

November 2024

# Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green

A close-up photograph of a hand holding a lit sparkler. The sparkler is in the center, with a large, bright burst of sparks radiating outwards. The hand is positioned in the lower-left quadrant, with fingers curled around the black string of the sparkler. The background is dark, with some blurred lights, suggesting an outdoor night setting. The overall mood is festive and celebratory.

Delivered free to every home in Boxford, Edwardstone, Groton, Little Waldingfield, Newton Green, Bower House Tye, Milden & White Street Green and available to residents in Acton, Assington, Brent Eleigh, Great Waldingfield, Hadleigh, Kersey, Lavenham, Leavenheath, Nayland, Polstead, Shelley, Semer, Stoke-by-Nayland, Sudbury and parents of children at Boxford School.




Beautiful jewellery made from silver, gold and platinum.  
Bespoke service.

01787 210251  
info@willbishop.co.uk | www.willbishop.co.uk

**GARDEN DESIGN**  
**BORDER DESIGN**  
**PLANT SOURCING**  
**GARDEN OVERHAUL**  
**GARDEN GIFT VOUCHERS**

**Give your garden the makeover it deserves!**

We are a local garden design company and can offer a complete design, construction and maintenance package or just a planting plan for a single border.

WWW.ZINNIADDESIGN.CO.UK



Call Angela for a consultation:  
**01787 212264**  
**07974 375254**

## Portraits in Oils and Pastel



by Chris Bennett, ROI  
(Royal Institute of Oil Painters)  
To commission a portrait contact:  
chris@chrisbennettartist.co.uk  
Telephone: 0771 821 5775



We are looking for 3 more character cottages to add to our Agency.



We are a small local agency with 20 years of experience promoting cottages in this area.

We will work on a personal basis with you and your guests to ensure your cottage is a success.

We add you to multiple OTA's like Airbnb and Booking.com.

Have your cottage stand out from the crowd and be showcased amongst only other lovely character cottages.

Call Mark on **01787 211 115** for a chat or visit:  
mark@grove-cottages.co.uk - www.grove-cottages.co.uk



MARY-ANNE MORRISON MILLINERY

T: 01206 262391 M: 07850 571879  
www.mamorrison.co.uk hats@mamorrison.co.uk

## SUFFOLK TREE SERVICES LTD

**For All Aspects of Tree Works Including:**

- Planting • Reducing • Pollarding • Felling •
- Stump Grinding • Hedging Works •

**We offer a complete and professional service**  
Established over 30 years

We are a local, friendly and experienced company

- Free Estimates • 24 Hour Storm Damage Cover •
- Fully Insured • Tree Reports and Consultancy



Woodchip and Firewood for Sale  
**Tel: 01787 319200**

info@suffolktreeservices.co.uk  
www.suffolktreeservices.co.uk



# SURGERY CONSULTATION

On Tuesday 1<sup>st</sup> October doctors and representatives from the Hadleigh and Boxford Medical Practice hosted a meeting in the village hall to explain the rationale behind their proposal to close the Boxford satellite surgery. In essence the reasons were that the existing building is 'not fit for purpose' in today's environment and the lack of funding to pay for the annual running costs of the building.

It was explained that the building would need a significant sum of money to improve the standard and safety of the premises which together with the substantial annual running costs culminate in overall expenditures which it would appear are not funded by the NHS - this means that monies needed to maintain this facility would, it would appear, have to come from existing funds with the potential adverse impact on services generally from the practice.



The meeting, despite being held in the morning when many villagers could not attend was nevertheless full with parishioners crammed in wherever they could fit. Boxford has enjoyed a surgery in the village for many years and naturally there were expressions of shock and concern that the local surgery is proposed to be closed. The meeting, quite heated at times, registered the overall feeling that the community would prefer the surgery not to close.

It was explained by the practice representatives that the process is that the Hadleigh Practice send its proposed plans to the NHS Suffolk and N.E. Essex Integrated Care Board (ICB) who will review and make their recommendation to the Primary Care Commissioning Group for the final decision. Hadleigh Practice were intending to make their further report to the ICB by the end of October following the 'consultation' period/process of which the meeting at Boxford was part.

Towards the end of the meeting it was respectfully suggested to the Hadleigh Practice that they did not rush to make that report to the ICB but rather engage with a small nominated working group within our community for more in-depth understanding of our community concerns, for the working group to have a much greater knowledge of the issues identified by the practice and the cost of dealing with them if possible and also to ensure that all possible funding sources have been considered. It was greatly appreciated that this suggestion was supported by the Hadleigh Practice.

Since the meeting in the village hall, myself, Mike Stanhope (our representative on the 'patient participation group' and other volunteer representatives from the village have started to form the working group which is engaging with the Hadleigh and Boxford Practice to ensure that aspects of this proposal are understood, challenged and all options considered. We shall ensure that a full 'impact assessment' be done and that robust mitigation measures

have been thought through should the proposal be minded to be approved.

The next few weeks will be challenging but rest assured we will ensure that the concerns raised by the community are properly considered. We will keep you updated and I feel sure that in the near future we shall invite you to come to a follow-up meeting.

Please feel free to contact us if you have anything you believe we should be aware of.

*Colin Parr ([colinparr44@btinternet.com](mailto:colinparr44@btinternet.com)) & Mike Stanhope ([mfstanhope@aol.com](mailto:mfstanhope@aol.com)) on behalf of the working group.*

*Photos by David Lamming*

# RAMBLINGS

Some of you may have spotted TV and Radio presenter Clare Balding recently taking a walk around Boxford for her Radio 4 programme 'Ramblings'. She was accompanied on her walk by explorer Elise



Wortley (who is also my daughter!), who recreates journeys made by historic female adventurers using only the clothes and equipment that those women had at the time. So, if you spotted Clare and wondered who the woman in the ridiculous Victorian bonnet was, that was Elise, sporting part of the costume she recently wore to climb Mont Blanc and the Oldenhorn in the footsteps of Henriette d'Angleville, the first woman to summit Mont Blanc unaided in 1838. Clare and her BBC producer were both very taken with Boxford, our vibrant village businesses, the depth of the area's history, our many local characters and stories and the beauty of much of our surrounding countryside.

I was also interviewed for the programme about what it was like to be the parent of a daughter who keeps going off on wild adventures into the unknown (not just Mont Blanc, but the Himalayas, Northern Canada and the Valley of the Assassins in Iran!).

Hopefully we may see the BBC back in Boxford for more! You can find out more about Elise on her website:

[www.womanwithaltitude.com](http://www.womanwithaltitude.com) whilst the episode of 'Ramblings' will be broadcast on BBC Radio 4 at 3pm on **Thursday 31<sup>st</sup> October**. It will be available in podcast version on the BBC website shortly after: <https://bbc.in/3UdrHaF>

*Lisa Wortley*

## Box River News

Trudi Wild, Twin View, 18 Stone Street, Boxford CO10 5NR

Telephone: 01787 210946

email: [editor@boxrivernews.com](mailto:editor@boxrivernews.com)

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

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

Deadline date for the December 2024 Issue is:

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

# NEWTON FIRESIDE CLUB

On Tuesday 17<sup>th</sup> September, we were lucky enough to be entertained by Brian Thurlow. We learnt a lot about the



history of music halls and were treated to songs and monologues of the times. We hope to invite Brian back in the future as he is a consummate entertainer.



The 1<sup>st</sup> October saw us dusting off the bingo set. This is always a popular session. Unfortunately, Alan, our usual caller, wasn't available, so a big thank you to Ken for stepping in.

As I write this, we are busy planning for the rest of this term. We are really looking forward to the 50s and 60s

afternoon. There will be music, food, drink and, hopefully, costumes of the period. It should be great.

We weren't sure that the trustees of the village hall would appreciate us setting off fireworks on the 5<sup>th</sup> November! Instead, there will be pumpkin soup, lantern making and alternative fireworks?? Look out for the photos in next month's newsletter.

## AUTUMN 2024 PROGRAMME

Tues 5<sup>th</sup> Nov Firework Celebrations - 1pm start.

Tues 19<sup>th</sup> Nov Beetle Drive

Tues 3<sup>rd</sup> Dec Talk by Kirsten Marshall from GCB Chocolate Factory, Glemsford

Tues 13<sup>th</sup> 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*

## 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!

# NEWTON GREEN TRUST

We're currently in the midst of a nature crisis, with England one of the most nature-depleted countries in the world (ranked 228 of 240 countries). As with the climate crisis, it's easy to get overwhelmed by the stark facts we hear in the news about these crises, and feel powerless to make a difference as individuals and communities.

But there's something we can all do on the land we manage, no matter how small, to make space for nature and help it recover. This year, you'll have seen that the Newton Green Trust have done their bit by agreeing to trial a wildflower meadow area on the village playing field. This was done by leaving the area to grow uncut between April and September, without sowing any seed, to see what plant species were already there.



Impressively, we recorded over 25 species of wildflower alone, including such brilliantly named species as Birds Foot Trefoil, Lady's Bedstraw and Mouse Ear Hawkweed. These species are part of our natural heritage and many are specially adapted to the underlying geology and soils of the area. Along with the many species of fine grasses in the area, allowing these plants to grow and flower this year has provided important food, shelter and breeding sites for our pollinators including bees, hoverflies and butterflies (including the Small Heath which was recorded and is a threatened species in Britain - see photo).



These invertebrates in turn provide more food for animals like birds and bats than the areas that are regularly cut. Hopefully you'll have enjoyed watching the wildflower area develop and the wildlife flourish as you've walked around the field.

This boost to our local wildlife has been achieved for free, will have stored more carbon than before and resulted in less fuel being used when mowing the field, so is climate positive too.

As is typical with meadow management, now that the majority of the flowers are spent and have set seed, the area will soon be cut (courtesy of the Golf Club) and the cuttings removed. This removal is important for reducing the soil nutrients in the area which is beneficial to the wildflowers (over the grasses which otherwise dominate) and should result in more floristic diversity year on year if the same process is repeated. There is then the possibility, now that we know what's there, to incorporate further locally-sourced flower seed should we want to make the area more aesthetically pleasing. This could be of species such as Harebell, Sheep's Sorrel and Heath Bedstraw from the adjacent areas of the Green (a County Wildlife Site) where these are allowed to flower.

*Jack Haynes*

# UPDATE ON EDWARDSTONE NEIGHBOURHOOD PLAN

## Referendum set for 14 November

Babergh District Council has announced that the referendum on Edwardstone's Neighbourhood Plan will be held on 14 November 2024.

The referendum will be run in the same way as any other local election so the Polling Station (Parish Hall) will open from 7am until 10pm (don't forget your photo ID!). If you're registered to vote by post, you will get an NP postal vote.

Those entitled to vote will be asked to answer 'yes' or 'no' to the following question: 'Do you want Babergh District Council to use the Neighbourhood Plan for Edwardstone to help it decide planning applications in the neighbourhood area?'

The result will be decided by a simple majority.

Copies of the plan and associated documents can be downloaded from [www.babergh.gov.uk/edwardstoneplan](http://www.babergh.gov.uk/edwardstoneplan). Printed copies of the plan are also available for inspection or short term loan in the White Horse and Boxford Post Office.

If you have any queries please contact Mike Gibson [edwardstoneplan@gmail.com](mailto:edwardstoneplan@gmail.com).



## THANK YOU TONY & CAROLE!

The Box River News would like to extend its huge gratitude to Tony and Carole Langley for their amazing dedication in helping to coordinate deliveries and distribute the Box River News to residents in Newton Green over the last 16+ years. Tony and Carole have now stepped down from the central distribution role in Newton after Tony felt it was time to hand the reins over and take a definitely well-earned rest from all the heavy lifting! Jo and Lee Parker have very kindly offered to take on the role and will be dividing up magazines to Newton's distributors on an ongoing basis.

The BRN's distributors are all volunteers and do an absolutely amazing job all year round and in all weathers to get the magazine out to thousands of readers around the local area, braving vicious guard dogs (and cats) and even more vicious letterboxes (watch those fingers!) to get the monthly news into everyone's hands. Thank you all, you are hugely appreciated!

## BOXFORD & GROTON UNITED CHARITIES

Registered Charity Number: 207861

The Trustees of Boxford & Groton United Charities will be meeting on the 25<sup>th</sup> 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 24<sup>th</sup> November.

... 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, November 14<sup>th</sup> from 7pm  
Join in or sit back & enjoy with a pint

**Open Mic Night**  
Wednesday, November 28<sup>th</sup> from 7pm

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

**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* - Friday Nights  
*Taqueria La Gringa* - Saturday, Oct 26<sup>th</sup>  
*My Thai Chef Melford* - Saturday, Nov 23<sup>rd</sup>

   @edwardstonewh [www.edwardstonewhitehorse.co.uk](http://www.edwardstonewhitehorse.co.uk)

## LITTLE WALDINGFIELD CHARITIES

Registered Charity Number: 209981

Today's village charity was created in 1968 as a consolidation of four charities operating in the village which were formally established in 1869.

The predominant charity was simply called John Wincoll, a name we still use today. A plaque commemorating his bequest of land in 1560 for the benefit of the poor is displayed in the church. Other parcels of land followed as far away as Washbrook and Felsham. A copy of the original map showing the Charities holdings in 1827 is on display in the Parish Room. It's noticed that we now only own 3 parcels of land within the village which, for the time being at least, we aim to keep for historical reasons.

Our constitution enables us to make annual donations to the elderly and further financial help for other causes within the village, examples of which could be help for hospital visits, specialist equipment for the infirm or disabled where help isn't available elsewhere, also assistance with the paraphernalia required for the young of our village when embarking on vocational training or university.

All requests for assistance are considered. All our donations and assistance are in strict confidence and we do not means test.

Qualification for our annual Christmas donations to the elderly are as follows:

Over state pension age, currently 66.

Permanent residence within the village.

A resident for at least one year.

Not in full time employment.

For financial assistance or to join our Christmas list please contact: Our Clerk, Mary Thorogood 247658

# NATURAL BOXFORD

## Why does wildlife need corridors?

Leaf colours changing, mellow smells arising, hints of frost – Autumn is clearly showing us the infinite cycle of life as nature breaks things down into elemental components ready to contribute to new life.

We might say some vegetation or a tree is dead, – but really that arrangement of molecules has served its natural ‘lifespan’ and is then recycled: vegetation and animal bodies alike rot back into, and enrich the soil, and in the process provide food and habitat to other species. At this time of year we humans often feel an impulse to ‘tidy up’ our gardens and allotments. We are doing nature, and therefore ourselves, a real favour if we leave plenty of dead material around and exercise some curiosity as to what might be living in those apparently ‘dead’ seed heads.

The river group recently spent an enjoyable afternoon exploring the river between the Mill Pond and Primrose Wood at the invitation of Mark and Sarah at Chequers.



They have allowed the river banks to remain as natural as possible with piles of rotting wood and one beautiful huge trunk giving a spectacular display of decomposition and new life entwined. Ideally at least five metres should remain undisturbed either side of a watercourse to allow the thriving of all the myriad species relying on it. We followed the river along, getting glimpses of

the bank and were on the look out for signs of the water voles who have been spotted this year.

A natural river, in connection with its floodplain, is a wildlife corridor – much enhanced by us leaving banks as undisturbed as possible: this garden does a fantastic job of extending the Primrose Wood area, especially with the area up near Goodlands which is dedicated to wildlife with just a few paths mowed through and native trees planted: it will be a haven for insects, birds and mammals alike.

What is a wildlife corridor and why are they so important? We might think we live in a rural area and are therefore surrounded by nature by default. The truth is very different. Over the decades we have pushed nature into smaller and smaller isolated patches squeezed between roads, railways, housing, industrial estates, shopping centres and swathes of agricultural land devoid of wildlife due to intensive use of petrochemical and neonicotinoid pesticides, fungicides and fertilisers. When species are limited to isolated pockets with no scope for expanding or finding new territory, new food sources, or mates, they are at high risk of local extinction. With this happening all over, the extinction ceases to be local.

It is vital to establish links between these isolated patches of



natural habitat – it is up to us to establish these connections and develop wildlife ‘corridors’. Many parish clusters, the wildlife trusts and river catchment area partnerships, are working to make sure that wildlife can move safely about the countryside again and find what it needs to thrive. We are lucky here in Boxford with several nature-sympathetic farmers around us, landowners prepared to dedicate part of their gardens to wildlife, and areas like Primrose Wood, the Croft, Stone Street Road Meadow, the Spinney and the water meadows further down the Box all providing valuable habitat and routes.

Wildlife corridors can be small scale, for example, a group of neighbours making sure there are gaps in their fences that hedgehogs can get through; and, they can cover several counties – have a look at the Weald to Waves project with the Knepp estate at its heart: [www.wealdtowaves.co.uk](http://www.wealdtowaves.co.uk)

We are privileged to have the wildlife we do see in and around Boxford – kingfishers, water voles, eels, sticklebacks, tawny, little and barn owls, dragonflies, mayflies, swifts, green and greater spotted woodpeckers (no lesser spotted – very rare these days and dependent on rotting trees next to water), otters, egrets, herons, bats... and many more. As long as we keep moving in the direction of supporting nature rather than destroying it in all our decision making, hopefully they will still be there for our future generations to enjoy as well.

Natural Boxford are bringing together a map of all the wild and nature friendly areas we know of to get a picture of where we might be able to bring some more connectivity in. We’ll keep you posted. If you would like to help please do get in touch.

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

## RECLAIM THE RAIN

In addition to the recently completed rain garden scheme at the Village Hall, we’re pleased to share that we’ll soon be commencing works at Boxford CEVCP School. The team are thrilled to have secured additional funding through the Department for Education’s *SuDS in Schools* programme to deliver sustainable water management solutions at six schools across Norfolk and Suffolk. We’ve been working closely with the school to develop a range of options which optimise water resilience, environmental betterment, and educational opportunities for the students and staff to enjoy, including:

- Dead hedges and bug hotels
- Meadow planting
- Native hedge planting
- Raised rain garden
- Raised vegetable beds
- Renovation of the existing bog garden
- SuDS Pods (Sustainable Urban Drainage)
- Tree planting

The first phase of delivery will be the installation of SuDS Pods; reducing pooling of water on hardstanding and ensuring that play areas are accessible for use all year round, so keep your eyes peeled for these!

If you would like to learn more about this work, please contact: [reclaimtherain@suffolk.gov.uk](mailto:reclaimtherain@suffolk.gov.uk).

*Best Wishes,  
Ruby and Sian*



# GROTON HISTORY SOCIETY

After a successful first event, we have great pleasure in announcing our second talk. This will take place at 7:30pm, **Friday 22<sup>nd</sup> November** at the Groton Village Hall. After the consultation feedback in September we have decided, at this point in time, to only ask for a £5 entry fee per talk to cover our event costs, so no annual subscription for now. This £5 event fee will include a glass of wine as well as an entertaining and thought provoking talk. Where else can you get this for £5? Hope you agree!

*'Suffolk's Witches'* by Pip Wright

Pip Wright is a local historian, speaker and author. One of his popular books is *'Witches in and around Suffolk'*. Pip will help us understand this dark period in Suffolk's history, at its worst in the 17<sup>th</sup> Century. He will explain why witches were persecuted and 'tested' so mercilessly.

## 80 Years ago with the 1<sup>st</sup> Suffolks:

With the continual impact of high casualties and the temporary lack of reinforcements, infantry battalions were forced to reduce from 4 Companies to 3 Companies per battalion. The 1<sup>st</sup> Suffolks disbanded 'B' Company, down to less than 12 fit men remaining out of a full contingent of about 122! In early November life was occupied by routine patrolling eastwards to the river Maas.

Towards the end of November they were ordered to take the Kasteel Geijsteren, a 12<sup>th</sup> century moated castle. The surrounding land was waterlogged and largely devoid of cover, with the approaching raised roads being the only route of advance. These were sighted by machine guns in the castle, mortars and artillery beyond. 'D' Company led but had to withdraw under cover of darkness, having taken withering fire from the Kasteel. Next day they went again. Typhoons attacked in support. Evening came and an amphibious attack was made by 'C' Company with artillery barrage in support. Final assault went in after 01:00. The Germans had already left! Hot tea and rum was the reward. Accompanying 'press' made sure the papers back home told the story "*Suffolks in Aquatic Attack on Baron's Castle*"!

## Other Key November Events in History:

- 3<sup>rd</sup> Nov 1534: Henry VIII becomes Supreme Head of the Church of England
- 4<sup>th</sup> Nov 1979: US Embassy stormed in Tehran, Iran. Effects continue to this day.
- 5<sup>th</sup> Nov 2024: Potentially the most important US election since 1860!?
- 6<sup>th</sup> Nov 1860: Abraham Lincoln elected 16<sup>th</sup> President of the United States. This triggered the Secessions and the Civil War
- 11<sup>th</sup> Nov 1918: World War 1 ends
- 17<sup>th</sup> Nov 1558: Queen Elizabeth I ascended the throne. Arguably our greatest monarch?
- 22<sup>nd</sup> Nov 1963: President Kennedy assassinated in Dallas, Texas. Would Vietnam have been different if he had survived?
- 28<sup>th</sup> Nov 1919: Nancy Astor was elected as Britain's first female MP

## Recommended Readings, Listening and Viewing:

- 'The Noise of Time'* by Julian Barnes. 20<sup>th</sup> century Soviet Russia through the eyes of Shostakovich. <https://amzn.to/3A0mrjA>
- 'Child 44'* by Tom Rob Smith. 1953 Moscow. 1<sup>st</sup> of a trilogy. A BRN reader's recommendation! (Need more from you all!) <https://amzn.to/4f39XXw>
- 'The Secret Hours'* by Mick Herron. 1960s Berlin. <https://amzn.to/3Y6Tmen>
- 'Custer's Last Stand & Fall of the Sioux'* podcast series from *'The Rest is History'*. Myth and shame in US history.

- 'Burma 44'* podcast series from *'We Have Ways of Making You Talk'*. Our greatest battle and greatest general?

Please let me have your recommendations. Thanks to Kevin for sharing one of his!

## What Ifs:

This month I am going to pose a *'What If?'* for something that has not happened yet. By the time you read this, the most significant US election, since the 1860 Election of Abraham Lincoln will be about to or have just happened. Not since 1860 has America been so divided and the conclusion of the popular vote/election college been so consequential. Then, the election of Abraham Lincoln, the first ever Republican president, triggered the secession of 11 states from the Union. So polarised and so convinced that the winner was an existential threat to their way of life. Federal government versus State and slaves as 'property' had divided the young country since 1776, but came to a head in 1860. Arguably the 'rhyme' of this history continues today. Big issues existentially divide along the two party lines, like in 1860.

What If Donald Trump wins?

What If Kamala Harris wins?

What If they cannot decide who has won?

The keenly observant will have noticed that last month's What Ifs (4 in one day- 28<sup>th</sup> June 1914) omitted a 5<sup>th</sup>! What if Gavril Princip had missed with his two shots? Historians, even today, are divided as to whether World War would have been avoided if the Archduke had survived. This is a topic I would like to cover in a talk at some point, if people are interested. There are many lessons that could be learned.

Please let me have your thoughts..

Nigel Chapman

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

## THE EDWARDSTONE BUS SHELTER

THE BUS SHELTER IS IN THE  
PROCESS OF  
BEING CONVERTED  
INTO A PLACE WHERE BOOKS,  
MAGAZINES, PUZZLES AND SMALL  
TOYS/GAMES CAN BE LEFT.  
THE ITEMS WILL BE FREE OF  
CHARGE.



Please only leave  
items that you would  
like to have  
yourself.

Les Clark: 01787 210698

## THE BUTCHER'S WIFE

I popped into Tesco on my way home from work today for a bit of shopping. As I was strolling down the aisles with my basket I saw a young mother with her three children. The oldest child couldn't have been more than 7 or 8 years old, one was a toddler and the youngest was a baby in the trolley. The baby was crying, the toddler was pulling things off the shelf and the older child was talking non stop to her mother. People have always told me that when your children get older, you will miss the days when they were young. I can tell you that in that moment, I felt nothing but joy that I was shopping on my own. Don't get me wrong, there are plenty of moments when I yearn to have the mini Leeders mini again but this was definitely not one of them. Shopping with children, young children in particular, is a nightmare and I'm certain it's the prime reason why home delivery was invented.

Even popping to the local shops can be horrendous. After picking up the oldest Leeder from primary school once I decided to pop into the village stores with all three of the mini Leeders. The youngest was about 2 and into everything. I can't remember what I went into buy, or even the exact events of the trip. What I do remember is that in the chaos of stopping two very young boys from raiding the sweet aisle, I dropped a bottle of lemonade. The bottle exploded and sprayed lemonade absolutely everywhere – all over the shelves, all over me, all over the floor and as I left, the lovely Joy was mopping lemonade off the ceiling.

I took the middle mini Leeder to the post office once when he was about 4 years old. I remember that I was buying mushrooms. I had a little brown bag full of them and was waiting in the queue to pay when he decided to leg it out of the door and across the road. I bolted after him and in my rush, fell down the curb, landing face first in the middle of the road. As I lay there with mushrooms rolling down the road, a car pulled over and the man inside asked me if I was okay. Yes, mate, never better!

The absolute worst shopping trip though has to be when we went to Homebase to buy garden furniture. As we stood looking at a display of patio tables, one of the mini Leeders, who was about 2 years old at the time, pulled down their shorts and pants and did a poo on the floor. It took me a second to realise what had just happened and I remember saying through gritted teeth to The Butcher "there's a poo on the floor!". He tried to hide it from the other customers, who were looking at the same tables as us, while I ran to the toilets to get toilet roll to clear it up. So traumatic!

So yes, there are times when I miss my children being younger but in that supermarket today was not one of them!



## Roast Lamb with Chilli Honey Glaze

**Ingredients** Serves 4-6 (or 3 if you live with the Butcher)

- 800g-1Kg lean half lamb leg joint
  - 2 red onions, peeled and quartered
  - 2 yellow peppers, deseeded and quartered
  - 450g baby new potatoes
- For the glaze:**
- 6 tbsps Number Eighteen cold-smoked chilli honey
  - 2 tbsps lime juice
  - 1 tbsp garlic puree

### Method

**Medium:** 25 mins per 450g plus 25 mins,

**Well done:** 30 mins per 450g plus 30 mins

1. Preheat the oven to 180C (170C for fan-assisted)
2. Place the joint on a chopping board and season with salt and pepper.
3. Transfer the joint to a metal rack in a large non-stick roasting tin and roast for the preferred cooking time, basting occasionally with any meat juices.
4. 40 mins before the end of the cooking time, remove the joint from the oven. Remove the rack, add the vegetables in a single layer, then place the joint on top. Return to the oven.
5. 10 mins before the end of the cooking time, mix the glaze ingredients together and brush all over the joint. Return to the oven to finish cooking.
6. Transfer the lamb with the vegetables to a warm plate. Cover and rest for 10 mins before serving.

*This month's recipe uses Boxford's own Number Eighteen Cold-smoked Chilli Honey, available at A. Leeder Butchers. A sweet chilli sauce could be used as a substitute.*

## K WILLIS BUILDERS

All types of building work undertaken

- extensions • alterations
- fencing • landscaping
- decoration • driveways
- roofing repair jobs

Telephone: 07771 638 398 / 01787 586 031

kwillisbuild@hotmail.com

## WANTED Old Carpentry Tools

Saws, chisels, planes, vices, axes, etc.

**CASH PAID**

Phone Jon: 07922 204 521



- Computer & Printer Setup
- Email Setup
- Friendly & Helpful Advice
- Wireless Networks
- Virus Removal
- Upgrades & Repair
- TV's & Smartphones
- Support & Tuition

Based in Hadleigh, Suffolk, ITworx provide Home support for PC's, Macs, tablets & smart phones.

✉ [ian@itworxnow.co.uk](mailto:ian@itworxnow.co.uk)

☎ 07866 015953

# MICROPLANT

08703 210256 / 07850 210256

E-mail: [charles@microplant.net](mailto:charles@microplant.net)  
Website: [www.microplant.net](http://www.microplant.net)

Hire, Sales, Servicing & Repairs of  
Compact Tractors, Mini Loaders  
Fencing, Landscaping &  
Paddock Maintenance Machinery

Mini Tractors  
Loaders  
Rough terrain forklift  
Skidsters  
Mini Diggers  
Post Hole Borers  
Hyd' Post Drivers  
Trenchers  
Rotavators  
Stoneburiers  
Power Rakes  
Harrows  
Mowers  
Associated equipment



Hydraulic post driver—either centre mounted or offset behind tractor. Also available mounted on Weidemann loader



# ELAINE EVERITT

BSc(Hons) DO LicAc MGOsC MBMAS MNIMH MCPP

**OSTEOPATHY • CRANIAL OSTEOPATHY  
ACUPUNCTURE • HERBAL MEDICINE**

Treating newborns to elderly  
Sports injuries, headaches, neck & back pain  
Recognised by most medical insurances

*For a conversation to find out more or  
to book an appointment call*

**07587 743 850**

[www.elaineveritt.com](http://www.elaineveritt.com) / [www.pippettes.co.uk](http://www.pippettes.co.uk)

**Pippettes Farm  
Stone Street, Boxford CO10 5NR**



# 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.aleaderbutchers.co.uk](http://www.aleaderbutchers.co.uk)**



# RAMBLINGS FROM THE RECTORY

In our 21<sup>st</sup> Century corporate, commercialist, materialist mindset growth is everything. We are told we must always strive for more. It's too easy to become consumed by a desire for more stuff - the perfect house, job, car, clothes, looks (as if there were such things). Failure is not acceptable and so we also wake at night consumed by the fear of decline – not achieving our goals, losing what we have, growing old, no longer being able to outperform other people... Consequently, we engage in frenzied activity trying to avoid the inevitable. Decline - Fear - Frenzied Activity - Decline, a ravenous ever-decreasing circle.



You see, the world of the past few decades has seen change at unprecedented levels. We can no longer rely upon stability in our communities, relationships or employment, in the way we once did. Technological advances have also left lots of us feeling like we have been left behind or cannot keep up. Such a pace of change would have been unimaginable even a few decades ago.

Not being able to keep up makes people feel as though they are in the margins. A fear of not being able to keep up puts people on the margins. Levels of anxiety and depression in our society are at an all-time high – and is there any wonder at it? This not only affects our young people, but people of every age.

Recently in church, we have been thinking about the kind of rest and refreshment God offers us amidst this frenzied living.

*'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'* Matthew 11.28-30

These famous words of Jesus found in Matthew's Gospel give us a reminder of Jesus' offer of spiritual rest and refreshment. Many of us long for this kind of nurture and nourishment, but where can we find it?

Earlier in this same chapter (Matthew 11:20) we hear Jesus denouncing places where he has previously performed miracles, because of their lack of response. Response. Activity. Most often for us, these two things nearly always go together, but this is not a call from Jesus towards greater activity, as we might think. What if Jesus is calling us towards something different? Jesus is challenging those places where he has performed miracles to not return to their lives of busy-ness and corruption, but instead inviting them to allow the love of God to transform their communities into something more.

If Jesus' words and actions had transformed those communities, they would have recognised the folly of their fraught, feverish and frenzied living, and begun to replace it with lives of peace, rest and refreshment. Not lives that are idle and without anything to do, but lives filled with purpose and order precisely because of their individual and corporate focus upon God and each other – lives marked by gentleness and holy tranquillity.

It is my belief that those who come seeking God through the Church are, above all else, nearly always in search of that rest and refreshment. The Church is called to a different kind of presence, to be an oasis for people to find when their souls are wearied.

God has a concern for the marginal spaces and for those who feel on the margins. Where else do they find the space to be fed, nurtured and cared for? Where do we get the permission to stop and bask in something enriching of our souls? Amidst all the fevered activity of the world, our churches and their communities can offer something that is more life-giving and refreshing.

Jesus suggests we are called to something more than the world offers. In him we can see what we have been missing for so long.

*'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'* Matthew 11.28-30

May you find the rest and refreshment your soul desires this autumn,

Fr Rob

## REMEMBRANCE DAY SERVICES

SUNDAY, 10TH NOVEMBER

REMEMBRANCE CHURCH SERVICE, ST BARTHOLOMEW'S, GROTON AT 10.00 AM LEAVING CHURCH AT 10.40 AM TO CONTINUE AT GROTON WAR MEMORIAL AT 10.50 AM

REMEMBRANCE CHURCH SERVICE, ALL SAINTS', NEWTON AT 10.00 AM LEAVING CHURCH AT 10.30 AM TO CONTINUE AT NEWTON WAR MEMORIAL AT 10.50 AM

REMEMBRANCE SERVICE, ST MARY'S, BOXFORD, AT 10.45 AM, STARTING AT THE BOXFORD WAR MEMORIAL AND LEADING INTO CHURCH

REMEMBRANCE SERVICE, ST LAWRENCE'S, LT WALDINGFIELD AT 10.45 AM, STARTING AT THE LT WALDINGFIELD MEMORIAL AND LEADING INTO CHURCH

MONDAY, 11TH NOVEMBER

ARMISTICE DAY, ACT OF REMEMBRANCE EDWARDSTONE MEMORIAL AT 10.45 AM

## A PRAYER OF COMMEMORATION FOR THE FALLEN

FATHER OF ALL, REMEMBER YOUR HOLY PROMISE,  
AND LOOK WITH LOVE ON ALL YOUR PEOPLE, LIVING AND DEPARTED.  
ON THIS DAY WE ESPECIALLY ASK THAT YOU WOULD HOLD FOREVER  
ALL WHO HAVE SUFFERED DURING WAR, THOSE WHO RETURNED SCARRED  
BY WARFARE,  
THOSE WHO WAITED ANXIOUSLY AT HOME,  
AND THOSE WHO RETURNED WOUNDED, AND DISILLUSIONED;  
THOSE WHO MOURNED, AND THOSE COMMUNITIES THAT WERE DIMINISHED  
AND SUFFERED LOSS.  
REMEMBER TOO THOSE WHO ACTED WITH KINDLY COMPASSION,  
THOSE WHO BRAVELY RISKED THEIR OWN LIVES FOR THEIR COMRADES,  
AND THOSE WHO IN THE AFTERMATH OF WAR, WORKED TIRELESSLY FOR A  
MORE PEACEFUL WORLD.  
AND AS YOU REMEMBER THEM, REMEMBER US, O LORD;  
GRANT US PEACE IN OUR TIME AND A LONGING FOR THE DAY WHEN PEOPLE  
OF EVERY LANGUAGE, RACE, AND NATION WILL BE BROUGHT INTO THE  
UNITY OF CHRIST'S KINGDOM.  
THIS WE ASK IN THE NAME OF THE SAME JESUS CHRIST OUR LORD. AMEN

# *Eyelash Envy*



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

In years gone by, the only way to enhance our eyelashes and give our eyes the drama and definition they deserve was with mascara or stick-on lashes. Which was all very well, until it rained... or you cried ... or you had a shower... or rubbed your face...or went to sleep...

With lash extensions, it's easy! From the moment you wake up, to the moment you go to sleep, your lashes look perfectly done. No fall-out; no smudging. Morning dip in the sea? Absolutely! Tear- jerking movie? Not an issue!

Here at SMC, Rosie and Eve are both experts in eyelash extensions. Whether you want **Classic** for extra length or **Volume** for length and fullness, we have the right option for you.

**And this month, save £15 on a set!**

## *Lash Extensions*

*Classic and Volume lash extensions - £15 off*

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

*Call 01787 211 000 to book*

\* Offer is valid once per person until 30/11/2024. Patch test required, 48 hours before treatment.

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

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





# SERVICE SCHEDULE FOR NOVEMBER 2024



<b>Sunday 3<sup>rd</sup> November</b> <i>All Saints' Day</i>	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong for All Souls'</i>	St Bartholomew's, Groton
<b>Wednesday 6<sup>th</sup> November</b>	10:00	<i>Communion &amp; Coffee</i>	Mary's House, Boxford
<b>Sunday 10<sup>th</sup> November</b> <i>Remembrance Day</i>	10:00	<i>Remembrance Service starting in the Church and leading to the Memorial for 10:50am for an Act of Remembrance</i>	All Saints', Newton Green
	10:15	<i>Remembrance Service starting in the Church and leading to the Memorial for 10:50am for an Act of Remembrance</i>	St Bartholomew's, Groton
	10:45	<i>Remembrance Service starting at the Memorial and leading into Church</i>	St Mary's, Boxford
	10:45	<i>Remembrance Service starting at the Memorial and leading into Church</i>	St Lawrence's, Lt Waldingfield
<b>Monday 11<sup>th</sup> November</b>	10:45	<i>Act of Remembrance</i>	Edwardstone Memorial
<b>Wednesday 13<sup>th</sup> November</b>	10:00	<i>Communion &amp; Coffee</i>	Mary's House, Boxford
<b>Sunday 17<sup>th</sup> November</b> <i>2<sup>nd</sup> Before Advent</i>	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist with Choir</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong</i>	St Mary's, Boxford
<b>Wednesday 20<sup>th</sup> November</b> <i>2<sup>nd</sup></i> <i>Edmund of East Anglia</i>	10:00	<i>Communion &amp; Coffee</i>	Mary's House, Boxford
<b>Sunday 24<sup>th</sup> November</b> <i>Christ the King</i>	11:00	<i>Sunday Eucharist</i>	All Saints', Newton Green
	11:00	<i>Family Service</i>	St Mary's, Boxford
<b>Wednesday 27<sup>th</sup> November</b>	10:00	<i>Communion &amp; 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.



## FESTIVE DRINKS & NIBBLES

Friday, 6th December - 7.00-9.00 PM

St Lawrence's Church, Little Waldingfield

£15 per ticket

Available from Tricia Eddington 247932 or  
Nancy Roser 882897, [nancyroser2004@yahoo.co.uk](mailto:nancyroser2004@yahoo.co.uk)







# The Box River Benefice

Boxford, Edwardstone, Groton,  
Little Waldingfield and Newton

## DATES FOR YOUR DIARY - NOVEMBER

- Fri 1<sup>st</sup> 10:30am** *Coffee Morning*, St Lawrence's, Lt Waldingfield  
**Tue 5<sup>th</sup> 10am** *Drop in for Coffee*, Mary's House, Boxford  
**Thu 7<sup>th</sup> 6pm** *Christmas Fair*, St Mary the Virgin, Edwardstone  
**Tue 12<sup>th</sup> 10am** *Drop in for Coffee*, Mary's House  
**Sat 16<sup>th</sup> 10am** *Coffee Morning*, St Mary's, Boxford  
**Tue 19<sup>th</sup> 10am** *Drop in for Coffee*, Mary's House, Boxford  
**Wed 20<sup>th</sup> 10am** *Coffee Morning*, All Saints', Newton  
**Tue 26<sup>th</sup> 10am** *Drop in for Coffee*, Mary's House, Boxford

## BAPTISMS

We are overjoyed that three members of our community were baptised at our churches in October. These momentous occasions are a testament to their faith and commitment to their spiritual journey. Baptism is a profound and sacred act, symbolising the washing away of the old self and the rebirth into a new life in Christ. It represents a fresh start, a deep connection with God, and a public declaration of faith. We are blessed to witness and support these individuals as they take this significant step in their spiritual lives. Let us continue to surround them with love, encouragement, and prayers as they grow in their faith and walk with Christ. Congratulations to our newly baptised members.

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

## HARVEST THANKS

We would like to extend our heartfelt gratitude to everyone who generously donated at our Harvest Festival services throughout the Benefice. Your contributions will make a significant impact, helping us to support those in need within our community. Your kindness and generosity embody the true spirit of the harvest season, and we are deeply thankful for your support. Together, we have made a difference, and we look forward to continuing this tradition of giving and community spirit. Thank you for being a vital part of our mission.

## REMEMBRANCE DAY IN THE BENEFICE

Remembrance Day is a solemn and significant occasion for our church communities. It is a time to honour and remember those who have sacrificed their lives in service to our country. Our Remembrance Day services will include moments of reflection, prayer, and gratitude as we pay tribute to the bravery and dedication of our armed forces. During the services, we will gather in silence to reflect on the profound impact of their sacrifices. We will read poignant scriptures, offer prayers for peace and reconciliation, and observe a two-minute silence to honour the fallen. The service will also feature hymns and readings that remind us of the hope and resilience that come from our faith.

We invite everyone to join us in this meaningful act of remembrance. Let us come together as a community to support one another, to remember those who have given so much, and to pray for a future of peace and harmony.

## CHRISTMAS CHOIR

You are cordially invited to join St Mary's Church, Boxford Choir to sing at our Carol Service on Sunday, 22<sup>nd</sup> December at 6pm. Christmas rehearsal dates are always on a Thursday at 6pm and the dates are November 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup> and December 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>.

Help us make Christmas really special this year!

Please contact Tom Cogan for more information, 07773 970 315 or 01787 310 588.

## BOXFORD CHRISTMAS TREE FESTIVAL

Would you or your organisation like to participate in the festival and sponsor and decorate a tree at our annual St Mary's Church Christmas Tree Festival, this festive event is a wonderful tradition in our community bringing everyone together to celebrate the season. Please contact Sarah for more information and to reserve your tree.

**CHRISTMAS TREE FESTIVAL**

ST MARY'S CHURCH  
BOXFORD

SUNDAY, 15TH DECEMBER

10.00 AM - 3.30 PM

FOLLOWED BY OUR  
CHRISTINGLE  
& CRIB SERVICE  
AT 4.00 PM

Entry includes Children's Trail, programme & voting slip

- Homemade cakes
- Homemade crafts
- Christmas gifts
- Refreshments
- Tea & Coffee
- Mulled Wine
- Raffle
- & Much More .....

£2 per Adult  
Children Free



**BOXRIVER BENEFICE**

## COFFEE MORNINGS

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

**FRIDAY, 1ST NOVEMBER**  
10.30 AM - COFFEE MORNING AT ST LAWRENCE'S, LT WALDINGFIELD

**SATURDAY, 16TH NOVEMBER**  
10.00 AM - COFFEE MORNING AT ST MARY'S, BOXFORD

**WEDNESDAY, 20TH NOVEMBER**  
10.00 AM - COFFEE MORNING AT ALL SAINTS', NEWTON

**EVERYONE WELCOME, COME ALONG FOR CUPPA AND A CHAT**

## CONTACT INFORMATION

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

**Fr Rob Parker-McGee SR**  
**01787 210434** email: [boxriverrector@gmail.com](mailto:boxriverrector@gmail.com)

The Trustees of  
**NEWTON CHARITIES**  
(WILLIAM ALSTON)

are pleased to invite you to a

**COFFEE MORNING**  
**SATURDAY 26<sup>th</sup> OCTOBER**  
10.00 - 11.30am

**NEWTON VILLAGE HALL**

\* REFRESHMENTS \* STALLS \* RAFFLE \*

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



**ALL SAINTS' CHURCH**  
**NEWTON**

**CHRISTMAS**  
**COFFEE MORNING**  
**WITH FESTIVE STALLS**

**Saturday, 7th December**  
**10.00 - 11.30 am**



## **ShantyFolk**



join us for a fun-filled  
evening of sea shanties  
and tales of the sea

**REFRESHMENTS AVAILABLE**

You can catch **ShantyFolk** at their  
performance at

**Assington Village Hall**

on

**Saturday 23rd November**

at

**7.30 pm**

doors open at 7pm

**Tickets: £10 (£5 under-16yrs)**

**Tickets from:**

**Assington Farm Shop (cash only)**

**or email: [shantyfolksuffolk@gmail.com](mailto:shantyfolksuffolk@gmail.com)**

**or phone**

**07811716565**

**or**

**07989619364**

**All proceeds to go to  
Assington Church Tower Project**

**THE FLEECE HOTEL**

# Charity QUIZ NIGHT

**QUIZ DATES 2024**

**WEDNESDAY 13<sup>TH</sup> NOVEMBER**  
**WEDNESDAY 11<sup>TH</sup> DECEMBER**

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

8pm start, up to 6 people per team

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

**FLEECE JAZZ 2024**

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

**The Simon Spillett Quartet**  
 Wednesday 13<sup>th</sup> November 2024 8pm - Tickets: £20

"Straight-ahead high energy jazz is his line, and he does it with aplomb." *GUARDIAN*  
 The band will draw unashamedly on the classic sounds of British modern jazz from the 1950s and 1960s

Simon Spillett – Tenor sax  
 Rob Barron – Piano  
 Alec Dankworth – Bass  
 Peter Cater – Drums

**Art Themen at 85: "Live in Soho"**  
 Wednesday 27<sup>th</sup> November 2024 8pm - Tickets: £20

"One of the tiny handful of undeniably perfect jazz musicians." *THE OBSERVER*

Art Themen – Saxophones  
 Pete Whittaker – Organ  
 George Double – Drums

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

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

# Boxford Festive Night Market

**Saturday November 16th**  
 6pm - 10pm

**Boxford Village Hall**  
 CO10 5NP

20+ Artisan Stalls  
 Mulled Wine  
 Festive Food & Drink

**Free Entry**

**The Boxford Market**

Website: [Boxford-Market.square.site](http://Boxford-Market.square.site)

In aid of St Mary the Virgin, Edwardstone and **THREE PARISHES RESPONSE 3PR**

**Free entry**

**Thursday**  
 7th November  
 6pm-9pm  
 Stalls  
 Wine & canapés

**Friday**  
 8th November  
 9am-2pm  
 Stalls  
 Tea & coffee

# Edwardstone Christmas Fair 2024

Edwardstone Church, CO10 5PH

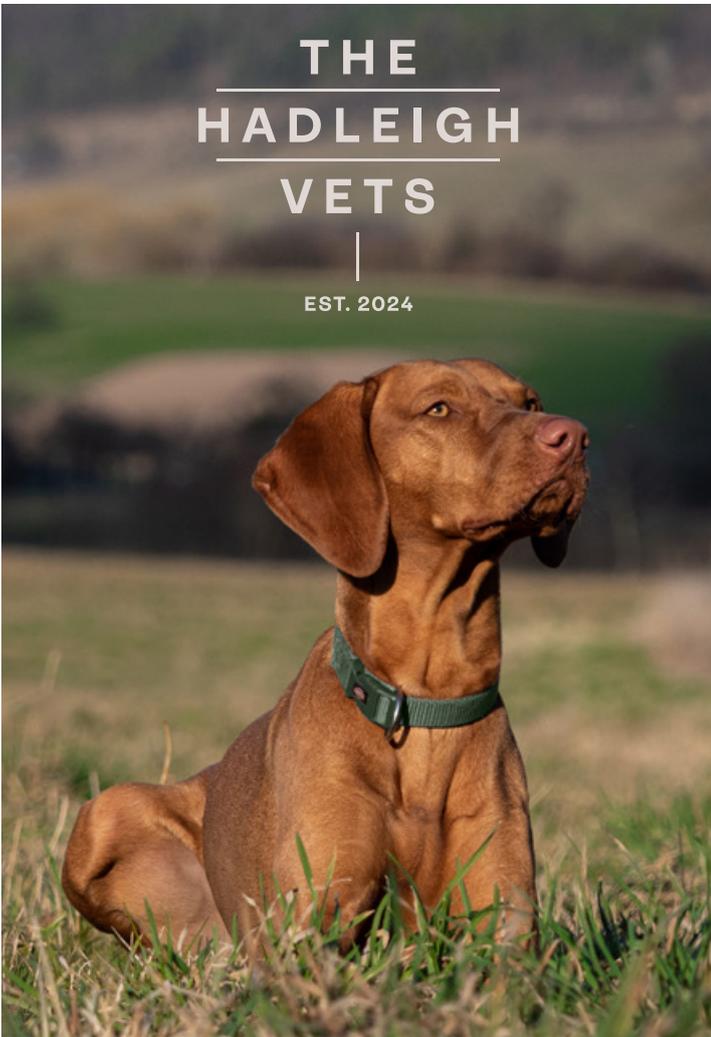
Gifts  
 Homewares  
 Christmas decorations  
 Food & drink  
 Tombola

**PLUS: Win an Alan Leeder Christmas turkey!**

**Your Christmas starts here!**

# 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](http://www.thehadleighvets.com)

**SN** Stoke by Nayland  
RESORT

## CHRISTMAS AT SBN

CELEBRATE IN OUR MAGICAL WINTER WONDERLAND

### FESTIVE LUNCHESES, DINNERS & AFTERNOON TEA

Available throughout December  
From £24.95 per person

### SANTA SUNDAYS

Enjoy a festive Sunday lunch with  
Santa and surprise gifts!

Sunday 1st, 8th & 15th December  
From £12 per child & £34 per adult

### THREE-COURSE BOXING DAY CARVERY LUNCH

Thursday 26th December  
£42.95 per adult, £20.00 per child



Scan the QR code for more information and to book!



## EDWARDSTONE CHRISTMAS FAIR

We hope you'll all be at the fair on November 7<sup>th</sup> and 8<sup>th</sup>.

As well as the fantastic selection of stalls, there will also be our now-famous turkey raffle, tombola, refreshments and - as entry is free - collection buckets being rattled to raise funds.

So remember to bring CASH as well as your credit cards!  
Christmas starts here for us all!

## WINSTON'S WHEELS

Winston's Wheels disabled dog charity will be running a tombola stall and a kiddies tombola on **Saturday 9<sup>th</sup> November** between 10am and 4pm at Bridge Farm Barns Antique & Vintage Festive Fayre, Monks Eleigh IP7 7AY.

We are also running two stalls at the Bull Hotel Christmas Craft Fayre, Long Melford on **Saturday 30<sup>th</sup> November** between 11am & 3pm.

We look forward to seeing you there.

## QUIZ NIGHT

**Friday 22<sup>nd</sup> November** Quiz Night at Monks Eleigh Village Hall, 7pm for a 7:30pm start. The Millennium Green Trustees are holding the quiz to raise funds for the upkeep of the Green. Get your teams together or just come along to join others. The questions will be for all ages and all abilities. There will be a bar and snacks and a raffle. Tickets are £5 per person, any size team accepted.

## WHIST DRIVE

**Wednesday 13<sup>th</sup> November** Whist Drive at Monks Eleigh Village Hall, 7pm start. We play 18 hands of progressive whist with a break for refreshments. We hold a 'bring a prize, win a prize' raffle. Cost is £3

## POLSTEAD FILMS

### THE FALL GUY

**Friday 15<sup>th</sup> November, Doors open 7pm**

**POLSTEAD VILLAGE HALL**

Ryan Gosling and Emily Blunt dazzle in delightful action comedy. The Fall Guy celebrates the sometimes literal heights reached on the big screen and is right up there with the best of them.

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

Bar serving wine, beer, soft drinks. Tea, coffee & biscuits and ice cream are available during the 20 minute interval. The film starts at 7:30pm and will finish around 9.45pm. Certificate 12  
*All proceeds in aid of Polstead Village Hall Charity No. 304933*



## POLSTEAD GARDENING CLUB

Details of our November gardening club meeting are shown below together with information on our February meeting.



**Tuesday 19<sup>th</sup> November at 7:30pm:** Growing Vegetables with Alice Owen from Perrywood Garden Centre

**Tuesday 11<sup>th</sup> February 2025 at 7:30pm:** Snowdrops with Marc McHearne from Beth Chatto's Gardens

We look forward to seeing you at one of the above events.

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

**Boxford Drama Group**  
**presents:**  
**at Boxford Village Hall**

# Jack & The Beanstalk

**WEDNESDAY/THURSDAY/FRIDAY/SATURDAY**  
**4th to 7th December**  
**Christmas Dinner Thursday to Saturday**  
**Bar and raffle every night**  
**Tickets from BOXFORD POST OFFICE**

## BOXFORD PANTO!

Jack and The Beanstalk. **Wed 4 December** (no meal) £8, **Thurs 5 December to Sat 7 December** £18 with traditional Christmas dinner served to your table in the interval. Tickets from Boxford Post Office.

Come and see what's at the top of the Beanstalk!

Jack Potts is a poor farmboy who lives with his mum on a small-holding in Suffolk. Mr Grubbypaws, the evil landlord, is demanding the rent which they don't have. Mr Grubbypaws' two henchmen, Ron and Sid, threaten Jack and his mum if they don't pay up. Although Mrs Potts sells milk from their cow and vegetables from the land, it's never enough to pay the rent. What is she to do?

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

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

## TWO DAY CHRISTMAS FAIR

Eager shoppers looking for something different and a little bit special for Christmas gifts this year should head over to the "Far From The Madding Crowd" Christmas Fair being held in St. Mary's Church, Hadleigh over **Weds 27<sup>th</sup> and Thurs 28<sup>th</sup> November**.

With over 35 stallholders signed up the fair promises to be busy! Open from 10am-8pm (until 4pm on 28<sup>th</sup>) admission is £5 and proceeds are being donated to the *Stand Up For Suffolk Fund*.

[www.farfromthemaddingcrowd.co.uk/christmas-fair-2024](http://www.farfromthemaddingcrowd.co.uk/christmas-fair-2024)

# LEAVENHEATH CINEMA NIGHT

**SAT 2<sup>nd</sup> NOVEMBER: HIDDEN FIGURES**

Drama PG Based on a true story

Starring Taraji Henson, Octavia Spencer, Janelle Monae

Running Time 2hr 7mins with 20mins interval

Arrive 7pm for 7:30pm start. Leavenheath Village Hall, CO6 4NS  
Tickets £4 per adult & £2.50 for under 12s

You can pay cash or card on the door. Book your tickets online at [www.leavenheathvillage.com](http://www.leavenheathvillage.com) or phone Marion on 01206 263301. Refreshments, wine, beer, soft drinks, coffee, tea will be available before the film and also available during the interval along with ice creams.

Sadly this will be the last Leavenheath film night. Marion Jones, Lesley Collin and Ken Fuller ran the cinema after its inception in 2009. When Lesley moved out of the village in 2019 and Ken's health deteriorated and was no longer able to help Marion continued to run the cinema aided by some volunteers. So after 15 years she has decided to step down. She would like to take this opportunity to thank everybody who has come along to the cinema over the years. As a thank you, all drinks on the 2<sup>nd</sup> November will be free.

Unfortunately no-one in the village has come forward to take over the running of the cinema. So unless someone does, then this will be the last film to be shown. If someone is interested in running the film night please contact Marion or someone on the Leavenheath village hall committee.

## PILATES IN EDWARDSTONE

A new block of lessons start Wednesday 6 November, 7pm at Edwardstone Village Hall. Drop in or book a block at discounted price of £8 a session. Ideal for both beginners and those who have done pilates before. Pilates is fantastic for overall fitness, strength and also relaxation. Taught by Claire Mortimer, a certified Body Control Pilates teacher, who has been practising pilates for over 20 years.

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

## KERSEY TABLE TENNIS CLUB

We are a small and friendly club and welcome players of all abilities. We operate from Kersey village hall on Thursday evenings between 7:30pm and 9pm.

Our fees are: Adults £2 for one hour or £3 for the full session. Juniors (under 18) £2 irrespective of duration.

Contact Adrian Blyth **01473 827805** ([amblyth1@gmail.com](mailto:amblyth1@gmail.com))

## COMING UP IN BRENT ELEIGH

The autumn quiz will be held on **Saturday 16<sup>th</sup> 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.

Here we are talking about Christmas, not very far away. Please come along on **Thursday 19<sup>th</sup> December** from 6pm at the village hall for carol singing around the Christmas Tree with a glass of warming mulled wine and hot mince pies to enjoy too.

Finally, please don't forget the monthly coffee morning that happens on the first Tuesday of the month. 10:30am-12noon. Everyone, from the very young to the very old, is welcome!

[karenmarshall6@gmail.com](mailto:karenmarshall6@gmail.com) or 07946 209103.

# NEIGH WORRIES AT THE LINDSEY ROSE

The Lindsey Rose has always been a popular route for horse riders to head past, but now it's certainly a place for them to stop! The team at The Lindsey Rose noticed that they had a number of horse riders stop by for a quick drink mid-ride. They've now introduced a pony park – customers love it and it's a real talking point!

## Welcoming all our locals



Offering riders' horses a water trough, mounting block & a poop scoop to tidy up any mess, The Lindsey Rose is welcoming all, whether you have two legs or four!

After a quick pint of Mauldons ale and a carrot from the kitchen for the horses, The Lindsey Rose will have riders back on their horses to get on with their hack in the beautiful Suffolk countryside.

## Dogs welcome to treats at the bar

Dogs have always been considered welcome visitors to The Lindsey Rose, and with such a hospitable atmosphere, it has brought many families together to share a meal, not excluding anyone from the trip out. There's even treats on the bar...

## A Proper Country Pub

From live music and a monthly quiz, it's not just good food and good beer. The beauty of the pub is its location in the stunning Suffolk countryside with an incredible beer garden. There's space for many of the pub's annual events, including a beer festival, fireworks display and 5-a-side football tournament.

Tracy Martin, General Manager of The Lindsey Rose commented "We noticed more and more people riding past and wanted to offer something so they could pop in for a quick drink. This has been warmly received by locals and we love something a little different here at The Rose!"

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

Telephone: 01449 741424

## CROWN RAISES £2,000!

The Crown raises over £2,000 after a fantastic evening with Matt Holland.

The Crown in Bildeston recently invited Matt Holland to an evening of entertainment as they reflected on Matt's career as an ex-Ipswich Town Football Club player with current ITFC Director Peter Over.

The evening brought in people from across Suffolk and beyond! The success of this event saw The Crown raise over £2,000, that will be donated to support the Ipswich Town Football Club Foundation.

The Crown is especially proud to support the club foundation after ITFC entered this year's Premier League. They will continue to cheer for them throughout the rest of the season!



THE CROWN  
BILDESTON

## SET LUNCH MENU

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

## WILD GAME DINNER

29th November ~ £95  
5 courses & wine pairing

## GIFT VOUCHERS

Buy online via the website  
Dinner, Dine & Stay, Fish & Fizz

## CHRISTMAS PARTIES

Book your festive get together now

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



THE LINDSEY ROSE

## 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](http://www.thelindseyrose.co.uk) | 01449 741424

# Chelsworth Christmas Fair

Saturday 30th Nov

All Saints Church  
11am - 3.30pm

"Christmas in the countryside"  
A traditional, rural, festive fair set in  
a beautiful medieval church.

Adults £3  
Children and Chelsworth residents free  
Refreshments - Free parking  
25 stalls selling gifts crafts and foods  
Tombola - Raffle  
IP7 7HU - on B1115 near Bildeston



# Fireworks Lantern Making

10th Anniversary

Saturday 26<sup>th</sup> October  
to  
Thursday 31<sup>st</sup> October  
In the Spinney 10am - 4pm



TO BOOK A SESSION  
CONTACT MARK MILLER  
01787 211596  
[BOXFORDCOMMUNITYCOUNCIL@GMAIL.COM](mailto:BOXFORDCOMMUNITYCOUNCIL@GMAIL.COM)

FRENCH'S CARE HAVEN PRESENTS

# QUIZ NIGHT

HOMEMADES  
CAKES

LICENCED  
BAR

RAFFLE

**SATURDAY 23<sup>rd</sup>  
NOVEMBER**

**At ANSELL CENTER,  
Hadleigh, IP7 5DL**

**Arrival from 7pm  
Quiz starting 7:30pm**

Email:  
french.100club@gmail.com  
Or call Sharon: 07999051401  
Bookings in by 11th November  
Charity Number: 1156954

**£16 PER TICKET,  
INCLUDING FISH & CHIPS  
or VEGETARIAN OPTION  
FROM TUDOR FISH  
& CHIPS SHOP**



## DYSTOPIA: WHEN EMPIRES FALL

An Interactive Exhibition by Lee Thomas

Step into a dark future where animals reclaim urban landscapes abandoned by people. This large-scale, immersive exhibition will transform the Mill Tye gallery in Gt Cornard into a canvas for exploring dystopian themes. Experience the art in a new way by participating in the installation process, using a virtual frame to create your own interpretations of dystopia, and breaking out of your creative comfort zone. Together, we'll turn the exhibition into a collaborative masterpiece.

Join us for collage workshops running alongside the exhibition. For more details, keep an eye on our website and social media.

Exhibition Launch Event: Saturday 9<sup>th</sup> November 12noon - 6pm.

Meet Lee Thomas, discover the inspiration behind the exhibition, and watch him work live. Enjoy drinks and explore the gallery.

Exhibition Dates: November 9<sup>th</sup> - December 24<sup>th</sup>

(Please note: the gallery closes at 4pm on December 24<sup>th</sup> for the winter break. We will reopen in March 2025).

We look forward to welcoming you to this unique artistic experience!

*Mill Tye Gallery and Arts Centre*

3 Cornard Mills, Mill Tye, Great Cornard, Sudbury CO10 0GW

Tel. **01787 376 796** email: [milltye@icloud.com](mailto: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](http://www.milltyegallery.co.uk) or follow Mill Tye Gallery on Facebook or Instagram.

## WINE TASTING

WITH **GEORGE UNWIN** OF **BAYTHORNE WINES**  
**7.30 PM SATURDAY 16<sup>th</sup> NOVEMBER 2024**  
**LITTLE WALDINGFIELD PARISH ROOM**

**Tickets £18.00 per person**

(includes all wine, cheese and nibbles)

An opportunity to try something different and order wine, delivered in time for your Christmas celebrations

George Unwin will provide expert advice to guide us through an evening tasting a range of interesting wines from around the world. George is an independent wine specialist with a wealth of knowledge and experience who is down to earth, friendly and helpful.



Tickets to be purchased by 12<sup>th</sup> Nov from Sue Bowen 01787 249473  
Heathfield House, The Street, Lt Waldingfield [sd.bowen@btoopenworld.com](mailto:sd.bowen@btoopenworld.com)



## Newton Open Gardens

Sunday 22<sup>nd</sup> 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

MILL  
TYE

MILL TYE GALLERY  
AND ARTS CENTRE

09 24  
nov dec



Lee Thomas

## Dystopia

When Empires Fall

Exhibition Preview on Saturday 9th November from 10:30 to 6pm

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](http://www.milltyegallery.co.uk)

# Mrs. Doubtfire

**Helloooo, poppets! MRS DOUBTFIRE is the West End's hit comedy musical based on the beloved film.**

Out-of-work actor Daniel will do anything for his kids. After losing custody in a messy divorce, he creates the alter ego of Scottish nanny Euphegenia Doubtfire in a desperate attempt to stay in their lives. As his new character takes on a life of its own, Mrs Doubtfire teaches Daniel more than he bargained for about how to be a father.

Mrs Doubtfire features all the hilarious moments you love from the movie, plus fabulous new songs and dazzling dance numbers!

Put it all together and you've got a show that's not to be missed - **BOOK NOW, DEARS** before it's too late as it finishes in the West End in April 2025.

**Date: 13<sup>th</sup> February 2025**  
**Price: £90 per person**  
(includes return coach travel and theatre ticket)

**Departs: 9am outside The White Hart, Boxford.**

Email: [tracey@boxrivertravelboutique.co.uk](mailto:tracey@boxrivertravelboutique.co.uk)  
or call: 07747 608509 for tickets

BOXFORD

# CAROLS AROUND THE TREE

7PM MONDAY 16TH DECEMBER  
OUTSIDE THE WHITE HART

Mulled Wine  
& Good Cheer!

BOXFORD  
COMMUNITY  
COUNCIL

SUPPORTED AND FINANCED BY  
BOXFORD, EDWARDSTONE  
AND GACTON

THE  
CROWN

## CHRISTMAS AT THE CROWN

**FESTIVE MENU**  
Available from 20th November.  
Two courses £32 | Three courses £38

**WINTER GARDEN**  
Bundle up and get cosy in our Winter Garden from 20th November. For our Winter Garden events and group bookings speak to a member of our team.

**MURDER MYSTERY SUPPER**  
Help us solve the case of the mysterious Crown murder!  
Thursday 19th December - £55 per guest includes a three-course supper.

[crowninn.net](http://crowninn.net)

# GB Wall & Floor Tiling

Free Professional Quotation

Contact Gary Now: 07596 390 495

GARYBOOTHFLOORING1@OUTLOOK.COM

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

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

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

Covering all of Essex and Suffolk

• OAP discounts • NHS discounts • Military discounts

Trade discount offered to purchase tiles.



Nayland with Wissington Community Council's

# BONFIRE AND FIREWORKS

## NOVEMBER 5<sup>TH</sup>

### NAYLAND VILLAGE HALL

*Limited parking in village - Please walk if you can  
Disabled parking only at Village Hall CO6 4JH*

Adults £6 - Children £2 - TICKETS IN ADVANCE ONLY  
from [www.naylandevents.org](http://www.naylandevents.org) or Mill Street Deli & Forget Me Not Stores

★ HOT DOGS ★ SOFT DRINKS ★ MULLED WINE ★  
BEER ★ FISH & CHIPS ★ ICE CREAM ★ CHILDREN'S TREATS

available from 6.15pm  
Display by Firework Crazy  
STARTS 7pm  
GUY & BONFIRE after Fireworks

[www.naylandcommunitycouncil.org.uk](http://www.naylandcommunitycouncil.org.uk)



## ENJOY CULTURE, COFFEE & FRIENDS

on the 3<sup>rd</sup> Wednesday of each month at 11am  
at Long Melford Village Hall CO10 9QJ  
(opposite The Bull Hotel)

For details contact: [info@TASstourvalley.org.uk](mailto:info@TASstourvalley.org.uk) quoting BRN  
or simply click the QR code which will take you direct to our  
website [www.TASstourvalley.org.uk](http://www.TASstourvalley.org.uk)

## WEDNESDAY 20<sup>TH</sup> NOVEMBER

FIVE CORONATIONS, THREE WEDDINGS  
AND A FUNERAL - THE HISTORY OF THE ROYAL  
SCHOOL OF NEEDLEWORK

The royal connections were established at an early date  
by Queen Victoria as it's Patron in 1875 followed later  
by her daughter Princess Helena as President.

The lecture focusses in particular on the coronations of  
Edward VIII to Charles III and other notable occasions.



## WHITE HART INN

BROAD STREET, BOXFORD

MONDAY to SATURDAY - 8am until 10:30pm

SUNDAY - 8am until 7:30pm

### BRITON'S BAR OLD STYLE PUB

Open MONDAY to SATURDAY 12noon - 10:30pm  
SUNDAY 12noon - 7:30pm

### FRED'S COFFEE LOUNGE FRENCH PÂTISSERIE & SAVOURIES

COFFEE & CAKE SPECIALS

Open EVERY DAY 8am - 4pm



## JOIN US FOR CAROLS 'ROUND THE TREE BOXFORD CHRISTMAS LIGHTS SWITCH-ON

DECEMBER 16<sup>TH</sup> from 7pm  
HOT CHOCOLATE & MULLED WINE BEING SERVED

Enquiries: 07856 912 107

FOLLOW US ON FACEBOOK: The White Hart Inn - Boxford

COME DOWN AND HAVE A WARM UP!

# PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

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

## Part Three:

Last month we told the story of the first part of Kenny King's war. 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 on the SS *Île de France* troop and prison ship bound for New York. In this installment he describes his life on board.

There were about fifteen hundred German prisoners on board (including a German orchestra!) They were kept in cages below sea level but were allowed up on deck for a couple of hours for exercise. Our job was to not allow trouble to break out on board and most of the prisoners behaved well, although one young German blew pepper in a warden's face and tried to disarm him. His punishment was to stand and watch his fellow prisoners eat their supper; there was none for him!

After reading Part 1 of this story, Boxford resident John Weiland got in touch with us to give us this fantastic account of a chance meeting between his father and Ken King on the SS *Île de France*:

*"A few years ago, Ken was one of my passengers on a Boxford senior citizens' outing and sat in the front seat. He asked me who I was and where my surname came from as he didn't recognise it. I told him it was German and that my father was a German Prisoner Of War (POW) in World War II. Ken then asked me about my father's activities during the war. I gave Ken some details, but finished off with my father being captured in North Africa just after his 20<sup>th</sup> birthday in May 1943. I told Ken that my father was brought to England with a few hundred thousand other German and Italian soldiers. There were not enough POW camps to hold them all, so many were sent to POW camps in the USA. My father was in the first ship (the SS *Île de France*!) transporting soldiers to the USA. At this point Ken interrupted me to tell me that as a soldier, he was a guard on that first ship carrying POWs across the Atlantic. Ken told me the POWs were put in the ship's hold and restrained with barbed wire. Apparently sanitation wasn't very good during the journey. Ken also told me that some of the German soldiers were encouraging other soldiers to swear allegiance to Hitler and if they didn't were thrown into the barbed wire until they did.*

*Dad was held in the USA until 1946 and then brought back to a POW camp in England. Later he was moved to a POW camp in mid-Wales. He was allowed out during the daytimes to work on local farms. As the camp conditions became more relaxed, the POWs were allowed to mix with the locals. Dad (Herbert Bernhard August Weiland) settled in Wales and then in 1948 married Mum (Margery Olivia Lewis). Coincidentally, one of Mum's sisters married one of the camp guards!"*

Kenny continues the story: On arrival in New York we were hailed as heroes. We were told "You are the best. You have seen plenty of action, that is why you are here". We were No 1 Battery Royal Artillery. I was out there for a



Kenny with an American colleague



Hedy Lamarr with troops in Hollywood. She was a famous actress, was married six times, was a wartime fundraiser and torpedo-guidance technology inventor. Kenny (circled) is directly behind her.

year. During my stay there I travelled around and I saw different states, West Point and Fort Knox in Kentucky, California and also to Mexico where I attended a bull fight. But the highlight was our visit to Hollywood. We saw and met many of the film stars of the day — these included Cary Grant and Hedy Lamarr (I have a photo of me standing near Hedy, but to me, with all their gloss, none of them was as lovely as my Ann I'd left back in England).

We had arrived to help train the Americans on gun firing techniques so we were posted to North Carolina. Our stay in America was a very happy one. The Americans were very friendly and made us all very welcome (Kenny had a very kind landlady who wrote letters home for him). After eight months we had to return home on board the Queen Elizabeth. There were 15,000 of us on board, mostly GIs coming over to Britain for the D-Day landings. It took us five and a half days. I then went down to Derby from Glasgow. I kissed Ann, we were back together.



Kenny relaxing with his pipe having taken it up in America.

After our leave we went back to the 121<sup>st</sup> Regiment. In early May I was given five days embarkation leave. Each day was heaven, but I dreaded the last day, as where I had come from I knew where we were going, I dared not tell Ann. But I took her into my arms and asked "Will you marry me?" The good thing was she said, "Yes!". I was happy but sad as I wondered if I would be able to be there (for the marriage).

We were waiting for D-Day. As D-Day approached we were told that only three gun batteries were needed for every regiment so we had to draw lots. Unfortunately, we lost and my battery was ordered to join the American Rangers on D Day on Omaha beach. (*The D-Day landings, or the invasion of Normandy, started on June 6, 1944.*)

So early that morning we were off the boat hauling our Bofors gun ashore. So this was Omaha beach, the USA beach. And here I met my Waterloo! What I saw will live with me forever. It was quite dreadful. I saw hundreds of people die, screaming men still alive and hundreds of dead. Our guns and tanks just ran over them. Everyone of my crew were sick, It was hell. (*The highest number of D-Day casualties was at Omaha, with its high cliffs.*) Around

two hours after landing we were firing at tanks. Then there was a big bang and flash. My gun barrel exploded. A shell had gone off in the breach. My two gun layers were left dead. My number four had lost both his hands and was blinded. I lay there with bad cordite burns to my eyes.

I was flown home to hospital back to UK. I and Ginger Harrington went to Epsom in Surrey, then to a Red Cross hospital for the blind in Banstead, Surrey on June 8<sup>th</sup> 1944 and stayed there for four months. I was heavily bandaged. I was in so much pain from the burns and had to be alone in a dark room. The nurses were so caring with us. I was later allowed out with a nurse with me. My nurse wrote a letter home to my Ann to tell her where I was.

I had to wear 'hospital blues', a uniform which we really did not like, as it demonstrated that we had been discharged from the army as unfit. I did not want my Ann to see me. From June 8<sup>th</sup> until September I was there getting better. The doctor from Mill Hill Hospital in London said "You are not good enough to stay in the army". So I was due to be discharged.

One evening some of the Red Cross nurses invited us to a dance in the village. Of course, we wanted to go, but not in our 'hospital blues'. So this nurse arranged to put our army uniforms in the boiler room and we all went to the dance, except for an unfortunate friend who had lost both his hands and his eyes in an explosion. We put kit bags in our beds, but this did not escape the notice of Matron who came looking for us. In the village pub, Matron came in and asked the landlord "Have you any of my boys in here?" She went back to hospital and found our kit bags in our beds, not us. We escaped from the dance, but she caught us as we jumped back into our beds. She stopped all our discharges and told the doctors we could do light duties in the Army.

She informed the authorities that she didn't think that I should be discharged. I was able to be a ring leader for our escapades and so I was quite fit enough to be in the army!



Anne Tunnicliffe and Kenneth King marry in Boxford St Mary's Church, Oct 28 1944.

After all the weeks we had been there we went to a military convalescent depot in Richmond Park, London. I had my first leave from there. I had not seen Ann since I went up to Derby. For the first time after June D-Day, she saw me. It was now October. I was so scared for when she saw me. I asked, "Do you still want to marry me?" She said, "Of course I do". I held her in my arms and was home. We were married Oct 28 1944 in Boxford church. Our honeymoon was spent in a thatched cottage, my sister's, but my leave was soon over

and I had to go back to convalescence in Richmond Park.

I was there for about two months then back to Woodbridge Royal Artillery HQ where there were hundreds of NCOs of all ranks. Then sometime later we were posted to Royal Marine Barracks, Plymouth, with fellow NCOs and put on a month's course followed by the confirmation of our stripes. I kept mine as I passed everything. Six o'clock one evening I was called to the CO's Office. He said "You have put in for leave. Why?" I replied "I want to go and see my wife". "Leave granted. Embarkation leave, eight days". He said the Royal West African Army needs an NCO

to train their troops for the Far East and you fit the bill. I was so unhappy "Why me?" So up to Derby for my eight days. We were happy again for a few days. Leave ends. Back to Plymouth.

It took the ship two weeks to get to Freetown and then on to Takoradi, West Africa (Ghana today).

*Right: Kenny in British Khaki Drill tropical uniform for Africa. He wears a slouch hat as did the West African men he had come to train.*

*Below: These two soldiers were at Takoradi and could have been trained by Kenny.*



There was just one white soldier and myself. 2,000 black troops, not many could

speak English. We did not know much of their language either.

*Kenny's job was to train these new recruits in gun warfare. When trained, the African soldiers sailed from Takoradi to fight the Japanese in Burma or for further specialist training in the Far East. They ensured these young men were effective in modern warfare techniques and their innate cultural skills would help turn round events in Burma. This and their training would stand the West Africans in good stead for the forthcoming conflict in the rainforests of Burma. Soldiers from both West Africa divisions served with distinction in Burma, showing incredible resilience in the face of extreme heat, disease, monsoons and a formidable Japanese enemy.*

*The Royal West African Frontier Force was much admired by Brigadier Swynnerton who said, "the West African was the only soldier among all the different nationalities from which the British Army in Burma was drawn, who was capable of operating for months on end in the worst country in the world, without vehicles and without mules and was alone able to carry all his warlike stores with him". Almost 100,000 of these West African soldiers served in Burma. Sadly their role has been under-acknowledged and respected in post-war history.*

I was out there for another 14 months and then my time was up to come home again and the ship was called Empire Ken!

We landed in Scotland. I had heard from Ann. She was a keen Derby County fan and Derby were in the Cup Final for which she had a ticket for Saturday while I was still on the ship. So she never went and we never left the ship till Monday. Then down to York for demob in 1946.

*A totally different style of life then awaited Kenny and the millions of personnel in the British Armed Forces. The demobilisation and re-assimilation of this vast force back into civilian life was one of the first and greatest challenges facing the postwar British government. Next month we conclude Kenny's story as he creates a new post-war life.*

Tina Loose

## READERS' LETTERS

### *Margaret Adams 1931 - 2024*

The family of Margaret Adams, of Ash street, Boxford, are sorry to announce her passing. She departed this life on 28<sup>th</sup> September 2024, in her sleep and at home, she was 92.

Her funeral service is at West Suffolk Crematorium, St Edmunds Chapel on **Monday 28<sup>th</sup> October** at 10am.

Please visit the tribute page for further information: <https://margaret-mary-adams.muchloved.com>

*Many thanks,  
Gill West*

### *James Deeks*

We would like to thank everyone who attended James's funeral and for all the kind words of support we have received since his sudden passing in June

It means so much at a very difficult time for all of us

Also thank you to the Rev James Ridge for taking the service for James.

The collection at the Church and via the Just giving page for Mind, a charity for which James had volunteered for, has raised an amazing £1,200.

*Thank you from all of us for your kind donations,  
Jackie, Rick, Kayleigh, Gemma, George & families*



### *Dear Editor*

How encouraging it was to see so many villagers attend the recent 'engagement exercise' regarding the Mill Surgery (in spite of the somewhat awkward timing, which I can't help but wonder might have been deliberate?)

Offering some much-needed clarity on the questions 'why?' and 'why now?', it also appeared to offer the surgery staff - and the ICB - some important points to consider by return.

I am sure many would agree that special thanks must go to Mr Colin Parr, whose respectful yet probing questions, and suggestions for subsequent action, kept the discussion both civil and progressive.

Here's hoping that the ICB will take these considerations seriously.

*Kind regards,  
Jamie Simpson, Daking Avenue*

## **Remember!**

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

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

## ON THE BUSES

A small group have continued to represent Boxford in efforts to maintain and potentially improve the 90 bus service to and from Boxford. Since last year's bus survey meetings were held with Suffolk County Council and providers which resulted with Chambers stepping in to maintain a service when, at one time, all seemed lost.

A recent very positive review meeting with Chambers, at which connectivity with other transport, timetabling and frequency were all discussed, was very encouraging.

Almost a tenth of Suffolk's residents do not have access to a car, relying heavily on bus services and the wider integrated public transport system, further reinforcing the vital role bus services play in keeping Suffolk connected. Boxford is no exception to this rule, indeed such is the demographic of all the Box River villages that local reliability on buses is likely to increase in the future when ageing carbon fuel vehicles become too expensive to replace.

Chambers are keen to listen to our hopes for the future bus service and are listening to us. If you have views and aspirations, or wish to reflect on behalf of others please send your views to [colinparr44@btinternet.com](mailto:colinparr44@btinternet.com) or [d.burden379@btinternet.com](mailto:d.burden379@btinternet.com).

*To plagiarise Mark Twain, news of the death of Boxford bus services are greatly exaggerated!*

*The Boxford Bus/Transport Team*

# MATTOCK MOTORS LTD

CALAIS STREET FARM, CALAIS STREET, BOXFORD



- TYRES
- BRAKES
- EXHAUSTS
- SERVICING
- MOT TESTS
- ONE STOP CAR REPAIRS

**Has your Car lost it's Spark of Life?**

Full Diagnostic Equipment, Laser Liner, Fault Code Reading Equipment.  
(A.B.S., Airbag, Engine Management Lights etc)

- AIR CONDITIONING • REGASSING
- REPAIRS • ULTRA VIOLET LEAK DETECTION

OPENING TIMES MON-FRI 8:00am - 5:00pm

**ONE CALL AWAY**  
TELEPHONE

# 01787 211394

# FESTIVE FIRS FINISHING

For the past 20 years, we have had the absolute joy of selling Christmas trees from the small patch of land behind our cottage. What began as Richard Morris's effort to protect the woodland he planted over 30 years ago turned into something wonderfully unexpected—our very own Christmas tradition. In true Richard fashion, he started selling those trees down the pub, and the rest, as they say, is history!



*Richard Morris among his Christmas Trees in 2014*

Over the years, we've been lucky enough to see the same friendly faces each December, while also welcoming the next generation of Christmas Tree Elves into the Morris Family. We've watched children pick out their trees year after year, growing from babies into young adults heading off to university, and have proudly become known as 'The Christmas Tree Family'. When Richard passed away 8 years ago, we decided to carry on the family tradition as long as the trees lasted, and it's bittersweet to announce that this will be our final year opening to the public.

But don't worry—if you've got the space for one of our towering 10-footers, we'll still be supplying those by appointment next year. We'll also continue to provide local florists with greenery for their beautiful Christmas wreaths.

This year, we'll be open on the weekends of December 7<sup>th</sup>/8<sup>th</sup> and December 14<sup>th</sup>/15<sup>th</sup> from 10:30 – 3pm. As always, if you need a tree outside of those times, just give us a shout!

From all of us, we want to say the biggest thank you for your support over the last two decades. To everyone who trudged through the muddy fields in the warm, wet winters, or squinted to find the snow-covered tree labels in the fun, snowy ones—we've loved every moment. And to those of you who showed up with your own saws, ready to play Christmas Tree Elf—thank you for being part of our journey. You've made our family tradition something truly magical.

*Warmest wishes,*

*The Morris Family*

[marijke\\_e@yahoo.co.uk](mailto:marijke_e@yahoo.co.uk) / 07914767013

# BOXFORD SCHOOL

We've had an incredibly busy start to this academic year. We are extremely impressed with how Reception children have approached all of their new learning. A range of sporting events have also been organised by Mr Griffith – these being played both at home and away. Thank you, Mr Griffith, for facilitating these events!

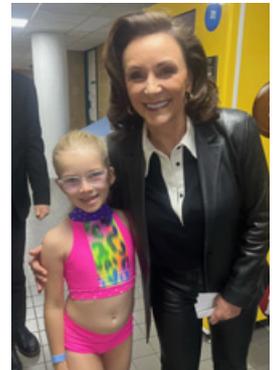
## European Day of Languages (School Value: Creativity and Respect)

During European Day of Languages, Reception children produced a painting in the style of Kandinsky's *Squares with Concentric Circles*. This superb piece of artwork is on the wall in the classroom – well done Reception! Many classes had an art focus and the brilliant outcomes are on display around the school.



## Sydnee makes the DFR Grand Finals 2024! (School Value: Perseverance)

Well done to Sydnee for making the DFR Grand Finals in Guildford. Finalists were put through their paces dancing Disco, Freestyle and Rock 'n' Roll. Sydnee did extremely well making it to the semi-finals twice, narrowly missing out on the final dance. One of Sydnee's highlights was meeting Strictly Come Dancing Head Judge, Shirley Ballas! What an incredible achievement Sydnee... keep dancing!



## FoBS (School Value: Responsibility)

We are fortunate to have an incredibly positive and pro-active Friends of Boxford School group. We'd like to thank all parents and carers that supported the FoBS Autumn Fayre. Sadly, the weather was against us and the inflatables had to be cancelled, but there were still plenty of fun stalls in the village hall. With your support from families, FoBS raised OVER £500!

## Is your child starting or transferring school this next year?

At Boxford, we pride ourselves on the rich and broad curriculum we offer. We are currently providing tours of our school for pupils looking to start school in 2025/2026. If you would like a school tour, please contact Mrs Clarke in the office on 01787 210332 or email [office@boxford.suffolk.sch.uk](mailto:office@boxford.suffolk.sch.uk) to book one. We look forward to seeing you soon!



## Bates Wells & Braithwaite

**Expert legal help for business and for individuals...**

- Accident claims - Commercial and company law
- Commercial property - Commercial German legal services
- Employment - Environmental Law -
- Estates, trusts and wills - Family and children
- Farming and rural business affairs
- Health and safety - Licensing - Litigation/mediation
- Residential property - Rural business affairs

**Bates Wells & Braithwaite Solicitors**  
 27 Friars Street Sudbury CO10 2AD  
 T: 01787 880440 E: [solicitors@bwblegal.com](mailto:solicitors@bwblegal.com)



## Moving?

Call us on 01787 377489

Todds Removals

& Todd Storage  
a reliable local service you can trust

- Removals
- Storage
- Home or Business
- Packing materials
- Packing service
- UK, Europe and beyond

www.todds-removals.co.uk

## CITIZENS ADVICE

*I don't have a will, but I wonder if I should make one. The problem is, I have no idea where to start or how to make it official.*

Making a will can seem daunting, but it's important to make one whether or not you consider yourself to have many possessions or much money. This is because there are certain rules which dictate what will happen to your money, property, or possessions after you die and without a will they may not go to the people or places you would have wanted.

It's a good idea, although not strictly necessary, to use a solicitor, or to have one check a will you draw up to make sure it'll have the effect you want. This is because it's easy to make mistakes which could cause problems after your death and result in costly legal fees.

A solicitor will charge for their services, but they should tell you how much their help will cost before they start working with you. Charges vary and will depend on the complexity of the will. Before deciding on who to use, shop around and speak to a few different solicitors to find the best price.

Before you approach a solicitor, you should think about the major points you want to include in your will. This will save you time and help to reduce costs.

Things to think about include: how much money and property you have and if any of your possessions are especially important to you; whether you want any of your money or possessions to go to specific family or friends after your death; and what you'd like to happen to the rest of your assets, including whether or not you'd like to leave any gift to charities. If relevant, you should



**citizens  
advice**

also decide who should look after any children you may have who are under 18.

You'll also need to decide who will sort out your estate and carry out your wishes, as set out in the will. These people are known as the executors. It's common to appoint two executors, in case one is unable to carry out the task. People often choose either relatives or friends, solicitors or accountants, banks, or the Public Trustee, which is an official body, to be an executor.

For a will to be valid, it must be made by someone who is 18 or over and of sound mind, meaning someone who is capable of rational thought, making and understanding decisions. It must also be drawn up without any pressure from another person. It must also be made in writing and signed by the person making the will, in the presence of two witnesses, who must also sign the document in the presence of the person making the will. Lastly, it should be dated. As soon as the will is signed, dated, and witnessed, it is complete.

Once a will has been made, it should be kept in a safe place and other documents should not be attached to it. This safe place might be at home, with a solicitor or accountant, at a bank, or at HM Courts and Tribunals Service (HMCTS) for safekeeping.

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

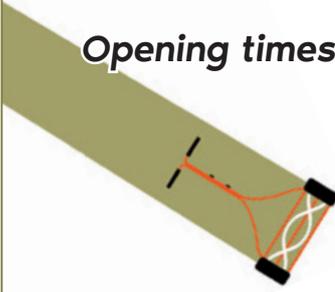
We are providing advice by telephone and email Monday – Thursday, 10am – 3pm.



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

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

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



**01787 375 194**

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

[info@rnrgardenmachinery.co.uk](mailto:info@rnrgardenmachinery.co.uk)

**Bell Tack Works, Middleton Road, Sudbury, CO10 7LJ**

# FRENCH'S CARE HAVEN

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

Our Fish & Chip Quiz night is fast approaching, another year has passed and we are looking forward to meeting you at our quiz, which over the years has been enjoyed by all who have come.

Quiz night date is **Saturday 23<sup>rd</sup> November** 7pm arrival quiz start time 7:30pm at The Ansell Centre, Hadleigh. £16 per person. There will be vegan food available, homemade cakes, a licensed bar, raffle and a night of laughs and entertainment. If you are single or there is just a couple of you that is fine, we will join you on a table that are also short, so no worries just let us know what you would like and we will work with you. Bookings need to be in by 16<sup>th</sup> November the latest. Please contact Sharon to book a table at: [Frenchs.100club@gmail.com](mailto:Frenchs.100club@gmail.com) or call her on: 07999 051 401

We have a Charity Psychic night on **Saturday 9<sup>th</sup> November** at the Fleece Hotel in Boxford. The psychic medium has been seen in *Take A Break* magazine, *Fate n Fortune* and *Towie*, doors open at 6:30pm, start 7pm. £15 per person, please pre-book. We have had this medium once before and she entertained the locals who came previously, so I am sure those who attend this time will like what they see and hear from this lady.

These two events will of course help raise money for our rescued animals, which is very much needed in these really tough times financially for our charity. Please consider making a personal donation to us if you can, your help will keep us going and would be very much appreciated by our team and of course our dear rescued animals.

Our two photos this month are Mia the cat and Coco the pony. Mia was one of our rescues who is now a very happy and content cat - she is a beautiful little soul. Coco is standing in the rain waiting for his lunch, his open shelter with hay inside is in the ménage near where he is standing, but as all animals that are in a good routine, they have a clock in their heads and know exactly what the time is, especially when it is meal time. Coco's stare says it



all, "Where's my lunch? It's 12:30pm!"

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

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

Call me for an appointment. Jann on: **07747 755 556** or email: [jann.turner@hotmail.co.uk](mailto:jann.turner@hotmail.co.uk)

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



## Elaine Carpenter

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

### HYPNOTHERAPY

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

I have over 30 years of experience as a hypnotherapist, helping people to overcome a wide range of emotional, mental & physical problems.

Call me for an informal chat to see how Hypnotherapy can help you.

Now available at KERSEY MILL & BOXFORD

**Phone: 01787 210 601**

**Mobile: 07929 744 072**



## S B Electrical



### For all your electrical work large or small

Free Estimates ✓ No Call Out Charge ✓  
A Member of the BSI ✓ Electrical Certificates Issued ✓  
Part 'P' Registered ✓ Insurance Backed Guarantee ✓

**Tel: 01787 247043**

email: [info@sbelectrical.biz](mailto:info@sbelectrical.biz) or visit [www.sbelectrical.biz](http://www.sbelectrical.biz)

Church Road, Little Waldingfield, Sudbury, Suffolk

MEMORIALS

## LUXSTONE

WE HAND CARVE  
ANYTHING IN STONE

Memorials, standard and bespoke  
Carving - Stone Signs - Nameplates  
Letter Cutting and Carving Courses

Stour Valley Business Centre, Brundon Lane,  
Sudbury, Suffolk CO10 7GB

Tel 01787 371570

E mail [info@neilluxton.co.uk](mailto:info@neilluxton.co.uk)

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



# 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.



**Covid & 'Flu Vaccines:** Patients have responded well to the appointments offered and to date To date 3,197 'flu jabs of which 2301 were given at the surgery. 2560 Covid jabs, of which 2191 were given at the surgery. At the time of going to print the last vac clinic had not taken place so final numbers will be higher. Sincere thanks to staff and volunteers who gave up their precious free time to ensure that all went smoothly and such an impressive number of patients have some protection before winter sets in.

**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.

**Boxford Practice:** The engagement exercise and public forum concerning the possible closure of the Boxford Practice ended on 27<sup>th</sup> October. Further updates will follow.

**Call Back Option:** Many patients are still not aware of this very helpful, efficient return call option believing that they will lose their turn in the queue. Rest assured you do not as your call will be returned once it reaches your turn. Choose the 'call back' option and then hang up.

**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.

**The NHS App:** Do you have access to this very useful app? You will be surprised how much useful information can be found there. If you ever have reason to use a doctor outside Hadleigh they can immediately access your medical records; saving valuable time and a lot of stress.



[www.nhs.uk/nhs-app](http://www.nhs.uk/nhs-app)

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 7<sup>th</sup> November 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:** If the previous training sessions during the day were not convenient maybe the final gathering will suit you better. This will take place on Wednesday 13<sup>th</sup> November from 7:30pm to 9pm at Hadleigh Leisure Centre. Highly trained and very experienced Hadleigh Community First Responders will show you 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, co-ordinates 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: [jen.eastwood8@gmail.com](mailto:jen.eastwood8@gmail.com), 01787 211 853 and support this invaluable service. Insurance issues are addressed when you sign up.

**Art in Practice:** We are fortunate to have two displays to brighten the walls and empty spaces in the waiting area. The 3D free standing work comes courtesy of the students at Hadleigh High School while the eye-catching pictures are kindly on loan from students at Hazel Bradshaw's art classes. Our thanks to Katy Miller, Hazel and their students for making the exhibition possible. Some pieces are for sale with 10% of the sale money going to the Practice's Charitable Trust.

**Both Practices:** 01473 822 961

**PPG/Art Sales/Defib:** [deveys@btinternet.com](mailto:deveys@btinternet.com)

**Chair:** Jan Devey 01473 827 091 or 07881 798999

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

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

## BOXFORD WI UPDATE

Boxford WI invites some very interesting speakers and this month our speaker was Ann Austin, who is a Community Fundraiser for East Anglia Children's Hospice and provided us with a very interesting talk about EACH's work and the range of activities they provide for their clients. There was an opportunity for members to ask questions after her talk. There is a very good EACH charity shop in Hadleigh.



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

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

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

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

## BOXFORD GARDENING SOCIETY

On the 1<sup>st</sup> October Luci Skinner gave us a talk on the history of Auriculas, a wonderful little plant bred for 'showing' by nineteenth century florists (men who specialised in plant breeding as opposed to florists as we know them today). She illustrated some of the very best and explained the make-up of the circles of colour and white circles of flour like dust called *farina*. She described the essential details for success in growing at home and advised a north facing aspect, hating bright sun in summer but managing to cope with up to minus 20°C in winter, remembering they dislike heavy rain or heavy wet soil.

Luci has retired from her partnership at Wootens of Wenhaston where they breed many varieties and where you can now buy many of these beautiful little plants online.

We meet again on the 5<sup>th</sup> November when we have the AGM and party for members and partners. Then we recommence our monthly meetings on Tuesday February 4<sup>th</sup>, 2025. [enquiry.boxfordgardeningociety@outlook.com](mailto:enquiry.boxfordgardeningociety@outlook.com)



**sunflowers  
childcare**

**An independent setting  
within Boxford Primary School**

We offer term wrap-around care and early education  
for children aged **20 months - 12 years of age**

**Avoid school pickup and drop-off stress!**

Sunflowers Childcare runs breakfast and after-school clubs for  
Boxford School children from Reception up to Year 6.

We deliver to Boxford School from breakfast club and  
collect from the school for our fun after-school club.

**Pre-school children**

New funding now available for all children  
from 20+ months including 2, 3 and 4 year-olds

Pre-school children only from 8:45am - 3:30pm  
Morning, lunch and afternoon sessions available.



**AFTER  
SCHOOL CLUB  
FROM £6.70**

Various finish times  
between  
4:15pm & 6pm

**BREAKFAST  
CLUB**

**£4.50**  
from 7:45am  
(7:30am early link  
if needed)

**For more information please contact us**

The Cabin, Stone Street Road, Boxford, Suffolk. CO10 5NP

**CALL US: 01787 211363**

Email: [info@sunflowers-childcare.co.uk](mailto:info@sunflowers-childcare.co.uk)

Web: [www.sunflowers-childcare.co.uk](http://www.sunflowers-childcare.co.uk)



**JARVIS**  
BUILDING CONTRACTORS LTD

T: 01787 211839  
M: 07823 776005

**JARVIS**  
HUTMAKERS LTD

T: 01787 211839  
M: 07823 776005



E: [info@jarvisbuildingcontractorsltd.co.uk](mailto:info@jarvisbuildingcontractorsltd.co.uk)

E: [info@jarvishutmakersltd.co.uk](mailto:info@jarvishutmakersltd.co.uk)

FOR ALL TYPES OF BUILDING AND  
LANDSCAPING NEEDS

- ◆ NEW BUILDS
- ◆ EXTENSIONS
- ◆ RENOVATIONS
- ◆ FLINT & STONE WORK
- ◆ KITCHEN & BATHROOM INSTALLATION
- ◆ DESIGN & PLANNING
- ◆ ALL INSURANCE PROJECTS
- ◆ ELECTRICS & PLUMBING
- ◆ LANDSCAPING
- ◆ DECORATING SERVICE ECT...

[jarvisbuildingcontractorsltd.co.uk](http://jarvisbuildingcontractorsltd.co.uk)

At Jarvis Hutmakers, we prioritise quality craftsmanship and affordability, ensuring that our huts and shepherd huts are not only beautifully designed but also quick to install. With our design service, you can create the perfect outdoor retreat without the need for planning permission.

Whether you're looking to add a shepherd hut to your garden or create a cosy garden room, Jarvis Hutmakers has the expertise to bring your vision to life. Our huts and shepherd huts are built to last, using only the finest materials and craftsmanship.

[jarvishutmakersltd.co.uk](http://jarvishutmakersltd.co.uk)

You're fumbling your finances  
And your accounts are due  
It's all such a worry  
What are you to do ?

It's time to call **Quove**  
They'll reduce your stress  
**Chartered Accountants**  
Who'll sort out your mess

Helpful and constructive  
Regardless of size  
Affordable fees  
For advice that is wise

So pick up your phone  
And no longer be sad  
They'll fly to your rescue  
Even if their poetry's bad

Brickfields Business Park  
Woolpit

01284 845120

 **QUOVE**  
ACCOUNTING  
[www.quove.co.uk](http://www.quove.co.uk)



## Woodlands Nursery

Set in the beautiful surroundings of  
Kersey Mill. We offer outstanding care  
and education from 11 months to 4 years.

Forest School Sessions within our enchanting  
garden help forge a love of the outdoors while  
sing & sign classes further develop your child's  
communication and independence.

Children will make cherished memories with  
lasting respect for each other and  
the environment.



Toddler Group &  
Weekly Baby Classes  
also running term time



[WWW.WOODLANDSNURSERYKERSEYMILL.CO.UK](http://WWW.WOODLANDSNURSERYKERSEYMILL.CO.UK)

## TRAILER SALES AND HIRE

We are a family run company that will always go the extra mile  
for our customers.

We provide all types of trailers to both companies and individuals.  
We are based in Suffolk but we cover all of East Anglia, Kent,  
Surrey and into London.

Approved dealer for Bateson, Maypole, Tickner & Woodford Trailers.

Contact either Rob or Jeanette to discuss your requirements  
so we can get your perfect trailer.



07850 554 776 / 07974 189 647

[rob@1stoptrailers.co.uk](mailto:rob@1stoptrailers.co.uk)

[www.1stoptrailers.co.uk](http://www.1stoptrailers.co.uk)



Open Every Day 07:00 - 21:00hrs including Bank Holidays

**1**STOP  
**TRAILERS**

## Take part in the Housing Needs Survey

We would like to hear  
from **Boxford** residents  
about your housing situation.

The responses you provide will  
help to ensure we are delivering  
affordable homes that local  
people need.

Survey  
open from  
14<sup>th</sup> October  
until  
14<sup>th</sup> November



Scan the QR code with  
your phone to find out more  
and to complete the survey  
online or visit [www.qa.1sixty.net](http://www.qa.1sixty.net)



# Get your business seen

Effective advertising:  
[editor@boxrivernews.com](mailto:editor@boxrivernews.com)

# CHANGES AT BOXFORD PARISH COUNCIL

Our Chairman, Hugh Phillips, has recently decided to step down from the Parish Council and to have another go at retiring. We wish him well and are grateful that he has offered to continue to help us with some of our current projects, including the Housing Needs Survey as it moves into the next phase.

We are pleased to welcome a new member of the Parish Council, Peter Watt, at our October meeting. However, we remain very short of councillors (we are now five and ideally should be nine), so if you have ever thought about becoming a Parish Councillor, please give it some further thought. If you would like to know more, please email our clerk, Zoe, at [clerk@boxford-pc.gov.uk](mailto:clerk@boxford-pc.gov.uk). We are always happy to have an informal chat about what it involves, so that you can make an informed decision.

## Proposed closure of Boxford surgery

It was good to see so many people attending the public meeting on 1<sup>st</sup> October and to hear so many views - and some impassioned personal appeals - about the likely effect that closing Boxford surgery might have on our community. It was also good to hear the Practice's point of view directly from the GPs and other healthcare workers, who gave up their time to come and meet with us face to face. They left with a very clear view of how Boxford feels about the proposed closure. Discussions continue with the Practice and there will be a further update in due course. In the meantime, anyone who would like to express their views can do so via the Practice's website, at [www.hadleighhealth.co.uk/branch-closure-feedback](http://www.hadleighhealth.co.uk/branch-closure-feedback).

## 20mph speed limit

The good news is that Suffolk County Council has agreed to take the 20mph zone for the centre of Boxford (Sand Hill, Ellis Street and School Hill) to the next stage, although we still seem to be some way from seeing it actually come into force. The Parish Council intends to continue to press for a 20mph zone and appropriate other traffic calming measures in Stone Street, as it is clear the weight of traffic using Stone Street has become a serious problem for its residents, particularly now that the permissive path is no longer in use.

## Boxford on the tourist map

I hope that some of you will have seen the new leaflet describing three walks around Boxford, Groton and Edwardstone. The leaflet is published in conjunction with Discover Suffolk ([www.discoveruffolk.org.uk](http://www.discoveruffolk.org.uk)) and aims to encourage more visitors to come and explore our historic villages, rather than simply bypass us on the way to more famous sites, such as Lavenham.

*Lisa Wortley*

*Chairman, Boxford Parish Council.*



**Gary Jarvis**  
Paper Hanger and Interior Decorator  
01787 211471 or 07733 325669  
[garydjarvis@gmail.com](mailto:garydjarvis@gmail.com)

# BOXFORD FRIENDSHIP GROUP

Where has the year gone to? The BFG have been zooming along each month at a pace. In May we listened to the Nayland Hand Bell Ringers, a very soothing sound which made you feel you were in the snowy Alps, the most lovely of sounds. Some of our members were given the chance to join in for one piece of music which had us all giggling. Thanks to Margaret, the Hand Bells leader, for the fabulous afternoon.

Madrigalia visited us in June - a beautiful vocal Summer concert. Most of us, including Madrigalia, attired in an extravaganza of hats (it having been being Ascot week). We were blessed with a glorious sunny day with all the doors thrown wide open. Thank you to Sue, Madrigalia's musical director. Boxford and the surrounding villages are full of talented people, we are so lucky to be able to meet them at BFG.

Alison Braine gave us an enlightened talk in July about Ugandan Crafts. For the last 15 years Alison has been visiting Uganda to support children at a school in Entebbe. She raises money to support the school by selling Ugandan crafts at fairs and markets and she brought an array of the items to our meeting. The members were very supportive and a good donation was raised. A big thank you Alison for all that you do - African countries would be much worse off if it wasn't for charities like hers.

The BFG wouldn't survive without some gastronomic delights, so in September we collected 50 portions of fish and chips, from Mick's in Sudbury. No mean feat with 50 members anxiously waiting. We made it back to the hall in time (talk about meals on wheels), arriving back to the sound of great cheers from the hall.

On a more serious note, Elaine from Citizens Advice Sudbury talked to us after lunch, mainly about Pension Credit and how to apply for it. Elaine gave excellent advice. Pension Credit unlocks other means of support like free TV licences, help with housing benefits and Council tax. If you know anyone who may be eligible for Pension Credit and may need help, please try and apply.

Lastly ('phew' you'll be saying!), we are expecting to lose a few pounds in the October meeting by trying a bit of line-dancing, getting ready for our annual Festive Lunch. Watch this space!

Lots of thanks must go to our members for their continued support and good humour for the BFG, which wouldn't function without the dedication of Wendy, Shirley S., Cynthia, Jean and David.

Special thanks to Shirley G., Morwenna, Diane S., Evie, Judy and Rosie, the Blanketeers who have been making some stunning blankets for palliative care patients.

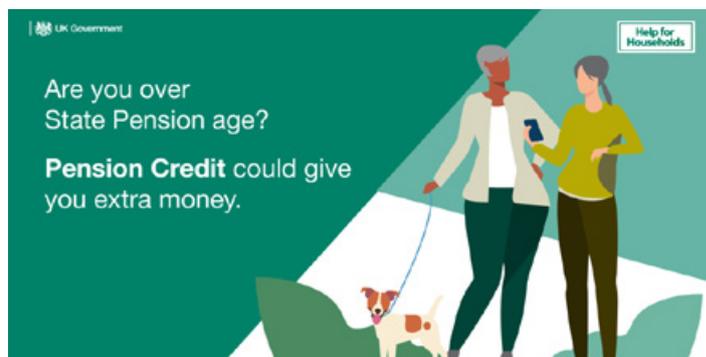
Contact details for support for pension credit:

Sudbury Citizens Advice 01787 321 400 Mon -Thurs 10 - 3pm or visit their website: [www.sudburycab.org.uk](http://www.sudburycab.org.uk).

There is lots of useful information about Pension Credit available on the 'Money Saving Expert' website: [www.moneysavingexpert.com/savings/pension-credit](http://www.moneysavingexpert.com/savings/pension-credit)

The government website to apply for credit is [www.gov.uk/pension-credit](http://www.gov.uk/pension-credit) or you can phone 0800 99 1234 (free) to apply for Pension Credit.

*Alison Warren*



UK Government  
Help for Households  
Are you over State Pension age?  
Pension Credit could give you extra money.



## 250 YEARS OF POSTAL SERVICE

In the afternoon of Saturday 21<sup>st</sup> September, Boxford celebrated an amazing 250 years of having a postal service. The weather was kind to us and the celebration in the centre of the village was fantastically attended by the community.

The bell ringing started us off, thank you to Richard Gates and team. The Squire of Boxford (alias David Burden) then commenced his eulogy explaining how Boxford had developed over the years since 1774, the importance of a postal service then which contributed to the prosperity and wellbeing of the village, leading to the great importance Boxford derives now from having our post office delivering an array of services.

The village eagerly awaited the arrival of the 'post' in 1774 fashion - by a post boy on horseback who appeared on time ('post boy' - a rather ageing one played by David Waspe). The arrival of the post was preceded by a splendid demonstration of post horn blowing provided by a costumed Mark Miller - a fine fellow trying to teach us the subtleties of the sounds and what they meant.

The post arrived, horse tethered against the railings adjacent to the old gaol. The Post Master (alias Richard Haining) in suitable historical attire walked across from the Fleece coaching inn, took the post from the post boy whereupon he was set upon by two villains attempting to steal the post bag - villains played by two members of the drama group acting normally. Fortunately another upstanding member of the drama group, costumed as a police officer arrested the villains and threw them, ever so gently, into gaol (they were old, hence the gentle handling).

As normal in those days justice was to be served on the villains quickly - the Squire of Boxford accepted money from the landlord of the Fleece coaching inn and appointed him as judge and the death sentence was passed upon the villains. However, given that all present were having a good time and it was a celebration, the Squire of Boxford pleaded for leniency for the villains. The judge consulted with the community present who supported that action and the death sentences were quashed with the villains being sentenced to 20 days' drinking at the White Hart and having to watch the next drama group pantomime for four consecutive nights. Their pleas to return the hanging sentence were... refused (they were released moments later to join the festivities).

A fantastic afternoon was had by all, the jolly carrying on into the evening at the various hostelrys in the village.

The serious side of this event was to ensure that we all recognise the importance that our current Post Office plays in our community, particularly now as we fight to ensure that the service provided may continue. We are very grateful to our current postmaster Richard Haining and Richard Gates and others before.

This event was made possible entirely by volunteers, the support of our local businesses and, of course, you as our community. On a personal note, may I say a big thank you for all that support given freely and in the interest of Boxford.

*Colin Parr on behalf of the Boxford Volunteer Project Management Group. Thanks to Bruce Clegg and David Lamming for the photos.*

## CATCH UP WITH THE PAST

If you were unlucky enough to have missed the excellent entertainment of the Boxford Postal Service 250<sup>th</sup> anniversary celebrations, you can still enjoy it through this 20 minute YouTube video made by Roger Loose for the Boxford Society Archive and posterity. This historic and amusing story was told in Broad Street in 18<sup>th</sup> century costume with the help of villagers and members of the Drama Group, and crowds turned out to enjoy it: <https://bit.ly/boxford-250th-postal>

## EBONY'S DIARY

It's half term already and our riders have all done so well. Those new to us have begun to enjoy their riding and interactions with the ponies and our returning riders have been learning to cope with the new ponies or making progress on Ebony, the mechanical horse.

With twelve ponies to care for as well as the centre to maintain, fundraising is critical to ensure we can continue our therapeutic work with children and adults.

In September we held two events that were both great fun and raised much-needed funds – a fun dog show and a jazz evening. The sun shone on our dog show, and we had a wide range of dogs from the tiny terrier to a large great dane. Class included best puppy, best oldie, basic obedience, waggiest tail and working dogs, culminating in best in show, which was won by a black cocker spaniel.



*The three top dogs at our fun dog show in September.*

The Jazz evening was a new venture for us and was enjoyed by all who attended. As with all our events, it was great fun and scrumptious home-made food was available for all to enjoy. Why not join us at some of our upcoming events? Everyone will be made very welcome and it's a great way to support the work we do.

We also have a wonderful 'Sponsor a Pony' scheme. For a minimum of £25/year you will get a booklet containing a photograph and details of the pony you choose to sponsor and your name (or the person you've bought the sponsorship for) will be displayed adjacent to the pony's stable at the Shelley Centre. This would be a wonderful Christmas present for someone who loves horses.

The latest pony to join the sponsorship scheme is Thomas who was featured in the last blog. The other ponies and details of how to apply to the scheme are featured on our website. [www.shelleyrda.com](http://www.shelleyrda.com)

We have another fun event coming up before Christmas and we'd love you to join us. On **Saturday 16<sup>th</sup> November** we'll be holding our fantastic Christmas Bingo Night at Hadleigh Football Club. More details on our website or our Facebook page (Shelley RDA Centre):

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

**Telephone: 01473 824172**

# BRIAN TORA'S SOAP BOX

One of the more interesting aspects of dividing our time between Suffolk and the Algarve is comparing the different ways in which life is spent in both these contrasting regions. Weather plays a part, of course, but less so than you might imagine. Shorts are certainly more in evidence amongst the male population for longer in the year and the café culture holds more sway in southern Portugal, though it is gaining more than a small toehold in Sudbury.

Of course, southern Portugal is very much a tourist destination, but leaving aside the seasonal influences this brings, there are some notable differences between how society behaves in Portugal – and arguably much of Europe – and back home in England. Perhaps this is most notably evident in the run up to Christmas. While shops will be selling Christmas decorations and presents, the season starts much later in Portugal than in England and is much lower key.

And Christmas Eve is more important than Christmas Day for the local population, though restaurants catering for ex-pat Brits and holidaymakers will ensure a true English style Christmas dinner will be available on the day itself. The traditional dish for Algarvean families to consume on the eve of Christmas is *bacalhao*, or salt cod. Before you turn your nose up at the very thought of such a meal, believe me, it can be quite delicious.

There are many different ways of preparing this dish. One of the most popular is *bacalhao com nata*, or codfish cooked in cream. On our last weekend in Portugal before returning to Suffolk, Elizabeth cooked a cod stew, known as a *guisado* with onions, peppers, garlic, tomatoes and potatoes. This would traditionally be cooked in a *cataplana* – a copper dish with a hinged lid in which all manner of fish stews are cooked. For anyone visiting Portugal, I would strongly recommend trying a *cataplana* dish in a fish restaurant.

If the less commercial nature of Christmas in Portugal is a significant difference to what we are used to back in England, then so is the brevity of the festive holiday. Boxing Day – or St Stephen's Day as it should be more properly known – is not celebrated. The first time we spent Christmas in the Algarve, I was surprised to find the buses running to their normal timetable on the 26<sup>th</sup> December. It is just Christmas Day that is a holiday for bus drivers.

But there are plenty of similarities between life in the Algarve and life in England. Football is something of a religion amongst the Portuguese, though the big, popular clubs are located in Lisbon and other cities further north. As a rugby follower, this is of little interest to me, save that in most bars there is likely to be a television playing the latest football match, which can be irritating, to say the least. I have yet to see an Ipswich game screened in a local bar, which is a pity as it would at least provide a link with home.

One other positive point is the way in which local Portuguese master other languages. The Portuguese language may look like Spanish, but it sounds more like Russian. And it is very nasal, with some sounds quite hard to produce if, like me, you do not have an aptitude for languages. However, my vocabulary continues to expand, thanks in part to Portuguese television. There are many channels broadcasting English language films or TV shows, with Portuguese subtitles – most useful as a teaching aid.

I rather regret not being better at languages. I did pass French and English O levels at school, but that was over 60 years ago. A Portuguese neighbour has three children aged between 20 and 26 who all speak excellent English and German alongside their native language, along with more than a smattering of Swedish. Well, they did have a Swedish father, even if they were born and brought up in Portugal.

Christmas will be upon us before we know it. We just have to get through Halloween first. This particular event, for which I blame the Americans for turning it into such an occasion, is creeping into the Algarve. As we left our house to return to England in mid-October, there were already signs that Halloween was unlikely to be ignored. Perhaps this is because there are now many more American visitors than used to be the case. But at least there was little sign of a heavily commercialised Christmas arriving in our town. And I view that as a plus..

Brian Tora

## BOXFORD CARPET BOWLS CLUB

At our meeting on 3 October, after 29 years as the Boxford Carpet Bowls Club Chairman, Brian Porter handed over responsibility as Chairman to me (David Warren). Brian has been the backbone of the club and has guided it through many ups and downs over the years with calm leadership and a friendly demeanour which has created an atmosphere where members are able to improve their bowling skills in a very sociable environment. He has been an inspiration to us all and thankfully, along with Ann, will continue to support the club.

We also acknowledged the dedicated work carried out by our retiring treasurer, Shirley Watling. Shirley, who has held the post for nearly 29 years as well, has been another of our star players who has helped the club function properly and has always relieved us of our subs with a smile. To show our appreciation for all the hard work they have put in over the years we had a small party at the end of the session and presented them with tokens of appreciation. Thankfully Pauline Cox came to the rescue and has agreed to become our new treasurer and also thanks to Jean Saunders who has agreed to continue as booking secretary.

New members are always welcome, young and old, sessions are held at Boxford village hall each Thursday at 2pm. All equipment is provided and each session consists of 3 games playing over 5 ends, followed by a chat over a cup of tea and cake. For more information contact David Warren on 01787 211067.



# BOXFORD & DISTRICT BOWLS CLUB

Over the season our players have been playing in competitions against each other. Our Finals Day took place on 15<sup>th</sup> September and we congratulate all our winners. A huge thank you to Kevin Colling who organised all these competitions and the difficult job of scheduling Finals Day. Below are photos of some of the winners – and the others will follow in the next newsletters. The trophies below were presented by Malcolm Grimwood.

*Roz Mortlock*



*Peter Norris - President's Cup*



*Moira Carr & Pam Howard - Ladies Pairs*



*Kay & Mike Bunn - Mixed Pairs*



*Andy Carr & Steve Marszal - Mens Pairs*

# BOXFORD CRICKET SQUARE

In recent weeks a small team have been periodically cutting the Boxford cricket square with the aim of preparing it for autumn refurbishment. The work happily satisfied the groundsman from Sudbury Cricket Club (and leading light in the Suffolk Grounds Association) David Oakes. As a result he attended the ground on a sunny 4<sup>th</sup> October and the team helped him scarify and lay the loam. The pictures show the work in progress (top) and the team who helped on the day (below). Action is in hand to find a groundsman who can keep the square in the manner exemplified by Ray Gibbons over the years.



Success in this search and help from others will ensure that we can host Sudbury 3<sup>rd</sup> X1 regularly at Homefield next year and keep cricket alive in Boxford. Who knows, as Boxford Rovers have shown with the return of adult football in recent years, Edwardstone and Boxford Cricket Club may rise again.

*Photos by Peter Norris*

# BOXFORD ROVERS



Our new Under 8 team play in the Suffolk Youth League Development section with 12 other teams

They are coached by Dan, Ashley and Paul. With sponsorship from Hornets Tech, Jarvis Building Contractors, Titan Motor Services and Wright Roofing Services.



Our under 17 team will be playing in the Suffolk Youth League under 18 Super League for 2024-25 season. They are pictured here with manager and coaches Melvyn and Jon. Sponsored by The Tub Company Sudbury.

# FEEDBACK FROM JAMES FINCH

## County Councillor for the Stour Valley

### **Council's actions bring hope to local communities despite Bramford to Twinstead project approval**

Suffolk County Council (SCC) is confident that details, announced on 12<sup>th</sup> September for approval of National Grid's Bramford to Twinstead pylon project by the Secretary of State for Energy, will have significant implications on other Nationally Significant Infrastructure Projects (NSIPs) across the country.

Despite objecting to the Bramford to Twinstead pylon application, the county council's influence throughout the process has led to the Secretary of State acknowledging the importance of the role of local authorities - by requiring their approval of National Grid's detailed construction and environmental management plans as part of the process prior to work starting.

Following points made by the county council during the examination process, the Secretary of State has agreed that National Grid should not wield so much control over the delivery of the project, recognising instead that local authorities are integral to the proper and fair delivery of NSIPs.

My thoughts are whilst this is not a perfect proposal, and one which the council did feel the need to object to, I'm pleased with this council's influence in setting some precedents for future infrastructure projects. The recognition of the role of SCC and others like us, sends a strong message to National Grid and other project promoters, that they cannot just do as they wish.

My hope is that other projects sit up and take note – protecting local communities is of paramount importance, something we continually fight for. SCC had formally objected to the application, concluding that National Grid had failed to adequately safeguard Suffolk's environment and communities affected by the scheme. It felt that proposals did not go far enough to mitigate the impact of the scheme, and that supervision of construction would be inadequate.

There were disappointments in the approval decision, such as working hours to include weekends and bank holidays. However, certain locations will be exempt from these hours, which is encouraging for other communities where NSIPs are yet to be approved.

### **Suffolk adults urged to take up potential life-saving opportunity**

People across Suffolk aged between 40 and 74, who don't have a pre-existing health condition, are being encouraged to take-up a potentially life-saving opportunity. The call to action comes after Suffolk GP Federation were awarded a contract to deliver over 23,000 NHS Health Checks in the county annually.

Suffolk County Council have also become one of 45 local authorities in England to receive funding from the government as part of the national Workplace Cardiovascular Disease Health Check Pilot. Working with Suffolk GP Federation 2,000 additional NHS Health Checks will be delivered in workplaces in the county by March 2025.

NHS Health Checks play a really important role in preventing disease and helping people live healthier lives for longer. They can be lifesaving as they help spot increased risk of stroke, kidney disease, heart disease, type 2 diabetes, and dementia early, before the conditions develop. They also give people an opportunity to talk to a health care professional about how to reduce their risk.

### **Window now open to apply for primary and secondary school places**

Parents and carers can now apply for a place in the normal year of entry at a primary (including infant and junior) school and secondary school for September 2025.

The deadline for applications to secure a place at a secondary school is Thursday 31 October 2024 and for primary school places, including infant and junior schools, the deadline is Wednesday 15 January 2025.

All applications received by the relevant closing date are processed at the same time using the schools' oversubscription criteria to prioritise applications when necessary. Late applications are pro-

cessed after all of those received on time.

Last year, Suffolk County Council received just under 15,000 on time applications for pupils wishing to start at a primary or infant school, or to transfer to a junior school, or into Year 7 at a secondary school from September 2024.

95% of applicants received offers for their first preference school and 98% of applicants received an offer for one of their top three preferred schools.

I would strongly advise that parents and carers think about how their child will travel to school before they apply for a school place. It is important that parents and carers check which is their child's nearest suitable school on our Nearest School Checker because this might not be their catchment area school. This can be found at <http://nearestschool.suffolk.gov.uk>.

Further information on SCC's School Travel Policy can be found at [www.suffolkonboard.com/school-travel](http://www.suffolkonboard.com/school-travel).

### **Suffolk residents encouraged to share views on new Local Transport Plan**

A newly-developed plan which details the long-term vision for transport in Suffolk has been launched as part of a county-wide consultation this week. Suffolk's communities helped shape a new draft of the Suffolk Local Transport Plan by sharing their views back in February of this year and the county council is now seeking feedback on the final proposed document. The plan which details activity between 2025-2040 sets out a longterm vision for transport in Suffolk and covers themes such as decarbonisation of transport, strengthening the local economy, promoting health, wellbeing and social inclusion, and creating better-connected places that encourage a range of transport choices.

Alongside this county-wide plan, the county council has produced fifteen 'Area Transport Plans' and a 'Suffolk Local Cycling and Walking Infrastructure Plan' which are the funded implementation plans for the wider Suffolk Local Transport Plan. These plans outline how the Local Transport Plan's vision and objectives will be delivered in key locations across the county.

Councillor Chris Chambers, Suffolk County Council's cabinet member for transport strategy, planning and waste, said: "After engaging with Suffolk's residents earlier this year about their travel habits, I am delighted to be able present to them an updated Suffolk Local Transport Plan for the next 15 years. *"The plan presents the county council's vision for transport in Suffolk, highlighting the challenges and opportunities we have and the measures available to respond to them – this is why it's important we consider the views of all before we formally adopt our fourth document and its associated plans. I value the views of the local community and interested parties, so please share your thoughts, even if you only wish to comment on a small part of the plans in the Stour Valley area."*

The consultation is available via [www.suffolk.gov.uk/LTP](http://www.suffolk.gov.uk/LTP) and the consultation will close on Monday 25 November 2024. The Local Transport Plan and its associated plans will then be presented to Suffolk County Council's Cabinet in 2025.

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

Fostering is a flexible role with options for short term care from a weekend a month to longer term opportunities, all providing life-changing support for local children. Suffolk will continue with Foster Carer Recruitment Event on the 1<sup>st</sup> Wednesday of every month, and an Adoption Event is on the 1<sup>st</sup> Thursday all 7:00pm in the home of the applicant. To book a place please email [Claire.Gwatkin@suffolk.gov.uk](mailto:Claire.Gwatkin@suffolk.gov.uk).

James Finch

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

Tel: 01206 263649 / Mobile: 07545 423796

## FEEDBACK FROM BRYN HURREN

### Babergh District Councillor for Box Vale Ward

Firstly, many thanks for enquiries, concerns and best wishes for my health, like many others I have had an everlasting cough and associated very debilitating symptoms that go with it, like restricted voice and hearing. Gradually recovering now, I might try to take my much-needed annual day-off soon.

As always, council and village duties are very demanding, but the role of councillor continues to be very satisfying although always challenging and hard work.

Many will have noticed that the Hadleigh to Sudbury old 91 bus route is now being run by Chambers. This is due to the cuts introduced by Beestons not providing an adequate service between these two towns and the villages in between. This change in service was initiated by Boxford PC and is as a result of a partnership between the District Council and CC transport who are providing a temporary grant to help fund this new initiative. I hope this new service is of help to our beleaguered public transport system for the Babergh area and is well used and appreciated by the users, it can be tweaked to make it better and I am aware of some suggestions already, such as dovetailing into other routes and additional pick-up points. The grant will run out after its allotted time and its continuation will, like everything else, depend on footfall and usage. Please see the new timetable at <https://bit.ly/route-90-timetable>. Although this service is aimed at folks without other means of transport, it is available to all and the fares are subsidised by the council grant, i.e. we can travel for £2 per journey. Maybe we can all leave the car behind sometimes now?

In my ward of Box Vale, we are very lucky to still have access to most basic services and some brilliant luxury and pleasure establishments as well. While it is nice that we are trying to give more mobility to travel elsewhere, it is also of vital importance that we all support what we have in our own villages, such as shops, butcher, garage, 6 brilliant pubs and two post offices. While most are in Boxford, the satellite villages around have their part to play in our community hub also.

Of huge concern to us is the proposed closure of Boxford Surgery, due to financial constraints and funding cuts. Should this be the driver in the efforts to close it? I think not.

We await the decision which could have a very detrimental effect on the local parishes and those that live in them.

Big apologies for the temporary closure of the Kingfisher leisure pool due to a leaking roof and need for subsequent checks. We are doing our very best to get it back up and running for our many swimmers and aqua aerobic classes a.s.a.p. Meanwhile all other aspects of the Sudbury Kingfisher leisure centre remain open and members can use the facilities at Hadleigh under their present membership scheme.

Due to the difficulties with keeping our heads afloat and above the water with household bills during the cost-of-living crisis, my council has bid for and obtained some extra grant monies from the new incoming Government to help those in general serious financial trouble. Please don't suffer in silence, you are not alone, and we will help you if we possibly can. We are not the UK's best local District Council for nothing, and we can prove it. My contact details are as always at the end of my column. Don't be afraid to ask and we will do our best to help.

We continue to engage with the sixth form and other senior students from across our area, while so much is broken across our nation from the last ten years of chaotic, self-serving and very corrupt national government, I do feel this is the best way to start building up trust again from the bottom up towards the top. Also, citizenship being part of the national curriculum again might help spread the word that politicians are not all corrupt and trust can be built back given time. I would have to say that the young students we have engaged with so far are top notch and are a real credit to their schools and society in general.

We have now to work upon ways to incorporate the collecting of glass and compostable food waste into our kerbside collection rounds as dictated by both the last and present government. This is going to be very difficult in our rural area and not always viable or necessary in my view. Although our fleet of vehicles run on bio fuel (vegetable oil) it will still cost money to travel miles to pick up a few bottles with a lorry from a very remote area, especially if that village has access to a bring site with a bottle bank that is being used anyway. This method also raises and puts money back into the local community, which is understood anyway.

When will national ministers realise that one size does not fit all and biggest is not always best!

Hopefully your local councils with good co-operation from our public can get maximum collection and recycling rates of all materials from our new range of bins with a big reduction in what is sent to the power from waste plant via the black bin.

Raw materials are becoming more expensive now, so vital we save and recycle anything we can.

Really enjoying the latest Strictly series and the blossoming football at Portman Rd.

Come on you Blues, you can do it!

*Bryn*

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

Tel: 01787 210854 / Mobile: 07771 508348

## PARISH COUNCIL UPDATES

### GROTON

#### Summary of Council Meeting 18<sup>th</sup> September 2024

**Present:** Piers Roberts, Sarah McGrath, Nigel Chapman, Roland Cheeseman, Catherine Hearn, May MacKay-Morris, Richard Jones (Clerk). **Guests:** J Finch (SCC) B Hurren (BDC). **Apologies for absence:** A Dixon-Smith

**Questions from Members of the Public:** There were no questions but a member of the public present mentioned that as of 1 October 2024, all keepers of chickens needed to register their birds with the Government, including the address where they are kept, the number and species and the purpose they are kept for.

**Financial Matters:** The Statement of Finances & Orders for Payment were approved and cheques signed. **Insurance Renewal:** It was agreed to renew the council's insurance with Zurich Municipal at a cost of £304. **Other Financial Matters:** The clerk had received a request from the editor of the Box River News asking for a contribution from the council towards the cost of producing and delivering the magazine for issues where the council's minutes were included. The council agreed to this request.

**Groton People and Places Update:** N Chapman reported that the information gathered at the public consultation events had been analysed and a copy of the results is attached to these minutes. It was felt that, in hindsight, the wording of questions 5 and 9 may have led to some misunderstanding of what was being proposed, which was to maintain the existing pattern and character of the village. The next step was to move forward with adoption of the document and for N Chapman to speak with BDC regarding community assets. There was a brief discussion over what constituted 'common land' and it was agreed that the exact meaning of the term and use of the land needed to be established.

**Planning matters:** DC/24/04024 Land to The Rear of Lodge Farm Barn, Daisy Green. Application for a Lawful Development Certificate for an Existing Use or Operation or Activity including

those in breach of a planning condition. Town and Country Planning Act 1990 (as amended) - Stationing of caravan occupied for over 10 years. The council raised no objection to this application.

**Groton Traffic Assessment:** Following the results of the surveys, it was agreed to look into installing traffic calming measures along Swan Street on the approach to the Fox & Hounds. B Hurren to look into the possibility of some CIL funding being available as the cost to the parish council would be prohibitive.

**A Garland of Hamlets (Groton through the Ages):** The Groton Historical Society was now up and running with a talk from a renowned local historian due to take place on 20 September. The cost of this event would be funded from the council's CIL budget as previously agreed. It was agreed that this would no longer be a default agenda item and that the group would be invited to apply for a future funding donation from the parish council alongside other local groups.

**Chairman's and Clerk's Reports and Correspondence:** Boxford Group Practice – the council had received correspondence from the practice manager detailing the planned closure of the surgery in Boxford and a patient consultation to take place over the coming weeks. The council agreed that it did not support the proposed closure of the surgery and the chairman would write to the practice manager to this effect.

**Highway and Footpath Matters: Footpath Cutting:** The clerk reported that he was awaiting an invoice for this year's cuts.

**Footpath Leaflets:** The clerk had received 400 copies of the leaflet, some of which were to be distributed to the Fox & Hounds and St Bartholemew's Church. Further distribution to be considered.

**Future Agenda items:** Village hall matters to be added as a regular agenda item with a need to establish the exact footprint of the land and the possibility of having low-cost broadband through a community scheme.

**Date of next meeting:** Wednesday 6<sup>th</sup> November at 7pm

Full minutes can be found at:

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

**Richard Jones**

01473 828246 / [grotonclerk@yahoo.com](mailto:grotonclerk@yahoo.com)

## BOXFORD

### Summary of Council Meeting 24<sup>th</sup> September 2024

**Public Forum:** A resident raised the difficulty walking along the bridleway/footpath between Cox Hill and the pond on Holbrook Estate due to the overgrowth. Cllr Wortley advised that the footpath warden has been contacted and the matter is being looked into. Residents need to be reminded that they are responsible for maintaining the hedges. Another resident commented that the permissive path on Stone Street has been closed and therefore walkers need to use the narrow lane, which is dangerous with oncoming traffic. Cllr Phillips said that the permissive footpath is no longer permissive as the owner has closed it off, as is his right. The matter will be looked into.

**Local Policing Structure:** Constable Moore attended the meeting to discuss structure changes across Suffolk. PC Georgia Norman is the Officer in charge of Boxford and surrounding areas. Crime reporting will not change. Residents were reminded that the only way the police know of a crime is if it is reported, so it is best to report a crime, even if you think someone else has probably reported it. Suffolk Constabulary are using social media, where information is shared, alongside the Suffolk Constabulary website ([www.suffolk.police.uk](http://www.suffolk.police.uk)).

**Finance:** The tender specifications were agreed in principle, with Cllr Wortley to finalise and send out to contractors. The insurance

policy was amended and accepted. No matters have been brought to attention following the result of the external audit.

**Cemetery:** A quote was approved for the cutting of the grass and removal of the leaves.

**Environmental & Ecology:** The biodiversity statement was sent around the members prior to the meeting. It was resolved to adopt the statement and upload to the website. Additional details to be added at a later date in the form of Appendices to the Statement

**Grass maintenance plan & specification:** It was resolved to invite Suffolk Wildlife Trust to come back to discuss a compromise regarding the long grass in the churchyard. Grass in churchyard scheduled to be cut soon.

**Parking restriction options:** SSC would like confirmation that the residents affected have been consulted. Cllr Stafford suggested writing to the residents – this will be supported by CCllr Finch.

**20MPH speed limit:** CCllr Finch confirmed that it has been approved in principle to take the next steps, with certain amendments.

**Proposed closure of the Mill Surgery & dispensary:** The Parish Council will attend the meeting to find out exactly why the GP partnership intends to close the surgery and will look into ways in which it may assist the efforts to keep the surgery open.

**Cox Hill Permissive Path:** Parts have been repaired but the worst section has been left. Cllr Wortley will contact SCC Rights of Way to find out their intentions for further repairs.

**District Council Report:** Points from the report were raised in particular regarding a call for sites and passive homes. The full report can be found on PC website. DCllr Hurren also advised that the Kingfisher Pool in Sudbury would continue to be closed for a further 12 weeks for major repair works.

**County Council Report:** The points were raised in particular regarding The Bramford to Twinstead Project, Children's Services, Solar Together and Great Blakenham Recycling Centre. The full report can be found on PC website.

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

**Date of Next Meetings:** 22<sup>nd</sup> October & 26<sup>th</sup> November 2024

Parish Council (PC) meetings are on the 4<sup>th</sup> Tuesday each month except in August and December. They are held in the village hall starting at 7 p.m. with a video link when requested. All are welcome to come along and observe and there is a regular item to allow residents a short time to comment and raise items. .

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

**Zoe Rumsey**

01787 739317 / [clerk@boxford-pc.gov.uk](mailto:clerk@boxford-pc.gov.uk)

## NEWTON GREEN

### Summary of Council Meeting 9<sup>th</sup> October 2024

**24/151 Co-option of a councillor** - The councillors considered Paul Presland's application and, after discussing his reasons for wishing to become a member, unanimously resolved that he be co-opted. Cllr Presland signed his declaration of acceptance of office as a co-opted member and took his seat as a councillor.

**24/153 Public Participation** - Cllr Finch also shared the findings of the draft report from SCC Highways on the Pedestrian Crossing Assessment for Newton. He is currently reviewing the draft with SCC Highways and expects to have the document's final version published in October. Once received by NPC, councillors agreed that the report should be published on the Newton website and an agenda item should be included in the next NPC meeting. The objective at the meeting would be to develop a project plan with James to achieve Newton's residents' requirements from the scheme and

SCC's requirements that there be an agreement from Newton as to where the crossing should be and how the project would be financed.

**24/154 Newton Grove residents' groups** - The councillors reviewed with the representatives of Newton Grove Management Company Limited (Red House Close) and Newton Grove Phase 2 Limited (Blacksmith Close) their roles and responsibilities for their residents. The two groups manage both developments' common areas and sewerage services. The councillors appreciated the time the representatives gave and agreed that they now had a better understanding of how the two companies operate.

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

**Dave Crimmin PSLCC**

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

## EDWARDSTONE

### Summary of Council Meeting 16<sup>th</sup> September 2024

**Present:** M Gibson, T Wood, R Norman, L Smyth, D Williams, J Morgan, R Jones (Clerk)

D Williams announced his intention to stand down from the council due to work commitments. This to be confirmed in writing. As this would leave two vacancies, it was agreed to place an advert for potential new councillors in the Box River News. The clerk confirmed that BDC had informed him that the increased bin emptying charges were unavoidable as the service had been highly subsidised in previous years.

**Financial Matters:** Statement of Finances & Orders for Payment were approved and cheques signed. Future use of CIL Funding – The clerk suggested replacement parts for the defibrillator and the cost of the footpath leaflets be paid for from CIL funding as both were of public benefit. This was agreed. **Other Financial Matters** – The clerk reported that VAT reclaim would be more than initially budgeted for, which would help ease financial pressure. The clerk to liaise with L Smyth re: becoming a signatory to the council's bank account.

**Planning Matters:** DC/24/03954 2 School Corner, School Green. Erection of two rear/side and single-story rear extensions. As this application fell within the specific requirements of the Neighbourhood Plan, the council raised no objection.

**Neighbourhood Plan Update:** M Gibson reported that BDC had considered the plan 'very well presented' with only a few minor changes needed before it could be presented for public referendum which would be the next and hopefully, final step before implementation.

**Chairman's & Clerk's Reports and Correspondence:** A discussion took place over correspondence received regarding the proposed closure of Boxford GP surgery. The chairman to reply expressing the council's concerns/objections to this proposal.

**Climate Change: Wildfires & Community Emergency Plan** – T Wood reported that everything was now in place including a WhatsApp group and it was planned to carry out a review of the plan in May 2025. **Electric Vehicle Charging Points** – M Gibson reported that SCC had appointed a new partner, Connected Kerb, to manage the project.

**Defibrillator Update:** J Morgan reported that some writing was coming off of one of the signs and he would attend to this.

**Highway & Footpath Matters: Footpath Cutting** – It was agreed that, due to the dry weather, a third cut would not be necessary. The clerk to contact the contractor. **Footpath Leaflet** – Leaflets now received and to be distributed to various local points of interest.

**Other Highway & Footpath Matters** – It was agreed that the clerk would write to SCC Highways regarding the regular flood areas to

ask for preventative action to be taken to try to avoid the flooding of previous years.

**Date of next meeting:** Monday 18<sup>th</sup> November at 7.30pm

Full minutes can be found at:

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

**Richard Jones**

01473 828246 / [edwardstoneclerk@outlook.com](mailto:edwardstoneclerk@outlook.com)

## OTHER PARISH COUNCILS

**Little Waldingfield PC**

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

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

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

## EDWARDSTONE PARISH COUNCIL NOTICE OF VACANCY

There are vacancies on Edwardstone Parish Council. If you are interested in being co-opted onto the council, please contact the clerk to the council, Richard Jones 23 Glanville Road, Hadleigh, IP7 5SQ [edwardstoneclerk@outlook.com](mailto:edwardstoneclerk@outlook.com)

Applicants are asked to give brief reasons for offering their services to the council.

The successful applicant will be chosen following consideration by Edwardstone Parish Council.

Applicants should note that councillors are expected to attend regular meetings held on the third Monday of alternate months, and any additional meetings that may be arranged.

Applicants are expected to represent the electors of Edwardstone in raising and discussing those issues of interest and concern on which the parish council is empowered to act.

Applicants should also note that membership of the council is open to electors who are citizens of any state in the European Union or of the Commonwealth and

- whose residence is in Edwardstone or within 3 miles of Edwardstone; or
- whose principal place of work is in Edwardstone; and
- who is not disqualified (by reason of a criminal record, bankruptcy or involvement in corrupt practices).

For further information please contact the clerk to the council



## Discover Suffolk App



Scan QR Code

Enjoy over a hundred walking, cycling and riding trails plus high quality mapping throughout the county.

[www.discoversuffolk.org.uk](http://www.discoversuffolk.org.uk)

## Autumn Manicure Inspo



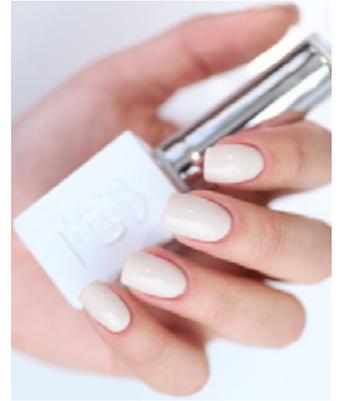
It's been a while since I've explored nail trends, and with autumn now in full swing, it's the perfect time to give your nails a seasonal refresh. Autumn offers a rich palette of deep shades that beautifully complement the chilly days ahead.

So, let's nail your next look to avoid a colourful conundrum at your mani appointment (something I'm all too familiar with)!

## Milky Almond

If you prefer to keep your look light and natural, subdued manicures are still a seasonal staple! This cool-toned, milky nude adds a delicate touch of colour, brightening up even the gloomiest days.

*Photo Credit: The Gel Bottle*



## Velvet Coco

As the leaves turn golden, why not embrace the warmth of brown nails? Ranging from silky mocha to dark chocolate hues, this modern classic provides a timeless quality that enhances any autumnal outfit.

*Photo Credit: The Gel Bottle*

## Elegant Green

Green radiates peace and calm, offering more depth than traditional neutrals whilst maintaining a muted finish. Whether you opt for a dark forest shade or a dusty olive, this versatile colour transitions seamlessly from day to night.

*Photo Credit: The Gel Bottle*



## Midnight Navy

Whilst summer was all about vibrant colours and pretty pastels, autumn brings in those moodier tones. Think of shades that reflect a midnight sky or the deep, mysterious ocean – now is the ideal time to dive into the navy palette.

## Wine Red

For a statement on your fingertips, there's no better time to embrace the luxurious hue of wine red. This sultry shade encapsulates the essence of the season and is irresistibly alluring, much like a smooth glass of vino on a cold evening!

*Photo Credit: The Gel Bottle*



## Deep burgundy

Just as a Sunday roast pairs effortlessly with a crackling fire, deep burgundy is the go-to nail choice for autumn. With a glossy blend of plum and red-infused tones, this shade exudes warmth and sophistication.

*Photo Credit: The Gel Bottle*

## Beauty Postbag

**Q:** "How do I maintain healthy/strong nails after gels?"

**A:** The first step is to ensure your gels are properly removed - whether you have them professionally soaked off or do it at home. Avoid picking or pulling them off, as this can damage the nail.

After removal, hydrate, hydrate, and hydrate! Following gels, nails can be dehydrated and more prone to breakage, so use a nourishing cuticle oil and a nail strengthener to support your nail health.

Lastly, just as you would protect your nails whilst wearing gels, continue to take care afterwards. Try to avoid harsh soaps or chemicals and remember to wear gloves when cleaning/gardening.

Helena x

office@suffolkmedicalclinic.co.uk  
01787 211 000

Suffolk Medical & Beauty Clinic  
Medical Aesthetics

# DIRECTORY OF CLUBS & ORGANISATIONS

## CLUBS & GROUPS

Boxford Bellringers	<i>Richard Gates</i>	<b>01787 210432</b>
Boxford Bible Study Group	<i>Peter &amp; Margaret</i>	<b>01787 211077</b>
Boxford Bike Club	<i>Kevin Bridge</i>	<b>07876 798617</b> <a href="http://www.boxfordbikeclub.co.uk">www.boxfordbikeclub.co.uk</a>
Boxford Bowls Club	<i>Lea Blackham</i>	<b>01787 210313</b>
Boxford Carpet Bowls	<i>David Warren</i>	<b>01787 211067</b>
Boxford Drama Group	<i>Janice Macmillan</i>	<b>07779 303690</b> <a href="mailto:janice.macmillan@yahoo.co.uk">janice.macmillan@yahoo.co.uk</a>
Boxford Friendship Group	<i>Alison Warren</i>	<b>01787 211067</b>
	<i>or Wendy Hills</i>	<b>01787 210342</b>
Boxford Gardens Open	<i>Audrey Zuck</i>	<b>07852 102 455</b> <a href="mailto:audrey@a2zriskservices.com">audrey@a2zriskservices.com</a>
Boxford Gardening Society	<i>Elizabeth Wagener</i>	<b>01787 210223</b> <a href="mailto:elizabeth.wagener@btinternet.com">elizabeth.wagener@btinternet.com</a>
Boxford Literary Group	<i>David Jones</i>	<b>01787 211104</b> <a href="mailto:audav@hotmail.co.uk">audav@hotmail.co.uk</a>
Boxford Rovers Youth FC	<i>Melvyn Eke</i>	<b>07873 971701</b> <a href="mailto:m.eke@btinternet.com">m.eke@btinternet.com</a>
Boxford Tennis Social	<i>Sue Moore</i>	<b>07808 481447</b>
Boxford WI	<i>Lyn Beer</i>	<b>07961 357526</b>
Fleece Jazz	<i>David Gasson</i>	<b>01787 210796</b>
Highway 12 Western Partner Dance	<i>Chris</i>	<b>01787 371006</b>
Little Waldingfield History Society	<i>Diana Langford</i>	<b>01787 248298</b> <a href="mailto:dianalangford765@gmail.com">dianalangford765@gmail.com</a>
Little Waldingfield Over 60s and Friendship Club	<i>Tricia Eddington</i>	<b>01787 247932</b>
Local History Recorder Edwardstone	<i>Daphne Clark</i>	<b>01787 210698</b> <a href="mailto:daphne.clark@btopenworld.com">daphne.clark@btopenworld.com</a>
Local History Recorder Groton	<i>Joanna Roberts</i>	<b>01787 210619</b> <a href="mailto:jgant87618@aol.com">jgant87618@aol.com</a>
Madrigalia Choir	<i>Sue Price</i>	<b>01787 210913</b>
Milden Cricket Club	<i>Andrew Simmons</i>	<b>07951 055643</b>
Milden Singers	<i>Pearl</i>	<b>01449 741876</b>
Natural Boxford	<i>Louise Carpenter</i>	<b>01787 211862</b> <a href="mailto:louisecarpenter@proton.me">louisecarpenter@proton.me</a>
Newton Arts & Crafts Club	<i>Carole Langley</i>	<b>01787 373548</b>
Newton War Games Club	<i>Brian Lawson</i>	<b>01787 312160</b>
Newton Fireside Club	<i>Moira Evans</i>	<b>01787 374652</b>
Pilates (Edwardstone)	<i>Claire</i>	<b>07772 074 750</b>
Primrose Wood Volunteers	<i>Evan Flockhart</i>	<b>07968 336883</b> <a href="mailto:obliquewoodland@protonmail.com">obliquewoodland@protonmail.com</a>
Swing jive & Lindy Hop Dance	<i>Sarah Boldock</i>	<b>07956 614824</b>
Yoga (Boxford)	<i>Marianne Marshall</i>	<b>01787 210323</b>
Yoga Paper Kite (Newton)	<i>Sophie</i>	<b>01787 313662</b>
Yoga With Lindsey (Newton)	<i>Lindsey</i>	<b>07971 800540</b>

## CHARITIES

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

## COMMUNITY GROUPS

3PR Boxford 1st Responders	<i>Rich Wild</i>	<b>01787 210946</b> <a href="mailto:office@boxfordresponders.com">office@boxfordresponders.com</a>
Boxford Allotments	<i>David Burden</i>	<b>01787 211926</b> <a href="mailto:d.burden379@btinternet.com">d.burden379@btinternet.com</a>
Boxford Bounty	<i>Mark Miller</i>	<b>01787 211596</b>
Boxford Community Car Scheme	<i>Jen Eastwood</i>	<b>01787 211853</b> <a href="mailto:jen.eastwood8@gmail.com">jen.eastwood8@gmail.com</a>
Boxford Community Council	<i>Ward Baker</i>	<b>07850 941 831</b> <a href="mailto:boxfordcommunitycouncil@gmail.com">boxfordcommunitycouncil@gmail.com</a> <a href="http://www.boxford.me.uk">www.boxford.me.uk</a>
Boxford Playing Fields	<i>Craig Needham</i>	<b>07970 733934</b> <a href="mailto:craig.needham@me.com">craig.needham@me.com</a>
Boxford Society	<i>Jen Eastwood</i>	<b>01787 211853</b> <a href="mailto:jen.eastwood8@gmail.com">jen.eastwood8@gmail.com</a> <a href="http://boxfordsuffolk.com/boxfordSociety">boxfordsuffolk.com/boxfordSociety</a>
Boxford Tennis Courts	<i>Hugh Phillips</i>	<b>01787 211729</b>
Lt Waldingfield Playing field	<i>Jennie Jordan</i>	<b>07522 352558</b> <a href="mailto:52Jennie1@gmail.com">52Jennie1@gmail.com</a>

## SCOUTING

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

## CHILDREN FAMILIES & LEARNING

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

## HALLS & FACILITIES TO HIRE

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

# The Blooming Garden

## Funky Succulents.

It seems that succulents are trendy. In fact they have been for a few years now and their popularity shows no sign of waning. I am appalled, I hate to be trendy. My grandmother was very fond of succulents and cacti. For years I thought that they were old-fashioned; nasty, prickly, fleshy or spikey things. I love them now but only after years of gardening. How come all these young, trendy people have decided that they are stylish? I came to love succulents with maturity, the same way I developed a taste for coffee, oysters, olives and dry white wine. And now they are in vogue and all over Pinterest. They are being used by interior designers and by people who have never tasted oysters (horticulturally speaking.) I read a while ago that some people were even using them in wedding bouquets. It's as if the presenters of 'Strictly Come Baking' (or whatever it's called; sorry I don't have a telly,) started quoting Proust. It's discombobulating. I'll just keep my head down and wait for it to pass. Eventually they will move on to aspidistras or monkey puzzle trees and we succulent lovers will be able to enjoy them without the awful taint of trendiness. In fact it might already be happening, I believe the trend for interior gardening is veering more towards the jungle than the desert.

I first fell for succulents years ago when I saw them growing in Tresco Abbey Gardens and at Menack Theatre in Cornwall where they flourish outside in the mild climate. Here in Suffolk they have to live in pots and come inside for the winter.



Above: Great Dixter  
Right: Gravetye Manor

steps at Great Dixter. They are great for planters; I liked them planted with coleus plants at Gravetye Manor.



However creative you get with your summer succulent displays, as November approaches the problem of finding a winter home for them becomes a bigger headache each year as they get bigger and somehow there are more and more of them. Each little bit broken off makes a new plant. I have given up heating my greenhouse as it is so expensive, but this year I am going to risk some succulents in the unheated greenhouse cosily wrapped up in net curtains bought from a charity shop. I shall unwrap them during the day.

Looking after succulents is relatively easy. Overwatering is the easiest way to kill them; they hate having damp bottoms and they must dry out between each watering. In winter particularly they must be kept quite dry. They are best planted in a porous pot with a gritty soil or a cactus mix. You can use crushed shells, grit or perlite, but they won't thrive in ordinary compost. The pot should be top dressed with horticultural grit. They need 4-6 hours of sun but strong direct sunlight can burn the leaves. Some succulents specially Echeveria are martyrs to mealy bug so it is a good idea to inspect them regularly. You can spot mealy bugs easily, these horrible little plant vampires are covered in white fluffy-looking waxy stuff. You can treat them by dabbing them with surgical spirit but you will need to wash the roots thoroughly and repot them in a clean pot.

There are so many fabulous succulents to choose from. I love agaves but they can grow huge and each leaf ends in a sharp point which can be hazardous. Aeoniums are striking, most people love *Aeonium arborescens* 'Swarzkopf' which has shiny



*Aeonium tabuliforme*

black leaves in summer. They may turn a little green in winter but this is only temporary. They have a tendency to have very tall, bare stems which is rather unsightly, but this can be overcome by the 'chop and drop' method. In summer, you simply chop the top off at whichever height you like. You can use the top to make a new plant and just below the cut your plant will sprout new rosettes.

Here are a few of my favourite succulents, I wish there was room to show you more.

*Chloris.*



Beth Chatto's nursery always has a nice display of them. In my photo taken a few years ago they are set out in a sheltered, sunny corner which suits them but the breeze blocks aren't the best backdrop. The display at East Ruston in Norfolk always



Top: Beth Chatto's Nursery  
Above & Right: East Ruston Old Vicarage Garden

makes a much more pleasing picture. I particularly like the Echeveria planted in a copper pot, it perfectly matches the jade green verdigris.

Even though they need to be taken in for winter, succulents can make a lovely summer display. I saw them one year planted out on the famous Lutyens



# EVENTS CALENDAR

## OCTOBER 2024

<b>26-27</b>	<b>Art &amp; Craft Exhibition</b>	10 - 4pm
SAT-SUN	Polstead Village Hall	
<b>26</b>	<b>Newton Charities Coffee Morning</b>	10-11:30am
SAT	Newton Village Hall	
<b>26-31</b>	<b>Lantern Making Workshops</b>	10-4pm
SAT-THU	The Spinney, Boxford	
<b>28</b>	<b>Boxford Friendship Group</b>	2-4pm
MON	Boxford Village Hall	

## NOVEMBER 2024

<b>2</b>	<b>Fireworks &amp; Lantern Parade</b>	6:30pm
SAT	Boxford Village Centre	
<b>2</b>	<b>Leavenheath Cinema - 'Hidden Figures'</b>	7pm
SAT	Leavenheath Village Hall	
<b>5</b>	<b>Fireside Club - Firework Celebrations</b>	1pm
TUE	Newton Village Hall	
<b>5</b>	<b>Nayland Fireworks</b>	6:15pm
TUE	Nayland Village Hall, CO6 4JH	
<b>5</b>	<b>Boxford Gardening Society - Talk</b>	7:30pm
TUE	Boxford Village Hall	
<b>6</b>	<b>Boxford WI - Craft Afternoon</b>	2pm
WED	Boxford Village Hall	
<b>7</b>	<b>Edwardstone Christmas Fair</b>	6-9pm
THU	Edwardstone Church CO10 5PH	
<b>8</b>	<b>Edwardstone Christmas Fair</b>	9-2pm
FRI	Edwardstone Church CO10 5PH	
<b>8</b>	<b>Relaxation &amp; Sound - all welcome</b>	6-7:30pm
FRI	Boxford Village Hall	
<b>9</b>	<b>Antique &amp; Vintage Fair</b>	10-4pm
SAT	Bridge Farm Barns, Monks Eleigh IP7 7AY	
<b>9</b>	<b>French's Charity Psychic Night</b>	6:30pm
SAT	The Fleece, Boxford	
<b>13</b>	<b>Whist Drive</b>	7pm
WED	Monks Eleigh Village Hall	
<b>13</b>	<b>Defib Training</b>	7:30-9pm
WED	Hadleigh Leisure Centre	
<b>13</b>	<b>Whist Drive</b>	7pm
WED	Monks Eleigh Village Hall	
<b>13</b>	<b>LWHS - Education in Medieval Suffolk</b>	7:30pm
WED	Little Waldingfield Parish Room	
<b>13</b>	<b>Charity Quiz Night</b>	8pm
WED	The Fleece, Boxford	
<b>14</b>	<b>Edwardstone NP Referendum</b>	7am-10pm
THU	Edwardstone Parish Hall	
<b>15</b>	<b>Polstead Films - 'The Fall Guy'</b>	7pm
FRI	Polstead Village Hall	
<b>16</b>	<b>Coffee Morning</b>	10-11:30am
SAT	Newton Village Hall	
<b>16</b>	<b>Festive Night Market</b>	6-10pm
SAT	Boxford Village Hall	
<b>16</b>	<b>Brent Eleigh Quiz</b>	7:30pm
SAT	Brent Eleigh Village Hall	
<b>16</b>	<b>Shelley BINGO!</b>	7pm
SAT	Hadleigh Football Club, Tinker's Lane IP7 5NF	
<b>16</b>	<b>Wine Tasting</b>	7:30pm
SAT	Little Waldingfield Parish Rooms	
<b>19</b>	<b>Fireside Club - Beetle Drive</b>	2pm
TUE	Newton Village Hall	
<b>22</b>	<b>Quiz Night</b>	7pm
FRI	Monks Eleigh Village Hall	

<b>22</b>	<b>GHS - 'Suffolk Witches' by Pip Wright</b>	7:30pm
FRI	Groton Village Hall	
<b>23</b>	<b>Shantfolk</b>	7pm
SAT	Assington Village Hall	
<b>23</b>	<b>French's Quiz and Fish &amp; Chips</b>	7pm
SAT	The Ansell Centre, Hadleigh IP7 5DL	
<b>25</b>	<b>Boxford Friendship Group</b>	2-4pm
MON	Boxford Village Hall	
<b>27</b>	<b>Far From The Madding Crowd Christmas Fair</b>	10-8pm
WED	St Mary's Church, Hadleigh IP7 5DT	
<b>28</b>	<b>Far From The Madding Crowd Christmas Fair</b>	10-4pm
THU	St Mary's Church, Hadleigh IP7 5DT	
<b>29</b>	<b>Pop-up Pub</b>	6:30-10:30pm
FRI	Little Waldingfield Pavilion	
<b>30</b>	<b>Christmas Craft Fair</b>	11-3pm
SAT	Bull Hotel, Long Melford CO10 9JG	
<b>30</b>	<b>Chelworth Christmas Craft Fair</b>	11-3:30pm
SAT	All Saints' Church, Chelworth	

## DECEMBER 2024

<b>3</b>	<b>Fireside Club - GCB Chocolate Factory Talk</b>	2pm
TUE	Newton Village Hall	
<b>4-7</b>	<b>BDG - Jack &amp; The Beanstalk</b>	7pm
WED-SAT	Boxford Village Hall	
<b>6</b>	<b>Festive Drinks &amp; Nibbles</b>	7-9pm
FRI	St Lawrence's Church, Little Waldingfield	
<b>7</b>	<b>Christmas Coffee Morning &amp; Festive Stalls</b>	10-11:30am
SAT	All Saints' Church, Newton Green	
<b>11</b>	<b>LWHS - Medical Detection Dogs</b>	7:30pm
WED	Little Waldingfield Parish Room	
<b>11</b>	<b>Charity Quiz Night</b>	8pm
WED	The Fleece, Boxford	
<b>13</b>	<b>Fireside Club - Christmas Dinner</b>	TBC
FRI		
<b>13</b>	<b>Relaxation &amp; Sound - all welcome</b>	6-7:30pm
FRI	Boxford Village Hall	
<b>15</b>	<b>Boxford Christmas Tree Festival</b>	10-3:30pm
SUN	St Mary's Church, Boxford	
<b>15</b>	<b>Boxford Market</b>	10-1pm
SUN	Boxford Village Hall	
<b>16</b>	<b>Carols Around The Tree</b>	7pm
MON	Outside The White Hart, Boxford	
<b>17</b>	<b>Fireside Club - Christmas Dinner</b>	TBC
TUE		
<b>19</b>	<b>Carol Singing</b>	6pm
THU	Brent Eleigh Village Hall	



### MILDEN PAVILION & PLAYING FIELD AVAILABLE FOR HIRE

In a beautiful setting with use of the playing field & well equipped kitchen  
 Ideal for children & family parties  
 Hire for private functions & meetings  
 Available for fitness classes with changing facilities  
 Cricket pitch & equipment for hire  
 Registered Charity No 304919

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

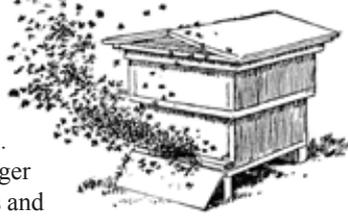
[info@mildenpavilion.co.uk](mailto:info@mildenpavilion.co.uk)

or find us on Facebook: [www.facebook.com/Mildenpavilion](https://www.facebook.com/Mildenpavilion)

# NOTES FROM A BEEKEEPER'S DIARY

It has been said that humans are the only species of mammal that kill each other, but this is not true.

Adult male dolphins attack younger males to protect their breeding rights and ram them repeatedly in the ribs until they get the message and move off, or if not, expire from internal bleeding. Lions won't tolerate any incursion from males or females not born and raised within their own pack. Elephants seem to be an exception.



Honeybees are for the most part at peace with the world. Two colonies will happily share a hive stand with no more than two feet to separate them. Beekeepers need the space to move around the

hive. Even that close the bees will recognise their own home, fly in and out without disturbing each other, and even share flight paths when setting out or returning from foraging missions.

Honeybees do not fight each other when gathering nectar or pollen. Indeed, a bush or tree in full flow will be alive with flying insects – bees from the same or neighbouring colonies, bumble bees, even flies.

Drones, the male bees, do not fight each other over the right to mate with queens. Indeed, they willingly gather in drone congregation areas waiting for a queen bee to come visiting. When she does turn up the drones line up behind her, each one peacefully waiting his turn. Queens are hopelessly promiscuous and will mate with up to a dozen drones before returning to self-imposed incarceration until her days of fertility are over. Drones that succeed in mating do not survive the process. Those that fail to lose their virginity hang out in the boys' club until they expire naturally after around 3 months.

Drones still surviving after the end of the summer breeding season are encouraged to leave the colony by the workers. The female workers round them up and push them out. There is no room in a drone's abdomen for a stinger, so they don't really have much choice over

the matter. So that's one of the very few occasions when bees might attack one of their own kind.

Honeybees are well endowed with the means to defend themselves or their nests when the need arises. As any beekeeper will tell you a honeybee sting can deliver quite a punch. A honeybee weighs only a little more than one tenth of a gram, and a dose of venom far less. Even so, one sting can lead to a significant degree of discomfort, and, if close to a blood vessel, some very strange sensations indeed.

Bees only really sting when they feel under threat. Most stings come about because a bee becomes entangled in your hair, so when you try to brush it off the bee becomes even more enmeshed and responds.

Sometimes other bees or wasps try to enter the hive, by mistake but more often because they are intent on robbing the honey stored within. Bee defences escalate through different levels of response before resorting to violence. Initially they just stand still and stare at the threat. If that is insufficient deterrent they rear up on their two rearmost pairs of legs. At this point other bees will have emerged from within the hive and line up in support of their sibling. Finally, if the intruder still hasn't taken the hint the bees will ball up around it and bundle it out. At that point the stingers may come into action as well.

With a certain amount of encouragement honeybees usually tolerate beekeepers. They will put up with brood frames being lifted out carefully one by one for inspection. Clumsy work may result in punishment, and it pays to avoid wasting time. The wise beekeeper times inspections to take place mid-morning to late afternoon when most older workers are out foraging, because they have the job of defending the nest as well.

Of course, there are times when colonies can be a bit ratty. First sign is more bees than usual buzzing around the beekeeper. When they start knocking against your bee suit or veil it might be time to close up promptly and move on.

Occasionally and unpredictably they can lose it altogether. I recall some years ago during one of the first inspections of the year a swarm of bees boiling out of the hive as soon as I started to remove the cover. They were clearly intent on one purpose only and within seconds I was covered in extremely angry bees. My assistant at the time ran for cover as fast as she could. After four or five stings I retreated as well but it took ten minutes for the surviving bees to return to the nest. A month later I returned for another look and the same colony was as calm and peaceful as you could ever want.

*Tony Rand*

## SERVICES DIRECTORY


**07940238692**  
 taylormadebabygifts@gmail.com  
 Taylormadebabygifts  
 Little Waldingfield, Suffolk

**JB AUTOWERX**  
 AUTOMOTIVE SECURITY SOLUTIONS  
 MOBILE FITTING IN SUFFOLK  
 CONTACT JAMES ON 01473 875148  
 INFO@JBAUTOWERX.COM  
 WWW.JBAUTOWERX.COM  
 WORKSHOP LOCATED IN ELMSETT IP7

- TRACKERS & TELEMATICS
- IMMOBILISERS
- VAN ALARMS
- MOTORHOME & CARAVAN SECURITY
- DASHCAMS & FITTING
- REVERSE CAMERAS & SENSORS
- APPLE/ANDROID CARPLAY
- CAR STEREO UPGRADES

**AK SMITH PLASTERING**  
 Established 1986  
 CEILINGS, WALLS, FLOORS  
 LIME PLASTERING  
 PLASTER BOARDING, COVING  
**NO JOB TOO SMALL**  
 MOBILE: 07808 027 116  
 Based in Assington  
 Email: aksmithplastering@hotmail.co.uk  
 Website: www.aksmithplastering.com

  
**STIRLING**  
 PAINTERS & DECORATORS  
 THIS FATHER AND SON TEAM BETWEEN THEM HAVE 60 YEARS EXPERIENCE IN THE TRADE, WOULD LIKE TO GIVE YOU A FREE ESTIMATE FOR EXTERNAL AND INTERNAL REDECORATION OF YOUR PROPERTY  
 WE DO NOT USE SUB-CONTRACT LABOUR  
 WE ONLY USE THE BEST MATERIALS  
 WE TREAT YOUR PROPERTY AS IF IT WAS OUR OWN  
 WE ARE PROFESSIONALS  
**TEL: 01255 688104 MOBILE: 07866 734519**

# SERVICES DIRECTORY

## A Tennent Electrical

Quality Electrics for Domestic, Commercial and Industrial properties  
Small jobs to complete re-wires

For a free estimate call Adrian on:  
**01787 211576** Mobile: **07968 856 765**  
e.mail: [adrian.tennent@btinternet.com](mailto:adrian.tennent@btinternet.com)  
1 Church Street, Boxford, Sudbury

## Ellie's Grooming Parlour



Tel: **07473 638660**   
Email: [hello@elliesgroomingparlour.co.uk](mailto:hello@elliesgroomingparlour.co.uk)

Reliable, Qualified & Caring Dog Groomer at Kersey Mill



TRACEY PARR  
Independent Travel Agent

**07747 608 509**

[tracey@boxrivertravelboutique.co.uk](mailto:tracey@boxrivertravelboutique.co.uk)



## -PJH-

Property Maintenance

Quality Painting and Decorating  
Interior & Exterior,  
Tiling and General Maintenance,  
Carpentry

[www.pjhpropertymaintenance.co.uk](http://www.pjhpropertymaintenance.co.uk)  
[pjhpropertymaintenance337@gmail.com](mailto:pjhpropertymaintenance337@gmail.com)

6 Hadleigh Road, Boxford, Sudbury CO10 5JH  
**TELEPHONE: 01787 212366**

## Deeks Bespoke

Kitchens and Bedrooms

tel: **07969 524 124**

email: [deeksbespoke@gmail.com](mailto:deeksbespoke@gmail.com)



## OPTIMUM Architecture Ltd

Architectural Services

Including Listed and Low  
Energy Buildings

**01206 262697**



[www.optimum-architecture.co.uk](http://www.optimum-architecture.co.uk)

## D MAY

Plumbing & Heating

Offering a fully comprehensive range of domestic plumbing and heating services.  
Local tradesman 30 years experience  
Free estimates not VAT registered.  
New bathroom and ensuite installations including floor/wall tiling.  
Emergency service provided and no job to small.  
Tel: 01473 829064 or Mobile: 07886 389 995

## Qualified Foot Health Professional

**Bridget Clifford MCFHP MAFHP**  
Foot Care in the comfort of your own home.

**Tel: 01787 211345**

If unavailable leave a message and your call will be returned.

## ROBSON THATCHING

FREE ADVICE  
RE-THATCHES  
PATCHING  
REPAIRS

Over 25 years experience

56c High Street, Lavenham  
**01787 247 964** or **07443 596 757**  
[philiprobson2011@hotmail.co.uk](mailto:philiprobson2011@hotmail.co.uk)

## SAM'S K9 Services

Experienced dog walker and trainer, good rate, fully insured, qualified and have my first aid for dogs.

Not only am I a dog walker but I'm also a qualified dog trainer. I'm able to help with a wide range of behavioural and training issues. My methods of training are up to date and force free.

Whether you need help as a first time puppy owner, or your dog is showing signs of aggression or you need help with training problems such as lead pulling

**please call me on 07939 563 282**

## W.A. Deacon

FUNERAL SERVICES

24 HOUR  
TELEPHONE SERVICE

**01787 248282 & 01787 248147**

Norman Way, High Street, Lavenham,  
Sudbury, Suffolk CO10 9PY

INDEPENDENT FAMILY COMPANY



ESTABLISHED 1952

## SJ Hurrell Plumbing & Heating

Over 30 years of experience specialising in custom solutions for all of your plumbing & heating requirements

- Gas & Oil Central Heating
- Annual Boiler Servicing
- Bathroom Design & Installation
- Underfloor Heating
- Energy Efficient Systems

**07970 163084 • 01787249081**  
[scott@sjhurrell.co.uk](mailto:scott@sjhurrell.co.uk) • [www.sjhurrell.co.uk](http://www.sjhurrell.co.uk)



## C D Lawson

Building & Hard Landscaping  
**01787 211429** mobile: **077303885019**

- All Building work •
- Maintenance •
- Alterations • Extensions •
- Driveways • Drainage •
- Patios • Fences etc. •

Professional and Reliable service at competitive rates

13 Boxford Lane, Boxford, CO10 5JU  
email: [lawsondian@btinternet.com](mailto:lawsondian@btinternet.com)

## Bed & Breakfast Newmans Hall Farm

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

- \* All rooms en-suite \* \* Heated indoor swimming pool \*
- \* Ample off-road parking \* \* Quiet rural setting \*
- \* No smoking policy \* \* Spacious grounds \*

Monks Eleigh Road  
Little Waldingfield  
Sudbury, Suffolk  
CO10 0SY

Telephone: 01787 249111  
Charles mobile: 07850 210256  
Louise mobile: 07887 540432

email: [louise@newmanshall.co.uk](mailto:louise@newmanshall.co.uk)

## Ken Grime & Son Ltd Electrical Contractors

Fully Qualified and part P Registered  
All types of electrical works undertaken  
No job too small • Very competitive prices

Office Tel: **01787 373 558**  
Ken Mobile: **07702 358 802**

109 Bures Road • Great Cornard • Suffolk • CO10 0JE

# SERVICES DIRECTORY

## Darren Howe - Qualified Carpenter & Joiner

*All Aspects of Carpentry Undertaken*

- Handmade Kitchens & Fitted Wardrobes
- Fitted Kitchens
- Doors Made and Hung
- Floors & Laminates
- Balustrading, Decking and much more

Call me for a free No Obligation Quotation  
on 07795 345466 or email me at  
howies@hotmail.co.uk



## N D Rose Int/Ext Decorating

- Gutters Cleaned/Repaired/Replaced
- Wall/Floor Tiling
- General Building Maintenance

Telephone 01787 211042  
Mobile 07518 040 465  
3 Fen Street, Boxford, CO10 5HL

## S B Electrical

For all your electrical work

Free Estimates ✓ No Call Out Charge ✓  
Part 'P' Registered ✓ Electrical Certificates Issued ✓

01787 247043

email: [info@sbelectrical.biz](mailto:info@sbelectrical.biz)  
or visit [www.sbelectrical.biz](http://www.sbelectrical.biz)

## COVERSURE

Your Local Insurance Broker Is  
Here For You

### Coversure Sudbury

CALL US: 01787 374 857

VISIT US: [coversure.co.uk/sudbury](http://coversure.co.uk/sudbury)

We can offer you insurance cover  
for  
Business, Property, Home & Motor

For business. For family. For you.



### PAUL MACHIN GARDEN SERVICES

All types of Grass cutting undertaken,  
including paddocks, wild flower meadows,  
orchards, field edges & brush/nettle clearance.

Grass scarification.

General garden maintenance,  
hedge cutting, tree pruning.

Garden rubbish clearance

Patio, path and driveway cleaning.

Garden plant watering service.

Environment agency waste carriers  
licence held and fully insured

07854 725777

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

[@paulmachingardenservices](https://www.facebook.com/paulmachingardenservices)

## Boxford Lane Joinery

With the benefit of over 40 Years experience

*Specialist Manufacturers and Installers of Bespoke:  
Kitchens*

*Wardrobes and Household Furniture*

*Staircases • Architectural Joinery*

*Windows, Doors and Conservatories.*

*All finished/Sprayed/Polished  
in House if required.*

*A full fitting and Carpentry service  
is also available.*

Contact: Greg Deeks: 01206 263525

or mobile: 07977 738 649

or Brett Deeks: 07969 524 124

email: [BoxfordLaneJoinery@gmail.com](mailto:BoxfordLaneJoinery@gmail.com)

## FIREWOOD

BARN STORED DRY LOGS  
VARIOUS LOAD SIZES AVAILABLE

OR KILN DRIED LOG NETS  
AT £15 EACH

Delivery available on minimum of 6 nets

### KINDLING

Contact Carol Abbot  
01473 829 130 or  
mobile 07768 795 981

## PADDOCK AND MEADOW CUTTING & HARROWING SERVICE

Small Tractor 6' Topper  
12' Grass Harrow

01787 210842



A private gym for time-strapped  
people eager to build and  
maintain a strong, confident and  
functional physique.

Training is individually tailored to  
your needs using safe and proven  
time-efficient methods with  
advanced variable resistance  
machines.

Tried and tested training principles  
combined with 1:1 focused  
coaching will challenge and help  
you reach your goals.

W: [eightfivegym.com](http://eightfivegym.com)

E: [info@eightfivegym.com](mailto:info@eightfivegym.com)



## COMMAND

PEST

CONTROL

Established 1986



Locally based, professional Pest Control company.  
Offering complete solutions for:

- Rats ➤ Mice ➤ Wasps ➤ Ants
- Moles ➤ Woodworm ➤ Fleas
- Rabbits ➤ Feral Pigeons ➤ Squirrels

All enquiries welcome from one off pest problems,  
to servicing contracts for year round protection.

Call (01787) 248049

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

## M.D.MILLS

(BUILDING CONTRACTORS) LTD

All types of building work undertaken including:

Extensions, Renovations  
Insurance Repair Works,  
Plumbing & Heating, Electrics,  
Roofing, Tiling, Decoration, etc

For a free no obligation estimate  
please call:

01787 373085

[www.md Mills.co.uk](http://www.md Mills.co.uk)



## WHITWELL SERVICES

For all your Home Heating & Plumbing Needs

Established in 1979

Oil Boiler Servicing, Repair & Installation,

Oil Tank Fitting,

Renewable Energy Installation

Gas Safety Registered.

We offer a unique

Design & Installation service for  
Bathrooms, Kitchens, Renovations and  
New Build Projects.

To Contact us:

Tel: 01787 210277

Email: [enquiries@whitwellservices.co.uk](mailto:enquiries@whitwellservices.co.uk)

Web: [www.whitwellservices.co.uk](http://www.whitwellservices.co.uk)

# SERVICES DIRECTORY



**Mobile canine and equine physiotherapy services**

• Massage • Stretching • Laser Therapy • PEMF Therapy • Remedial Exercises • Kinesio Taping •

www.annamorleyvetphysio.co.uk  
info@annamorleyvetphysio.co.uk  
07776 129 677




**Topcoat**  
Painting & decorating  
Interior & exterior

For free quote  
call David on  
07519 589256



**Beauty**  
BY GRACE

FORMERLY 'NAILS BY GRACE'

I'm Grace Crimmin, a fully qualified Beauty Therapist with over 10 years experience in salons and spas. I offer a wide variety of treatments from my treatment room in Newton, including Body Massages, Facials, Manicures, Pedicures, Waxing and more! I look forward to hearing from you.

[www.beauty-bygrace.co.uk](http://www.beauty-bygrace.co.uk)  
07484 648932

**LAWNS FIELDS AND GARDENS**  
Established 1991



All types of Grasscutting undertaken •  
• Commercial and Domestic •  
• Contract or otherwise •  
• Grounds Maintenance •  
• Hedges • Trees • Fencing • Patios •  
• Drives • Pergodas •

FOR A FREE QUOTE RING MARTIN ON  
07932 477152

**Scents Of Life**



Essential Oil support  
for all areas of health

Transformative Sound Immersions

Fully qualified healing practitioner

louisecarpenter@proton.mc  
01787 211862

*Louise Carpenter*  
whole being well-being

**CARPENTRY & JOINERY**

*Purpose made doors, windows, conservatories, fitted kitchens, bedroom furniture, etc.*

No job too small M Hearnden  
Tel: 01787 248 285 / 07850 196 891

**CARPETS - VINYLs - WOOD LIONEL HATCH FLOORS**

Your local professional, personal, competitively priced flooring service

Call Lionel Today

T: 01787 374163 M: 07766 026 875  
EMAIL: lionelhatchfloors@gmail.com

**HOWARD WATTS**  
Automotive



Sales and Service at  
Riddellsdell Bros Ltd (Est 1900)  
ELLIS STREET, BOXFORD, CO10 5HH

01787 210318  
07836 353537  
www.howardwatts.co.uk office@howardwatts.co.uk

*Andy Morgan*  
Painter & Decorator  
**S.E.P. Painters**

Tel: 01787 375824 • Mobile 07748 800701  
andy@seppainters.co.uk

For all your interior and exterior decorating ...  
...from New Build to Period Properties  
Your satisfaction is my speciality!  
Detailed information on my website:  
www.seppainters.co.uk

**Amanda Hollingworth**  
Counsellor

Helping people overcome their emotional, psychological and relationship problems for over 30 years

COSRT Accredited Psychosexual Therapist  
COSRT Accredited Clinical Supervisor  
UKCP & BUPA Registered Psychotherapist  
contact: 01473 824663 or  
ac.hollingworth@gmail.com

**Seasoned Firewood & Woodchip**  
For Sale By the load  
**01787 319200**



We carry out all aspects of tree works

**SUFFOLK TREE SERVICES**  
www.suffolktreeservices.co.uk



**Sudbury Physiotherapy Centre**  
& Complementary Health

- Musculoskeletal
- Neuro-Physiotherapy
- Sports Massage
- Chiropody
- Podiatry
- Pilates
- Shiatsu
- Clinical Hypnosis
- Nutritional Therapy

Appointments available Monday - Saturday  
Tel: 01787 378178  
Email: sudburyphysio@hotmail.co.uk  
www.sudburyphysio.co.uk  
17 Gaol Lane, Sudbury, CO10 1JL

**Tree Surgeon**



**Blake Tree Care**

Providing excellence in:

- Tree Felling
- Canopy Reduction
- Hedge Cutting
- Garden Clearance
- Tree Shaping and Pruning
- Stump Grinding
- Pollarding
- Emergency Tree Work

Free Consultation for Small and Large Jobs

Public Liability Insurance

M: 07515 288736  
O: 01787 228341  
info@blaketreecare.co.uk  
www.blaketreecare.co.uk



"A very competitive price and a VERY tidy job" ★★★★★

**Antique Renovations**



Expert restorers of fine antiques & interior woodwork

UNIT 1, BRIDGE FARM  
LAVENHAM ROAD, BRENT ELEIGH, CO10 9PB  
Tel: 01787 248 511

**H Byham & Son Ltd**  
**Ballingdon Dairy, Sudbury**

Deliveries of Dairy Produce and Goods to Boxford and Surrounding Villages

Tel: 01787 372526

**Suffolk Medical & Beauty Clinic**

All Beauty Therapy Treatments  
Laser Permanent Hair Removal  
Anti - Wrinkle Injections  
Thread vein treatment  
Skin Rejuvenation  
Dermal Fillers  
Mole and Skin Checks  
Dermaroller/Pen  
Medical Microdermabrasion  
Semi permanent make-up



[www.suffolkmedicalclinic.co.uk](http://www.suffolkmedicalclinic.co.uk)  
6 Broad Street. Boxford  
01787 211000

# SERVICES DIRECTORY



**Cass White Upholstery**  
Traditional & Modern

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

07759 924 209  
casswhite@live.com

**Kirkham Sheidow Architects**



Boxford 01787 211670  
design@kirkhamsheidow.co.uk  
[www.kirkhamsheidow.co.uk](http://www.kirkhamsheidow.co.uk)



**SO LANDSCAPES**

We are Sudbury Suffolk based hard landscaping company that excels in all aspects of landscaping.

Our 5\* reviewed company offers bespoke high quality reliable services catering for all budgets. Enhance your property's value and enjoy the beautiful weather with family & friends - or even just for some much needed self care.

Take action now by giving us a call to book your free quotation:  
**Phone: 01787 377846 or 07590 111 025**  
**Email: Ashley@SoLandscapes.co.uk**



**JPS Timber**

Suppliers of:

- New and Reclaimed Sleepers
- Reclaimed Scaffold Boards
- Carcassing Timber
- Decking
- Post and Rail Fencing
- Oak Barrels and Planters and more....

**07970 559 251**

[mail@jpstimber.co.uk](mailto:mail@jpstimber.co.uk)  
[www.jpstimber.co.uk](http://www.jpstimber.co.uk)

**Hadleigh Hairloom**  
78 - 80 High Street, Hadleigh  
01473 822191

**Walk-in Family Salon**

Catering to the entire family's hairdressing needs  
\* Easy Access \* Family Friendly \* Free Wi-Fi \*  
Comfortable Waiting Area with Toys and TV.  
Monday Wednesday & Friday: 9 - 5.30  
Tuesday 9 - 7.00 \* Thursday 9 - 8.00 \*  
Saturday 8.30 - 4.00

**BUSINESS OWNER?**  
**WHY AREN'T YOU IN THE BOX RIVER NEWS DIRECTORY?**

**01787 210946**  
[editor@boxrivernews.com](mailto:editor@boxrivernews.com)



**LOUISE'S**  
*Mobile Hairdressing*

I am an experienced, professionally trained hairdresser & will visit you in the comfort of your own home.

Full colours, highlights, cut & blow-dry  
Prom & wedding packages available  
Ladies, gents & children

Please call Louise to book an appointment  
**07970 704 823**



**Green Eye Gardens**  
Garden design, creative planting & landscaping

**Francesca Green**  
Tel: (01787) 210507

[www.greeneyegardendesign.co.uk](http://www.greeneyegardendesign.co.uk)  
[info@greeneyegardendesign.co.uk](mailto:info@greeneyegardendesign.co.uk)



**Boxstore**<sup>TM</sup>  
Archive and general storage

**The Local Self Storage Company**

For all domestic and business needs

See website for details  
**[www.boxstore.co.uk](http://www.boxstore.co.uk)**  
or phone **01787 210350**

**GARDEN WORK**  
**TREES & HEDGES**

Call for a quote  
G.J. & C.A. Abbott

**01473 829130 or**  
**mobile 07768 795981**

**NEWTONS FARM**  
**INDOOR TENNIS COURT**

NO MEMBERSHIP FEES  
PAY AND PLAY  
OPEN 7AM TO 10PM  
IN WISSINGTON, 1 MILE FROM NAYLAND  
BOOK ONLINE: [www.indoortenniscourt.co.uk](http://www.indoortenniscourt.co.uk)

**P.D. Garner**  
*Plastering Services*

Telephone: 01206 262207  
Mobile: 07976 246713

13 Elmtree Lane, Leavenheath, Colchester CO6 4UL

**Colne Valley Windows**  
Your local double glazing company

Windows • Doors • Conservatories  
Bi-Folding Doors • Soffits • Facias and Guttering • uPVC and Aluminium • Shop Fronts • Manual and Automatic Entrances and much more!!

Transferable 10 Year Insurance  
Backed Guarantee  
Over 30 Years Experience  
Free Quotation  
Local Family Run Business



To arrange a free quotation please call us on **01787 827382**

Website: [www.colnevalleywindows.co.uk](http://www.colnevalleywindows.co.uk)  
Email: [info@colnevalleywindows.co.uk](mailto:info@colnevalleywindows.co.uk)  
Certified Company 36650

**Nº 18 HONEY**

**LOCAL SUFFOLK HONEY**

100% pure honey, straight from the hive to the jar.  
Made by our happy bees from local wildflowers right here in Boxford.  
Available to buy online or direct from the driveway, cash and card payments accepted.

BBKA-registered swarm collectors

18 STONE ST. BOXFORD CO10 5NR  
**01787 210 946 / 07919 902 437**  
[www.numbereighteensuffolk.com](http://www.numbereighteensuffolk.com)  
[buzz@numbereighteensuffolk.com](mailto:buzz@numbereighteensuffolk.com)



**MINI WASTE LIMITED**

**2, 3, 4, 6, 8, 10 & 12 YARD SKIPS FOR HIRE**  
**16, 20 & 40 YARD RO/RO FOR HIRE**

Tel: 01787 378811  
e mail: [info@miniwaste.co.uk](mailto:info@miniwaste.co.uk)  
Website: [www.miniwaste.co.uk](http://www.miniwaste.co.uk)

# The Red House

— RESIDENTIAL HOME —

A fine Georgian building set within a beautiful garden, offering a sanctuary of peace and security within the centre of Sudbury, offering all the necessary care and attention for those who wish to spend their retirement and later years in a warm and caring atmosphere.

## Contact Us

Meadow Lane, Sudbury, Suffolk, CO10 2TD

Telephone: 01787 372948

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



## Ipswich Veterinary Centre

For a professional caring service

- 24-hour hospitalisation and emergency care provided on-site
- Advanced diagnostic imaging including CT scanning service
- Veterinary referral services
- Physiotherapy and hydrotherapy
- Pet behaviour counselling, dog agility and training classes
- Pet shop and grooming lounge.



An Independent Veterinary Practice with a personal approach

A member of **FIVP** Federation of Independent Veterinary Practices

Tel: 01473 555 000

[enquiries@ipswichvetcentre.co.uk](mailto:enquiries@ipswichvetcentre.co.uk)

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

1 Donald Mackintosh Way, Scrivener Drive, Ipswich, Suffolk IP8 3SU

**NHS**  
East of England  
Ambulance Service  
NHS Trust



# YOU COULD BE THE HERO NEXT DOOR

3PR First Responders urgently needs new volunteers

All training and equipment is provided  
For more information please contact  
Rich Wild: 01787 210946 or [office@boxfordresponders.com](mailto:office@boxfordresponders.com)



[www.boxfordsuffolk.com/3PR](http://www.boxfordsuffolk.com/3PR)

**BOXFORD COMMUNITY COUNCIL**  
In association with  
**Boxford Parish Council**  
presents

# **BOXFORD FIREWORKS**

## **Sat 2nd**

## **November**

**LANTERN  
PARADE**

**6.30 from the village**

**Fireworks 7.45 on  
The Playing Fields**

**Tickets in advance**  
**Adults £6.00**  
**Children £4.00**

**Tickets on the gate**  
**Adults £7.00**  
**Children £5.00**



SUPPORTING COMMUNITY ACTIVITIES IN  
BOXFORD, EDWARDSTONE  
AND GROTON

Charity Number:304862