

September 2024

Box River News

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NATURAL BOXFORD

Critically Endangered European Eels alive and well in the River Box

Our River Focus Group has been busy gaining skills and knowledge so we can contribute to looking after the health of our beautiful River Box. We are so fortunate to have such a rich wildlife feature running through the centre of the village. For both the health of river wildlife and to protect banks from erosion it is recommended to leave at the very least two metres of vegetation, ideally five - particularly on slopes and at the foot of the bank to provide cover, corridors and food sources for the wildlife. This also makes the river bank much more interesting to observe – have you seen the dragonflies and demoiselles?

Early in July we had an evening's training with Luke Farnish of the Essex and Suffolk Rivers' Trust as part of their new Citizen Science river monitoring project. We now have the equipment and know-how to test particulate density, temperature and turbidity (clarity) and, ammonia, nitrate and phosphate levels. We also record flora and fauna – the evening of the training the kingfisher graced us with a fly-by! This information goes straight to the trust and helps form a picture of pollution levels and water quality, as well as biodiversity present. Between us we have now started monthly testing at six sites between Primrose Wood and Thorington Street.

Later in the month we had a thoroughly enjoyable and informative morning in the river with Alice Wickman, Wilder Rivers advisor from Suffolk Wildlife Trust. We were looking for signs of water voles as there are recent records and sightings of their presence here. Water



voles have declined drastically due to habitat loss, pollution, building, motorised boats, flood/drought cycles, rat control programmes and predation by mink. They are now protected under the Wildlife and Countryside Act 1981 (as amended in 1998) which makes it illegal to intentionally disturb, damage, destroy or obstruct access to a place which water voles are using for shelter or protection.

We didn't see water voles on this occasion, but, excitingly, we did see an adult European Eel – once common but now a critically endangered species. There have been a few sightings of eels in the River Box – if you see one, or water voles, please do record it on the Suffolk Biodiversity Information Service - <https://bit.ly/sbis-record-wildlife> or let us know. We walked in the river between the back of Rules Yard and the Mill Pond beyond the surgery. The silt that has come down off the fields via the storm drain from Bardfield corner has formed berms – valuable wildlife havens and signs of the river renaturalising itself. Restoring natural river flows and reconnecting rivers with their floodplains along with encouraging appropriate vegetation is a key and preferred method of natural flood management that the trusts and agencies are collaborating to implement with local landowners.

Most recently we completed RiverFly Partnership training with John Findlay from the Environment Agency. We had all sharpened our study skills and succeeded in passing the on-line theory test and were ready to get practical with wellies, nets and sorting



trays. John showed us how to collect a consistent sample and we all had a go – navigating an abundance of algae which has recently appeared: this is an indicator of high nutrient levels in the water – often due to fertiliser run-off and warm temperatures. It made our job of sorting the sample quite challenging and lengthier than the usual 1-2 hours it should take – baptism by algae! We identified six of the eight invertebrate indicator species, including freshwater shrimp (well over a thousand!), mayfly (2), cased and caseless caddis, olive and blue-winged olive – at mostly just a few millimetres long the magnifying glass was very handy.

These invertebrate species are pollution sensitive so our monthly surveys will establish seasonal baseline data from which severe changes in water quality can be detected. We are lucky to have Adrian Chalkley, County Freshwater Recorder, living here who has kindly offered to help us gain confidence with our 'riffle' testing – we'll start with just one or two sites and then maybe expand – do get in touch if you fancy paddling about in the river with us.

More on the river next time..

Much love, Louise and the Natural Boxford group.

GROTON PEOPLE & PLACES PLAN

Just a short reminder that we will be at Groton Village Hall on the evenings of 3rd and 12th September from 7:30 - 9:30pm. We would really like to have your feedback on the proposed Groton Housing Policies that will become the foundation of the parish council positioning on planning applications, in parallel to being a local needs statement for Babergh Planning akin to other local Neighbourhood Plans at Boxford and Edwardstone. It will only take a few minutes for you to let us have your "Yay" or "Nay" to these policies. This is our chance to have our voice heard and respected.

Many people joined us at the fantastic Midsummer Fayre on the Croft recently to have their say, but we still want to hear your voice, if you were not at the Croft. Please pop along on either the 3rd or 12th!

Nigel Chapman
nigeljchap@gmail.com

Box River News

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 www.facebook.com/BoxRiverNews

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Deadline date for the October 2024 Issue is:

September 15th at midday

RECLAIM THE RAIN

Exciting progress is being made across Boxford's surface water catchment. We are currently exploring opportunities at the Spinney, with external consultants undertaking an optioneering process before any hydraulic modelling. This process allows us to simulate the catchment's hydrology and how our proposed interventions are likely to impact the village's flood risk. Working through these stages also provides an opportunity for feedback, ensuring those involved are happy with the final preferred option.

In addition to this, we recently undertook topographic and channel surveys in the north of Boxford's catchment area. The results of these surveys are now complete, and outputs returned. The information gathered from these investigations will help to inform future hydraulic modelling, determining which interventions will have the most significant impact on flood risk reduction. We aim to target multiple flow paths in this area, with aims of stacking the benefits associated with each of these sustainable water management features together, decreasing surface water flood risk to properties downstream and helping to reduce strain on the River Box during flood events.

We are thrilled with the spread and variety of potential schemes which are being explored across Boxford's catchment, and we look forward to sharing more updates as we progress. As always, if you would like to learn more, please do get in touch via email: ReclaimtheRain@suffolk.gov.uk

Best wishes, Ruby and Sian



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

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NEWTON VILLAGE HALL MATTERS

The current Trustees are:

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

There will be two social events in the village hall over the next few months. This is an attempt to resurrect the many enjoyable evenings held in the hall in the past. We really hope we can rely on your support.

On the Saturday 14th September, we will be joined by Philip Lyons, who will entertain us with facts and songs on 'A Sailor's Life'. This will be followed by a light supper. The evening will start at 7pm and tickets are £10. Please bring your own drinks and glasses. Tickets are available from Sue Presland on 07881 383 998 or any of the trustees.

On Saturday 19th October, Ged and Paul will be hosting another popular quiz. Tickets will be £12 and include a ploughman's supper. They will be on sale nearer the time, but please put the date in your diary.

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

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

All coffee mornings are from 10am until 11:30am. Donations for the cake/savoury stall, bric-a-brac, books or plants and raffle prizes are most welcome.

You will always receive a warm welcome and great refreshments.

GROTON EDUCATIONAL FOUNDATION

Registered Charity No. 1118325

The trustees will meet on 5th 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

Completed forms should be returned by 30th August.

NEWTON FIRESIDE CLUB

As you are reading this, we will have broken up for the summer holiday. However, planning is already well underway for the autumn session and the dates are listed below. Hopefully, the weather will improve and there will be long days of sunshine to enjoy.



AUTUMN 2024 PROGRAMME

Tues 3 rd Sept	Club AGM and Cheese & Wine*
Tues 17 th Sept	Brian Furlow Entertains with Music Hall Tunes
Tues 1 st Oct	Bingo
Tues 15 th Oct	Music of the 50s & 60s
Tues 5 th Nov	Firework Celebrations
Tues 19 th Nov	Beetle Drive
Tues 3 rd Dec	Talk by Kirsten Marshall from GCB Chocolate Factory, Glemsford
Tues 17 th Dec	Christmas Dinner

*Fees for the term will be collected at the AGM

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. Usually 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

SPONSORED CHURCH CYCLE RIDE

The annual Ride & Stride takes place this year on Saturday September 14th to raise money for the Suffolk Historic Churches Trust, which raises money to help churches and chapels of all denominations. Reading their website it says the idea of the event started in Suffolk in 1973 and last year riders, walkers and drivers in Suffolk raised over £250,000 on the day!

We are planning to do the ride (hoping for slightly cooler weather than last year) and would be very grateful for any offers of sponsorship - the money we raise will be divided between All Saints Church Newton and the SHCT.

Thank you

Marianne and Richard Anthony

8 Links View

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Acoustic Jam Night
Wednesday, September 11th from 7pm
Join in or sit back & enjoy with a pint

Hoppy Bank Holiday - Hoppy Beer Fest
August 23rd - 26th
Open Sunday Aug 25 - 12-10 (food 12-8pm)
Open Monday Aug 26 - 12-8 (food 12-4pm)

Mini Oktoberfest @ The White Horse
September 20 - 22
German-style beers, currywurst pizza, homemade pretzels!
Lederhosen & dirndls optional

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

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BOXFORD PARISH COUNCIL UPDATES

This month's update from the Parish Council is fairly brief due to the holiday period but there remains quite a bit going on in the background which will be reported when possible.

20mph Speed Limit

Suffolk County Council has received a detailed report about our wish to see a 20mph speed limit in the core of the village and in Stone Street and decided to support it with some reservations. They do not support it covering all of School Hill or all of Sand Hill since there are "limited frontages visible" which we take to mean that there are fewer houses in those parts. Their decision also notes *"that traffic calming will be required in some locations, this should be identified alongside undertaking local consultation to ensure support for the scheme, prior to the statutory processes being progressed."* We have more work to do here and will need to ask for your further support during a consultation process.

The Croft Project

We have now completed the purchase of The Croft in Boxford and erected gates at the top of the path with bollards at the bottom where the land meets the Bowling Club. Please continue to let us have your ideas as to how we should improve The Croft by getting in touch either by talking to one of the parish councillors or, better, by emailing us at clerk@boxford-pc.gov.uk. Responses so far have been sparse to say the least which we could take as a vote of confidence in us to get it right, but if this is not the case please get in touch with your own ideas!

The Churchyard Wall

I reported in the July edition that we planned to start work on repairs to the churchyard wall on 27th July but sadly this did not prove possible due to the sickness of the contractor. People who are able to work with lime mortar techniques are hard to find at short notice so we have had to postpone the work until the school holidays next summer. Clearly this is not ideal but the work will get done.

New Councillors

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. There is much to do and we are always looking for others to join the team as parish councillors. 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

Bookkeeper for local charities

Our local charities have had difficulties for years finding volunteers to take on the role of treasurer. Knowing this we have allocated a modest budget to pay for book keeping services to assist them where necessary. If you are interested in a very part time job for a few hours each week please get in touch by email to clerk@boxford-pc.gov.uk. The ideal candidate will be a local resident and self employed.

Finally thank you once again 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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COME DOWN AND MEET THE TEAM!

DESIGN A STAMP FOR BOXFORD

As part of the celebrations for the 250th anniversary of Boxford having a postal service all children aged 16 and under are invited to enter a Design A Stamp competition. The rules are simple - draw, paint or create a design that could be used on a postage stamp commemorating Boxford somehow. It can be a building in Boxford (the church, one of the pubs, the school), the river, a place that you like in Boxford, or just something that reminds you of Boxford.

All designs welcome on A4 paper - Richard the Boxford Postmaster will pick his favourites for a 'book of stamps' but all will be displayed in the Post Office to show the villages how creative you can be!

Submit your design by 18th September to Richard in the Post Office. Good luck!

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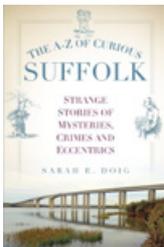
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GROTON HISTORY SOCIETY

We are all getting very excited about our first event on 20th September 7:30pm at Groton Village Hall. I am sure Sarah Doig will entertain us all with “*The A-Z of Curious Suffolk: Strange stories of mysteries, crimes and eccentrics*”. Remember that all are very welcome and it will be totally free, including a glass of wine, to celebrate the inauguration of the History Society!



On the night we will also be asking for your views on what types of event you would like to attend going forward, what historical topics/themes you are interested in engaging with at our events and your thoughts on how we should run the History Society membership. We will try and keep this ‘ask’ simple, yet we really want your thoughts and ‘interests’ to help us deliver a History Society that you want to be part of.

Please email me if you want to reserve your seat (thanks to those who have already been in contact) though, of course, you can rock up on the night, no problem. Additionally, please let me have any thoughts you have on the History Society in advance, in terms of what you would like from it, or even from these monthly articles! nigeljchap@gmail.com.

80 Years ago in September 1944:

The Allied re-enforcements and materiel replenishment continued at a pace the German defenders could not compete with, other than in Hitlerian dogged defence of every metre of territory and their insane doctrinal obsession with counter attacking and its subsequent depletion of resources for zero gain. How did they not know it was all over?!

The 1st Suffolks, like all across the expanding front lines, were re-equipped and re-enforced with replacements. On 3rd September, after a journey of 130 miles eastwards of the Seine, the Battalion spent 13 days setting up home at the sleepy village of Farceaux. Decent billets, route marching exercise, training and lectures occupied the days. Baths, food and films added to the respite.

As ever this was short-lived. On 16th September they moved into Belgium at Soignes, leaving France for good, heading for their objective on the Meuse-Escaut Canal. They liberated the town of Hamont, with only light casualties, and generously offered tins of corn beef, fresh white bread and marmalade to the starving residents.

Almost immediately, orders quickly followed for the Suffolks to move off to Holland and take the northern edge of Weert. Maarheeze and De Rips. By the end of September, Farceaux and the 13-day respite became a distant memory. Onward the Suffolks!.

Other key September events in history:

1st September 1939: Germany invades Poland, kickstarting the 2nd World War

2nd September 1666: 13,000 houses destroyed by fire, started in a bakery on Pudding Lane, London. Amazingly, only 6 lives were lost.

11th September 2001: The iconic Twin Towers are destroyed by 2 hijacked passenger planes flying into them. What followed continues today.

15th September 1940: The ‘height’ of the Battle of Britain, with 185 German planes shot down, effectively ending the real threat of invasion.

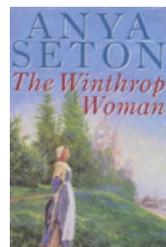
19th September 1893: New Zealand become the 1st country to grant women the right to vote.

28th September 1995: Israeli Prime Minister Yitzhak Rabin and PLO leader Yasser Arafat signed an accord establishing Palestinian self rule in the West Bank.

We all felt optimistic back then.

Recommended Reading, Listening and Viewing:

‘*The Winthrop Woman*’ by Anya Seaton. The story of Elizabeth, niece of John Winthrop. This is a fascinating insight into the Winthrop family, times, religion and environment in Groton and the New World during the early 1600s. <https://amzn.to/46Je6Nn>



‘*Pompeii - the life of a Roman Town*’ and ‘*Emperor of Rome*’ by Mary Beard. Both are classic Mary Beard insights for your Roman history fascination. <https://amzn.to/4dKvjZ2> & <https://amzn.to/3M4qGNJ>

‘*History of Rome*’ podcast series. These are 30 minute episodes taking you from Rome’s founding through to its final demise.

‘*The Road to the Great War*’ podcast series from the ‘*Rest is History*’ team of Tom Holland and Dominick Sandbrooke. How did it get from Sarajevo to World War? This is a potential subject of a talk I would be interested in pulling together if there is wider enthusiasm amongst you all.

‘*The Battle of Britain Memorial event*’ at the Imperial War Museum at Duxford on 14th/15th September. It you want to see and hear lots, and I mean lots of Spitfires and Hurricanes talking off in the traditional 3 V-formation, then this is your chance! It’s a great day out as there is much, much more to see as well. www.iwm.org.uk/airshows/duxford-battle-of-britain-airshow

I would very much like to hear your own recommendations. Please send me an email and share them with us.

What if ?

I hope last month’s ‘what if?’ sparked some thought, regarding Henry VIII and Catherine of Aragon having a surviving son. What would have been different?

Would we have had the Reformation, Dissolution, and later civil war? Maybe a topic for discussion one evening at the History Society?

There is a parallel ‘what if?’ on the continent of Europe. In 1517 Martin Luther published his 95 theses on indulgences, sparking a revolution in religious attitudes and allegiances. What if he had been burnt at the stake as a heretic after the Diet of Worms in 1521, as was a very real risk given his non recanting? Only his kidnapping, subsequent hiding and the Elector Frederick of Saxony’s safeguarding enabled him to survive and the Reformation to expand and grow across the Atlantic to the New World. Arguably one of the most influential people in world history if not the greatest? (A potential topic for the History Society: Who was the greatest person in history?) What would have been different? What do you think?

Nigel Chapman

nigeljchap@gmail.com

READERS’ LETTERS

Mort Hudgell 1940 - 2024

Mort passed away peacefully with his family at his side on 15th August at home, aged 84.

Special thanks to Olga and Heidi for all their help at this difficult time. Thank you to all our friends and neighbours who have shown kindness and support to me and my family.

Joan

CITIZENS ADVICE

Amidst changes to Winter Fuel Payments, Citizens Advice Sudbury & South Suffolk offers top tips on affording energy bills this winter

citizens
advice

The Chancellor, Rachel Reeves, recently announced changes to the Winter Fuel Payment (WFP).

The WFP is an annual one-off payment to help pensioners pay for heating during the winter, introduced in 1997. Depending on your age and if you live with somebody else who's eligible, it could provide up to £300 towards your bills.

However, the new announcement means only those receiving Pension Credit or other means tested benefits will now be eligible for WFP.

The changes might be confusing and worrying to some people who have already factored WFP into their household budget, but there are other ways - depending on the type of energy you use and how you pay - that you can get energy bill support this winter.

There are also steps those still entitled to the Winter Fuel Payment can take to make sure they don't miss out on this much-needed support. We know a third of people entitled to Pension Credit aren't claiming it, and it's more important than ever to apply for this benefit.

Pension Credit is a weekly benefit to boost your income and is based on how much money you have coming in. If you've reached State Pension age, you might be able to apply for it. Check the Sudbury & South Suffolk website www.sudburycab.org.uk to see if you're eligible and get instructions on how to apply.

Top tips for those looking for extra support this winter are:

Talk to your supplier

The first thing to do if you're struggling to pay your energy bills is speak to your supplier. They're responsible for helping you come to a solution, like setting up an affordable repayment plan if you've fallen behind on bills.

Fuel vouchers

If you have a prepayment meter and can't afford to top up, you might be able to get a fuel voucher. These come in the form of a code in a letter, text message or email and you can use them to top up your meter at some shops, or online if you have a smart meter.

If you're not sure whether you can get one, contact us on **01787 321400** or use the contact facility on our website www.sudburycab.org.uk

Local energy grants

You might be able to find grants or schemes run by your local council that can help you pay your energy bills. These are usually for emergency situations, like if you've lost your job and can't afford to top up your meter.

Other grants to help pay off energy debt

If you're behind with your energy bills, you might be able to get a grant to help you pay off your debt. This might be from your energy company or a charitable trust. Take a look at the information on our website www.sudburycab.org.uk or call us on 01787 321400.

Priority Services Register

You may be able to get extra non-financial help from your gas and electricity supplier by signing up to the Priority Services Register (PSR). You can sign up if you're either:

- of State Pension age
- disabled or have a long-term health condition
- or meet other criteria listed on the Priority Services website: www.thepsr.co.uk

If you're on the PSR, your energy supplier can:

- make your call a priority when you contact them
- give their engineers a password if they visit or contact you - so you know they're genuine
- move your prepayment meter if you struggle to get to it

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

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

FRENCH'S CARE HAVEN

Hello to our readers, I hope as always you have all been keeping well. All of our rescued animals have been enjoying the sun, but not the flies. It makes a change for our helpers to not have wellies on and wading through mud, so that's one good thing. Our Ribs & Wings night went well at The Fleece in Boxford, everyone enjoyed their meal and the evening. Our next date for your diary at The Fleece is 19th October at 7pm for a lasagne night, meat and veggie options with garlic bread and coleslaw, plus a yummy desert. Please contact Sharon to book a table at: frenchs.100club@gmail.com or call her on: 07999 051 401



We are still looking for someone who is happy to volunteer and help with handyman jobs. Pictured is Brian who helps us, he is fixing a fence in the photo with Sammy the pony watching him. Brian is 81 years old and does well, but could do with extra hands on the heavier jobs. We would like to thank Tracy's aunts and Margaret Seyward for donating some builder bags of hay, everything like that helps us.

We still have numbers for our 100 club, the draw is monthly and the cost of a number is £30 with a first prize of £50, so come on, contact Sharon, details above and buy some numbers.

In the second photo we have one of our volunteers Emilie with Sammy. Sammy has changed so much since we rescued him, he is such a happy sweet boy now. Emilie is organising an afternoon tea at the farm on 1st September at 2pm there will be tea and drinks, sandwiches, scones and cakes. You will get to meet all of our animals and have a nice afternoon in a lovely environment for £15.



On the odd occasion we could do with the help of someone who has a large trailer, to help us when we need to pick things up like horse shavings or donated hay etc, if you could help us at times then please call me, your help would be much appreciated.

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

Call me for an appointment - Jann on: **07747 755 556** or email: jann.turner@hotmail.co.uk

Website: www.frenchscarehaven.org.uk

GB Wall & Floor Tiling

Free Professional Quotation

Contact Gary Now: 07596 390 495

GARYBOOTHFLOORING1@OUTLOOK.COM

GB Wall & Floor Tiling is a high specification tiling company specialising in all aspects of ceramic, porcelain and natural stone tiling. Specialist designs, herringbone, victorian designs, mosaics. Full bathroom and ensuite refits available.

This is a family trade, spanning five generations of tilers and all works are carried out with personal and family pride.

I am also an ex-military veteran, with attention to detail and customer service being paramount.

Covering all of Essex and Suffolk

• OAP discounts • NHS discounts • Military discounts

Trade discount offered to purchase tiles.



FROM THE BOX RIVER BENEFICE

I'm David Ball and I am delighted to be invited to write for the Box River News at the request of Father Rob, who is away on his well-earned sabbatical.

My wife and I moved to Little Waldingfield in September 2022 to be closer to our family, having visited the 'Open Gardens' in June 2022 and being impressed by the friendliness of everyone and the wonderful gardens, it felt the right thing to do. We downsized from our previous home in Freckenham where we'd lived for 36 years and I enjoyed being Minister-in-Charge at St James Church in Icklington, a nearby village. I am so pleased since moving to Little Waldingfield that I am member of the Box River Benefice Ministry Team and I am enjoying my involvement immensely.

My father was a minister in the local Presbyterian Church in Northern Ireland, where I was born and my twin sister and I lived in the Manse in Larne and then moved to Belfast and Lisburn, where I was educated. I trained to become a Civil Engineer and applied for a job in East Anglia once I was qualified. I have lived and worked in East Anglia throughout my professional career. I trained as a minister in the Church of England over 3 years (part time) and was licensed in 1994. I helped to form an organisation known as "Chaplaincy to People at Work" - an inter-denominational group, to provide chaplains to workplaces in and around Cambridge. An example of this was providing a Muslim cleric for the Peterborough Police Force. It was a very rewarding task and the cleric continues to serve the working population of the county.

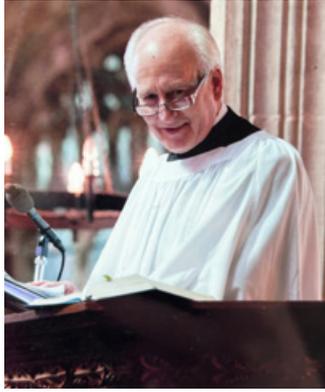
Like many people our family is at the heart of our lives, so being part of a group of churches that is multi-generational, that is a vibrant and an inclusive community, bringing together people of all ages to worship, learn and grow in faith, is very important to me. It comprises of services that attract all generations of the family, creating a family-like atmosphere where everyone feels valued and included. In a rural parish setting, it offers a wealth of benefits to both the individual families and the whole community and helps to build cohesion within the village, leading to a strong, inter-connected community, building a strong foundation of faith, that can be passed down through generations.

Children are welcome to all our services but our Family Services, held on the 3rd Sunday of each month at St Mary's, Boxford, are designed to be accessible and engaging for all ages, incorporating elements that appeal to both young and old. This includes a mix of traditional hymns and contemporary worship songs, children's activities and the opportunity to take part in the service. We would love to worship with you and your family. Our services throughout the benefice maintain a balance to help maintain the traditional aspects of worship while also incorporating modern elements that appeal to younger generations.

Baptism ceremonies also highlight the inter-generational nature of the congregations that can attend such events, where the entire church body witnesses and supports the initiation of a new member into the Christian faith. We aim to make them a rewarding and memorable experience and one that gives the right beginning for you or your child's Christian journey.

The involvement of all ages in these ceremonies reinforces the concept of the church as a family, united under the shared beliefs and teachings of Christ.

The Great Commission of Matthew 28:19, where Jesus commands his disciples *"to go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy*



Spirit", underscores the importance of inclusivity and outreach.

We endeavour to provide a platform for the younger generation to introduce new forms of expression within the church, fostering an environment of mutual respect and learning. The shared experiences of worship, prayer and community activities will strengthen familial bonds and reinforce the importance of spiritual values across generations. It will unite people of all ages under a common faith, not only nurturing the spiritual life of individuals but also strengthening the social fabric of the entire community.

If you would like to find out more about our Family Services or Baptisms, please contact the Benefice Office.

I hope I can get to meet you in person in the very near future. God Bless.

David M J Ball M.B.E



ST MARY'S CHURCH, BOXFORD INVITES YOU TO A

COMMUNITY CELEBRATION

PATRONAL SERVICE- 11 AM
PLEASE JOIN US AFTER THE SERVICE
FOR COFFEE & CAKE TO CELEBRATE
ST MARY'S AND OUR VOLUNTEERS
EVERYONE IS WELCOME

SUNDAY, 8TH SEPTEMBER

St Bartholomew's Church Groton
Presents a Traditional

"Harvest Horkey"



Barn Dance
with
***** Cats Whiskers *****

Saturday 19th October 2024 7:30pm – 11:30pm
at
Dove Barn, Groton
(by kind permission of Mr & Mrs Dixon-Smith)
Supper – Bar – Raffle
Tickets £15 available from
Jayne 01787 211360 jaynefoster715@gmail.com
Or Val 01787 211978

Signature Hydrating Facial

Our faces get a hard time of it, particularly during the summer months - it's no wonder they age faster than the rest of our bodies! And at this time of year, the skin on our face is likely to be looking and feeling particularly dehydrated.

Sadly, there's no permanent way to reverse the ageing process but the right treatments can make a huge difference. Our **exclusive Hydrating Contour Facial** is perfect for late summer: replenishing dry and lacklustre skin, reducing puffiness and giving a firming and contoured effect, leaving the skin moisturised, radiant and refreshed.

Hydrating Contour Facial

- Double cleanse
- Exfoliation
- AHA peel
- Hydrating contour mask
- Cooling facial massage with lymphatic drainage
- Dermalux LED light
- Moisturisers and sunscreen.



★ *Facial Exclusive* ★

Hydrating Contour Facial, just £95

Call: 01787 211 000 to book

* Offer valid once per person until 30/09/2024.

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

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





SERVICE SCHEDULE FOR SEPTEMBER 2024



Sunday 1st September <i>Trinity 14</i>	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 4th September	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 8th September <i>Trinity 15</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
Wednesday 11th September	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 15th September <i>Trinity 16</i> <i>Holy Cross</i>	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 18th September	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 22nd September <i>Trinity 17</i> <i>Matthew</i>	08:00	<i>BCP Holy Communion</i>	St Mary's, Boxford
	11:00	<i>Harvest Festival</i>	All Saints', Newton Green
	11:00	<i>Family Service</i>	St Mary's, Boxford
Wednesday 25th September	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 29th September <i>Trinity 18</i> <i>Michael & All Angels</i>	09:30	<i>Benefice Service</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford

All our churches across the Benefice are OPEN EVERY DAY for Private Prayer.
If you need support, please contact the Benefice Office



BOXRIVER BENEFICE COFFEE MORNINGS

DROP IN FOR COFFEE
EVERY TUESDAY
BETWEEN 10AM TO 12NOON
AT MARY'S HOUSE, SWAN STREET, BOXFORD

FRIDAY 6TH SEPTEMBER
10:30AM - COFFEE MORNING
AT ST LAWRENCE'S, LT WALDINGFIELD

WEDNESDAY 18TH SEPTEMBER
10AM - COFFEE MORNING
AT ALL SAINTS', NEWTON

SATURDAY 21ST SEPTEMBER
10AM - COFFEE MORNING
AT ST MARY'S, BOXFORD

EVERYONE WELCOME,
COME ALONG FOR A CUPPA AND A CHAT

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 - SEPTEMBER

- Tues 3rd 10am** *Drop in for Coffee*, Mary's House, Boxford
Fri 6th 10:30am *Coffee Morning*, St Lawrence's, Lt Waldingfield
Sat 7th 2pm *Sonia & Dale Wedding*, St Mary's, Boxford
Sun 8th 12noon *Community Celebration*, St Mary's, Boxford
Tue 10th 10am *Drop in for Coffee*, Mary's House, Boxford
Fri 13th 7:30pm *Charlie Haylock Talk*, Edwardstone Village Hall
Tue 17th 10am *Drop in for Coffee*, Mary's House
Tue 17th 7:30pm *Boxford PCC*, Mary's House
Wed 18th 10am *Coffee Morning*, All Saints', Newton
Sat 21st 10am *Coffee Morning*, St Mary's, Boxford
Tue 24th 10am *Drop in for Coffee*, Mary's House
Wed 25th 7:30pm *Edwardstone PCC*, Venue TBC

NEWS FROM THE BENEFICE OFFICE

We hope that you have had a wonderful summer, it was a joy to see the sun again!

We are looking forward to the forthcoming months in the benefice, Father Rob will be returning to work following his sabbatical on the 1st September and it will be wonderful to welcome him and Sarah back to the benefice.

We are now looking forward to September, October and beyond! Keep an eye out for posters, social media posts and more information in the Box River News.

LIGHT UP - ST MARY'S, BOXFORD

On the 25th July, St Mary's Church was lit up in memory of Tina Southgate on the 10th Anniversary of her leaving her beloved family, Lenny, Adrian and Chris. Our thoughts and prayers are with his family and friends.

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

MUSIC FOR A SUMMER'S EVENING

The monthly "Music for a Summer's Evening" concerts were a great success and we were once again treated to some first class performances, the dates are already in the diary for next year. These concerts are free to attend and a wonderful opportunity to experience St Mary's Church.



CONTACT INFORMATION

Benefice Office

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

Fr Rob Parker-McGee SR (returning on 1st September)
01787 210434 email: boxriverrector@gmail.com

ST MARY'S CHURCH BOXFORD HARVEST SUPPER

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

FRIDAY, 11TH OCTOBER 7.30 PM

Please contact the Benefice Office
to reserve your place by Thursday, 3rd October
01787 828046
or boxriverbenefice@gmail.com

ALL SAINTS' CHURCH HARVEST CREAM TEA

SUNDAY
6th OCTOBER 2024
AT
3.00 PM

NEWTON GREEN VILLAGE HALL

TICKETS ONLY £10
TO BOOK YOUR TICKET
PLEASE CALL FIONA ON
01787 377630

Boxford Church Fundraising Concert

Cello Celebration

Ed Gold & Simon Williamson

Music by
Bach, Barriere & Offenbach

Saturday October 5th 2024
7.30 pm

St Mary's Church, Boxford CO10 5DU

Adults £10 Under 18s FREE

Boxford Post Office or on the door

www.ticketsource.co.uk/boxford-concerts



COME FOR COFFEE

IT'S FOR MACMILLAN

SATURDAY 28th SEPTEMBER

10am to 12noon

Newton Village Hall

Bric-a-Brac, Pasty & Pie Stall,
Raffle, Jigsaw, Plant and Art Stalls

EVERYONE WELCOME

All proceeds go to Macmillan Cancer Support

SEE YOU THERE!

WE ARE
MACMILLAN.
CANCER SUPPORT



THE ARTS SOCIETY STOUR VALLEY

LAUNCHES ITS NEW AUTUMN PROGRAMME
of monthly illustrated talks
Long Melford Village Hall, CO10 9JQ

For details contact: info@TASstourvalley.org.uk quoting BRN
or simply click the QR code which will take you direct to our
website www.TASstourvalley.org.uk

WEDNESDAY 18TH SEPTEMBER

11am

PAINTING IS DEAD... LONG LIVE PHOTOGRAPHY!

In January 1839 Photography was introduced in Paris with the painter Delaroche exclaiming "from today painting is dead!" However, the invention of photography gave rise to a fascinating dialogue between both art forms. In fact, it transformed and influenced the use, purpose and aesthetic of painting.

Sudbury, Suffolk Christian Spiritualist Church

All beliefs and denominations are welcome!

We meet at:

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

Meetings:

Every Sunday
(except December)

at

2:45 for 3pm to 4:30pm

There is **NO ENTRY FEE**

We only respectfully suggest that donations
are made during the service

For more information,

Call Maureen on 07931 366 610

BOXFORD
GARDENING SOCIETY

Matthew Tanton Brown

Well known plant expert and broadcaster

CLIMBERS AND WALL SHRUBS

CLOTHE YOUR WALLS WITH AN ARRAY OF PLANTS



Tuesday 3rd September 7.30pm
at **Boxford Village Hall**



Fleece Jazz at
Stoke-by-Nayland Hotel presents

The Vasilis Xenopoulos/Paul Edis Quartet: "Feels Like Home"

Wednesday 11th September 8pm - Tickets: £20



"... the quartet's compatibility and their ease in performance is a delight."

Peter Vacher, Jazzwise

"Vasilis Xenopoulos . . . blazes a path through the hard bop repertoire" ★★★★★

The Times

Vasilis Xenopoulos – Saxophones

Paul Edis – Piano

John Williamson – Double Bass

Billy Pod – Drums

The Chris Ingham Quartet: "Hoagy II"

Wednesday 25th September 8pm - Tickets: £20



"Hoagy II is a show rich with anecdote, insight and delightful curiosities from a unique and varied songbook."

Chris Ingham – Piano

Paul Higgs – Trumpet

Simon Thorpe – Double bass

George Double – Drums

Stoke by Nayland Hotel, Keepers Lane, Leavenheath CO6 4PZ

Ample parking; fully accessible. Directions: www.fleecejazz.org.uk

Tickets: 01787 210796 or via **WeGotTickets** (booking fee applies); or on the door (cash or cheque only; sorry no debit/credit cards)

SPECIAL OFFER: A double room with breakfast and two tickets from £109 (subject to availability) Phone: 01206 262836

BOXFORD SOCIETY AUTUMN MEETING

Friday 4th October 2024

7.30pm

Boxford Village Hall



THE BLACK DEATH IN SUFFOLK

By popular request, Professor Mark Bailey is making a return visit to Boxford to talk about the pandemic of the Black Death, which arrived in Suffolk in 1349 and returned repeatedly over the next three centuries. There are some similarities to our recent experience of Coronavirus - come and find out more!

Entrance is free to Boxford Society members and just £3 for visitors.

A SAILOR'S LIFE

~~~~~  
**SATURDAY 14<sup>TH</sup>  
SEPTEMBER**

**7.00 PM**

AN EVENING OF SONGS AND  
ENTERTAINMENT FROM PHILIP LYONS

NEWTON VILLAGE HALL

LIGHT SUPPER INCLUDED

TICKETS: £10

AVAILABLE FROM VILLAGE HALL TRUSTEES

**Boxford Drama Group**  
presents



# Jack & The Beanstalk

Written and directed by Joe Barrett

**WEDNESDAY 4th December**  
7pm - £8 (no meal)

**THURSDAY 5th December**  
7.30pm £18

**FRIDAY 6th & SATURDAY 7th**  
7.30pm £18

**Full 2 course Christmas Dinner**  
In the interval

**Bar and raffle every night**

Tickets from 1st October at **BOXFORD POST OFFICE**  
or [boxfordshows.uk/tickets](http://boxfordshows.uk/tickets)

Dietary requirements: [catering@boxfordshows.uk](mailto:catering@boxfordshows.uk)

## BOXFORD PANTO!

The dates for this year's Boxford Drama Group Panto are: Wed 4 December (no meal) £8, Thurs 5 - Sat 7 December £18 with traditional Christmas dinner served to your table in the interval.

Tickets available from Boxford PO from Tuesday October 1<sup>st</sup>.

Come and see what's at the top of the Beanstalk! Jack Potts is a poor farm boy who lives with his mum on a smallholding in Suffolk. Mr Grubbypaws, the evil landlord, is demanding the rent which they don't have. Mr Grubbypaws' two henchmen, Ron and Sid, threaten Jack and his mum if they don't pay up. Although Mrs Potts sells milk from their cow and vegetables from the land, it's never enough to pay the rent. What is she to do?

They hatch a plan which leads to Jack getting his hands on some magic beans from an old man he meets up with on the way to market. Although his mum is dubious, Jack is convinced he can solve their financial worries if his mum just believes in the beans. What can possibly go wrong?

Come and watch Jack and his mum, his friends and of course their cow Daisy as they romp through this improbable tale.

## BOXFORD DRAMA GROUP OPEN MORNING

Have you ever wondered what goes on behind closed doors at BDG? Well now is your chance to join us on 15<sup>th</sup> September when we are having an open morning at Boxford Village Hall. You can come along and have some fun with us and indulge yourself with hot drinks and some very nice homemade cakes. So if you fancy getting on stage or just helping with all the work that goes on behind the scenes bringing our productions to life - please join as us we would love to meet you!

For more information, please call Jeremy on 07802 194545 or Email [jdm160358@gmail.com](mailto:jdm160358@gmail.com)

## NEDGING HALL OPENS ITS DOORS FOR A GARDEN TOUR

Nedging Hall Estate is a family-owned country estate in Suffolk, comprising of a restaurant with rooms, The Bildeston Crown, two pubs – The Lindsey Rose and The Brewery Tap, an exclusive-use country house, Nedging Hall, and Mauldons Brewery.

Nedging Hall is the heart of the estate; the jewel in the crown. The Hall itself sits in the middle of over 80 acres of parkland within the wider Nedging Hall Estate. Nestled atop a hill affording far-reaching views taking in church spires, villages and woodland, Nedging Hall's parkland and grounds feature a walled garden, koi carp pond and pathways. At the heart of the natural landscape is the Japanese garden, with its spring-fed stream running throughout the year providing a haven for wildlife and rare plants.

### Garden Tour:

On 3<sup>rd</sup> September, from 6:30pm to 8:30pm there will be a welcome drink followed by a tour of the Nedging Hall gardens in full bloom.

### Savouring the Suffolk countryside

The countryside of Suffolk is simply stunning and Nedging Hall is one of Suffolk's finest country estates.

The tour and drink is £15, with limited spaces available. Call 01449 544034 to book your space.

## PILATES IN EDWARDSTONE

Starting **Wednesday 11<sup>th</sup> September**, 7pm, at Edwardstone Village Hall, £8 a session, a new weekly pilates class. Ideal for both beginners and those who have done pilates before. Taught by Claire Mortimer, a certified Body Control Pilates teacher, who has been practising pilates for over 20 years.

Contact Claire for further details: 07772 074 750 or 01787 210473. Email: [clairemortimer3@gmail.com](mailto:clairemortimer3@gmail.com)



## Quiz Night

Little Waldingfield Parish Room

**Saturday September 21st 2024**

7.30pm prompt start

£12.50 per person, with two course meal

(Please bring your own drinks)

Max 4 persons per team

New quizmaster ◦ Raffle

Bookings: Sue Bowen 07962 210359  
[sd.bowen@btopenworld.com](mailto:sd.bowen@btopenworld.com)

  
**THE BILDESTON CROWN**

**SET LUNCH MENU**

Monday - Friday 12 - 2PM

Two course £25 | Three courses £30

**FISH & FIZZ FRIDAYS**

Fish and a glass of fizz, £18

**SATURDAY DINING ALL DAY**

12 - 9 PM

**LIVE MUSIC**

Saturday Sept 28th - Joe Keeley

Bildeston, Suffolk IP7 7EB

01449 740510 | [www.thebildestoncrown.com](http://www.thebildestoncrown.com)



**NEDGING HALL  
TOUR OF THE GARDENS**

3 September 2024

6.30 - 8.30pm



Join us for a welcome drink  
and a guided walk at Nedging Hall

£15

Call 01449 544034 to book

**A. LEEDER**  
**Family Butcher**

Free local delivery\*

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

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

Open Tues-Fri: 7am - 5pm, Sat: 7am-1pm

33 Swan Street, Boxford

Tel: 01787 210267

[www.aleaderbutchers.co.uk](http://www.aleaderbutchers.co.uk)



**THE FLEECE HOTEL**

**Charity**

**QUIZ NIGHT**

**QUIZ DATES 2024**

**WEDNESDAY 11<sup>TH</sup> SEPTEMBER**  
**WEDNESDAY 16<sup>TH</sup> OCTOBER**  
**WEDNESDAY 13<sup>TH</sup> NOVEMBER**  
**WEDNESDAY 11<sup>TH</sup> DECEMBER**

**Free to enter, please donate on the night  
to the local charity of the month!**

**8pm start, up to 6 people per team**

to book your team contact  
The Fleece on 01787 211818 / [suffolkchefs@gmail.com](mailto:suffolkchefs@gmail.com)  
or  
Jenny O'Neill on 07968 792178 / [jenny@suffolkmedicalclinic.co.uk](mailto:jenny@suffolkmedicalclinic.co.uk)

## Boxford Study Centre Literature Group

An 8 week course on Monday afternoons 2.30-4:30pm  
Meeting in Groton Village Hall, CO10 5EL  
Starting on Monday October 14<sup>th</sup> 2024

### Only Connect

Tutor Mr Steve Trerise

All the works read are social novels and one play.  
They confront, with varying directness, the political and social changes  
of their times. Each writer confronts these changes with  
different degrees of tolerance and, or, acceptance.

|                           |                            |                                                             |
|---------------------------|----------------------------|-------------------------------------------------------------|
| October 14 <sup>th</sup>  | <b>The Old Wives' Tale</b> | <i>Arnold Bennett 1908</i>                                  |
| October 21 <sup>st</sup>  | <b>The Old Wives' Tale</b> | <i>(Penguin edition)</i>                                    |
| October 28 <sup>th</sup>  | Reading Week               |                                                             |
| November 4 <sup>th</sup>  | <b>Howard's End</b>        | <i>E. M. Forster 1910</i>                                   |
| November 11 <sup>th</sup> | <b>Howard's End</b>        | <i>(Penguin edition)</i>                                    |
| November 18 <sup>th</sup> | <b>Strife - a play</b>     | <i>John Galsworthy 1909</i><br><i>(available Abe books)</i> |
| November 25 <sup>th</sup> | Reading Week               |                                                             |
| December 2 <sup>nd</sup>  | <b>Coming Up for Air</b>   | <i>George Orwell 1939</i><br><i>(Penguin edition)</i>       |
| December 9 <sup>th</sup>  | <b>One Fine Day</b>        | <i>Mollie Panter-Downes 1947</i><br><i>(Virago edition)</i> |
| December 16 <sup>th</sup> | <b>Selected Poetry</b>     | <i>to be provided</i>                                       |

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

**Newcomers to these classes are very welcome.**

Further information from:  
Mr David Jones 01787 211104.

## EVERYBODY WINS!

A HUGE thank you to everybody that has supported the past few charity quizzes held at The Fleece, Boxford each month. They've gone from strength to strength in popularity and have raised some amazing sums already for our local non-profit groups and charities in the village and surrounds.

Each quiz is held on the 2<sup>nd</sup> or 3<sup>rd</sup> Wednesday of each month at 8pm in The Fleece and each quiz features a different local charity that will benefit from the proceeds.

We can confirm that the dates of the quiz for the rest of the year are:

**11<sup>th</sup> September, 16<sup>th</sup> October, 13<sup>th</sup> November & 11<sup>th</sup> December**

Each quiz has been full for the last two months, so to take part in this very fun night please book a table (teams of up to 6 people) in advance by contacting The Fleece on **01787 211818** / [suffolkchefs@gmail.com](mailto:suffolkchefs@gmail.com) or Jenny O'Neill on **07968 792178** / [jenny@suffolkmedicalclinic.co.uk](mailto:jenny@suffolkmedicalclinic.co.uk)

Free nibbles are supplied for each team at half-time by Bex from The Fleece, so a big thank you to her, and a massive thank you also to Quizmaster-General Mark Mason for his genius and fun questions that get us all working our brains!

Please do continue to support this really worthwhile event that benefits everyone. If anyone has any suggestions to change/improve anything, or a suggestion for a local charity recipient, please do let the quiz team know!

## KERSEY FLOWER & VEG SHOW

**Saturday September 14<sup>th</sup>** Kersey Village Hall 2:15pm - 5pm

Refreshments and Tombola.

Entrance Adults 50p

## 250 YEARS OF BOXFORD POST

This year marks the milestone of 250 years of a postal service operating in Boxford. A far cry from today's service, back in 1774 roads were notoriously difficult to traverse and 'post-boys' on horseback, who carried letters and packages, frequently fell foul of poor weather, accidents or, worse, robberies and even murder from highwayman who were common at the time. Attacks from robbers were so common in the late 18<sup>th</sup> century that the Post Office advised customers sending banknotes to cut them in half and send them at two different times!

However, despite the inherent dangers, having a postal service in a rural village had huge benefits on the local economy and it was likely that the landlord of The Fleece Hotel acted as Postmaster - receiving all post from the post-boys to distribute it onwards to local recipients and vice-versa.

Over the past 250 years the postal service has grown and evolved, and with the support of many users Boxford enjoys the benefits of having a Post Office providing so many services to us all. It is still a treasured core asset to the local economy.

To mark this historic occasion and more recent achievements, Boxford is planning a celebration on the afternoon of **Saturday 21<sup>st</sup> September**, commencing at 1pm in the centre of the village. Do come along to witness the post arriving via 'post-boy' on horseback and being delivered safely (we hope there won't be any highwaymen!) to The Fleece where it will be received by the 'Postmaster'. A good knees-up at both pubs is being planned with singing, dancing, competitions and other fun.

We look forward to welcoming you down to Broad Street in Boxford on Saturday 21<sup>st</sup> September from 1pm and into the evening. As this is an unofficial event the roads won't be closed, so we would encourage everyone to remain safe in the village and aware of traffic at all times.

# Boxford Celebrates 250 YEARS OF POSTAL SERVICE



*Come Celebrate with us* FROM 1pm INTO THE EVENING  
on **SATURDAY 21 SEPTEMBER 2024**  
**IN BOXFORD VILLAGE CENTRE**

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BOXFORD COMMUNITY COUNCIL  
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Boxford Parish Council  
presents

# BOXFORD FIREWORKS

## Saturday 2nd November

### LANTERN

### PARADE 6.30

### FIREWORKS 7.45



Charity Number:304862

## Fireworks Lantern Making

### 10<sup>th</sup> Anniversary

Saturday 26<sup>th</sup> October  
to Thursday 31<sup>st</sup> October

In The Spinney 10am - 4pm



TO BOOK A SESSION  
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# WILLIAM ALSTON CHARITY NEWTON

are pleased to invite you to a

## COFFEE MORNING

SATURDAY 26<sup>th</sup> OCTOBER

10.00 - 11.30am

NEWTON VILLAGE HALL

\* REFRESHMENTS \* STALLS\*  
\* RAFFLE \*



## MILDEN PAVILION FUN QUIZ & GAMES NIGHT

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## Boxford Bowls Club



## Snail Racing



Saturday 19 October, 7pm

Boxford Village Hall

Doors open 6:30pm

Racing at 7pm

£4 entrance

Food for purchase, BVH bar

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Exhibition & Sale Of

## ART & CRAFT

POLSTEAD VILLAGE HALL

\*\*\*\*\*

SATURDAY 26<sup>th</sup> OCTOBER

10a.m. to 4p.m.

SUNDAY 27<sup>th</sup> OCTOBER

10a.m. to 4p.m.



\*\*\*\*\*



HOMEMADE REFRESHMENTS

FREE ADMISSION

## JOIN THE POLSTEAD WI

on

FRIDAY 27<sup>th</sup> SEPTEMBER 2024

10am - 12noon

for the

## Macmillan Coffee Morning

at

## POLSTEAD VILLAGE HALL

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## LEAVENHEATH CINEMA

SATURDAY 7<sup>th</sup> SEPTEMBER: ONE LIFE

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Running Time 1hr 50mins with 20mins interval

Arrive 7pm for 7:30pm start. Leavenheath Village Hall, CO6 4NS  
Tickets £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.  
*Proceeds towards LVH Capital Project Fund (Charity no 262816)*

## BOXFORD WI UPDATE

Our summer outing this year was to visit the Suffolk Punch Trust near Woodbridge where their main objective is preservation of the critically endangered Suffolk Punch Horse breed.

We were picked up and driven to the Trust by a lovely driver from GoStart. We had a tour of the stables, a tractor ride round the paddocks, saw the maternity unit and a display of how they tack a horse ready for work and met a beautiful horse called Wren. This is well worth a visit and you can check out the work they do on their website. [www.suffolkpunchtrust.org](http://www.suffolkpunchtrust.org)

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## POLSTEAD FILMS

### THE HOLDOVERS

Certificate 15

Acclaimed director Alexander Payne's film follows a grumpy teacher at a New England prep school in the 1970s who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go.

*"A poignant, beautiful and, above all, extremely funny film."*

Friday 20<sup>th</sup> September, Doors open 7pm

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

POLSTEAD VILLAGE HALL

Tickets £5 Email: [polsteadfilms@gmail.com](mailto:polsteadfilms@gmail.com) to reserve or buy at Polstead Community Shop.

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

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



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

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

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

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

## GREAT ACTON BOOK SALE

Saturday 19<sup>th</sup> October in All Saints Church, Acton CO10 0BA  
10am – 2pm Free Entry. 1000s of books at bargain prices. Popular Fiction, Classics, Non-fiction, War, History, Biography, Gardening, Hobbies, Children's, Collectibles and Retro. Contactless, card payments and cash accepted. All profits to Acton church.

## BOXFORD GARDENING SOCIETY

At our August meeting Professor Tim Wreghitt, Virologist at Addenbrooks Hospital for 44 years, gave a talk to members about allergies, intolerances and poisons. He spoke of the plants most used in pathology – particularly horseradish and rubber trees and gave us a detailed list of pollen bearing plants causing hay fever and other allergies. Foxgloves, willow, tea tree, yew, periwinkle and wormwood were described as used to cure various diseases although most were now chemically produced in order to perfect the exact dosage.

Our next talk will be by Matthew Tanton-Brown entitled 'Climbing Plants' on 3<sup>rd</sup> September.

To join us for our talks, please email:

[enquiry.boxfordgardeningociety@outlook.com](mailto:enquiry.boxfordgardeningociety@outlook.com)



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# PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

## The Life and Times of Kenneth Parker King, 22<sup>nd</sup> June 1922 - 29<sup>th</sup> September 2019

Kenny King was a real character and very well-known in Boxford. He was always willing to share his memories of old Boxford with anyone who was interested. He created a comprehensive list of all the nick-names given to Boxford residents in the 20s, 30s and 40s, gave numerous interviews and then in his late 80s and 90s he wrote the story of his life - a picture of childhood, love and war. He was very anxious that people should know of the hard-



*Kenny at the time he wrote the account of his life.*

ships, joys and terrors his generation experienced. By this time his sight was failing badly due to war injuries so his story was written in capital letters in order that he could read it. These notes I have now transcribed and the early years are recorded here as he wrote it and as he wished others to see it. Notes in italics are for clarification or snippets from other rough notes by Kenny. Sometimes the italics are used to avoid naming families who may still be in the village, since we can never be sure of the accuracy of memories. Vic Rice, his nephew, rightly encouraged Kenny to record his memories directly in his own words.

### The Early Years

The year was 1922. On the day of 27<sup>th</sup> June, at 20 Swan Street Boxford Suffolk, a bonny boy child was born to Kate Emmy King and Samuel Frederick King - I was that baby boy! I was told my mum used to powder my bum with a mixture of plain flour and a little talc. When I was four we moved up to 31 Swan Street. The same year we had to move again. This time to the village blacksmiths. While I was there aged four the Boxford Village Hall was built as I remember. My Dad was horseman on a farm for which he received 28 shillings a week. Our rent was seven shillings a week. We had a smithy lodger called Bert Kandsdale from Bures to help



*Above: Kenny King's father, Samuel Frederick King in his later years, tending his garden at Brook Hall Road (Cox Hill) cottages. Right: Kenny King's mother, Kate Emmy King née Ward in the garden.*



himself and my sister and me. My Mum was at Knollgate, working for Dr Thompson. She earned four shillings for four days a week. Mondays she worked at Dr Trueman's. She used to wait each day for crust cut-offs from the toast and bring them home for my sister and me to eat. Once a week 'Lizzie the Baker' (*Lizzie Griggs*), the cook, used to send me a humped black bun with one currant in it.

While at school my mum used to buy a pair of black plimsolls for 2 and 11 (*2 shillings and 11 pence*). I cannot remember ever having a new pair of shoes, mine were always from someone else. Sometimes I had a pair of boots up to my knees! Every working family without work was the same. In some large families the children were taken away to be fed for weeks. (*Was this a charity that fed them?*)



*Kenny's sister Dorothy (Dot) was 16 years older than him. Dorothy King married Vic Rice Snr. This picture was probably taken in Kenny's early years when his sister was already working. Rettie Skinner and her daughter Ida make up the trio, probably at Ashley House.*



*The Forge in Church Street where Kenny lived in his early school years. Other King cousins lived here over the years. Kenny said, "The village smith (Smiffy) was in charge of the church bell ringers and was the last person to ring bells right over the top with a ringing party from Sheerness. I laid on my back and watched the bells through the slats on the windows."*



At six years old I started work every Saturday afternoon. I had to help the smithy Ernest Smith. I had to turn the handle of the grindstone which he used to sharpen hooks, scythes and rips. For about 2 hours turning his wife gave me a Fry's Chocolate Cream bar costing tuppence.

In the summer time two women, one Maggie Peachey (*the village baker's wife*) and the other Mrs Bloss Kingsbury had me go down to the park with them (*Rectory Park*). My job was to stand outside the tennis court and when one of them hit the ball over the top, I had to throw it back. This was for two hours. Each night after play Maggie would give me back the balls to clean the grass off them. This was done by turning each one over a door mat and



Boxford School class 1927/8. Miss Sillitoe was Kenny's class teacher and Mr V Pettit was the headteacher. Kenny is first on the left in the second row from the back. Every time the bell rang for play, Kenny ran home to watch the smithy and Miss Sillitoe had to run across the road to the forge to fetch Kenny back. Apart from running home at every opportunity, he says he spent a good deal of time in the girls' cloakroom where the caning punishments took place.

rubbing it around. In Maggie's shop one could buy ten toffees for one penny. You could pick them over and the kids would leave the black ones. Every Friday night Maggie used to give me ten of them that she could not sell, for the work I had done. I hated the sight of the bloody things.

I grew up and left school at 14 and still could not tell the time or add sums. My Dad got me a job on the farm where he had worked in 1936 which was a poultry farm for chickens. It was seven days a week. Take home money was nine shillings. Mum gave me a shilling of it. Fags were cheap, ten for fourpence (*less than two new pence*). I soon lost my job for not doing as I was told. The manager had done a shit in one of the chicken houses and told me to clean it up and I wouldn't. So I got the sack. I walked home about 2 miles and laid my cards on the table (*employment cards*). My Dad was always hard on me and said "What's this?" I told him I refused to do a job, so he knocked hell out of me. "I got you a job and you have lost it". He got on his bike, I had to run behind, back to the farm, to ask Mr Ribbans why he had sacked me for not doing what the manager had asked me to do. I said "The manager had shit in the hut and I would not clear it up." Mr Ribbans said "I am sorry, the boy can have his job back". My Dad said, "No thank you, even if you doubled his wages, while you employ a dirty bugger like him". When I got home my Dad praised me for what I had done.

My next job was a butcher boy working for a Mr Fred Hynard next to The Fleece. (Fred sold 1 bullock, 2 pigs and 2 sheep a week. He employed Albert Tricker. Kenny King and Don Whymark carried out cycle deliveries for five shillings a week.) That did not last long as he was robbed of his takings by someone who later did him a much greater disservice!

I then went to (Horace) Webb's in Swan Street. (Webb's the Butcher only stocked English products and he employed Cedric Smith and Harry Grimwood. Meat was delivered by horse and cart and bicycle. The cart is now in the Stowmarket Food Museum, previously East Anglian Life, and was driven by Kenny just before he joined the army.) What a job was that. Ten shillings a week working six in the morning until eight at night each day and Fridays and Saturdays until nine o'clock. A rib of beef would then cost two shillings. My take home pay was eight shillings. Mother gave me a shilling pocket money from it.

Then in 1939 on the night of April 9<sup>th</sup> an army lorry was in the village and over the tannoy the sergeant said "come and join the

army, 14 shillings a week and a month's leave a year". So my friend Vernie Tricker and I said "Come on, this is for us". So we took the King's shilling and joined up. In July that year we were in uniform, we had never been further than Sudbury, never had a holiday, nor a ride on a train. In the meantime 16 other young Boxford men had joined up. We were taken



17 year old Kenny in uniform at about the time he enlisted, was trained and sent to fight in France during World War II.

to Sudbury by Teddy Bowers in a bus called the Blue Bird. We marched through Sudbury - 350 men from villages all around. We went on our first train ride to Falmer on the Sussex Downs near Brighton. Later we came home on leave for 10 days then went back to Sudbury Drill Hall on August 28<sup>th</sup> 1939. While in church, in Stowmarket, on Sunday September 3<sup>rd</sup> we were at war with Germany. I was only 17 so I was too young to go to the Far East but old enough to go to France.

Tina Loose

Part 2 of Kenny King's account of his army years and love life will be published in the October issue of the BRN.

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# LOCAL HONEY WINS AT FOOD 'OSCAR'S'

Boxford-based bee farming business *Number Eighteen* has been named among the top food and drink producers globally this year, picking up a highly prized 2-star *Great Taste* award for its local Suffolk wildflower runny honey.



13,672 products were put through the competition's rigorous blind judging processes in the world's most trusted food and drink accreditation scheme. The Great Taste Awards are often referred to as the 'Oscars' of the food and drink industry. It is highly respected and widely recognised, with thousands of entries from all over the world each year. The awards are judged by a panel of experts, including chefs, food writers, and critics, who blind-taste each entry and provide feedback on its taste, texture, and overall quality.

Described as a "delightful tasting honey with fragrant floral notes and a clean smooth texture", the honey was a big hit with the Great Taste judges, picking up a rare two stars to elevate it from a simply 'delicious' product to an 'outstanding' one.

Made entirely by locally-managed honey bee colonies in and around Boxford and specially selected from single hives, the Wildflower Runny Honey was one of only 50 Suffolk food products that were recognised with an award, and the only honey in the entire county winning two stars or above.



Rich Wild from Number Eighteen commented: "We are thrilled to have won the 2-star award for our runny honey. It is the culmination of so much effort over the last few years and we are so proud to be adding the prestigious badges to our jars. We started from a single hive, and with a dedication to both the welfare of our bees and a purity of product, to receive this is a dream come true."

Trudi Wild continues: "Being recognised with this award means so much to us as it makes all the hard work and determination worth it! At a time when imported supermarket honeys are under scrutiny for their ingredients, it's best to buy local to ensure you're buying 100% pure honey straight from the hive with nothing added."

This year, judging took place over 92 days in Dorset and London, with a panel of more than 500 judges putting the products to the test. The line-up saw food and drink products submitted from an extraordinary 115 different countries across the world.

The award-winning Number Eighteen Suffolk Wildflower Runny Honey is available from local stockists and online direct.

For more information about Number Eighteen visit [www.numbereighteensuffolk.com](http://www.numbereighteensuffolk.com) or find them on Facebook/Instagram.

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# BRIAN TORA'S SOAP BOX

There is an old story of which I am quite fond. In a country where a revolution has just taken place, the defeated ruler is replaced by someone with little experience of governing a country. In an apparent effort to help his youthful usurper, the outgoing leader calls his successor to one side and hands him two envelopes. *“As you rule this country, you are bound to be faced with problems that appear insurmountable.”* He said. *“If you feel you are really up against it, then open the envelope marked No 1. If you have further problems, open the second envelope.”* The new president took the envelopes and placed them in his secure safe, certain in his own mind he wouldn't need them.

Sure enough, problems arose that the new leader of the country found hard to deal with. As the consequences of these problems mounted and unrest built around the nation, he reluctantly went to his safe and took out the first envelope. Inside was a single sheet of paper with just two words written on it. “Blame Me” it said. So, he did and sure enough the problem receded and life in his nation settled down.

When, a little while later, another problem arose, this time he rushed to the safe to open the second envelope. There were just three words this time. “Prepare two envelopes” was the stark message. I cannot help but feel that our new leaders opened the first envelope before they even had the keys to Downing Street. Quite whether they'll be prepared to store a second envelope for their successors is debatable. But those of us with savings and pensions need to be preparing themselves for a smash and grab raid.

That's enough of politics – too much, arguably. There has been plenty else to get one's teeth into as summer finally graces this beautiful county of ours. The Paris Olympics gave us a spectacle

that rivalled the one we created some twelve years ago. Even the French seemed to enjoy it. On the debit side, social unrest has returned, with fake news stimulating thuggish behaviour and driving a wedge between the very diverse sections of our society. Not the best set of issues to head up our news reports.

So, as ever, there is both good and bad news with which to contend. The same applies on a personal level – as I'm sure it does to most of us. If there has been a recent trend for us, it has been the number of funerals we have attended. I know. As you get older, this is just to be expected, but remarkably the greater majority of them have been for women. And plenty of these have been younger than me – many younger than Elizabeth, who is more than ten years my junior.

So, having been used to a preponderance of widows amongst our group of friends, widowers are now in the ascendancy. I'm far from certain what the current statistics say about life expectancy, but I always believed that women tended to outlive the male, perhaps by as much as five years. As the practice in the past was for men to marry women younger than them, it has been hardly surprising that there have tended to be more women that are single following the death of their partner than men.

Perhaps this morbid train of thought owes more than a little to the fact that this month I enter my 80<sup>th</sup> year. In a little over a year I celebrate my 80<sup>th</sup> birthday. Well, my father lived to just a few months short of his 98<sup>th</sup> birthday, though my mother died far too young at 51. I've beaten their average age, but remain conscious of the fact that, when you reach my age, nothing should be taken for granted. As an example, I won't be organising a birthday celebration until I'm confident I'll make it. Perhaps I'll have a 79<sup>th</sup> birthday party just to be on the safe side..

*Brian Tora*



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## BACK TO EARTH

Over the summer a group of residents from Newton have taken part in a sponsored freefall parachute jump in aid of charity with the Parachute Regiment's elite display team, The Red Devils.



Organised by ex-Para Regiment Officer and Newton resident, Major Keith 'Ned' Cameron (Rtd), who has undertaken hundreds of jumps across the world over a 40-year career with the regiment, our intrepid

adventurers jumped in tandem with expert skydivers from nearly 15,000ft!

In total 9 individuals took part over 3 days raising vital funds for the charity 'Support our Paras' which is the only charity that exists solely to support The Parachute Regiment and Airborne Forces, looking after veterans, serving soldiers and families within the Airborne community.



All jumpers undertook the long journey to Netheravon airfield near Salisbury where they underwent safety drills before being taken to the staging area to await the aeroplane. Once aboard they were harnessed on

to their jump partner as they climbed to jump height. Everyone had their jumps filmed as a keepsake with the camera men climbing out and hanging on to the side of the plane awaiting the instruction to go. With no time for doubts or second thoughts each participant was shuffled to the open door to simply fall into the bright sunshine, free-falling for between 40-50 seconds before the chutes were deployed after which they enjoyed a 3-4-minute descent back to the airfield below. They were also given the opportunity to steer their chutes with some being very adventurous in the twists and turns taken.



Any doubts or reservations the jumpers might have had boarding the aeroplane seemed to have evaporated once on the ground as each one came off the field with beaming smiles and hearty laughter. All without exception said they wanted to go again!

An unforgettable day out and all in a good cause. Sincere thanks go to Ned Cameron for organising and persuading everyone to be involved.

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

## KENNY'S NEWS FROM SESAW



Regular readers and SESAW friends know that chihuahuas (like me) are super characters, full of self-importance, totally unaware of our small stature. Today, I will extol the virtues of those at the other end of the canine spectrum.

Lily and Gray are two bonded salukis that have been with us since last summer. They came from a flat which was totally unsuitable and shortly after their arrival, Lily presented us with five lovely puppies, all happily rehomed.



Unfortunately the perfect home still eludes six year old Lily and three year old Gray. They are extremely sociable dogs, they enjoy cuddles and being with people, we often find a missing volunteer snug-

gled up with them on their sofa! Mum says they are easy to live with, after a good walk they are quite content to chill on their cushions and watch the world go by.

They could have been homed separately long ago but parting these gentle, graceful dogs that depend upon one another is unthinkable. And so they await their forever home with a secure garden, loving family and luxuriant lounge! They may accept other dogs but probably not cats. If you can tick all the boxes, come and meet, walk and relax with Lily and Gray.



Visitors welcome 10-1pm, Thursday to Sunday or by appointment. Please leave a CLEAR message on 01787 210888 or email [info@sesaw.co.uk](mailto:info@sesaw.co.uk).

Come and see all the other dogs plus cats and rabbits too, if you have a space in your world for another pet. Many find animals are the antidote to modern life, even pesky little dogs like me, *Kenny (the Boss) Chihuahua*.

Suffolk & Essex Small Animal Welfare,  
Stoke Road, Leavenheath, CO6 4PP.  
Tel: **01787 210888**  
Web: [www.sesaw.co.uk](http://www.sesaw.co.uk)

## Boxford Calendar 2025!

Have your photo of Boxford life  
in next year's calendar  
send to: [audrey@a2zriskservices.com](mailto:audrey@a2zriskservices.com)  
By 15<sup>th</sup> September 2024

## HADLEIGH & BOXFORD PPG

**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.

**Queries:** If you just have a query and are 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 within 48 hours. This will also free up the line for more pressing appointment needs.

**RSV Vaccine:** Respiratory Syncytial Virus is an infectious disease of the airways and lungs. A single vaccine is now available for 75- to 79-year-olds and pregnant women to boost your natural protection against this disease. From 1<sup>st</sup> September the practice will be calling the appropriate patients to offer an appointment for the vaccine during surgery hours. There is no need for you to call. The RSV vacs will be interrupted by the Covid vacs in October but return once these are complete. [www.nhs.uk/conditions/respiratory-syncytial-virus-rsv](http://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv)

**Call Back Option:** No longer any need to hold on in the early morning telephone queue. Choose the option to be called back. You don't lose your place and your call will be returned once it reaches your turn.

**The NHS App:** Do you have access to this very useful app? You will be surprised how much useful information can be found there. Not sure how to use it? If you have a long-standing aversion to IT why not overcome your misgivings and give it a try in the peaceful surroundings of Hadleigh Library. On the first Thursday of every month a representative from Babergh District Council is there to help the IT wary get online and develop their digital skills. Why wait? You are never too old to get to grips with an iPad, mobile or a computer. Next beginners' IT sessions takes place on 5<sup>th</sup> Sept.

**Repeat Prescriptions:** At the practice dispensary please allow 3 working days for these to be processed. Pharmacies outside the practice have their own timetable.

**A Paramedic:** Did you know that a qualified paramedic is also part of the healthcare team? He supports them with home visits.

**Free Defib Training:** The first in another series of three free training sessions, under the watchful eye of Hadleigh Community First Responders, will take place from 10:30am to 12noon on Saturday 28<sup>th</sup> September at Hadleigh Leisure Centre. Come and find out how to use this familiar machine and get to grips with CPR. No tests or exams involved. Numbers are limited so be sure to book either via the Facebook page: <https://bit.ly/hadleigh-defib-event> or by phoning Jan 01473 827091

**Volunteer Drivers:** Could you give an hour of your time? Jen Eastwood, coordinates a group of volunteer drivers who are willing to take patients, needing transport, to their doctor or hospital appointments. If you are a driver with a few hours to spare please contact Jen on 01787 211 853 or email [jen.eastwood8@gmail.com](mailto:jen.eastwood8@gmail.com) and support this invaluable service. Insurance issues are addressed when you sign up.

**Art in Practice:** A new and interesting collection of artwork from local artist, Diana Swansborough, is on display in the waiting area. We hope you enjoy the change of scene. Paintings are for sale with 10% of the purchase price going to the practice's charitable trust..

**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)

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

## EBONY'S DIARY

The summer holidays mean that we don't have any riders at the centre, but that doesn't mean we can put our feet up. Far from it! This is the

# RDA



time of year when we do all the maintenance jobs such as renewing fencing, cleaning and painting the stables, tidying everything up and this year we've also had the riding arena resurfaced. (photo shows our team painting the front of the centre). Our wonderful team of volunteers have been working hard, (but also having fun) and when our riders come back in September they will notice many improvements. Do you have skills and a few hours to spare to be part of our volunteer team? If so, please get in touch as we'd love to have you with us.

It is also the time when we try out new horses with a view to adding to our stable. Horses have to be very special to be suitable for our activities and have to be rigorously tested to ensure they will be happy doing this work. We have two on trial, making our current tally of ten horses to look after over the summer. That's a lot of muck for our volunteer team to pick up so the fields don't go stale, and of course, they all need to be fed, watered and exercised.

As mentioned in a previous blog Bryn has been nominated for the BBC Radio Suffolk 'Make a Difference Awards' in the animal category. He made his radio debut the other day and we're pleased to say didn't eat the microphone! Luke Deal from the radio interviewed Val who nominated him and then Jackie demonstrated how Bryn helps with improving her mobility and confidence (see photo). Listen out for the result after the award ceremony on 4<sup>th</sup> September.



Sadly, we've had to retire our lovely Welsh D chestnut mare, Tilly, after ten years of excellent service. Tilly is now nearly 20 and unable to be worked due to back and leg problems. She's been a great RDA pony and apart from being rather feisty with other horses, she's been a lovely mare to have around and will be sadly missed.

And finally, we've more fundraising events coming up soon. We hope you will give us your support as these are essential to keep the centre running. Everyone is very welcome,

**Family Dog Show:** Sunday 22<sup>nd</sup> September noon - 4pm, at the centre, Shelley, IP7 5QY. Bring your dogs and join in the fun. Lots of not too serious classes, dog agility course, childrens' games, homemade cakes and much more.

**Jazz in the Yard:** Saturday 28<sup>th</sup> September, 7pm. Tickets £20 including light supper. Bring your own drinks. More information and booking at [www.ticketsource.co.uk/jazzintheyard](http://www.ticketsource.co.uk/jazzintheyard) or phone 03336 663366

**Reservoir Jogs:** Sunday 29<sup>th</sup> September. Walkers, joggers and runners who enjoy the Suffolk countryside trails can choose distances of between 5 and 15 miles starting and finishing in the village of Tattlingstone. Why not take part with a group of friends? For more information visit [www.entrycentral.com/reservoirjogs](http://www.entrycentral.com/reservoirjogs) In aid of Shelley and Ipswich RDAs.

[www.shelleyrda.com](http://www.shelleyrda.com) / 01473 824172

## FEEDBACK FROM JAMES FINCH

### County Councillor for the Stour Valley

---

#### **Councillors approved an extra £9.1 million for SEND services**

Suffolk County Council's Cabinet discussed a further investment of £9.1 million over three years to expand special educational needs and disabilities (SEND) services at its meeting on 24 July.

- Funding would pay for new permanent SEND staff to support children and young people
- If approved, this year more than £20 million would have been committed to expanding the service
- Investment to be discussed at Cabinet next week

The additional investment would mean that more than 30 new permanent members of staff could be recruited to help the council keep up with expected need for SEND services and deliver its important improvement plans. It would also pay for contracts to secure more educational psychology capacity – key to helping children and young people access the help they need.

This investment is in addition to the £11.2 million over three years agreed by Cabinet in February 2024, which is being used to grow the SEND team by 15% or around 60 members of staff.

In total, the council is proposing to commit more than £20 million over the next three years to bolster SEND services.

#### **New All-Age Autism Strategy launched in Suffolk**

A joint strategy and action plan was launched in July to help support autistic people of any age and their families.

Produced by Suffolk County Council, Suffolk and North-East Essex and Norfolk and Waveney Integrated Care Boards, the vision of the new strategy is that all autistic people in Suffolk, their parents, friends and carers are able to live fulfilling and rewarding lives in a county that accepts and understands them.

The strategy and action plan were both co-produced with autistic people, and their families, and includes their experiences and voices. Autistic people can often experience differences in how they process information, their sensory environment and how they interact with other people. While autistic people share some similar characteristics, they are also all different from each other, it was therefore important from the outset that this strategy looked to capture those differences.

Alongside the strategy an action plan was also published which looks to take the priorities outlined by the strategy, and autistic people in Suffolk, and deliver them. The priorities are:

- Improving acceptance, awareness and understanding of autism within society
- Building the right support in the community and supporting people in inpatient care
- Tackling health and care inequalities for autistic people with a focus on needs led by diagnostic pathways
- Improving autistic children and young people's access to education, and supporting positive transitions into adulthood
- Supporting more autistic people into employment Improving support within the criminal and youth justice systems.

#### **Council bringing more community EV charging points to Suffolk**

Over 60 new community venues across Suffolk will have new electric vehicle (EV) chargepoints, as Suffolk County Council's 'Plug In Suffolk' project continues to grow.

Fast charging facilities will be installed at 63 new sites, including community centres, village halls, scout huts and other community hubs, plus 25 existing charge points from an early iteration of Plug In Suffolk, will be adopted under a new contract.

The county council has successfully bid for £7.3 million from the Government's Local Electric Vehicle Infrastructure (LEVI) fund, which supports local authorities to plan and deliver charging infrastructure for residents without off-street parking.

£1.4 million of the LEVI funding will go towards the community charging infrastructure, with a further £5.9 million allocated for on-street charging, which will be developed later this year.

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

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*

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

Tel: **01206 263649** / Mobile: **07545 423796**

## FEEDBACK FROM BRYN HURREN

### Babergh District Councillor for Box Vale Ward

---

This councillor has just returned quite suntanned from a four-day annual visit to the fabulous Cropredy Music Festival, nr Banbury in Oxfordshire. It rained on two of the days but sunshine for the remainder which pleased the 22,000-odd festival crowd who mingled along the fields and into the village along the lanes and canal towpaths. The village of Cropredy readily joins in with the spirit of the festival and puts on a good scarecrow competition, along with village stalls selling everything from vegan burgers to clothing items.

One can always tell the mood of our nation from comments made by the music artists as they take and occupy the stage. These are very grounded people who just say what they see and tell it like it is. The general mood has turned from anger and frustration with the now departed and disgraced Tory junta, to one of real hope with the incoming administration and also the huge gains and success of the Lib Dems group who will provide constructive opposition to help our now financially and morally bankrupt nations across our very un-united kingdoms.

We must all unite now and pray that the Punch and Judy politics and all that goes with it are truly now at an end.

Without omission all the performers condemned the far-right organisations who tore our cities apart just before and during the very peaceful festival.

Nearer to home the coalition at Babergh are getting stuck in with what needs to be done, I am unhappy with the plan to introduce parking charges in our market towns as this will surely have a detrimental effect on Sudbury traders and kill off many businesses in Hadleigh completely.

While we provided the car parks in the first instance to offer free parking to enhance and generate a thriving town centre and still do so at a moderate cost of around £145,000, which is affordable

within the council tax budget, the imposition of ever-increasing business rates by national government, which has now reached over £300,000, certainly is not. The car parks are not businesses for us and should be exempt from these ever-increasing swingeing stealth taxes.

Feel free to aim any complaints at the new business secretary and tell her that not imposing these burdens would be a good way to regenerate our town centres and give businesses a chance to survive.

On the national picture we have received plans to Build Back Britain. This seems to have replaced the previous government's plans for levelling down and includes aspirations to allow more devolvement from national to local government, provided that the figures and aspirations all stack up. Better public transport, better skills in the workplace. Better environmental outcomes and more housing spread across our land with the majority built on brown-field sites. In Babergh DC the annual build target will become 763 per annum, up from 450 per annum. This is achievable on available land for the first five years but after that it could become hard without taking in valuable arable land as has been done in the past.

One thing is certain, we desperately need smaller, cheaper properties for first time buyers and renters, also well insulated homes for life that are cheap to live in as well. We certainly need more local houses for local people which are affordable and well designed. This will help to keep communities together and support local schools and businesses as well.

We are now full speed ahead again at Babergh MidSuffolk after the election excitement, with a full workload of statutory and other services that we run. My own committee that I chair is the Audit and Standards committee which checks and double checks that everything adds up with no overspends or wastage. It also produces a procurement plan that endeavours to ensure that we always get value for money. It is very hard to always get this and stay local to support our own local economy but every effort is made.

'Standards' is just what it says on the tin - making sure that all councillors don't let themselves down or the constituents that they represent. We have been through a horrible time nationally with prime ministers, cabinet ministers and some rank-and-file MPs found wanting in so many ways, but we hope that is at an end now. In my time as Chair of A & S, we have always held and maintained high standards of work and behavior and long may that continue.

Having won the Best Performing Council award in the UK last year, we want to maintain that goal.

That word brings me right up to the present with the opening of the new Premiership football season and my team back in it after an absence of 22 years. It is so far removed from just three seasons ago when we attended out of loyalty rather than with any hope of seeing a decent game of football. I wish the team and all us supporters a great season and that the club brings continued prosperity as well as fame to this lovely region of East Anglia. C.O.Y.B.

I will always be available, should you need your councillor. My replacement knee is now due in March/April, so am still easily catchable until then.

Bryn

[bryn.hurren@babergh.gov.uk](mailto:bryn.hurren@babergh.gov.uk)

Tel: 01787 210854 / Mobile: 07771 508348

## Remember!

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

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

# PARISH COUNCIL UPDATES

## BOXFORD

### Summary of Council Meeting 23<sup>th</sup> July 2024

**Meetings:** Parish Council (PC) meetings are on the 4<sup>th</sup> Tuesday each month except in August and December. They are held in the village hall starting at 7pm. All are welcome to come along and observe and there is a regular item to allow a short time for residents to comment.

**Public Forum:** 22 residents attended, mostly about traffic issues through Stone Street. The Chair agreed to circulate the report for a 20mph limit. The decision from County Highways is awaited. There were mixed views on whether the reduced limit is the solution, however, this is the first step. A representative from the church shared a potential project to install an accessible toilet and their intention to liaise with the Reclaim The Rain project team. In relation to the footpath from Cox Hill to Fen Street, the County Council are getting quotes. For Primrose Wood, the Chair explained access was to be retained and there is a condition of the recent Goodlands planning for the land to be transferred to the Woodland Trust. The housing needs survey is due to commence in September. In relation to rural footpath cutting, the first round is almost complete. Other issues were noted by Cllr Wortley to follow up with our footpath wardens. Considerable concern was expressed about the fruit farm cages and the delay with a potential planning consultation. District Cllr Bryn Hurren is to urge the district council (DC) to agree to a meeting.

**Resignations:** We are sorry to report Cllr Theresa Munson has resigned and the Chair took the opportunity to thank her for all she has done for the village. The clerk was also thanked as she retires at the end of August after over 19 years' service to the village. This leaves four councillor vacancies and recruitment continues for a new clerk/responsible finance officer. Full details are on our website.

#### Sub Committees:

*Cemetery:* Cllrs Phillips and Warren

*Environmental & Ecology:* Cllr Wortley

*Finance:* Cllrs Phillips, Warren, and the new 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:** Some mud scraping and other works were completed in Wash Lane and the DC will be asked to do the sweeping. No work has been carried out in Butchers Lane. This is the responsibility of County Highways, and the PC will continue to press them.

Please report any potholes, drainage and other highways issues on the County Highways Reporting Tool: <https://bit.ly/scc-highways-report>

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

The terms of reference for the Village Volunteer Group have been agreed.

Parking issues in Brook Hall Road continue near the care home which is run by a private business. The most likely solution would be for them, with permission from County Highways, to improve the surface of the verge for parking. Cllr Watts is in contact with the care home manager.

The Chair reported that the church clock is now running again. This is maintained by the PC as a public clock for the village. The Chair is currently seeking quotes for maintenance work and annual servicing.

The Old Gaol project is underway by the volunteer group.

Cllr Theresa Munson agreed to continue with her projects and arrange the handover. Cllr Stafford volunteered to represent the PC for emergency planning.

**Finance:** In addition to the usual business, the external audit documents had been submitted. The first quarter VAT had been reclaimed. Quarterly contributions were agreed towards Box River News in this financial year. The installation of gates and bollards at the Croft was approved. It was agreed for the tender specifications to be ready for approval at the September PC meeting for next year's village and cemetery contracts. The volunteer group will be asked to help.

**Cemetery & Churchyard:** Cllr Warren was purchasing watering cans for use in the churchyard and cemetery. He is seeking further information regarding priority tree surgery. Sadly, the contractor restoring the churchyard wall is unable to commence the work due to injury.

**Public Realms:** Cllr Warren confirmed UK Power Networks were pruning trees close to overhead lines.

**Environmental and Ecology:** The biodiversity statement is ready to be discussed at the September PC meeting. The stag beetle pyramid project was approved as a PC project.

**District Council Report:** District Cllr B Hurren offered to help raise money for worthwhile projects in his parishes. CIL funding is still available from DC. In the previous week, a successful youth conference was hosted at Endeavour House in Ipswich. He stressed the importance of young people engaging in local government. At the DC meeting, they agreed on paper to relax the rules on solar panels on outbuildings of heritage properties. He then spoke of the poor financial state of many DCs, and he stated it would be better to have longer term settlements to enable the council to plan beyond a year. They are encouraging progress at the Delphi site. He is arranging for Wash Lane to be swept following the scraping and repairs. The issue raised at the last meeting with the bund below an oil tank at Ash Street has been resolved.

**County Council Report:** County Cllr J Finch attended and gave his report as printed in last month's issue of the BRN. Cllr Finch confirmed that a flyer would be delivered shortly from Chambers Buses and an update will be provided in Box River News regarding the village bus provision. Following his report, a resident asked about the schedule of re-surfacing and whether this involves routes local to the Parish. Cllr Finch believed that it did, however, would need to look up to confirm the detail

**Planning:** The full planning details can be seen in the minutes on the parish council website

**Date of Next Meeting:** 24<sup>th</sup> September starting at 7pm in the village hall. This is my last report as your clerk. Thank you for all the good wishes and your support over the years and please give your full support to your new clerk once appointed. They will take over the email address, so you can continue to make contact in the same way.

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

**Debbie Hattrell**

[clerk@boxford-pc.gov.uk](mailto:clerk@boxford-pc.gov.uk) / see contact telephone numbers for councillors on our website.

## NEWTON GREEN

### Summary of Council Meeting 14<sup>th</sup> August 2024

**24/113 Planning - e)** The councillors considered the road name for the 6-dwelling development behind Juglans. Newton's road names off the A134, refer to buildings (Church, School, Mill, Rectory, Red House, Whisper Wood, Airey Houses), historic (Alston, Plamplin, Blacksmith) and areas (Valley, Links, Rotten, Nicholsons field). The councillors followed this tradition and

resolved to suggest Little Green Close, due to the proposed road coming off Little Green.

**24/114 Finance - a)** The councillors resolved to approve and accept the external audit report produced by PKF Littlejohn for the year ending 31<sup>st</sup> March 2024. There were no issues raised by the auditor.

**b)** The councillors authorised all payments made and due for authorisation, as itemised in the RFO Report as well as the payment of £60 + VAT to Mortimer Contracts Ltd for the repair to the rope ladder on the play equipment.

Full minutes can be found at: [www.newton.onesuffolk.net](http://www.newton.onesuffolk.net)

**Dave Crimmin PSLCC**

01787 375085 / [clerk@newton-pc.gov.uk](mailto:clerk@newton-pc.gov.uk)

## OTHER PARISH COUNCILS

**Edwardstone PC**

Clerk: Richard Jones - 01473 828246

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

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

**Groton PC**

Clerk: Richard Jones - 01473 828246

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

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

**Little Waldingfield PC**

**Chris White Councillor & Clerk** - 07541 133535

[clerk.littlewalingfieldpc@hotmail.co.uk](mailto:clerk.littlewalingfieldpc@hotmail.co.uk)

<https://bit.ly/LW-parish-minutes>

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[www.neilluxton.co.uk](http://www.neilluxton.co.uk)



# ATTENTION ALL RUNNERS!

Hadleigh Hares are pleased to announce that this year's annual running event will be on **24<sup>th</sup> November**. Once again, the challenging Hadleigh 10-mile and John Chisnall 5-mile routes will be testing runners from all over the region and the Plant Parts 2km Junior Fun Run will attract dozens of local, and some not so local, young athletes.

This year, to make the experience even better for our younger competitors, the junior race will be starting and finishing at Hadleigh United Football Club, bringing them into the noise and atmosphere of race HQ for the first time.

All three races have been sold out well in advance in previous years, so if you want to race, or know someone who might, please take a look at the Hares website [www.hadleigh-hares.co.uk](http://www.hadleigh-hares.co.uk) for full details of how to enter plus a wealth of information about the event. This is our club's 40<sup>th</sup> anniversary year so we will be making an extra effort to make sure everyone has a great day out with us!

Last year we were proud to be one of only 24 road races in the UK to receive a Racecheck Gold Award. This year we are making a few minor changes based on competitor feedback in an effort to provide an even better experience for everyone.

If you fancy getting involved, but don't want to run, we are always on the look out for helpers to marshal the course and help with setting up and so on. We have a loyal band of willing helpers but can always use an extra pair of hands. If you would like to come and be part of Hadleigh's biggest participation sporting event of the year, please drop Deb and Andrew a line on [aces@hadleigh-hares.co.uk](mailto:aces@hadleigh-hares.co.uk).

Finally, we are, as always, indebted to our generous sponsors who continue to support our club. For many years, M Chisnall and Sons Ltd and more recently, Plant Parts Ltd have helped finance our races. Sadly, after 10 years, Turners Blinds and Shutters have decided to end their association with the 10 mile race. The whole club would like to thank Andy and Elaine for their incredibly generous help over the past 10 years. Thanks guys!

That does mean that going forward we are looking for a new headline sponsor, so if that could be you, please give us a call – we would love to speak with you.

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YOU COULD SAVE SOMEONE'S LIFE.**



**FREE HEARTSTART sessions from a qualified  
East of England Ambulance Service  
Community First Responder.**

**Hadleigh Leisure Centre**

**Saturday 28<sup>th</sup> September - 10:30am – 12noon**

**Monday 14<sup>th</sup> October - 2:30pm – 4pm**

**Wednesday 13<sup>th</sup> November - 7:30pm – 9pm**

**Limited places so please book:**

**Online: <https://bit.ly/hadleigh-defib-event>**

**Telephone: Jan Davey 01473 827 091**

\*\*\*\*\*

**No tests or exams involved just basic instructions on C.P. R.  
and how to understand and use this life-saving machine.**

# MILDEN CRICKET CLUB

A comfortable win and two defeats (all at home) to report this month.

First, the win - Milden completing the double over Elmswell on 28 July. Winning the toss on a gloriously sunny afternoon, Alex Lomax (captaining in the absence on holiday of Alex Cunningham) elected to field first and an all-round bowling and fielding performance saw the visitors dismissed for 96 in 26.4 overs - the innings ending just as Ben Stokes was blasting England to victory against the West Indies at Edgbaston.

Wickets were shared, with David Willis (4 for 11 in six overs) the most successful. Milden reached their 97 target in 18.2 overs, losing just one wicket - Ned Ferguson, well bowled by Burch for 5. His dad, Paul Ferguson



*Paul Ferguson – 31 not out against Elmswell on 28 July*



*Alex Lomax - 46 not out against Elmswell on 28 July*

(31 not out) and Lomax (46 not out) then comfortably ensured that no other Milden players would need to bat. There was a moment of farce at the end when confusion over the number of runs conceded

in a 'busy' penultimate over (two wides, two no balls, a four and three singles) meant that the win was declared with the scores level. After the score was checked (while boundary flags were being collected) the game was resumed and, from the second ball, Lomax hit the winning run, declining to attempt the six that would have taken him to a deserved half-century.

On 4 August, in a 32 overs-a-side match against Nowton (re-arranged from 28 April), 97 was again the Milden total, but this time batting first and for eight wickets, Neil Barkham top-scoring with 24. The match was nicely poised when Nowton were 61 for 5 after 19 overs, but lusty hitting by Jack Noe (41 not out, including three huge sixes – all lost balls) saw the visitors to a win without further loss. David Willis again bowled economically, taking 3 for 25 in his 8 overs.

A week later Milden fell to a heavy defeat against Stowmarket, who had conceded the fixture on 30 June. Put in to bat, at one point the visitors were 18 for 3, but they recovered to 222 for 7, thanks principally to a 4<sup>th</sup> wicket partnership of 142 between Rushbrook (74) and Prentice (55). Aqeel Sayed returned the economical figures of 2 for 22 from his 10 overs. Replying, Milden seemingly had no answer to the left arm fast bowling of Sadiq (2 for 4) and Tarakhil (5 for 18), being dismissed for just 45 in 24.3 overs, to lose by 177 runs, with no fewer than seven batsmen recording ducks. The result left Milden in 7<sup>th</sup> position in Division 5, with three matches left.

**September fixtures (both away):**

1 September: Copdock & Old Ipswichian

8 September: Long Melford.

*David Lamming*

# THE GLOW PRO

## Summer Eyes Simplified



Wouldn't it be great if that summer 'no-makeup, makeup' look actually required no makeup? Well, it's kind of possible, and one of the simplest ways to achieve that is by accentuating your eyes.

Now I love mascara, but 'panda eyes' from melting mascara? Not so much!

If you're looking for beauty treatments that can handle the heat, read on...

## Enhance Your Natural Glam with Lash Extensions

(from £75 in clinic)



Let's face it, applying mascara daily is a tedious task, especially when the sun is shining and there's fun to be had.

Lash extensions do all the hard work for you, so you can wake up looking fresh and as though you've had a solid eight hours sleep, without the faff!

Whether you prefer a soft, classic look or long, fluttery lashes, extensions can be tailored to match your vision.

**Key benefits:** Lasts 2-3 weeks, saves time, enhances your eyes, can be customised, waterproof.

**Considerations:** Patch test required, can be pricey, requires maintenance.

## A Quick & Easy Boost with Lash Tinting

(£15 in clinic)



If you want to super-charge your routine with something low-maintenance, lash tinting can beautifully frame the eyes for a defined and polished look.

You'll be surprised at how a touch of dye can emphasise the length of your lashes, especially if they're fair.

Pair this with an at-home lash curler for a subtle lift, and voilà!

**Key benefits:** Lasts 2-4 weeks, subtle enhancement, mascara-friendly, waterproof.

**Considerations:** Patch test required, results can vary depending on your natural lashes, won't curl or lift lashes.

## Swap Mascara for a Lash Lift

(£45 in clinic)

Many of us have been there: you spend ages perfecting your makeup, step into a wave of heat, and within minutes, the dreaded mascara smudge appears.

Sure, there's such a thing as waterproof mascara, but have you tried removing that stuff?!

If you're not familiar with a Lash Lift, it's like a perm for your natural lashes, topped off with a tint.

The results? Wide-open eyes that will have you wondering if your lashes were always this long.

**Key benefits:** Lasts 4-6 weeks, minimal upkeep, natural lashes look longer & darker

**Considerations:** Patch test required, doesn't boost lash volume, can't be repeated before 6 weeks to maintain lash integrity



## Reawaken Your Eyes with a Professional Eye Cream

Regardless of the season, revitalising your eyes isn't just about your lashes. If you're tired of looking, well, tired, introducing an effective eye cream can work wonders in creating a radiant canvas.

**ALLSKINMED'S GF Firming Eye Cream (£50 in clinic)** is packed with growth-factors and takes a multifaceted approach to tackle fine lines, dark circles, and loss of firmness.

Its brightening pigments also mattify dark circles, for a smooth and energised look, without the need for heavy makeup.

- ✓ Anti-ageing
- ✓ Dark circles
- ✓ Fine lines
- ✓ Feather-light texture

What's your go-to summer routine? Let me know,

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>Craig Needham</i> | <b>07970 733934</b><br><a href="mailto:craig.needham@me.com">craig.needham@me.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>Natalie Woods</i>                                                                 | <b>07772 916135</b><br><a href="mailto:nataliewoods25@gmail.com">nataliewoods25@gmail.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:booking@boxfordvillagehall.co.uk">booking@boxfordvillagehall.co.uk</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

## Michaelmas Daisies.

As summer starts to slip away in September, michaelmas daisies herald the coming of autumn. They have this name because the feast day of St. Michaelmas the Archangel is on 29<sup>th</sup> September, which is the peak flowering time for these lovely daisies, although many of them go on blooming into October.



*Aster amellus* 'King George'

Gardeners who are increasingly confused by changes of plant names are baffled by the way this large family of asters has been split up into a range of genera, many with unpronounceable names. This is as a result of DNA analysis in the 1990s which found that many of these plants which look so alike are not related at all. European and Asian Asters such as the Italian *Aster amellus* and *Aster thomsonii* which is from dry woodlands in the Himalayas get to keep the name of aster. New world asters have to change because we got to name them first. *Aster amellus* 'King George' is quite an old variety but always reliable and full of flowers and it is nice and compact and doesn't need staking. My favourite aster is a result of the hybridisation of these two beauties; *amellus* and *thomsonii* by a Swiss breeder, Monsieur Frikart. It is called *Aster frikartii* 'Monch'. It blooms for a long time starting in August and it is relatively short so it can go at the front of the border and it doesn't need staking. It looks great growing with sedums which are now reclassified as *hylotelephium*. (Sorry, don't shoot the messenger). Japanese anemones which can be a little invasive and refuse to stay away when you dig them up also look great with these pretty lilac-coloured daisies.

But most of our Michaelmas daisies come from North America and the most popular ones are no longer called asters, they have been distributed amongst six genera, I'm not going to burden you with all six names. American gardeners I have spoken to seem quite unfazed by this as they are generally quite unconcerned with the correct botanical nomenclature. There are so many different regional vernacular names in America for the various asters which I find totally confusing. When they talk about the rice button aster or the parasol white top aster, they lose me. But I suppose they are entitled to call their own native plants whatever they like; if blue wood aster means something to them, then good for them. Pedants like me have to get their minds and tongues round names such as *symphyotrichum* which is quite tricky to both remember and spell. But *symphyotrichum* is the largest group of what we know as asters or Michaelmas daisies so I suppose we have to learn it. It is split into two main groups; the first and most garden-worthy is *Symphyotrichum novae-angliae* which comes from New England. Most of the plants in this group are tall and stiff-stemmed and they look good growing with grasses



*Symphyotrichum* 'Andenken an Alma Potschke'

such as *Molinia caerulea* or *Deschampsia cespitosa*. There are many gorgeous cultivars to choose from. One of my favourites is *Symphyotrichum novae-angliae* 'Alma Potschke' which is a deep rose-pink, but admittedly rather a mouthful to remember.



Above: *Aster novae-angliae* 'Rougham Purple'

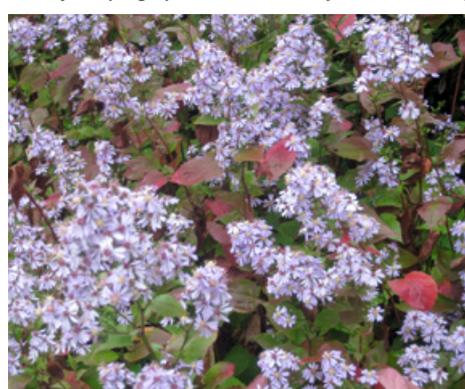
Right: *Symphyotrichum* 'Wolkonsky'

derful West Acre Nursery in Norfolk. For a deeper purple, look out for *Symphyotrichum novae-angliae* 'Marina Wolkonsky'. But there are hundreds to choose from.

The other group of *symphyotrichum* comes from areas round New York and it is called *Symphyotrichum novae-belgii* which is a bit baffling as this area was never known as *New Belgium*. When these asters first appeared in the UK they were enormously popular and English plant breeders gleefully got to work hybridising them. Many of these hybrids are gorgeous but they come with a caveat; in the wild these plants grow in swamps and marshy ground and they need a lot of water. They are very often disfigured by mildew. Last century, gardeners were happy to keep up a spraying regime to deal with this but as asters are wonderful for bees and butterflies perhaps we are no longer happy with spraying. Besides, who has the time for this sort of faff?

One of my favourite asters, and I really recommend this, is *Symphyotrichum* 'Little Carlow'. I believe it is a hybrid of *Symphyotrichum novae-belgii* and *Symphyotrichum cordifolius* but it doesn't seem to suffer from mildew. It makes a lovely sturdy clump which doesn't need staking. The lilac blue flowers are always abuzz with bees and when they flowers are pollinated the centres turn from yellow to pink. I grow it next to the dark pink spikes of *Perscaria amplexicaulis* 'Blackfield'.

I am really tired of writing *symphyotrichum*, but I must mention a few more. I love the small-flowered asters and *Symphyotrichum cordifolius* 'Ideal' is gorgeous with its frothy masses of tiny soft blue flowers. It goes on blooming right into the autumn. A similar one and just as lovely is *Symphyotrichum cordifolius* 'Photograph'.



*Symphyotrichum* 'Primrose Path'

*Symphyotrichum novae-angliae* 'Septemberrubin' is an even brighter colour. *Symphyotrichum novae-angliae* 'Rougham Purple' was bred in Suffolk and is not always easy to find. I bought mine at the won-



'Primrose Path' has clouds of small flowers and looks particularly wonderful in autumn when its leaves turn burgundy red. But there are so many more beautiful michaelmas daisies which I haven't room to mention here. The best thing is to go and choose your favourites whilst

they are in bloom in the coming weeks.

I am sorry to overburden you with the 's' word. I do wish these beauties could have kept the pretty name aster which means 'star' in Ancient Greek. In mythology, they grew where Asteria, the Greek goddess of the stars wept tears from the night sky, which is a lovely image - modern taxonomists have no poetry in their souls. I think many nurseries have kept the old name to avoid terrifying their customers so you might still find them listed as asters.

*Chloris.*

# EVENTS CALENDAR

## AUGUST 2024

- 24-26 Polstead Exhibition - Artist & Makers**  
SAT-MON Maria Martins Cottage, Polstead CO6 5AG 10-5pm
- 26 Suffolk Villages Festival - Baroque Flute**  
MON St Mary's, Boxford 11am

## SEPTEMBER 2024

- 1 French's Afternoon Tea**  
SUN French's Care Haven, Castlings Heath Groton 2pm
- 3 Fireside Club - Club AGM and Cheese & Wine**  
TUE Newton Village Hall 2pm
- 3 Boxford Gardening Society - Talk**  
TUE Boxford Village Hall 7:30pm
- 4 Boxford WI - Talk 'Life in Secondary Schools'**  
WED Boxford Village Hall 2pm
- 7 Boxford Market**  
SAT Boxford Village Hall 10-1pm
- 7 BINGO!**  
SAT Polstead Village Hall 6:30pm
- 7 Leavenheath Cinema - 'One Life'**  
SAT Leavenheath Village Hall 7pm
- 11 Charity Quiz Night**  
WED The Fleece, Boxford 8pm
- 13 Relaxation & Sound - all welcome**  
FRI Boxford Village Hall 6-7:30pm
- 13 History of Spoken English - Charlie Haylock**  
FRI Edwardstone Village Hall 7pm
- 14 Quiz & Games**  
SAT Milden Pavilion 6:30pm
- 14 A Sailor's Life - Songs & Entertainment**  
SAT Newton Village Hall 7pm
- 15 Boxford Drama Group Open Morning**  
SUN Boxford Village Hall TBC
- 17 Fireside Club - Music Hall Tunes**  
TUE Newton Village Hall 2pm
- 18 LWHS - Kings, Queens, Bones & Bastards**  
WED Little Waldingfield Parish Room 7:30pm
- 20 Polstead Films - The Holdovers**  
FRI Polstead Village Hall 7pm
- 20 Groton History Society - Sarah Doig Talk**  
FRI Groton Village Hall 7:30pm
- 21 250 Years Postal Service Celebrations**  
SAT Broad Street, Boxford 1pm
- 21 The Great Snail Race**  
SAT Leavenheath Village Hall 7pm
- 21 Quiz Night**  
SAT Little Waldingfield Parish Room 7pm
- 22 Family Dog Show**  
SUN Shelley Centre IP7 5QY 12-4pm
- 23 Boxford Friendship Group**  
MON Boxford Village Hall 2-4pm
- 27 Macmillan Coffee Morning**  
FRI Polstead Village Hall 10-Noon
- 27 Pop-up Pub**  
FRI Little Waldingfield Pavilion 6:30-10:30pm
- 28 Macmillan Coffee Morning**  
SAT Newton Village Hall 10-Noon
- 28 Defib Training**  
SAT Hadleigh Leisure Centre 10:30-Noon
- 28 Jazz in the Yard**  
SAT Shelley Centre IP7 5QY 7pm

## OCTOBER 2024

- 1 Fireside Club - BINGO!**  
TUE Newton Village Hall 2pm
- 1 Boxford Gardening Society - Talk**  
TUE Boxford Village Hall 7:30pm
- 2 Boxford WI - Guest Speaker from E.A.C.H.**  
WED Boxford Village Hall 2pm
- 4 Boxford Society- 'The Black Death in Suffolk'**  
FRI Boxford Village Hall 7:30pm
- 5 Boxford Market**  
SAT Boxford Village Hall 10-1pm
- 5 Cello Celebration**  
SAT St Mary's Church, Boxford 7:30pm
- 11 Relaxation & Sound - all welcome**  
FRI Boxford Village Hall 6-7:30pm
- 13 QUIZ**  
SUN Newton Village Hall 7pm
- 14 Defib Training**  
MON Hadleigh Leisure Centre 2:30-4pm
- 15 Fireside Club - Music of the 50s & 60s**  
TUE Newton Village Hall 2pm
- 16 LWHS - T E Lawrence and the Red Sea Patrol**  
WED Little Waldingfield Parish Room 7:30pm
- 16 Charity Quiz Night**  
WED The Fleece, Boxford 8pm
- 19 Great Book Sale**  
SAT All Saints Church, Acton 10-2pm
- 19 QUIZ**  
SAT Newton Village Hall 7pm
- 19 Boxford Bowls Club Snail Racing**  
SAT Boxford Village Hall 7pm
- 19 Harvest Horkey Barn Dance**  
SAT Dove Barn, Groton 7:30-11:30pm
- 25 Pop-up Pub**  
FRI Little Waldingfield Pavilion 6:30-10:30pm
- 26-27 Art & Craft Exhibition**  
SAT-SUN Polstead Village Hall 10 - 4pm
- 26 Newton Charities Coffee Morning**  
SAT Newton Village Hall 10-11:30am
- 26-31 Lantern Making Workshops**  
SAT-THU The Spinney, Boxford 10-4pm
- 28 Boxford Friendship Group**  
MON Boxford Village Hall 2-4pm

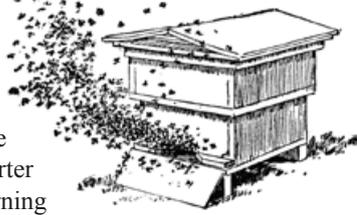
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- 2 Fireworks & Lantern Parade**  
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# NOTES FROM A BEEKEEPER'S DIARY

It's late August now and daytime temperatures are still in the upper twenties and nudging thirty. But the evenings are getting noticeably shorter and the lawn covered in early morning dew until dried by the strengthening sun. Sure signs that autumn is just around the corner.



For the beekeeper it's time to reflect on the year, what went well and what went less well.

By any accounts it's been a topsy turvy year so far. After a mild winter and few colony losses it seemed that spring would never arrive. Strong winds and intermittent heavy rain prevented the bees from flying so even though trees and flowers were blooming and producing nectar it was of little real benefit to the bees. We were fortunate and gathered almost enough honey for our customers, but many beekeepers missed out altogether on the spring crop.

Spring is also the time when bees swarm – essential for maintaining colony numbers. Bees will only swarm when the hives are fully populated, and poor weather prevented the bees from building up colony numbers well into May, so the season started late and beekeepers became increasingly concerned.



Between a quarter and a third of queen bees are replaced every year. When bees swarm or the workers decide to replace their queen no eggs are laid to replace old workers until a new queen becomes active. After emerging a virgin

queen will mate on the wing during the next ten to twenty days of her life, but if she does not succeed in mating within a month of emerging as a mature bee she is no longer capable of mating properly. During this period the worker bees become increasingly aggressive towards her to drive her out of the hive until she mates.

There was a time when a few days of warm calm weather could be guaranteed over the late spring and early summer period. However, this year the extended unstable weather patterns prevented many virgin queens mating properly. By the time it became clear that a new

queen had become unviable it was too late for the bees to rear an alternative, so many colonies became queenless.

When this happens it may be possible to introduce a new queen. These are sold on the internet and arrive through the post by special delivery along with a small retinue of adult workers. With care and a little luck the new queen will be accepted and the colony saved.

However, there is another potential problem. An active laying queen continually produces a pheromone commonly known as 'queen substance', or less commonly '9 oxydecenoic acid'. This pheromone reassures the workers that the queen is capable of continuing to lay eggs and support the colony. When production of this pheromone slows the workers begin the process known as supercedure to rear a replacement. Also, and equally important, in combination with another pheromone produced by the brood, queen substance also prevents the ovaries of female worker bees from developing and producing eggs.

In the absence of both pheromones worker bee ovaries develop and they start to lay eggs. As the workers are unmated the eggs will only mature into male drones. Introducing a new queen to a colony of drone-laying workers is usually unsuccessful because the bees will kill her. Indeed many authorities recommend simply shaking the bees out on to the ground to work out their own salvation.

The poor weather had a double effect – reducing the quantity of nectar available to the bees during a critical early period of colony development, and putting 'mother' colonies at risk of remaining queenless after the queen had departed with a swarm.

So the early part of the year presented unusual challenges for beekeepers. Many beekeepers stand by the policy of when in doubt leave it to the bees to sort themselves out, and in most cases this leads to the best outcomes. After some hesitation the colonies I thought were at risk turned themselves round, one way or another, and the warmer weather has ensured that the bees are thriving, at least for the time being.

We will have to wait and see how the rest of the season turns out. Golden rod is still flowering in abundance along with other nectar producing garden shrubs and plants. The footpath leading from the recreation ground up towards the Fox and Hounds is flanked by strips of wild flowers, including the bright blue blossoms of wild chicory that will continue in bloom right through to October.

2024 could turn out to be above average for bees and beekeepers after all. If the warm settled weather we are enjoying at the moment continues for another month or so this will comfortably exceed the outcome from last year, if not matching the bumper year of 2022.

*Tony Rand*

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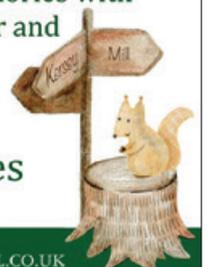
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