

March 2025

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



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.



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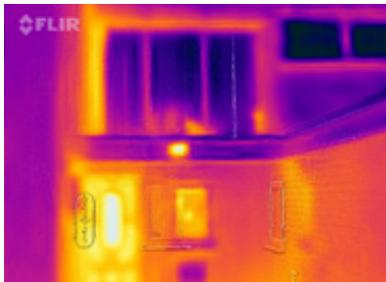
NATURAL BOXFORD

Thermal imaging and Keep the Heat success!

It is with real pleasure that I offer a report on our recent Energy Efficiency based projects working collaboratively with SCC's Climate Change Partnership and HEAT's Energy Champion project.

For the month of January we were loaned two thermal imaging cameras which show real time images of the external surfaces of a building and where it is losing heat. This is a great way to identify where insulation could be improved, and to check how well existing measures are working.

Several of us received training in how to use the cameras and interpret the images and intrepidly set off in hi-vis jackets, hats, gloves and boots in the frosty evenings of the New Year when conditions were challenging for humans but perfect for thermal imaging - dry with -5 degree temperatures and very little wind – a very committed team! We had an amazing response with 53 visits being undertaken in total – mostly in Boxford and surrounding villages, plus a few in Hadleigh. Across a wide variety of buildings (1300s to post-2012, bungalows, terraced and detached, owned and rented) householders found it fascinating to see what was happening with their properties, and discuss what they could do where heat was escaping. Common quick fixes were closing curtains, using thicker ones, and adding door curtains – especially with older style wooden doors which are heat conducting themselves and tend to fit more loosely. Compromised double glazing units and chimneys were also found to be a common route of heat loss: the latter can easily be blocked up as long as you remember to remove it if you fancy a fire! A couple of particularly interesting discoveries were that cavity wall insulation tends to compact and sink down over time leading to heat loss at the top of the wall; and, as you can see in the photo, a big double glazed window being pretty good as far as the glass is concerned but leaking a lot of heat via an ill-fitted frame. Several houses showed very little heat loss and owners were pleased to see this positive endorsement of insulating actions they had already taken to avoid heating Suffolk.



The Keep the Heat handy factsheet was a hit and there was a positive response to the Warm Homes Suffolk free voucher (or £30 for larger houses) for a retrofitting energy assessment of your house by an industry expert. Several listed building custodians have taken up this offer as they grapple with the challenge of keeping these historic buildings habitable. It was clear to see how poorly insulated many of these structures are and understand how difficult and potentially expensive it can be to keep them warm. It is still possible to apply for a visit voucher via this url: www.warmhomessuffolk.org/retrofit-assessment-voucher-scheme



The Keep the Heat event on Jan 25th saw at least twenty-five visitors engaging in in-depth conversations with the experts present. All the stallholders were pleased with how the morning went and there was a very positive atmosphere. The climate Change Partnership brought along



their 'wendy house' to demonstrate some simple measures that can be taken such as placing foil behind outside wall radiators, and the Energy Champions were on hand with further advice. You can still arrange for an Energy Champion visit by emailing heatenergy@gmx.co.uk National Energy Action (0800 138 8218) were there to support any of us struggling with energy costs; and the Retrofitters with the voucher scheme were so busy they couldn't keep count of how many people they saw and needed regular cuppas supplied by the Natural Boxford refreshments team! Stalwarts of helping out in all areas that people experience difficulty, the CAB (Citizen's Advice Bureau) provided a wide range of information, and the Lime House had a range of eco-friendly products on display – from natural wool based insulation to hempcrete bricks.

This was a genuine joint effort and I'd like to offer a hearty thank you to all involved: organisations, stall holders, volunteers, funders and all who engaged with what was on offer. Special mention to Jono West for heading it all up and Lisa Matthews for working organisational wonders.

So, apropos last month's footprints challenge....any ideas? We think they belonged to Mr or Mrs Stoat, and more have been spotted along the muddy riverside recently.

Finally, our talk on Swifts is on **Monday 10th March**, free admission, refreshments from 6pm, talk starts at 7:30pm, at St Mary's Church, Boxford

Much love from Louise and the Natural Boxford crew.

BOXFORD WI COMMEMORATE HM QUEEN ELIZABETH II

Boxford WI commemorate HM Queen Elizabeth II by installing a bench at the top of School Hill which has been jointly funded by the generosity of a grant from Boxford Community Council and monies raised by our members.

We applied to Suffolk County Council, with the full support of Boxford Parish Council, for a licence to cultivate and maintain the area at the top of School Hill and the A1071.

The licence was granted in 2023 and since then many bulbs have been planted by our members which should produce a show of spring colour.

We ask that this area is respected as it is still a work in progress, and hope that the people of Boxford village will enjoy the spring blooms as they emerge.

Boxford WI



Box River News

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

Telephone: 01787 210946

email: editor@boxrivernews.com

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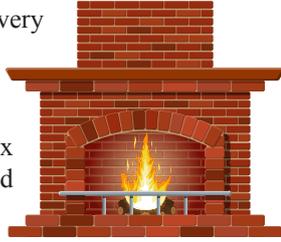
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Deadline date for the April 2025 Issue is:

March 15th at midday

NEWTON FIRESIDE CLUB

Our two sessions this month have been very well attended. The fish and chip lunch, provided by The Codfather, was delicious. These lunches are always well received. Then the talk by Mary Rix was very interesting and gave us a good idea on how to start trying to discover our ancestry. We were given lots of



tips and some websites to visit. We are looking forward to hearing if our members have discovered they have blue blood!



Some advance notice, on the afternoon of Sunday 29th June, we will be holding a PICNIC IN THE PARK. If the weather is good, this should be a lovely relaxed afternoon. All welcome, so please put the date in your diary.

AUTUMN 2024 PROGRAMME

- Tues 4th March Pancake Day 12:30 for 1pm
- Tues 18th March A Make-up Demonstration by Emma Quinn
- Tues 1st April 'Fooling About'
- Tues 15th April Easter Crafts

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

NEWTON OPEN GARDENS

SUNDAY 22nd JUNE 11am - 5pm.

Hopefully, all villagers have now received a leaflet explaining all about the open gardens. We have had a good response so far, but we still need your support.

Ideally, we would like 15 – 20 gardens open on the day. Please have a think, your garden doesn't need to look like something from The Chelsea Flower Show. Visitors will be interested in visiting all kinds of gardens, big or small, formal or wild, still a project in progress.

Although the gardens need to be in the village, volunteers from surrounding villages would be more than welcome to help with refreshments, ticket sales or to help with the plant stall.

If you are able to help or would like more information, please email Sue and Paul Presland at sue_presland@hotmail.com

Watch this space for further updates.

Sue & Paul Presland

NEWTON VILLAGE HALL MATTERS

The current trustees are:

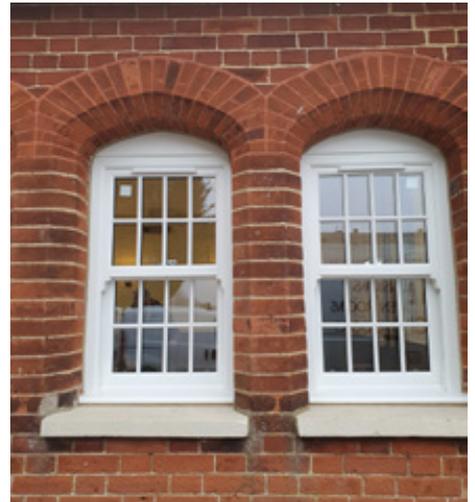
- Alan Vince** *Chair, Treasurer & Bookings*
- Janet Weavers** *Secretary*
- Fiona Garman** *PCC Rep*
- Rita Schwenk** *NPC Rep*
- Sue Presland** *Newton Charities*
- Teresa Parry** *Fireside Club*
- Graham Ferguson** *Elected*
- Joan Linney** *Elected*

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

The trustees are responsible for the maintenance of the hall and the administration of its finances. This is not an onerous responsibility, especially if we can share responsibilities between a number of people. I am sure you will agree that we are very fortunate to have such a lovely village hall and we need to keep it in good condition. Please do contact one of the trustees if you would like to learn more about the role – no obligation.

WI-FI: I am pleased to report that after what seems a lifetime, the wi-fi is now fully functional and free to all of our village hall users. The code is displayed in the main hall.

WINDOWS: The installation of the new windows is now underway. Again, a big thank you to our secretary, Janet, for securing the funding. As you can imagine, getting windows made for such beautiful and intricate windows is very expensive. We are sure that they will look fabulous and help keep the hall draft free.



BOOKINGS: The only number for bookings is now **07955 199 000**. To help with the booking process, please visit www.yourhall.co.uk/hall/newton-green where you will find a detailed description of the hall, along with photos and a diary of bookings. Although you cannot book on this site, you will be able to find out if the hall is available for your function. For public events and clubs there is also a description and contact details. We are sure that this will be a very useful website.

AGM: Our AGM is on Wednesday 16th April at 7:30pm. All welcome.

COFFEE MORNINGS:

- Sat 29th March Parish Council (and litter pick)
- Sat 26th April St Nicholas Hospice
- Sat 31st May Fireside Club
- Sat 21st June Newton Charities
- Sat 27th September Macmillan
- Sat 22nd November Village Hall

All coffee morning are from 10 - 11:30am with the raffle usually being called at about 11:15.

RECLAIM THE RAIN

Hello Boxford!

It's been an enjoyable start to the year, and we're excited to share some updates from February.

Our SuDS in Schools work with Boxford Primary School is very nearing completion now, with just planting left to go. We will share photos and more detail on what's been delivered in our next Box River News edition, but if you'd like to find out more now, please don't hesitate to get in touch.

We asked the pupils to take part in a drawing competition to design the front covers for the SuDS Pods and it's been a huge success, so thank you to all the school staff for your help and for returning so many submissions back to us. Thanks also to those on the Boxford Suffolk Noticeboard on Facebook for voting for your favourite designs. We're excited to share the winning designs with you soon and are thinking of other ways to share more of the many artworks too... Any ideas are welcome!



We were delighted to be invited to talk at the Boxford Gardening Society in February, sharing more about Reclaim the Rain and the rain garden we delivered at Boxford Village Hall. It was a fantastic evening, and thanks again for having us.

Our work with *Our Rainwater* has resulted in a comprehensive assessment of St Mary's Church, taking into consideration the roof area, church-users' priorities, and local rainfall patterns to identify a selection of possible options which could support sustainable water management in this location. We hope to agree on a proposal which is mutually beneficial to St Mary's Church, the community, and to support the other water resilience work already underway across Boxford's surface water catchment.

Thank you all for your ongoing support, and to our brilliant Community Working Group for always sharing your valuable insight into the project. As always, if you have any questions or would like to learn more about Reclaim the Rain's work in Boxford, please get in touch with us at ReclaimtheRain@Suffolk.gov.uk.

Best Wishes,

Ruby and Sian

www.reclaimtherain.org

KERSEY VILLAGE HALL

Are you looking for a venue to hold an event, family party, committee meeting, exercise class, etc.? Kersey Village Hall is a beautiful venue, with a large main hall including stage, a fully equipped kitchen and a committee room ideal for meetings or small events. Contact Natalie Blyth for more information. **01473 827805** / **07487 816966** / nablyth1@gmail.com

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Wednesday, March 12, 2025

Open Mic Night - Every 4th Wednesday of the month
Wednesday, February 26, 2025
Wednesday, March 26, 2025

International Women's Day - Saturday March 8th
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Pizzas: Sit in/Takeaway - Thurs 5-8pm, Fri & Sat 12-8, Sun 12-4

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Noodle & Dumpling Bar - Saturday March 8th
My Thai Chef - Saturday March 22nd

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

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GROTON HISTORY SOCIETY

Firstly we would like to a huge thank you to everyone who has come along to our first four events. We are delighted that you are enjoying the varied topics we have covered so far and our ideas for future events. Oh, and we are extremely pleased that the free glass of wine is very popular too!

Secondly I would like to thank Tina and Roger for their recent articles on local lad Kenny King and last month's Mormon trek from Boxford to Salt Lake City. Fascinating!

Upcoming Events

21st March 'What does history teach us about America today?'. I will attempt to follow Jenny Antill's excellent talk on 'Russia today' with a focus on 'America today'. The last few weeks have made this subject even more compelling and raised many more questions for history to try and answer! The story will start in Groton with John Winthrop, chasing the American Dream. Is America 'God's Country'? Has it always been this disunited and divided? When was America 'Great'? Does history give us any clues as to where America is heading? A few questions here.

We are still working on a possible event in May.

20th June 'The Cambridge Five'. Trevor Barnes will lead a talk on the most fascinating tale of treachery in MI5 history. Trevor, a founding member of the History Society, is also the author of 'Dead Doubles', the extraordinary story of the worldwide hunt for another of the Cold War's most notorious spy rings, The Portland Spy Ring. Recent archive releases have brought the Cambridge Five story back into the headlines. I am really looking forward to Trevor's talk on this!

80 Years ago with the 1st Suffolks

It's all about the Rhine! The mighty Rhine was the last natural obstacle to be crossed. Once this natural defensive line was breached it would be 'all roads to Berlin'! It was, in effect, the real 'beginning of the end' of the war. The battalion though would be facing a younger and more fanatical enemy, who will defend the Fatherland at any cost. Preparation, reserves and momentum would be crucial. Optimising which division and brigades lead the charge was key. This time the 1st Battalion was not in the vanguard of the assault. Instead they would have a front row seat to the crossings and mass glider flights, as the war was taken to the German heartland.

Once it was their turn to cross the Rhine, tragedy struck during the first night on the other side of the Rhine. One of the recovered battalion drums, being transported in a petrol tanker for safe keeping, was destroyed when an 88 shell hit the tanker, exploding it into flames. Fortunately nobody was injured. Sadly though, the driver's suitcase of looted watches also went up in flames!

Progress was good. By 31st March the 1st Battalion had covered more miles than they had done in 4 months in Normandy back in 1944.

Surely they knew it was all over? Yet again, apparently not!

Other key February events in history:

6th Mar 1836: 'Remember the Alamo!' Fort Alamo finally falls and Davy Crocket is amongst the killed. Are they still looking for revenge?

11th Mar 1941: The Lend Lease program begins, providing critical aid to Britain. President Roosevelt proclaimed "We must be the great arsenal of democracy". I can hear a certain someone else saying that.

8th Feb 1587: Mary Queen of Scots was executed on Queen Elizabeth I's orders at Fotheringay Castle.

15th Mar 44BC: "Beware the Ides of March". "Et tu Brute?" Julius Caesar is assassinated in the Senate. Not the first and not the last.

20th Mar 1995: A nerve gas attack on the Tokyo subway system kills 12 and injures 5000.

24th Mar 1989: The Exxon Valdez runs aground off Alaska, spilling 11 million gallons of oil and creating an ecological disaster.

25th Mar 1807: The British Parliament votes to abolish the slave trade.

26th Mar 1979: The Camp David Accord ended the 30 years war between Egypt and Israel. Still holding but what price for it to continue?

30th Mar 1981: Ronald Reagan survives an assassination attempt. In hospital he apologised to Nancy "Honey, I forgot to duck"

Recommended Reading, Listening and Viewing:

- 'Dead Doubles' by Trevor Barnes. The extraordinary and overshadowed story of the Portland Spy Ring. <https://amzn.to/4141oX1>
- 'Alexander Hamilton' by Ron Chernow. You've seen the West End version, now read the real story of his tempestuous and brilliant life. <https://amzn.to/40Z93G8>
- 'America in '68' podcast series from our favourite 'The Rest is History' team. A momentous year in American History.
- 'Brian and Maggie'. A two part drama on C4. The infamous 1989 interview, the end of a close friendship and the beginning of the end for Mrs Thatcher.

What if?

What if John Wayne had joined the George Wallace ticket in 1968? Originally a democrat, very liberal and concerned about Americans, later he became conservative and anti-government, disillusioned with the chaos he saw all around him. Governor Wallace considered asking him to join his ticket for presidential election. Wallace famously stood for 'Segregation now, segregation tomorrow, segregation forever'.

Famous movie star, all American idol. Could he have swung it for Wallace against 'tricky dickey' Nixon? Fortunately there were too many things they disagreed on. It is also unlikely he would have made it a winning ticket as Wallace did not have support outside of the deep south. So we got to see John Wayne films after 1968. Phew!

Finally:

As always, please let me have your thoughts, ideas for speakers and topics, as well as your recommendations for reading, listening and viewing. I look forward to seeing as many of you as possible at future events, starting on 21st March.

Nigel Chapman
nigeljchap@gmail.com

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Edwardstone Charities meet on a regular basis, or when occasion demands.

There are five trustees who administer the charity in **confidence** on behalf of the charity commissioners.

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- Are ill at home or in hospital
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- Need assistance with educational costs/equipment
- Need assistance to seek employment
- Are in need or suffering hardship

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Nick Raymond, Clerk/Treasurer:

Moat Cottage, Mill Green

01787 210461 / ncraymond@hotmail.co.uk

BOXFORD PRIMARY SCHOOL

12,000 HOURS OF SPORTING ENRICHMENT AT BOXFORD PRIMARY SCHOOL

From September to July, our school calendar is always full of sporting fixtures! These events are a great opportunity for pupils to collaborate with their peers and live our school values. Across this academic year, pupils have already attended 32 intra-school competitions and 3 inter-school events which is over 12,000 pupil hours.



Goalball has been a new addition to the intra-house games

Mr Griffith has led P.E. at Boxford Primary for a number of years and he is passionate about all children having the opportunity to participate in these events. Mr Griffith said, *"I believe that sport is an integral part of a child's life. Our sporting fixtures are an opportunity to expose children to different sports which they may have never heard of or played before. At Boxford, sport has been a great success and it reflects our broad educational offer. Since the start of 2022, over forty girls have played football for the school."*

As a school, we would like to thank staff who have given their time to help run these extremely popular sporting events. Parents and carers must also be thanked for the time they have given to ensure children get to fixtures – this is very much appreciated.

We currently hold the Gold School Games Mark accreditation. We are heading very quickly towards achieving platinum status which reflects how we foster grass roots sports within school and the wider local community.

Would you like a school tour?

If your child is looking to start school in September 2025 or move mid-year, please contact Mrs Clarke in the office on **01787 210332** or email office@boxford.suffolk.sch.uk. We would be more than happy to arrange a school tour for you to see our exciting curriculum at Boxford Primary. We look forward to seeing you soon!

Mr Scott Reynolds

Assistant Headteacher

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CITIZENS ADVICE

"We're planning a summer getaway to Greece and I'm worried we'll forget something important, which could ruin the holiday. What steps can we take to make sure we're fully protected and prepared if anything goes wrong?"

**citizens
advice**

Booking a holiday can be overwhelming, especially if it's been a while since you last went away. It's unlikely anything will go wrong, but we've prepared a simple checklist to make sure you can relax into your holiday knowing you're protected from the unexpected.

Check your passport is in date - especially for EU travel

Renewing your passport can take several weeks and isn't something to leave until the last minute. Check the validity of your passport for your trip on GOV.UK by finding out the entry requirements of the country you're travelling to. If you're heading to Europe, bear in mind EU countries don't accept passports more than ten years old. This includes passports issued pre-Brexit, which may have longer expiry dates. Just remember, the golden rule for EU travel is: if your passport was issued over ten years ago, you'll need to get it renewed.

Know your rights if something goes wrong

If your flight's delayed long enough - usually two to four hours, depending on the journey - your airline must provide access to food and drink vouchers, phone calls and emails, and accommodation if you're delayed overnight. If it's cancelled, you're legally entitled to a full refund or replacement flight to help you get to your destination. You're also entitled to compensation if your airline delays, loses or damages your checked-in luggage.

Get travel insurance

Although it's an extra expense, travel insurance can cover many of the things already mentioned, like flight delays and lost luggage, but also things like a holiday cancellation and medical emergencies. Citizens Advice recommends getting insurance as soon as you book a holiday to make sure you're covered right away - but always check first to see if an existing insurance policy, or your bank account, covers what you need for your holiday. There's no need to double up if you're already covered!

The chances are your holiday will be problem-free, but early planning and preparation can make all the difference. If you need advice on a consumer problem, head to the Citizens Advice website.

Five Things You May Not Know About Sudbury and South Suffolk Citizens Advice

1. Citizens Advice is a registered charity and DOES NOT receive any government funding.
2. Our advice is available to everyone, no matter what the problem, and is free, independent and confidential.
3. We have dedicated staff who support people with Personal Independence Payment, Attendance Allowance and Blue Badge forms.
4. In the year 2023/2024 we helped 1,870 people.
5. In the same year, we supported people to write off £229,000 worth of debt.

Call us anytime, leave a message and we will get back to you.

01787 321400 or www.sudburycab.org.uk

THE BUTCHER'S WIFE

By the time you read this, we will be well on our way to Spring. Thank goodness! You all know how much I hate the winter. The only thing that normally gets me through the cold is a sunny, frosty day but this year it doesn't feel like we've had many of those. It's been long and grey, even the sun has gone into hibernation. The days are getting a bit longer (although it's still dark when I get up for work which is soul destroying) and the promise of warmth is getting closer.



It's normally during January and February that I miss living somewhere warmer. Growing up in California, anything below 25 degrees and we'd need to wear a jacket because it was so cold. Pathetic. My little nephew, who lives in Australia, once told me he was "freezing". It was 21 degrees. Boy doesn't know the meaning of the word. I know there are people living in Alaska who would see our current 3 degrees as practically tropical but I'm still cold. I'm also pale. It's not attractive.

The other downside to winter is having to wrap myself up like a burrito every time I need to leave the house. Although there is the bonus of walking the dog in my pyjamas without anyone realising.

I've never understood people that go on holiday to countries that are colder than the country they live in. Why would you want to pay money to be cold? I know skiing holidays are popular but I think it's too risky and there's too much snow. Not for me.

Anyway, you get my point. I'm cold. I want some sunshine. It's making me grumpy and when I'm grumpy I eat. This is a nice recipe and best of all it is quick so more time to hibernate under the blanket. Roll on summer!

Savoury Onion Beef Fried Rice

Ingredients

- 2 cups of cooked white rice
- 1lb beef sirloin, thinly sliced into strips
- 2 tbsp olive oil
- 1 medium onion, diced
- 2 garlic cloves, diced
- 2 eggs, lightly beaten
- 1 tbsp soy sauce
- ½ tsp sesame oil
- 1 tbsp oyster sauce
- 3 spring onions, chopped
- ¼ cup peas

Method

1. Heat 1 tbsp of olive oil in a large skillet or wok over medium-high heat.
2. Add the beef and cook for 5 minutes, or until browned. Remove from the pan.
3. Add the remaining olive oil to the pan, sauté the diced onion and garlic for about 3 minutes.
4. Add the rice to the pan and stir-fry for about 3-4 minutes.
5. Push the rice to the side and pour in the eggs. Scramble the eggs and cook until just set then mix with the rice.
6. Add the soy sauce, oyster sauce and sesame oil and stir well to coat the rice evenly with the sauce.
7. Add the beef followed by the peas and stir everything together. Cook for 2-3 minutes until heated through.
8. Season with salt and pepper and garnish with spring onion.




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

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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.

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07974 375254

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- Stump Grinding • Hedging Works •

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Established over 30 years

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www.suffolktreeservices.co.uk



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- Fresh vegetables
- Variety of cheeses
- Homemade sausage rolls, pasties & scotch eggs
- Locally sourced honey
- Condiments, flour, oils and much more!

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




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RAMBLINGS FROM THE RECTORY

Dear Friends

As we approach the sacred season of Lent, I would like to extend an invitation to each of you to embrace this period of reflection, repentance, and renewal. Lent offers us a unique opportunity to draw closer to God and to deepen our faith through prayer, fasting, learning and almsgiving.



These forty days invite us to set aside some of the distractions and focus more intentionally on our spiritual journey. It is a time to examine our hearts, seek forgiveness, and cultivate virtues that will lead us to a more meaningful and fulfilling life. By participating in Lenten practices, we open ourselves to God's grace and allow Him to transform the way we look at the world, each other and ourselves.

To support you in this spiritual endeavour, we are offering a variety of services and informal gatherings tailored to help you deepen your spiritual engagement and understanding.

On Sundays, at our usual morning services in church, we will travel through the Sundays of Lent together with different members of our ministry team delivering sermons that will invite us to ponder more deeply the themes of the season whilst we are also fed through sacred practice and devotion.

On Wednesdays at 10am, there is the usual weekly short reflective Communion service, bringing that little bit of stillness to an otherwise busy week. Then at 4pm, there will be a small informal gathering called 'Questions of Faith' offering a friendly space where you can ask those questions of faith that you may have been unable or too shy to ask before. Both will take place at the church owned community space, Mary's House, at 5 Swan Street, Boxford.

On Thursdays starting at 7pm in the White Hart Inn in Boxford, there will be 'Lent Conversations', which consist of a short 15 minute talk on one of five themes connected to Holy Week followed by informal conversation and chat to help us expand our thinking.

All these groups provide a supportive and nurturing environment where you can consider aspects of faith, share your experiences, and grow in fellowship with others. They are designed for those who have little or no faith to speak of, as much as those who are more seasoned in such things.

It is widely accepted that joining a study group can enhance your Lenten journey by providing structure and a sense of community; it can also provide a platform to grow spiritually in other ways too. It is a chance to learn from one another, to be inspired by different perspectives, and to encourage each other in our walk with God.

I, therefore, encourage you to become more involved this Lent and take the initiative in deepening your faith journey. Together, we can make this season a time of true spiritual growth and transformation. For more information on the available groups and how to join in, please email boxriverbenefice@gmail.com, telephone 01787 828046, or simply just turn up.

May this Lent be a time of deepened faith and renewed commitment for each of us.

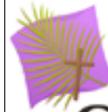
Many blessings,
Fr Rob



Questions of Faith

An open and friendly small gathering offering an opportunity to ask those questions about faith that you've always been too shy to ask before.

Wednesdays at 4pm
5th, 12th 19th, 26th March
at
Mary's House (the Church's Community Space), 5 Swan Street, Boxford



LENT CONVERSATIONS

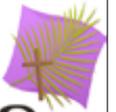
THURSDAY EVENINGS DURING LENT

7.00 PM

**6TH MARCH, 13TH MARCH,
20TH MARCH & 27TH MARCH**

**AT THE
WHITE HART, BOXFORD**

**NO NEED TO BOOK, JUST COME ALONG.
EACH SESSION IS STAND ALONE, SO DO NOT
WORRY IF YOU CANNOT MAKE THEM ALL.
FOR FURTHER INFORMATION, PLEASE CONTACT
THE BENEFICE OFFICE**



Easter Lily Donations

Every Easter we decorate
St Mary's Church, Boxford with lilies.

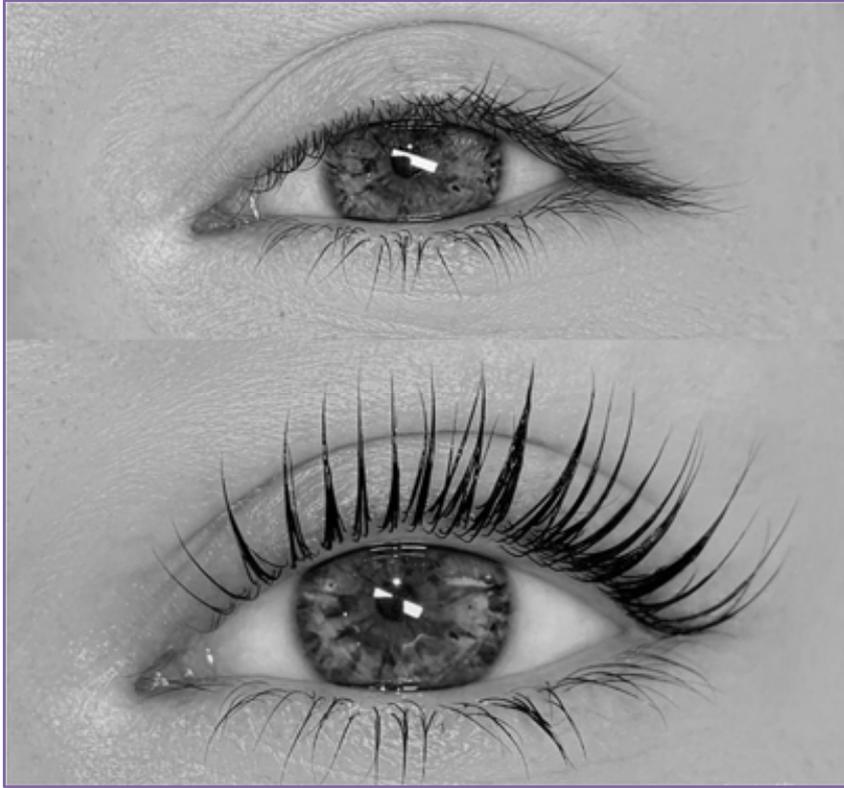
**If you would like to make a donation for an Easter lily in memory of a loved one
Please contact the benefice office by
Thursday 10th April
(boxriverbenefice@gmail.com)**

The names of the loved ones are then placed on the altar on Easter Sunday.



Your eyes...amplified...

Make the most of your eyes, with longer-looking lashes and a beautifully-shaped brow. They're the window to your soul, after all!



Perfect that polished look this month with our shaping & tinting combo.

Have your lashes tinted and your brows tinted and shaped for just £20 (usually £25) with our **Essential Eyes Package**.

Your eyebrows will look neater and more defined and your lashes will look darker and longer, without the need for makeup - great for those no-mascara days or holidays!

And this month, for added **WOW** factor and 4-6 weeks of curled lashes, add a **lash lift** and get the whole package for just £50 (a saving of £20).

Lashes - Springtime Special

Our Essential Eyes Package*
(eyelash tint and eyebrow shape & tint) just £20
or include a lash lift and pay just £50

Call: 01787 211 000 to book

* Offer valid once per person, until 31/03/2025.
If new to tinting or lash lift, you'll need a patch test at least 24 hours prior to treatment.

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

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





SERVICE SCHEDULE FOR MARCH 2025



Sunday 2nd March <i>Sunday before Lent</i>	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 5th March <i>Ash Wednesday</i>	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
	19:00	<i>Ashing Service</i>	St Mary's, Boxford
Sunday 9th March <i>Lent 1</i>	09:30	<i>Holy Communion</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist with Choir</i>	St Mary's, Boxford
	16:00	<i>BCP Evensong</i>	St Mary's, Boxford
Wednesday 12th March	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 16th March <i>Lent 2</i>	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist with Choir</i>	St Mary's, Boxford
Wednesday 19th March	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 23rd March <i>Lent 3</i>	11:00	<i>Sunday Eucharist</i>	All Saints', Newton Green
	11:00	<i>Family Service</i>	St Mary's, Boxford
Wednesday 26th March	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 30th March <i>Lent 4</i> <i>Mothering Sunday</i>	11:00	<i>Mothering Sunday</i> <i>Benefice Joint Service</i>	St Mary's, Boxford

Morning Prayer - join Father Rob at St Mary's, Boxford or streamed live on Facebook at 8.00 am
- most Tuesday, Wednesday, Thursday & Friday mornings

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.



BOXRIVER BENEFICE

COFFEE MORNINGS

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

FRIDAY, 7TH MARCH

10.30 AM - COFFEE MORNING AT ST LAWRENCE'S, LT WALDINGFIELD

SATURDAY, 15TH MARCH

10.00 AM - COFFEE MORNING AT ST MARY'S, BOXFORD

WEDNESDAY, 19TH MARCH

10.00 AM - COFFEE MORNING AT ALL SAINTS', NEWTON

EVERYONE WELCOME, COME ALONG FOR CUPPA AND A CHAT

BIG CHURCH CLEAN FOR EASTER

**ST MARY'S CHURCH,
BOXFORD**

SATURDAY, 19th APRIL

10.00 AM - 12.00 PM



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



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY - MARCH

- Tues 4th 10am** *Drop in for Coffee, Mary's House, Boxford*
- Fri 7th 10:30am** *Coffee Morning, St Lawrence's, Lt Waldingfield*
- Mon 10th 7pm** *Talk about swifts, St Mary's, Boxford*
- Tues 11th 10am** *Drop in for Coffee, Mary's House, Boxford*
- Wed 12th 12noon** *Lent Lunch, Parish Room, Lt Waldingfield*
- Sat 15th 10am** *Coffee Morning, St Mary's, Boxford*
- Tue 18th 10am** *Drop in for Coffee, Mary's House, Boxford*
- Wed 19th 10am** *Coffee Morning, All Saints', Newton*
- Tue 25th 10am** *Drop in for Coffee, Mary's House, Boxford*
- Tue 25th 7:30pm** *Benefice Joint Council Meeting, TBC*
- Sun 30th 6pm** *Suffolk Villages Festival, St Mary's, Boxford*

LENT CONVERSATIONS

Lent Conversations are an informal gathering convened by different members of our ministry team who, each in turn, explore elements of Lent and Holy Week, in simple language and open conversation. All in the warm and relaxed environment of the White Hart Inn, starting at 7pm.

Sessions are as follows:

- 6th March - *The Journey* The Ven James Ridge
- 13th March - *Palm Sunday: Donkeys and such things* David Ball
- 20th March - *Maundy Thursday: Last Supper and Betrayal* Sarah Parker-McGee
- 27th March - *Good Friday: Sacrifice, Struggle and Death* Revd Dr Diana Garfield
- 3rd April - *Easter Day, A promise of New Life* The Revd Rob Parker-McGee SR

Open to everyone and anyone - you don't need to be 'churchy'. Just pop along, grab a beer and join in. We hope to see you there.

SPIRITUAL GUIDANCE, CONFESSION AND PASTORAL VISITING

The Benefice offers a rich ministry of Spiritual Guidance, Confession and Pastoral Visiting. Our Priests and Ministers accompany people from all walks of life. If you would like Spiritual Guidance, Confession, House Blessing, Pastoral Visiting, Home Communion, Hospital or Prison Visiting for yourself or someone you know, please do get in touch with Fr Rob or the Benefice Office.

MUSIC FOR A SUMMER EVENING CONCERTS AT ST MARY'S, BOXFORD

Now in their third year, we are delighted to announce that we will be hosting monthly 'Music for a Summer Evening Concerts' in May, June and July, with our Director of Music, Tom Cogan. These concerts will be FREE with the retiring collection in aid of St Mary's Church. Enjoy a glass of wine after the concert. Starting on 3rd May, between 6 and 7pm, please join Tom for an organ recital. No need to book, just come along, everyone is welcome.

SAVE THE DATE – BOXFORD OPEN GARDENS INCLUDING EDWARDSTONE

Sunday 1st June 11am – 4pm. All funds support St Mary's Church. We are always on the lookout for additional gardens to 'show off', if you would like to be involved, please contact Audrey Zuck – audrey@a2zriskservices.com

*Mothering
Sunday
Service*

30th March at 11am

*Collect a posy or light a candle, if
your Mother is no longer with us*

*May all Mothers be blessed on this
special day*

St Mary's Church, Boxford

LENT LUNCH

**AT
THE PARISH ROOM
LT WALDINGFIELD**

**WEDNESDAY, 12TH MARCH
2025**

12.00 PM - 2.00 PM

**SUGGESTED DONATION £10.00
RAISING FUNDS TOWARDS THE UPKEEP OF
ST LAWRENCE'S CHURCH**

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

CONTACT INFORMATION

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

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

JOIN US FOR OUR
**GOOD FRIDAY
 WORKSHOP**

AT
 ST MARY'S CHURCH, BOXFORD

**FRIDAY 18TH APRIL
 10AM TO 12PM**

*FUN, GAMES, CRAFTS & MORE
 FOR PRIMARY AGED CHILDREN
 LIGHT REFRESHMENTS PROVIDED*

IF YOU WOULD LIKE YOUR CHILD/CHILDREN TO
 ATTEND PLEASE EMAIL
 BOXRIVERBENEFICE@GMAIL.COM TO ENSURE
 THAT WE HAVE ENOUGH RESOURCES

GROTON HISTORY SOCIETY

MARCH
21



**"What does History teach us about
 America today? "**

Nigel Chapman

History obsessive, student of History and
 International Relations and a founder member of
 Groton History Society.

@ Groton Village Hall: 19:30 - 21:30

£5 entry, includes Glass of Wine

GROTON VILLAGE HALL MANAGEMENT COMMITTEE
 PRESENTS



**QUIZ AND
 CURRY
 EVENING**

At
Groton Village Hall

On Friday 11th April 2025 7:30 for 7:45 start

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

Teams of up to 6

B.Y.O. Bar

Raffle

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

Boxford Study Centre Literature Group

A 6 week course on Monday afternoons 2.30-4:30pm
 Meeting in Groton Village Hall, CO10 5EL

A study of selected Russian poetry and fiction

Led by Jennifer Antill

Jennifer has a degree in Russian Studies from UCL School of Slavonic and East European Studies (SSEES). She gives talks about Russian and East European cultural topics and has written two novels set in early 19th Century Russia.

- Monday 17th Feb **The Art of Resistance – an illustrated lecture**
 Dissenting voices in art and literature of the 19th and 20th Centuries
- Monday 24th Feb **The Bronze Horseman**
Alexander Pushkin 1833
- Monday 3rd March **Evgeny Onegin**
Alexander Pushkin 1825 -1832
- Monday 10th March **DVD showing of acclaimed Evgeny Onegin film**
 starring Ralph Fiennes and Liv Tyler
- Monday 17th March **The Overcoat and The Nose**
Nikolay Gogol 1842, 1836
- Monday 24th March **Fathers and Sons**
Ivan Turgenev 1862
- Monday 31st March Reading Week
- Monday 17th April **Grey Bees**
Andrey Kurkov 2018

Course Fee: £60 for the complete course, payable on the first or second meeting. £10 for each single class.

Newcomers to these classes are very welcome.

Further information from:

Mr David Jones, The North Wing, Groton Street, Sudbury CO10 5EE.
 Telephone: 01787 211104

Please contact Mr Jones if you are interested in attending.

**BOXFORD
GARDENING SOCIETY**

Chris Collins Head of Horticulture Garden 2023
GARDENING OVERSEAS
Travelling to Cameroon to renovate Africa's
oldest garden



Tuesday 4th March 7.30pm
at **Boxford Village Hall**

BOXFORD SOCIETY SPRING MEETING

Saturday 26th April 2025
Boxford Village Hall at 7:30pm

THE LOST GARDENS OF SUFFOLK

Lost gardens have a strong romantic appeal – things of beauty that have been allowed to slip away from us. In this talk, Edward Martin, a Suffolk archaeologist and landscape historian, and currently Chairman of the Suffolk Gardens Trust, will show how seemingly unimportant mounds of earth and neglected ponds can, with the help of maps, old photographs and other documents, be brought back to life and revealed as fascinating examples of garden history, giving tantalising glimpses of long-lost design styles and aspirations from the past. This exploration of Suffolk's rich gardening heritage will include medieval castles, Tudor mansions, Georgian parks and twentieth-century dreams.

Entrance is free for
Boxford Society members
and just £5 for visitors.



There will be a short AGM after the talk for members only.



Fleece Jazz at
Stoke-by-Nayland Hotel presents

The Tim Kliphuis Trio

Wednesday 12th March 2025 8pm - Tickets: £25



A master of the violin and a wizard of sound using classical, gypsy jazz and traditional folk. The acclaimed Dutch violinist has been hailed as a "current day improvising Paganini".

Tim Kliphuis – Violin
Nigel Clark – Guitar
Roy Percy – Double Bass

Dean Stockdale Quartet celebrating Oscar Peterson's centenary

Wednesday 26th March 2025 8pm - Tickets: £20



"Stockdale's playing is consistently engaging and uniformly excellent".
ian Mann
"... musicianship of the highest order"
Bebop Spoken Here

Dean Stockdale – Piano
Tim Williams – Guitar
Gavin Barras – Bass
Gaz Hughes – Drums

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

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

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

*Friends of Fleece Jazz discount

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



ENJOY CULTURE, COFFEE & FRIENDS

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

WEDNESDAY 19TH MARCH

THE MAYAN CIVILISATION OF CENTRAL AMERICA

The Maya lived in Central America 2,500 years before being conquered by the Spaniards in 1528. In addition to vast monuments, they produced many items of great beauty and developed a sophisticated calendar. Recent advances in deciphering their hieroglyphic script enable us to understand their achievements more fully.

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

NEW LOOK RESTAURANT

The restaurant at The Crown in Bildeston is now finished and has a totally different look and feel. Colours and furniture were selected to be in keeping with the timber-framed building, and they think they've achieved a more relaxed



vibe. The restaurant furniture you'll discover throughout is in keeping with the rustic charm of the 15th century pub.

There's a real buzz about the place and with a brilliant team in place, The Crown looks set to do some great things in the coming months...



TWO EXCITING EXHIBITIONS

Join us this March at the Mill Tye Gallery and Arts Centre for the launch of two incredible exhibitions: the vibrant Spring Printworks Exhibition and Alison Coath's captivating *'Within the Square'*. Celebrate the spirit of creativity and innovation as we bring together a stunning variety of artistic styles and mediums for visitors to enjoy.



Spring Printworks Exhibition 2025

Saturday 15th March – Monday 26th May.

This year's Spring Printworks Exhibition is a dynamic celebration of printmaking, featuring over 40 exceptional printmakers. Set against the serene backdrop of the picturesque Mill Pond, this showcase of artistry includes linocuts, screen prints, ceramics, glassware, textiles, and sculptures. Visitors will experience an inspiring blend of exclusive works from acclaimed artists and emerging talents alike.

Renowned artists such as Andy Lovell, Beth Knight, Clare Curtis, Evelyn Polk, Max Angus, Rebecca Drury and Richard Allen will feature alongside exciting new contributors Evelyn Polk, Greta Hansen, Helen Maxfield, Kit Leese and Marta Dyer-Smith.

Three-Dimensional Artworks:

Enjoy captivating sculptures by George Cooper and Tobias Ford, furniture from Jon Warnes, exquisite glass by David Flower and Rebecca Mansbridge, and beautiful ceramics by Cathy D'Arcy.

Within the Square: An Exhibition by Alison Coath

Saturday 15th March – Sunday 30th March 2025

Local artist Alison Coath presents her latest body of work in the exhibition *'Within the Square'*. Alison's striking abstract mono-prints and paintings showcase her experimental approach to materials and processes, with each piece exploring texture, form, and the unique constraints of the square format. Drawing inspiration from her photographs, observational sketches, and found objects, Alison's work embraces chance and unexpected outcomes to create truly captivating compositions.

Whether you're a contemporary art enthusiast or simply curious about abstraction, this exhibition promises to engage and inspire.

Exhibition Preview: Saturday 15th March 10:30am - 6pm.

Join us for drinks and nibbles as we celebrate the opening of these two exhibitions. For more information and to RSVP, visit: www.milltyegallery.co.uk/exhibitions

Workshops & Classes:

This Spring, join one of our engaging workshops to explore your creative potential. From printmaking to textile art, our sessions are led by expert tutors and are suitable for all abilities. For more details and to book your place, visit: www.milltyegallery.co.uk/book-online

Mill Tye Gallery and Arts Centre

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

Gallery open from 15th March.

Thursday to Sunday, 10:30am - 4pm.

Free Admission | Free Parking (in the car park before the level crossing)

Make Mill Tye Gallery your destination this Spring to celebrate creativity, explore exceptional art, and enjoy a day of inspiration by the Mill Pond.

RSVP today and we look forward to welcoming you!

ART & CRAFT
EXHIBITION

24th & 25th May 2025
All Saints' Church, Newton Green

OPEN TO ANYONE WHO WISHES TO DISPLAY
& SELL THEIR CREATIONS

CHILDREN'S SECTION

IF YOU WOULD LIKE TO EXHIBIT AND FIND OUT MORE,
PLEASE CONTACT MIRANDA DOYLE - 07726 315730



THE CROWN
BILDESTON

*An intriguing Suffolk pub and restaurant
with rooms, it has oodles of charm*

SET LUNCH MENU

Monday - Friday, 12pm - 2pm

Two course £25 | Three courses £30

RUGBY SIX NATIONS 2025

Burger & Pint £15 during games

MOTHERS DAY DINING

Brunch from 8 to 11am

Lunch served 12.30 to 2.45pm

Dinner from 6pm to 7.30pm

www.thebildestoncrown.com/



THE LINDSEY ROSE

WEDNESDAY NIGHT

£15, Burger & Selected Drink

SUNDAY QUIZ

From 4pm. Teams of 6.

Last Sunday of the month

DINING HOURS

Wednesday to Saturday

12pm – 2.30pm & 6pm – 9pm

Sunday – 12pm – 6pm

www.thelindseyrose.co.uk | 01449 741424



MILL TYE GALLERY
& ARTS CENTRE

2025 Spring Printworks

includes workshops and art classes.

Exhibition Preview on
Saturday 15th March
from 10:30am to 6pm
www.milltyegallery.co.uk

Mill Tye Gallery

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

The gallery is currently closed for a Winter Break,
opens on Saturday 15th March 2025.

March Opening Times

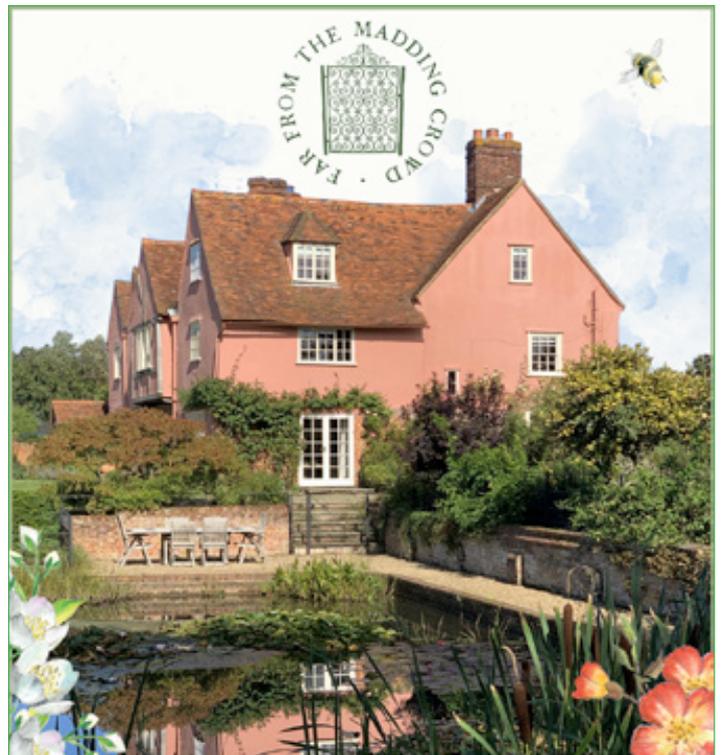
Thursday to Sunday
10:30am to 4pm.

Discover Exhibitions, Art Classes,
Workshops, and more! Visit:

www.milltyegallery.co.uk

Adam Marshall / Andy Lovell / Anne Townshend / Beth Knight /
Clare Curtis / Elaine Marshall / Georgia Flowers / Greta Hansen /
Hannah Forward / Helen Maxfield / Kit Leese / Marta Dyer-Smith /
Max Angus / Paul Cleden / Rebecca Drury / Richard Allen /

Starts Saturday 15th March — Ends Monday 20th May 2025



Creative workshops and courses
set in a beautiful Suffolk surrounding

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

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



Newton Green Golf Club

Coffee Morning

WEDNESDAY 26th MARCH

10am to 12pm

EVERYONE WELCOME!

Stalls to include:

Homemade cakes & bakes

Plants

Crafts

Preloved clothes rail

Chocolates & Easter eggs

Unwanted quality Christmas decorations

and unwanted gifts

Bottle stall & raffle

Try your hand at various games.

We look forward to seeing you!



MILL TYE GALLERY
ARTS CENTRE

Alison Coath 'Within the Square' March 2025

Exhibition Preview on Saturday 15th March from 10:30am to 6pm



Mill Tye Gallery and Art Centre 3 Cornard Mills, Mill Tye, Great Cornard, Sudbury, Suffolk CO10 0GW www.milltyegallery.co.uk

The gallery is currently closed for a Winter Break, opens on Saturday 15th March 2025

Starts Saturday 29th March — Ends Sunday 30th March

visit www.milltyegallery.co.uk/exhibitions

THE HISTORIC DOCKYARD CHATHAM



Get a taster for what life was like onboard a real submarine - HM Ocelot.

Be transported back in time in the Victorian Ropery and learn about the art of rope making.

Join retired Master Shipwright, John North as he relives his role as HMS Valiants carpenter in the Heart of Oaks immersive audio visual tour.

Call The Midwife Location Tour - Explore where the real drama happens with an experience like no other. A one of a kind location tour where you can get up close to real props, sets and behind the scenes secrets.

As well as the above you will have access to:

RNLI Lifeboat Collection

HMS Gannet

HMS Cavalier

Brickwrecks - sunken ships in Lego bricks

Date: Saturday 07 June 2025

Departing: Hadleigh & Boxford

Price: £85.00 Adult £80 Child (with Call The Midwife Tour)

£80.00 Adult, £75.00 Child (without Call The Midwife Tour)

Deposit: only £20

Includes:

Return coach travel

Entrance ticket

Breakfast bap of sausage or bacon (veggie options available)

Fish & chip lunch

Email: tracey@boxrivertravelboutique.co.uk

Call: 07747 608509

Boxford Drama Group

presents

Now...

and

Then...



Two one-act comedies set in 1910 and 2010 in Bailey's hotel

A hilarious look at how values changed in 100 years!

written by **Elaine Horne**

directed by Elaine Horne and Janice Keith

27th to 29th March 2025 - 7:30pm at Boxford Village Hall

Thursday tickets £8

No food on Thursday (shorter interval ~20 mins)

★ Friday and Saturday tickets £16

2-course meal served in the interval
Please email any dietary requirements to catering@boxfordshows.uk

★ Bar and raffle every night ★

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Quiz Night

Little Waldingfield Parish Room

Saturday March 29th 2025

7.30pm prompt start

£12.50 per person, with two course meal

(Please bring your own drinks)

Max 4 persons per team

Raffle

Bookings: Sue Bowen 07962 210359

sd.bowena@btopenworld.com

NOW AND THEN

A comedy written in two parts by Elaine Horne.

Then: Set in Bailey's Hotel, Bognor Regis, the year is 1910. The establishment is run by a very supercilious manager, Mr. Swinton, who is a bully and treats his female staff with disdain. There are comings and goings and shenanigans which all become clear in the end.

Now: We move forward one hundred years to the revamped hotel now run by Ms. Verity Greenway. Well, she tries to run it, but life has moved on meanwhile. The staff appear to run her. There are yet more comings and goings and shenanigans with hilarious consequences. Some things never change.

Do come and join us for a very entertaining evening in Boxford Village Hall and be prepared for a night of laughter.

We have a no-food option on Thursday 27th March when the tickets are only £8 each.

Friday 28th and Saturday 29th March are £16 each to include a two course meal. Amazing value!

Tickets go on sale on the 22nd February from the Post Office (see advert opposite).

POLSTEAD FILMS

CONCLAVE 12A

Friday 21st March, Doors open 7pm

POLSTEAD VILLAGE HALL

From director Edward Berger. Starring Ralph Fiennes, Stanley Tucci, Isabella Rossellini

Conclave follows one of the world's most secretive events, the selection of a new Pope. With its gripping performances, striking visuals, and a smart mix of suspense and wit, *Conclave*, based on the book by Robert Harris, is a suspenseful thriller that feels both grand and surprisingly relevant.

"Ralph Fiennes is phenomenal as Cardinal Lawrence."

(NB You may have a déjà vu feeling about this notice - we wanted to show it in February but the release was delayed.)

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

The film starts at 7.30pm and will finish around 9.45pm
All proceeds in aid of Polstead Village Hall Charity No. 304933



THE FLEECE HOTEL

Charity

QUIZ NIGHT

Wednesday 12th March 8pm

Wednesday 9th April 8pm

Wednesday 14th May 8pm

Wednesday 11th June 8pm

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

Up to 6 people per team, call 01787 211 818 to reserve a table!

COFFEE MORNING

IN AID OF ST NICHOLAS HOSPICE

Saturday 26 April

Newton Village Hall

10am - 12noon



Refreshments
Bric-a-Brac
Books
Pasty & Pie Stall
Cake Stall
Water or Wine
Raffle

For more information
call Carole on
01787 373548





**Newton
Open Gardens**
Sunday 22nd June 2025

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

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

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

For further details contact
Sue or Paul Presland
07881 383998



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Show off your hard work
Share ideas with garden lovers
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**Please open your garden
Sunday 1st June 2025**

Boxford Open Gardens 1st June 2025
Contact Audrey Zuck
audrey@a2zriskservices.com
or
07852 102 455

POLSTEAD GARDENING CLUB

Our next meeting is on Tuesday the 18th March and our April meeting will be held on Thursday 10th April as shown below. Please note the change of date.

Tuesday 18th March at 7:30pm: Growing from Seeds with Peter Miller from Kings Seeds, Kelvedon

Thursday 10th April at 7.30pm: Garden Chasing in Japan with Barbara Segall

We look forward to seeing you at 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 at £5 (cash or cheque please). Entrance includes a drink and nibbles.

Membership subscriptions are due in February - single membership £20, joint membership £35.

Queries to gardenclubpolstead@yahoo.com

COMING UP IN BRENT ELEIGH

SPRING QUIZ

The next quiz night is **Saturday 22nd March** at 7pm with the quiz starting at 7:30pm. Tickets are £12 per person with tables of between 6-8. Even if you can't get a full table please just let me know and I am sure I can find a table for you to join. Please come along, it is always such a great evening, with baked potatoes and chilli along with something for pudding served in the interval.

The questions are very varied and there is always something for everyone in there!

A donations bar and the usual raffle with great prizes adds to the fun!

Reserve your seat or table by phoning 07946 209103 or emailing: karenmarshall6@gmail.com.

KAYAKING IN ANTARCTICA

Sunday 13th April 4pm. If you missed Clare's first talk on her amazing experience then there is another chance to listen. Please book a seat if possible from either Clare (07979 878707) or Karen (07949 209103) but they will also be available on the door. £10 including tea, coffee and cake.

OPEN GARDENS AND PLANT SALE

Sunday 1st June. Please mark the date in your diary.

The gardens will be open from 2pm until 5pm. There will be tea, coffee and cake for sale at the village hall and also a variety of flowers and plants.

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MEDICAL DETECTION DOGS

A Talk to LWHHS by Norma Howell

Little Waldingfield History Society were delighted to welcome Norma Howell and her husband Rod to the Parish Room to share with us the incredible story of these dogs, or 'Super Sniffers'!

Norma told us that registered charity *Medical Detection Dogs* (MDD) trains dogs to detect the odour of human disease with the aim of developing faster, more efficient and less invasive diagnostics for better patient outcomes.

MDD are at the forefront of research into the fight against cancer and other life-threatening health threats, including Parkinson's and bacterial infections. Their bio-detection dogs are trained to find the odour of these diseases in urine, breath or sweat samples with the potential to benefit millions. MDD also provide medical assistance dogs to people with life threatening medical conditions such as aggressive diabetes and severe POTs (Postural orthostatic tachycardia syndrome). Both of these conditions can lead to patients having to limit their lifestyles and daily activities, and some may be unable to work or even go outside without their medical assistance dog with them.

MDD was founded by Drs John Church and Claire Guest, who together recognised the potential for advancements in human health by understanding and harnessing the power of a dog's nose. Today Claire leads this work as Chief Executive and Chief Scientific Officer, supported by a dedicated team of professional staff and volunteers. It started in 2008 after one of her dogs alerted her to what turned out to be aggressive breast cancer.

One day, opening the boot of her car, Claire expected her three dogs to jump out and dash off, barking and sniffing away as they always did. Two did, but her labrador Daisy stayed put, staring intently at her before nudging her gently in the chest over and over again.

Claire thought nothing of it at the time, but as they walked along, something made her feel the spot Daisy had touched and she discovered a lump.



Claire Guest with her labrador Daisy

Doctors confirmed it was breast cancer, a tumour so deep-seated and aggressive, it probably wouldn't have been spotted until it was too late. Thanks to the early warning, Claire was able to undergo surgery and radiotherapy which saved her life. Back in 2008 it was not widely understood how dogs' superior sense of smell can detect all kinds of illnesses. It was Daisy's incredible detection work that helped convince sceptics, not only that diseases have a smell but that dogs can identify this.

"I was able to stand up and say, 'This is the science, look at it.', and I can also say that I probably wouldn't be here today if I hadn't listened to Daisy."

Humans have around 5 million receptors in our noses but dogs have 350 million, with possibly 30% of their brain dedicated to processing smells and aromas - some 40 times more than in humans. Alexandra Horowitz in her book *'Inside of a Dog'* writes: *"We might notice if our coffee has been sweetened with a teaspoon of sugar, whereas a dog can detect a teaspoon of sugar in a million gallons of water (two olympic-sized pools)."*

MDD train two different sets of sniffer dogs:



BIO DETECTION DOGS

Norma told us how MDD's bio-detection dogs work, stressing that it is always only what the dogs want to do, with no coercion as the process is treat-based; their dogs work in carefully controlled and familiar surroundings, with regular breaks and limits on how long they may work each day. Having seen videos of their dogs in action, it's clear they enjoy their 'work', which to them is probably a form of structured play. MDD bio detection work is under way in the following areas:

Malaria Detection

Malaria is a life-threatening disease caused by Plasmodium parasites transmitted via bites from infected female mosquitoes. In 2016, nearly half the world's population was at risk.

Malaria is both preventable and curable - increased efforts are reducing the malaria burden in many places but it remains a significant world-wide public health problem. Despite huge resources to eradicate malaria the World Health Organisation (WHO) estimates there were 212 million cases in 2015.

It is known that malaria mosquitoes prefer feeding on patients carrying malaria parasites. Evidence suggests it is odour-mediated, so infected people smell more attractive than those not infected. MDD have shown that dogs can detect this odour, and results of the first double blind test indicate that on average dogs performed with 73% reliability.

If dogs can be used to identify malaria-infected individuals they could be used as 'detection dogs' at ports of entry, screening travellers entering malaria-free areas that are susceptible to re-infection. Dogs could also be used for active case detection in communities where malaria is near-zero, and only a few carry the parasite but act as reservoirs of infection.

Covid-19

In March 2020, MDD began investigating whether dogs could play a role in preventing the spread of Covid-19, in collaboration with The London School of Hygiene & Tropical Medicine and Durham University.

Initial training showed dogs could detect the odour of the virus directly on people, but the success of the vaccination program meant that the focus changed to 'prevention of severe illness through vaccination'. This greatly reduced the number of Covid tests being taken by the public - consequently government guidelines and provision for testing stopped.

It was also apparent during the pandemic that as the virus mutated it became more transmissible and generally less life-threatening, and likewise the odour signature became less detectable. With all that has been learned from the project to date, MDD will be prepared for either future pandemics or the possibility that a further Covid-19 mutation is either not responsive to vaccination or is significantly more aggressive and/or deadly.

Urinary Tract Infections

Each year the NHS spends hundreds of millions treating hundreds of thousands of patients with unplanned admissions associated with a UTI. Early diagnosis is difficult, and the need for urine culture results cause further delay - lab tests often take up to 48 hours.

UTIs are complicated and life-threatening if left untreated, particularly for vulnerable groups such as the elderly or those with neurological conditions or those with spinal cord injuries. For such individuals, UTIs progress rapidly and are the leading cause of hospitalisation.

MDD have started a new project to train dogs to detect the odour of UTIs.

Parkinson's Disease

People with Parkinson's can be left struggling to move, speak, swallow or breathe. There is no definitive test and diagnosis is made only in response to the individual exhibiting motor symptoms such as tremor and rigidity, or slowness of movement. There is no cure and PD symptoms typically only start when more than half the relevant nerve cells in the brain have been lost, which research suggests may be up to 20 years after the disease first occurs.

Early diagnosis is therefore key because treatment can slow the progression of the disease and reduce the intensity of symptoms. Results from MDD's team of Parkinson's disease detection dogs prove they could find an individual with PD very reliably from their odour, with up to 80% sensitivity and up to 98% specificity in a double blind trial. The next stage is to show how early in the disease process dogs can detect the odour of Parkinson's. If dogs identify some of the samples as PD, this information will assist with earlier identification before a patient displays the more definite and debilitating symptoms.

Pseudomonas

Pseudomonas (Pa) infections are lung diseases caused by bacteria widely found in the environment: in soil, water and plants. Infections can be mild but if they occur in people with an existing illness or condition they can be fatal. Pa is also the most common cause of lung infection for Cystic Fibrosis patients, chronically infecting around 60% of patients. The bacteria may be successfully eradicated, but frequently reoccur and develop resistance to antibiotics.

The heavy antibiotic burden on patients and resulting bacterial resistance and toxicities compound the detrimental impact of CF itself. MDD's world-first study, in collaboration with the Cystic Fibrosis Trust, Imperial College London and Royal Brompton Hospital proved that dogs can detect ultra-low concentrations of Pa. It also showed they can differentiate between Pa and other CF bacterial pathogens.

Cancer Detection

Current screening methods are not always successful, with tests for prostate cancer, the third biggest cancer killer in the UK, often giving false positive results which lead to costly and unnecessary further tests and anxiety. Almost 85% of patients presenting colorectal symptoms are subjected to invasive colonoscopy procedures which often demonstrate no significant disease, so population uptake for screening is historically low. Improving the speed of cancer diagnosis is consequently one of the biggest challenges facing the NHS.



MEDICAL ALERT ASSISTANCE DOGS

The other type of dog training MDD provide is for medical assistance to patients, as opposed to detection. Norma told us these dogs support individuals with complex health conditions who have

limited awareness of an impending life-threatening medical event. They are provided to clients by the charity or can be a pet dog owned by the client and trained by MDD. Using their amazing sense of smell, these dogs are able to identify minute odour changes which are emitted prior to an emergency, and to then alert the person to take preventative action, so giving a life back to affected individuals. MDD trained dogs are currently working with / for people with:

Postural Orthostatic Tachycardia Syndrome (POTS)

POTS affects many people worldwide and can vary greatly in severity. Some may experience occasional light headedness but otherwise have mild symptoms, but POTS can also be limiting and even debilitating. People with severe symptoms might have to limit their lifestyles and daily activities a great deal, to the point where they can't work a full-time job which involves much standing or walking. For those with very severe POTS, working is just not feasible; many are confined to their beds and have difficulty getting to the bathroom.

POTS dogs are trained to alert owners to impending attacks, by pawing / jumping up, so the person can sit down before falling down within a minute or so thereafter. There can also be a second alert where the dog alerts owners to lie down before they soon pass out, by puffing out their cheeks. Such actions provide great security to affected individuals who can then manage their lives much better.

Addison's disease

Also known as *primary adrenal insufficiency*, AD is a rare long-term disorder that occurs when the adrenal glands are damaged and can't produce enough of the hormones cortisol and aldosterone. People with Addison's disease must be constantly aware of the risk of a sudden worsening of symptoms, called an adrenal crisis, which can happen when the levels of cortisol in the body fall significantly. A sudden adrenal crisis is a medical emergency, which if left untreated can be fatal.

With early warning from an AD-trained dog, people are able to take medication earlier and prevent hospitalisation. It also means sufferers can go out on their own, with their dog, knowing that they can avoid all of the drama and dangerous situations they previously had.

Type 1 Diabetes

This form of diabetes can be very difficult to manage, particularly with children who are susceptible to picking up childhood diseases when their diabetic control may go out of the window. MDD trained assistance dogs provide early warning at both ends of the blood sugar spectrum, whether low (hypo) or high (hyper), so their control is much improved.

From the many examples Norma told us about, it was obvious that in each case the dog totally changed their owner's life, giving them and their families / carers greater confidence and independence, enabling them to lead a full and happy life and helping to reduce both 999 calls and hospital admissions.

It's fair to say that our audience were spellbound throughout the highly professional presentation, and there were many detailed questions afterwards demonstrating just how much this subject meant to them. In fact, many said that this was the best LWSH talk to date, and as we're now into our 13th season this is quite some accolade.

Norma and Rod don't charge for their time, nor claim for their petrol or other expenses, preferring instead to collect for their chosen charity MDD. Happily, we've just heard that combining the LWSH payment with individual collections from our audience raised £195 for MDD, which all concerned think was brilliant.

Our next talk is on 19th March in a talk entitled 'We'll meet again', Brian Thurlow will tell us of an evacuee's memories of being evacuated to a Suffolk Farm.

We very much look forward to welcoming guests both old and new to the Parish Room, Little Waldingfield for this talk.

Andy Sheppard



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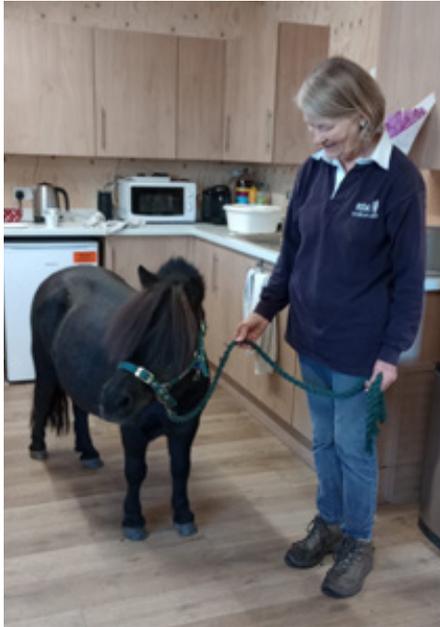
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EBONY'S DIARY

With over 150 riders coming for therapeutic sessions every week in term time, twelve horses to care for every day of the year, maintenance on the building, fences, etc and raising funds to do our work, our 90 volunteer team are kept very busy. I make no apology for again appealing for volunteers to join our merry band of helpers. A few extra hands would be very welcome and I can assure you, it will be rewarding and fun! Please get in touch with the centre if you'd like to know more about how you can help.

As well as our regular therapy sessions we also run 'Tea with a Pony' on Tuesday afternoons. A select team of helpers welcome participants to the yard where they can spend time petting or grooming a pony, often our very sociable, miniature Shetland, Chocolate, followed by tea and cake. These sessions are aimed at people struggling with mental health issues, living with dementia or long term illness. If you, or anyone you know, would benefit from



Chocolate in the kitchen!

this interaction with horses, please get in touch with the centre.

As a charity we rely on fundraising, donations and legacies to be able to deliver our wonderful therapy. Riders pay a very small fee, but the remainder of the circa £80,000 that is needed to keep the centre running has to be raised each year. Anyone who has ever had horses will know just how costly they are – food, tack, farriers and vets fees, etc, etc, plus we have a Stable Manager to pay along with the stables and paddocks to maintain. Your support for our fundraising events would be very much appreciated and I know you will enjoy them!

Last month a group of our volunteers went to The Fleece at Boxford to test our knowledge on their quiz night. A brilliant and fun time was had by all and to top it off an amazing £460 was kindly raised for the Shelley Centre. This will go towards a new saddle for one of our newer horses, Monarch. Massive thanks go to The Fleece and the other quizzers present for their donations.



Future fundraising events that you may like include:-

Race Night 5th April at Whatfield Village Hall

Stride out for Shelley Sunday 4th May. A spring walk from The Shelley Centre in the wonderful Brett Vale countryside followed by homemade refreshments.

Hadleigh Show 17th May. We run a cake and plant stall at the show and would welcome any donations to the stall as well as buyers on the day!

Details on the above events and online booking on our website, or contact fundraisingshelleyrda@gmail.com

And Stratford St Mary Institute are holding a **Quiz Night on 12th April.** This is a 'Who Wants to be a Millionaire' style quiz and light supper, with 50% of the profits coming to The Shelley Centre (contact ssminstitute.bookings@gmail.com).

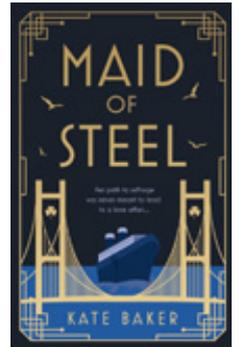
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BOXFORD WI UPDATE

At February's WI meeting guest speaker Kate Baker, a local author, took us on her journey of writing her debut novel 'Maid of Steel'. She gave us a very personal and at times touching insight into the world of creative writing and how her experiences had shaped this novel. Kate read a short excerpt from her book which clearly was a very poignant moment in the narrative. Members were left most impressed by her talk and Kate happily took questions and left us wanting more. Copies of her book are widely available and members attending our Book Club decided then and there what our next book choice would be! We were all delighted to learn that Kate's second novel is nearing completion and look forward to hearing of its publication date.

theWI
INSPIRING WOMEN



Boxford WI are in the process of purchasing items for the *Lighthouse Women's Aid* with money raised from our 'Pennies for Piggies' fund together with the money raised at the recent quiz night at The Fleece - here is a photo of some of the items purchased so far.



New members are always welcome, so if you are interested in finding out what the WI are up to, 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 June – September)

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

PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

The lesser known aspects of Boxford St. Mary's Church

The Boxford Archive holds a considerable amount of information about St. Mary's Church. Numerous other short descriptions have also been written by members of the church community over the years which describe the basic features of the church for visitors. This article attempts to look instead at its possible origins and some of its lesser-noticed unusual features.

England used to be pagan. So when did Christianity come to England, or even Boxford? The official and most common story is that Saint Augustine came in 597 AD on a Pope-sanctioned mission to convert the British pagans. However, Christianity actually came much sooner. It began as a trickle of information when Roman artisans and traders came to Britain and simply told the story of Jesus along with stories of their pagan deities. There was never an organised attempt to convert the British, even under Christian Emperor Constantine in the fourth century AD, so Christianity came to different parts of Britain at different times.

At that time Christianity was just one cult among the many that co-existed in the melting pot of Britain. Roman Britain (the occupation lasted from 43 to 410 AD) was religiously diverse with followers of the native Celtic religion, Roman religion, and imported eastern religions. These eastern cults included gods from Egypt, Turkey and Persia. Christianity was one of these eastern religious beliefs. There was one key difference between the demands of Christianity and that of other religions - Christianity required the *exclusive*



This lithograph gives an idea of the church surroundings in 1838. Littlebury cottages, demolished in the early 1920s, lie to the right, while on the left a porch outside the blacksmiths can be seen. It was a useful addition to a small forge. A cart and horseman in his smock chats to a village dignitary while the horse is shod. On the church tower staircase building is the sundial and the lead water spouts can be seen protruding from the gargoyles around the church.



allegiance of its followers. Anyone who wanted to become a Christian had to forsake the other gods they believed in.

After the departure of the Romans, the arrival of Saxons in East Anglia pushed out Christianity in favour of their pagan gods, while in some parts of the country (particularly the west) Christianity held on more strongly. It took until about 630 AD to re-establish Christianity after the arrival of St Felix of Burgundy who sailed up the Stour to Sudbury. King Sigebert (630-637AD), king of the East Angles, met him while in exile in France and invited Felix to evangelise his kingdom. Sigebert brought St Felix to East Anglia when he resumed the role of king. Bede, the greatest of Anglo-Saxon scholars, states that 'as soon as he began to reign, he made it his business to see that the whole kingdom of East Anglia shared his faith'.

It seems likely that the speedy re-establishment of Christianity in the Stour valley will have impacted the villages along the River Box. Boxford's first place of Christian worship, be it a small open shrine or tiny chapel, may lie beneath the present church. We do know that missionary priests from the 'minsters' of Sudbury and Stoke set up crosses at some convenient points of habitation and delivered the sacrament there. Arriving by boat along the then much deeper River Box (then known as the *Amulburn*), the site of the present church could have looked appealing, positioned as it was on an important river crossing point and on a slight hill. No doubt a small wooden church later occupied the spot and the area around became a 'close' and burial site. From these humble origins, a more permanent presence of the church was established in what would become Boxford.

This medieval painting from around 1470 is in the Lady Chapel on the right hand side as you enter. It is generally believed to be King Edmund, saint and martyr and England's original patron saint. This chapel was originally dedicated to St John the Baptist, the saint of one of Boxford's guilds, but later became the Lady Chapel. A statue of St John, between 4 and 6ft tall, would have stood here alongside various saints in the niches on the walls. You can see the pieces of iron on the wall to hold a large saint in place. There would have been much paint and the church would have been a riot of colour and gilding, much of it depicting stories relating to church doctrine. If you could not read, and most could not, it was a way of illustrating and memorising the teaching.

In the Domesday survey of 1086, Boxford is called *Koddenham* with about 18 families resident. Two hundred years later the name 'Boxford' appears in sales of sheep to Colchester butchers. By the 1300s cloth merchants are selling their wares at Colchester markets. Boxford's rise to prosperity and prominence had begun on the back of the cloth trade. With this wealth the community was able to develop its church buildings.

The late 14th Century was the great era of church building in Suffolk. Boxford's church forged ahead with extensions and adornment. The wills of the wealthy of Boxford show large amounts left to the Church for very specific items and improvements. By 1425 enlargement had begun and by 1498 the church had new North and South Aisles, an improved tower, two chapels and a new stone south porch.

This kind of development would have required hundreds of hands and men would have come from far and wide to help, setting up camp around the church. John of Melford would have been one, as he designed the arches of the Lady Chapel built 1487-1498.

Amongst the embellishments are some quirky and fascinating features, largely missed by the casual onlooker. Look out for them next time you are there.

Tina and Roger Loose



The picture above is from the Lady Chapel, Westminster Abbey and not Boxford Church but is a good example of the presentation of many saints that was common in churches. Who were the many saints who so adorned the church and were appealed to? There are spaces for twenty in the south porch of St Mary's, Boxford alone. The Church Warden accounts of 1533 give us a brief glimpse of two less common ones. The first, St Osyth, or 'St Sythe' for domestic servants, was an Essex Saxon princess and martyr who died around 700 AD. The second, St Uncumber, or 'St Wilgefortis', was Portuguese and known for her beard. She was venerated by people from 9th Century seeking relief from tribulations, and in particular by women who wished to be liberated ('disencumbered') from abusive husbands. Divorce was not an option. She later fell out of favour in Britain, but not Europe. Since I last researched her seven years ago, I have discovered her revival in popularity as the patron saint of people whose gender identity falls outside the traditional male/female binary. The picture above from Westminster Abbey shows her in the right hand niche. Similar niches exist in our church but our St Uncumber long since disappeared along with all the other saints.



Gargoyles with huge mouths. The church has over 40 carved grotesque gargoyles and corbels as carved lions or faces supporting or draining structures within and without. The gargoyles were often lined with lead to help feed water away from the stonework and guttering.



Some carvers had fun with four different reclining imaginary animals on the outside of the tower. There are also vast numbers of small and large stone lion head carvings throughout the church and a wooden arch of blackbirds or crows among the grape vines on the west door. Can anyone tell me with confidence which bird they are?



In the south wall of the lady chapel is a 'piscina', a small hollowed bowl with a drainage hole. It indicates that services will have been held here at this altar in pre-Reformation days (before 1534). There is a second piscina in the north aisle showing this area was once a chapel too. Priests would wash the wine remnants from the vessels used during mass here. It would have had plenty of use, as all those giving to the church in their wills requested religious masses to help their souls to heaven. Some paid for one a day for a year! They were trying to insure a short stay in purgatory before heaven. There would have been more than one officiating priest and various masses and praying for souls going on in different parts of the church for a lot of the time. It was a busy place, both religious and secular. There were also regular parties called 'Ales' in the nave at which there was dancing and music as well as beer to raise funds for church upkeep and care of the poor. Miracle, mystery, and morality plays and other business also occurred in the nave.



A 'corbel'. This is a structural piece of stone jutting from a wall to carry an excessive weight from above or support a beam. A visiting historian said our medieval merchants had 'great swank' commissioning so many carved corbel 'heads' of great variety inside. Were some portraits of the merchants or family faces of the carvers?

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HADLEIGH & BOXFORD PPG

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

Have you registered with ANIMA?: Patients can register with the online triage system Anima via one of the website addresses below or by using your NHS app. You can create your own unique Anima username and password. If you do not have access to a computer or the internet or you are unable to register yourself you can telephone the surgery a care navigator will complete the form on your behalf. It would be wise to register asap before you need to use it when you are unwell.

All requests for an urgent on the day appointment, a routine GP appointment, home visit or a medication review should be submitted via Anima. However, appointments for nurses and blood tests etc. can still be arranged over the telephone.

Once a month Communities Together offer helpful IT advice in the upstairs room of the Hadleigh Library. The next session will take place on Tuesday 4th March from 10am to 12noon. Booking is essential as places are limited. Please call Tracey **01449 707031** or email info@communities-together-ea.org



Parking for Patients: If you have to use the Babergh's Toppesfield Car Park when you have a Health Centre appointment you can register your car inside the practice and have 2 hours free parking. The relevant machine is inside the practice near the medical memorabilia cabinets. This only applies to patients visiting the practice for an appointment or medication. Blue badge holders do not have to pay but must clearly display their badge.

Art Display: Chrissie Scott's artwork is now on display in the waiting area. Enjoy her restful pictures when you next visit. All are for sale with some of the proceeds going to the practice's charitable trust.



Both Practices: 01473 822 961

Anima Links: www.hadleighhealth.co.uk/anima or

www.animahealth.com/patients

NHS App: www.nhs.uk/nhs-app

Chair: Jan Devey 01473 827 091 or 07881 798999

Website: www.hadleighhealth.co.uk

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

PPG Chair/ Art Work: Jan Devey deveys@btinternet.com 01473 827091 or 07881 798999



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BOXFORD VILLAGE HALL

Keeping Boxford Village Hall Thriving – Can You Help?

A huge thank you to everyone who has rolled up their sleeves and helped at Boxford Village Hall's recent maintenance mornings! Your time and effort have made a real difference, and the village hall is looking better than ever.

We'd love to keep up the momentum, but we need more hands to help at our next maintenance morning on **15th March** (9:30am – 12:30pm). Whether you can spare an hour or a whole morning, every little bit helps - no DIY skills required, just a willingness to pitch in!

We're also on the lookout for new committee members to help shape the future of the village hall. A big thank you to our outgoing members for their dedication and hard work - we couldn't have done it without you. If you're passionate about keeping the hall a thriving hub for our community, we'd love to hear from you!

Not able to commit to the committee? No problem! We're also looking for volunteers to lend a hand as and when they can - whether that's at maintenance mornings, behind the bar, or at upcoming events like bingo, quiz nights, music evenings, dances, and even a possible local cinema.

If you'd like to get involved in any way, please contact Nick Moore. Let's keep the village hall buzzing!

Nick Moore, Chairman

nick@boxfordvillagehall.co.uk

IMPORTANT NOTICE REGARDING SESAW ANIMALS

Suffolk & Essex Small Animal Welfare is closed and in the process of winding down. We no longer have any animals but need to trace anyone fostering a SESAW animal. If you are one of our foster carers and have not yet been contacted, please text or phone **07720 079 370** as soon as possible and ideally, by 31st March 2025.

Please DO NOT surrender an animal to anyone purporting to represent SESAW. If in doubt, contact the above number immediately.

NOTICE TO ALL PET OWNERS

All cats and dogs must now be microchipped by law and their details kept up to date. Other small animals may also be microchipped. Please ask your vet to scan your pet and check the registered details are correct.

They will be able to tell you which database to contact or you can check here: <https://www.check-a-chip.co.uk> If you have a SESAW pet you can email info@sesaw.co.uk with your details and the chip number and we can check for you until 31st March.

We thank all past and present friends and volunteers for their support and dedication to animal rescue over the years. They all contributed towards the charity's reputation and success story. SESAW could not have existed without them.

The Trustees

Remember!

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

www.boxrivernews.com

FEEDBACK FROM JAMES FINCH

County Councillor for the Stour Valley

Council's budget prioritises vulnerable residents and essential services

Suffolk County Council has unveiled its proposed budget for 2025/26, with a strong focus on supporting vulnerable residents across the county. Under the proposals, the council's net budget would rise by 6.7%, from £752.9 million in 2024/25 to £803.7 million in 2025/26. Key allocations include:

- £18.1 million extra for children's services, ensuring continued support for young people and families in need
- £35.2 million extra for adult care, aimed at addressing the growing demand for social care services.

To help fund these essential services, the council is proposing a 4.99% rise in Council Tax. This would consist of a 2.99% increase in general Council Tax and an additional 2% specifically for adult care services.

This means the costs for a household would be:

- Band B property: £24.67 per week, a £1.17 increase from 2024-25 (Band B properties are the most common in Suffolk)
- Band D property: £31.72 per week, a £1.51 increase from 2024-25.

The council will also receive £12.1 million of the additional £880 million allocated by the government for adult and children's social care. It also expects to receive £2.2 million of the £263 million earmarked for a new Children's Services Prevention Grant.

To balance the books, the council has also identified £10.9 million in additional savings, building on the £17.5 million approved last year. This brings the total savings to £28.4 million for the 2025/26 financial year.

Suffolk commits to devolution fast track

Following an invitation from Ministers, Suffolk County Council's Cabinet have agreed to recommend Suffolk for inclusion in the government's Devolution Priority Programme (DPP), which would see the creation of a directly elected Mayor (likely covering Suffolk and Norfolk) and the replacement of existing council structures with a streamlined unitary council being set up.

The decision followed a debate and vote at a meeting of all county councillors on the cabinet.

Suffolk County Council wrote to the government expressing its desire to be at the front of the queue for devolution and local government reorganisation. At the beginning of February Suffolk was approved as part of the Devolution Priority Programme, more detailed proposals, engagement and Government-led consultation will follow.

Unique landscape to be changed forever by pylons

A large area of landscape on the Norfolk/Suffolk border with particular uniqueness, rivalling those of other nationally protected landscapes, is set to be decimated by pylons as part of National Grid's Norwich to Tilbury project.

In a letter to both Norfolk County Council and Suffolk County Council, and other local leaders, National Grid has outlined that it has decided to install overhead lines through the Waveney Valley, rather than running cables underground, as they had set out in their previous consultation.

This is a significant blow to local communities and the natural environment, especially following last year's Valued Landscape Assessment, a report jointly commissioned by Norfolk County Council and Suffolk County Council. The report concluded that *"the length of the Waveney Valley expresses many special qualities, and in the context of Suffolk and Norfolk, it is considered to be a valued landscape. Conserving and enhancing the special qualities articulated in this report is a key aspiration of existing planning policy."*

I, along with Cllr Richard Rout, believe this decision not to underground any of the proposed pylons through the Waveney Valley, is nothing short of contemptible. The study that Suffolk County

Council commissioned saw the area recognised as a valued landscape and National Grid's plans will wreak untold damage on it. There was a clear alternative to this and they've chosen not to take it. What we find particularly flagrant - if this is what National Grid will press ahead with - there is a lack of any suggestion of mitigation or compensation package for the local area.

Suffolk and Norfolk County Council will now look to take up their concerns with National Grid and discuss the issue further. I am pleased to confirm that undergrounding in the Dedham Vale is still in place.

Detailed report provides blueprint for changes to Suffolk's SEND services

A report has been published that provides the most detailed assessment of need for the Special Educational Needs and Disabilities services in Suffolk, (known as SEND). This report will be used as a blueprint for immediate change.

As a result of this analysis, a series of recommendations have been made to further shape improvements to SEND services. Some of the key findings and recommendations in the report include:

- A significant rise in demand for SEND services, with projections suggesting further increases in the coming years
- The importance of early intervention, timely diagnoses, and accessible services to address complex and multiple needs
- Strategic priorities emphasising communication, transition support, and whole system improvements to meet evolving demands.

The report also captures the voices of children and young people, parents, and practitioners to ensure lived experiences inform future strategies. The Suffolk Parent Carer Forum was involved in collating the report. The report can be found here: Suffolk SEND Needs Assessment.

Suffolk County Council Collaborates with Ipswich Town Football Club to Launch Stop Smoking Campaign: 'Never Stop Trying'

Suffolk County Council, in association with Ipswich Town Football Club, is excited to launch a powerful new stop smoking campaign encouraging people to never stop trying on their journey to quit smoking.

The campaign highlights real-life stories of struggle, perseverance, and success, reminding people that while quitting smoking is difficult, the benefits of stopping are well worth it, no matter how many attempts it takes.

The campaign's theme of persistence is echoed through a compelling new video that features Eddy and James, two Suffolk residents who have faced the challenges of quitting smoking and are now sharing their personal experiences. Their stories emphasise that quitting may involve setbacks, but it's important to keep trying.

This message mirrors the journey of Ipswich Town Football Club, who spent 22 years fighting to return to the Premier League—a long and challenging journey, but one that proves that with perseverance, you can achieve your goal.

Those seeking support on their quitting journey should visit Feel Good Suffolk Stop Smoking. The service offers various methods designed to assist people at every stage, whether it's one-on-one coaching, phone support, or digital tools.

Watch at www.feelgoodsuffolk.co.uk/NeverStopTrying and follow Feel Good Suffolk on Facebook or Instagram.

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. If you want to find out more about what it's like to foster or adopt with us, please call a member of the team on 01473 264800 or Visit www.fosterandadopt.suffolk.gov.uk to find out more how you can foster and adopt in Suffolk.

James Finch

james.finch@suffolk.gov.uk

Tel: 01206 263649 / Mobile: 07545 423796

FEEDBACK FROM BRYN HURREN

Babergh District Councillor for Box Vale Ward

Well into the new year now and a good time to take stock on local and national matters.

Nationally, there does seem to be a willingness to tackle some of our inherent problems but the lack of available finances to tackle the utter chaos of the previous administration is very restrictive. Just like families and everyone else, governments can only spend what they take in, taxes and other earned income, the lack of growth and the Brexit debacle have curbed that, as is, and was always, inevitable.

Maybe making sure that all who live and trade within our borders pay their fair share of tax would be a good place to start. The fact that some very large companies pay no tax at all because of the way they trade or where their HQ is now harms the UK more than ever before. Also the eye-watering huge surge in profits now enjoyed by shareholders and bosses of previously publicly owned utilities at all of our expense cannot be allowed to continue, especially as the level of service in most cases has sunk to an all-time low.

If ever there was a time to impose a windfall tax on those, such as the fossil fuel giants, who have profited so much from the hardship of others, it must be now.

With our care and health services facing even higher levels of financial hardship and a near meltdown with public services, this must be tackled now. Words and promises are not enough anymore. Leave the crops and cows of the family farms alone, milk the sharks instead.

We also need growth built on a green revolution now, the idea of putting a third runway at Heathrow Airport is frankly quite insane and sickening. Even if aviation fuel is taxed at the same level as motorists and businesses are charged, it cannot alleviate or mitigate the health hazards to our local population and should be fought with everyone's combined might. With pollution now a major problem and not that long ago being named by a coroner as responsible for a child's death at 11 years old, this madness must stop. We cannot allow the next generation to cope with our mistakes anymore, let them have their say. Once I have my new knee I could be charging up to the picket line again, as well as working more, without pain and not limping around like an invalid any more.

We don't need growth for growth's sake; sensible governance and leadership can lead to wealth, sustainability and a decent future for us all, give us good health, a house we can afford to buy or rent to live in and a sustainable future so we can live and be happy.

Nearer to home, all Suffolk councils are working hard together to agree a way forward for devolution and unitary councils. This is a tough ask for us but at Babergh there is a strong willingness to move forward to get the best deal possible for the new council and all its new constituents. This is a chance in my view to take the confusion out of local government as to who does what and give real focus on the job at hand for the benefit of all. Although I have some reservations as to how this will be successfully brought about, I just pray that we can keep contact with local residents and parish councils to still give a personal service and help to those that need it, those elected as councillors will have a larger area to represent and it will become a much more demanding responsibility to look after everyone's needs and to represent them well.

What is more alarming is the focus on electing a regional mayor to represent both Suffolk and Norfolk, I can see that the new government wants just one point of contact for a bigger region, but the two counties are so diverse, one size does not suit all. Maybe it could work in larger cities such as London and Manchester who have known leaders to fight their cause ably and strongly, but rural areas are so different. It is important that the new leader is not a political wannabee like some police and crime commissioners but is actually able to do a fair job.

This post I am sure will come with a bucket load of our money which must be put to good use for the area they will represent, not

creating another level of bureaucracy, otherwise the reform will be wasted, along with taxpayers' hard-earned money and we have seen too much of that during the past ten years of shambolic national administrations.

Personally, I have tried to stay out of the consultation to close Boxford surgery. This is not something that comes within my District council duties to have a view on, however as a patient and long time user of the practice, I am horrified at the press coverage and statements issued by the partners of the practice that are now emitting into what should be a fair consultation but are turning into a hatchet job to close the surgery on financial, not health and service grounds.

Just as good a case can be made to keep it to enable good health-care and treatments for the masses of local people who would wish to still access it to save travelling to a local bigger town, with all the parking problems this will exacerbate.

Sometimes it is best to take Mohammed to the mountain, rather than the other way around.

Much more work to do on this one but I am on the case and will be writing to management bodies to express my concerns. We don't need Anima to tell us remotely that the doctors cannot fit us in for an appointment, just a caring voice and care to look after us patients.

On that note, I will sign off now and lay down the cudgel for a short time to pick up the pen.

Hopefully I am on track for a new knee replacement now and am nearing the end of the path after 6 years of anticipation. Will give me more time to think and take stock, so much to do.

Must sign off now, otherwise the editor will get the whip out again for going over 1,000 words.

Much Love to all,

Bryn C.O.Y.B. xx

bryn.hurren@babergh.gov.uk

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PARISH COUNCIL UPDATES

BOXFORD

Summary of Council Meeting 28th January 2025

Public Forum: It was requested that the PC invite the police to the next meeting to advise residents what is being done regarding the property at Ash Street and the vandalism that has occurred around the playing field. The PC agreed to make contact with the local police and to inform DCllr Hurren for investigation.

The parking outside the care home in Brook Hall Road is becoming a hazard again. The resident asked what was being done with regard to the land to the front that could be turned into a parking area. Cllr Warren advised that he would speak with the care home to get an update.

Closure of Surgery update – a member of the public updated the PC on progress with the report being prepared. The letter and petition was delivered; the board meeting for the decision will be held at the end of February. Unfortunately, the SCC Health Scrutiny Committee held a meeting without the knowledge of the Volunteer Committee until the night before. It was deemed too late for the Committee to be able to submit a case or indeed attend to speak. CCllr Finch was not in attendance and did not submit a paper in support of the village. Cllr Couling wished to offer his thanks to the Volunteer Committee for all that they have done.

Finance: The finance report was accepted. The Precept was accepted with a 0% increase for 2025/26.

Cemetery: The contractor has begun works.

Public Realms: It was noted that during the colder period, the bridge path was extremely icy and hazardous. It was resolved that a small grit box was needed.

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

Next Meeting: 25th February 2025 at 7pm in the village hall.

Parish council (PC) meetings are on the 4th Tuesday each month except in August and December. They are held in the village hall starting at 7pm 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

NEWTON GREEN

Summary of Council Meeting 12th February 2025

25/020 Election of Chairman: Cllr Schwenk took the chair for this item. The councillors resolved unanimously that Cllr Presland be elected chairman of Newton Parish Council. Cllr Presland signed the declaration of acceptance of office accordingly.

25/025 Councillor Vacancy: The clerk reported that no applications had been received for the vacancy created by Ian Coles's resignation. Babergh has informed NPC that the vacancy created by David Everett's resignation can now be filled by co-option.

25/029 Clerk's Report: Following a review of the clerk's report, Cllr Taylor updated councillors that in relation to 22/117, it has been established that the land on which the defibrillator is located outside Juglans, is common land and NPC does not need any further approval for siting the defibrillator on the land.

25/034 Litter Pick: The councillors reviewed and adopted the risk assessment for the litter pick on Saturday 29th March 2025, starting at 8:30am from the village hall. Cllrs Presland and Taylor

will erect the 'men at work' signs for the event and return the road signs to the clerk after the event. The clerk to check with the associations responsible for Red House and Blacksmith Close if they are happy for the roads to be included in the litter pick, if volunteer numbers allow. The council will then hold its coffee morning at the village hall from 10am.

25/037 Neighbourhood Plan: The councillors reviewed Chris Bowden's advice on when to start reviewing the neighbourhood plan considering the recent change to Babergh's decision to revisit their Local Plan Part 1. They agreed to keep a watching brief on the consultation for both Part 1 and 2 of the Local Plan as well as changes to the NPPF on a bi-monthly basis.

25/039 Village Hall & Trust Updates: There has not been a Trust meeting in the past month, but Cllr Taylor was able to update councillors that the wall on the 1st hole has been repaired, and an easement has been executed with the developer of the dwellings behind Juglans. Cllr Schwenk updated councillors that the windows project has commenced, which is expected to be completed this month, and that the new structure of the Management Committee was now in operation.

NPC is looking for two applicants to fill the councillor vacancies. If you would like more information on the role, please contact Dave Crimmin as below.

Full minutes can be found at: www.newton-pc.gov.uk

Dave Crimmin CiLCA, PIALC, PSLCC

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

OTHER PARISH COUNCILS

Edwardstone PC

Clerk: Richard Jones - 01473 828246

edwardstoneclerk@outlook.com

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

Groton PC

Clerk: Richard Jones - 01473 828246

grotonclerk@yahoo.com

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

Little Waldingfield PC

Chris White Councillor & Clerk - 07541 133535

clerk.littlewalingfieldpc@hotmail.co.uk

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FRENCH'S CARE HAVEN

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

We are having a local Dog Walk on 29th March setting off at our animal sanctuary in Castlings Heath. The walk will start at 2pm, £4 pp which will include refreshments.

Join us and our therapy dog Lucy who is in one of our photos alongside a rescue kitten, Mia. Even if you do not have a dog, you are welcome to come and join us.

As some of you will already know Lucy has a heart of gold and loves all animals and people and our small rescued or injured animals have had her give them companionship and reassurance in their time of need.

French's will be starting a Sunday Pony Club, on 2nd March, which will take place once a month. Children 5+ years old can join, meet our animals and learn how to take care of a pony. This will be £8 pp each visit and will include refreshments.

To book or for any more information on the dog walk or pony club please contact Sharon at: frenchs.100club@gmail.com or call her on: **07999 051 401**.



In our other photo we have our three helpers who come in twice a week. They empty trailers, move hay and straw and fix anything that is broken. There is always a fence to mend or weekly checks on our water hoses and troughs for the horses.

In the photo we have Richard, Dr John Flather and Paul. John has been part of French's for years now and then Paul came along 2 years ago and last year Richard found us. They all do a great job and I am blessed to have them as our maintenance helpers and part of our team. I would like to say a big thank you to the wonderful lady Cherry for her regular donation that helps our donkeys and to Lorna and Chris who gave a donation and wrote a lovely letter saying what great work we do and thanking us for re-homing and giving good care to Lady, a pony that came to us four years ago when dear Maggie from SESAW lost her land.

For all our readers please consider making a personal donation to us if you can, your help will keep us going in our time of financial struggle and would be very much appreciated by our team and of course our dear rescued animals. Also contact me if you would like any information about becoming part of our small team, caring for our lovely horses and donkeys, by either helping hands on with our animals or with our Fundraising.

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

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

Website: www.frenchscarehaven.org.uk

BOXFORD BIKE CLUB

Boxford Bike Club is a community cycle club based in the picturesque Suffolk village of Boxford. Founded in 2012, and with a membership of around 60, we take pride in being an open, friendly and inclusive group catering for riders of all ages and abilities.

We are pleased to announce that we will once again be hosting our annual cycle sportive event, The Boxford Tornado, on 11th May 2025. Since our inaugural event, we have made donations to local charities and good causes totalling in excess of £25,000. Our chosen charity in 2024 was the East Anglian Air Ambulance with around £3,500 being donated and we have decided to support them again in 2025.

The event offers 32 or 65 mile fully signed routes and for the first time a 10 mile family route for groups of up to four riders (maximum of two adults and two children). With one gentle incline and mostly flat quiet lanes, this is an ideal route for a family outing and to experience the thrill of participating in an organised event.

All routes are supported by a mobile mechanic and a first aid and recovery service and include a post ride BBQ at the pavilion on Boxford playing fields.

For more information or to book, please visit www.boxfordbikeclub.co.uk/boxfordtornado. If you would like more information on membership or to join us on a ride as a guest, please check our website www.boxfordbikeclub.co.uk or contact Kevin at kevbike@btopenworld.com.



MILDEN CRICKET CLUB - PRE-SEASON INDOOR NETS

In preparation for the 2025 cricket season, indoor nets have been arranged for the following dates, each evening from 8pm to 9pm:

Thursday 20 February

Tuesday 25 February

Wednesday 5 March

Wednesday 12 March

Tuesday 18 March

Wednesday 26 March

Wednesday 2 April

Venue: The Polstead Cricket Lane, Sprott's Farm, Holt Road, Polstead CO6 5BT

Cricketers, and would-be cricketers, of all ages and abilities welcome!

For further information please contact club secretary, Andrew Simmons (tel: **07951 055643**) or club chairman, Martin Roffey (tel: **07771 960166**), or visit the club website, www.mildencricketclub.com.

The first league game is on Sunday 27 April - away at Woolpit. See the February BRN, page 38, for the full 2025 fixture list.

David Lamming



Remember!

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

THE GLOW PRO



Most of us don't give our moles much thought until one catches our eye and suddenly, we're spiralling on Google. If this sounds familiar, don't panic! Whether it's a mole, a skin tag, or a curious bump, at Suffolk Medical & Beauty Clinic, we're all about keeping things stress-free.

Our resident doctor, Anthony O'Neill, brings over 30 years of GP experience and a passion for dermatology.

With his expertise, you can feel confident you're in safe hands!

Firstly, Why Do New Moles Pop Up?

Although many of us are born with moles, they can develop throughout your life for various reasons, such as hormonal changes during pregnancy. The key is understanding what's normal for you and seeking professional advice if anything seems unusual. Whilst most moles are completely harmless, it's always worth having a growing or changing mole checked out.



A quick, professional look could save you plenty of unnecessary worry and Googling!

Are You More at Risk of Skin Cancer?

Have you ever wondered what makes some people more prone to skin cancer? Here are a few factors that can increase your risk:

- ✓ Fair skin that burns easily (Fitzpatrick types 1 and 2)
- ✓ Having more than 50 moles
- ✓ A personal or family history of skin cancers
- ✓ A history of severe sunburns (ouch!)
- ✓ Excessive sun exposure
- ✓ A weakened immune system
- ✓ Continued and prolonged use of sun beds

The ABCs of Mole Checks

Checking your skin doesn't need to be complicated. In fact, we recommend following the simple 'ABCDE' guide:

- ✓ A – Asymmetry: Does one side look different from the other?
- ✓ B – Borders: Are the edges irregular or blurry?
- ✓ C – Colour: Are there multiple shades or has it got darker?
- ✓ D – Diameter: Is it bigger than 6mm (about the size of a pencil eraser)?
- ✓ E – Evolving: Is it changing in any way?

Checking Made Easy

Grab a mirror, a friend, or even your phone, and take a good look at your skin. Remember those tricky spots, like your back, scalp, or the backs of your legs, which is simpler with an extra pair of eyes! We also recommend taking photos with a ruler included which will help you spot any subtle changes over time.

Shield Your Skin

Applying a broad-spectrum SPF50 at least twice a day - or more if you're swimming or sweating - can significantly reduce your risk of sun burn and premature ageing (bonus!). Pair this with a hat and protective clothing and you're on the journey to healthier skin. If you're concerned about getting enough vitamin D, which is important for our bone health and immune function, you can get a boost from supplements or by adding more vitamin D-rich foods to your diet.

Spot the Difference

With the NHS no longer treating cosmetic skin lesions, these treatments have become increasingly popular at our clinic. Just take a look at some of our patients' transformative before-and-after results:



Get in Touch Today!

Whether you're worried about a mole or simply want to get on top of your skin health, we're here to help. With Dr O'Neill's care and our friendly team, we'll put your mind at ease and leave your skin looking and feeling its best.

Helena x

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Newton Village Hall	<i>Alan Vince</i>	07955 199000

The Blooming Garden

A Remarkable Garden.

Le Jardin de la Mothe is a stunning garden nestled in the rolling hills of the Aveyron region of France. In 2013 it won the accolade of *Jardin Remarquable*, a label introduced in 2004 by the Ministry of Culture. It is given to gardens that have a cultural, aesthetic, historical or botanical interest, and has only been granted to 450 gardens, so Le Jardin de la Mothe keeps company with Versailles and Giverny.

Marion Wilson, who created this paradise, moved here 32 years ago with her German husband, Harty. She trained at the former Central School of Art and Design in London and then designed fabrics for the National Trust. The garden was originally just a field with two cherry trees and a wonderful view. Marion loved Vita Sackville-West's books and was inspired by her boldness, her rule-breaking, and the idea of making garden rooms. She decided this was how she wanted to create her garden.



which echo the green trees and hills of the landscape beyond. Initially, Marion wanted to get rid of the lawn because it gets so dry here in summer, but she soon realised that the green lawn was essential to the visual whole. She says she was never seduced by the idea of growing brightly coloured flowers, as her passion is to work on shapes and foliage texture.

Le Jardin de la Mothe is very theatrical, and clearly developed with an artist's eye. It is surrounded by hedges with round windows artfully sculpted, each offering a wonderful view of the countryside. The garden sits so comfortably in its setting that it looks as if it has grown organically in place. It is such a cohesive whole that I imagined it was designed all at once – as carefully as Sissinghurst was – but Marion assured me that it has developed over time. She says you should start the garden where you already sit and have a drink, so the spot in front of the house with the spectacular view was her



starting point. Their first big project was the one they call the bandstand: a pergola inspired by the one in the centre of the white garden at Sissinghurst. But this enjoys a much more spectacular view than the one at Sissinghurst. The same beautiful white rambling rose, *Rosa mulligani*, grows over the pergola here. I love the chandelier hanging over the table and chairs.

Early on, Harty made the swimming pool which also has a wonderful view of the countryside. I'm not a great fan of swimming



Alexander Pope said 'Consult the genius of the place', and la Mothe is the best example of this dictum that I have seen. The lawn runs down from the beautiful farmhouse, built in 1774, into beautifully rounded shrubs

form of relaxation. Apart from the large trees and shrubs which get done once a year, she keeps all the topiary neat and tidy by spending a short time each day on their care.



pools in gardens but this pool fits into the space beautifully because it is green rather than the glaring blue you see so often.

The advantage of making a garden where you live is that you have had time to notice the light at different times of day and, accordingly, you can choose where you want seats.

To help her decide where to put in paths, Marion took note of the routes the children took as they played in the garden. Box hedges line many of these little paths which take you to intimate sitting areas; there is a surprise round every corner. This garden is less than an acre in size, but it feels much larger.



At the front of the house is a gravelled courtyard with lovely planting, and an aviary. There is a large barn with a grand piano where concerts for charity are held on summer evenings, with the doors thrown open. Cats lie sunning themselves and Birdie, the hen sleeps on a chair; all part of the enchanted atmosphere of this garden.

Marion maintains that she is no plantswoman. She decided early on that clipping bushes was what she really enjoyed. She started with round shapes and then went on to cones, blocks, spirals and cloud-pruned trees. For her, topiary is a clever system to make the garden look as though she has spent a lot of time on it, and she finds it much less time-consuming than weeding. She says 'Most pruning is really easy and I can do it here and there when I feel like it', and she clips mostly by hand as she doesn't like the noise of machinery. Her husband holds the ladder for her when she climbs to scary heights to shape her tall shrubs. Amazingly, she has no help and maintains the whole garden herself, apart from her husband's assistance with lawn



mowing and digging holes for planting. I cannot imagine how she clips her tall cypresses into spirals or keeps the large olive trained as a cloud tree. But she loves doing it, it's her



Although Marion claims not to be an expert on plants, she knows very well which plants grow and sit well in this landscape. Her soil is fertile clay rather than the rocky limestone 'cousse' you find in much of the Aveyron, but the garden is 500m above sea level and the plants have to deal with very hot summers and extremely cold winters. She uses mostly box, eleagnus, viburnum, privet and photinia. Her cubes of *Photinia* × *fraseri* 'Red Robin' are clipped to have green sides and shiny red tops in spring. I love the *Ligustrum japonicum* tree which is cut as a circle held up on tall branches like a halo. Plants are chosen for the colour and shape of their foliage: the red of *Cotinus coggygria* Rubrifolia Group contrasts with silvery *Elaeagnus angustifolia*; *Acanthus mollis* looks wonderful with *Cynara cardunculus*; and spiky yuccas contrast with

the soft grey foliage of *Phlomis fruticosa*. Golden marjoram creates highlights with the red foliage of *Lysimachia ciliata* 'Firecracker'. Varieties of sedum are used all over as edging plants.

Colour is used sparingly so as not to detract from the whole. In spring frothy, acid-yellow bracts of *Euphorbia characias* look good with the spikes of iris and alliums. Pots of tulips give pops of colour here and there. Later there is tall *Baptisia australis* with pea-green foliage and blue flowers, masses of hemerocallis and, in late summer, dahlias take the stage along with pots of agapanthus. A hedge of orange lantana makes a wonderful show and blooms until the first frost. Marion is fond of China roses and *Rosa × odorata* 'mutabilis', with its soft colour and almost year-round blooms, is a winner here.

In the 1970s people talked a lot about ground cover, and I always thought it was a dismal idea using plants just to cover the ground. But here quite ordinary plants like sedums and geraniums and even invasive ones such as hypericum and vinca provide shape and texture, and are cut back regularly so they stay where they are needed. As a result no weeds grow here; there is no room for them and the garden is clothed in a textured carpet. Marion maintains the garden is made out of 'utterly Jone Bloggs standard' plants. 'I have nothing remotely special', she says. But the effect is anything but ordinary. Her artist's eye has woven a very special, magical tapestry of shape, texture and shades of green which perfectly echoes the surrounding landscape.

Chloris.

EVENTS CALENDAR

FEBRUARY 2025

24 MON	Boxford Friendship Group Boxford Village Hall	2-4pm
28 FRI	Pop-up Pub Little Waldingfield Pavilion	6:30-11pm
28 FRI	French's Care Haven Curry Night The Fleece, Boxford	7pm

MARCH 2025

4 TUE	Fireside Club - Pancake Day Boxford Village Hall	12:30pm
4 TUE	Boxford Gardening Society - Talk Boxford Village Hall	7:30pm
5 WED	Boxford WI - Line Dancing with Rosie Boxford Village Hall	2pm
10 MON	Natural Boxford Talk 'Save Our Swifts' St Mary's Church, Boxford	6pm
12 WED	Charity Quiz Night The Fleece, Boxford	8pm
15 SAT	Maintenance Morning Boxford Village Hall	9:30-12:30
18 TUE	Fireside Club - Make-up Demonstration Newton Village Hall	2pm
19 WED	LWHS - We'll Meet Again Little Waldingfield Parish Room	7:30pm
21 FRI	Groton History Society - History & USA today Groton Village Hall	7:30pm
21 FRI	Polstead Films - 'Conclave' Polstead Village Hall	7pm
24 MON	Boxford Friendship Group Boxford Village Hall	2-4pm

26 WED	Coffee Morning Newton Green Golf Club	10-12noon
26 WED	Ladies Get Into Golf Newton Green Golf Club	2-3pm
27-29 THU-SAT	Boxford Drama Group - 'Now & Then' Boxford Village Hall	7:30pm
28 FRI	Pop-up Pub Little Waldingfield Pavilion	6:30-11pm
29 SAT	Parish Council Coffee Morning & Litter Pick Newton Village Hall	8:30am
29 SAT	Ladies Get Into Golf Newton Green Golf Club	10-11am
29 SAT	Boxford Market Boxford Village Hall	10-1pm
29 SAT	French's Dog Walk French's Castlings Heath	2pm
29 SAT	Quiz Night Little Waldingfield Parish Room	7:30pm

APRIL 2025

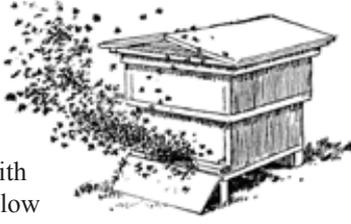
1 TUE	Fireside Club - Fooling About Boxford Village Hall	2pm
1 TUE	Boxford Gardening Society - Talk Boxford Village Hall	7:30pm
2 WED	Boxford WI - Benton End House Boxford Village Hall	2pm
5 SAT	Shelley Race Night Whatfield Village Hall	7pm
9 WED	Charity Quiz Night The Fleece, Boxford	8pm
11 FRI	Quiz & Curry Evening Groton Village Hall	7:30pm
15 TUE	Fireside Club - Easter Crafts Boxford Village Hall	2pm
16 WED	LWHS - Castle on the Hill Little Waldingfield Parish Room	7:30pm
26 SAT	Coffee Morning for St Nicholas Hospice Newton Green Village Hall	10-12noon
26 SAT	Boxford Society - 'The Lost Gardens of Suffolk' Boxford Village Hall	7:30pm
28 MON	Boxford Friendship Group Boxford Village Hall	2-4pm

MAY 2025

3 SAT	Music For A Summer Evening - Tom Cogan St Mary's, Boxford	6pm
4 SUN	Stride Out For Shelley Shelley RDA	10am
6 TUE	Boxford Gardening Society - Talk Boxford Village Hall	7:30pm
9 FRI	Relaxation & Sound - all welcome Boxford Village Hall	6-7:30pm
14 WED	Charity Quiz Night The Fleece, Boxford	8pm
14 WED	LWHS - Agent Zo Little Waldingfield Parish Room	7:30pm
19 MON	Boxford Friendship Group Boxford Village Hall	2-4pm

NOTES FROM A BEEKEEPER'S DIARY

We're now in the latter stages of winter, the snowdrops are in full bloom, crocuses ready to burst into flower and hazels dripping with catkins. However, with persistent low temperatures the pollen and nectar they produce are of little use to the honeybees because they won't emerge to forage until daytime temperatures reach double figures.



Meanwhile beekeepers will be checking the state of their colonies. We don't want to open the hives and expose the bees to low temperatures. So we gently lift one side of each hive to check the weight. Some beekeepers use scales and maintain a week-by-week record. Others prefer to be less precise.

I have my own system. If it takes three fingers to lift one edge by a quarter inch I know that the bees have plenty of stores to keep them going. Two fingers and they are OK. One finger and the bees need feeding. Smaller colonies, maybe a late rescued swarm, will weigh less. Larger colonies such as those on brood and a half will weigh more. Sometimes the hives are so heavy that even three fingers won't budge them. Some judgement is required. That's why there's as much craft in beekeeping as science.

There are other checks we can carry out without disturbing the bees. My hives are protected from the cold weather with a thick layer of insulation under the roof. Remove the roof and there's only a thin plywood crown board above the bees. Bees maintain their body temperature by forming a thick layer under the crown board so if the top of the crown board is warmer to the touch than the bottom of the side walls there's every chance here's a healthy colony in the hive. A check which only takes a few seconds and the bees won't even notice you've come and gone. If you want to get more technical you can buy a temperature scanner off the internet for less than a tenner.

In spite of every precaution there's no guarantee that colonies will survive the winter. Hives may feel loaded down with stores, but maybe there are no bees inside to be fed. We won't know for sure until the bees start to emerge for foraging or we take the crown boards off for a peak inside when it gets warmer. Until then we can only keep our fingers crossed.

In 2024 winter colony losses were quite low, maybe 15% which is a good outcome. The previous year beekeepers found to their dismay that over 50% of colonies failed to survive. The reason is still not clear. We all know that winter temperatures are far lower in some parts of the UK than others, or wetter or windier, but survival rates were consistently poor all over the country. And no one can say that beekeepers are more competent here or elsewhere.

Perhaps agricultural pesticides were to blame. In 2017, the then environment secretary Michael Gove stated that post-Brexit the use of neonicotinoid chemicals would be halted in the UK. Subsequently the EU banned emergency authorisations of



neonicotinoid pesticides outright, while the UK government permitted their use for the past four years, against the advice of the Health and Safety Executive and diverging from EU environmental policy. So much for the "Brexit promise".

The present government has undertaken to reverse Tory policy and recently rejected a request from British Sugar for emergency authorisation. Ministers say they are refusing the application based on "robust assessments of environmental, health and economic risks and benefits, and advice from Defra's chief scientific adviser, its economists, the Health and Safety Executive and the UK Expert Committee on Pesticides".

Beekeeping in the UK is overwhelmingly in the hands of over 30,000 hobbyists each with on average no more than half a dozen colonies. The Bee Farmers Association has no more than 500 active members. So the beekeeping fraternity has little clout when it comes to political decision making.

With prices depressed by cheap adulterated imports from Asia, professional beekeepers in the UK earn more money from rearing and selling bees to the amateur community than they do from sales of honey itself. Fortunately, colony losses in the UK haven't yet reached those seen by professional beekeepers in places like the USA, where the economic consequences can be devastating.

Tony Rand

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