures: Members thanked DCC's Margaret Maybury & Paul Clover for their kind donations of £500 & £400 respectively from their Locality Budgets towards the costs of the new speed indicator devices.

Community Emergency Plan: Members reviewed the report from the last meeting and draft emergency plans from other parishes. Following discussions on establishing an emergency response team and potential emergencies that could affect residents, the Chair agreed to draw up a draft local plan to present to the next Wildfires & Community Emergency Planning meeting. It would then be discussed at the next council meeting along with feedback from the emergency planning meeting.

D-Day June 2024 celebrations: Members agreed to support the following suggested celebrations to take place on the Playing Field: A popup pub from 7:00pm on 6 June 2024. Beacon lighting ceremony at 9:15pm. Film screen showing original film footage. Provision of fish & chip van (6 June also being National Fish & Chips Day).

2024 BMSDC Tree and Wildflower Scheme: Members were informed that many of the Jubilee commemoration trees on the playing field had not survived. Members agreed the trees could be replaced under this scheme and they supported the ideas of planting a community orchard and establishing wildflower areas on existing grass verges. It was agreed to liaise with the Playing Field Committee in relation to the positioning of a community orchard and wildflowers areas, and to identify suitable grass verges and seek residents' views on planting them with wildflowers.

Date of next Meeting: The date of the next meeting was set for Tuesday 5 March 2024 at 7:30pm.

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

Chris White, Acting Clerk

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

OTHER PARISH COUNCILS

Edwardstone PC

Clerk: Richard Jones - 01473 828246

edwardstoneclerk@outlook.com

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

Groton PC

Clerk: Richard Jones - 01473 828246

grotonclerk@yahoo.com

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

The Blooming Garden



The currant family, *Ribes*, consists of about 150 species including the soft fruit we enjoy in summer. We are all familiar with the ubiquitous flowering currant and for many of us the strong ‘cat pee’ smell takes us straight back to childhood just as effectively as Marcel Proust’s hawthorn blossom. Some people like it for this reason and others find it a bit offensive.

Flowering currant has become a bit hackneyed and old-fashioned, specially grown with the sunshine yellow flowers of forsythia. But if you saw the bright pink flowers of *Ribes sanguineum* ‘King Edward VII’ or ‘Pulborough Scarlet’ for the first time on



Above: *Ribes* ‘White Icicles’ with *Helleborus niger*
Right: *Ribes sanguineum* ‘White Icicle’



a cold day in March or April against a blue sky you would probably be bowled over. There are quite a few varieties to choose from and my favourite is a white one called ‘White Icicles’.

It looks great grown with the ghostly white bramble, *Rubus biflorus* and a gleaming white birch. I also like it with the orange stems of *Cornus* ‘Anny’s Winter Orange’. It flowers earlier than the pink variety. There are other white ones including ‘Somerset White’ and ‘Elkington’s White’, but ‘White Icicle’ is my favourite. Just like forsythia you can pick Flowering Currant early when it is in bud and it will open in water. If you pick the pink varieties the flowers will be white when they open indoors. There are varieties such as ‘Brocklebankii’ which has yellow leaves. I hate it because I dislike pink and yellow together in flowers. I suppose it looks more interesting in the summer though when the leaves of other flowering currants are rather dull green.

Flowering currants are really easy to please and they will grow almost anywhere and can be cut into a hedge. They are great pollinators and bees love them. Later the berries feed hungry birds. They seed prolifically and if you have both deep pink and white ones you may end up with some delicately pale pink children.



Ribes sanguineum



You can make a pretty pink cordial out of the flowers of *Ribes sanguineum* in the same way as you do with elder flowers. Wash three cups of flowers and add to three cups of white sugar and

three cups of water. Bring to the boil and simmer for 15 minutes until it is syrupy. Strain the mixture and put into sterilised glass bottles.

If *Ribes sanguineum* is a bit too common or smelly for you then try the golden currant *Ribes aureum*. This one has cluster of starry yellow flowers in spring which smell sweet. I can best describe the scent as a mixture of cloves and vanilla. I don’t know whether *Ribes odoratum* is a botanical variety of *Ribes aureum* or the same plant. They look very similar to me.



Ribes gordonianum

There is a lovely hybrid of *Ribes sanguineum* and *Ribes odoratum* which has coral flowers with a yellow centre which look like rhubarb and custard. It is called *Ribes x gordonianum*. It is quite hardy but doesn’t like to dry out.

If I haven’t tempted you yet with any of these currants then how about the fuchsia-flowered gooseberry, *Ribes speciosum* which looks fabulous trained along a wall? It has glossy green foliage and gooseberry-like prickles. Its dangling scarlet flowers look just like rows of dangly earrings. People often mistake it for a fuchsia. I love its fuzzy stems.



Ribes speciosum

All these currants come from America, but my next one, *Ribes laurifolium* comes from China. I love it because it blooms in February and I adore winter flowers. I am also very fond of green flowers and this has pendant clusters of a lovely creamy-green flowers. This shrub has a spreading habit and doesn’t grow much more than a metre tall. It does well trained up a wall or a fence. Whenever a branch touches the soil it will root which is handy.

The leaves are sage-green and, as the name suggests they are like small, leathery laurel leaves, but not so tough or shiny. If you want berries you have to get a male and a female form as they are dioecious. This word with far too many vowels means each plant has either male or female parts, but not both. But there is a hermaphrodite form called ‘Rosemoor’. I am not bothered about berries and I think the best variety is ‘Amy Doncaster’ which has masses of fragrant flowers.



Ribes laurifolium ‘Amy Doncaster’

There is one more currant that I haven’t tried yet but I am looking for it. It is called *Ribes valdivianum* after a city in Southern Chile. It has beautiful creamy-apricot flowers. I think it must be quite rare as I haven’t found one yet and I have only seen it in pictures. But that is the fun of gardening, always hunting out the next treasure.

Chloris.

DIRECTORY OF CLUBS & ORGANISATIONS

CLUBS & GROUPS

Boxford Bellringers	<i>Richard Gates</i>	01787 210432
Boxford Bible Study Group	<i>Peter & Margaret</i>	01787 211077
Boxford Bike Club	<i>Kevin Bridge</i>	07876 798617 www.boxfordbikeclub.co.uk
Boxford Bowls Club	<i>Lea Blackham</i>	01787 210313
Boxford Carpet Bowls	<i>Brian Porter</i>	01473 824283
Boxford Drama Group	<i>Janice Macmillan</i>	07779 303690 janice.macmillan@yahoo.co.uk
Boxford Friendship Group	<i>Alison Warren</i>	01787 211067
Boxford Gardens Open	<i>Audrey Zuck</i>	07852 102 455 audrey@a2zriskservices.com
Boxford Gardening Society	<i>Elizabeth Wagener</i>	01787 210223 elizabeth.wagener@btinternet.com
Boxford Literary Group	<i>David Jones</i>	01787 211104 audav@hotmail.co.uk
Boxford Rovers Youth FC www.boxfordrovers.co.uk	<i>Melvyn Eke</i>	07873 971701 m.eke@btinternet.com
Boxford Tennis Social	<i>Sue Moore</i>	07808 481447
Boxford WI	<i>Lyn Beer</i>	07961 357526
Edwardstone Cricket Club	<i>Tom Whymark</i>	01787 211375
Fleece Jazz	<i>David Gasson</i>	01787 210796
Highway 12 Western Partner Dance	<i>Chris</i>	01787 371006
Little Waldingfield History Society	<i>Diana Langford</i>	01787 248298 dianalangford765@gmail.com
Little Waldingfield Over 60s and Friendship Club	<i>Tricia Eddington</i>	01787 247932
Local History Recorder Edwardstone	<i>Daphne Clark</i>	01787 210698 daphne.clark@btopenworld.com
Local History Recorder Groton	<i>Joanna Roberts</i>	01787 210619 jgant87618@aol.com
Madrigalia Choir	<i>Sue Price</i>	01787 210913
Miss Lesley School of Performing Arts (MLSPA)	<i>Miss Lesley</i>	07957 351941 lesley.mlspa@gmail.com
Milden Cricket Club	<i>Andrew Simmons</i>	07951 055643
Milden Singers	<i>Pearl</i>	01449 741876
Natural Boxford	<i>Louise Carpenter</i>	01787 211862 louisecarpenter@proton.me
Newton Arts & Crafts Club	<i>Carol Langley</i>	01787 373548
Newton War Games Club	<i>Brian Lawson</i>	01787 312160
Newton Fireside Club	<i>Moira Evans</i>	01787 374652
Primrose Wood Volunteers	<i>Evan Flockhart</i>	07968 336883 obliquewoodland@protonmail.com
Swing jive & Lindy Hop Dance	<i>Sarah Boldock</i>	07956 614824
Yoga (Boxford)	<i>Marianne Marshall</i>	01787 210323
Yoga Paper Kite (Newton)	<i>Sophie</i>	01787 313662
Yoga With Lindsey (Newton)	<i>Lindsey</i>	07971 800540

CHARITIES

Boxford & Groton United Charities	<i>Guy Godfrey</i>	01787 211378
Edwardstone Millennium Green Trust	<i>Marijke Morris</i>	07914 767013 marijke_e@yahoo.co.uk
Edwardstone United Charities	<i>Nick Raymond</i>	01787 210461 nraymond@hotmail.co.uk
Groton Educational Foundation	<i>Stephen Watkins</i>	01787 210977 stephen_watkins49@yahoo.co.uk
Groton Winthrop Mulberry Trust	<i>James Wills</i>	01787 210484
Little Waldingfield Charities	<i>Mary Thorogood</i>	01787 247658
Newton Green Trust	<i>Philip Taylor</i>	01787 211265 philiptaylor433@gmail.com

COMMUNITY GROUPS

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

SCOUTING

1st Boxford Beaver Scouts	<i>Not currently active</i>	
1st Boxford Cub Scouts	<i>Susie</i>	07843 280396
1st Boxford Scouts	<i>David Talbot-Clarke</i>	07946 550519
1st Boxford Explorer Scouts	<i>Neil Barkham</i>	07734 108257
1st Boxford Rainbows	<i>Janice Macmillan</i>	07779 303690
1st Boxford Brownies	<i>Janice Macmillan</i>	07779 303690 janice.macmillan@yahoo.co.uk
1st Boxford Guides	<i>Bethany Ireland</i>	bethanyireland11@gmail.com

CHILDREN FAMILIES & LEARNING

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

HALLS & FACILITIES TO HIRE

Boxford Pavilion	<i>Hugh Philips</i>	01787 211729 hughvcphillips@hotmail.com
Boxford Spinney www.boxfordspinney.co.uk	<i>Mark Miller</i>	01787 211596 mark.miller@talktalk.net
Boxford Village Hall	<i>Jane Elliott</i>	07721 880521 BVHbookhall@gmail.com
Edwardstone Parish Hall	<i>Daphne Clark</i>	01787 210698 daphne.clark@btopenworld.com
Edwardstone Millennium Green	<i>Marijke Morris</i>	07914 767013 marijke_e@yahoo.co.uk
Groton Village Hall	<i>Joanna Roberts</i>	07845 940008 jgant87618@aol.com
Little Waldingfield Parish Room	<i>Sue Bowen</i>	01787 249473 sd.bowen@btopenworld.com
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EVENTS CALENDAR

FEBRUARY 2024

26	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	
27	Fireside Club - Trip to Norwich	TBC
TUE	More details to follow	

MARCH 2024

1	Pop-up Pub	6:30-10:30pm
FRI	Little Waldingfield Pavilion	
2	Leavenheath Cinema - 'A Haunting in Venice'	7pm
SAT	Leavenheath Village Hall	
5	Boxford Gardening Society - Talk	7:30pm
TUE	Boxford Village Hall	
6	Boxford WI - Speaker : Nayland Handbells	2pm
WED	Boxford Village Hall	
8	Relaxation & Sound - all welcome	6-7:30pm
FRI	Boxford Village Hall	
8	Polstead Films- 'The Lesson'	7pm
FRI	Polstead Village Hall	
9	Talk - 'Sailing Round The World'	3:30pm
SAT	Brent Eleigh Village Hall	
9	Quiz Night	7:30pm
SAT	Little Waldingfield Parish Room	
12	Fireside Club - Bring & Share Lunch	12:30pm
TUE	Venue TBC	
13	Whist Drive	7pm
WED	Monks Eleigh Village Hall	
13	LWHS - 'An Extraordinary Man'	7:30pm
WED	Parish Room, Little Waldingfield	
19	Polstead Gardening Club	7:30pm
TUE	Polstead Village Hall	
23	Easter Craft Fair	11-3pm
SAT	The Bull Hotel, Long Melford	
23	Quiz Night	7pm
SAT	Brent Eleigh Village Hall	
23	Shanty Folk	7:30pm
SAT	Polstead Village Hall	
25	Boxford School Festival of Music	10am
MON	St Mary's, Boxford	
25	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	
26	Fireside Club - Perrywood Talk by Hannah	2pm
TUE	Newton Village Hall	
29	Pop-up Pub	6:30-10:30pm
FRI	Little Waldingfield Pavilion	

APRIL 2024

2	Boxford Gardening Society - Talk	7:30pm
TUE	Boxford Village Hall	
3	Boxford WI - Speaker : Hilly Ridge Alpacas	2pm
WED	Boxford Village Hall	
6	Talk - 'The Artist Who Couldn't Get Arrested'	6:30pm
SAT	Brent Eleigh Village Hall	
6	Leavenheath Cinema - 'Wonka'	7pm
SAT	Leavenheath Village Hall	
11-13	Boxford Drama Group - 'Spirit Level'	7pm
THU-SAT	Boxford Village Hall	
12	Quiz & Curry Evening	7:30pm
FRI	Groton Village Hall	
16	Polstead Gardening Club	7:30pm
TUE	Polstead Village Hall	

17	LWHS - 'Dissent, Riot and Rebellion'	7:30pm
WED	Parish Room, Little Waldingfield	
19	Relaxation & Sound - all welcome	6-7:30pm
FRI	Boxford Village Hall	
20	Coffee Morning	10am-12
SAT	Newton Village Hall	
20	Boxford Society - Charlie Haylock	7:30pm
SAT	Boxford Village Hall	
22	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	
26	Pop-up Pub	6:30-10:30pm
FRI	Little Waldingfield Pavilion	

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SUPPORTING OUR VETERANS

The village of Assington has three reasons to celebrate which is hoped will inspire others to help our armed forces community including veterans thanks to Assington Autos Ltd and parish councillor, David Wiles.

The Babergh end-of-life-vehicle recycling centre, Assington Autos Ltd has had its armed forces covenant pledge formally registered and has been awarded the bronze award from the Defence Employer Recognition Scheme (ERS). Based at Barracks Road, Assington, the site has been recycling vehicles for over 80 years since the second world war, when military vehicles were salvaged at the site.

Assington Autos Ltd currently has several veterans working at the centre and has always had an open-door and friendly policy to veterans. CEO, Frederick Cook said, "This shows our support and commitment to our armed forces and their families. I hope other Babergh/Suffolk businesses will do the same."

Assington parish councillor David Wiles recently won the prestigious Sir George Creasey Badge, for, 'outstanding services to the Royal British Legion'. As winner of the Sir George Creasey Badge, Councillor David Wiles came to Assington Autos to present the bronze award to CEO Frederick.

David was also thanked for his outstanding voluntary work for the Royal British Legion.



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Any driver in the Box River Benefice will tell you that the current state of the roads in the local area is a bit of a mess. A wet winter has taken its toll on the road surfaces, causing numerous potholes to appear that can cause serious and expensive damage to drivers' cars and have the potential to cause accidents for all road users.

The Suffolk Highways road defect reporting tool (available at <https://highwaysreporting.suffolk.gov.uk>) at the time of writing reveals in excess of 30 reported potholes in and around the benefice awaiting repair.

Some roads are becoming impassable. Groton Street, between Groton and Mill Green has to all intents and purposes been totally washed away and engulfed by craters that means all but the most off-road vehicles cannot use the road. Reported officially on 7th January, the 20-day window for repair expired on Monday 12th February and yet the road remains officially closed with no sign of any repairs having been made. Indeed, other than the 'Road Closed' sign and a mysterious additional sign about 'CCTV in Operation' (which clearly there isn't), no work has even been attempted. Meanwhile local drivers face inconvenient, and in some cases lengthy, detours.

Drivers are warned to take special care when driving in low-visibility conditions such as at night and/or in heavy rain to avoid accidents whilst Suffolk County Council struggles to organise repairs. Remember our 5 handy tips for avoiding accidents and damage:

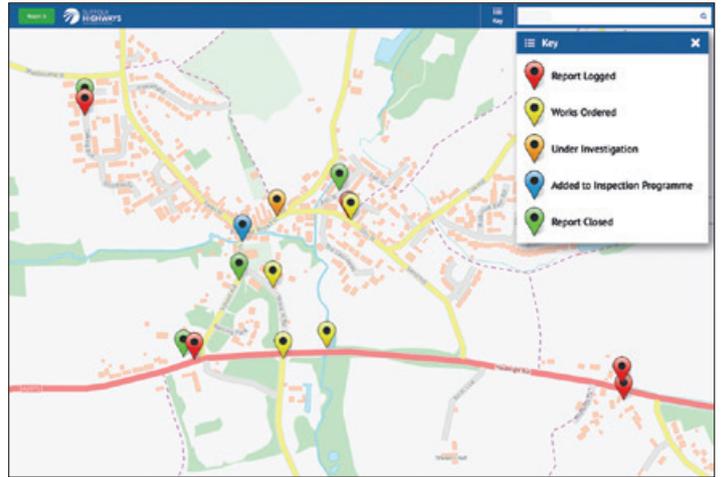
1. Drive slowly and steadily - hitting a pothole at a high speed can unsettle your car and increase its chances of sustaining serious damage



Photo: David Lamming

- 2. Avoid driving through puddles** - significant rainfall can fill potholes up with water to make them look like harmless shallow puddles when they actually present a much greater danger
- 3. Hold on to the wheel** - hitting a pothole can cause your car to veer sharply. Keep a firm grip on your steering wheel, so that if this happens you can quickly correct it and keep yourself on the right side of the road.
- 4. The 2-second rule** - keep a minimum of a 2-second gap between yourself and the car in front so that if they hit a pothole you can see it and take controlled action to avoid it yourself.
- 5. Keep your tyres inflated** - correctly inflated tyres help reduce any potential damage a pothole can cause, as it will lower the chances of blowouts or punctures on the road.

The best way to avoid any damage at all is for there not to be any potholes in the first place. Remain vigilant and please report potholes to Suffolk County Council as soon as you see them - you could be helping to avoid others having accidents. Visit <https://highwaysreporting.suffolk.gov.uk> to report.



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