

July 2024

# Box River News

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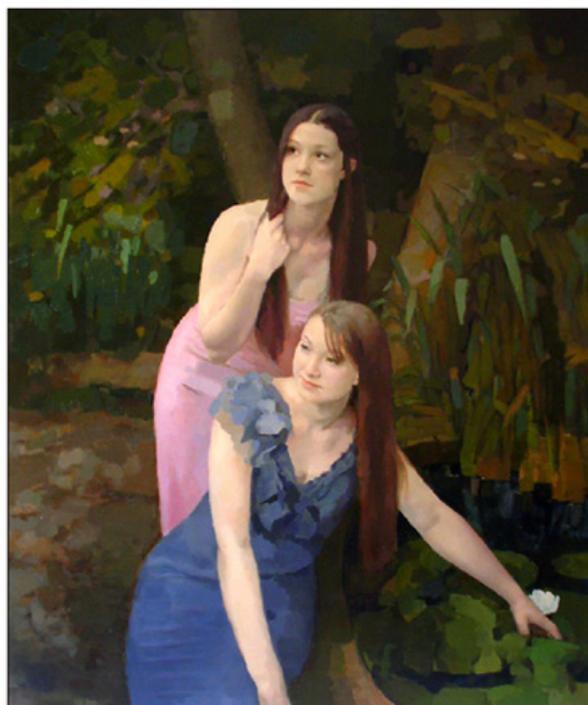
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# D-DAY 80<sup>TH</sup> COMMEMORATION

Over a hundred villagers attended the National Beacon Lighting in commemoration of the 80<sup>th</sup> Anniversary of the D-Day landings outside The White Hart on Thursday 6<sup>th</sup> June. The ceremony was led by Father James Ridge, and a reading was delivered by Hugh Phillips, who also lit the beacon. Mark Miller played the *Last Post* and you could hear a pin drop as *Nimrod* was played to finish the ceremony. Our thanks to all who attended - young and old. It was a very moving occasion, proving once again that our village is keen to support important national events.

*Ward Baker*



*Photos: Peter Norris*

## BOXFORD WI'S TRIBUTE

A poppy tribute has been made by the Boxford WI to commemorate the heroes of the Battle of Normandy.

In commemoration of 'D-Day 80', the Boxford WI ladies have been busy hand making poppies for a display on the memorial at St Mary's Church, Boxford.

A huge thanks must go to Pat Carpenter who made over 300 poppies and sewed over 500 together with unwavering dedication. The tribute featured a special purple poppy in the centre to represent all of the service animals who died in the war.

Lay minister Maggie Cogan blessed the cascade of poppies in memory of the fallen.

*At the going down of the sun and in the morning, we will remember them.*



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## DON'T FORGET PHOTO ID!

A UK Parliament general election will take place on 4 July 2024, and you will need to show photo ID to vote in person.

There are various forms of photo ID you can use, including a:

- Passport
- Driving licence (including provisional)
- Older persons bus pass (UK Government-funded only)
- Disabled persons bus pass (UK Government-funded only)
- Physical identity card with a PASS mark
- 60+ Oyster card

Other forms of photo ID may also be accepted but please check in advance to ensure the ID you have is on the list. If you don't have an accepted form of photo ID, before 26<sup>th</sup> June you can apply for a free Voter Authority Certificate.

Expired ID **will** be accepted if the photo on the ID is still a current likeness. Please check your ID is valid in advance of polling day.

**If you do not have a valid photo ID on the day you will NOT be allowed to place your vote.**

For more information on types of ID accepted, or to apply for a Voter Authority Certificate, please visit: <https://www.babergh.gov.uk/voter-id>

## Box River News

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[www.facebook.com/BoxRiverNews](https://www.facebook.com/BoxRiverNews)

[www.instagram.com/boxrivernews](https://www.instagram.com/boxrivernews)

Deadline date for the August 2024 Issue is:

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

# NEWTON FIRESIDE CLUB

With two outside events coming up in June and July, we are really hoping for good weather. However, come what may, we will persevere.

Every year, on the 21<sup>st</sup> June, we celebrate Suffolk Day with a cream tea. This year we have invited the Art and Craft Club to join us and we are really looking forward to having a good turnout.

Tickets for our popular Midsummer Munch are now on sale. Tickets are £12 for adults, £6 for under 12s, or £30 for a family of four. They are available from Moira on 374652 or 07534973272.

On Tuesday 21<sup>st</sup> May, we had the great Joy of celebrating May Knock's 90<sup>th</sup> birthday. She has been a member for many years and is a great supporter of all of our events. We held a bring and share lunch and also held a plant swp, both of which were a great success.

On Saturday 25<sup>th</sup> May, we held the Fireside Club Coffee Morning. The remainder of the plants were available for sale as well as cakes, savouries, books and bric a brac. There was also a raffle.

On the 4<sup>th</sup> June, Dave Crimmin was kind enough to come and set up the projector and screen for us to watch 'A Man Called Otto' with Tom Hanks. It was a very moving film and a few tears were shed. However, ice creams and a fabulous variety of cakes, soon cheered everyone up.

Following a number of burglaries in the village, we have added another date to our programme. On Tuesday 16<sup>th</sup> July, John Hills has kindly agreed to come and give us advice about home security. He is an ex-policeman with a lot of experience on this subject.

A final reminder, please do contact Moira on **01787 374652** or **07534 973 272** for Midsummer Munch tickets.

## SUMMER 2024 EVENTS

- |                            |                           |
|----------------------------|---------------------------|
| Tues 2 <sup>nd</sup> July  | End of Year Lunch         |
| Sun 14 <sup>th</sup> July  | Midsummer Munch from noon |
| Tues 16 <sup>th</sup> July | Home Security Advice      |

All meetings are held in the village hall and start at 2pm unless otherwise stated and anyone is welcome. Subs for members are £25 this term and must be paid in advance. This includes refreshments, activities and subsidised events. Non-members are welcome to come along to any session. The fee will be between £5 and £10 depending on the activity. New members are always welcome, the first session is free.

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

*Sue Presland*



# VILLAGE HALL MATTERS

Newton Village Hall was built in 1935 as a school, financed by public subscription, on land 'borrowed' from the village green. In 1938 the village school closed and the building became used as the village hall. In 1943 trustees were appointed to manage the hall. The current Trustees are:

|                        |  |
|------------------------|--|
| <b>Alan Vince</b>      | <i>Chair, Treasurer &amp; Bookings</i> |
| <b>Janet Weavers</b>   | <i>Secretary</i>                       |
| <b>Fiona Garman</b>    | <i>PCC Rep</i>                         |
| <b>Rita Schwenk</b>    | <i>NPC Rep</i>                         |
| <b>Sue Presland</b>    | <i>Newton Charities</i>                |
| <b>Teresa Parry</b>    | <i>Fireside Club</i>                   |
| <b>Graham Ferguson</b> | <i>Elected</i>                         |
| <b>Joan Linney</b>     | <i>Elected</i>                         |

We are currently looking for new trustees to help us to manage our beautiful village hall. We hold four meetings each year with the April meeting also being the AGM.

Trustees are responsible for the maintenance of the hall and the administration of its finances.

Trustees are working on two issues at the moment. The first is to ensure there is a robust succession plan in place. Alan Vince has held his three roles for many, many years and is looking to stand down by the end of the year. He will be sorely missed and these key roles need to be re-allocated as soon as possible. If you would be willing to undertake any of these roles or help out with the maintenance of the hall and garden, please contact Alan or Janet Weavers to find out more.

Our second project is the replacement of the windows in the old part of the hall. Janet is working hard to obtain grants from various sources, as replacing such lovely windows is going to be expensive.

We have been asked about gaining access to our bring and borrow library. There are a number of regular functions in the hall and you are welcome to come along to choose a new book or drop off your contributions. They are listed below:

|                              |   |
|------------------------------|---|
| <b>Yoga with Lindsey</b>     | <i>Tuesday evenings</i><br>Lindsey 07971 800540           |
| <b>Fireside Club</b>         | <i>Alternate Tuesday afternoons</i><br>Moira 01787 374652 |
| <b>Western Partner Dance</b> | <i>Monday evenings</i><br>Chris 01787 371006              |
| <b>Fitness Class</b>         | <i>Thursday evenings</i><br>Sharon 07760 120666           |
| <b>Art &amp; Craft Club</b>  | <i>Friday afternoons</i><br>Carole 01787 373548           |
| <b>War Games Club</b>        | <i>Friday afternoons</i><br>Brian 01787 312160            |

Village organisations hold annual coffee mornings in the hall. These are an excellent opportunity to catch up with friends, new and old, to find out what is happening in the village and to raise fund for the organisations and for charity. There are refreshments at every coffee morning, along with a raffle, the sale of cakes and savouries, bric-a-brac, books and sometimes plants.

You will always find a warm welcome and, in the colder months, a warm fire too.

The remainder of this year's coffee morning dates are:

|                                  |                         |
|----------------------------------|-------------------------|
| <b>28<sup>th</sup> September</b> | <i>McMillan</i>         |
| <b>26<sup>th</sup> October</b>   | <i>Newton Charities</i> |
| <b>16<sup>th</sup> November</b>  | <i>Village Hall</i>     |

All coffee mornings are from 10am until 11:30am  
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# BOXFORD WI UPDATE

Our speaker this month was Trevor Sheldrick who is a First Responder for Hadleigh. Together with his colleague, Yvonne, they gave us a demonstration of what to do if you find someone who is unresponsive. We were



shown how to put someone in the recovery position if they were still breathing.

We were then shown what to do if someone was not breathing. Using an 'Annie', we were shown how to do CPR, when to call 999 and how to use a defibrillator. This



was a brilliant talk and although serious, Trevor and Yvonne added some friendly and funny banter to get the message across about the role of a First Responder. Trevor explained that he gives these talks as the area co-ordinator of the HeartStart Initiative.

If anyone is interested in becoming a first responder please contact Rich Wild **01787 210946** or email [office@boxfordresponders.com](mailto:office@boxfordresponders.com)

Interested in joining the WI? New members are always welcome so if you are interested in finding out what we are up to in 2024 come along to the village hall on the first Wednesday of the month at 2pm where you will receive a warm welcome.

Once you are a member you will be able to enjoy the following interest groups which we hold on a regular basis:

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

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

## GROTON EDUCATIONAL FOUNDATION

*Registered Charity No. 1118325*

The trustees will meet on 5<sup>th</sup> September at Mary's House, Swan Street, Boxford to consider applications for grant aid for educational or training purposes from residents of Groton and those parts of Boxford included in the 'area of benefit', i.e. Homefield, the east side of Swan Street and pockets of land in Stone Street - those parts which were included in the Tithe Map of Groton 1881.

We hope that newcomers will be made aware of the charity by those who have themselves benefited from grants. There is no means testing.

Applications may also be made by organisations serving the area. Recent grants have included help towards the costs of university and courses in law and music, travel fares to a sixth-form college and specialist sports coaching.

Details and application forms are available from Stephen Watkins, Clerk to the Trustees, Whitewebbs, Daisy Green, Groton, CO10 5EN, tel 01787 210977, [stephen\\_watkins49@yahoo.co.uk](mailto:stephen_watkins49@yahoo.co.uk)

Completed forms should be returned by 30<sup>th</sup> August.

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Join in or sit back & enjoy with a pint

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**Little Earth Fest - July 5th & 6th**  
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**Sourdough Pizzas & Boards & Bites Menu**  
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**Peck** - Saturday July 13  
**My Thai Chef** - Saturday June 29 & July 5  
**Mac St Kitchen** - Saturday July 27

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# NATURAL BOXFORD

I sat watching eight swifts circling round and feeding over the centre of the village recently. A big thank you to the PC Churchyard sub-committee who are implementing some wildlife friendly measures:



have you noticed the long grass wild-flower meadow next to the church?

This has a direct impact by providing habitat for more insects to survive some becoming a tasty morsel for the swifts. Clearly the birds were finding good things to eat circling above the churchyard, Stone Street meadow and the nearest part of Primrose Wood - also areas where nature is being allowed to express its abundance. Tina Loose (our local naturalist) has been surveying various areas of the village over the years and recently had a good look at the church's wildlife including the new meadow strip finding 66 species of flowers, insects and small creatures including some not found elsewhere in the churchyard. They included a Thick-Legged Green Beetle she had not seen before. This shows how quickly nature reclaims areas and thrives when we give it space to do so. I've also had some close encounters with swifts as they have zoomed past at human level when I was walking up Swan Street and along Broad Street - quite thrilling.

The Open Gardens event went off spectacularly well with throngs of people visiting from near and far. On our Natural Boxford stall we really appreciated all those who stopped to say hello and find out about what we are



doing. The children enjoyed guessing how many broad bean seeds in a jar to win some packets of sunflower seeds. There was a lot of interest in the wild-flower display and information: these delicate and beautiful flowers are familiar but we often don't know their names or their relationships and interactions with other species. I did not know that the rare miner bee collects pollen from for its brood exclusively from common vetch and is therefore dependent on the survival of this plant - not seen so often these days - and wonderful that it is present here in Boxford.



River focus There is some debate about what to do regarding invasive species. The striking Himalayan Balsam comes from.....



the Himalayas! - where it grows on mountain valley sides in vast tracts. It was brought here by humans and has spread along water courses all over the country. It is problematic because it takes over and blocks out other species reducing biodiversity, and, when it dies back in autumn, leaves expanses of bank exposed and vulnerable to erosion from the higher water levels and floods of winter and spring. The pollinating insects, including some bees, do love it, and this is often put forward as a reason for allowing it to flower. It has also been discovered though, that by feeding exclusively on the Balsam bees are losing the natural immunity they gain from

visiting many different species rendering them more susceptible to disease, the Varroa mite and colony collapse.

Once it is in flower in shades of pink, the seed pods start to form and we see how this plant is so successful. When ready, its seed pods explode and send hundreds of seeds up to seven metres away, including into the water courses they love to grow by and so the seeds get carried down river and grow on any bank they land on.

On balance, likely best to pull the balsam out before it gets too big - up to three metres high. It is easy to pull out from the bottom, wear gloves and long sleeves as it can be mildly irritating, and make sure you get the roots out, then hang the plants over a branch or fence - if left on the ground they will reroot! If it is late in the season have a polythene bag with you to put over their heads to contain the seeds should they pop. Clean your boots afterwards to avoid spreading seeds!

The plants blend in rather well so I have included a photo showing them with other plants to get your eye in - easier to spot when in flower but don't leave it too long. If anyone has some on their land and would like help clearing it please do get in touch.

Let's hope we get some warmth soon to get the sun loving veg growing.

*Much love  
Louise & the Natural Boxford group*

## RECLAIM THE RAIN

We're happy to share that Boxford's monitoring devices are now installed! Across the catchment we have a rain gauge, flow level recorders, and peak level sensors, all recording how the surface water catchment responds to rainfall events in real-time before joining the River Box. These devices will be in place until project competition in 2027, recording valuable data before and after project delivery.



We kindly ask for your cooperation in respecting this equipment to ensure the collection of accurate data. Your help in safeguarding these devices is greatly appreciated and supports our efforts to increase Boxford's resilience to the impacts of both flooding and drought. Please do get in contact with any questions or if you're interested in learning more via [reclaimtherain@suffolk.gov.uk](mailto:reclaimtherain@suffolk.gov.uk).

*Best wishes,  
Ruby and Sian*

## HOSPITAL HEROES

Carol and I would like to say a big thank you to all our friends, family and supporters who have helped us raise £549 for the cardiac unit to add to more than £30,000 that has been raised for Colchester & Ipswich Hospitals Charity after fellow hikers trekked across the Suffolk and Essex countryside during the annual Hospital Hero Hike.



It felt like spring had finally arrived on Saturday 4<sup>th</sup> May as around 200 people enjoyed the sunshine and warmer conditions whilst walking 23 miles between Ipswich and Colchester hospitals.

Our just giving page is still open for donation: <https://bit.ly/hero-hike-2024>

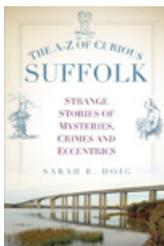
*Gary Jarvis*

# GROTON HISTORY SOCIETY

I have some exciting news! We have booked our first external speaker for our very first meeting on the evening of 20<sup>th</sup> September, at the Groton Village Hall.

Sarah Doig *'The A-Z of Curious Suffolk: strange stories of mysteries, crimes and eccentrics'*

Sarah Doig will take us through a romp of an alphabetical cornucopia of strange and mysterious facts about our beloved county of Suffolk. There will be stories for everyone! Sarah is an independent historical researcher and author, frequently speaking on local and general history. She has also written for a number of magazines and published several books with The History Press and Amberley Publishing. Indeed, the talk will draw on her published book *'The A-Z of Curious Suffolk'*. <https://amzn.to/45rgUOh>



Please reserve 20<sup>th</sup> September in your diary. All Box River residents are very welcome. Exact details will follow, but for now, please let us know if you will be interested in joining us for Sarah's curious talk. See contact details below.

Now on to other matters of History, with some regular features, that we hope tickle your passions for all things 'History'.

## 80 Years Ago in July 1944:

The Allies had landed 875,000 personnel and 150,000 vehicles on the beaches by the end of June. The 1<sup>st</sup> Battalion Suffolk Regiment had taken Chateau de la Londe on 28<sup>th</sup> June, with about 160 casualties, a heavy price. This was a key feature outside Caen. They were recovering before being sent again into the breach at the village on Sannerville. This was to be a constant feature of the 1<sup>st</sup> Battalion's war.

In July Caen finally falls. Operations Goodward (British) and Cobra (Americans), begin the next phase of breakout to eventually set the trap at Falaise. Some perspective for you - Goodward included 8,000 vehicles and 2,000 heavy/medium bombers! In 1940, 15<sup>th</sup> September was the peak of German Luftwaffe bombing raids over the south of England. They mustered under 150 medium bombers!! Surely they knew it was over?!

In Burma 2<sup>nd</sup> battalion Suffolk Regiment was recovering from arguably the greatest battle in British history at Kohima and Imphal. The Suffolks were truly at world war!

## Other key July events in History:

Only 25 Years later on 21<sup>st</sup> July 1969, Neil Armstrong steps foot on the Moon! Only 25 years later after D Day! Extraordinary.

4<sup>th</sup> July 1775 Congress accepts the Declaration of Independence.

9<sup>th</sup> July 1877 Spencer Gore wins the inaugural Lawn Tennis Championship at Wimbledon.

11<sup>th</sup> July 1690 William of Orange defeats James II at The Battle of the Boyne.

25<sup>th</sup> July 1978 the world's first test tube baby is born in Oldham General Hospital

30<sup>th</sup> July 1966 in the mists of sporting time, England win the FIFA World Cup!

## Recommended Reading, Listening and Viewing:

*'Fighting through to Hitler's Germany: Personal accounts of the men of 1<sup>st</sup> Battalion Suffolk Regiment'* by Mark Forsdike <https://amzn.to/3VMBWUB>

*'Boxford through the Ages'* by Roger Loose. I have just reread this excellent book that gives context to Groton through Boxford's story. Available from Boxford Post Office or online at [www.boxfordsuffolk.com/boxford-through-the-ages](http://www.boxfordsuffolk.com/boxford-through-the-ages)



*'The Founding Fathers'* podcast series by Empire Podcast show, with Anita Arnold and William Dalrymple. Great context for understand USA today.

*'The Nazis in power'* podcast series by The Rest is History podcast show. An incredibly relevant insight in how a society can be indoctrinated.

*'Unheard Tapes'* on BBC iPlayer. Brilliant dramatised post war interviews with British, American, French and German participants on D Day.

*'History Hit TV'* / *'History Hit'* online, lead by Dan Snow. This has so much to watch and listen to on all things History. Brilliant.

We are blessed, more than ever, with so many vehicles for satisfying our interests and passion for history. Please let me know what you would recommend to read, listen to or watch!

We still would like your input on our Groton History stories, as well as, what you would like to come along and listen to, discuss or debate at a future Groton History Society meetings post September. Contact me at [nigeljchap@gmail.com](mailto:nigeljchap@gmail.com)

Nigel Chapman

## READERS' LETTERS

Dear Editor,

We just want to say thank you to Boxford Open Gardens for such a beautiful afternoon last week. The whole event was so well organised and people were so welcoming and friendly. The Box River Cafe served good food to keep us going. And the gardens were some of the loveliest we've seen.

So please say thank you to all involved. It was a joy to come.

Angie and Maurice Jones.



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# THE BUTCHER'S WIFE

This week marked 20 years of me being The Butcher's Wife. In our 20 years of marriage we have made our house into a home, raised the mini Leeders (and the puppy boy) and A Leeder Butchers was born. I love him dearly but I have also spent 20 years enduring a number of his traits. King Charles will surely be in touch about when I'll receive my CBE. Here are just a few examples of my suffering.



The Butcher repeats himself. A lot. He will tell you something and then immediately tell you the same thing again and then five minutes later tell you again. Sometimes he will even repeat the same sentence twice in the middle of telling you something. It is incredibly painful.

I've spoken before about how untidy he is. He will leave stuff lying around wherever he's finished with it. A few examples of this include (but are not limited to): if he opens a parcel in the kitchen, he will leave the packaging on the worktop. He will take his shoes off in the living room and leave them on the floor next to the couch, sometimes there are multiple pairs of shoes there. Whenever he takes off a jumper or a pair of socks, they are left in that place. Currently there is a jumper on the bannister and a pair of socks in the downstairs toilet. There are also a pair of stepladders in the dining room for some random reason.

He seems incapable of putting things in the bin. If he has a can of beer at home he will bring it into the kitchen. Looks promising, but then puts it on the worktop on top of the bins. The effort of opening the bin drawer and putting the can actually in the bin is just too much.

He constantly asks me where his things are. A couple of weeks ago he asked me where one of his jackets was. I told him it was hanging up in the back of the wardrobe. He couldn't find it so wore another jacket instead but kept asking me where it could be. I told him, again, it was hanging up in the back of the wardrobe. The other day while looking for something else he found the jacket, hanging up in the back of the wardrobe. Shocker!

If we find a new TV series to watch he will fall asleep within 10 minutes of putting it on. If I continue without him I then have to answer questions during the next episode about everything he missed during his nap and if I'm being totally honest, I don't have the patience for that.

Now I know I'm not perfect (pretty close though!) So I'm extremely grateful that The Butcher doesn't also write an article for the BRN about me!

# Chicken & Mushroom Risotto

## Ingredients (Serves 4)

- 1tsp-1tbsp olive oil
- 75g streaky bacon
- 350g chicken thigh, diced
- 400g mushrooms, sliced
- 30g unsalted butter
- 2 garlic cloves, crushed
- 1 onion, diced
- 125ml white wine
- 250g risotto rice
- 1 litre chicken stock
- Grated parmesan

## Method

1. Heat 1tsp oil in a pan on high heat and then add the bacon. Cook until golden and then remove from the pan.
2. Add chicken to the pan and cook through. Remove from the pan.
3. Add the mushrooms to the pan and cook until golden. Remove from the pan.
4. Turn down to a medium heat, add the butter and once melted, add the garlic and onion. Sauté until softened.
5. Turn up to a high heat, add the rice and stir until the grains become translucent – less than a minute.
6. Add the wine and scraping the bottom of the pan to get any brown bits. Cook until the alcohol smell evaporates, about 2 minutes.
7. Turn heat down to medium-low and add about 3 cups of the stock. Leave, uncovered, stirring a couple of times until most of the liquid has been absorbed.
8. Checking the firmness of the rice, add ½ cup of stock at a time, stirring in between until absorbed, until the rice is cooked to your taste. You might not use all the stock or you may need more, depending on how soft you prefer the rice.
9. Add the chicken, mushrooms and bacon to the pan to heat through and serve with grated parmesan.

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## RAMBLINGS FROM THE RECTORY

Dear friends,

Let me start by introducing myself. My name is Fr. James Ridge and I serve as the Associate Priest of the Box River Benefice. It's my role to assist the Rector and the lay ministers in leading worship and other pastoral and practical roles across our five villages. But much as I hugely enjoy this role, it's not my main job. I also work for His Majesty's Prison and Probation Service. For many years I was a Prison Chaplain and now as Chaplain General I take the lead for Prison Chaplaincy across the prisons of England and Wales and serve within the Church of England as Archdeacon to Prisons. In many ways that's quite a contrast from ministry in five Suffolk villages, but in another way it's all to do with people and being alongside them through their day to day lives and in all the highs and lows that come along the way.

As a priest I really enjoy working with both a national and a local perspective, on the one side working with an organisation and coordinating a service which covers the whole of England and Wales, and on the other, getting involved in the life of our beautiful local area. And when I'm working locally, taking weddings has always been one of my greatest joys and privileges, and with Fr. Rob being on sabbatical through the summer months it means that this year I'm taking more than usual, which is great!

Of course weddings don't just happen – the clergy don't just turn up at the church five minutes before the wedding, open a book and marry a couple, there are months of planning that goes into the service with the clergyperson meeting with the couple and discussing things like music and readings, themes and practicalities, talking through the meaning and importance of marriage itself, then meeting with them to rehearse their vows and walk them through the service before the day.

It's always a joy to meet with a couple as they begin to make plans and help them to put everything together into a service which is a true celebration of their love for one another and of God's love for them. The day itself is always thoroughly joyful – as a priest it's an honour to stand at the point where a meeting of family and friends becomes a meeting with God, to recognise that the love they share is a love which came from God himself.

But weddings are also a great opportunity for the church community as a whole to welcome people into the sacred space that we all share. One of the great things about the Church of England is that it belongs to everyone. The parish church where you live is YOUR church. It is the place where all those who wish to can come to mark the most important moments of their lives, the most joyful and the saddest, and find there, in the words of scripture, in the music, in the ritual and ceremony of celebrating the sacraments and, perhaps most importantly in the silence, a way of expressing their deepest joys and comfort in their deepest sadness.

The church is not, however, just a very beautiful venue for life's big events. It is the heart of a worshipping community where people come week by week. Those people come because they have, or are developing a living faith in God and it is their prayers, their efforts, not to mention their fundraising which sustain the life of our local church. But they don't just do it for themselves, they do it so that the church can be a welcoming space for all those who wish to come. They do it so that the church can reflect the welcoming, generous heart of God who longs for everyone to feel a part of the life of the church community.

If you're approaching a big life event, please know that the church is there for you through all the ups and downs of life. And if you're not, there's a worshipping community that meets Sunday by Sunday, week by week in the churches of our five villages. They'd love to welcome you to one of our services. It'd be great to see you!

Have a very good month. With my best wishes and prayers,

*Fr. James*

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# SERVICE SCHEDULE FOR JULY 2024



|  |       |                                    |                                 |
|--|-------|------------------------------------|---------------------------------|
| <b>Wednesday 3<sup>rd</sup> July</b>                   | 10:00 | <i>Communion &amp; Coffee</i>      | Mary's House, Boxford           |
| <b>Sunday 7<sup>th</sup> July</b><br><i>Trinity 6</i>  | 09:30 | <i>Sunday Eucharist</i>            | St Lawrence's, Lt Waldingfield  |
|  | 11:00 | <i>Sunday Eucharist</i>            | St Mary's, Boxford              |
| <b>Wednesday 10<sup>th</sup> July</b>                  | 10:00 | <i>Communion &amp; Coffee</i>      | Mary's House, Boxford           |
| <b>Sunday 14<sup>th</sup> July</b><br><i>Trinity 7</i> | 09:30 | <i>Sunday Eucharist</i>            | St Bartholomew's, Groton        |
|  | 11:00 | <i>Sunday Eucharist with Choir</i> | St Mary's, Boxford              |
|  | 17:00 | <i>BCP Evensong</i>                | St Mary's, Boxford              |
| <b>Wednesday 17<sup>th</sup> July</b>                  | 10:00 | <i>Communion &amp; Coffee</i>      | Mary's House, Boxford           |
| <b>Sunday 21<sup>st</sup> July</b><br><i>Trinity 8</i> | 09:30 | <i>Morning Praise</i>              | St Mary the Virgin, Edwardstone |
|  | 11:00 | <i>Sunday Eucharist</i>            | St Mary's, Boxford              |
| <b>Wednesday 24<sup>th</sup> July</b>                  | 10:00 | <i>Communion &amp; Coffee</i>      | Mary's House, Boxford           |
| <b>Sunday 28<sup>th</sup> July</b><br><i>Trinity 9</i> | 08:00 | <i>BCP Holy Communion</i>          | St Mary's, Boxford              |
|  | 11:00 | <i>Sunday Eucharist</i>            | All Saints', Newton Green       |
|  | 11:00 | <i>Family Service</i>              | St Mary's, Boxford              |
| <b>Wednesday 31<sup>st</sup> July</b>                  | 10:00 | <i>Communion &amp; Coffee</i>      | Mary's House, Boxford           |

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

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

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

## ST MARY'S CHURCH BOXFORD

### *WORDS AND MUSIC FOR A SUMMER EVENING*

**SATURDAY 6<sup>th</sup> July**

**6pm – 7pm**

**FREE ADMISSION**



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## THE HISTORY OF SPOKEN ENGLISH

**BY CHARLIE HAYLOCK**



**Friday, 13th September**

**Doors open at 7 pm for 7.30 pm**

**Edwardstone Village Hall**

**ADMISSION - £10.00**

**BAR & RAFFLE**

**Contact Ineke Morris for tickets: 01787 210761 or 07765 098864**

**Proceeds to go to our Church, St Mary the Virgin, Edwardstone**



# The Box River Benefice

Boxford, Edwardstone, Groton,  
Little Waldingfield and Newton

## DATES FOR YOUR DIARY - JULY

- Tue 2<sup>nd</sup> 10am** *Drop in for Coffee, Mary's House, Boxford*
- Fri 5<sup>th</sup> 10:30am** *Coffee Morning, St Lawrence's, Lt Waldingfield*
- Sat 6<sup>th</sup> 10am** *Summer Coffee Morning with stalls, All Saints', Newton Green*
- Sat 6<sup>th</sup> 6pm** *Music for a Summer's Evening, St Mary's, Boxford*
- Tues 9<sup>th</sup> 10am** *Drop in for Coffee, Mary's House, Boxford*
- Tue 16<sup>th</sup> 10am** *Drop in for Coffee, Mary's House, Boxford*
- Wed 17<sup>th</sup> 10am** *Coffee Morning, All Saint's, Newton Green*
- Sat 20<sup>th</sup> 10am** *Coffee Morning, St Mary's, Boxford*
- Tue 23<sup>rd</sup> 10am** *Drop in for Coffee, Mary's House*
- Tue 30<sup>th</sup> 10am** *Drop in for Coffee, Mary's House*

## OPEN GARDENS AT BOXFORD INCLUDING EDWARDSTONE

A huge thank you to everyone who was involved in the organisation of the Open Gardens and to everyone who volunteered their time and opened their gardens. We had a wonderful day with beautiful gardens, delicious refreshments and sunshine, all whilst raising funds for our churches. It was a joy to wander round Boxford, thank you, we couldn't do what we do without you. (See page 32).

## MUSIC FOR A SUMMER EVENING CONCERT

The second concert was also a wonderful success, thank you so much to everyone who attended the concert featuring Mark Saberton, baritone, accompanied by Tom Cogan. It was a lovely evening and was thoroughly enjoyed by everyone who attended, we are very much looking forward to our final concert on Saturday, 6<sup>th</sup> July at 6pm and hope to see you there.



## SOUP & PUD

The Soup & Pudding lunches for all at Mary's House have ceased until Autumn, they were a 'not for profit' idea, but thanks to everyone who attended, what a lovely group (they supplied the puddings, thank you). We had a really sociable time in the two hours and a lot of topics were covered, thank you all - a sum £335 was raised for Mary's House. See you in the Autumn.

## RE-DEDICATION OF THE INCUMBENTS' BOARD

The Incumbents' Board at All Saints' Church, Newton Green was recently re-dedicated by Fr. James as Fr. Rob's name has now been added to it. We gave thanks for the faithful ministry of so many servants of God over hundreds of years and prayed for Fr. Rob and for his sabbatical.



## AN EVENING WITH CHARLIE HAYLOCK

We are delighted to be welcoming Charlie to Edwardstone Village Hall on Friday 13<sup>th</sup> September. Doors open at 7pm for 7:30pm,

tickets are £10, available from Ineke on **01787 210761**. We anticipate tickets will sell fast, so please reserve yours today!

Charlie will show us how the seeds of spoken English were first set, how each invading force affected the English language, how Shakespeare was really spoken, how the Italian Renaissance influenced our language and a whole lot more. Join us for a very informative and highly entertaining evening, including a dialect tour of the British Isles.

## WILDFLOWER AREAS IN OUR CHURCHYARDS

As you may have seen, we have left wilder, longer grassed areas in our churchyards, this is to encourage flowers and wildlife. We have recently had feedback regarding the churchyard at St Mary's, Boxford and we are delighted with the increased number of species already and pleased to be supporting wildlife in our villages.

## SUFFOLK VILLAGES FESTIVAL

Suffolk Villages Festival presents: The World of the Baroque Flute: Noemi Gyori Baroque flute & Paul Nicholson harpsichord **Monday 26 August 2024** at St Mary's Church, Boxford. 11am

The Baroque flute came of age in the early eighteenth century as cultivated music lovers all over Europe took it up with enthusiasm, spurred on by the wonderful music composed for it by the leading composers of the time. This informal recital, introduced by the performers, features sonatas by: JJ Quantz (Frederick the Great's flute teacher) and CPE Bach (the king's harpsichordist), as well as JS Bach's Sonata in B minor with obbligato harpsichord, one of the greatest Baroque flute works. Noemi Gyori, a much sought-after international flautist with six solo albums to her credit, is now emerging as a leading exponent of the Baroque flute. Paul Nicholson gave up a flourishing career as a harpsichordist and organist (including several visits to SVF in its early years) to become a priest. We are pleased to welcome him back after his recent retirement from the church.

Tickets: £15 reserved, £12 unreserved (half-price to those under 30) available online: [www.suffolkvillagesfestival.com](http://www.suffolkvillagesfestival.com) or by phoning the box office: **01206 543417** or on the door (subject to availability)



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**FRIDAY, 5TH JULY**  
10.30 AM - COFFEE MORNING AT ST LAWRENCE'S, LT WALDINGFIELD

**SATURDAY, 6TH JULY**  
10.00 AM - SUMMER COFFEE MORNING, NEWTON GREEN

**WEDNESDAY, 17TH JULY**  
10.00 AM - COFFEE MORNING AT ALL SAINTS', NEWTON GREEN

**SATURDAY, 20TH JULY**  
10.00 AM - COFFEE MORNING AT ST MARY'S, BOXFORD

## CONTACT INFORMATION

**Benefice Office**  
Mary's House, 5 Swan Street, Boxford CO10 5NZ  
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**Cal Tjader/Stan Getz Sextet Album Tribute**

Wednesday 10<sup>th</sup> July 2024 8pm - Tickets: £20



The sextet celebrates the collaboration between Stan Getz and Cal Tjader, playing selections from their brilliant 1958 album with gorgeous arrangements of standards.

**Nat Steele** – Vibes  
**Mark Crooks** – Tenor sax  
**Colin Oxley** – Guitar  
**Mátyás Gayer** – Piano  
**Jeremy Brown** – Bass

**Theo Travis' Double Talk**

Wednesday 24<sup>th</sup> July 2024 8pm - Tickets: £20



"Travis' tenor sax borders on the superhuman in its passion and flow of ideas" *BBC Music Magazine*  
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**Theo Travis** – Saxophones  
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12.00 Noon**

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**Ticket Prices**

£12 Adult

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Presented on fine china, afternoon tea can be enjoyed in The Bildeston Crown's elegant restaurant or in one of their cosy bars. Served Thursday-Saturday from 3pm until 5pm, it's priced at £29.50 per person.



**THE ARTS SOCIETY STOUR VALLEY**

## WHO ARE WE?

For the answer, simply click the QR code below which will take you direct to our website [www.TASstourvalley.org.uk](http://www.TASstourvalley.org.uk)  
On it you will find full details of the Arts Society, it's membership & the monthly illustrated talks plus other events which we offered during September to June.

Or you can contact: [info@TASstourvalley.org.uk](mailto:info@TASstourvalley.org.uk) quoting **BRN**

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SATURDAY  
17<sup>TH</sup> AUGUST  
3-5PM

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ABBA fancy dress  
competition for children,  
croquet/bowling for the pig

We are hoping that a special  
presentation by  
"ABBA Musical Rides"  
will be able to appear

## QUIZ TIME!

Test your knowledge! Challenge your friends! Polstead Village Hall Quiz Night **Saturday 10<sup>th</sup> August**. Doors open at 7pm, quiz starts at 7:30pm. Teams of 8  
\*No walk-ins on the day of the event.



Tickets £12.50 per player which includes a light buffet. A bar will be available on the night.

Tickets can be obtained by phoning **07920 004 201**, emailing [polsteadvillagehall@outlook.com](mailto:polsteadvillagehall@outlook.com) or from Polstead Shop.

## NOEL MYLES DOWN TO EARTH

A contemporary approach to depicting landscape.

**Saturday 6<sup>th</sup> July to Bank Holiday Monday 26<sup>th</sup> August 2024.**

The depiction of landscape usually implies making images of land and sky. Despite compelling paintings of skies by many artists including Turner and Constable, they were rarely presented as autonomous, independent works but more as studies to be used for reference in the studio and incorporated into paintings, whether they were landscapes or portraits containing landscapes as a setting. Paintings of landscapes were not usually complete without an attached sky.

As our eyes face forwards, we have a natural tendency to look towards the illusory conjunction of land and sky which we call the horizon. If we move towards it, it continuously changes. We never manage to reach what we saw beforehand from our previous standpoint. The land and the sky never touch. With this in mind, I decided to make my landscape compositions by photographing straight downwards, just in front of my feet, taking one frame after another as I walked along. I particularly liked ploughed fields; the plough drawing linear sculptural designs and patterns. The driven tractor and the plough were the draughtsmen. The oxides in the soil gave the variety of colours.

I soon realised the ochres of clay and the reds of Herefordshire farmland could provide a palette to be exploited. Weather conditions, frosts for example, offered blues. Over a period of time, I collected hundreds of small but uncropped prints and set about making my compositions. These essential English landscapes comprised photographs taken in many counties. I felt liberated from the particular and the picturesque. By eliminating the horizon, I had dispensed with view. My subject matter extended to other surfaces, tiled floors, and old brick walls. Wading up a river, which could still be considered landscape, was a particularly challenging experience. However, there were no picnics to be enjoyed on sunlit riverbanks. There was no 'Dejeuner sur L'Herbe' to be had in these landscapes. These are simply the surfaces we stand on, raw and essential. By eliminating the horizon, I had dispensed with view.

*Noel Myles*

Preview and meet the artist between 12 noon and 6pm on Saturday 6<sup>th</sup> July. The exhibition continues until Bank Holiday Monday 26<sup>th</sup> August 2024.

Gallery opening hours: Thursday to Sunday 10:30am – 4pm  
Free admission.

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

For Exhibitions, Art Classes, Workshops and more, visit [www.milltyegallery.co.uk](http://www.milltyegallery.co.uk) or follow Mill Tye Gallery on Facebook or Instagram.

## BIG DAY SMALL COUNTRY

A day of live British Americana & Soul

A charity event in an exclusive location set by the River Stour, Lower Street, Stratford St Mary

Featuring UK Americana Association Award Winners: Hannah White & Robbie Cavanagh. Also: Mike Mayfield, Jax&Co (a tribute to Johnny Cash), The Podgy Lodgers, DJ Sasha Lawrence

**Sunday 25<sup>th</sup> August, 1pm till midnight**

Tickets £30 pp from

<https://bigdaysmallcountry.eventbrite.com>

Food, Wine and Pimms Bar. Bring your own chairs and tables and you are welcome to bring your own food and drink.

*All proceeds to the Shelley Centre for Therapeutic Riding*



## WHIST DRIVE

**Wednesday July 10<sup>th</sup> 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**.

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### Noel Myles **Down to Earth**

A contemporary approach to depicting landscape.

06 July - 26 August 2024

#### Mill Tye Gallery

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Sudbury Suffolk CO10 0GW

**Opening Times**  
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# ONLY LABOUR CAN BRING CHANGE TO SOUTH SUFFOLK

Families in South Suffolk and across the UK face plummeting living standards, rising tax, a crumbling NHS and lack of childcare. There's a shortage of secure jobs, limited access to affordable homes or vital social care and school buildings are broken.



Rather than feeling optimistic, too many people anticipate the future with dread. The Tories have stolen people's future. Labour's job is to get it back. Labour will give people the chance to look forward with hope.

Only Labour has a credible plan to do this. And only Labour can replace the Tories in government or in South Suffolk. A vote for any other party in South Suffolk is, effectively, a vote for the Conservatives. For change vote Labour.

We are promising what we know we can actually deliver, unlike the smaller parties. We have a fully costed plan to turn the country around and have set out exactly how it will be funded. To see the details read our manifesto here: <https://labour.org.uk/change>

To underpin that plan we will restore economic growth. And remember, Labour will protect working people from further tax rises by not raising income tax, national insurance, or VAT.

We believe that success is not just about money spent – it's also about reform and change. Labour's first steps for change offer both investment and reform:

1. On the economy, tough fiscal rules underpinned by our economic institutions
2. Our plan to deliver 40,000 NHS appointments a week comes alongside reform to hold them at evenings and weekends
3. Our plan to smash the criminal gangs will create a new Border Security Command and use the counter-terror powers needed
4. With GB Energy a new publicly owned company working alongside the private investment we need to secure cleaner lower cost power
5. Our plan to tackle anti-social behaviour will invest in more police officers and reform youth services to prevent crime in the first place
6. Our plan to give children the best possible education will recruit 6,500 more teachers and modernise the school curriculum.

The Labour candidate in South Suffolk is Emma Bishton. She has lived, worked and raised a family in the constituency over the past 25 years. As your next MP Emma will vigorously support Labour's plans for change and work tirelessly to ensure the people of South Suffolk have a strong voice within government and get the benefits of Labour's changes.

Emma's priorities as your MP will be:

- Supporting our farms, businesses and high streets
- Real and lasting improvements in our NHS and social care
- Tackling poverty and deprivation in our towns and villages.
- Supporting our schools and childcare
- Better public transport
- Protecting our environment.

So, if you want change for the better in South Suffolk and across the country please vote for Emma Bishton on July 4<sup>th</sup>.

*Promoted by Alan Conochie on behalf of Emma Bishton and the South Suffolk Labour Party both at 8 Queen Street, Hadleigh, Suffolk IP7 5DZ*

*The Box River News does not endorse or favour any specific UK political party.*

# BOXFORD STUDY CENTRE LITERATURE GROUP

Autumn Term 2024

An 8 week course on Monday afternoons 2:30 - 4:30pm. Meeting in Groton Village Hall, CO10 5EL. Starting on Monday 14<sup>th</sup> October 2024

**"Five Writers Look at Society"** Tutor Mr Steve Trerise

I am very pleased to confirm that our Autumn Term Course will be led by Steve Trerise and will start on Monday 14<sup>th</sup> October at the Groton Village Hall and end on Monday 16<sup>th</sup> December. There will be eight meetings and two Reading Weeks and I will publish the selected texts and dates in the near future.

*all good wishes, David Jones*

# LEAVENHEATH CINEMA

## SATURDAY 6<sup>th</sup> JULY: HAIRSPRAY

Musical PG

Starring John Travolta & Michelle Pfeiffer

Running Time 1hr 47mins with 20mins interval

## SAT 3<sup>rd</sup> AUGUST: WHAT WE DID ON OUR HOLIDAY

Comedy Drama PG-13

Starring David Tennant, Rosamund Pike, Billy Connolly.

Running Time 1hr 35mins with 20mins interval

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

Leavenheath Village Hall, CO6 4NS

Tickets bought at the door £4 per adult & £2.50 for under 12s

You can pay by cash or card on the door. Book your tickets online at [www.leavenheathvillage.com](http://www.leavenheathvillage.com) or phone Marion on 01206 263301.

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)*

# A BIT OF A DO!

A great day out for all the family. It takes place 10am-5pm, **27<sup>th</sup> & 28<sup>th</sup> July** at Pebmarsh Football Ground, Clay Hills, CO9 2NG.

There will be vintage tractors, engines and working displays. Lots of stalls including craft, bric a brac, charities and collectables plus a raffle, homemade cakes & refreshments. Something for Everyone!

Ample free parking, free entry, donations welcome. Contact Mike 07703 653 897

All proceeds to Pebmarsh Village Hall, Youth and Football Clubs

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# BOXFORD PARISH COUNCIL UPDATES

This month's update from the Parish Council looks at some of the longer term projects which we have underway rather than the more immediate issues which we wrestle with day to day. If you would like to know more about them, or anything else, than please come to our July meeting which will be held in the village hall at 7pm on Tuesday 23<sup>rd</sup> July when you can ask your questions and also have your say.

## The Croft

We know the Croft as an important and well used footpath and wildlife haven linking Broad Street with the playing fields which enables pedestrians to avoid the hazards of the traffic and narrow pavements of Swan Street. We are taking an opportunity for us to buy the land for the village so that we can guarantee its use into the future, improve its appearance, maintenance and create an attractive wildlife corridor as a village amenity. We are now at the contract stage of purchasing the land at a very reasonable sum. When we have done so we will cost a plan for its improvement, apply for grants where possible and then get to work in the coming months.

## A Housing Needs Survey

The village has more residents in retirement than the national average with fewer people in their twenties and thirties than we should expect. Many people in this age group look to set up their own households but there is a lack of truly affordable homes in the village for them to move into or for their parents to downsize, move into and free up their family home for the next generation. As a result many have no alternative but to move away and are lost from the village. Overall we need a better mix of housing with more bungalows and starter homes for rent, shared ownership or other similar arrangements to improve the housing mix. It is clear that we need set about addressing this so the first step is to find out the facts by conducting a housing needs survey within the parish. To that end we are in the process of engaging the services of Community Action Suffolk to assist us and plan to get the work under way in the coming months. This will be just the start of a process which will take years to bring to fruition but if we don't start we will never finish.

## The Churchyard

The churchyard has been closed for burials for many years now and the grass has been cut consistently so that any wild flowers which emerged have been cut down before they could set seeds and so there are few flowers now showing. We would like to restore as much of the original wild flowers as possible and so have left the grass in much of the area to grow for some months. At the end of June our environmental team will assess the existing flowers before we cut the grass again, remove the cuttings and then leave it again until the autumn to see what has emerged. With that information we will be able to make a plan for seeding so that in the coming years we can hope to see a great many more wildflowers in the centre of the village.

## A Village Car Park

The Boxford Neighbourhood Plan which was approved by a referendum in 2022 included support for the long standing plan for the creation of a car park in the low lying land to the east of Stone Street Road. The aim is to go some way towards addressing the lack of parking in the centre of the village and to meet the needs of the primary school at the start and end of each school day. We have spent some time looking at the feasibility of the plan and

will shortly return to discussions with the land owner. There are significant obstacles to be overcome, not least environmental, and conservation concerns and at the end of the day it will have to be paid for principally through grant funding. This is a project which has been looked at repeatedly for over 20 years but we will try to ensure that its time has now come!

## Help always welcome!

We are a very active council with much to do both in the day to day management of our responsibilities on behalf of the parish but also in progressing the various projects which are underway, only some of which I have detailed here. There is much to do and we are always looking for others to join the team as a parish councillor. We all have our different reasons for what we do but if you have a mind to get involved to contribute what you can

to the community of which we are all a part then please do get in touch with one of us or with our parish clerk at [clerk@boxford-pc.gov.uk](mailto:clerk@boxford-pc.gov.uk)

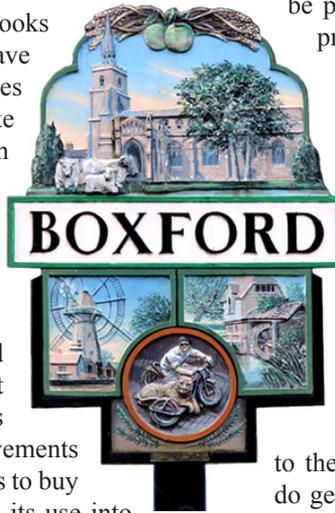
## The Churchyard Wall and Traffic Control in Church Street

On a more immediate note work will start on repairing the churchyard wall in Church Street in the week commencing Monday 22 July 2024. It is anticipated that the work will take approximately three weeks to complete. During this period there will be barriers erected to protect the workforce and a priority system will be in place to control traffic.

Finally thank you for all of the support which you have given to our work. Together we can really make a difference.

*Hugh Phillips*

*Chairman, Boxford Parish Council*



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# GENERAL ELECTION 2024

Registered voters will be taking to the polling stations on July 4<sup>th</sup> to elect a Member of Parliament to represent their local interests and concerns at national government level. The Box River News contacted each of the candidates standing for election in the South Suffolk constituency to invite them to send in a profile statement about them and their political intentions.

Voters are reminded that they *must* take valid photo ID with them in order to vote.

## JAMES CARTLIDGE

Conservatives



It's been the privilege of my lifetime to serve as Member of Parliament for South Suffolk since 2015. It's fair to say that we've been through some challenging times – a pandemic followed the day it finished by war in Europe; yet throughout, it's always been a source of strength to me personally to get out and about in our villages, such as those that make up the Box Valley.



With my twins still at Boxford primary, and my elder two children having previously attended, I've an intimate connection to the area. As such, when addressing those big issues like the cost of living I've always felt a sense of how this impacts right on our doorstep, in our uniquely rural context. For example, after Putin invaded Ukraine, energy prices surged upwards. So, knowing that many of my constituents are – like myself – on heating oil, when I was a Treasury Minister I pushed for energy support to households to include help with heating oil costs. It's not like other bills – a one-off, usually with little choice on timing.

Inevitably, all that support with energy bills – plus the billions on furlough and business support that kept our economy going in the pandemic – has come at a price; but one far lower than the terrible toll we could have faced without such interventions. I've never shied away from admitting that taxes had to rise to pay for such support – we had no choice. And with inflation high following the war, we also had no choice but to knuckle down and resist 'splashing out' – that meant doing the tough things like refusing big public sector pay requests, or tax cuts to help when people were really feeling the pinch.

Taking that approach has now – at last – paid off. Inflation is back to 'normal' levels. This doesn't mean prices are suddenly 'cheap'; we don't have a magic wand. But it does mean we can be more confident about the future and I believe this election is a chance to turn the corner, to reboot our public services and economy.

Whatever the result in terms of who forms the next Government, we will need a strong voice in Parliament to stand up for our villages and parishes. It would be a huge honour to have the backing of people in the Box Valley to continue to playing that role, being your local champion in Westminster.

James

*Promoted by Ellena Cook on behalf of South Suffolk Conservative Association, both at 4 Byford Road, Sudbury, CO10 2YG*

## JESSIE CARTER

Green Party



Hello, I'm Jessie Carter, your Green Party candidate for South Suffolk in the upcoming general election.

Over the past three years, I've served as a Suffolk County Councillor, Sudbury Town Councillor, and Babergh District Councillor, including as cabinet member for housing. I've worked tirelessly to improve our communities, facing issues head-on and striving to make a real difference.

My entry into politics wasn't about personal ambition. It was driven by a genuine desire to bring about positive change. I believe politics should be transparent, authentic, and focused on serving the people, not personal agendas. That's why I prioritize honesty, integrity, and true representation.

Representing the Green Party in South Suffolk is both a duty and a privilege. This beautiful area, my lifelong home, deserves a voice that understands its needs. After 14 years of Tory government, we face significant challenges. From poor public transport and struggling local businesses to insufficient healthcare services and environmental issues, South Suffolk needs a change.

Our Green Party's 2024 manifesto provides real solutions. We advocate for a radical overhaul of our transport system, investing in reliable, eco-friendly public transportation. This will reduce our carbon footprint and enhance connectivity, making it easier for everyone to travel to work, school, and beyond.

Supporting our local economy is crucial. The Green Party is committed to helping small businesses, fostering local enterprise, and creating green jobs that benefit both our economy and the environment. We envision a fair economy where prosperity is shared, not hoarded.

Healthcare services in South Suffolk need urgent attention. We will push for increased NHS funding, ensuring access to high-quality care for everyone. Our focus on preventive healthcare and mental health services will help build a healthier, happier community.

The Green Party took the lead in local elections, showing that your votes are never wasted. Every vote for us in the general election is a vote for meaningful change. As a Green Party Councillor, I've turned my passion into action, influencing policies that directly impact our communities and advocating for sustainable practices and equitable solutions.

Now, I seek to represent South Suffolk in Parliament. I'm asking for your support to make a difference. Together, we can build a brighter, greener future for South Suffolk and beyond.

*Thank you,  
Jessie*

*Promoted by David Burch on behalf of JESSIE CARTER (Green Party) all care of 16 St Catherines Road, Long Melford, CO10 9LU*

I have lived in South Suffolk for 25 years. I know the constituency well. It's my home, my family and friends are here and it's where I work.

I'm a music teacher in Suffolk state schools. I also have more than 25 years' experience in the NHS and local authorities. I started by helping people with learning disabilities and mental health problems before moving into public health to tackle health inequalities. For the last 10 years I have been self-employed.



Aside from work I've always been an active member of the community and enjoyed being involved with people with all kinds of different views and backgrounds.

I have been a school governor, chair of Friends of Great Cornard Library and have participated in a community based renewable energy project.

For years I have campaigned on education issues locally and nationally. I've helped local families affected by changes to school transport and supported local parents fighting for arts teaching in our schools.

As a musician I have worked hard to make music available to everyone across South Suffolk and run several community choirs.

A deep and long-standing concern for the environment and wild-life means I'm a strong supporter of renewable energy locally, an active member of the Suffolk Wildlife Trust and of the Labour Coast and Country movement.

I believe deeply in fairness and that everyone should have a real voice in politics, so I am also a member of the Labour Campaign for Electoral Reform.

All this means I have worked with people from every background in our towns and villages. It has taught me that collaborating together on common goals requires passion and hard work. It always involves listening, and often requires compromise.

I have stood as the Labour candidate for South Suffolk twice before.

I'm standing again because of my commitment to serving the community, my knowledge and love of the area, my experience and understanding of public services, and my belief in the principles and values of the Labour movement.

As your MP it will be my full-time job. I will work tirelessly for my constituents and will represent South Suffolk with the same passion and energy I have brought to my professional and community work.

All the best  
*Emma*

*Promoted by Alan Conochie on behalf of Emma Bishton and the South Suffolk Labour Party both at 8 Queen Street, Hadleigh, Suffolk IP7 5DZ*

**BEVERLEY ENGLAND**  
Reform UK



The Reform UK party did not respond to the Box River News's invitation to publish their candidate's profile.



It has been a great pleasure to meet so many people when calling round recently. Thank you for the warmth of your welcome!

I'm asking for your vote to be our next MP because we need a change here in South Suffolk.

Most people share my concerns about our NHS and our social care system. My recent survey showed many people struggling to get the treatment and support which they and their family members need.

The recently retired Hadleigh GP Dr Matthew Glason has offered me his support this time. He agrees that we need to recruit more GPs and says that I will stand up for our NHS and care system.

Many people have lost trust in the Conservatives and want to see a change.

But everyone knows that Labour could never win here.

Until recently, I ran a successful business and people like that I am not a career politician.

With your support, I will be a local champion who will fight for our local health services in Parliament, for more GPs, and for free personal care for elderly and disabled people who need it.

We need to support businesses which help to boost our economy. And we need to tackle the cost of living crisis which is made much worse by big energy bills.

If elected I will:

- Host bi-annual local Sudbury and Hadleigh Business Summits to bring local businesses together to share ideas and talk to me as their MP about their successes and challenges.
- Stand up for our local health services: I will host a South Suffolk Healthcare summit in Westminster within my first 3 months in office. This will bring together key local stakeholders, such as our GPs, into the heart of Westminster to meet with me, other MPs, Ministers and Civil Servants to ensure local doctors are involved in decisions that impact local patients.

I will be an MP for all, regardless of your usual party political view. I will be fighting for you, your family, and our community.

*With best wishes,*  
*Tom*

*Promoted by Rain Welham-Cobb, on behalf of Tom Bartleet (Liberal Democrat), all at 53 Gainsborough Street, Sudbury, Suffolk, CO10 2ET"*

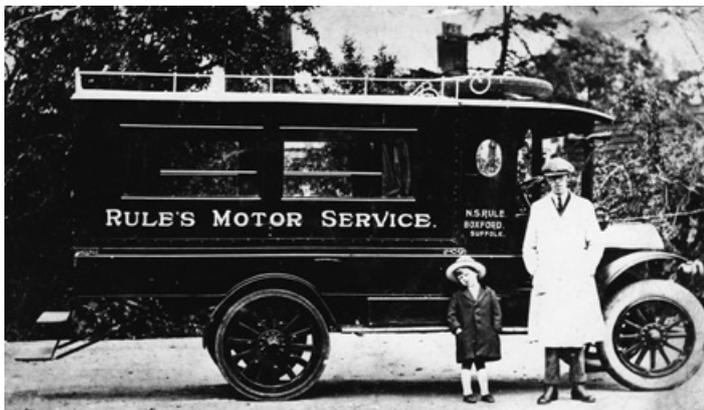
# PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

## The story of Rules buses and coaches

For hundreds of years before 1910 the horse and wagon were the means by which Boxford folk travelled and moved their goods. By 1910 there were three 'carriers' in Boxford who travelled regularly to Ipswich, Sudbury, Hadleigh and Colchester. Open or covered wagons with two horses were used for goods and passengers on these journeys. These were run by Thomas Skinner (Ashley House, Swan Street), Walter Bowers (Church Street) and Marshall Brown. The latter was landlord of the Fleece between 1912 and 1922 and he ran a very fine carriage and pair which gave comfort to passengers inside, with goods piled high on the roof. These carriers provided an essential service to the shops, trades and homes alike in the days before the motor car and truck took over.

From 1910 the motor bus and charabanc with an internal combustion engine started to replace the wagons, but the earliest hard evidence for Boxford we have is a photo of Skinner's motor bus stuck in a flood at Nayland on its way to Colchester from Boxford in 1919. The charabanc was a large open motor vehicle which could be used for goods or for trips to the seaside, with wooden seats added when necessary, making it an all purpose vehicle. Sometimes there was a detachable roof as well. For many this was how they first visited the seaside from Boxford, always a source of great excitement, though not very comfortable. Roads around here before the First World War were usually unsurfaced tracks, unsuitable for motor traffic. Between 1910 and 1939 considerable road making was done by hand in and around Boxford and it provided local employment for manual labourers at a difficult time for wage earners, particularly those returning from the war.

Walter Bowers ran a carriers and funeral parlour with harness store next door in the 1920s, just over the bridge in Church Street. He was known as "Larky" and ran wagons with two horses with a full load to Sudbury on market days and Colchester on Saturdays. If there was room on a Bowers wagon you could ride for a shilling. By the 1930s Bowers's son had a motor bus called "Bluebell" which ran to Sudbury from outside the "shop" on Church Street.



Newton Secker Rule and son Archie very smartly turned out, proudly standing with his first bus (built 1919) around 1922.

Real competition began when Newton Secker Rule moved with his wife Eveline Mary to Boxford from his family home at Dedham around 1920. In the 1911 census Newton is aged 19, single, and described as a "driver of a licensed hawker's van". One assumes that this was a horse drawn van for groceries and household goods which delivered to homes in Dedham and the surrounding villages. There was no "carrier" tradition in the family, for his father was a bricklayer. Delivery work no doubt gave Newton the insight to realise the commercial possibilities and how important lorries and buses would become after the war ended in 1918, during which they had come to play such an important part.

The Rules first lived at No. 20 Broad Street and Newton set up his bus and lorry business using a long shed running along the west side of the Croft track off Broad Street. This shed, previously a



Archie & Hilda Rule's wedding photo, April 2<sup>nd</sup> 1945, taken on the Bowling Green. Left to right: Newton Rule, Eveline Mary Rule, Lol Smith (brother of Tornado), Mary Rule, Brenda Rule, Archie Rule, Hilda Rule (née Harding), Martha Harding, Tom Harding and three cousins of the bride from Barnsley.

malthouse, had been Riddelsdell's motor and machinery repair shop up to the early 1920s when they moved to their present site. The shed, only demolished in 1948, stretched to the bowling green and contained petrol pumps. Rule's buses would reverse into it via the narrow croft directly from Broad Street. In 1933 they moved house to 7 Riverside across Broad Street and the River Box, where grandson Barrie lives to this day.

Newton Rule found a growing demand in the village for his services and he soon had several vehicles. The accompanying photo shows Newton proudly standing by his first bus in 1922 with his son and heir Archibald (Archie) aged about four. It is thought that the bus was built in 1919. Initially they were convertible and carried coal and sugar beet locally, as well as people. They were scrubbed out and covered seats were put in for several Saturday cinema and market day runs to Sudbury. A 14 seater delivered coal in the village on a Saturday morning and was cleaned and converted to a bus for the football team for the afternoon away game in Preston, Thorpe Morieux or an intense derby at Newton.

The high number of casualties on UK roads led to the Road Traffic Act of 1930 (in 1926 there were 4,886 fatalities in some 124,000 crashes). This act attempted to bring some order to the huge unregulated growth in traffic over the previous decade, not least in public service vehicles. It brought: central regulation of UK coach services, the introduction of a 30-mile an hour speed limit for buses and coaches, the issue of public service vehicle licences, rules regarding the conduct of drivers, conductors and passengers on public service vehicles and limitation of hours of continuous driving. This obviously had consequences for the Boxford transport free-for-all.

On 15<sup>th</sup> October 1931 the Ipswich Evening Star and Daily Herald reported a case brought before the new Traffic Commissioners by Newton Rule who objected to Bowers competition on the Boxford to Sudbury route. The following amusing exchange took place and it gives a flavour of the competition and relationships between the bus operators in our village.

Sir Haviland, Commissioner, to Mr Bowers: "What is your fare between Groton Fox and Boxford?"

Mr Bowers: "Threepence single."

"For a mile? What is the return?"

"I seldom have any return."

"What makes you charge threepence for a mile?"

"They just jump on to get into the village on a Saturday night."

"I suppose on Saturday nights they are a bit careless what they pay! Anyway it is too high and you will have to bring it down. Your average is one and a half pence and that is quite enough."

Newton Rule's representative suggested that Mr Bowers should charge nothing at all for this journey.

Commissioner to Mr Bowers: "What is your return from Sudbury to Boxford?"

"One shilling."

"And from Groton to Sudbury?"

"One shilling."

"Then why tell the Commissioners you charge three pence single from Groton to Sudbury? Didn't you come to an arrangement whereby you were to take the direct route from Groton to Sudbury, which is six miles, and Mr. Rule to take the long route of nine miles, which includes Groton?"

"Yes."

"Having come to this arrangement, you recently started to run out to Groton on Thursdays and Saturdays, the only days of the week it pays, pick people up in Groton, take them to Boxford and charge them nothing."

"No, sir."

Pressed as to what he charged for the journey, Bowers said: "There are different ways of looking at it."

Commissioner: "He seems to be confused with the fluctuation in sterling. Did you come to an arrangement with Mr. Rule not to trespass on this route and leave him Boxford and Groton?"

"Yes, sir."

Sir Haviland then pointed out that Bowers had never applied to run to Groton, no timetable was shown for Groton and there was no fares list. He would not therefore get the licence.

Mr Bowers then denied that he had 'floated' Mr Skinner's and Eastern Counties' buses (presumably meaning to run ahead of their official timetable picking up their passengers). It was then stated that if there was any irregularity on Mr. Bowers's part in regard to his times, or taking his bus off the road, putting people in a taxi, or taking the 'bus off and giving nothing, so as to run contracts or excursions his licence would be taken away at once.

Mr. Bower's representative: "Other operators have acted irregularly in the past."

Sir Haviland: "Plenty. He has got as much as he can get and the warning is probably useful to him."

By the 1930s Skinner's were also running licensed bus services twice a week to Colchester, Hadleigh and Ipswich. His lorries carried grain to Hadleigh maltings by the station and Ipswich docks. Skinner's bus business was taken over in 1935 when he sold it to the rapidly expanding Eastern Counties Omnibus Company. In 1924, its predecessor the Eastern Counties Roadcar Company of Ipswich, was already servicing the route to Sudbury from Ipswich calling at Boxford. By 1926 that company had 70 of its crimson vehicles across the county. In 1930 it amalgamated many more companies across East Anglia and became the Eastern Counties Omnibus Company, based in Norwich with a fleet of 534 buses. Newton Rule must have resisted the temptation to sell, however, and continued to thrive independently in Boxford. The competition must have been stiff though, with Eastern Counties bus number 250 running a regular timetable through our village and many surrounding villages and competing for contract hire.

Newton Rule was able to build a much larger business when in 1936 Tom Skinner sold his site on Broad Street (now Rules Yard, see photos) to him, together with his corrugated iron shed/workshop which was moved from Ashley House to Broad Street. Some Rules buses were still kept along the croft until the late 1940s however. During and after the Second World War the growing fleet of buses was brought out, cleaned and washed each morning in Broad Street – a daily event still remembered by those who lived near Broad Street at the time, as the work on a Saturday could start as early as 5am!

Dorothy Carpenter (née Sore) who lived at 9 Riverside remembers this well and how uncomfortable the wartime utility buses were with



Rules outing in 1952 to Southend to see Tornado Smith, organised by the White Hart. Pubs often organised such trips in those days and it could include Margate or Clacton. Do you know any of the missing names? Back Row: ?, Corinne May, daughter of Ron May (later married Roy Hamlyn), ?, Mrs Marjory May (wife of Ron May), ?, ? Next row; 3<sup>rd</sup> from left George Everett, then Stan Rice in trilby hat. Next row: 2<sup>nd</sup> from right Susan Whymark? (née King) Front row: 3<sup>rd</sup> from left Albert Crighton, then Ron May landlord of the White Hart and Parra Tricker at the end of the row.

their wooden slatted seats. These were introduced under the direction of the Minister of War Transport as part of the home economies of war. A child's fare to Sudbury at that time was 3d or 4d single and 6d return. Brenda Rule, Newton's daughter, was very excited when these were later replaced with much more modern buses with cushion seats. Dorothy, aged around nine, used to go round to Mrs Rule at 7 Riverside on Saturday mornings to help fill the conductors' clips with fresh tickets and make up the cash floats. The business was conducted from the front room and drivers and conductors were in and out all day. Later she would total up the cash. She was paid the princely sum of 1s 6d (7.5 pence) for her work.

Rules buses were contracted to take the factory workers to Sudbury every morning. On Saturdays special 'pictures' buses ran to Sudbury and waited to return when the film finished. One ran via Stone Street, Leavenheath, Assington, and Newton Green. A second ran via Groton, Edwardstone, Little Waldingfield and Great Waldingfield. Sometimes they were so popular a relief bus was needed.



One of Rule's road haulage vehicles en route in the late 1960s.

After Newton died in 1962 the business on Broad St. passed to his son Archie. By now Rules ran a wide range of other local services and many contract services, including the local schools contract which it took over from Norfolk's of Nayland. Archie Rule began to concentrate on the haulage side of the business which he had always favoured. In the winter months they collected sugar beet from all around, loading by hand, and took it to Ipswich or Bury St Edmunds sugar beet factory. A good summer contract was with RA Butler

of Halstead to collect freshly harvested peas 24 hours a day from Goldhanger Fruit Farms and take them to Lowestoft Bird's Eye plant using up to 10 lorries. There was of course much general haulage to Ipswich and the rapidly expanding Felixstowe Docks. This could mean as many as eight lorries on the road at one time including three articulated vehicles.

Rules had first gained a school contract in 1936 for Kersey village school and collected pupils from the surrounding villages. In the 1960s and 70s the many school contracts became very important to the business and included villages and towns across South Suffolk and North Essex.

It was Archie's son, Barrie, who was quick to realise the growth potential of coach tourism, developing it in the 1960s as people started to travel more widely for their holidays. The first Continental trip he organised was in 1970 for the Trianon Music Group of Ipswich which wanted a ten day tour to Detmold in Germany. He used a 1964 Bedford forty seater and fitted it with an onboard toilet himself. It was driven by Eric Berry, an experienced Continental driver, ex-Premier Travel in Ipswich.



Rules Bus Depot on Broad Street around 1980, with 19 coaches visible. This was the peak of the business with many tours and contracts.



Archie Rule late 1980s, leading a tour to Scotland. Archie sadly died in 1990.



Barrie Rule with Debbie, his partner. In 2000 Barrie Rule Ltd took over one remaining contract from Rules Coaches for the Kersey Primary school run. This contract they first had in 1936! He continued with this until his retirement in 2019.



**RULES COACHES**  
Boxford October 1981

1981 poster of Rules Coaches. Main picture left to right: Archie Rule, Barrie Rule, Dennis Stacey, Peter Stacey, Joyce Smith, George Bullett, Fred Sexton, Ray Smith, Susanne Impett. All smartly dressed in custom made red blazers from Coe's of Ipswich. This picture was taken just before very modern new coaches with toilets replaced those in the photo.

In 1973 Barrie purchased a new 53 seater Bedford for Rules first ever holiday to Switzerland costing £125 per person. For tours a much expanded fleet of comfortable coaches was needed capable of serving Continental destinations and this became a very successful strand of the business as wider car ownership reduced demand for daily time-tabled services. In the early days these had served Bury market and Colchester on Wednesdays, lasting until the late 1980s. Now destinations soon included Paris, Amsterdam, the Rhine Valley, Austria, Norway, Spain and much more widely into Central and Eastern Europe. George Bullett of Edwardstone became their head tour driver until he handed over to Maurice Griggs of Milden.

By the mid 80s Rules ran 200 tours a year. In addition they served eight US airbases across southern England and as part of this provided popular trips for visiting US families to Paris and

Amsterdam, with up to five coaches per tour. Alongside they continued to provide timetabled local 'stage' services until 1999.

Archie died in 1990 and in turn the whole business was passed on to his son Barrie. He finally decided to close the extensive site in 2000. His three sons did not wish to carry on the business. The competition for trade from the big "nationals" had become intense, especially in holiday travel, and the closure of nearly all American airbases for which Rules had the contract brought closure of the company after more than 80 years.

It was a sad day for Boxford when this large family business which had lasted three generations was forced to close with a significant loss of local employment. It is still thought of with affection by older villagers, who have happy memories of their first adventures into the world beyond Boxford, whether for shopping, cinema, holidays, football or abroad.

*Roger Loose*



*Rules yard just before closure in 2000, with only a Mercedes 29 seater which Barrie was still driving for school contracts and a Beeston's bus which he was using.*

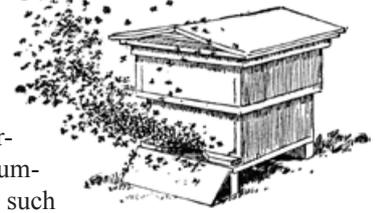


*Rules yard foundations being prepared for new houses 2000*



*Rules Yard completed 2001 and new houses for sale*

## NOTES FROM A BEEKEEPER'S DIARY



Human beings have two legs, land mammals four, and spiders eight. Lobsters have 10 legs and walk forwards, but crabs have the same number and can only move sideways, such

is the diversity of ambulatory limbs across the species. As is the case with all insects, honeybees have 3 pairs of legs totalling six, all attached to the thorax, the middle of the three sections of a bee's body. The thorax is a crowded and busy area, containing the muscles for the wings and legs, as well as 3 pairs of tubes used for breathing.

You would think that as humans have only two legs, evolution would have ensured they have multiple functions. In fact, apart from helping us move backwards and forwards, they serve little practical purpose. The same could be said of other species mentioned above, but not of the honeybee.

Nature has adapted all six legs of the honeybee to fulfil particular and specialised functions. Each leg ends with two claws, enabling the bee to grip and climb rough surfaces. When bees need to bridge a vertical gap they can form a chain, hooking on to each other with the claws at the end of their legs. The wider the gap, the thicker the chain becomes. Bees also need to crawl across smooth surfaces, so as well as two claws each leg ends with a soft pad to maximise grip. These pads can create suction, for when the bees need to hang upside down.

For general purposes such as moving around inside the colony all six legs work together. For specific tasks each pair is adapted in different ways. The front legs are covered with very fine hairs for cleaning pollen, dust and other substances from the head and eyes. Bees don't have eyelids, so these hairs have to be particularly delicate.

The antennae of a bee contain powerful sensors and can detect touch, smell, taste and even have a unique method of detecting sound, so they need to be kept in tip top condition. To help with this the joint at the bottom of the tibia (our shin bone) forms a notch which opens when the legs are extended and closes to form a hollow circle when the joint is flexed. By carefully drawing each antenna in turn through the closed notches on the front legs the bee cleans its antennae safely and thoroughly. A neat and effective solution.

Workers spend the last stage of their life cycle foraging for nectar and pollen. The pollen and debris collected on the fine hairs of the front legs is passed back to the middle legs and onward to the hind legs, where, mixed with nectar if necessary, the resulting mass is collected, compressed and stored in "honey baskets" formed from specially arranged hairs like bristles. The stiff hairs on the middle legs scrape the pollen into the pollen basket of the opposite hind legs and pat the compressed load into shape. So each pair of legs works independently of the other pairs, and when necessary each leg can also work independently of its opposite partner.

There is very little difference in the leg structure of male and female mammals, including us humans. In contrast many of the adaptations made for female honeybee legs are absent in the legs of honeybee drones. Drones are not required to go out collecting pollen or nectar. Indeed, their only specific role in the bee colony is to mate with a virgin queen and pass on their own genetic inheritance.

So they don't need pollen baskets or other food-producing paraphernalia. All they need is longer legs to clasp the queen more firmly during her mating flight, which, if he is successful, will end with his death..

*Tony Rand*

# FRENCH'S CARE HAVEN

Hello to our readers, I hope as always you have all been keeping well. We have a Rib & Wing evening with jacket potato coleslaw and desert at The Fleece hotel Boxford on Friday 26<sup>th</sup> July in the evening, arrival 7pm, £15 per person. Please contact Sharon to book your place on: Tel: **07999 051 401** or email [frenchs.100club@gmail.com](mailto:frenchs.100club@gmail.com)

It will be a good night of yummy food and a nice social evening, so please join us.

We are holding an Open Day at French's in Castlings Heath on 6<sup>th</sup> July between 12-4pm with a BBQ and cakes, dogs are welcome on leads. Our open days are always enjoyed by those who come along, there will be children's games and a close up introduction to the horses and donkeys. Pictured is one of our donkeys Badger, he will be happy to meet you on the day.



Stall spaces are still available, please get in touch and we will book you in. On our open day we would like a face painter for the children, is there a face painter out there that could come and help us on the day? Please let us know

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](mailto:jann.turner@hotmail.co.uk)

Website: [www.frenchscarehaven.org.uk](http://www.frenchscarehaven.org.uk)

# OLLIE'S NEWS FROM SESAW



So that cheeky Chihuahua thinks I've mellowed, does he? Ken should look in the mirror, he has a middle aged spread, grey whiskers and barks for no reason at all! My black coat is as sleek as ever and my waist is still trim. Admittedly I prefer to stay indoors when it's cold and wet nowadays but went outside to visit some of our animals awaiting new, loving homes.

Feline brothers Jack and Jacob were rather downcast. They are two stunningly pretty white and black cats, neutered, vaccinated, microchipped and ready to go. They are a little nervous, having been in a run far too long, nevertheless I find it unbelievable they have not yet been chosen.

Of course we have many dogs including Pebbles and Lola, two friendly, middle aged pugs in need of a new home together. They love their walks and plenty of cuddles. Please come along to meet any of the animals between 10am to 1pm, Thursday to Sunday.

We said farewell to longtime resident, Henry the peacock and his three wives last month. The beautiful boy displayed resplendently in his new quarters at Kentwell Hall whilst his demure peahens investigated their new surroundings. His plaintive call is much missed here but we know he and his harem will enjoy the



grounds of that historic house, once they have settled in.

I dare say they would like a superior cat such as me but our volunteers would miss sharing their lunchtime sandwiches with me, *Ollie (the Black) Cat*.

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# EBONY'S DIARY

Exciting news! One of our horses Bryn is a finalist in Radio Suffolk's 'Make a Difference Awards', in the animal category. We won't know until September if he is the winner, but to us he's definitely a winner. Bryn is a 18-year old, silver dun cob who has been with us for seven years, one of our longest residents. At 15.3 hands high he is one of our biggest horses and is thus very popular with coaches and riders. Whilst he can be a bit cheeky, he is gentle and quietly carries both children and adults who have a mixture of physical and psychological disabilities. He is patient and instinctively accepts everyone whatever their capabilities.



In contrast to Bryn, Thomas is a small pony who is on trial. He has not been with us long but is settling in well. One little girl, Magdalena, who started riding at the Shelley Centre when she was only four years old, initially riding Ebony (the mechanical horse) due to health issues, is now riding Thomas and doing extremely well. She is very excited to report that she has just passed her grade one riding and stable management, a real achievement – see photo.



During June we held the internal Shelley Show where riders undertake dressage tests and the 'countryside challenge' – a sort of obstacle course - in front of a judge, within their capabilities. It's a big deal for our riders and the joy of receiving their rosettes and medals is clear for all to see.

We raised £1,800 at the Hadleigh Show in May from selling plants and cakes, We would like to say a big thank you to everyone who came and supported us and to those who kindly donated the produce. Our next fundraiser will be the Family Music Day on 25<sup>th</sup> August in Stratford St Mary. Come and relax in the sun, eat, drink, dance and enjoy American country and soul music in a beautiful setting. Tickets available from <https://bigdaysmallcountry.eventbrite.com>

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# BOXFORD ROVERS

Boxford Rovers held their 2023-4 season awards event on the 15<sup>th</sup> of June. It was very well attended by all players and parents of the Under 9, Under 14 and under 16 teams who all play in the Suffolk Youth League.

All teams enjoyed a successful season with the new Under 9 team playing excellently in a competitive development league, both the under 9s and under 14s finished in the top half of the leagues.

It's now the summer break with plans for 2024 -5 season already in place and introducing a new under 8 team plus under 10, 15 and 17 teams competing.



# BACK-TO-BACK WINS FOR MILDEN CC

Milden bounced back from their defeat at Nowton on 12 May with back-to-back wins, on 2 June away at Elmswell and then, on 9 June, in their first home game of the season, against Woolpit.

Spinner Richard Robinson's 6 for 19 in 6.3 overs was the highlight of the win at Elmswell. Put in to bat, a solid Elmswell opening partnership of 56 was broken by Joe Smith (3-27) when Adam Burch (17) hit a ball straight to Harry Leitch at cover. Thereafter, wickets fell regularly and after Liam Wright, who top-scored with 73, including three 6s, fell to a ball from Alex Lomas that 'stood up' before hitting the stumps, Robinson wrapped up the tail to claim his 'sixfer' as the home side were all out for 124.

Runs were hard to come by on the slow Elmswell wicket and Milden took 34.3 overs to score the 125 needed for victory.

Captain Alex Cunningham again top-scored with 31 not out (his second 'not out' in two innings this year), but after teenager Seamus Gallagher claimed two wickets in a first over that included four wides, a few lusty blows by Smith (27 not out) saw Milden to their target to win by six wickets.

The following week Milden again made a slow start, scoring 76 for 3 after 25 overs, but some bold hitting by Cunningham (top-scoring again with 69) and Will Ward (25) against the slow bowlers lifted the final total to 191 for 6. Replying, Woolpit also made a slow start, with a similar 25 overs score of 76 for 2, but after Leo McLennan (32) was bowled by Richard Robinson with the score at 90, the visitors collapsed to finish on 130 for 9. Robinson followed his 6 for 19 against Elmswell with 4 for 27, and Joe Smith and David Willis each took 2 for 12 in the 61 runs win.

Stop Press: Milden lost by six wickets away at Battsford on 16 June, but remain in 4<sup>th</sup> position in Division 5 of the Hunts County Bats League. Scores: Milden 171 for 7 (Alex Lomax 57, David Willis 44 not out); Battsford & District 174 for 4.

July fixtures:

7 July: Woolpit v Milden

14 July: Milden v Battsford & District

28 July: Milden v Elmswell

# BOXFORD & DISTRICT BOWLS CLUB

The season so far has been rather damp to say the least - and it's about time we had some sunny, warm weather! Our bowlers have certainly had the opportunity to see if their waterproofs really are waterproof! And we have toned up our arm muscles, as getting the bowl down the green can be challenging after the heavy rain.

Despite the wet weather, which has meant rearranging several games, our teams are doing well with some good results in national and local competitions.

Our men's team in the West Suffolk Triples League are currently in 2<sup>nd</sup> place, and the Federation Team had a win against Haverhill in the Durham Trophy which puts them through to the next round. Good luck for the next game at the end of June.

Our Green Team and our Blue Team who both compete in the Sudbury Mixed Triples League are both doing well and both teams have also progressed through to the next round of the knockout competition - the Millenium Cup. Well done to everyone who plays in this league.

Our ladies team have won through to the next round of the Hadleigh Cup beating Holywells, Ipswich and will be travelling to the Borough of Eye to play in the semi-finals. Good luck to you all in this match. They also won the first round of the Suffolk Top Team competition against Ipswich ladies but sadly lost in the quarter finals to Lowestoft Railway. It is great to see that the Boxford ladies have a team of their own this year, as over the past few years they had entered these competitions jointly with Sudbury. What a great start to this season - well done to you all.

Let's hope the weather improves going forward so that the green can start to dry out and we can catch up on any postponed games.... and that our waterproofs can stay in the bowls bag unused!



# LITTLE WALDINGFIELD OPEN GARDENS

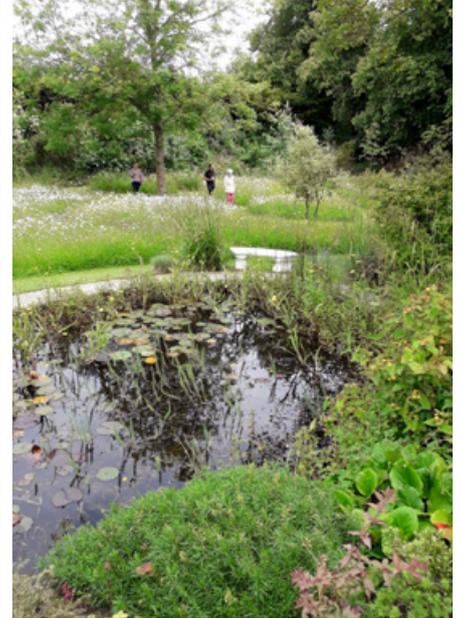


The village was full of friendly, happy people, enjoying a day out to visit our ten beautiful open gardens, despite the chilly weather. At least the rain held off!

Many thanks to all our open gardeners for their hard work leading up to the event, in challenging conditions.

Our team in the Parish Room did a great job serving cakes, scones, sausage rolls and welcome hot cuppas to our visitors. Thanks also to everyone who helped by selling programmes, plants and produce and, of course, all our talented bakers. Last, but by no means least, thanks must go to all our visitors and their kind comments. £1,181.75 was raised for our St. Lawrence church. A successful and memorable day.

*Fran Gregor-Smith*





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# BRIAN TORA'S SOAP BOX

Firstly, an apology. When I should have been putting the final touches to last month's Soap Box, I was busy cramming luggage into our car as we set off on our first driving journey to Portugal since last year, via Portsmouth and Santander. The deadline had completely vanished from my mind. Sorry. Our esteemed editor was most gracious in her forgiving nature, but I still feel guilty.

As I write this, I am still overlooking the clear blue water of the Atlantic off the coast of the western Algarve. As you read it, I will be back in Suffolk, having avoided most of the hyperbole that accompanies a General Election. We feel blessed. While once I was a keen and vigorous party activist, knocking on doors and carrying the message to members of the electorate who may not yet have made up their minds, today I am most happy to watch the proceedings from a non-participatory distance.

Not that I am alone in feeling disillusioned with politicians. Few people seem to possess any enthusiasm for matters political these days. In a way this is hardly surprising. The last decade and a half or so have encompassed enough major incidents to last most people a lifetime. True, not all were the consequence of action by the political classes, but the way various governments responded did have a profound effect on all our lives.

It all started with the financial collapse of 2008. The then Chancellor of the Exchequer, Alastair Darling, had already bailed out several UK banks, but it was the collapse of Lehman Brothers in September that brought about a stock market rout and real fears that the global financial system would not survive. In the end disaster was averted, but at a heavy cost. Indeed, in 2010, the incoming Conservative/Lib Dem administration reported that the outgoing Labour Treasury team had left a note saying that the financial cupboard was bare.

This led to the new Conservative Chancellor, George Osborne, initiating a period of austerity that was to have far reaching consequences. And the political landscape was not made any clearer by the unexpected result of the Brexit referendum, which simply added to our economic woes and took the standing of British politicians down another notch. The pandemic then arrived, with all the economic chaos this engendered, not to mention the apparent disregard of the health rules at that time by the staff at Number 10, led by the charismatic, but clearly flawed, Boris Johnson.

His fall from grace placed yet another nail in the coffin of the public's respect for politicians. While it has to be acknowledged that the past 17 years have encompassed some of the most difficult conditions for governments to deal with, the electorate has become tired and disillusioned with politics – hardly the most encouraging backdrop for a General Election. While the opinion polls in mid-June continued to point to a Labour victory, this election has been looking increasingly difficult to forecast, with the rise of the Greens and Reform threatening the outcome for the two main parties.

We will know soon enough who will be getting the keys to Downing Street. Whichever party it is, I wish them well. There will be plenty to sort out. The number of recent scandals – blood, Windrush, the Post Office – suggest that a tightening of the relationship between Westminster and the Civil Service is long overdue. I rather enjoyed a description of the run up to an election as politicians campaigning with poetry and then governing in prose. Sadly, I do not see many poets at the top of our political parties.

*Brian Tora*



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# BOXFORD OPEN GARDENS



Over 525 visitors enjoyed a beautiful day and 20 marvellous gardens in Boxford and Edwardstone on Sunday 2<sup>nd</sup> June. Neither rain, wind, slugs nor lack of time prevented a beautiful and bountiful display of flowers, plants and talent from hardworking gardeners. Town & Villages Estate Agents' generous provision of signs advertising the event contributed to the increase in visitors.

The hungry hordes enjoyed offerings from The Fleece and the Box River Café, often munching at outside seating in the sunshine. Innumerable pots of tea and coffee as well as delicious treats served by Frances Munro and Jacky House meant the tables in the church were always full – to the point that adults were sitting at the table in the kiddie corner to enjoy their treats!

Visitors carried away a huge variety of plants from the Boxford Gardening Society's plant sale as well as ideas and photos of the gardens, which included 5 new ones this year as well as old favourites.

A huge thank you goes out to all those who took part, not only the gardeners, but also the bakers, the ticket sellers, and of course all those who turned out in support of the event. Special thanks to David House, whose genial welcome to Boxford never flagged during hours selling tickets. Thanks also to Tom Foakes and Tom Bowen for signage, dishwashing and the Children's Trail. Special thanks also to Belle, Fleur and Hector Adams at The Old Bakery for their fundraising efforts.

A mention must also be made for Tracey Parr of the Box River Travel Boutique who made a wonderful holiday hamper and who was selling raffle tickets for it on the day, with all proceeds going to the church. The lucky winner at the end of the day, chosen at random, was Lenka Netopilikova.

Open Gardens is the main annual fundraiser for St Mary's, and this year over £4,000 was raised to support the Church in its work in the community!

*Audrey Zuck*

*Thank you to Peter Norris and others for their wonderful photos of the day.*



## CITIZENS ADVICE

*The school holidays are about to begin and as a parent I'm already dreading September. School costs can quickly mount up - uniform, transport, trips and probably more I haven't even thought of yet - I'm really worried I won't have enough money to cover it all. How will I manage?*

School costs can seem overwhelming, but if you're on a low income your local council might help you with some of the expense.

As any parent knows there are a multitude of opportunities and requirements that go hand-in-hand with school, and many come with a price tag. For that reason, there is support available when it comes to paying for school uniforms, trips and essential equipment. Some extracurricular clubs such as music might also have funding available. You can find what your local council offers here: [www.gov.uk/find-local-council](http://www.gov.uk/find-local-council).

When it comes to uniform, schools have a responsibility to make sure they are affordable. A good starting point is the school website which will have the uniform policy, as well as how to find second-hand items.

Some schools will require branded items, but these must be kept to a minimum in line with government guidance on affordability, available at [www.gov.uk](http://www.gov.uk). If you are worried you still can't afford the required uniform, you should speak to someone in the school office who might be able to help.

In terms of food, children in infant school - reception, year one and year two - automatically get free school meals. If your child is in junior school - years three to six - you can apply for free school meals if you get certain benefits.

In some cases, free transport is available. If your child is aged five to 16 your local council might help with free or lower-cost transport if you don't live near school or your child's unable to walk there. For older children in a sixth form or training as an apprentice, there may also be support available. You'll need to ask your local council if they can help. Unfortunately we can't help with homework, but there is more information on financial support that's available for school costs and general budgeting advice on the Citizens Advice website.

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

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



**Gary Jarvis**  
Paper Hanger and Interior Decorator  
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## BOXFORD PRIMARY SCHOOL

We cannot believe how quickly the final term of this year is going. There are many more events left including our sports day and Year 6 performance. It is always a pleasure to share what we are doing in school. If your child is beginning on their educational journey or looking to move schools, please pop in and see our office team who will be happy to organise a school tour.

### **Sporting fixtures at Boxford (School value: Respect and Perseverance)**

Years 3 and 4 played a friendly dodgeball fixture against Nayland, at home. The children learnt how to play in a team and become exposed to a new sport they had not previously competed in. All children showed great sportsmanship and followed the rules. It was joy to watch and be part of. We look forward working with other local schools in friendly fixtures during the 2024/2025 academic year. Mr Griffith would like to pass his thanks on to Nayland Primary for their organisation in travelling to this event.

### **The Lion King (Creativity)**

Key Stage 2 had the opportunity to attend a West End production.

This year it was The Lion King at the Lyceum Theatre. An early start was had by pupils. Arriving in London, midmorning, our first stop was the National Portrait Gallery. Children enjoyed viewing the Tudor oil paintings contrasted with the more modern portraits of the royal family. A short walk away, we ambled along The Mall to see Buckingham Palace (King Charles was in residence!) and then headed to the theatre via Horse Guards Parade. Xavier, a Year 6 pupil, was very impressed with the performance. He said the performance was 'delightful'. Another pupil was asked what the highlight of their day was and he said 'everything!'. We enjoy promoting arts and culture. Teachers anticipated a quiet bus journey home after a very busy day, but some children were still on a high after watching the spectacular performance.



### **Familiar faces at Boxford - in the spotlight**

Many of the local community will recognise Mrs Fenner at Boxford Primary. We pride our school on staff retention and this supports us embedding our school values. In this month's Box River News, we're turning the spotlight on Mrs Fenner and giving you a chance to learn a little more about a member of our team!

*How long have you worked at Boxford?*

I started as an Midday Supervisory Assistant in 2009.

*What does your current job entail?*

I am a HLTA (Higher Level Teaching Assistant) and TA (Teaching Assistant). I teach classes across the school and support children within the classroom environment.

*What makes Boxford Primary unique?*

The staff I work alongside – there is great camaraderie and a brilliant team spirit.

*How has the school changed over the years?*

We now have a Forest School area which we use regularly. It is thoroughly enjoyed by all children throughout the school.

*When you were at school, what was your favourite meal?*

It has to be fish and chips followed by doughnuts with warm jam drizzled over the top.

*What is the best part of your job?*

Witnessing the great achievements of all the children, whether it is academic or relating to their soft skills. I enjoy watching pupil progress knowing I have been a part of their journey!

*Mr Scott Reynolds*  
Assistant Headteacher

# FEEDBACK FROM JAMES FINCH

## County Councillor for the Stour Valley

### Pupils champion active travel in Suffolk schools

Pupils from four Suffolk schools have been awarded nearly £2,000 worth of funding to deliver projects that promote active travel to and from their schools.

Suffolk County Council and sustainable travel experts Modeshift (<https://modeshift.org.uk>) invited pupils from Thomas Gainsborough School, SET Beccles, Claydon High School, Farlingaye High School to pitch their active travel ideas at the Active Travel Ambassador (ATA) Campaign Junction event in May.

The event gave the pupils the opportunity to suggest solutions to transport challenges affecting their school community and to answer questions from an expert panel.

The pitches included ideas to increase walking and wheeling by making crossings safer, introducing walking and cycling competitions and running a 'Park and Stride' promotion. I applaud this initiative to listen to ideas from the young people to help them do more walking and use less of the car.

All of the participating schools were successful in their pitches and have been awarded up to £200 from Modeshift with a match funding contribution from Suffolk County Council, to deliver their projects.

### Norwich to Tilbury pylons: Council objected to plans and called for a pause

Suffolk County Council's Cabinet formally objected on 21<sup>st</sup> May to National Grid's current proposals for pylons between Norwich and Tilbury and called for a pause to consider alternative options, such as an offshore solution, or High Voltage Direct Current (HVDC) undergrounding.

It objected to the current proposals for a number of reasons, including:

- the need for additional undergrounding of cables in the Waveney Valley and elsewhere along the route
- the need for much greater clarity regarding the relationship between the proposed project and proposed solar projects, and the cumulative effects
- potentially serious implications for at least six airfields, including pylons close to runways and, in some cases, possibly stopping all flying

The message to National Grid and Ofgem is that the current proposals must be put on hold so that the alternative solutions, which do not involve pylons, can be properly explored.

The Council support the government's desire for energy security for the UK but this must be achieved appropriately and fairly where our communities, and the local environment, will feel the impact from energy projects.

The significant issues which remain include: adequate research into offshore solutions including HVDC, more clarity around the cumulative impact of other energy projects. Therefore, the council had no choice but to object to the proposed scheme.

A number of recent reports help to support the council's position including these: ESO East Anglia Network Study; The 'Valued Landscape Assessment' and 'The Hiorns Smart Energy Networks report' both commissioned by Norfolk and Suffolk County Council.

As a result of the timing of the election, the consultation has now been extended until the 26<sup>th</sup> July 2024.

### Suffolk Business Board named

A new Suffolk Business Board has been established to represent the local business community, help steer Suffolk's economic strategy and create a stronger, higher-skilled local economy.

The Business Board takes over the role of the Local Enterprise Partnership (LEP) in providing a voice for business in Suffolk. It will start meeting in June.

Mark Pendlington, local business leader and former High Sheriff of Suffolk, will serve as interim chairman for the first year. Cllr

Matthew Hicks, leader of Suffolk County Council, will serve as deputy chairman.

Representatives from business, education and local government will join them on the Board and bring experience in key Suffolk sectors including agri-food, retail, technology, ports and logistics, and the visitor economy.

### Funding secured to boost digital tech innovation

Suffolk County Council, working with Norfolk County Council and Connected Innovation, has secured funding from Barclays Eagle Labs Ecosystem Partnership Programme to boost support for the region's digital technology sector.

The funding will be used to deliver 'The Future', a joint project which aims to support and scale digital technology innovation in Suffolk and Norfolk in three critical ways:

- Developing a local ecosystem with stronger connections between experienced entrepreneurs and the next generation of regional startups
- Developing a process for identifying, engaging and supporting early-stage startups and integrating them into the community
- Creating more opportunities for founders from disadvantaged socio-economic backgrounds by offering stipends to those who would not otherwise be able to commit to their venture full-time.

The project is bolstered by further funding from Connected Innovation as well as match funding from Suffolk and Norfolk County Councils.

The project will be delivered by Akcela in Norfolk and Innovation Labs in Suffolk.

### Significant Suffolk Anglo-Saxon archaeology to be celebrated.

Rendlesham Revealed is the Suffolk community archaeology project which uncovered a 1,400-year-old royal settlement of the East Anglian Kings in the Deben Valley. Rendlesham Revealed is run by Suffolk County Council Archaeological Service and funded by The National Lottery Heritage Fund thanks to National Lottery players, who awarded a grant of £517,300 for the four-year project.

Rendlesham Revealed has been an incredible success and has added such a wealth of new understanding to Anglo-Saxon life in East Anglia.

Three years of excavations, not far from Sutton Hoo, were completed in the summer of 2023 but work continues to analyse the findings.

Further items from Rendlesham Revealed can be seen in a temporary display at West Stow Anglo-Saxon Village and Museum until 23 July 2024, and a virtual interactive tour of the original exhibition at Sutton Hoo is available online at [www.heritage.suffolk.gov.uk/rendlesham](http://www.heritage.suffolk.gov.uk/rendlesham)

### East of England local authorities collaborate to appeal for more foster families

Eleven local authorities across the East of England have joined forces in a bid to collectively recruit more foster carers to look after some of the region's most vulnerable children.

Suffolk is taking part in a new initiative for fostering under the banner *Foster East*. There is an urgent need for foster carers in the East of England with more than 7,000 vulnerable children already in the care of their local authority, and a further 150 children coming into care every month.

The Foster East initiative which is funded by the Department of Education and launched Wednesday 29 May 2024, is a new, collaborative approach to foster carer recruitment and support. Councils will work together to provide more comprehensive training, support and best practice. Foster East advisors will help people find out how fostering can become part of their life.

In Suffolk there are more than 900 children and young people ranging from babies to 18-year-olds who need safe, loving and nurturing homes where they can thrive and develop. Every local authority aims to keep children and young people local to their support networks, but a shortage of foster families in our area means this is not always possible.

Fostering is a flexible role with options for short term care from a weekend a month to longer term opportunities, all providing life-changing support for local children. Suffolk will continue with a Foster Carer Recruitment Event on the 1<sup>st</sup> Wednesday of every month, and an Adoption Event is on the 1<sup>st</sup> Thursday all 7pm in the home of the applicant.. To book a place please email [Claire.Gwatkin@suffolk.gov.uk](mailto:Claire.Gwatkin@suffolk.gov.uk).

*James Finch*

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## FEEDBACK FROM BRYN HURREN Babergh District Councillor for Box Vale Ward

My predicted improvement in our weather has not really materialised with yet more rain arriving and predicted. Maybe this is the new normal and nature's way of warning us to look after our planet better and consider our actions before it is too late.

While efforts are being made in London and other large cities to cut the levels of carbon pollution, clean up the air we breathe and what goes into the atmosphere, it should be noted that the fumes omitted from airplanes at Heathrow airport alone exceed by a large amount pollution made by all vehicles in greater London. Food for thought, what sort of world do we pass on to our children and future generations.

Maybe all the tonnes of fuel that are poured into aircraft should not be tax free and airlines should share the same burden as those machines on the ground.

This might enact some change and concentrate minds a little more on cleaner methods of travel and fairer taxes shared amongst everybody. The tax then should be used for the further development of bio-fuels and offsetting the damage done to the environment and to the lungs of those that live in the vicinity of both methods of transport.

At Babergh Midsuffolk we are not resting on our laurels since winning UK council of the year. The coalition (Lib Dem, Independent and Green) has embarked on plans to make our total of 6,800 council houses carbon neutral. This massive project will require investment, but we are quite correctly committed to carrying out this massive project despite the national shortage of funds, to do what we should regard as imperative for human survival.

It is difficult to retro-fit houses built in the 50s, 60s and 70s but with care and commitment we can improve even them with insulation, lagging and better forms of heating.

Our more modern built homes can also be made more efficient and cheaper to run despite the massive hike in fuel costs, these improvements must be paid for somehow, but we will buck the trend and do the right thing for the environment as we always do.

The day of reckoning that has been called for by so many has finally arrived. No, I am not referring to the T20 world cup or even the Euros, however important they may be to our national pride. I am referring to our national elections which are possibly the most important in our recent history. It is our big opportunity to enact change and to get away from all the backbiting and stabbing and shameful political cronyism, along with the bungs, lies and scandals that have embarrassed and shamed our nation so much and has led to the three worst prime ministers in our recent history. Messrs. Johnson, Truss and Sunak could not organize the proverbial party in any brewery.

How has our democracy once used as a model across the world and respected, sunk to such deceit and ridicule and where have all the capable people gone?

Maybe we need a different set of rules and punishment for those that digress, nobody has yet been punished, fined or incarcerated for their crimes against the nation and those that elected them. That

might help and encourage more honest folk to stand for the higher office.

We could benefit now I think from changing the voting system, while we have always had first past the post, along with Bulgaria, we are now the only nation to do so and it must be part of the reason why the very worst seem to have risen to the top. Other much smaller and diverse groups should be able to have their say and take us back together to unity and more central politics for all the nation and its lovely people. The lurch to the far-right wing has become frightening and the strive for financial gain from office has become sickening and narcissistic and the poorer amongst us have become destitute. I never thought that much of my councillor role would become about feeding the poorest from local foodbanks and enabling lower income families to stay in their homes by handouts to keep them from being evicted on to the streets in such a Dickensian fashion.

At this point I would encourage every adult over 18 to somehow get to your local polling station to cast your vote and have your say as to the future of your nation and its place in your future world, especially the young who stand to benefit or lose the most.

By the time you read this, every household will have had all the leaflets from all the candidates pushed through their doors and if not, why would you vote for them. These tend to be more informative than the dreadful shameful TV debates that develop into a screaming match with the better candidates desperately trying to be heard and drowned out by those trying to gain or hang onto power. Far better to talk to the candidates themselves who are currently treading our streets to ask them what they would do if they became your MP.

Please everyone, make time, wherever you are, to cast your vote. If you cannot get there by normal means, tell the candidate or local rep and transport will be provided to enable you to cast your vote as is your right and duty.

Please don't leave it to others, I am hearing a great number of people say that they will not vote as they are upset by the behaviour of those in high office and their criminal behaviour. This is the very time that we should all vote to bring better people into office, because if we don't and allow the status quo to continue, it will get worse.

I will be around all my six villages a lot in the next three weeks, so please stop me for a chat.

Keep positive please, it can only get better.

*Bryn*

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## PARISH COUNCIL UPDATES GROTON

### Summary of Annual Council Meeting 21<sup>st</sup> May 2024

**Present:** P Roberts, S McGrath, N Chapman, R Cheeseman, C Hearn, A Dixon-Smith, M MacKay-Morris, R Jones (Clerk)

**Election of Chair:** Piers Roberts was elected as Chair. Proposed by N Chapman, Seconded by S McGrath.

**Election of Vice-Chair:** Sarah McGrath was elected as Vice-Chair. Proposed by N Chapman. Seconded by R Cheeseman

**Councillors' Declarations of Interest:** Item 15 – P Roberts, C Hearn, N Chapman.

**Appointment of representatives:** *Babergh Area Committee of SALC* – As has been the situation for several years, no councillor has felt able to commit the time as a representative. *Boxford Community Council* – None - As has been the situation for several years, no councillor has felt able to commit the time as a representative. This remains the case. *Groton Village Hall* – C Hearn

**Planning matters:** A discussion took place over the planning process and whether the council always has enough time to consider applications. It was agreed to discuss this further at the next meeting.

**Groton People and Places Update:** N Chapman presented 2 documents to the meeting. Document 1 was a Housing Module combining information from 2021 census and 2022 Housing Needs survey. The information gathered from these two pieces of work provided for Document 2, which was a Draft Policy Statement/questionnaire to form part of the next stage of public consultation. Councillors were asked to discuss and comment on the proposed statements and questions to ensure approved wording was used. Following discussion and suggestions, Cllr Chapman to amend the Draft Policy Statement before the next stage of the process.

**Wildfires & Emergency Plan Update:** The Chair reported that the setting up process almost complete. The Clerk to supply a map of Groton to P Baker (Edwardstone PC) for inclusion in the area emergency plan.

**Highway and Footpath Matters:** *Footpath Leaflet* – Process now complete. The council had been asked to contribute to the cost of printing some leaflets (500) for distribution. It was suggested that it would work out more cost effective in the long-term to have more copies printed at a cheaper rate per copy. The clerk to investigate. *Footpath Cutting* – Andy Adams did the first foot path cut on 17<sup>th</sup> May. In view of the wet spring weather, the council noted that there was a possibility that an extra cut would be needed in addition to the [three] per annum included in the budget. This would need to be agreed if the need arose.

**Financial Matters:** Statement of Finances & Orders for Payment were approved. End of year accounts – Approved. Annual Governance Statement (s1 of the Annual Return) – Approved. Annual Accounting Statements (s2 of the Annual Return) and Certificate of Exemption – Approved. BMSDC Capital Grants – It was agreed to pursue a grant from the DC to have wi-fi set up and installed in the village hall. This would not only ensure meetings could be run more effectively but would provide an extra and modern facility for all users of the hall. It was also suggested that the PC look into the possibility of purchasing the land the hall stands on and which for the next ten years, is leased from a parishioner. Additionally, the clerk will apply to the Government for a free, framed portrait of King Charles III to be hung in the village hall.

**Groton Traffic Assessment Update:** Data had been received on 2 monitoring points in Groton Street and Church Street, with the data for Swan Street to be supplied. Data received had shown that average speeds were below the 30mph limit. N Chapman to chase up the data for Swan Street with Cllr James Finch.

**Garland of Hamlets (Groton Through the Ages):** During discussions about this project, the project steering group had decided that the Garland of Hamlets update is best served through the establishment of a Groton Historical Society. As a result, the Groton Historical Society is asking the PC to give a small ‘start up’ grant to enable it to set up a website and take out membership of Ancestry.com. The Groton Historical Society is looking to establish itself formally by September and was meeting on 24 May to progress matters. After discussion, councillors agreed that this was a positive initiative for the village and agreed to provide a grant of £438.50, which was the remaining balance of the Council’s CIL funding.

NB: Cllrs Roberts, Hearn and Chapman recused themselves from this decision due to their involvement in this project.

**Date of next meeting:** Wednesday 3<sup>rd</sup> July at 7pm

Full minutes can be found at:

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

**Richard Jones**

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## BOXFORD

### Summary of Council Meeting 28<sup>th</sup> May 2024

**Community Led Housing:** Sue Downs from Community Action Suffolk gave a talk as Rural Housing Enabler and confirmed she works with parishes to bring forward small projects of truly affordable local needs homes. The first step would be a housing needs survey to identify the need in the parish. The survey will go ahead and includes both affordable housing and private housing needs. See comments from our Chair on this and other longer-term projects in the village.

**Chair, Vice Chair and Sub Committees:** We are delighted to report Cllr Hugh Phillips was elected chair of Boxford Parish Council for the coming year. Cllr Lisa Wortley is vice chair. Sadly, we have two retiring councillors – Cllr Colin Parr and Cllr Kevin Couling effective from 17<sup>th</sup> June 2024. This leaves councillor vacancies, so why not take the first step to see what is involved. Our meetings are held in public, so come along and observe or take the opportunity to telephone – our details are on our website. Sub-committees:

*Cemetery:* Cllrs Phillips and Warren

*Environmental & Ecology:* Cllrs Munson and Wortley

*Finance:* Cllrs Phillips, Warren, and the RFO/Clerk.

*Planning:* Cllrs Phillips, and Wortley

*Public Realms:* Cllrs Warren, and Watts

All decisions continue to be made by the full council at PC meetings held in public.

**On-going Matters:** The potential mud scraping/removal from Butchers Lane and Wash Lane is being considered. This is the responsibility of County Highways and the PC is considering what support we can give in getting this done.

The Police are being urged to attend a PC meeting to share details of their structure.

The Chair is seeking improvement to the Cox Hill to Fen Street footpath surface. There is an agreement between the landowner and the County Council.

Cllr C Parr reported that flowers are being planted in the troughs on the bridge and the sponsors were thanked in this regard.

The Butchers Lane/Ash Street junction has been patched and further surfacing will be required.

Cllr Parr reported on some unacceptable plans to reduce our village bus services. He will continue to work with the community and escalate the matter to the highest level to challenge these changes. The PC supported Cllr Parr in his efforts.

Cllr Parr then updated the meeting in relation to the 20-mph proposal. The next stage is for the engineer to add their report. The importance of all collisions being reported to the police was stressed.

Cllr T Munson updated the meeting on Emergency Resilience - venues, volunteers and rest centres are being considered currently.

A tree is blocking the footpath near Station Field, and it has been reported on the online reporting tool. There is a link from our website to the Highways Reporting Tool.

Both Cllr C Parr and District Cllr B Hurren explained concerns with the grass cutting. Cllr C Parr had met Richard Parmee, District Council (DC), as agreed between meetings. Cllr Hurren explained that the DC were working with parishes to leave some natural areas, however, the biggest issue leading to the untidy cutting has been the warm and wet weather. Cllr C Parr explained volunteers have assisted with raking and disposing of cuttings. Cllr C Parr confirmed that his company has funded a cut as a gesture to the community. The Chair thanked Cllr C Parr and urged Cllr Hurren to ensure the DC does not let the position deteriorate going forward.

Cllr C Parr then read his resignation letter effective from 17<sup>th</sup> June confirming the challenges and successes over the past year as the Chair of the PC. Cllr Parr spoke of the time and effort to being a ‘can do’ council. Later in the meeting Cllr K Couling announced that he will also be retiring from the PC, also on 17<sup>th</sup> June.

The PC website (<http://boxford-pc.gov.uk>) contains useful links

and information. Access can be gained directly or through the community site [at <http://www.boxfordsuffolk.com>].

**Finance:** In addition to the usual business, the VAT had been reclaimed for the past year and it was resolved to make some changes to earmarked reserves going forward. It was agreed to pay the grant towards insurance costs of the church.

**Cemetery:** Cllr D Warren reported that most of the hard work in the cemetery and churchyard was either done or scheduled. The restoration of the churchyard boundary wall is due to commence slightly ahead of the school summer holidays which is detailed in the Chair's update. Attention is being given to contract work and the specification and quality required.

**Environmental and Ecology:** A detailed report was given to the Annual Parish Meeting and work continues with the biodiversity statement.

**Public Realms:** Cllr K Couling reported a lantern has been renewed on School Hill. He continues to work with the community wardens on priorities once the litter is collected and sweeping done. This has involved attending to some verges causing visibility issues in the parish. Every effort had been made for the village to look its best for Open Gardens.

**District Council Report:** District Cllr B Hurren attended and confirmed he is hopeful things will improve in relation to the allocation of affordable housing in Boxford going forward. He has worked hard to address some of the issues in recent years. As the general election has been called, the DC needs to delay conducting business for the time being. Urgent matters will still be carried out. The DC is behind with external audit currently. He had commented to the press about brown signs being overgrown and falling over. This was picked up due to the streaming of a DC meeting where Cllr Hurren spoke on the subject. Leisure centres supported families during the half-term break. Cllr Hurren confirmed the restoration of village benches was almost complete. Cllr H Watts agreed to temporarily house one of the benches until a decision is made on a new location for the bench.

**County Council Report:** County Cllr J Finch had sent his apologies and gave his report as printed in last month's issue of the BRN.

**Planning:** The full planning details can be seen in the minutes on the parish council website (<http://boxford-pc.gov.uk>)

**Date of Next Meeting:** 18<sup>th</sup> June 2024. The July PC meeting is on 23<sup>rd</sup> July starting at 7pm. in the village hall.

Full minutes can be found at: <http://boxford-pc.gov.uk>

**Debbie Hattrell**

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## LITTLE WALDINGFIELD

### Summary of Financial Year-End Meeting 5 June 24

This meeting was mainly to review the 2023/24 financial results and verify the council had complied with all the required financial regulations during the last financial year.

**Babergh District Councillors Report:** BDC Cllr Paul Clover informed members that:

- Community groups can apply for capital grants for improving social infrastructure including village halls, play areas and recreational facilities. Applications close on 14 July 24.
- A new waste bin collection scheme is to be introduced in 2026. This will include separating food waste from general waste and the addition of glass recycling.
- At Babergh's recent annual meeting, a new leader, Deborah Saw, was elected.
- Nominations are open until 14 July for 17 Suffolk Community Awards; also, Gainsborough House and St Peter's Church

Sudbury both recently won annual awards. Full details are on the BDC website.

- His full report is attached as Annex A to the minutes.

**Planning Applications:** Members noted that planning permission had finally been granted for the renovation of Brookwood Manor/Holbrook Hall and conversion to a boutique family hotel.

**Finances:** The 2023/24 financial statements and the independent Internal Audit Report were reviewed. It was noted there were no significant errors and only 2 minor recommendations.

The Annual Governance and Accountability Return (AGAR) was then approved, and arrangements were made to publish the required documents on the website and noticeboard.

The Notice of Public Rights, whereby the council financial records are made open for public inspection was agreed to run from 17 June to 26 July 2024.

Full details can be found in the Audits and Finance Section of the council website.

**Next Meeting:** The next meeting of the council is on Wednesday 10 July 2024

Full minutes of the meeting are on the council website: <https://bit.ly/lw-parish-council>

**Chris White, Acting Clerk**

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### ADDENDUM

Volunteers Sought for the Little Waldingfield Emergency Response Plan

Little Waldingfield Parish Council ('LWPC') is developing its Emergency Response Plan (the 'plan') which sets out the steps to be taken if an emergency situation arises in the parish, or surrounding area. When an emergency occurs, such as a wildfire or extreme weather event, a initial coordinated response will be required at parish level, including the potential evacuation of residents from their homes to a place of safety.

LWPC is therefore seeking volunteers for the parish's emergency response team (the 'team'), which will be made up of 4 key co-ordinators and 4 deputies who will stand in if one of the main key co-ordinators is away at the time of an emergency. The team will be expected to work in conjunction with the teams appointed on behalf of Boxford, Groton, Edwardstone and/or Great Waldingfield parish councils, the local authority and the emergency services, as necessary.

Volunteers are sought for the following key roles:

#### Information Co-Ordinator & Deputy

First point of contact in the event of an emergency. Informs the emergency services if that has not already been done. Informs SCC Emergency Planning Officer and activates the Little Waldingfield WhatsApp group / telephone tree.

#### Community Co-Ordinator & Deputy

Contacts and co-ordinates local volunteers in co-operation with the rest centre co-ordinator(s).

If you are interested in undertaking one of the key roles, or acting as a deputy, please let us know by contacting the LWPC acting clerk Chris White [clerk.littlewaldingfieldpc@hotmail.co.uk](mailto:clerk.littlewaldingfieldpc@hotmail.co.uk), or the Chair, Tim Sheppard at [tsh.lwpc@gmail.com](mailto:tsh.lwpc@gmail.com).

## OTHER PARISH COUNCILS

### Edwardstone PC

Clerk: Richard Jones - 01473 828246

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

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

### Newton Green PC

**Dave Crimmin PSLCC** - 01787 375085

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

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

# THE GLOW PRO



Ah, summer. Lazy days at the beach, gentle strolls through the countryside, and that familiar smell of sunscreen.

Among these seasonal pleasures is the freedom to wear sandals, and after a long winter, our feet are often the first in line for attention.

Whether you're looking for some inspiration, or perhaps you haven't considered a pedicure until now, allow me to introduce you to the latest trends...



## Peachy

Embrace the radiance of summer sunsets by opting for this peachy hue. With a hint of shimmer, this soft shade adds a playful touch to any pedicure, whilst effortlessly complementing sun-kissed skin.

*Photo credit: The Gel Bottle*



## Salsa Red

For a twist on the classic red, consider turning the heat up by choosing a deep, zesty shade. Similar to the salsa dance, this colour exudes confidence and sophistication, giving a fiery energy.



## Milky White

Off-white pedicures are a timeless option, especially for sandy toes on white beaches.

It offers a glowy, clean, and minimalist aesthetic, which is perfect for those of us who are neutral lovers.

*Photo credit: Marsha Alexander Pinterest*



## Ocean Blue

Blue reflects feelings of peace, tranquillity, and relaxation. Whether by the sea or not, this bright shade is reminiscent of clear skies and the serene waters of Italy.

What more could you want?

*Photo credit: hairstylery.com Pinterest*



## Tangerine Orange

Like a glass of freshly squeezed orange juice on a balmy afternoon, this citrusy shade is as glorious as the sunshine itself. It also harmonises with most colours, making it a versatile choice for your summer wardrobe.

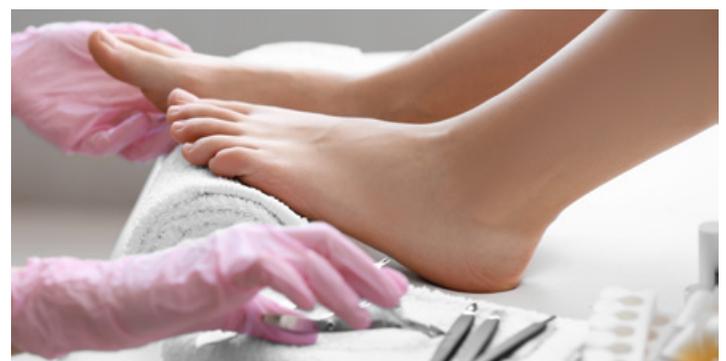
*Photo credit: Chloée Institut Pinterest*



## Bubble Gum Pink

Just as the name suggests, this trend turns things up a notch when compared to the subdued pink hues that are typical of spring. Bubble gum pink is both vibrant and delicate, channelling a polished look for any occasion.

*Photo Credit: BellaDonna's Luxury Designs2 Pinterest*



Now we've established some of the 'hottest' trends, you may be wondering what to book. At the clinic, we offer a few options to suit your needs. For those seeking extra pampering, our full pedicures are £30 for OPI polish and £45 for gels. If you'd prefer a quicker and more affordable option, we also offer mini pedicures, which are £17 for OPI polish and £28 for gels. With a kaleidoscope of colours to choose from, we're sure you'll find one you love.

*Helena x*

office@suffolkmedicalclinic.co.uk  
01787 211 000



# DIRECTORY OF CLUBS & ORGANISATIONS

## CLUBS & GROUPS

|  |                             |   |
|--|-----------------------------|---|
| Boxford Bellringers                              | <i>Richard Gates</i>        | <b>01787 210432</b>   |
| Boxford Bible Study Group                        | <i>Peter &amp; Margaret</i> | <b>01787 211077</b>   |
| Boxford Bike Club                                | <i>Kevin Bridge</i>         | <b>07876 798617</b><br><a href="http://www.boxfordbikeclub.co.uk">www.boxfordbikeclub.co.uk</a>               |
| Boxford Bowls Club                               | <i>Lea Blackham</i>         | <b>01787 210313</b>   |
| Boxford Carpet Bowls                             | <i>Brian Porter</i>         | <b>01473 824283</b>   |
| Boxford Drama Group                              | <i>Janice Macmillan</i>     | <b>07779 303690</b><br><a href="mailto:janice.macmillan@yahoo.co.uk">janice.macmillan@yahoo.co.uk</a>         |
| Boxford Friendship Group                         | <i>Alison Warren</i>        | <b>01787 211067</b>   |
|  | <i>or Wendy Hills</i>       | <b>01787 210342</b>   |
| Boxford Gardens Open                             | <i>Audrey Zuck</i>          | <b>07852 102 455</b><br><a href="mailto:audrey@a2zriskservices.com">audrey@a2zriskservices.com</a>            |
| Boxford Gardening Society                        | <i>Elizabeth Wagener</i>    | <b>01787 210223</b><br><a href="mailto:elizabeth.wagener@btinternet.com">elizabeth.wagener@btinternet.com</a> |
| Boxford Literary Group                           | <i>David Jones</i>          | <b>01787 211104</b><br><a href="mailto:audav@hotmail.co.uk">audav@hotmail.co.uk</a>                           |
| Boxford Rovers Youth FC                          | <i>Melvyn Eke</i>           | <b>07873 971701</b><br><a href="mailto:m.eke@btinternet.com">m.eke@btinternet.com</a>                         |
| Boxford Tennis Social                            | <i>Sue Moore</i>            | <b>07808 481447</b>   |
| Boxford WI                                       | <i>Lyn Beer</i>             | <b>07961 357526</b>   |
| Fleece Jazz                                      | <i>David Gasson</i>         | <b>01787 210796</b>   |
| Highway 12 Western Partner Dance                 | <i>Chris</i>                | <b>01787 371006</b>   |
| Little Waldingfield History Society              | <i>Diana Langford</i>       | <b>01787 248298</b><br><a href="mailto:dianalangford765@gmail.com">dianalangford765@gmail.com</a>             |
| Little Waldingfield Over 60s and Friendship Club | <i>Tricia Eddington</i>     | <b>01787 247932</b>   |
| Local History Recorder Edwardstone               | <i>Daphne Clark</i>         | <b>01787 210698</b><br><a href="mailto:daphne.clark@btopenworld.com">daphne.clark@btopenworld.com</a>         |
| Local History Recorder Groton                    | <i>Joanna Roberts</i>       | <b>01787 210619</b><br><a href="mailto:jgant87618@aol.com">jgant87618@aol.com</a>                             |
| Madrigalia Choir                                 | <i>Sue Price</i>            | <b>01787 210913</b>   |
| Milden Cricket Club                              | <i>Andrew Simmons</i>       | <b>07951 055643</b>   |
| Milden Singers                                   | <i>Pearl</i>                | <b>01449 741876</b>   |
| Natural Boxford                                  | <i>Louise Carpenter</i>     | <b>01787 211862</b><br><a href="mailto:louisecarpenter@proton.me">louisecarpenter@proton.me</a>               |
| Newton Arts & Crafts Club                        | <i>Carole Langley</i>       | <b>01787 373548</b>   |
| Newton War Games Club                            | <i>Brian Lawson</i>         | <b>01787 312160</b>   |
| Newton Fireside Club                             | <i>Moir Evans</i>           | <b>01787 374652</b>   |
| Primrose Wood Volunteers                         | <i>Evan Flockhart</i>       | <b>07968 336883</b><br><a href="mailto:obliquewoodland@protonmail.com">obliquewoodland@protonmail.com</a>     |
| Swing jive & Lindy Hop Dance                     | <i>Sarah Boldock</i>        | <b>07956 614824</b>   |
| Yoga (Boxford)                                   | <i>Marianne Marshall</i>    | <b>01787 210323</b>   |
| Yoga Paper Kite (Newton)                         | <i>Sophie</i>               | <b>01787 313662</b>   |
| Yoga With Lindsey (Newton)                       | <i>Lindsey</i>              | <b>07971 800540</b>   |

## CHARITIES

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

## COMMUNITY GROUPS

|                               |                      |   |
|-------------------------------|----------------------|---|
| 3PR Boxford 1st Responders    | <i>Rich Wild</i>     | <b>01787 210946</b><br><a href="mailto:office@boxfordresponders.com">office@boxfordresponders.com</a>   |
| Boxford Allotments            | <i>David Burden</i>  | <b>01787 211926</b><br><a href="mailto:d.burden379@btinternet.com">d.burden379@btinternet.com</a>   |
| Boxford Bounty                | <i>Mark Miller</i>   | <b>01787 211596</b>   |
| Boxford Community Car Scheme  | <i>Jen Eastwood</i>  | <b>01787 211853</b><br><a href="mailto:jen.eastwood8@gmail.com">jen.eastwood8@gmail.com</a>   |
| Boxford Community Council     | <i>Ward Baker</i>    | <b>07850 941 831</b><br><a href="mailto:boxfordcommunitycouncil@gmail.com">boxfordcommunitycouncil@gmail.com</a><br><a href="http://www.boxford.me.uk">www.boxford.me.uk</a>            |
| Boxford Playing Fields        | <i>Hugh Phillips</i> | <b>01787 211729</b><br><a href="mailto:hughvcphillips@hotmail.com">hughvcphillips@hotmail.com</a>   |
| Boxford Society               | <i>Jen Eastwood</i>  | <b>01787 211853</b><br><a href="mailto:jen.eastwood8@gmail.com">jen.eastwood8@gmail.com</a><br><a href="http://boxfordsuffolk.com/boxfordSociety">boxfordsuffolk.com/boxfordSociety</a> |
| Boxford Tennis Courts         | <i>Hugh Phillips</i> | <b>01787 211729</b>   |
| Lt Waldingfield Playing field | <i>Jennie Jordan</i> | <b>07522 352558</b><br><a href="mailto:52Jennie1@gmail.com">52Jennie1@gmail.com</a>   |

## SCOUTING

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

## CHILDREN FAMILIES & LEARNING

|                                  |  |
|----------------------------------|--|
| Boxford Primary School           | <b>01787 210332</b><br><a href="http://www.boxford-suffolk.secure-dbprimary.com">www.boxford-suffolk.secure-dbprimary.com</a> <a href="mailto:office@boxford.suffolk.sch.uk">office@boxford.suffolk.sch.uk</a> |
| Friends of Boxford School (FoBS) | <a href="mailto:talktofobs@gmail.com">talktofobs@gmail.com</a>   |
| Sunflowers Childcare             | <i>Moir Grant</i> <b>01787 211363</b><br><a href="mailto:info@sunflowers-childcare.co.uk">info@sunflowers-childcare.co.uk</a>  |
| Boxford Baby & Toddler Group     | <a href="https://facebook.com/Boxfordbabyandtoddlergroup">facebook.com/Boxfordbabyandtoddlergroup</a>  |

## HALLS & FACILITIES TO HIRE

|                                 |  |   |
|---------------------------------|--|---|
| Boxford Pavilion                | <i>Hugh Philips</i>  | <b>01787 211729</b><br><a href="mailto:hughvcphillips@hotmail.com">hughvcphillips@hotmail.com</a>     |
| Boxford Spinney                 | <i>Mark Miller</i>   | <b>01787 211596</b><br><a href="mailto:mark.miller@talktalk.net">mark.miller@talktalk.net</a>         |
| Boxford Village Hall            | <i>Jane Elliott</i>  | <b>07721 880521</b><br><a href="mailto:BvHbookhall@gmail.com">BvHbookhall@gmail.com</a>               |
| Edwardstone Parish Hall         | <i>Daphne Clark</i>  | <b>01787 210698</b><br><a href="mailto:daphne.clark@btopenworld.com">daphne.clark@btopenworld.com</a> |
| Edwardstone Millennium Green    | <i>Marijke Morris</i>  | <b>07914 767013</b><br><a href="mailto:marijke_e@yahoo.co.uk">marijke_e@yahoo.co.uk</a>               |
| Groton Village Hall             | <i>Joanna Roberts</i>  | <b>07845 940008</b><br><a href="mailto:jgant87618@aol.com">jgant87618@aol.com</a>                     |
| Little Waldingfield Parish Room | <i>Sue Bowen</i>   | <b>01787 249473</b><br><a href="mailto:sd.bowen@btopenworld.com">sd.bowen@btopenworld.com</a>         |
| Little Waldingfield Pavilion    | <i>Jennie Jordan</i>   | <b>07522 352558</b><br><a href="mailto:52Jennie1@gmail.com">52Jennie1@gmail.com</a>                   |
| Marquee Booking                 | <a href="mailto:BoxfordMarqueeBooking@gmail.com">BoxfordMarqueeBooking@gmail.com</a> |   |
| Milden Pavilion                 | <i>Pearl</i>   | <b>01449 741876</b><br><a href="mailto:info@mildenpavilion.co.uk">info@mildenpavilion.co.uk</a>       |
| Newton Village Hall             | <i>Alan Vince</i>  | <b>07955 199000</b>   |

# The Blooming Garden

## In the Red.

I'm always impressed by gardeners who plan their gardens out on graph paper before planting and stick to their scheme. I always have a grand plan for my garden projects, but I never stick to it; the garden takes on a life of its own and evolves despite me. When I started this garden I thought I would keep to a pastel colour scheme so that nothing would jar when the garden is seen as a whole, as the space is quite restricted. But I am a gardener, not an artist, and I can't bear the idea of banishing so many of the colourful plants that I love. In early summer the light suits pastel colours, but by July they can look washed out and we need a little more brightness.

Last July, I bought a few plants with red flowers because I couldn't resist them. And then the reds seemed to want to take over and then carry on up the garden and I needed more peach and apricot to go with them and gradually my pastel scheme was disappearing. I didn't really plan this, it just happened.

The first red plant I had to have was *Lobelia x speciosa* 'Fan Scarlet' which I couldn't grow before as it needs a moist soil. I still don't have moist soil, but I now have a wall-mounted retractable hosepipe which has revolutionised my life. This plant is a cross between the blue *Lobelia siphilitica* and the gorgeous red *Lobelia cardinalis*. It looks just like *Lobelia cardinalis* with its beautiful red, tubular flowers



*Lobelia x speciosa* 'Fan Red'

but it is a bit of a cheat for the poor humming birds who pollinate it because it only has 20% of the nectar found in its parent. That doesn't matter here in the UK as there are no humming birds to disappoint.

Red flowers are often pollinated by humming birds rather than bees in their native lands and so they are more nectar rich. Although bees do take pollen from red flowers, apparently they find it hard to differentiate between green and red so they are more likely to



*Monarda didyma* 'Oneida'

leave them for humming birds. I always thought that *Monarda didyma* was called Bee Balm because bees love it, but I found out recently it is because the leaves were used to soothe bee stings and red *Monarda digyma* is another plant pollinated by humming birds, but bees love it too. This plant is so pretty with its scarlet whorls.

Its name used to be *Monarda digyma* 'Squaw' but Piet Oudolf who bred it has decided that this name might be offensive to Native Americans, so he has changed it to *Monarda digyma x fistulosa* 'Oneida'. The Oneida tribe believed that this was the sixth plant given to them by their supreme creator, Orenda for medicinal purposes. My previous attempts to grow this beauty have meant mildew and lingering death, but now I can give it the moisture it needs, I have a beautiful, tall and healthy plant.

My number three plant, Gaillardia is also from America. Its common name Blanket Flower could come from the patterns of the flowers resembling the brightly coloured blankets of Native Americans. My plant, *Gaillardia x grandiflora* 'Mesa Red' is not bi-colour but



I bought it on impulse because it has masses of flowers which are a beautifully intense red. I have never grown *Gaillardia x grandiflora* before and I don't really know why, as it is such a jolly daisy. I believe it is a short-lived perennial.



*Gaillardia grandiflora* 'Mesa Red'

Next I have another daisy, *Echinacea purpurea* and like the monarda, this was used by Native Americans for medicinal purposes; this one was used for wounds and infections.

These plants are loved by bees and butterflies, although they prefer



*Echinacea* 'Sombrero Tres Amigos'

the straight species as some of the fancy new hybrids are sterile. They also rarely survive the winter. This year I have bought two 'Sombrero' hybrids as they are supposed to be more winter hardy. I hope they will prove more long lasting; if not I will treat them as annuals and buy

some more. This lovely red one is called *Echinacea* 'Sombrero Tres Amigos'. They are supposed to show three colours at once, starting off peach and ending up pink. Mine are just red, but still beautiful.

We move to a different continent for my next flower, *Crocosmia* 'Lucifer' which comes from the grasslands of Africa. This lovely red one was bred by Alan Bloom of Bressingham in the 1960s. I have had it for years and it has moved around with me. The owner of my earlier garden was a friend of Alan Bloom and he gave him this plant so I take a piece with me whenever I move. It's still a good red, although it is very tall, if I was buying one now I would perhaps try the shorter *Crocosmia* 'Hellfire'.



*Crocosmia* 'Lucifer'

Finally, I have a Martagon lily from Europe, I have seen martagons growing wild in dappled shade in the mountains of Switzerland. This lovely mahogany red one was bred by an American breeder, Claude Shride. I love all martagon lilies and unfortunately they seem to be favourites of the lily beetles too. But I have worked hard to keep *Lilium martagon* 'Claude Shride' pristine by the usual revolting measure of picking off the beetles and squashing them. Gardening makes savage murderers of all of us, especially when our lilies are under attack.

So there we have my red beauties for July and probably red is the way my bank balance is heading after I have spent 15 months creating a garden from scratch. But I know that the only way I'm going to stop is when I can't fit any more plants in. And that will be a very sad day for me as I find it very hard to go out of the house without buying a plant or two.



*Lilium martagon* 'Claude Shrine'

*Chloris.*

# EVENTS CALENDAR

## JUNE 2024

|              |  |              |
|--------------|--|--------------|
| <b>22-23</b> | <b>Milden Fine Art Exhibition</b>            | 10:30-4:30pm |
| SAT-SUN      | St Peter's Church, Milden                    |              |
| <b>24</b>    | <b>Boxford Friendship Group</b>              | 2-4pm        |
| MON          | Boxford Village Hall                         |              |
| <b>28</b>    | <b>Pop-up Pub</b>                            | 6:30-10:30pm |
| FRI          | Little Waldingfield Pavilion                 |              |
| <b>27-29</b> | <b>Boxford Drama Group - Farndale Ladies</b> | 7:30pm       |
| THU-SAT      | Boxford Village Hall                         |              |
| <b>30</b>    | <b>Chelsworth Open Gardens</b>               | 11-5pm       |
| SUN          | Chelsworth                                   |              |

## JULY 2024

|              |   |            |
|--------------|---|------------|
| <b>2</b>     | <b>Fireside Club - End of Year Lunch</b>              | 2pm        |
| TUE          | Newton Village Hall                                   |            |
| <b>2</b>     | <b>Boxford Gardening Society - Talk</b>               | 7:30pm     |
| TUE          | Boxford Village Hall                                  |            |
| <b>3</b>     | <b>Boxford WI - Talk - Stephen Walter's Silk Mill</b> | 2pm        |
| WED          | Boxford Village Hall                                  |            |
| <b>6</b>     | <b>Boxford Market</b>                                 | 10-11am    |
| SAT          | Boxford Village Hall                                  |            |
| <b>6</b>     | <b>Summer Coffee Morning with Stalls</b>              | 10-11:30am |
| SAT          | All Saints' Church, Newton                            |            |
| <b>6</b>     | <b>Open Day At French's</b>                           | 12-4pm     |
| SAT          | Castlings Heath                                       |            |
| <b>6</b>     | <b>Summer Fun Day</b>                                 | 2pm        |
| SAT          | Milden Pavilion                                       |            |
| <b>6</b>     | <b>Music For A Summer Evening - Theatrical</b>        | 6-7pm      |
| SAT          | St Mary's, Boxford                                    |            |
| <b>6</b>     | <b>Leavenheath Cinema - 'Hairspray'</b>               | 7pm        |
| SAT          | Leavenheath Village Hall                              |            |
| <b>7</b>     | <b>Boxford Gardening Society - Talk</b>               | 7:30pm     |
| TUE          | Boxford Village Hall                                  |            |
| <b>10</b>    | <b>Whist Drive</b>                                    | 7pm        |
| WED          | Monks Leigh Village Hall                              |            |
| <b>12</b>    | <b>Relaxation &amp; Sound - all welcome</b>           | 6-7:30pm   |
| FRI          | Boxford Village Hall                                  |            |
| <b>13</b>    | <b>Little Waldingfield Summer Dance</b>               | Noon       |
| SAT          | Little Waldingfield Playing Field                     |            |
| <b>14</b>    | <b>Midsummer Munch</b>                                | Noon       |
| SUN          | Newton Village Hall                                   |            |
| <b>16</b>    | <b>Fireside Club - Home Security Advice</b>           | 2pm        |
| TUE          | Newton Village Hall                                   |            |
| <b>20</b>    | <b>BINGO!</b>   | 6:30pm     |
| SAT          | Polstead Village Hall                                 |            |
| <b>22</b>    | <b>Boxford Friendship Group</b>                       | 2-4pm      |
| MON          | Boxford Village Hall                                  |            |
| <b>26</b>    | <b>French's Rib &amp; Wing Evening</b>                | 7pm        |
| FRI          | The Fleece, Boxford                                   |            |
| <b>27-28</b> | <b>'A Bit Of A Do'</b>                                | 7pm        |
| SAT-SUN      | Pebmarsh Football Ground, CO9 2NG                     |            |

## AUGUST 2024

|          |   |          |
|----------|---|----------|
| <b>3</b> | <b>Leavenheath Cinema - 'What we did on our...'</b> | 7pm      |
| SAT      | Leavenheath Village Hall                            |          |
| <b>6</b> | <b>Boxford Gardening Society - Talk</b>             | 7:30pm   |
| TUE      | Boxford Village Hall                                |          |
| <b>7</b> | <b>Boxford WI - Outing To Suffolk Punch Trust</b>   | TBC      |
| WED      | Boxford   |          |
| <b>9</b> | <b>Relaxation &amp; Sound - all welcome</b>         | 6-7:30pm |
| FRI      | Boxford Village Hall                                |          |

|           |  |       |
|-----------|--|-------|
| <b>10</b> | <b>Quiz Night</b>                                | 7pm   |
| SAT       | Polstead Village Hall                            |       |
| <b>17</b> | <b>ABBA Themed Garden Party</b>                  | 3-5pm |
| SAT       | Primrose Cottage, Groton                         |       |
| <b>19</b> | <b>Boxford Friendship Group</b>                  | 2-4pm |
| MON       | Boxford Village Hall                             |       |
| <b>25</b> | <b>Big Day Small Country - Charity Concert</b>   | 1pm   |
| SUN       | Stratford St Mary                                |       |
| <b>26</b> | <b>Suffolk Villages Festival - Baroque Flute</b> | 11am  |
| MON       | St Mary's, Boxford                               |       |

## SEPTEMBER 2024

|           |  |            |
|-----------|--|------------|
| <b>4</b>  | <b>Boxford WI - Talk 'Life in Secondary Schools'</b> | TBC        |
| WED       | Boxford Village Hall                                 |            |
| <b>7</b>  | <b>Boxford Market</b>                                | 10-11am    |
| SAT       | Boxford Village Hall                                 |            |
| <b>7</b>  | <b>BINGO!</b>  | 6:30pm     |
| SAT       | Polstead Village Hall                                |            |
| <b>13</b> | <b>Relaxation &amp; Sound - all welcome</b>          | 6-7:30pm   |
| FRI       | Boxford Village Hall                                 |            |
| <b>13</b> | <b>History of Spoken English - Charlie Haylock</b>   | 7pm        |
| FRI       | Edwardstone Village Hall                             |            |
| <b>20</b> | <b>Groton History Society - Sarah Doig Talk</b>      | TBC        |
| FRI       | Groton Village Hall                                  |            |
| <b>23</b> | <b>Boxford Friendship Group</b>                      | 2-4pm      |
| MON       | Boxford Village Hall                                 |            |
| <b>28</b> | <b>Coffee Morning</b>                                | 10-11:30am |
| SAT       | Newton Village Hall                                  |            |



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**Out of Hours Doctor:** Need a doctor when the Health Centre is closed, including weekend? Call 111 for advice and details of your nearest 'out of hours' duty doctor.



**Telephone Improvements:** Last month I mentioned the new telephone system. I asked patients to be patient as it was on trial and tweaks would be made as and when necessary. Some adjustments have already been implemented. We all missed the first familiar dulcet tones of Dr Lyons, so he is back. The strident man describing the options has now been replaced with a less pushy female.

The new telephone arrangements are designed to spread the calls so that patients requiring different services are not all waiting in the same queue. For instance, if you are calling to cancel an appointment there is no longer any need to wait to speak to a Receptionist. As soon as you have finished listening to the options press 4 and then choose option 1, follow the instructions and your appointment will automatically be cancelled.

It is also no longer necessary to sit clutching your phone waiting your turn in the queue. You will be given the option to be called back instead. Your place will be held electronically. When your turn comes the operator will return your call. Rest assured your call will not be left until the end of the morning but dealt with as your place in the queue is reached. This should reduce your stress level and enable you to get on with something else in the meantime. If you just have a query and not booking an appointment call after 10am and not at 8am when the line is at its busiest.

**Non-Urgent Appointments:** Avoid the early morning scramble by using Econsult. Available 24/7 and your requests will be dealt with promptly. This will also free up the line for more pressing appointment needs.

**Website Improvements:** The Practice website has been updated and is more user friendly. If you do not make use of it because you have an aversion to IT, there will be an opportunity to overcome your misgivings.

Watch this space for further details of sympathetic one to one tuition in the Hadleigh Library. You are never too old to get to

grips with an iPad, mobile or a computer.

**Look Before You Leave:** Sitting in the waiting room I still see patients leaving the pharmacy with their bags of medicine unopened. It takes seconds to look at the contents before you walk out of the door. Any unwanted items can then still be returned and re-allocated. This cannot happen once you have left the building. This would be your way of helping to reduce the NHS's appalling bill for medicine wastage.

**Art Show:** Thanks to Jackie Norton for giving us the pleasure of her pictures for the past few weeks. I know most patients are glued to the envisage board in the waiting areas but try and take some time to look at the pictures on the surrounding walls too.

**The Practice's Charity:** Do you know anyone with health issues whose life would be transformed with a piece of equipment? The Trustees are looking for meaningful ways of spending some of its funding. Applications can be made to the Charity for financial support towards health-related matters.

**The Practice Car Park:** These spaces should only be used by patients visiting the surgery. The Toppesfield Car Park is available for drivers visiting Mill Pharmacy or anywhere else in the town. A parking ticket is advisable however short your visit.

**PPG:** Chair Jan Devey 01473 827091 [deveys@btinternet.com](mailto:deveys@btinternet.com)

**Both Practices:** 01473 822 961 (appt cancellations: option 4)

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

## HEALTH AND ART IN PRACTICE

Marc Oliver Mophew (M.O.M) is a UK-based professional painter and sculptor raised in the small market town of Hadleigh, Suffolk. A country boy with a heart for animals his most valued companion growing up was a Jackdaw named Jack that he hand reared after it had fallen from the nest. He is also a keen horseman spending his spare time from age 8 between the yards of what was French's Farm and Benton End. Best known as the conceiver and educator of M.O.M's Whirled Portraits that came in with a storm in 2019. His work has spun both a positive and negative twist to many private collections around the world.



Marc is delighted to be able to share some of his work with visitors to the Hadleigh Health Centre.

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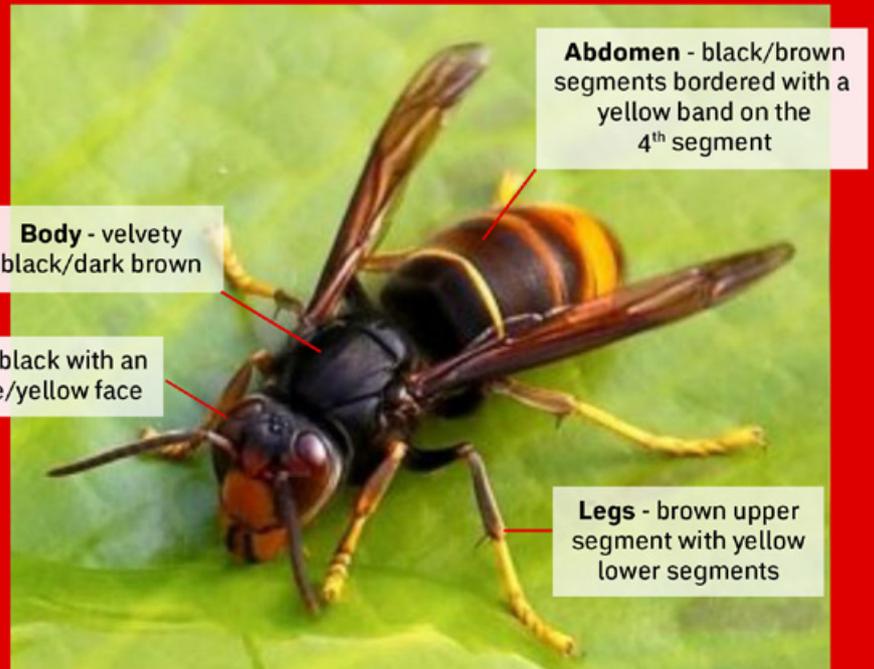


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