

October 2024

Box River News

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BOXFORD CORE SERVICES UNDER THREAT

As a rural community, the villages that make up the Box River Benefice rely on a number of core services to be present locally in order to keep our residents fit, well and thriving. It is paramount that we knit together to protect our way of living and to prevent the more vulnerable in our community from suffering. As we head into autumn it comes as quite a nasty shock therefore to find two of these core services under threat from a double-pronged attack.

Boxford Post Office

In its celebratory 250th year of having a postal service in Boxford, you would think that this would be a great time for the Post Office organisation to try and clean up its tarnished image resulting from the Horizon IT scandal. Not so. Instead, in recent weeks, Post Office Limited executives emailed the Boxford PO subpostmaster Richard Haining to tell him that funding to Boxford Post Office was to be reduced by half, threatening the viability of the business. Whilst no final decision has yet been made (the Post Office Ltd. financial review concludes in the autumn), it acts as a looming threat over both Mr. Haining and the local community.



Boxford Post Office is essential for both residents to the local area and also the many small businesses that send parcels and use the banking facilities that it provides. In these times of banks withdrawing from all but the larger towns it is becoming more and more difficult to find a local interface for their services, which is what Boxford PO currently provides.

With support from South Suffolk's MP and councillors, we can but hope that noises will be made at a high enough level to deter Post Office Ltd from their short-sighted plans.

James Cartlidge MP, who visited Boxford Post Office to offer Richard Haining his support, said,

"I was absolutely appalled to learn of potential changes to the Post Office rural contract at Boxford which could threaten the viability of the service. I know just how passionate Subpostmaster Richard Haining is about serving the village and I have written to the Government Post Office Minister, and the Post Office Ltd, to ask for clarity on any contract changes which might see reduced hours of service."

Meanwhile, despite the possibility of the amount of funding his post office will receive halving, Mr. Haining is vowing that he will continue to serve the village regardless, even volunteering the additional 20 hours per week in order to retain customers,

"May I reassure my customers that the Post Office is going nowhere. [...] It's not about the money. It's about the moral principle. They are pleading poverty because of their own mistakes."

It is essential that residents in the Box River Benefice show their support and use Boxford Post Office wherever possible. At a time when executives are scrutinising numbers they will need to see positive usage numbers from the community in order to issue a stay of execution.

Boxford Surgery

Patients registered at Hadleigh Boxford Group Practice will have received an unwelcome letter recently from the practice informing them that the practice is intending to apply to close the Boxford surgery permanently and transfer all appointments and services to the Hadleigh premises.

Despite the wording of the letter hinting that the proposal is a foregone conclusion and that the application may already have been made, they will be running an 'engagement exercise' (note, *not* a consultation) on Tuesday 1st October between 10am-12pm at Boxford Village Hall, when a large proportion of the patients who could attend are unavailable due to it being in work hours.

The practice's letter states that the existing Boxford building is no longer fit for purpose and that the prohibitive cost of upgrading/replacing and running the building means that it is unviable. Despite this claim, the letter goes on to forestall the obvious remedy to this which would be for the community to self-fund a replacement or a relocated building, as if the cost excuse is not the real reason for the closure in the first place.

It is clear that the Boxford premises is under real threat despite the fact that it is in constant use by residents in and around Boxford who find transport to Hadleigh either difficult or impossible. The practice's letter shrugs off concerns about those who cannot travel to Hadleigh by suggesting that local volunteer groups will take up the slack and ferry patients to and from Hadleigh.

Parking at the Hadleigh practice, as any patient who has been there recently will have experienced, is always difficult. The practice-owned car park is nearly always full and the council car park next door is likewise, and will start introducing car parking charges very soon. Patients with serious mobility issues will surely be faced with real problems with the fact that the next nearest car park is over 200 metres away.

Residents in Boxford have already expressed their dismay and anger at the plans in large numbers on social media. It is vitally important that any opinions on the plans be communicated to Hadleigh Boxford Group Practice (a name-change on the cards in the offing, perhaps?) via the practice's own online form, available here: www.hadleighhealth.co.uk/branch-closure-feedback and also via the petitions that have been made available in the following locations:

Boxford Stores/Post Office, Stoke-by-Nayland Park Street Stores, Polstead Community Shop, The Fleece, The White Hart, Groton Fox, Sunflowers Childcare, and outside Boxford Primary School at drop off and pickup times.

Our local core services are clearly under threat, as corporate interests compete with a rural and holistic lifestyle. It is paramount that Box River Benefice residents use their local services, shops and small businesses if they are to continue providing us with the utility we all enjoy.

Box River News

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www.instagram.com/boxrivernews

Deadline date for the November 2024 Issue is:

October 15th at midday

NEWTON FIRESIDE CLUB

So far this term, we have only met for the AGM. We had a good turnout, probably due to the cheese and wine rather than the sparkling agenda! However, a few points in our constitution were clarified, last year's finances were reported and there was much discussion on past and future events. It is hoped that we will be able to run some outings again during the coming year. We always welcome ideas for future events and sessions. The venue for the Christmas dinner was also discussed and various options will be investigated. The date of this may be amended, so please watch this space.



AUTUMN 2024 PROGRAMME

- Tues 1st Oct Bingo
- Tues 15th Oct Music of the 50s & 60s
- Tues 5th Nov Firework Celebrations
- Tues 19th Nov Beetle Drive
- Tues 3rd Dec Talk by Kirsten Marshall from GCB Chocolate Factory, Glemsford
- Tues 17th Dec Christmas Dinner (TBC)

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

UPDATE ON EDWARDSTONE NEIGHBOURHOOD PLAN

The plan has cleared another milestone in its process by successfully navigating an independent examination which took place in July and August; the Examiner's report can be found at www.babergh.gov.uk/w/edwardstone-neighbourhood-plan. The Examiner's conclusion is that the plan (with a few minor modifications) should now proceed to the final referendum stage.

The neighbourhood plan has been amended as recommended and we are now awaiting a date for the referendum from Babergh District Council, which we hope will be in October or November.

Everyone who is entitled to vote in elections in the parish will be able to take part in the referendum. If a majority vote to support the plan it will then be adopted (or 'made') by Babergh District Council and will be used to determine future planning applications in Edwardstone.

When we know the date of the referendum we will let you know through the Box River News and on our website: www.edwardstonepc.onesuffolk.net/edwardstone-neighbourhood-plan



NEWTON VILLAGE HALL MATTERS

The current Trustees are:

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

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.

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

Last month we reported that we were planning two social events. Unfortunately, the 'A Sailor's Life' scheduled for September 14th, had to be cancelled due to lack of support.

However, on Saturday 19th October, Ged and Paul will be hosting another popular quiz. Tickets are £12 and include a ploughman's supper. Tickets are now on sale, so do book early as this event is always oversubscribed. Please contact Sue or Paul on 07881383998 for tickets and further information.

The Trustees are in the process of having full fibre broadband installed in the hall. Unfortunately, the installation is proving problematic and is taking more time than expected. However, we are sure this will be a valuable addition to the hall's resources.

We are also pleased to report that funding has been secured to replace the windows in the original part of the hall. This, in addition to the damp-proofing work already undertaken, will ensure that the hall is watertight for the foreseeable future. A big thank you to Janet, our secretary, for all her hard work to achieve this.

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

- 28th September** *McMillan*
- 26th October** *Newton Charities*
- 16th November** *Village Hall*

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.

DO YOU LIVE IN NEWTON?

- Would you like to support our community?
- Would you like to help organise village events?

If you can answer 'yes' then we are planning to form a group to organise village events and would love your involvement.

In the past there have been fetes, firework displays and picnics in the park to celebrate important national events and the suchlike.

Please contact Sue Presland 07881 383 998 or Lee Parker 07970 196 884 for further information or visit the 'Newton Newsletter' Facebook page.

We look forward to hearing from you!

READERS' LETTERS

Spud's 90th Birthday Bash



We would like to thank everyone who joined us for this happy event. Special thanks to all the girls at the Fleece for the excellent catering and wonderful service. We were thrilled to see so many of our dear friends there, and thank them for their kind generosity towards the 3PR and prostate cancer charities. The cash and cheques donated on the day amounted to £180 for each charity, and extra

donations were given by many people independently.

Thank you again for a lovely day, which exceeded all our expectations. We look forward to seeing you all again in August 2034!

Tony and Monica Murphy

Boxford Post Office

May I reassure my customers that the Post Office is going nowhere I am here to stay despite a threat by Post Office Ltd to halve my pay and hours - a ridiculous suggestion with the inquiry taking place this month and the impact of the programme 'Mr Bates v the PO' last Monday - it's on ITV X if you haven't seen it

Also if you haven't seen the East Anglian front page or the Telegraph last Sunday or all my online posts then please from the horses mouth: I will continue to be here doing what I love, helping the people of Boxford.

It has been so lovely that everyone's questions have been "what can we do to help?" or "is there a petition?".

There is no need for one at the moment as I received an email same day I sent it to the interim chairman of Post Office Ltd saying no action can take place everything is on hold while the Post Office review takes place. In any case it would have only taken effect from January but plenty of time for them to realise what I told them - they are hurting their own business and cause so much negative feedback that it will be overturned full stop.

I will fight and I know I have not just Boxford but all the surrounding villages on my side. Morally I am in the right too!

Most importantly please use the Post Office so the figures show how much you need it.

The banks are closed/closing but you can do all your banking here in the village plus DVLA, postage, returns etc

*Thank you all so much for your support!
Richard Haining*

Sponsored Cycle Ride

Thank you once again to all the people who sponsored our ride. The weather was perfect and our route took us from Newton via Cornard into Sudbury. From there we made our way to Bures visiting Middleton and Lamarsh on the way. We then cycled to Nayland and Pebmarsh before finishing in Boxford.

We cycled 27 miles visiting 19 churches. So far we have raised £200 which will be divided between All Saints Newton and the Suffolk Historic Churches Trust.

*Thank you
Marianne and Richard Anthony*

THE WHITE HORSE INN

EDWARDSTONE

Opening Hours

Wednesday - Sunday from 12pm

Wide selection of drinks from independent UK producers
Craft beers, real ales, ciders, wines & spirits.
On-site microbrewery - Little Earth Project
Takeaway draught & bottle list

Acoustic Jam Night

Wednesday, October 9th from 7pm
Join in or sit back & enjoy with a pint

Autumn Cider Festival - October 24th - November 3rd
A celebration of the humble apple (& pear!). Dry, sweet, still & sparkling ciders from fabulous independent UK producers!

Oktoberfest - September 20th - 22nd
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

Street Food

Follow us on Facebook/Instagram for weekly updates!

Wagyu Burgers - *most* Friday Nights
Taqueria La Gringa - Saturday September 28
Noodle & Dumpling Bar - Saturday, October 5th,

   @edwardstonewh www.edwardstonewhitehorse.co.uk

GROTON EDUCATIONAL FOUNDATION

Registered Charity No. 1118325

The Trustees met on 5th September to consider applications for grant aid for educational and training purposes for the coming year. There was a larger number of applications than usual and the wide range of grants included help towards the costs of university, home education, specialist sports training and equipment, transport costs for a plumbing course, materials for a fine art degree course and fares to sixth form college. It was a pleasure to meet the applicants and, as always, the Trustees were impressed by their breadth of talent, enthusiasm and positivity.

Stephen Watkins, Clerk to the Trustees.

BOXFORD & GROTON UNITED CHARITIES

Registered Charity Number: 207861

The Trustees of Boxford & Groton United Charities will be meeting on the 25th November and invite applications for grant aid from residents living in the three parishes of Boxford, Groton and Edwardstone, for educational, medical, and general charitable purposes.

Applications from organisations serving the above area are also invited and should be made in writing to:

*Guy Godfray, Clerk to the Trustees,
17 Swan Street, Boxford, Sudbury CO10 5NZ.*

Closing date for applications Friday 24th November.

NATURAL BOXFORD

Stag Beetle Pyramid in Primrose Wood

Have you ever seen a stag beetle? They are the UK's largest land beetle, males up to 75mm long, and have distinctive huge antler like jaws giving them their name. Females are smaller with much smaller jaws too. They are a key conservation species with loss of habitat being the main threat to their survival. They spend

most of their long life cycle underground: the female lays eggs in rotting wood which the larvae then feed on to build up fat reserves to support them through adulthood when they just drink from sap and fallen soft fruit. The common tendency these days to 'tidy' has a direct effect on stag beetles as they rely on dead and rotting wood.



In 1997 Boxford residents decided to take part in the Woodland Trust's 'Woods on your doorstep' initiative, and Fred 'Tinker' Leeder offered to sell part of Goodlands Farm for tree planting and our Primrose Wood was born – named after his wife. The wood was planted by community members and the trust and when Fred passed away in 2002 he was buried there – you can find his grave marked by his old hay rake at the top entrance to the wood. We are reinstating the sign marking the spot. The wood is thriving and contains a good variety of trees, including a rare black poplar, varied and rich habitat, including the river, and wet meadow where you can see an abundant display of marsh orchids in late spring early summer. Wear wellies!

Primrose Wood volunteers Evan and Jane Flockhart are Natural Boxford members and a plan was hatched to support our local stag beetle population, with the trust's permission, by building 'pyramids'. Last month Evan, Jane and Fiona Bonny took to the woods with a pick axe and a bucket of determination and managed to create the necessary 50cm deep hole in which to pack upright logs which can then continue to decay and provide a perfect stag beetle palace. A truly great effort, which we are aiming to repeat at the wood and other locations where we know our stag beetles could do with support.



You can help stag beetles too by leaving old wood and stumps in your garden, not mowing round log piles in May and June when beetles are emerging, covering water butts and avoiding polythene sheeting under which they can get trapped. If you see one, please leave it where it is and record it via the Suffolk Biodiversity website. www.suffolkbis.org.uk/record/stagbeetlesurveyform



We'd like to let you know about a great job opportunity. Natural Boxford's Energy Group, headed up by Jono West, is working together with the Hadleigh Environmental Action Team on an exciting project. It offers part-time, flexible work with people and a possible career in green energy. HEAT is starting a new project to help people in Hadleigh and surrounding villages reduce their energy bills through better insulation of their homes. They are looking for local people who want to work up to 10 hours per week as community energy champions, mostly talking people through the steps they can take to reduce their heating bills and explaining the grants that are available. You get paid £15/hour and can schedule most of the work around the times that people are available to speak with you. If you think this might be for you email HEAT at hadleigh.heat@hotmail.com

Finally, water voles have been spotted at least twice this year on the River Box in the village: great news and thanks to those who have let us know.

Much love, Louise, on behalf of the Natural Boxford group.

RECLAIM THE RAIN

We are pleased to share an exciting update on the Boxford Village Hall rain garden scheme: the main construction phase is now complete! We have received positive feedback from both the village hall and the wider community, and we are eager to see the project fully come to life. While the garden beds are finished, the project is not yet complete, with the planting phase still to come, which will truly bring the rain garden to its full potential. We look forward to sharing updated photos once the plants are established.

The rain garden is already working as intended, managing rain-water collected from the village hall's roof. It is designed to mimic nature by capturing water in the top layer, where different plants will help absorb and clean it. Below this, a mix of soil and sand helps the plants grow and allows water to flow through while filtering out pollutants. Underneath that, a layer of stones and gravel holds water temporarily, slowing it down to help reduce strain on the drainage network. Right now, the garden is filtering the water through the soil, and once the plants are added, it will slow the flow of water even more effectively.



This rain garden is one of many water resilience measures being explored by Reclaim the Rain across Boxford's wider surface water catchment, which we will share regular updates on as we progress. By targeting multiple areas along the natural flow paths, we aim to combine the benefits of these sustainable water management features. Together, they will help reduce surface water flood risk to properties downstream and ease pressure on the River Box during flood events. If you'd like to learn more about Reclaim the Rain and what we're exploring in the wider catchment, please feel free to reach out via email at ReclaimtheRain@suffolk.gov.uk.

*Best Wishes,
Ruby and Sian*

GROTON HISTORY SOCIETY

By the time you read this we will have hopefully successfully held our first event on 20th September, as mentioned over the last couple of months. We are anticipating lots of support and feedback on how you want the History Society to operate going forward!

We are very keen to supplement the great work that the Little Waldingfield History Society and the Boxford Society are doing, making sure we don't duplicate the events and focus they are providing. Additionally we would like to appeal to any lover of history across the Box River diaspora, so we will provide a supplementary wide range of historical topics for events, discussions, debates and whatever other interaction you would like to attend and participate in. Let us know what topics you are interested in discussing and or learning more about!

80 Years ago in Holland 1944:

The 1st Battalion Suffolk Regiment had changed significantly over the 4 months since D-Day. Fresh drafts joined the battalion as casualties had been very high. The 1st Battalion's hard-fought reputation, built on battles at Hillman, de La Londe, Tinchebray, Belgium and now into Holland remained strong, even with the new drafts coming from other worn units across the front line. The Suffolk 'Spirit' and 'Heart' endured.

Entering early October, most of the battalion sensed another all-too familiar feeling that a big attack was imminent. This time they braced for Overloon and the flat Holland landscape offering little cover and perfect line of sight for German artillery and mortars. Damp dreary weather, gruelling fighting, confronted with heavy mortar barrages and dug-in tanks, the battalion eventually made all its objectives around Overloon. Major Martin earned a Military Cross for single-handedly knocking back a feared Panther tank, landing a PIAT round up its rear.

A high cost was again inflicted. 'A' Company suffered two-thirds casualties, killed or wounded. At this juncture the Suffolks were the furthest forward Allied unit across this part of the front. No food for 14 hours, no sleep for 24 hours, soaked and cold, they felt a long way from home. Ant-gas capes provided limited cover from the continual drizzle. Dug in, they waited for the inevitable and totally predictable German counter-attack. This doctrinal obsession was to cost the German army unnecessarily, right across every front, east and west. Wasteful losses they could not afford!

After more actions at Molen Beek, Venray and Oostrum the month closed with another pause at Lactaria, near Overloon.

Other key October events in history:

3rd October 1990: East and West Germany are reunited and form the Federal Republic of Germany

14th October 1066: Battle of Hastings leads to the end of Saxon England and the start of the Normans

16th October 1793: Queen Marie Antoinette meets Madame Guillotine. I guess the brioche quip was tasteless.

21st October 1805: Battle of Trafalgar and the death of Horatio Nelson. Napoleon's hopes for invasion of England totally sunk.

26th October 1881: The shootout at the OK Corral. Wyatt Earp and Doc Holliday are immortalised.

31st October 1517: Martin Luther publishes his 95 Theses on Indulgences, kick-starting the Reformation and 100+ years of religious wars in Europe.

Recommended Reading, Listening and Viewing:

'The Sleepwalkers: How Europe went to War in 1914' by Christopher Clark. Was it inevitable or could 'what ifs' have avoided it? Really fascinating. <https://amzn.to/47rLcl8>

'Crisis Convoy: The story of HX231' by Commander Peter Gretton. Brilliant first hand account of a 60 ship convoy in April 1943. Told by both sides. <https://amzn.to/3ZmXUzq>

'The French Revolution' podcast series from 'The Rest is History' team. Brilliant look at the early period. Was Marie Antoinette the villain or tragic victim?

'The Rise and Fall of Roman Britain'. A two part series on Dan Snow's History Hit podcast. Get into his podcasts, they are very good!

'The Ascent of Women' A four parter on iPlayer, by Dr Amanda Foreman. Very thought provoking.

Please let me have your recommendations...books, podcasts or viewings.

What ifs?

Sarajevo, 28th June 1914, happy crowds line the roads to the town hall. Along the new river road a cortege of limousines makes its way slowly. A bomb goes off in-between cars, but the archduke's cortege continues. (1. What if they had turned around and gone back then?) At the town hall Franz Ferdinand learned of the bomb attack and its effect. (2. What if he left immediately and returned via a different route?) Once finished at the town hall, the archduke decided to reroute to the hospital so he could visit the wounded. (3. What if he had not done this, going back a different route?) On leaving the town hall his driver took a wrong right turn, had to slowly reverse and the car stalled. Gavril Princip could not believe his luck (!) and the 'rest is history'. (4. What if the driver had turned left at normal speed?).

Four 'What Ifs' on one single day for you, that could have changed the course of the 20th Century? Discuss.

Nigel Chapman

nigeljchap@gmail.com

GROTON PEOPLE & PLACES PLAN

We would like to thank everyone who popped along to the village hall on the 3rd and 12th September, to register your feedback on the proposed draft housing policies. Your time and feedback are very much appreciated. The next step is for us to consolidate and review the findings with the parish council, with the objective of formalising the housing policies as the community's 'definition' of Groton's Local Needs for housing and development.

One of the key elements you fed back on was the desire to formally list several buildings as 'community value assets'. Again, we will review this with the parish council to make the required registration of these assets with Babergh Planning Authority.

If you have not been able to attend any of the feedback sessions and would like to do so, please email me and we can arrange for you to do so.

Nigel Chapman

nigeljchap@gmail.com

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THE BUTCHER'S WIFE

I'm back, did you miss me?!

Summer really is my favourite time of year. That last week in July when the sun is shining and I know I have 6 weeks off work is just glorious. To top it off, my birthday falls in the holidays most years too (1st September for reference, cards and gifts welcomed). This year to celebrate, the Butcher and I went to a meat street food



festival in London so I got to spend my birthday stuffing my face in the sunshine. Perfect! It is hilarious though taking the Butcher out of the village. For someone who is quite smart, he is absolutely clueless when it comes to working out London public transport. He just follows me around like a lost sheep.

A few years ago, he ventured to London with some friends and had to get the train home. It was the first time he had to get home from the big city all by himself. I gave him strict instructions on what train to get, how to get to the underground station and what tubes he had to get and he still managed to get lost.

I told him to phone me when he was on the train home so I knew when to meet him at Colchester. I got a phone call at about 11pm and if it wasn't for the fact I have caller ID, I'd never have guessed it was the Butcher on the phone. He was hammered and could hardly string a sentence together. I managed to figure out that he was trying to tell me he was at Liverpool Street station and didn't know what train to get on. I told him to look at the board. You know the board I mean right? The massive board with all the train timetables on that is the size of a house hanging from the ceiling of the station? He couldn't see it. After about 10 minutes of me trying to explain to him where the board was and him still not being able to see it, I googled the train times and told him what platform to go to. Just as he was replying, his phone died.

I headed to Colchester to meet the train as it came in hopeful that he wasn't a complete idiot and had managed to get on it. The train pulled in, the Butcher did not appear. So I waited for the next train, perhaps he missed the first one. The next train pulled in, the Butcher did not appear. At this point I'm wondering if the man even has a brain in his head and am starting to get annoyed. Seeing as his phone was dead, the only thing I could do was wait but it was gone midnight by this point and my patience was wearing thin.

After 30 minutes of waiting, I see him stagger out of the station with a big grin on his face. What I deciphered from his drunken ramblings was that he had got on the first train as per my instructions, his phone died and he fell asleep. He woke up on an empty train sitting at the station. He got off and asked a man nearby where he was. The man replied "Colchester mate". The Butcher said (and I quote) "this isn't the Colchester I know". Turns out he was at Colchester Town station where the line ended. The man had to give him instructions on how to get to the main Colchester station.

You can imagine my response but seeing as the BRN is family friendly let's just say I called him a silly billy! At least he knows how to make good sausages!



Cajun Pork Fillet Traybake with Vegetables

Ingredients (Serves 4)

- 450g lean pork fillet
- 500g potatoes, unpeeled and diced
- 2 tbsp Cajun seasoning
- 1 red pepper, diced
- 3 tsp olive oil
- 1 onion, cut into wedges
- 2 tsp garlic puree
- 100g green beans, cut in half
- 2 tsp runny honey
- 1 tbsp freshly chopped parsley

Method

1. Heat oven to 200C/180C fan.
2. In a small bowl, mix the Cajun seasoning, oil, garlic and honey together.
3. Put the vegetables, except the beans, into a large non-stick roasting tray. Add half the Cajun mix and coat the vegetables.
4. Place the fillet on top of the vegetables, season with black pepper and coat all over with the remaining Cajun mix. Transfer to the oven and cook for 15 minutes.
5. Remove from the oven and gently turn the vegetables, add the green beans and return to the oven for a further 10-15 minutes.
6. Remove from the oven and leave to rest for 5 minutes. Slice the fillet, garnish with parsley and serve with the vegetables.

This recipe is from lovepork.co.uk

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✉ ian@itworxnow.co.uk
☎ **07866 015953**

THE HADLEIGH VETS

EST. 2024



Now Open

We're a founder-led team who are passionate about combining our experience and knowledge to provide a higher standard of pet healthcare for Hadleigh and surrounding areas.

As a new veterinary practice, our ambition is to earn our reputation one customer at a time. We pride ourselves on building genuine relationships with our customers – because taking our time to get to know people is the key to delivering a personalised level of care.

Registration is now open. To ensure a high quality service we are limiting the number of places available, so register now to avoid missing out



To find out more and Register, visit
www.thehadleighvets.com

A. LEEDER Family Butcher

Free local delivery*

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

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

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

33 Swan Street, Boxford

Tel: 01787 210267

www.aleederbutchers.co.uk



RAMBLINGS FROM THE RECTORY

It is good to be back in the saddle after my time of study leave. The time to reflect, write and journey on foot for many hundreds of kilometres through both Spanish and East Anglian countryside has been such a privilege, but I must say that I am pleased to be back. I missed these parishes immensely.



Whilst I've been walking, I have reflected a lot on the importance of place in our journeying with God. We live in the most remarkable location for such interaction. I am told that this year's harvest has been a productive one owing to some favourable weather conditions. Nonetheless, there are significant challenges for our farming communities going forward. Living in a beautiful rural community brings us its own responsibilities towards the natural world and those who manage and farm our landscapes. Blue Tongue has rapidly spread with infections of livestock now in our county. There is a need for all of us to be vigilant in supporting farmers and related businesses as they try to combat the devastating impact of blue tongue amongst livestock.

The disease affects cattle, sheep, goats and deer and has been found in many parts of Suffolk, Cambridgeshire, Norfolk and Essex. This has led to severe movement restrictions being placed on livestock throughout East Anglia. The disease is deadly and means many farmers cannot take their livestock to market. It is spread by midges, so is very hard to control, especially as early autumn approaches and insect numbers are at their peak. The effect on farmers and their families could be severe. So please support them where you can. (If you feel you need help, please do reach out to us at the benefice or contact Suffolk's agricultural chaplaincy at 07413 683368, graham.miles.lightwave@gmail.com).

We are now also entering the time of harvest festivals and pet services, often called 'Creation Season' in our churches. The connection between faith and the natural world is well proven. As we walk, travel and work the landscape, we become intimately connected to God whose fingerprint can be seen in and through all things. Places are extremely important to our sense of connection to the divine. That is why all over our country, and especially in our benefice, our church buildings inhabit such striking locations in the landscape – often on hilltops, overlooking natural features in the land or taking pride of place at the centre of our villages and valleys.

This time of year, we give thanks for bountiful harvests and the produce that we receive at God's hands. We give thanks for those who have tenderly cared for the soil and nurtured all that it yields. We give thanks for the wildlife and animals that walk this precious earth with us and with whom we get to share the most remarkable of bonds. We do all this, whilst also praying that those who are vulnerable to the consequences of livestock diseases might find ways to protect their animals from the worst and the support they need to pull through.

So whether you are a farmer, a pet owner, or just a local who benefits from living in this remarkable part of the world, join us this harvest season.

Sending you and your family every blessing,

Fr Rob

N.B. Please consider bringing some produce along with you to donate this harvest. All donations go towards our foodbank which directly benefits our friends and neighbours during times of need – especially important as the cold weather approaches.

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



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
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- 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 OCTOBER 2024



Wednesday 2nd October	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 6th October <i>Trinity 19</i>	09:30	<i>Harvest Festival</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Holy Eucharist with Baptism</i>	St Mary's, Boxford
Wednesday 9th October	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 13th October <i>Trinity 20</i>	09:30	<i>Harvest Festival</i>	St Bartholomew's, Groton
	11:00	<i>Harvest Festival with Uniformed Organisations and Choir</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong</i>	St Mary's, Boxford
Wednesday 16th October	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 20th October <i>Luke</i>	09:30	<i>Harvest Festival</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist with Choir</i>	St Mary's, Boxford
Wednesday 23rd October	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 27th October <i>Bible Sunday</i>	08:00	<i>BCP Holy Communion</i>	St Mary's, Boxford
	11:00	<i>Mattins</i>	All Saints', Newton Green
	11:00	<i>Pet Service</i>	St Mary's, Boxford
Wednesday 30th October	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford

Morning Prayer - join Father Rob at St Mary's, Boxford or online at 8am – every Tuesday, Wednesday, Thursday & Friday

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

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



**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**



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

DATES FOR YOUR DIARY - OCTOBER

- Tues 1st 10am** *Drop in for Coffee*, Mary's House, Boxford
Fri 4th 10:30am *Coffee Morning*, St Lawrence's, Lt Waldingfield
Sat 5th 7:30pm *Cello Celebration Concert*, St Mary's, Boxford
Sun 6th 3pm *Harvest Cream Tea*, Newton Village Hall
Tue 8th 10am *Drop in for Coffee*, Mary's House, Boxford
Thu 10th 7:30pm *Lt Waldingfield PCC*, venue TBC
Fri 11th 7:30pm *Harvest Supper*, St Mary's, Boxford
Tue 15th 10am *Drop in for Coffee*, Mary's House
Tue 15th 7:30pm *Newton PCC*, venue TBC
Wed 16th 10am *Coffee Morning*, All Saints', Newton
Sat 19th 10am *Coffee Morning*, St Mary's, Boxford
Sat 19th 7:30pm *Harvest Horkey Barn Dance*, Dove Barn, Groton
Wed 30th 7:30pm *Benefice Joint Council Meeting*, venue TBC

MORNING PRAYER

Please join Father Rob for spiritual nourishment. Start your day with prayer and reflection. Morning Prayer will now be held at St Mary's, Boxford every Tuesday, Wednesday, Thursday and Friday morning at 8am, the services will continue to be streamed live on our Facebook Page: - Box River Benefice-Boxford, Edwardstone, Groton, Lt Waldingfield and Newton.

LIGHT UP - ST MARY'S, BOXFORD

On the 8th September, St Mary's Church was lit up in memory of Phyllis Rose on what would have been her 101st birthday. Our thoughts and prayers are with her 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.

HARVEST IN THE BENEFICE

Harvest festivals in our rural churches hold a special place in the hearts of both the congregants and the wider community. These celebrations are rich with tradition, gratitude and a deep connection to the land. We would love to welcome you to our churches and events around the benefice this harvest time. We will be collecting offerings of thanksgiving for our food bank at St Mary's Church, Boxford. If you would like to bring harvest donations, the following items would be gratefully received: tins of tuna, sardines, ham, stews, fruit and vegetables, packets of long-life and tinned desserts and cakes and long-life food treats for Christmas.

CHRISTMAS IN THE BENEFICE - SAVE THE DATES

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

- 7th & 8th Nov** *Christmas Fair*, St Mary the Virgin, Edwardstone
6th Dec *Festive Drinks & Nibbles*, St Lawrence's, Lt Waldingfield
7th Dec *Christmas Coffee Morning with stalls*, All Saints' Church, Newton Green
15th Dec *Christmas Tree Festival & Fayre*, St Mary's, Boxford



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

FRIDAY, 4TH OCTOBER
 10.30 AM - COFFEE MORNING AT ST LAWRENCE'S, LT WALDINGFIELD

WEDNESDAY, 16TH OCTOBER
 10.00 AM - COFFEE MORNING AT ALL SAINTS', NEWTON

SATURDAY, 19TH OCTOBER
 10.00 AM - COFFEE MORNING AT ST MARY'S, BOXFORD

EVERYONE WELCOME, COME ALONG FOR CUPPA AND A CHAT



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

PET SERVICE

Sunday, 27th October
at 11.00 am

St Mary's Church, Boxford

JOIN US TO CELEBRATE GOD'S CREATION.

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



CONTACT INFORMATION

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

Fr Rob Parker-McGee SR
 01787 210434 email: boxriverrector@gmail.com

The Trustees of
NEWTON CHARITIES
(WILLIAM ALSTON)

are pleased to invite you to a

COFFEE MORNING
SATURDAY 26th OCTOBER
10.00 - 11.30am

NEWTON VILLAGE HALL

* REFRESHMENTS * STALLS * RAFFLE *

Please do come along to find out more about the charity
and help to raise funds to support the work of the trustees
We hope to see lots of new and familiar faces



Donations of raffle prizes, cakes and savouries would be most welcome
and can be brought on the day or delivered to Sue Presland
at Redwoods, Church Road beforehand.

For further details please contact



French's
Care Haven

£18PP

Lasagne Night

SAT 19TH
OCT, 7PM

MEAT &
VEGGIE
OPTIONS

GARLIC
BREAD,
SALAD,
COLESLAW

DESSERTS

BOOK NOW!

The Fleece Hotel, Boxford, CO10 5DX

Contact Sharon at

frenchs.10club@gmail.com or on

07999051401

Charity No - 1156954

Boxford Bowls Club



Snail Racing



Saturday 19 October, 7 pm

Boxford Village Hall

Doors open 6:30 pm

Racing at 7.00 pm

£4 entrance

Food for purchase, BVH bar

Tickets from:

Boxford Post Office & Store

The Assington Farm Shop

Race night at the door

OUR SPONSORS

A Leeder Butcher

Box River Travel Boutique

Boxford Lane Joinery

Boxford Post Office & Stores

Motts Body Repair

The Fleece Hotel

Town & Village Properties

Spingold Design & Print

**BOXFORD
GARDENING SOCIETY**

Luci Skinner Runner of Woottens Plants for 7 years

AURICULAS

The history, growing and propagation of a perfect little plant



Tuesday 1st October 7.30pm
at Boxford Village Hall



Fleece Jazz at
Stoke-by-Nayland Hotel presents

Roger Beaujolais Quartet: "Bag of Vibes"

Wednesday 9th October 2024 8pm - Tickets: £20



"This delicious new set from vibes maestro Roger Beaujolais celebrates both the legendary musician Milt Jackson and the blues with fine performances and more than a touch of class." *UK JAZZ NEWS*

Roger Beaujolais – Vibes
Robin Aspland – Piano
Paul Jefferies – Bass
Milo Fell – Drums

The Bryan Corbett Quintet: "Blue Note Jazz"

Wednesday 23rd October 2024 8pm - Tickets: £20



"Corbett's playing is rousing and fiercely expressive and his band are right on top of it." *JAZZWISE*

Bryan Corbett – Trumpet/Flugelhorn
Chris Bowden – Alto sax
Paul Deats – Piano
Tom Hill – Double bass
Andrew Wood – Drums

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

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

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

*Friends of Fleece Jazz discount

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



QUIZ DATES 2024

WEDNESDAY 16TH OCTOBER
WEDNESDAY 13TH NOVEMBER
WEDNESDAY 11TH 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

or

Jenny O'Neill on 07968 792178 / jenny@suffolkmedicalclinic.co.uk

**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.

THE CROWN SET TO OPEN AN EXCITING NEW CHAPTER

The Bildeston Crown opens a new chapter and enjoys a refresh throughout its charming 15th century pub. Oozing Suffolk country charm with each room uniquely decorated, you're welcomed with open fires, extensive menus and a bar stocked with the best drinks Suffolk can offer.

Nedging Hall Estate, a group of family-owned Suffolk businesses including Mauldons Brewery, took the management of The Crown in-house last year. They have made some incredible changes to the running of the business in that time. The *Estate to Plate* concept was introduced with produce grown in the gardens at Nedging Hall, less than 1 mile away; the ultimate combination of delicious local seasonal dishes and stylish accommodation.

New Look and Feel in the Pub

Refurbishments at the pub included a lick of fresh paint, new wallpaper and prints as well as overhauled furniture. The restaurant is now a continuation of the feel of the bar; a nod to the relaxed vibe that The Crown are going for.

Refreshing the Rooms

The rooms have enjoyed a refresh and investment. It was key to keep the history and heritage of the building; the old Coaching Inn has an important place in Suffolk's history. Harriet Easdale, Nedging Hall Estate Creative Manager, commented:

"Updating these rooms was about creating a balance between comfort and elegance, ensuring every guest feels both at home and transported to a unique, luxurious experience all whilst honouring the history of this very special building."

Estate to Plate

Greig Young has joined the team as Executive Chef and feels passionate about 'estate to plate' alongside the whole team. This year the team's dedication was recognised in the Environmental and Sustainability of East Anglia Award 2024. This award would only have been achievable with the recognition of individual sustainability ideas that have created company-wide changes.

They have a team of 4 full-time gardeners who ensure they have the best homegrown produce across the whole year at Nedging Hall. This saw the birth of their 'estate to plate' ethos.

Proud of Suffolk's history

The Crown, with its history in the local area, stands proudly on Bildeston high street.

George Bonwick, General Manager at The Crown, commented: *"We look forward to opening the doors to everyone. The team have done an incredible job revamping the bedrooms and our dining areas, and combined with our hospitality, we offer something special in Suffolk."*

Still that warm welcome

The team are the greatest asset. They welcome guests, remember their names, their favourite food or beverage, and when the team do not yet know these things, it is a priority to learn them. Small but impactful actions such as opening the door or greeting with a smile are unconscious actions. The Bildeston Crown have ingrained this graciousness and hospitality into every member of the team, allowing it to evolve into a second nature that ensures great service is consistently delivered.

www.thebildestoncrown.com

Telephone: 01449 740510.

LEAVENHEATH CINEMA

SAT 5th OCTOBER: THE MIRACLE CLUB

Drama PG-12

Starring Maggie Smith & Kathy Bates

Running Time 1hr 25mins with 20mins interval

SATURDAY 2nd NOVEMBER: HIDDEN FIGURES

Drama PG

Starring Kevin Costner

Running Time 2hr 7mins with 20mins interval

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

Leavenheath Village Hall, CO6 4NS

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

You can pay by cash or card on the door. Book your tickets online at www.leavenheathvillage.com or phone Marion on 01206 263301.

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

Proceeds towards LVH Capital Project Fund (Charity no 262816)

POLSTEAD FILMS

BARBIE

Certificate 12A

A riotously entertaining, candy-coloured fable starring Margot Robbie as Barbie and Ryan Gosling as Ken. Barbie takes a ride from her dream house to reality as Little Women writer-director Greta Gerwig takes another cultural icon and lovingly subverts it.

Friday 18th October, Doors open 7pm

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

Wear something pink!

POLSTEAD VILLAGE HALL

Tickets £5 Email: polsteadfilms@gmail.com to reserve or buy at Polstead Community Shop.

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

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



POLSTEAD GARDENING CLUB

Our autumn season of meetings has started and we have some very interesting speakers lined up:

Tuesday 15th October at 7:30pm: Helebores with Chris Wiley, founder of Sow Successful Ltd

Tuesday 19th November at 7:30pm: Growing Vegetables with Alice Owen from Perrywood Garden Centre

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

Queries to gardeningclubpolstead@yahoo.com



GREAT ACTON BOOK SALE

Saturday 19th 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.

SET LUNCH MENU

Monday - Friday, 12pm - 2pm
Two course £25 | Three courses £30

IN CONVERSATION WITH...

Football personality, Matt Holland
10th October ~ £65, including a 3 course supper

WILD GAME DINNER

29th November ~ £95
5 courses & wine pairing

CHRISTMAS PARTIES

Book your festive get together now

www.thebildestoncrown.com/



WEDNESDAYS

Any Burger and a selected drink, £15

SUNDAY QUIZ

Last Sunday of the month
Book a table. Tables of up to six. 4pm.

FIREWORKS

2ND NOVEMBER, FROM 6PM
Drinks, food, a bonfire, fireworks & live music

CHRISTMAS PARTIES

*A crackling log fire & delicious festive dishes,
the perfect spot for your Christmas get together*

www.thelindseyrose.co.uk | 01449 741424

Fireworks Lantern Making

10th Anniversary

Saturday 26th October
to Thursday 31st October

In The Spinney 10am - 4pm



TO BOOK A SESSION
Contact Mark Miller

01787 211596 / mark.miller@talktalk.net



KERSEY TABLE TENNIS CLUB

We are a small and friendly club and welcome players of all abilities. The purpose of the club is social and recreational. We do not play competitions.

We operate from Kersey village hall on Thursday evenings between 7:30pm and 9:00pm.

Our fees are: Adults £2.00 for one hour or £3.00 for the full session. Juniors (under 18) £2.00 irrespective of duration.

Contact Adrian Blyth **01473 827805** (amblyth1@gmail.com)

COMING UP IN BRENT ELEIGH

The autumn quiz will be held on **Saturday 16th November**, 7pm for 7:30pm start in Brent Eleigh village hall. Please get your teams together for a great evening!

This is such a fun event with questions for all ages and abilities, a donations bar, a raffle and delicious chilli and baked potatoes served in the interval. Tickets are £12 per person with tables of between 6 & 8 people.

It is almost unbelievable that we are mentioning Christmas already but it is fast approaching! We are planning on having our Christmas mulled wine evening on **Thursday 19th December** from 6-7:30pm. It would be lovely to see you for carol singing around the Christmas tree, hot mince pies and a glass of warming mulled wine.

Finally, please don't forget the monthly coffee morning that happens on the first Tuesday of the month. 10:30am-12noon. A great way to keep up with all the village gossip and the local news whilst enjoying a coffee or tea and a slice of delicious cake. Everyone, from the very young to the very old, is welcome!

karenmarshall6@gmail.com or 07946 209103.

HOLLOWEEN 24: THE RETURN OF THE BEASTS

Beware everyone! We have heard that The Beasts of the East are returning to Hollow Trees Farm! They will be back for some frightful fun from Friday 25th October until Sunday 3rd November inclusive. Inspired by the rich folklore of Suffolk, this curious collection of creatures will be found amongst all the usual activities on the Hollow Trees Farm Trail. You will find the strangest of sights in The Witches Mansion with brews bubbling, spells cast and scenes of mayhem all around. Dare you take a Wild Walk with Shuck the fearsome black dog or will you shiver and shake as you ride the Beastly Barrel Train? The Sea Monsters are hanging out in the Murky Pond and the Spooky Scarecrows will be keeping watch as you ride the sledges. The Ghosts are moving in with the guinea pigs, the football golf will turn fantastical and the Singing Mice will make magical music again.

The farm animals will all be waiting to say hello and there will be lots of spooky fun to be had when the Beasts of the East return. Hot and cold food will be available on the Farm Trail or in the Farm Café and Farm Shop. There will be a selection of Hollow Trees own home-grown pumpkins on sale too. Join us in October half term for Holloween24 and a Great Day Out!

Tickets are £9.50 prebooked on line or £10 on the door. 2 years and under go free.

CRAFT FAIR

Sunday 13th October. 10am-4pm at the Village Hall, Rectory Road, Whatfield, IP7 6QU.

Lots of stalls selling a wide variety of crafts. Come along, bring your friends and family. Shop for Christmas, birthdays or just treat yourself.

Hot & cold refreshments served all day. Bumper raffle - lots of great prizes.

Please come along and enjoy this popular event, all proceeds to Success After Stroke, a Registered Charity that meets twice a week at the Stevenson Centre, Great Cornard, Sudbury.

The SAS offers physiotherapy, speech and language therapy, a Well Being Specialist, art classes, a singing group and other activities, refreshments supplied. More information available, phone 07434 931962 or email info@successafterstroke.org.uk.

EDWARDSTONE CHRISTMAS FAIR

The Edwardstone Christmas Fair is back! It was such a success last year that we're doing it all again!

As always, the venue is the beautiful St Mary the Virgin Church in Edwardstone. Entrance is free and we have some great stalls lined up for all your Christmas needs - as well as our fabulous Tombola and turkey raffle!

There will be a festive shopping evening on **Thursday November 7th** followed by more of the same on **Friday November 8th**.

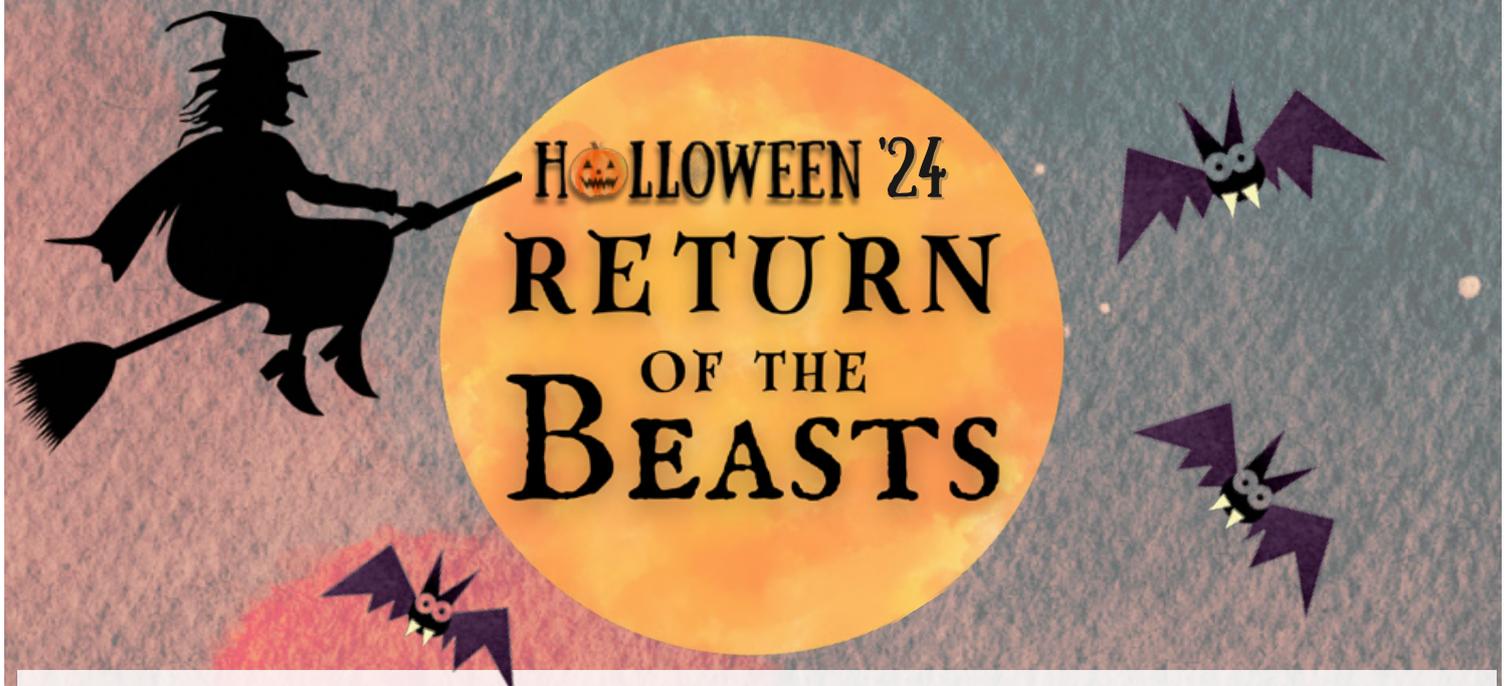
Proceeds will go to the church itself and also to 3PR, our Community First Responders, the local arm of a nationwide organisation that provides vital emergency medical support to our communities.

If you have any queries, suggestions or offers of help, sponsorship or tombola prizes, please get in touch.

In the meantime, save the date - we look forward to seeing you all at the Fair!

Diana & Sarah

dianahawke@btinternet.com / saraheels@btinternet.com



HOLLOWEEN '24 RETURN OF THE BEASTS

25TH OCTOBER - 3RD NOVEMBER

ALL OF THE USUAL FARM FUN PLUS:

WITCHES MANSION

BEASTLY BARREL TRAIN

SCAN TO BOOK TICKETS

MURKY POND MONSTERS

GUINEAS GHOST TOWN



SCARECROW SLEDGES

SHUCKS WILD WALK

FANTASTICAL FOOTBALL GOLF

& PUMPKINS FOR SALE

£9.50 ONLINE

£10 ON THE DOOR

2 YEARS AND UNDER FREE



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MILL TYE GALLERY & ARTS CENTRE

Landscapes

An exhibition bringing together a diversity of landscape themes and a variety of paint and stitch techniques.

The Mill Tye Gallery is delighted to announce the upcoming exhibition Landscapes, featuring the works of Bruce and Dorothy Ronaldson. Running from the 5th to the 27th of October, this unique display brings together two different approaches to interpreting the natural world, from traditional and experimental painting techniques to intricately stitched textile landscapes.



Bruce Ronaldson, a versatile artist working in oil, watercolour, and egg tempera, showcases his collection of landscapes, which draw inspiration from local scenes as well as his travels through Cornwall and the South of France. His distinctive brushwork and creative distortion of perspective lend each piece an intriguing and whimsical touch.

Meanwhile, Dorothy Ronaldson's textile art offers a tactile exploration of landscape through the medium of stitch. Her work features hand and machine embroidery, fabric, paper, and collage, each textured to reflect the depth and detail of the natural environment. Her techniques bring a fresh dimension to traditional landscape art, blending creativity with craftsmanship.

In an interview, Dorothy Ronaldson shared the couple's long-standing ambition to hold a joint exhibition, noting, "As a married couple, we've wanted to share our work together for some time, even though our mediums are quite different. Bruce paints landscapes with oil, watercolour, and egg tempera, often with quirky perspectives, while I interpret landscapes through collage and stitch. It's going to be exciting to see how people react to the way we each portray landscapes in our own styles."

Visitors will have the chance to meet both artists, as Bruce and Dorothy will be present at the gallery most weekends throughout the exhibition. They look forward to discussing their work and demonstrating parts of their creative process.

Preview and meet the artists between 12noon and 6pm on Saturday 5th October. Join us for drinks and nibbles.

The exhibition continues until Sunday 27th October 2024.

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

Textile Workshops with Dorothy Ronaldson

'Bobbin around the Christmas Tree' Tuesday 10th December
Join Dorothy for a very special Christmas textile workshop. Ideal for making those special Christmas gifts and cards. Suitable for those fairly new to stitch and also those with more experience. Visit www.milltyegallery.co.uk/book-online

Mill Tye Gallery and Arts Centre

3 Cornard Mills, Mill Tye, Great Cornard, Sudbury CO10 0GW
Tel. **01787 376 796** email: milltye@icloud.com

The art gallery and gift shop is open from Thursday to Sunday: 10:30am to 4pm. The art studio is open Tuesday to Thursday for private art classes and workshops. On Mondays we are only open by appointment. Please contact us if you wish to have a Private Viewing of the exhibition.

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



Polstead Art Club

Exhibition & Sale Of

ART & CRAFT

POLSTEAD VILLAGE HALL

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SATURDAY 26th OCTOBER

10a.m. to 4p.m.

SUNDAY 27th OCTOBER

10a.m. to 4p.m.



.....

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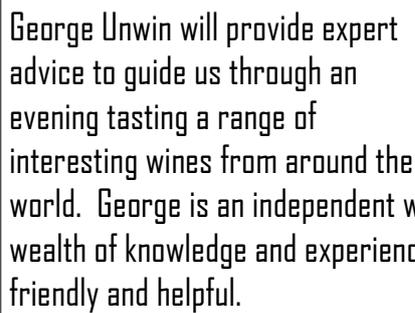
7.30 PM SATURDAY 16th NOVEMBER 2024

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Heathfield House, The Street, Lt Waldingfield sd.bowen@btopenworld.com

MILL TYE
MILL TYE GALLERY
ARTS CENTRE

05 27
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Bruce and Dorothy Ronaldson
Landscapes
An exhibition bringing together diversity of landscape themes and a variety of paint and stitch techniques.
Exhibition Preview on Saturday 5th October from 10:30am includes workshops and artist demonstrations.

Mill Tye Gallery
3 Cornard Mills, Mill Tye, Great Cornard
Sudbury Suffolk CO10 0GW
Opening Times
Thursday to Sunday
10:30am to 4pm.

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



THE MADDING CROWD
FAIR FROM

Christmas Fair
on behalf of the
Stand Up For Suffolk Fund
at
St Mary's Church,
Hadleigh IP7 5DT

27th & 28th November 2024
10am - 8pm (27th)
10am - 4pm (28th)

Stalls, Raffle & Festive Cheer
Carol singing by Hadleigh Community Choir
on evening of Weds 27th

Admission £5

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STARTS 7pm
GUY & BONFIRE after Fireworks

www.naylandcommunitycouncil.org.uk

BOXFORD BOUNTY WINNERS!

The following Boxford Bounty numbers were drawn by customers of the Fleece Hotel, Boxford on the evening of Friday 23rd August:

BOXFORD BOUNTY

May - June 2024 Winners

1 st	£250	Mrs E. Dastur, Sherbourne Street
2 nd	£125	Mr J. Weiland, The Causeway
3 rd	£75	Mr T. Liddicoat, The Causeway
4 th	£50	Mrs C. Southgate, Homefield

The following numbers were drawn by customers of the White Hart, Boxford on the evening of Friday 23rd August:

July - August 2024 Winners

1 st	£250	Mr N. Moore, School Hill
2 nd	£125	Mr T. Liddicoat, The Causeway
3 rd	£75	S. Perry, Cox Hill
4 th	£50	Mrs L. Gill, Groton

Congratulations to all the winners!

Further information about the Boxford Bounty can be found at www.boxford.me.uk/boxford-bounty

Mark Miller

Boxford Bounty, Boxford Community Council
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Newton Open Gardens

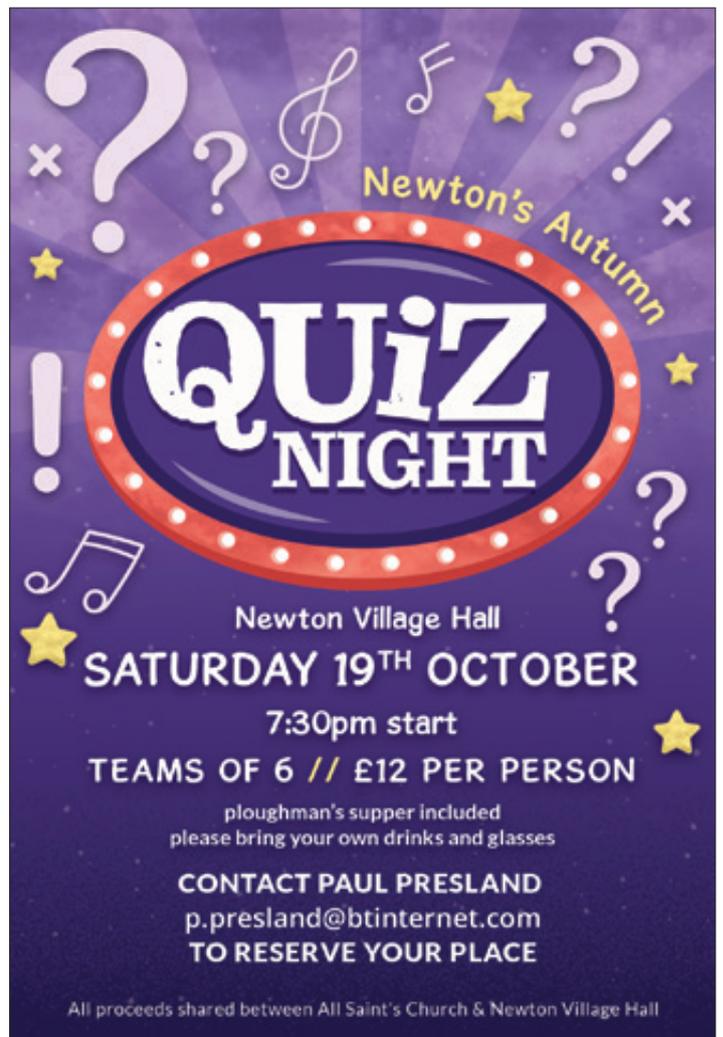
Sunday 22nd June 2025

We are looking for volunteers to open their gardens, help with refreshments, run plant and cake stalls at the village hall and to have an advertising board in their front garden.

We hope this will be the first such annual event to raise funds for the village hall, the church and the Fireside Club as well as being a fantastic community day for all.

Please put the date in your diary.
Look out for more information, we will be putting a leaflet through your door soon!

For further details contact
Sue or Paul Presland
07881 383998



Newton's Autumn QUIZ NIGHT

Newton Village Hall
SATURDAY 19TH OCTOBER
7:30pm start
TEAMS OF 6 // £12 PER PERSON

ploughman's supper included
please bring your own drinks and glasses

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at Long Melford Village Hall CO10 9QJ
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or simply click the QR code which will take you direct to our website www.TASstourvalley.org.uk

WEDNESDAY 16TH OCTOBER

11am

THE GOLDEN AGE OF SPANISH PAINTING
(1560-1660)

This lecture examines the unique styles of El Greco and Velazquez portraits of the family of Philip IV, monks & saints of Zurbaran and the triumphant Virgins of Murillo

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

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PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

**The Life and Times of Kenneth Parker King,
22nd June 1922 - 29th September 2019**

Last month we told the story of Kenny King's early years up to the outbreak of war in 1939. The words below were written by Kenny as his life story with additions in italics from his other notes and some clarification by me of events at the time. Last month we ended with Kenny's realisation that he was being sent to France aged just 17.

Part Two: War & The Girl in the Long White Mac

So I was transferred to the Leicestershire Regiment on Christmas Day 1939. By this time the Territorial Army had been mobilised and I was now a regular soldier in the Royal Artillery. It was a very cold winter while I was in France. *(In 1940, the 2/5th Battalion Leicestershire Regiment went to France in the 46th Division as part of the British Expeditionary Force).* At 17 I was seeing so much, I did not know if I was scared or not. I just followed men older than myself. 1940 came. Everywhere was frozen over. We had to shovel up snow to put in the field kitchen to make water to cook our food. We had nothing to defend ourselves, only a 1914 Rifle which was useless. A Boys anti-tank gun with five rounds of ammunition not bigger than your middle finger to stop a Royal Tiger Tank. Some soldiers had one rifle between two.

Then came Dunkirk. As the countries fell we could only run back and then we came to the sea. There was nowhere to run, only into the sea which we had done many times. *(Avoiding strafing and bombing by enemy planes.)*

After five nights and four days we finally went out up to our waist in water and were on our way in a Folkestone Ferry Boat to anywhere from what we had left. I saw some terrible things, scenes I shall never forget. Wounded men being thrown over the side of boats, etc. We were a sad looking lot, shabby and dirty, although I do remember our amusement that the Grenadier Guards were ordered



*Evacuation from shore to ship at Dunkirk.
Exactly as Kenny describes it.*

to polish up their buttons before arriving home! *(Kenny then spent the next two and half years in England and The Battle Of Britain was about to begin.)*

After two weeks, we had to go to London to form yet another regiment, the 54th City of London Royal Artillery (Heavy Anti-Aircraft Regiment). We were converted from infantry to gunners to help defend London. Not much sleep again because we could not rest as we had nowhere enough guns to give us a rest. Every night and every day we were attacked by low flying dive bombers. But finally things changed and in early September 1940 the bombers never came over. Between us gunners and Spitfires and Hurricanes we had stopped them. We were then moved to Derby in late September 1940 to protect the Rolls Royce factories and a large railway centre. The streets had burners burning oil rags which gave off a lot of smoke *(as cover).*

Our major said, "Boys we are going to a rest camp in Derby". After resting, sleeping each night, and being kitted out with

uniforms and weapons, in September 1940 my life was to change again. On the night of September 23rd 1940, while wandering back from Derby to our new camp in Shelton Lock, my mate, a lad from Hull, Jimmy Foster, saw two girls in long white macs. I said to Jim you go left and I'll go right and try to chat them up. We asked them this and that. I asked the girl my side if I could see her home. She said she was going to her friends to pick up her cycle. She lied, later on she told me that she walked home.

The girl I talked to said her name was Ann, I asked if I could see her again she said yes. I had never dated a girl before. But I did not keep the date. We were confined to camp for two weeks as everyone got impetigo from our new uniforms. But we saw each other again and we went out together. The nights were dark so we never knew what each other looked like until one rainy night we went to the pictures. And when the lights came up I saw, to me, a pretty girl and after that I had to see her more.

Then we were moved to Markeaton the other side of Derby. Ann lived 4 miles off Derby and Markeaton was 4 miles out of Derby. But every other night I used to walk 8 miles back from her home in Allerton. I was 17 and a half and she was 15 and a bit. But I was crazy about her. Then one night we were out walking in Shelton Lock. The Moon was shining. We stopped, I turned her to me and gave her a long kiss for the first time. I looked into her little face. I told her I loved her. I think she was surprised. I could not stop myself from telling her.

One night she was late meeting me. I had to go and knock on her door and I was so pleased she asked me in. Her mum seemed OK. I met her brothers Jim and Alf, baby sister Betty and young Eric. After that things worked out well, but soon after Ann gave me the push. She did not want me any more. I was heartbroken. After a few weeks we moved back to Shelton Lock. The last night in Derby I again saw her in the chip shop. She said I thought you had gone and I told her we were going tomorrow. I walked her home. I asked her if I could kiss her goodbye and she said yes. I never wanted her to leave my arms. I was so sad. I watched her out of sight and went on my way.

We moved to Buxton into an hotel called The Empire. I was friendly with a Jack Lee from Blackpool. He asked me to go to Derby one night to make a foursome. We went to the pictures while waiting for the girls we were with and who should come out was these two girls in their long white macs. I wanted to run to Ann but didn't and they were gone into the darkness. I could not get over seeing this lovely girl again, I loved Ann so much.

Then sometime later I was dispatch riding. Bill Cracknell, another Suffolk lad, gave me a letter to post. As I tapped it on my hand I saw it was addressed to a girl who lived in the same avenue as Ann. I told him I knew a girl who lived in the same avenue. He snatched the letter back and asked her name, I said Ann Tunnicliffe. He told his girl, after opening the envelope, that Ken Boy was with him. He said give her Ken's love and would she answer his letters if he wrote. *(Ann found out about this as she was the letter reader and writer for Bill Cracknell's girlfriend who could not read).* To my surprise one day she said Ann would write to him again. I was so happy and could not wait for her first letter.

Then we moved to Chesterfield and Joyce and Ann came up from Derby to see us. As we got closer we were rolling together and a farmer came up and gave us a right telling off. I told Ann I still loved her. I think she began to think it was true. She was coming up to 17 and I wrote to my mum, "I have met a lovely girl called Ann". She said, "Bring her home on your next leave". Ann said yes and so Ann came to Boxford. My mum and dad and sister and Vic loved her. We were both so happy together each time we came home. It was so peaceful and on our walks every few yards we would stop and I kissed her and told her how much I loved her.

The war seemed so far away. It was heaven every minute together. But my leave would end and I took her back home to Derby. I dreaded our last few hours together before catching my train back to somewhere. I watched her until I could see her no more. I'd sit down and the tears were rolling down my face and the train wheels seem to be saying, *'taking you back, taking you back'*. I was getting further from the girl I loved.

At Chesterfield a new regiment was being formed, the 6th Airborne Division. Unbeknown to Ann, I joined the 'Paras' at the end of 1940 and trained at Hardwick Hall in Derbyshire. It was tough, but I enjoyed it. There were thirty-one new recruits. We had to do ground training at Ringway near Manchester and then had to do seven jumps. This was new training and we were the first recruits; in fact, even our instructors had no experience of parachute jumping! We were told that we would earn our beret and wings at the end of the seventh jump. Our first two jumps were from the basket of a barrage balloon about seven hundred feet up. Later a hole was cut in the bottom of the aeroplane and we all had to sit around the hole and then take turns to jump out. For the first seven jumps the WRAF were responsible for the folding of our parachutes but after the seventh jump we would be responsible for our own parachutes. No one could refuse to jump or they would be court-martialled. But it was not for us because at Ringway, on my second jump from the belly of a Whitley Bomber, I landed badly and broke my ankle, so was transferred back to my old regiment. (54th City of London Royal Artillery).

In 1942 I was on embarkation leave to go to North Africa. I was in Boxford when a telegram came to say remain on leave at Boxford for you may have been a contact for Smallpox. Another telegram arrived saying go back (to base) and I was still going to Africa.



I went out to Gibraltar and defended the Rock from dive bombers before going to North Africa. Then in (November) 1942, with the Americans, we joined the invasion of Algiers. (The 22 Anti-Aircraft Brigade was described as being the best trained brigade in mobile and amphibious operations.) There were no Germans but our enemies were the Vichy French and the French Foreign Legion. We tried to get them to come over to our side without success. We then moved on



Above: Kenny King in Khaki drill for North Africa.
Right: Kenny's gun in French North Africa.



Map of Operation Torch landings of British and American forces in French North Africa. Kenny was in the Eastern Task Force at Algiers and moved on to Tunis.

to Tunisia where, if we were hungry, we could help ourselves to grapes in the vineyards. In Tunisia hundreds of Germans surrendered including a German Orchestra. It was the 21st Panzer military band complete with piano. The first night after their surrender we had a singsong including *'The Lambeth walk'*, *'Roll out the Barrel'* and *'Molly Malone'*.

Then one day me and my two gun layers were called back to Gibraltar and flown back to the UK. We went to guard prisoners in Oldham and strangely the German orchestra was there! We then went to a place called Ratcliffe-on-Soar in Nottinghamshire. Then down to Norfolk for a month where we did a lot of firing our guns on a range in Weybourne. Then one night at 2am we were marched off to the station, next stop Greenock, Glasgow in Scotland on to a large ship, The SS *Île France*, that was French and lent to the British government. Two days out we had left the convoy. My luck was to change again. The ship's captain said over the tannoy *"Next stop New York, USA"*.

Tina Loose

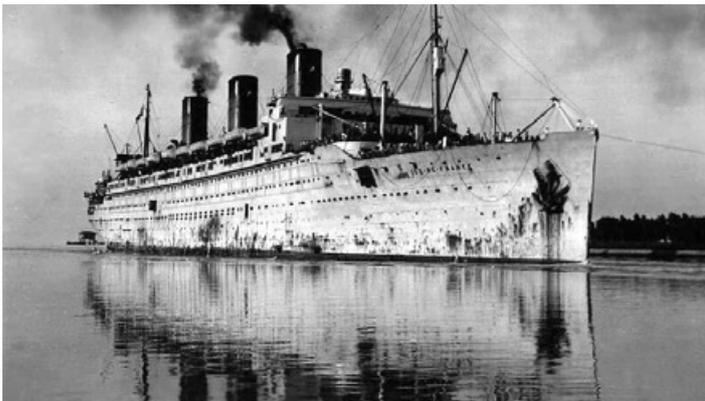
Part 3 of Kenny King's account of his life will be published in the November issue of the BRN.



Troop ship "SS *Île de France*" bound for New York on her first trip as a combined troop ship and prison for Italian and German prisoners of war. Kenny is 3 rows back and 2nd in from bottom left, his right arm raised and wearing a cap. Meanwhile Boxford resident John Weiland's father was down in the depths of the ship as a German prisoner of war - more on that in part three.



The "SS Île de France" was one of the most beloved and iconic transatlantic ocean liners of its time and almost entirely furnished in the fashionable Art Deco style. It was known for attracting the famous, including Rockefeller, Buster Keaton, Barbara Hutton, and Cary Grant. After France fell in June 1940 the British took over the French luxury liner. It was converted into a troopship in 1942 and later all her luxurious fittings were removed when it was converted into a floating prisoner of war camp.



The "SS Île de France" towards the end of the war, battered by her experiences.

EBONY'S DIARY



The new school year has begun, and it feels like a new start in many ways. As well as new riders we've got several new horses on trial and there has been lots of improvements to the riding arena and stable yard. Our returning riders are understandably a bit apprehensive after the long summer break, especially when we have to put them onto a new pony either because they've grown too tall or their original ride is no longer with us. And of course, it takes a while for new riders to get used to the ponies, helpers and all we do. Some will be reluctant to even get near a pony initially, and that's where Ebony, the mechanical horse, assists in preparing for riding a real pony. But with lots of help from all the wonderful volunteers, everyone who comes to Shelley gets lots out of their experience and most make significant improvements to their confidence, health and enjoyment.

One of our Wednesday morning riders, Poppy, underwent a serious and risky brain operation just before the summer, in the hope of improving her quality of life. We are delighted to say the operation was a great success and she has now returned to riding with us. Previously she was only able to go on Ebony but is now able to ride our lovely pony, Ruby.

All our work relies on volunteers, and we are rather short of help with many of our therapy sessions. We usually need three helpers for every rider so if you are friendly, like animals, willing to learn and you could commit to a minimum of half a day a week (just during term time), we'd love to hear from you. Get in touch and come and visit to see what we do.

We now have twelve horses at the yard which is a lot to care for—all done by our wonderful yard manager, Abi and her team of 'horsey' volunteers. Several new horses have arrived recently and will be 'on trial' to see if they are suitable for our work. After a few months, if they are suitable for our therapy work, they become regular members of the team. Thomas (pictured being ridden by Wednesday morning rider, Arthur) is the latest pony to become a permanent member of the team.



As mentioned in a previous blog our cob Bryn was nominated for the BBC Radio Suffolk 'Make a Difference Awards' in the animal category. Sadly, he didn't win but received a lovely certificate as runner up. We are so proud of him, and he's definitely a winner in our eyes!

And like any charity we need to keep raising funds. Below are a list of fundraising events coming up, to which everyone is very welcome. Details on our website or our new Facebook page (Shelley RDA Centre):

Sunday 13th October Fundraising Walk. Starting at 10am take a walk in the beautiful countryside around Shelley, with refreshments in the yard on your return. Dogs on leads welcome. £5 entry. No need to book.

Saturday 19th October Quiz Evening at Polstead Village Hall. A relaxed evening quizzing with supper.

Saturday 16th November Bingo at Hadleigh Football Club.

www.shelleyrda.com

Telephone: 01473 824172

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'SMALL WORLD' LAGER

On a lovely sunny day in late July, two East Anglian breweries - Little Earth Project from Edwardstone, Suffolk, and Ampersand Brew Co from Diss, Norfolk, came together to brew a collaboration lager.

Little Earth Project, based behind the White Horse Inn in the small village of Edwardstone near Sudbury, brews primarily mixed fermentation and sour beers and have more recently become known for their Little Earth Fest - held at the brewery and pub in early July for the past 3 years.



Ampersand Brew Co, who are also the brewery behind The Cap pub in Harleston, have been brewing a mix of pales, lagers, bitters and more for 7 years. More recently starting a barrel ageing project on the side, the brewery regularly pops up on the taps at the White Horse, and a friendship has blossomed between the breweries.

Upon spending time together, it was unearthed one day that Ampersand owner Andy Hipwell has a branch of family based in a small town in Canada - one not terribly far away from where Little Earth Project's Dani Mountain grew up. With further exploration, it was discovered that Dani had actually gone to college with Andy's cousin in a true 'small world' moment, and a perfect name for the collaboration was set.

Due to Little Earth Project's limitations with the size of the brewery, it was agreed that the beer would be brewed at Ampersand's place. As Little Earth Project brews mainly with wild yeasts, something not always welcome in an industrial brewery, it was decided that they would instead bring 225 kg of their own locally grown, organic, floor malted barley as their part of the collaboration. Grown very close to the brewery, at Shimpling Park Farm near Lavenham, the barley is sent to one of the last remaining facilities that does traditional floor malting, Warminsters in Wiltshire, before being returned to Suffolk.

John from Shimpling Park Farm said

"All of us at Shimpling Park Farms are incredibly excited to be able to supply our organic malting barley to the collaboration of the Little Earth Brewery and Ampersand Brew Co. Getting close to our customers has always been incredibly important to us and so to be involved in this East Anglian partnership is an absolute joy for us."

Small World - Session Lager is gluten free, with an enzyme being added to the beer to remove it after fermentation. It is available now on tap and in can from the Edwardstone White Horse, the Ampersand Taproom in Diss and Two Sevens Deli in Sudbury as well as a selection of other pubs and shops across East Anglia and beyond.

www.littleearthproject.com

www.edwardstonewhitehorse.co.uk

www.ampersandbrew.co

www.shimplingparkfarm.co.uk

www.warminster-malt.co.uk

CITIZENS ADVICE

citizens
advice

My kids are so excited about dressing up for Halloween this year, but I've been hearing about awful accidents involving costumes catching fire. I didn't realise these products could be so flammable and now I'm really worried in case something happens. I don't want to stop my kids having fun, so is there anything I can do to make sure any costumes I buy are fire-safe?

Stories of Halloween costumes catching fire may sound a bit extreme, but some of these products do come with higher fire risks than you'd expect. So, it's important to know what you should look out for to avoid any accidents as we head into the spooky season.

The reason these costumes can be such a fire hazard is that many are classified as toys, meaning they aren't subject to the same fire safety standards as regular clothing. This is pretty concerning given kids tend to be running around in their costumes near lit candles in pumpkins, whether at Halloween parties or out trick-or-treating on doorsteps.

You don't need to scare them out of dressing up, though. Rest assured that there are some safe options out there.

Citizens Advice recommends taking these steps to ensure your children's safety when buying costumes:

- Source your costumes from reputable retailers. If you're not familiar with the shop you're considering buying from, have a look at online reviews first - or play it safe and stick to well-known brands.
- Make sure the product has safety instructions. You should be looking out for a UKCA or CE marking and the manufacturer's name - the UKCA marking is the UK's postBrexit equivalent of the CE certification, both of which indicate compliance with safety regulations.
- Check if there have been any product recalls - if a product has been recalled, this could've been because it's not safe. You'll need to look at the Office for Product Safety and Standards list, which you can find by searching 'product safety recalls' online.



If you're thinking of making your own costumes, bear in mind that homemade fancy dress may also come with risks. Avoid using materials not intended for clothing like loosely woven fabrics that could easily ignite, and check that the materials you're using are flame-resistant. To really play it fire-safe at Halloween, you can always avoid candles altogether. You can easily achieve that warm orange glow of a carved pumpkin or create a spooky atmosphere at a party using LED lights instead.

If you'd like more advice, or want to report something to Trading Standards, contact the Citizens Advice consumer service by phone or online.

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

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NOTES FROM A BEEKEEPER'S DIARY

I've been a pensioner for well over 10 years and it's been a long time since I last drank champagne, and I mean even the ordinary not just the vintage stuff. An article I read recently about Dom Perignon champagne recently was of only passing interest. Apparently most champagne producers blend wine from different years so that if a vintage is a bit iffy they can give it a boost by dosing it with donations from one or more better harvests.

Dom Perignon is unique in that the producers never blend wines from different years. If a particular vintage is not up to scratch the whole year's output is scrapped, which is what has happened recently to the 2023 crop. And amazingly the final decision is made by just one person, Vincent Chaperon, the Cellar Master. We weren't told what happened to the rejected million bottles' worth from 2023 – maybe it went down the road to be blended by another producer. Just saying.

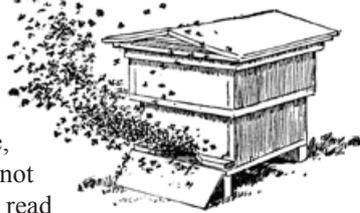
There is no need for such drastic behaviour in the beekeeping world. The honey in a box of honey (or super as we call them) weighs approximately 30 pounds when full, which fit neatly into a 10 litre plastic container. Honey having a specific gravity of about 1.4. Each super of honey is not only the product of one hive, but also of a particular time of year. The bees fill each super progressively during the summer, building up each frame in succession. My best hive produced over 150 pounds of honey this year, equivalent to 5 supers, and the blend of honey in each super can vary depending on the flowers the bees were gathering nectar from at the time.

This year there was very little spring honey because the weather was so poor, and the warm weather did not really start until well into June. To compensate many plants were in a rush to flower so the wax cells in one super could contain dark and strongly flavoured honey from say, lavender or knapweed (a wild thistle-like plant growing freely by the hedgerow running up by Boxford Road), and other cells filled with almost colourless honey from phacelia and borage.

Of course the honey in each individual cell is blended with the contents of every other cell as the frames are centrifuged, so preserving the glorious finished product the bees always intended.

Most beekeepers have a code for identifying each container of honey, and maintain a log recording the date extracted, the weight and the water content. When we have nothing better to do we can compare the productivity of each hive, and the seasonal results from previous years. So 2023 was truly abysmal for honey as well as Dom Perignon champagne, with no spring or early summer crop, compared to 2022 (who can forget two months of solid sunshine and temperatures knocking 40 degrees) which was a bumper year with the bees making honey from mid-May through to September.

Wine producers have little control over the weather which can make or break a vintage. Late frosts, torrential rain or severe



drought can cause catastrophic damage to the vines. Perfect conditions with rain or sunshine just at the right time can combine to produce large quantities of top-quality wine. A mixed blessing for the producers because oversupply results in depressed prices and unsaleable surpluses. In France the government even provides economic incentives to convert surplus wine into industrial alcohol.

Honeybees are equally at the mercy of the weather. The poor honey crop in 2023 was largely due to the high rate of colony losses over the previous winter, for reasons still unexplained. Over 50 percent in some parts of the country. Beekeepers can replace failed colonies in a number of ways. Surviving colonies can be split, swarms collected or even colonies induced to swarm artificially. However, it takes six to eight weeks for a new colony to become properly established, and even then may produce no honey surplus until the following spring.

Last winter there were far fewer colony losses. In spite of the poor spring and late start to summer there were plenty of active established colonies just waiting to make up for lost time when gardens and hedgerows burst into flower. Treated properly honey will last almost indefinitely without deteriorating, and beekeepers can store any unsold honey to make up for shortages in future poor years.

So, no place for Dom Perignon's Monsieur Chaperon or equivalent in the honeybee world, particularly for the local beekeeper. What a shame that the same cannot be said for the producers of much of the adulterated 'honey' sold in our big supermarket chains.

Tony Rand

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

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FRENCH'S CARE HAVEN

Hello to our readers, I hope as always you have all been keeping well.

First of all I would like to say I am sad to hear that SESAW are looking to close after decades of hard work and doing a wonderful job helping so many desperate and in need small animals. As many know nearly 3 years ago we helped by taking on two of their ponies, as SESAW had lost their grazing land. Maggie has been a life saver to many animals and when asked by her for my help, I could not say no. My heart with my own true love of all animals, especially horses has been with me all my life. I wish Maggie, her Trustees and team of helpers well for the future.

In our photo we have Chloe who did her Duke of Edinburgh awards with us years ago, Chloe is now part of our main team and does a great job helping us. Chloe is pictured with Lady our beautiful Shetland along with donkeys Frankie and Badger in the background.



Our next date for your diary is at The Fleece on 19th October 7pm for a Lasagne night, meat and veggie options with garlic bread and coleslaw, plus a yummy desert. Come along even if you are on your own, you can join a table and have a nice evening of good food and meet nice people, £18 per person for main and desert. Please contact Sharon to book a table at: Frenchs.100club@gmail.com or call her on: 07999 051 401

We have a Psychic night coming soon, so keep an eye out for the date in the November issue.

Our quiz night with fish & chips, plus a bar and raffle will be at the Ansell centre in Hadleigh on Saturday the 23rd November, put this date in your diary for a great night that everyone enjoys with us. More info will be in the November magazine and on our Facebook and website closer to the date.

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.

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

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

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

Website: www.frenchscarehaven.org.uk

BUS FARES FAIR?

Back in July the local Beestons bus service between Ipswich and Sudbury ceased, although it was taken up instead with a reduced service in terms of frequency and destination, by Hedingham and Chambers. However, Beestons retained the Thomas Gainsborough School transport contract which many Box River Benefice pupils attending TGS use. Whilst free for the majority of these pupils, due to one of the 'quirks' of Suffolk County Council's nearest-school policy, a number of Boxford-resident pupils are required to pay the daily fee to and from Great Cornard each day despite other Boxford families not being charged. Before September this fee was £5.50 per day (a premium on the normal Hedingham and Chambers equivalent journey price of just £4 per day).



However, without notice to affected families (and still unavailable to locate on their website), Beestons raised this price to £7 per return journey. This makes the annual total £1,330 per child, a rise of nearly 22% on the previous year. For a family with 2 or more pupils at the school this is a heavy financial burden at a time when families are already facing adverse cost-of-living issues.

One parent, Mark Heath from Boxford, who found his family affected by this rise in cost, finds this cost disproportionate.

"I can run my car for less than the figure it would cost to send my children to school every month," he said, "The cost is disproportionate for child fares, and it's not like we are completely in the middle of nowhere."

Many affected parents now find themselves forced to put an extra car on the already-groaning morning rush hour roads as a result. If Suffolk County Council's intention is for buses to promote green credentials, alleviate pollution and reduce congestion, then this plan appears to have backfired.

Beestons' response was to blame rising transport insurance and labour costs, claiming that it is a measured commercial response to industry pressures. It remains to be seen if the Hedingham and Chambers' service for the same route will suffer from similar price-rises for the same reasons.



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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.

Boxford Practice: Letters have been sent to all appropriate parties concerning the future of the Boxford Practice. The practice is well aware that many patients will be concerned about the changes. For this reason you will have an opportunity to voice your concerns about the closure and how this could impact you. This can be done in several ways - complete a form in our Hadleigh and Boxford waiting rooms or online on our website form www.hadleighhealth.co.uk or email direct on: hbgp.boxfordfeedback@nhs.net or you can write to the surgery: The Health Centre, Market Place, Hadleigh, Suffolk, IP7 5DN.

The engagement exercise will last from **Monday 16 September to Sunday 27 October 2024**.

There will also be an opportunity to discuss your views with representatives from the Practice on **Tuesday 1 October 2024** between 10am – 12.00pm at Boxford Village Hall.

RSV Vaccine: Respiratory Syncytial Virus (RSV) 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. The take up has been good with patients receiving the vaccine during surgery hours in September. These will continue after a pause for the Covid & 'flu vacs clinic this month.

Covid & 'Flu Vaccines: Eligible patients will be invited via text, emails or by telephone, depending on their available mode of communication, to make an appointment for one of the vac clinics on 5th, 12th or 26th October. As before a loyal team of volunteers will keep patients safe in the car parks.

Queries: If you just have a query and not booking an appointment call after 10am and not at 8am, the busiest time.

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.

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 in the Library on Thurs 3rd October at 10am

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

Free Defib Training: The second in another series of three free training sessions, under the watchful eye of Hadleigh Community First Responders, will take place from 2:30pm to 4pm on Monday 14th October at the 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. See below for booking details.

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 jen.eastwood8@gmail.com and support this invaluable service. Insurance issues are addressed when you sign up.

Art in Practice: We are delighted to welcome a new display of youngsters' artwork to brighten the walls of the Health Centre. Our thanks to Katy Miller for coordinating the various groups involved.

PPG: Chair Jan Devey 01473 827091 deveys@btinternet.com

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

Website: www.hadleighhealth.co.uk

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

MADRIGALIA NEWS

On August 22nd we joined once again with Melody of Harps, this time in the newly refurbished Sudbury Arts Centre (St Peter's Church) where we gave a lunchtime concert. With its lovely acoustics & plenty of space, we've always liked this venue. As always we found it welcoming and were rewarded with quite a large and appreciative audience.



Photo: David Lamming

We sang a mix of songs for summer with English madrigals, folksongs including English folksong 'The Cuckoo' which was accompanied by the Celtic harp ensemble as were two modern songs; 'When I Need a Friend' by Coldplay and 'The Humming', a beautifully atmospheric song by Irish singer/songwriter Enya.

As we now start our 'countdown to Christmas' - yes I do know as I write this we're not even halfway through September, but as all musicians know, putting on concerts involves a lot of forward planning & so it is that we shall soon start to rehearse our Christmas music.

With that in mind, we are now recruiting new members and have space for tenors and basses. To find out more about us, please go to our website www.madrigalia.uk

BOXFORD GARDENING SOCIETY

On 3rd September Matt Tanton-Brown gave a talk on climbing plants, describing those suitable for different aspects in the garden. He recommended *Lathyrus latifolius* 'Red Pearl' as the easiest to establish and very long lasting, and in particular his favourite old fashioned rose 'American Pillar'. He listed some very unusual climbers not often seen such as *Iochroma australe* 'Blue Angel', a wonderful shrubby plant covered in hanging blue bells and suggested the best book to help you choose the most suitable plant as 'Perfect Plant Perfect Place' by Roy Lancaster.

Our next talk will be 'Auriculas' by Luci Skinner on October 1st at 7:30pm, Boxford Village Hall, all welcome (Guests £5)

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BOXFORD PARISH COUNCIL UPDATES

Housing Needs Survey

The parish council are concerned that the lack of affordable housing in the parish may be preventing local people from continuing to live in the parish which they have long called their home. As such, we are working with Community Action Suffolk (CAS) - an independent charity - to carry out a Housing Needs Survey. This will provide the evidence to either support or allay our concern, and potentially provide a pathway towards the delivery of a local affordable housing scheme. The survey will also seek to establish if there is any other type of home required by local people, for which there is an insufficient supply currently in the parish.

Housing needs can be varied and are not just about affordability. You might be looking for your first home, you might need a larger home, or you may be looking to downsize to somewhere easier to manage over the next few years. The survey should also pick up hidden needs, for example, people living outside the village with a connection to Boxford who would like to return if the right kind of housing was available.

Prevailing planning policy means that it's unlikely open market housing of any real scale will be consented to within the parish, but an affordable housing 'Rural Exception Site' stands a better chance, providing the right process is followed, and the Housing Needs Survey is an essential part of it.

Although commissioned by the parish council, the survey will be completely independent, and your privacy will be respected. The results will be analysed by CAS and at no stage will any personal information be shared with the parish council or any third parties. You will have one month to complete the survey and return it to CAS by 14th November 2024 so please look out for the survey dropping through your letter box before 14th October.

We have a New Parish Clerk

We welcome Mrs Zoe Rumsey as our new clerk to the parish council. She started work with us during the last week of August and brings with her experience as clerk to Polstead Parish Council and a really useful book keeping qualification. We wish her well settling into her new role.

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 a parish councillor. We all have our different reasons for what we do but if you have a mind to get involved to contribute what you can to the community of which we are all a part, then please do get in touch with one of us or with our parish clerk at clerk@boxford-pc.gov.uk

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

Remember!

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

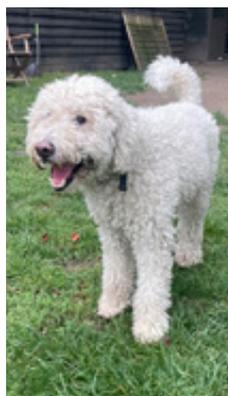
www.boxrivernews.com

KENNY'S NEWS FROM SESAW



Regular readers may still be reeling over the sad news that SESAW closed at the end of August. Rather than analyse the events preceding the sad news, we need to concentrate on the animals still needing re-homing.

One of those is Pharaoh, a bouncy 6 year old medium-sized Labradoodle. He is an intelligent and characterful boy who loves to play and show off his tricks. He has a great repertoire of commands, is good on walks alone or with other calm dogs. He loves to be the centre of attention and has bonded with some volunteers more than others, but can be possessive with his toys until he fully trusts you.



To this end he requires an experienced adult-only home, with no visiting children. His adopters will need to provide Pharaoh with consistency, strong leadership and the energy to have fun with this special boy. To show his full potential he should be the only pet in the household so he receives all the attention he needs.

If you are the right person for Pharaoh and would like to meet him, please visit 10-1pm, Thursday to Sunday or leave a CLEAR message on 01787 210888 or email info@sesaw.co.uk and please include your phone number. Meet all the other dogs plus cats, rabbits and guinea pigs 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*.

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Web: www.sesaw.co.uk

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BOXFORD DRAMA GROUP CELEBRATES 50 GOLDEN YEARS!

Boxford Drama Group turns 50 years old this month! Laurence French founded the group when he moved to the village in 1974 and was missing his life-long hobby of acting. He placed an advertisement in the Boxford News and after an initial meeting at The Fleece the drama group was formed on 23rd October 1974.

The following summer the group put on its very first production - a melodrama/comedy called "*Temptation Sordid – Virtue Rewarded*". It was performed in the courtyard of The Fleece with the audience sitting on bales of hay on a hot summer's evening and Boxford Drama Group was born!

Over the past 50 years we have performed in many different venues, including Boxford Church and the Quay Theatre in Sudbury, but our home is Boxford Village Hall. We now put on three to four productions a year, including the annual panto, as well as comedy, drama, musicals, theme nights and fundraisers. We are usually to be seen on the back of a lorry at village events. We do a mixture of well-known published plays but also our own material. In later years we have been lucky to have had some very exciting collaborations between writers and musicians, with songs and music written specially for our shows. And of course there is always our mascot, Gus, to be spotted hiding on the set of every production!

We are very lucky in that we have in our membership some very talented writers, directors, actors, singers and musicians. Because of this we have been able to stage some very ambitious productions. Who can forget the enormous crocodile that swallowed Captain Hook, the guillotine, and the camper van. Not to mention the infamous pasty release mechanism in the pantos and the unforgettable sight of Derek Butler literally flying across the stage!

The unsung heroes of any production are those that never share the limelight. They are the ones that design and build the sets, design the posters, make the costumes, set up the lights, operate the sound, run the bar, produce and stage manage the shows. We have some very talented technicians, artists and seamstresses and would be lost without their hard work and dedication. There are too many people to thank individually, but we are especially grateful to Jane Lindekam who never takes a bow, but has stage managed every production we have done since she joined the group over 30 years ago, as well as being one of our most prolific directors.

Special thanks should also go to our three longest serving members, Janice Keith, John Kirby and Joe Barrett who have been part of the group almost from the beginning. Their contribution has been enormous.

We have grown as a group in numbers as well as skill. Sadly, in recent years we have lost some much loved members who brought their own unique talents and are all very sorely missed. Bill Horne was a huge musical theatre fan and the shows he wrote and directed were ambitious extravaganzas, complete with amazing staging. He inspired us to create some of the most elaborate and colourful effects we had ever seen! From a huge moon rising over the village hall stage, to the emotive giant poppy at the end of his WW1 musical. He taught us to be the best we could.

Derek Butler had a beautiful singing voice and was a wonderful comic – the star of all our musicals and theme nights. He loved nothing more than a good music hall show! He only had to walk on stage dressed as Lily the Pink or Mother Goose to bring the house down!

Michael Munn was a brilliant actor, writer and director who created so many memorable characters, and gave us pantos, historical dramas and the ghost story 'Haunted', complete with impressive jump scares! He was also the first director to introduce using musicians and live singing on stage, previously we had mimed to taped music. He initiated Sunday morning rehearsals being dedicated to music and singing.

Denise Gribben was such a talented performer, who could do drama and comedy with ease. She had a wide range of talents from singing a marvellous rendition of 'Fever' to playing Corporal Plank and was a fabulously wicked stepmother in '*The Good Old Days*'.

She could make us laugh and cry in equal measure!

We also lost our longest serving member, Laurence's wife Doreen French, whose monologues were eagerly anticipated at our Christmas Lunch!

There is nothing more rewarding than performing in front of a live audience! There is a real magic to hearing an audience laugh and respond to a show – it brings it all to life. We are so grateful to all our loyal supporters – we couldn't do it without you!

We would also like to thank each and every person who has helped and supported us over the years. From all our past members, to our front of house team, our bar volunteers, and to those who sell our tickets, have catered our shows or provided a rehearsal venue. We are very grateful to you all and really appreciate the contribution you have made.

We are always looking for new members to join us. Most of us started with no experience at all, other than a willingness to have a go. Some people are happy to stay backstage, but most get lured to the bright lights eventually! We are a very friendly group who have enormous fun, both on and off stage. Socially we are very active, organising theatre trips, BBQs, meals out, party nights etc.

Please see our website for more information on what we get up to www.boxforddramagroup.com. Whatever your interests, we would be delighted to see you. If you'd like to find out more about joining us, please contact Janice Keith on 07779 303690 or Elaine Carpenter on 01787 210601

Here's to another 50 years!

Boxford Drama Group

Images as numbered:

1. John Wheatley, Kate Belsey & Elaine Horne in *A Letter from the General*, 2009. Directed by Joe Barrett.
2. Derek Butler & Vic Rice in *The Ruby Review*, 2014. Music by Ward Baker
3. Frances Korabik, Monica Murphy, Pam Tonks, Emily Barlow, Jane Elliott, Angela Tolputt, Michael Munn & Elaine Carpenter. in *Seven Dwarfs Do Panto*, 2019. Co-written by Janice & Mike Keith. Music by Mike Keith.
4. The whole cast from *An Englishman's Home Is His Hassle*, 2018. Written and directed by Elaine Horne with music composed by Mike Keith who also co-wrote the lyrics with Elaine.
5. The cast from *A Christmas Soldier*, 2022. Directed by Joe Barrett, music by Gareth & Sue Price
6. John Kirby & Sally Phillips in *Jack and the Beanstalk*, 1996. Written and directed by Michael Munn.
7. The cast from *Prepare To Meet Thy Tomb*, 2019. Directed by Jane Lindekam.
8. Alison & Emily Barlow, Elaine & Will Carpenter and Michael Munn in *Haunted*, 2015. Written by Michael Munn, directed by Jane Lindekam, special effects also by Jane.
9. The cast from *We Don't Want To Lose You (but we think you ought to go)*, 2017, Written and directed by Bill Horne
10. The Supremes: Elaine Carpenter, Denise Gribben and Annie Tyers in *The Swinging Sixties*, 2000
11. The whole cast from the 2018 panto *Sleeping Beauty*. Written and directed by Joe Barrett, music by Gareth & Sue Price.
12. The whole cast from the 2023 panto *Puss in Boots*. Written by Michael Munn, directed by Jane Lindekam - who can be seen in the photo holding Gus our Mascot. Also: Alan Clarke (lights), Bronwen Cotterall (sound) and Mike Keith (music).
13. Janice Keith, Elaine Carpenter, Monika Murphy, Frances Korabik and Georgie Waterson in *Reading Between the Wines*, 2015. Written and directed by Elaine Horne with music and lyrics composed by Mike Keith
14. Frances Korabik, Elaine Carpenter, Monica Murphy, Coralie Marshall & Linda Drake in *Chase Me Up Farnedale Avenue, S'il Vous Plait*, 2017. Directed by Jane Lindekam

FEEDBACK FROM JAMES FINCH

County Councillor for the Stour Valley

Suffolk residents will be able to access electric vehicles on a short-term basis, from next summer

A trial of electric community vehicles is set to launch next summer in Suffolk, with the tender process beginning this autumn. Plug In Suffolk Car Clubs will be placing sixteen electric vehicles across eight locations in Suffolk which local residents can book by the minute, hour or day. Planned locations include Ipswich, Bury St Edmunds, Newmarket, Sudbury, Needham Market, Stowmarket, Lowestoft and Woodbridge.

Members of the public interested in this project are urged to sign up to the mailing list to receive updates as the project progresses – search: Plug in Suffolk Car Clubs - Mailing List.

Car Clubs have already offered people in other parts of the UK access to local, low-emission vehicles without the expense of owning one. Local communities in these areas have already experienced many benefits including improved air quality, reduced congestion and increased mobility for those without access to their own car.

Current providers remain reluctant to fully fund electric community vehicles in rural and semi-rural areas like Suffolk as they do not yet have the real-world data to support the usage.

The project is funded by Suffolk's public sector organisations, helping deliver on two of the Suffolk Climate Emergency Plan's goals; a reduced number of cars on the road and an increased proportion of vehicles on the road that are low or zero emission. Additional charge point funding is being provided by the Department for Transport's On Street Residential ChargePoint Scheme (ORCS).

Councillor Neil MacDonald, Chair, Suffolk Public Sector Leaders, says: *"Suffolk residents have been asking about the possibility of bringing Car Clubs to Suffolk following the recent success of the Car Club trial in Oxfordshire, therefore I am looking forward to the launch of our trial. I am hoping that many individuals and families will benefit from the scheme and help to bring electric community vehicles permanently to our county."*

Collaborative Mobility UK (CoMoUK) reported: *"We estimate that, in 2022, each car club vehicle in the UK replaced around 22 private cars."* (CoMoUK Annual Car Club report 2022).

Small improvements still needed as children's services' Ofsted report published

Ofsted has published its report into Suffolk County Council's children's services. The report rated the service as 'requires improvement to be good'.

The ILACS (Inspection of Local Authority Children's Services) report conveys a mixed picture across Suffolk. Importantly, inspectors concluded that children's safeguarding is strong and that the experiences and progress of children in care were good. They also reported that 'children in care thrive'.

However, they highlighted weakness in some of the processes and systems in place. These included inconsistencies with the way first contact with children and young people is processed, and the quality and support to children aged 16 and 17 who present as homeless. It also found inconsistencies in the level of understanding that care leavers have about the range of support available to them. The report outlined seven points for improvement, which have either been implemented already through small amends to systems or processes, or are in progress.

Major scrapyards fire most likely sparked by discarded battery, fire investigators conclude

The fire at Sackers in Gipping Road, Great Blakenham, on Thursday, August 8, resulted in a major response by Suffolk Fire and Rescue Service. The fire at Sackers saw 14 appliances and more than 80 firefighters deployed to deal with it. It was brought under control late on Thursday and Suffolk Fire and Rescue Service subsequently launched an investigation into the cause.

This has established that the most likely cause was a battery which

had made its way into a pile of scrap metal. If batteries, or electricals containing batteries, are not properly separated they can end up being crushed in the waste and recycling process.

When punctured they can self-combust, setting fire to any surrounding dry and flammable waste and recycling. The conclusion is that waste batteries and electrical items should never be thrown into household waste. Instead, they can be recycled at any of Suffolk's 11 Recycling Centres, as well as other local recycling banks. Many supermarkets also accept them.

Electricals containing batteries that tend to be discarded the most are smaller, frequently used and often cheaper electricals like toothbrushes, shavers, chargers, and toys.

Solar Together launches in Suffolk

Residents of Suffolk can come together to invest in renewable energy sources through a group-buying scheme for solar panels and battery storage. Solar Together Suffolk helps homeowners feel confident that they are paying the right price for a high-quality installation from qualified installers.

Suffolk residents can join the group-buying scheme, which offers solar panels with optional battery storage and EV charge points, as well as retrofit battery storage for residents who have already invested in solar panels and are looking to get more from the renewable energy they generate. The scheme allows homeowners to increase their independence from the national grid.

It's free to register, and there is no obligation to go ahead with an installation. Suffolk's councils are working in partnership with iChoosr, experts in sustainable energy transition, to make the transition to clean energy as cost-effective and hassle-free as possible. To date, Solar Together has installed 13,750 solar panels in Suffolk, reducing carbon emissions by 27,100 tonnes over 25 years – equivalent to 15,000 cars off the road in that time! iChoosr's schemes have been delivered in partnership with local authorities in five countries. More than 180 schemes have led to 178,000 residents installing solar PV systems.

Councillor Gerald Kelly, chairman of Suffolk's Environment Portfolio Holders Group, said: *"Solar Together Suffolk has been successfully running for six years now, seeing hundreds of solar and battery installations across the county. A recent survey of Suffolk customers showed that the main reason for their installation was to do good for the climate and environment, followed by saving money on bills and reducing their reliance on the grid. Homes account for nearly a quarter of all Suffolk's CO2 emissions. Through the Suffolk Climate Emergency Plan, we are helping homeowners and landlords make their homes and lifestyles as sustainable and energy efficient as possible. This can be through improving insulation, how homes are heated, electric vehicle infrastructure, or solar panels and batteries."*

How does it work?

Householders can register online to become part of the group for free and without obligation at solaraltogether.co.uk/suffolk

Two Suffolk flood investigation reports published in latest response to Storm Babet

The investigations into the flooding which occurred in Needham Market and Wickham Market during October 2023 have analysed what caused these events and recommend what could be done to alleviate flooding there in the future.

In Needham Market, over 45 residential and commercial properties were internally flooded. In Wickham Market, it was 40 properties. In both communities, infrastructure and services were disrupted.

The investigations found that the areas were severely impacted by flooding due to the intensity of rainfall that overwhelmed the natural flow routes and the capacity of watercourses and drainage infrastructure. This situation was compounded when overland flow paths converged with the water from rivers that had burst their banks.

Key recommendations for both areas, which include short, medium and long term proposals aimed at individual homeowners, community groups, landowners and Risk Management Authorities, include:

- Implementing community flood plans
 - Maximising use of grants available to make properties more resilient to flooding
 - Removing blockages in watercourses and drains (private and publicly owned)
 - Investigating potential improvements to drainage infrastructure (private and publicly owned)
 - Creating new natural flood management features (e.g.: storage ponds and planting that 'slows the flow' of flood water)
 - Further modelling to better understand flooding within the location (Wickham Market only).
- These actions should help mitigate local flood risk going forward.

James Finch

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FEEDBACK FROM BRYN HURREN

Babergh District Councillor for Box Vale Ward

New battles to fight now as others are successfully laid to rest or put to bed.

I am pleased that the difficult housing development on the Old School site in Monks Leigh seems to be finally progressing in a positive way, after a two year struggle to get it off the ground due to struggling with acute developer and implementation problems. Hopefully some good news on that scheme soon. What is even more worrying is the sudden announcement of the proposed closure of the Boxford surgery. Just at the time of proposed reduced public transport and the onset of darker and winter nights. The first task now is to talk to the practice provider and find out what is really behind this. I have already set wheels in motion to do just this and will see what can be achieved through official routes. Meanwhile everyone who has a view should comment through feedback form and attend meeting at Boxford Village Hall on 1st October. Coming hot on the heels of the latest news on how not to run a post office service, this is not good news for Boxford, or its surrounding satellite villages. Watch this space, please attend the meeting and I will do what I can to help.

While writing this report for the BRN, I am attending the annual Lib Dem conference in Brighton. While we have much to celebrate with our success in electing 72 hard working Lib Dem MPs, along with success comes the responsibility in holding the elected government to account and as the only functioning opposition at this moment we will do that, not in the failed Punch and Judy style of the last failed parliamentary era but in a constructive way to see the new government carry out their promises, or not as the case may be. Our first task at district level is to try to build 760 new houses per year, up from the current 450 per year, a hard task indeed but achievable I think with our current land supply in the Joint Local Plan plus sites already identified. In my humble opinion, we should concentrate on building smaller homes first, to fill the need of existing homeowners and renters to downsize and free up much needed larger houses for expanding families. Also we have a desperate need for smaller affordables to accommodate first time buyers and renters now to avert the national housing crisis we face.

The last government's attempts at a free for all approach with big developers at the helm has not served us well and has decimated the green belt and open countryside.

We need a council led approach to build a smallish development of houses, on an exception site, where they are needed which are affordable to run, as well as to live in. Quite simple really.

Much for the local councillor and council to do.

Enjoy what is left of the summer and take care.

Maybe a little more hope for our future now.

Bryn

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PARISH COUNCIL UPDATES

BOXFORD

Allow me to introduce myself; my name is Zoe Rumsey and I have taken over the position of parish clerk. I live locally to Boxford and I am looking forward to working with the parish council and as part of the community.

Summary of Council Meeting 13th August 2024

Public Forum: Concerns were raised that the perimeter footpath to Primrose Wood is uneven towards the end and could become an issue for some residents in the winter months. Cllr B Hurren agreed to do some research with the Woodland Trust.

Another resident asked for progress with the Fen Street to Cox Hill path. The Chair confirmed a quote had been received by the county council and he will ask for an update.

It was also confirmed the police are being encouraged to attend a future PC Meeting.

Concern about some of the restored benches and plaques was then raised. Cllr B Hurren agreed to return the brass plaques. The Chair in his role of Playing Field Committee Chair had a brass plaque made to go on the new picnic table at the Playing Field. The resident expressed that in his opinion this was not a fitting tribute.

District Council Report: Cllr B Hurren updated on new government actions on housing, transport, skills and the environment. The housing targets are more challenging; however, the building supply is still strong notwithstanding these increases. However, as time goes on, there will be more pressure to accept development in appropriate locations. Our Chair commented that the neighbourhood plan may need updating in this new regime.

Car park charges are being introduced in Sudbury and Hadleigh largely due to the business rates.

Cllr B Hurren is chasing the Chief Planning Officer re the fruit farm structures planning. He is organising a sweep of Wash Lane following rainfall as the state is already deteriorating. Boxford Fruit Farms are happy to clear up any issues they cause from farm traffic.

Finance: The first quarter budget review was issued from our Scribe Accounting platform towards the end of July 2024. The Chair is following up with the editor of Box River News regarding other funding sources and Citizen's Advice Bureau publicity which this parish council would like to support with funding.

The Playing Fields Management Committee gave an update on the floodlights project. They are requesting a further £2,000 towards the aerial slide project, again from our earmarked funds. The current level of earmarked funds for the playing field is £10,000, so will reduce to £6,000 if both projects conclude with support from the PC. It was resolved that the PC will agree to the further £2,000.

Cemetery: Cllr D Warren briefed members on the proposal of works needed. It was resolved that Cllr Warren can proceed to instruct Eco Systems up to a maximum cost of £2,400 based on the agreed daily rate.

The restoration of the churchyard wall has been delayed to the October half term starting at the bridge.

Update on the Croft: The purchase of the Croft was completed on 2nd August and the gates and bollards were installed.

Date of Next Meetings: 24th September & 22nd October starting at 7pm in the village hall..

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

Zoe Rumsey

01787 739317 / clerk@boxford-pc.gov.uk

NEWTON GREEN

Summary of Council Meeting 11th September 2024

24/135 Election of Vice Chairman / Member of the Standards Committee - Following the resignation of Laura Smith, the councillors resolved to appoint Cllr Schwenk as Vice Chairman of NPC and Cllr Sherwood as a member of the Standards Committee.

24/141 Finance - e) The councillors resolved to donate £100 towards the RBL Poppy Appeal. They also resolved to purchase a wreath from the RBL for £25 to present at the Remembrance service.

f) The councillors reviewed the request from the Newton Open Gardens group for a donation towards the stationery costs of the event. The councillors resolved to donate £50 of printing costs, which the clerk would action.

g) The councillors reviewed the Box River News request for a donation towards its annual production costs due to the costs exceeding income. They resolved to donate £360, which would pay for printing one page containing the Newton content for 12 editions, from the restricted reserve established for the NPC Newsletter. The councillors hoped that more Newton organisations would provide content to the BRN.

24/142 Fireworks - Following feedback that there were insufficient volunteers to operate the event, the councillors agreed it would not be held this year.

24/144 Newton website - The councillors resolved to switch the Newton website domain name to www.newton-pc.gov.uk from the 1st December 2024.

24/147 Questions to the Chair - The councillors wished to thank George Davey and Richard Brooks for the work undertaken on the hedge and ditch along Rectory Road.

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

Dave Crimmin PSLCC

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

LITTLE WALDINGFIELD

Summary of Council Meeting 12th September 2024

Public Forum: A question was raised regarding when the restoration of Brookwood Manor would be starting as planning permission had been granted in May 2024 and the area was becoming very overgrown. The acting clerk replied that he had contacted the owner and had been informed that he had decided not to proceed with the restoration and conversion but would now be offering the site for sale.

Recent Correspondence & Clerks Report: The correspondence circulated by the acting clerk, together with his report were reviewed. Responses to Babergh District Council's current consultations and Parish Survey were agreed.

Finances:

1. The RFO's report, bank reconciliation, and payments due were reviewed and approved. Full details are included in the minutes on the parish council website.

2. The council insurance policy renewal statement was reviewed, and it was agreed that no changes were necessary and to continue with the existing insurers for 2024/25.

3. Charity donations: Members agreed to continue supporting the Go Start bus service and Sudbury Citizens advice bureau.

4. Following an approach by the Box River News for funding assistance members agreed to fund the printing of the LWPC meeting reports and parish news.

Governance: Councillors agreed on the Terms of Reference for the HR/Employment Committee.

Highways & Footpaths: The Footpath Working Group reported that there had not been any issues recently and the grass cutting schedule was satisfactory. The circular walks leaflet had proved very popular such that stocks were now running low. It was agreed to have a further batch printed.

The acting clerk reported that agreement had been reached with Sudbury Town Wardens to have the verge and hedgerow cut back opposite the junction with Grove Avenue to provide better visibility for those trying to cross the road by the playing field entrance. The overgrowth on the pavement will also be cut back to re-establish its full width. It was also noted that one of the planters next to the jubilee bench by Croft Lea had apparently been damaged again by the grass cutters and is in need of repair.

Speeding: The new speed indicator devices have now been operational for a few months and the data shows that there are on average some 32,500 vehicle movements through the village each month and an average of 8,300 exceeding the 30mph limit; of those 1,550/month exceeded 35mph, the limit for prosecution. The highest recorded speed was 65mph. The ANPR camera installation for a week in April resulted in 'advisory' letters being sent to 378 drivers.

New Councillor Recruitment: Members discussed that the parish council is currently two councillors short of its full complement and with intended and potential retirements at the end of the year there is a real risk that if the vacancies are not filled the PC may be dissolved. This would result in all village affairs being managed entirely by Babergh District Council.

The parish council has been very successful in establishing the Neighbourhood Plan to regulate future housing development and preserve the character of the village; in fighting speculative planning applications; in challenging and achieving amendments to Babergh's Joint Local Plan; in ensuring the pub re-opened as a working pub and focus for the community, and remains an Asset of Community Value; and maintaining the local footpath network and closed churchyard amongst many other things.

Without a parish council all local representation, and the promotion, preservation and enhancement of local values, will be lost. The ability to give our community a democratic voice will cease.

Are you willing to give up a few hours a month and help preserve the village's biggest asset, to be a voice for our residents, to make a difference, and be involved in shaping the future of your local Community?

For more details of what is involved and eligibility please contact Chris White, details below.

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

Chris White, Acting Clerk

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

OTHER PARISH COUNCILS

Edwardstone PC

Clerk: Richard Jones - 01473 828246

edwardstoneclerk@outlook.com

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

Groton PC

Clerk: Richard Jones - 01473 828246

grotonclerk@yahoo.com

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

BOXFORD & DISTRICT BOWLS CLUB

We are now in September and as the outdoor season is coming to a close, lots of competitions are in their final stages....and the club has had 3 brilliant results in the past couple of weeks.

Durham Cup - We are delighted to announce that our Federation Team had a resounding win against Stoke-by-Clare in the final of the Durham Cup Trophy. This competition is played against other clubs in North Essex on a knock-out basis. Congratulations to everyone who has played during the season and of course the final team who won as shown in photo below.



Sudbury Triples Millennium Cup – Once again this competition's finalists were Boxford – the Blue Team versus the Green Team. They were finalists against each other 2 years ago, when the Green Team won. However this time, after a very hard fought few hours, it was the Blue Team who came out as victors – by 2 shots, so it was a very close match. It is highly unusual for a bowls club to have 2 teams in any competition, let alone both teams getting to the Finals. Well done to everyone who has played in the Millennium Cup this year, but especially to the winners.



The Black Hen Trophy – every year there is a competition between Boxford and Hadleigh for this trophy. A friendly match but very competitive as both teams are keen to win this historic 'black hen egg'. And this year Boxford won the trophy back. Well done team!



Finals Day for our club is on 15th September so there will be lots of news in the next newsletter about our winners. Watch out for some great photos of our champions!

Roz Mortlock

MILDEN CRICKET CLUB

Another cricket season has come to an end – all too soon. It's been a season of mixed fortunes for Milden Cricket Club, with just three wins and finishing 7th out of the nine clubs in Division 5 of the Hunts County Bats Suffolk League. Battsford and District are the division winners and, subject to any league reorganisation, will be promoted along with Nowton, who finished second. They are likely to be replaced in Division 5 in 2025 by Elveden and Brettenham Park, relegated from division 4. A good feature of the season was that Milden failed to field a full eleven on only two occasions, whereas in 2023 one match was conceded. However, unlike 2023, when Milden ended the season on a high with a thumping 278 runs win over Long Melford, the last three matches were all lost by big margins.

Batting first away at Mildenhall on 18 August, nine-men Milden managed just 111 (Alex Lomax top scoring with 64), the home side then knocking off the 112 required to win without loss in only 9.5 overs. On 25 August Milden again participated in the bank holiday weekend six-a-side tournament organised by West Bergholt CC, winning one match and losing two. On 1 September at Clay Hall, early success saw Copdock & Old Ipswichian 15 for 3 before a 4th wicket partnership of 189 helped the home side to a total of 246 for 6. In reply, Milden at one point were 98 for 1, but the loss in quick succession of Aqeel Sayed (35) and Alex Cunningham (44) precipitated a collapse from 103 for 3 to 143 for 8 and a loss by 103 runs. This was mitigated by the hospitality of Copdock & OI back at their clubhouse, who entertained us royally after the game with jugs of lager and pizzas—just like the old days!

8 September saw a reversal of the 2023 defeat at Long Melford. Once again, Milden claimed three early wickets, but then 1st team player Matt Hoadley blasted the bowlers all round the ground, ending on 211 not out in a Melford 40 overs total of 301 for 6. Replying, Milden were up with the required run rate at 111 off 12.4 overs, but after Andrew Simmons (14) was dismissed, closely followed by Sayed (66), the innings collapsed, no fewer than seven wickets falling with the score at 145, to an all-out total of 146 to see the hosts win by 155 runs. On a positive note, Milden attracted a number of new players in 2024, especially young fast bowlers Ollie Barkham and Felix Elgar, who both live locally, and with the batting strengthened by all-rounder Aqeel Sayed. Watch this space for details of the end-of-season evening TBA.

David Lamming



Milden's cricket team at Long Melford. Back row (left to right): David Lamming, Aqeel Sayed, Husain Burhani, Alex Lomax (captain), Oliver Barkham, Felix Elgar; front row: Richard Robinson, Andrew Simmons, Ollie Miles-Garnett, Keith Gooderham, Giorgio Elgar.

Balancing Beauty & Facial Harmony



Have you ever caught yourself swapping positions for a photograph to ensure your 'good side' is captured?

Well, you're not alone. We all have little quirks when it comes to our appearance, which might be things we wish were a bit different, or perhaps more symmetrical.

But, have you considered if facial symmetry really defines beauty?

Is Perfect Really Perfect?

With many social media influencers posting flawlessly filtered selfies and facial symmetry being highlighted as a beauty standard, it's easy to get caught up in the idea of perfection. But let's be honest – none of us are completely symmetrical, and nobody is perfect - that's the norm.

It's the small differences in our faces, from one side to the other, that add character and make us, well, human!



Why Asymmetry Makes Us Unique

Imagine looking in the mirror one day and seeing a completely symmetrical version of yourself. Many of us might think that's the ideal, right? In reality, things might look a little more off than you'd expect...

To show this, I experimented with an image of our clinic's Nursing Director, Jenny, editing her face into a perfectly symmetrical version. As you can see, the edited left and right images look somewhat unnatural, and that's because those minor differences are what make us authentically beautiful and unique..



Left-side symmetry



Original face



Right-side symmetry

Addressing Subtle Imperfections

Genetics, the natural ageing process, and the occasional bump or bruise can create additional asymmetries or make existing imperfections more obvious. You might see small changes, like one lip appearing a bit thinner, or variations in cheek definition, as collagen and elastin break down over time.

If these differences bother you, even if they're only noticeable to you, there are a range of medical aesthetic treatments that can subtly restore facial harmony.

It's all about helping you feel like the best version of yourself!



Finding The Balance

If you are considering these procedures, always consult with a qualified medical professional, who will help you to understand what's possible and what isn't. Remember, aiming for perfection isn't realistic, and that's actually a good thing! Chasing this may only lead to disappointment and unnecessary treatments – plus if everyone looked the same, life would be pretty dull, wouldn't it?

Whether you decide to embrace your natural beauty or opt for a little enhancement, your confidence will always be your best feature. So, make it shine brighter than any filter could!

Are you interested in learning more about the treatments we have on offer? If so, please get in touch:

Helena x

office@suffolkmedicalclinic.co.uk
01787 211 000



DIRECTORY OF CLUBS & ORGANISATIONS

CLUBS & GROUPS

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

CHARITIES

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

COMMUNITY GROUPS

3PR Boxford 1st Responders	<i>Rich Wild</i>	01787 210946 office@boxfordresponders.com
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Boxford Bounty	<i>Mark Miller</i>	01787 211596
Boxford Community Car Scheme	<i>Jen Eastwood</i>	01787 211853 jen.eastwood8@gmail.com
Boxford Community Council	<i>Ward Baker</i>	07850 941 831 boxfordcommunitycouncil@gmail.com www.boxford.me.uk
Boxford Playing Fields	<i>Craig Needham</i>	07970 733934 craig.needham@me.com
Boxford Society	<i>Jen Eastwood</i>	01787 211853 jen.eastwood8@gmail.com boxfordsuffolk.com/boxfordSociety
Boxford Tennis Courts	<i>Hugh Phillips</i>	01787 211729
Lt Waldingfield Playing field	<i>Jennie Jordan</i>	07522 352558 52Jennie1@gmail.com

SCOUTING

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

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Friends of Boxford School (FoBS)	talktofobs@gmail.com
Sunflowers Childcare	<i>Moir Grant</i> 01787 211363 info@sunflowers-childcare.co.uk
Boxford Baby & Toddler Group	facebook.com/Boxfordbabyandtoddlergroup

HALLS & FACILITIES TO HIRE

Boxford Pavilion	<i>Natalie Woods</i>	07772 916135 nataliewoods25@gmail.com
Boxford Spinney	<i>Mark Miller</i>	01787 211596 mark.miller@talktalk.net
Boxford Village Hall	<i>Jane Elliott</i>	07721 880521 booking@boxfordvillagehall.co.uk
Edwardstone Parish Hall	<i>Daphne Clark</i>	01787 210698 daphne.clark@btopenworld.com
Edwardstone Millennium Green	<i>Marijke Morris</i>	07914 767013 marijke_e@yahoo.co.uk
Groton Village Hall	<i>Joanna Roberts</i>	07845 940008 jgant87618@aol.com
Little Waldingfield Parish Room	<i>Sue Bowen</i>	01787 249473 sd.bowen@btopenworld.com
Little Waldingfield Pavilion	<i>Jennie Jordan</i>	07522 352558 52Jennie1@gmail.com
Marquee Booking	BoxfordMarqueeBooking@gmail.com	
Milden Pavilion	<i>Pearl</i>	01449 741876 info@mildenspavilion.co.uk
Newton Village Hall	<i>Alan Vince</i>	07955 199000

The Blooming Garden



Rudolf II of Habsburg as Vertumnus by Giuseppe Arcimboldo



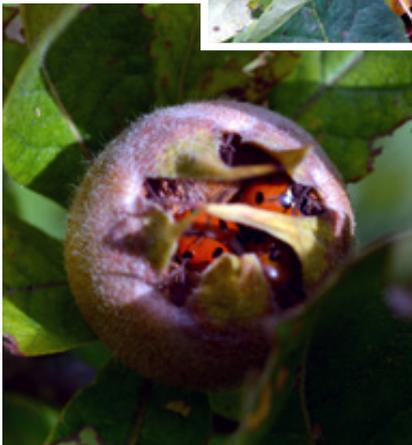
Mellow Fruitfulness.

I have a large and very venerable apple tree in the garden and by October the fruit I haven't managed to eat lies rotting on the ground to be enjoyed by wasps and red admiral butterflies. I'm not too keen

on the wasps but I do enjoy these late butterflies.

If you want the juiciest pears then you need your own tree. For melting flesh and sweet juicy flavour, the very best is a French one called 'Doyenne du Comice'. To be honest, young pears take a few years to settle down and bear fruit although the expression, 'plant pears for your heirs' is a bit of an exaggeration. Even if you have to wait a few years for fruit, pear trees are worth planting, both for the early blossom and the lovely, grey scaly bark.

It's certainly worth making room for the delightful medlar tree, *Mespilus germanica*, both for the pretty blossom and the unusual brown fruit which hangs on the tree right into autumn. If you want to eat it you have to let it first, which basically means letting it rot. Nigel Slater says it makes wonderful jelly, but he



also says the fruit smells rancid and looks like a cat's bottom. I have one in my French garden and my neighbour tells me the fruit is called 'cul de chien' which doesn't sound very appetising. I refuse to mess about with rotten fruit that looks like a bottom, so I leave my fruit for ladybird hotels.

Medlars were very popular in days gone by and our forebears made many ribald comments about their appearance. In Romeo and Juliet, Shakespeare wrote:

*'If love be blind, love cannot hit the mark.
Now will he sit under a medlar tree,
And wish his mistress were that kind of fruit
As maids call medlars when they laugh alone.
Romeo, that she were, O, that she were
An open-arse, or thou a pop'rin pear!'*

I'm not sure what Mercutio meant by this, but I suspect it was something vulgar, so we'll move quickly on.

If we can go from the sublime to the ridiculous; that is Shakespeare to the nonsense of Edward Lear, do you remember this line from 'The Owl and the Pussycat'?

'They dined on mince and slices of quince which they ate with a runcible spoon.'

As a child I wondered what slices of quince were and I still don't know what a runcible spoon is. But since being an adult I have grown quince trees, *Cydonia oblongata* in most of my gardens. The variety I grow is called 'Vranja'. Quince was supposed to be the 'golden apple' with which Eve tempted Adam in the Garden of Eden. Presumably, they had cooking facilities, because I wouldn't like to eat one raw. The Ancient Greeks believed that a quince tree sprang up wherever Aphrodite stepped, so the fruit was associated with love and fertility. I love it, not just for its classical associations and its golden, furry fruit, but because in spring it has the prettiest cream blossoms with lilac stamens. You can simply keep the fruit in a bowl on the table for a delicious fragrance. Or you can add it to an apple pie for added flavour. But the best use for quince is quince cheese or membrillo as the Spanish call it. It goes very well with the Spanish cheese, Manchego and I love it on toast too. It is so delicious that I am giving you the recipe so you can try it.

1.8kg/ 4lbs quinces,
peeled, cored and chopped.
Vanilla pod. Caster sugar.
Water.

Put the fruit into water and add enough water to cover it. Add vanilla pod. (Some recipes suggest lemon juice.) Put a lid on the pan and boil for 35-40 minutes until the fruit is soft. Keep an eye on it; I have boiled it dry and burnt the pan on at least one occasion. Drain the fruit and then weigh it. Put it through the food processor. You then add an amount of sugar equal to the weight of the fruit. I know, it seems rather a lot. Return it to the pan with the sugar and stir over a low heat until the sugar dissolves. Continue to cook over a very low heat until it is amber orange and has thickened.

Turn the oven to a very low heat. Grease a shallow baking dish and line it with greaseproof paper and smooth the paste onto it. Leave it in the oven for an hour until it is set. Delicious!.

Chloris.



EVENTS CALENDAR

SEPTEMBER 2024

- 27 Macmillan Coffee Morning**
FRI Polstead Village Hall
- 27 Pop-up Pub**
FRI Little Walsingham Pavilion
- 28 Macmillan Coffee Morning**
SAT Newton Village Hall
- 28 Defib Training**
SAT Hadleigh Leisure Centre
- 28 Jazz in the Yard**
SAT Shelley Centre IP7 5QY

- 19 Harvest Horkey Barn Dance**
SAT Dove Barn, Grotton 7:30-11:30pm
- 25 Pop-up Pub**
FRI Little Walsingham 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

OCTOBER 2024

- 1 Boxford Surgery Engagement Exercise**
TUE Boxford Village Hall 10-Noon
- 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 Leavenheath Cinema - 'The Miracle Club'**
SAT Leavenheath Village Hall 7pm
- 5 Cello Celebration**
SAT St Mary's Church, Boxford 7:30pm
- 9 Golf Taster Session for Women/Girls**
WED Newton Green Golf Club 2-3pm
- 11 Relaxation & Sound - all welcome**
FRI Boxford Village Hall 6-7:30pm
- 12 Golf Taster Session for Women/Girls**
SAT Newton Green Golf Club 2-3pm
- 13 Success After Stroke Craft Fair**
SUN Whatfield Village Hall, IP7 6QU 10-4pm
- 13 Shelley Fundraising Walk**
SUN Shelley Centre, Shelley IP7 5QY 10am
- 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 Walsingham Parish Room 7:30pm
- 16 Charity Quiz Night**
WED The Fleece, Boxford 8pm
- 18 Polstead Films - 'Barbie'**
FRI Polstead Village Hall 7pm
- 19 Great Book Sale**
SAT All Saints Church, Acton 10-2pm
- 19 Shelley Quiz**
SAT Polstead Village Hall TBC
- 19 QUIZ**
SAT Newton Village Hall 7:30pm
- 19 French's Care Haven Lasagne Night**
SAT The Fleece, Boxford 7pm
- 19 Boxford Bowls Club Snail Racing**
SAT Boxford Village Hall 7pm

NOVEMBER 2024

- 2 Fireworks & Lantern Parade**
SAT Boxford Village Centre 6:30pm
- 2 Leavenheath Cinema - 'Hidden Figures'**
SAT Leavenheath Village Hall 7pm
- 5 Fireside Club - Firework Celebrations**
TUE Newton Village Hall 2pm
- 5 Nayland Fireworks**
TUE Nayland Village Hall, CO6 4JH 6:15pm
- 5 Boxford Gardening Society - Talk**
TUE Boxford Village Hall 7:30pm
- 6 Boxford WI - Craft Afternoon**
WED Boxford Village Hall 2pm
- 7 Edwardstone Christmas Fair**
THU Edwardstone Church CO10 5PH 6-9pm
- 8 Edwardstone Christmas Fair**
FRI Edwardstone Church CO10 5PH 9-2pm
- 8 Relaxation & Sound - all welcome**
FRI Boxford Village Hall 6-7:30pm
- 13 Defib Training**
WED Hadleigh Leisure Centre 7:30-9pm
- 16 LWHS - School & Education in Suffolk**
WED Little Walsingham Parish Room 7:30pm
- 13 Charity Quiz Night**
WED The Fleece, Boxford 8pm
- 16 Coffee Morning**
SAT Newton Village Hall 10-11:30am
- 16 Boxford Market**
SAT Boxford Village Hall 6-10pm
- 16 Brent Eleigh Quiz**
SAT Brent Eleigh Village Hall 7:30pm
- 16 Shelley BINGO!**
SAT Hadleigh Football Club, Tinker's Lane IP7 5NF TBC
- 16 Wine Tasting**
SAT Little Walsingham Parish Rooms 7:30pm
- 18 LWHS - Education in Medieval Suffolk**
WED Little Walsingham Parish Room 7:30pm
- 19 Fireside Club - Beetle Drive**
TUE Newton Village Hall 2pm
- 23 French's Quiz and Fish & Chips**
SAT The Ansell Centre, Hadleigh IP7 5DL TBC
- 25 Boxford Friendship Group**
MON Boxford Village Hall 2-4pm
- 27 Far From The Madding Crowd Christmas Fair**
WED St Mary's Church, Hadleigh IP7 5DT 10-8pm
- 28 Far From The Madding Crowd Christmas Fair**
THU St Mary's Church, Hadleigh IP7 5DT 10-4pm
- 29 Pop-up Pub**
FRI Little Walsingham Pavilion 6:30-10:30pm

BRIAN TORA'S SOAP BOX

My plan had been to make this a politics-free article, but with the autumn budget looming and so much air time given over to the withdrawal of the winter fuel allowance – a measure introduced by a previous Labour government – it is hard to escape the political overtones that seem to be dominating our lives. This, and the unresolved Post Office scandal are not so far reflecting well on Kier Starmer's government.

How serious is this first new administration decision? Some have said it is Labour's equivalent of the Poll Tax, which eventually saw Margaret Thatcher surrendering the keys to No 10. But this is early days for this government and, after all, Gordon Brown survived withdrawing tax concessions from pension funds in the early days of his tenure as Chancellor, despite an outcry at the time. Time will tell of the efficacy of this modest, money saving cut, which carries with it potential problems for the incoming administration.

While I admit to being relatively little affected by this move, I do have considerable sympathy with the many pensioners who deeply resent this action, I fear there could be a knock-on consequence which the government has not taken into account. Some who do not need the allowance choose to donate the money they receive to charitable causes. Charitable giving is a tradition in this country, with many being particularly generous. But I do wonder if some older donors might feel less inclined now to contribute.

The alternative to giving money away in this fashion is to leave what you can to your children and other heirs. But this has been blighted for some by the inexorable rise of Inheritance Tax (IHT). Of course, we do not yet know what Ms Reeves is likely to introduce in her first budget, but alleviating the IHT burden on the middle classes is unlikely to be a priority. Indeed, the reverse could be part of her plan.

The combination of higher personal taxes and the pressure of inflation is already contributing to a fall off in charitable giving. Charities have often stepped in as support for those denied government help, so this potential downward spiral could have severe consequences for our society. Not a pretty picture, but one which I fear we will hear a great deal more about in the months and years ahead.

Meanwhile, the long-awaited report into the state of our National Health Service made uncomfortable reading. The principal conclusions, so far as I could tell, were more that the NHS had suffered a near catastrophic lack of investment in infrastructure, equipment and technology, rather than simply having a shortage of staff. That those who work in the NHS are undoubtedly disillusioned with their lot, which leads to difficulties in staff retention, could certainly be put down to these factors. Solving the problems will need more cash.

Britain is not alone in suffering a state provided health crisis. An ageing world population and better means of keeping us all living longer is placing an increasingly intolerable burden on governments. Economic issues come into play also. In the Algarve in Portugal where I try to spend as much of the cold winter months as possible, recruiting and retaining staff has become very difficult because of the rising cost of accommodation.

Like in so many other tourist destinations – Cornwall, Majorca and the Canary Islands spring to mind as all having been in the news recently due to local unrest over the grip leisure letting has over house prices – the rise of holiday bookings is distorting house values. AirBnB comes in for particular criticism. Personally, I have never booked accommodation through them, but then I own a holiday home, so am I part of the problem?

The counter argument is that tourism provides an important – and in some cases necessary – boost to the local economy. That it can go too far is undoubted. I once stayed in a pub in a village near the Dorset coast where the majority of the houses were dark at nights because their owners had all returned home to their main residences. It felt really eerie, but the pub landlord stressed how important these second home owners were to his trade.

There is no easy answer to any of these problems. Encouraging people to support charities is clearly important. Funding the NHS must be a priority. How this money is raised is a matter for the government, but hitting the pension population is an unfortunate approach, particularly against a background of higher than inflation pay awards for many workers. I'll try to find a more uplifting topic for next month's Soap Box.

Brian Tora

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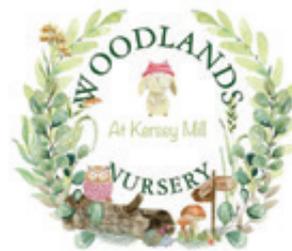
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