

April 2025

Box River News

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BOXFORD CROFT - UPDATE

Boxford Parish Council purchased the Croft on behalf of the village late last year with the intention of returning it into a haven for wildlife and an area that could be enjoyed by all.

Following numerous discussions, it was established that a huge amount of work was required to improve the Croft and initially would require a number of contractors to complete the work. Broadly we identified the following tasks that would need to be completed:

- Clearing the undergrowth,
- Thinning and removing dead or diseased trees,
- Reinstating the pond at the top near the pedestrian gate,
- Installation of two wet lagoons opposite the pond,
- Resurfacing of the footpath,
- Fencing-off pond areas.

The Parish Council wished to employ a contractor who had a deep knowledge of managing woodland, able to clear and construct ponds and understand the need to clear undergrowth, trim and remove trees sympathetically and realise the impact this would have on the wildlife and environment. To this end the parish council have been very fortunate in being able to engage the services of Charlie Smith Contractors. Charlie who is not only a resident in the village, but who also has a lifetime experience in the areas mentioned above, remembers how the Croft looked when he was a child. Accordingly, he is very passionate that the Croft should be renovated with due care and retain as much of the original vegetation as possible.

The first stage has been completed with opening up the footpath, removing a number of trees that were either diseased or likely to pose a danger in the near future. Logs and some of the cut branches will be removed shortly. In addition, a stunning bench has been constructed out of tree stumps and a large log.



The next stage will commence towards the middle of April. From a safety point of view the Croft will be closed to the public for about 5 to 6 days, as there will be plant and equipment used. Barriers will be erected at each end of the Croft. Cut branches and tree trunks will be removed or repositioned as required to make

natural habitats for wildlife. The pond will be de-silted and two wet lagoons constructed to help the dissipation of water run-off from Homefields and the playing fields car park. Areas of brash will be left in designated areas for wildlife refuges (ie hedgehogs). The footpath will be resurfaced from the gate by the car park to the bowling green. Once the Croft has been cleared it will be decided what and where trees and plants need to be planted. Perhaps the public would like to support this replanting by donating plants or trees?

Given time the Croft will recover and the scars that are now apparent will disappear as new growth emerges. Already it is full of sunlight and has a welcoming feel about it. The parish council is confident it will become a peaceful and beautiful place and that our wildlife and environment can be enjoyed by all in the immediate future and by our future generations.

David Warren
Boxford Parish Council

PROPOSED CLOSURE OF BOXFORD SURGERY

On 27th of February, the Suffolk and North East Essex Integrated Care Board (ICB) and the Primary Care Commissioning Group (PCCG) announced the imminent closure of Boxford Surgery. The application to close the facility was made by the partners of the Hadleigh and Boxford Group Practice and the ICB / PCCG supported that application. This is a huge disappointment to the community. We do not believe our concerns and alternative proposal were given sufficient attention..

Closure of this surgery will have a significant detrimental social, economic and environmental impacts on the community and would appear to be contrary to the Government's stated future national policy towards neighbourhood primary care.

This decision has been taken despite the comprehensive paper prepared on behalf of the community entitled '*Proposal to close the Boxford Surgery - Objection and Counter-Proposal*' (<https://bit.ly/boxford-surgery>) and a petition against closure signed by 600 people. We have yet to understand how much consideration was given to this community response given that no actual direct communication was afforded to us - '*Is this what democracy really feels like?*' is a very pertinent question needing to be addressed - and it will be.

We are awaiting a promised letter from the ICB - the content of which we do not yet know. Your team in Boxford decided to await this letter prior to deciding the next moves - we will make some.

It is the intention that once we have responded to the ICB making all relevant points that are appropriate we will engage with the village and the wider community to ascertain views on the shape of local medical facilities that should be available and then begin to explore the feasibility options to deliver them.

David Burden, Colin Parr
On behalf of the Local Healthcare Community Group

Box River News

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Deadline date for the May 2025 Issue is:

April 15th at midday

NEWTON FIRESIDE CLUB

Well, as expected, the gin tasting was a big success. We were joined by Martin, who gave us a talk about the history of English Spirit Distillery and its owner. We also heard about the distillation process. All of this was interspersed with an ample supply of tasters including flavoured spirits, Sambuca, fruit shrubs and flavoured vinegar. There was then an opportunity to buy some of the delicious offerings whilst partaking in the customary tea and cakes!



We had purposefully mis-advertised the theme for the 4th March as, instead of pancakes, we held a surprise 90th birthday party for Shirley – one of our long-standing members. I hope she won't mind me saying that she was quite overwhelmed and told us that attending Fireside Club was a lifesaver when she first moved to the vil-

lage and didn't know anyone. This just reinforces the original aim of the group to provide an opportunity to meet people and make new friends.

We are looking forward to being joined by Emma who is going to give us a makeup demonstration and give us tips to further improve our stunning good looks. She may have time to rummage through our makeup bags and give advice on the products we use. We are holding a draw to see who gets made up. Watch out for the 'before and after' photos next month!

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.

SPRING 2025 PROGRAMME

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 VILLAGE HALL MATTERS

Still thinking about joining us and becoming a trustee to help manage our beautiful village hall? Why not come to the AGM on Wednesday 16th April at 7:30 and have a chat?

WINDOWS: The installation of the new windows is now complete and they look excellent. Ironically the best thing is that people have not immediately noticed as they are so like the originals. We will now need to do some making-good and painting inside the hall.

CAR PARK: Now the damp proofing and windows have been completed, our next big project is to improve the car park. This is a huge project as it will have to be done well to ensure it is long lasting. Once again, Janet is looking for funding streams and the trustees will be trying to raise funds too. Please do support us with this fundraising. The car park is a community resource which most of us use at some time or the other.

COFFEE MORNING: The coffee morning on the 22nd February was very well attended. There was a real buzz to the morning and a big thank you to everyone who attended and helped us raise about £400.

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

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

NEWTON OPEN GARDENS

SUNDAY 22nd JUNE 11am - 5pm.

I am delighted to report that we now have 16 gardens. We would love to get to 20, so please do consider volunteering.

We will now be concentrating on visiting gardens to get descriptions ready for the programme. This won't be printed until early June so there may be an opportunity for late entries if you find your garden is too beautiful to be missed!

Volunteers are still required to help with refreshments, ticket sales, the plant stall and to act as marshalls. It would also be helpful to have 'garden sitters', so the owners of open gardens have a chance to view other gardens.

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

Watch this space for further updates.

Sue & Paul Presland

CHAIRMAN OF POST OFFICE LTD VISITS BOXFORD

Nigel Railton, the Chairman of Post Office Limited visited Boxford on March 6th after direct email contact with me - and he fell in love with it, as everybody does.

Accompanied by Post Office Retail Director Pete Marsh and my Regional Manager Andy Parker, they had all seen footage of our '250 Years of Postal Service' celebrations in Boxford and the amazing support Boxford and surrounding villages gave that day. Thank you to everyone who made it such a great event and made the Post Office representative that day say "Wow!"

They were all impressed with the village and the reported oldest shop in England - 1 Swan street having been a wool shop in the 1400s.



L-R: Richard Haining - Boxford Sub-Postmaster, Nigel Railton - Chairman Post Office Ltd., Pete Marsh - Retail Director Post Office Ltd.

Gemma at The Fleece gave us a private area for our meeting and provided her fabulous coffees, so we were able to speak openly and with candour about the future of the postal service.

Usage has increased since the event, and this week saw the long awaited arrival of Evri being added to existing services. Boxford Post Office is now an Evri as well as an Amazon hub for dropping off and collecting your parcels.

I asked for DPD and was told that's next on the list.

The three of them want to work with me as they could see what a vital service is provided.

They have no appetite to reduce the hours and apologised that that was ever suggested; they could see the backing I so kindly receive and appreciate from everyone in the local area. Special thanks to Lawrence Motts, our landlord, for ensuring Post Office remained here when he moved in and his unstinting support since. Also to Neil Cottrell for taking on the Boxford stores, as again, this is vital to retaining a Post Office in the village.

Please support the shop - Sian, Jess and Sarah will give you great service too!

I will work directly with the chairman and retail director to ensure the continuation of a Post Office in Boxford - we share a vision in local facilities and customer service.

They knew that Nayland recently lost not only their Post Office but also their butcher. I showed them that we have a great infrastructure in Boxford village centre, with two shops, two pubs/three cafés/wine bar plus a garage, a butchers and hairdresser.

I'm working on us being prominent in the Suffolk tourist route - ideally situated between Lavenham and Kersey, there is more to the county than just those villages! There will be more to follow..!

Thank you all so much for your custom and support.

Shop local and keep Boxford busy!

Richard Haining

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Wednesday, March 26, 2025
Wednesday, April 23, 2025

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

EggyFest 2025 - Easter Bank Holiday Weekend
Our Easter Pickled Egg Egg-stravaganza! 10+ flavours to try over the weekend, plus crisp pairings.

Street Food
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Wagyu Burgers - Every Friday
My Thai Chef - Saturday March 22nd
Suffolk Spice Fusion - Saturday, April 5
Noodle & Dumpling Bar - Saturday, April 12
Tasty Turk - Saturday, April 19
Taqueria La Gringa - Saturday, April 26

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Elaine Carpenter
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GROTON HISTORY SOCIETY

Upcoming Events:

Our next scheduled event is **20th June**: *'The story of the Cambridge 5 Spy Ring'* by Trevor Barnes. This is coming back into the spotlight after the recent release of classified papers and also the very recent Bulgarian Spy Ring trial at the Old Bailey. This should be a fascinating talk and will invariably raise many questions including... how many more are out there?

I would like to thank David Long for a thoroughly interesting evening in February - a very relaxed and engaging discussion. All the feedback has been extremely positive. Again, big thanks to David.

By the time you are reading this, my talk on America is probably old hat, given the pace of change that Trump is driving!

80 Years ago with the 1st Suffolks:

It's all about the last road to Bremen. Oh, and the crocodiles. From their positions along the Dortmund-Elms Canal, an electric pace of advance was driven. Captain Skelding observed *"We started moving rapidly through Germany and one could sense the war was nearing its closing stages. The battalion was now adopting 'an approach to contact' mode of operation, very different from the slogging attacks we had to mount in Normandy and in Holland"*. The 1st Suffolks advanced town by town, lead companies leap frogging the tip of their arrow. The enemy either surrendered or ferociously defended to the last. The dead were very young now, armed with a single-shot Panzerfaust only.

Stubborn fanatic urban defence took many casualties. The Crocodiles (flamethrowing heavy tanks) were called for, burning every house in their path, and not just the houses. Captain Skelding wrote *"suddenly we were into heavy fighting again and knowing amongst us that this was nearly the end of the war, it was all the more heartbreaking to see officers and men die or be seriously wounded, when in fact the Germans had no hope now of anything but complete surrender"*.



Taking its objective, Hallen-Seckenhausen, on the outskirts of Bremen, the 1st Suffolks had taken 31 prisoners and killed at least 30 more. The fanatical SS troops' 3-day defence took a heavy toll, including 3 company commanders wounded, 1 platoon commander and a platoon sergeant killed by the same sniper. Moving onwards towards the gasworks, more and more Germans surrendered quickly and fighting slowed down before stopping for the last time. The daily anxiety of attack and death and loss were gone. Their campaign, started in Normandy, fought through Northern France, Belgium, Holland and the Rhine, eventually fizzled out deep into Germany, at Bremen.

The price had been very high. From an initial strength of about 850 men, only 178 of those who landed on June 6th, were still serving at the end. Over 200 had been killed and more than 640 had

been wounded. 109 officers had served with the battalion since D Day. Only 5 made it to the end, having started on the beaches of Normandy. Always leading from the front, the 1st Suffolks' reputation was highly esteemed. The sacrifice was heavy. Their prize was our freedom.

Other key February events in history:

- 2nd April 1982: The start of the Falklands Conflict, as Argentine troops invaded the island they call Las Malvinas.
- 4th April 1949: 12 nations signed the treaty creating NATO, united for common military defence against Soviet Russian expansion into Western Europe
- 4th April 1968: Martin Luther King is shot and killed by a sniper in Memphis, Tennessee. Congress established the third Monday in January as a national holiday in his honour.
- 6th April 1896: The modern Olympiad was held in Athens, after a 1,500 year break.
- 10th April 1998: Northern Ireland Agreement reached, creating a new 108-member Belfast Assembly, ending 30 years of 'troubles' and 26 years of 'direct rule'.
- 11th April 1968: Lyndon Johnson signs the Civil Rights Act.
- 12th April 1961: Yuri Gagarin became the first human in space, aboard Vostok I, at an altitude of 187 miles above the Earth.
- 15th April 1912: The luxury liner Titanic sank in the icy waters off Newfoundland. Over 1,500 passengers drowned, 700 were rescued.
- 23rd April 1616: William Shakespeare died, leaving the best back catalogue of all time.
- 26th April 1986: The Chernobyl nuclear disaster shocked the world, spreading radioactive cloud into the atmosphere, eventually covering most of Europe.

Recommended Reading, Listening and Viewing:

- *'The Ministry of Ungentlemanly Warfare'* by Giles Milton. "A very good read" recommendation. <https://amzn.to/41TwNf4>
- *'The Balkans'* by Misha Glenny. Skilful unravelling of 200 years of complex struggle and internecine hatred. <https://amzn.to/4jvwdLx>
- *'The Gift of Rain'* by Tan Twan Eng. Set in mainly Penang, Malaysia during the Japanese occupation. <https://amzn.to/4bz20sC>
- *'The Market Garden 80'* series from The *'We have Ways of Making you Talk'* Podcast team. Iconic yet a defeat.
- *'Lee'* The Film of Lee Miller, remarkable war correspondent and photographer, who posted some of the defining pictures of WW2.
- *"Trump: An American Dream"*. 4-parter on Netflix. Worth watching if you can. Tells you all you need to know to explain the man.

No *'What If'* this month. More like *'What on earth..'* But I will not go down that path here. Some of us will have discussed it at the 21st March talk.

I would like to thank Mark Forsdyke, author of *'Fighting through to Hitler's Germany: Personal accounts of the men of 1st Suffolks'*, for the wonderful insights and the inspiration for my series *'80 Years Ago with the 1st Suffolks.'*

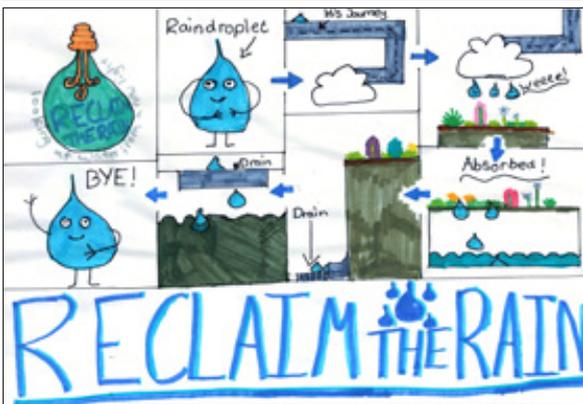
Please email with any recommendations for reading, listening and viewing, as always. Also please let me know any items you would like me do a series on to replace the 1st Suffolks, who have come to end of their war.

Nigel Chapman
nigeljchap@gmail.com

RECLAIM THE RAIN

Hello Boxford! We're excited to share that our work at Boxford CEVCP School, as part of the SuDS in Schools programme, is now complete. A full description of each of these water resilience features will be shared in the next Box River News edition, so stay tuned!

We were overwhelmed by a significant number of drawing submissions from the pupils as part of our SuDS Pods drawing competition. The children did an incredible job showcasing their understanding of these sustainable water management solutions.



A huge thank you to those who got involved on our social media casting their winning votes.

We're excited to share the winning drawings: Aggie's 'Rainy Day', 'The Water World' and Tilly's 'Droplet'.

As an added extra and to include as many of the children's drawing submissions as possible, we'll also be designing a bespoke drawing for everyone to enjoy, so keep your eyes peeled for this too!

Please get in touch with us if you'd like to get involved or to learn more about Reclaim the Rain's work in Boxford.

Contact us at ReclaimtheRain@Suffolk.gov.uk.

Best Wishes,

Ruby and Sian

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THE BUTCHER'S WIFE

Let's talk about snacks. Proper, *not* good for you, don't eat too much of it, snacks. I'm not here for carrot sticks.

I would say I have more of a savoury palate. I love crisps and I love the variety of flavours of crisps that the UK has to offer. There were only about 5 flavours of crisps when I was in the USA. Ketchup flavour crisps blew my mind when I moved here. Worcestershire sauce flavour crisps? I didn't even know what Worcestershire sauce was let alone how to say it but the crisps were amazing! The way flavours have evolved is what makes me so proud of the British. Cheeseburger, curry and even pizza flavour, not to mention the different types of crisps available, it's almost a full time job trying them all.

On par with my love of crisps is my love of chocolate. I am however much fussier when it comes to chocolate. I have a brand preference (I won't name them here for fear of being sued, but you can take a guess) and I'm not keen on too many flavours. Orange, strawberry, mint, coffee flavour chocolates can all go in the bin. Disgusting. Coconut chocolate? Also in the bin. Even more disgusting is chocolate with nuts, aka 'The Devil's Food' - more on that later. It has to be milk chocolate. Dark chocolate tastes like liver and white chocolate is for children. I'm also not keen on chocolate with any form of dried fruits. If I'm going to have a snack, the last thing I want is a shrivelled up grape in my chocolate. Dried fruit, to me, is rank. If you want an apricot, eat an apricot, don't wait for it to be on the brink of mouldiness before eating it. And for the love of all things holy, don't coat it in chocolate and ruin good cocoa! And don't even get me started on the raisins, pretending to be chocolate chips, in cookies. Evil! Easter eggs are my favourite although I do think they would be more fun if they weren't hollow. Imagine a solid massive egg of milk chocolate, it's what dreams are made of.

Back to the nuts. I cannot stand nuts or anything that tastes like nuts and I can taste them a mile off. I like the *idea* of them as a snack though, especially the chilli flavoured ones, and occasionally I do try them to see if my taste buds have developed in old age but alas, they have not. Nuts are not for me.

So to summarise for The Butcher and the mini Leeders in the run up to Mother's Day: crisps, yes. Chocolate, yes with numerous restrictions. Nuts and dried fruits, absolutely not.



Chicken & Mushroom Risotto

I make this for me and the mini Leeders when The Butcher is having pork chops.

Ingredients

- 50g butter
- 85g bacon lardons
- 200g cooked chicken
- 1 onion, finely chopped
- 250g of mushrooms of your choice, sliced
- 300g risotto rice
- 150ml dry white wine
- 1.4l chicken stock
- Parmesan cheese, grated, as much as you like!

Method

1. Heat the butter in a large pan and fry the lardons over a medium heat for 5 minutes. Stir in the onion and fry for 10 more minutes until the onion has softened.
2. Add the mushrooms and cook for 5 minutes.
3. Stir in the risotto rice and cook for 2 minutes.
4. Add in the wine and allow it to bubble away over the heat.
5. Pour in a quarter of the chicken stock and continue cooking for about 20 minutes, stirring frequently, topping up with a splash more stock as it gets absorbed, this normally takes 3 stages. The rice should be creamy, like rice pudding.
6. Add in the chicken and some of the parmesan and heat through. Leave to rest for 5 minutes before serving with a ton of parmesan cheese on top!

BOXFORD BOUNTY WINNERS!

The Boxford bounty would like to thank members of Boxford Community Council for drawing the following numbers during their meeting at The White Hart, Boxford on the evening of Monday 1st March:



January - February 2025 Winners		
1 st	£250	Mr & Mrs Elford, Cox Hill
2 nd	£125	A. Miller, Daking Avenue
3 rd	£75	H. Watts, Ellis Street
4 th	£50	C. Hills, Swan Street

Congratulations to all the winners!

Boxford Community Council
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www.aleederbutchers.co.uk




RAMBLINGS FROM THE RECTORY

Dear Friends

We are now a good way through the season of Lent. Every year, Lent invites us into a period of prayer and self-reflection. For numerous reasons, this year, perhaps more than most, has raised the issue of forgiveness and the complexities associated with it. The events and interactions on the international stage, the news items hitting our screens, and challenges in our own relationships all require us to consider the place of forgiveness.



Sometimes it can feel as though we have endless questions about forgiveness. It can sound so easy in theory, but in practice it can be so difficult. All kinds of things might hold us back or frustrate our attempts at forgiveness. Our pride and so called 'principles' so often stand in the way. All the things I've done wrong. The things I find unforgivable about myself. I feel like my sin, and me not forgiving others, and others not forgiving me, are all like chains pulling me down.

I think perhaps many people feel like this. In fact, I'd wager that we all feel like this from time to time. It is just that, for some of us, the weight of the struggle to forgive others, and to forgive ourselves, can become unbearable.

We must look for opportunities to exercise forgiveness and to show our contrition for the stuff we've done wrong. If we truly have wronged a fellow human, then we must look for opportunities to make amends for that as best we can. Simply saying sorry is a good start, although the old adage 'Sorry is the hardest word' is certainly true. It may well start with us making amends with God. Saying sorry to God, you know. And being assured of his forgiveness.

A massive part of reconciliation rests in self-awareness and self-forgiveness. Yet, you have to be kind to yourself. Being kind to yourself isn't about letting yourself off the hook, but rather about acknowledging that not a single human can avoid mistakes. Not a single human can live without succumbing to sin sometimes. The problem is that when we look at ourselves we sometimes get frustrated, or even begin to loath ourselves, because we are not super-human. But come on! Before we can truly show compassion and empathy to someone else, we first must be kind to ourselves and give ourselves the benefit of the doubt. We must allow ourselves to move on from stuff that's in the past.

The Sacrament of Confession can be helpful. And many people use Lent as an opportunity to say their confession. Just coming before another human being, someone we can trust - a priest - without any fear of being judged, and lay at the priest's door all the stuff that's holding us back. Of course, it helps finding someone you feel comfortable with. Sometimes it can be easier if it is someone who you don't know terribly well. Many find in that one-to-one connection that through the other person, who comes with the Church's authority, God is speaking to us and forgiving us. It can be very powerful.

It can be such a significant and transformative thing to engage in because it's a physical act which embeds itself in our psyche, in our spiritual memory. A moment of embodied forgiveness, if you will. And it's a moment when we know that the past can be left behind.

I think the point of Confession, like all sacraments, is that it's a mystical moment. You've got a sacramental physical thing - a spiritual deepening bound up in a material moment. The Bible tells us, actually, and the tradition of the Church tells us as well, that when the priest absolves you, he does so on behalf of Christ. They have been given authority by Christ on behalf of His Church to absolve sins. It does not mean that they are sinless, far from it. Priests are as human as the next person. Nonetheless, receiving absolution at the hands of a priest means that the baggage is no longer with you. It's

been forgiven. You can now let it go.

It's about self-forgiveness too, isn't it? Self-forgiveness partly comes from the knowledge and reassurance that you've been forgiven, forgiven by God. I think that self-forgiveness goes part and parcel with God's forgiveness. It's bound up with our core godliness. Our inner health and wellbeing depends upon it.

We're made in the image of God. God resides in the centre of our being. Paradoxically, we must empty out the baggage to afford him space within. Outwardly acknowledging and confessing our sin, and feeling God's forgiveness, removes the layers of obstruction that so often stop our inner godliness from bubbling up to the surface. Christianity would say that our task in life is to become ever more aware of that godliness which intimately connects us to the every living thing and to divinity itself. And so rather than looking for it out there, we need to continually look ever more deeply in our hearts. It's all that baggage, scar tissue and the rest of it that stops the true nature of our heart revealing itself. As we strip that away, so we become more loving, forgiving and godly.

But if that's true, then your self-forgiveness is completely bound up in your knowing God's forgiveness. Which brings me to my next point. If you are contrite and repentant about the stuff you've got wrong, then God has forgiven you. Can you believe that? It is true, but to be able to forgive yourself, you must first come to realise that God has forgiven you.

You've got to understand, God is above all merciful and compassionate and nurturing and loving. You know, repeatedly we find evidence that God is like the most amazing mother and father. He is uniquely parental in the most complete, transformative and loving way, but like any parent he's going to allow us experiences that show us where we've gone wrong so that we can correct it. But we are also aware that he loves us so much that he's never going to let us go.

Let's to ponder this Lent. Happy journeying!

*With every blessing,
Fr Rob*

EASTER Sunday Services

9.30 AM - EASTER DAY EUCHARIST AT
ST MARY THE VIRGIN, EDWARDSTONE

9.30 AM - EASTER DAY EUCHARIST AT
ST BARTHOLOMEW'S, GROTON

9.30 AM - EASTER DAY EUCHARIST AT
ST LAWRENCE'S, LT WALDINGFIELD

11.00 AM - EASTER DAY EUCHARIST AT
ALL SAINTS', NEWTON

11.00 AM - EASTER DAY FAMILY EUCHARIST
AT ST MARY'S, BOXFORD

EXPERIENCE EASTER AT
THE BOX RIVER BENEFICE

Personal Growth

Skincare is a science these days.
And Growth Factor technology is where it's at...

Thought by many to be the **future** of skin care, **growth factors** boost collagen production and promote cell turnover, targeting fine lines and wrinkles, improving skin texture and evening-out skin tone.

Scientists discovered that the active ingredient in growth factor has powerful regenerative qualities. So powerful in fact, that AllSkin Med's growth factor skincare is only available to buy in specialist clinics – like ours here in Boxford!



And, if that's not enough to pique your interest, this month, our entire range of growth factor skincare is 20% off.

Easter Special

20% off our entire range of AllSkin Med
growth factor skincare

Available in clinic only – call 01787 211 000 for more info

* Offer valid once per person, until 30/04/2025.

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

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





SERVICE SCHEDULE FOR APRIL 2025



Wednesday 2nd April	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 6th April <i>Lent 5/ Passiontide</i>	09:30	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 9th April	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 13th April <i>Palm Sunday</i>	09:30	<i>Palm Sunday Procession</i>	St Mary the Virgin, Edwardstone
	17:00	<i>Palm Sunday Liturgy</i>	St Mary's, Boxford
Monday 14th April <i>Monday of Holy Week</i>	08:00	<i>Morning Prayer</i>	St Mary's, Boxford
	19:00	<i>Holy Week Communion</i>	St Lawrence's, Lt Waldingfield
	19:45	<i>Compline</i>	St Lawrence's, Lt Waldingfield
Tuesday 15th April <i>Tuesday of Holy Week</i>	08:00	<i>Morning Prayer</i>	St Mary's, Boxford
	19:00	<i>Holy Week Communion</i>	All Saints', Newton Green
	19:45	<i>Compline</i>	All Saints', Newton Green
Wednesday 16th April <i>Wednesday of Holy Week</i>	08:00	<i>Morning Prayer</i>	St Mary's, Boxford
	10:00	<i>Holy Week Communion & Coffee</i>	Mary's House, Boxford
	19:45	<i>Compline</i>	St Mary's, Boxford
Thursday 17th April <i>Maundy Thursday</i>	08:00	<i>Morning Prayer</i>	St Mary's, Boxford
	18:30	<i>Maundy Thursday Liturgy</i>	St Bartholomew's, Groton
	19:30	<i>Maundy Thursday Liturgy</i>	St Mary's, Boxford
Friday 18th April <i>Good Friday</i>	10:00	<i>Good Friday Reflection</i>	St Lawrence's, Lt Waldingfield
	14:00	<i>Good Friday Liturgy of the 3rd Hour</i>	St Mary's, Boxford
Sunday 20th April <i>Easter Day</i>	09:30	<i>Easter Day Eucharist</i>	St Mary the Virgin, Edwardstone
	09:30	<i>Easter Day Eucharist</i>	St Bartholomew's, Groton
	09:30	<i>Easter Day Eucharist</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Easter Day Eucharist</i>	All Saints', Newton Green
	11:00	<i>Easter Day Family Eucharist with Choir</i>	St Mary's, Boxford
Wednesday 23rd April	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 27th April <i>Easter 2</i>	11:00	<i>Sunday Eucharist</i>	All Saints', Newton Green
	11:00	<i>Family Service</i>	St Mary's, Boxford
Wednesday 30th April	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford

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.



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY - APRIL

- Tues 1st 10am** *Drop in for Coffee, Mary's House, Boxford*
- Fri 4th 10:30am** *Coffee Morning, St Lawrence's, Lt Waldingfield*
- Tues 8th 10am** *Drop in for Coffee, Mary's House, Boxford*
- Tue 15th 10am** *Drop in for Coffee, Mary's House, Boxford*
- Wed 16th 10am** *Coffee Morning, All Saints', Newton*
- Fri 18th 10am** *Good Friday Children's Workshop, St Mary's, Boxford*
- Sat 19th 10am** *Big Church Clean, St Mary's, Boxford*
- Tue 22nd 10am** *Drop in for Coffee, Mary's House, Boxford*
- Tue 29th 10am** *Drop in for Coffee, Mary's House, Boxford*

FATHER ROB ANNOUNCEMENT

As many of you may have heard, at the invitation of the Bishop of Lincoln and the Parish Representatives, I have been invited, and I have accepted the invite, to become the next Vicar of Spalding, St Mary and St Nicolas. My last Sunday in the Box River Benefice will be 29th June 2025. I will be installed as Vicar of St Mary and St Nicolas, Spalding at 7pm on 22nd July 2025.

We still have some time together yet, but when the time comes, it will be really difficult to leave this benefice - we have made so many good friends and colleagues over our 6 years here. Thank you to everyone who has supported our churches during my time and helped us to move forward and grow together. Please do continue in that support so that my successor may build on the many things we have achieved together.

LENT CONVERSATIONS

Lent is a special time for reflection and growth at Box River Benefice. Join us for our weekly Lent Conversations, where we explore a different topic each week in a relaxed and welcoming environment. On Thursday 27th March we will be covering Good Friday and Death and the final session concludes on Thursday, 3rd April with Easter Day and the Resurrection. These sessions provide an opportunity to deepen your understanding, share insights, and connect with others, each session is stand alone, so do not worry if you cannot make them all. Bring a friend and be part of our vibrant community as we journey through Lent together.

EASTER

This Easter, the Box River Benefice warmly invites you to join us in celebrating the hope and joy of Christ's resurrection. Whether you are new to the area, a regular member, or simply curious, our services offer a welcoming space for worship, reflection, and community. There will be services throughout Holy Week including moving Good Friday services to the triumphant Easter Sunday celebrations, there's something for everyone to experience. Come and connect with others, find spiritual nourishment, and embrace the message of renewal and love that Easter brings. Let this be a season of togetherness and faith. We look forward to seeing 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.

NEWTON GREEN OPEN GARDENS

Discover the beauty of Newton Green's gardens at our first Open Gardens event on Sunday, 22nd June between 11am and 5pm. Tickets are £6 and will be available on the day from the Village Hall, where you can also enjoy refreshments and convenient parking. Come for a day of inspiration, beauty and community,

SAVE THE DATES

- 1st June** - *Boxford Open Gardens inc. Edwardstone, 11am – 4pm.*
- 7th June** - *Music for a Summer Evening, St Mary's, Boxford, 6pm*
- 22nd June** - *Newton Green Open Gardens, 11am – 5pm*
- 28th June** - *Military Wives Concert, St Mary's, Boxford, 5pm*
- 5th July** - *Music for a Summer Evening, St Mary's, Boxford, 6pm*
- 30th & 31st August** - *Lt Waldingfield Flower Festival*

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.

PALM SUNDAY 13TH APRIL 2025

**9.30 AM - PALM SUNDAY PROCESSION
ST MARY THE VIRGIN,
EDWARDSTONE**

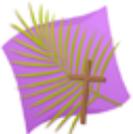
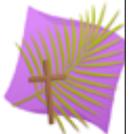
**5.00 PM - PALM SUNDAY
LITURGY
ST MARY'S, BOXFORD**

As we step into Jesus' triumphant entrance into Jerusalem and the start of Holy Week!

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

**LENT
CONVERSATIONS**
THURSDAY EVENINGS
DURING LENT
AT
7.00 PM
3RD APRIL 2025
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

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



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

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

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

EVERYONE WELCOME, COME ALONG FOR CUPPA AND A CHAT

**ST MARY'S CHURCH
BOXFORD**
"MUSIC FOR A SUMMER EVENING"
SATURDAY, 3RD MAY
6.00 PM - 7.00 PM
FREE ADMISSION





TOM COGAN
ORGAN
RETIRING COLLECTION IN AID OF
ST MARY'S CHURCH ORGAN FUND
ENJOY A GLASS OF WINE AFTER THE CONCERT

**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**

**BOXFORD
GARDENING SOCIETY**

Ian Anderson

Suffolk Geologist who lived in Asia for many years

The History and natural history of spices



**Tuesday 1st April 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

Paul Higgs with PAVANE

Wednesday 9th April 2025 8pm - Tickets: £22



This true master of his craft returns with PAVANE, presenting and infinitely varied world expressed through melody, atmosphere and sensitivity..

Paul Higgs – Trumpet
Natalie Rozario – Cello
Andy Watson – Guitar
Chris Ingham – Piano
Jerome Davies – Bass
George Double – Drums

Bzhezhska/ Kofi/ Prime

Wednesday 23rd April 2025 8pm - Tickets: £20



"... among the best contemporary harpists. . . a modern-day supremo"
Evening Standard

Alina Bzhezhska – Harp
Tony Kofi – Saxophone
Joel Prime – Percussion

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



**THE ARTS
SOCIETY
STOUR VALLEY**

COMBINE CULTURE & COFFEE WITH FRIENDS

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

WEDNESDAY 16TH APRIL

**An Italian Saint George in England.
Pietro Torrigiano and Henry VII's Lady Chapel**

The Italian Renaissance artist asked to create a magnificent tomb for his father. Examine the difference between English & Italian Renaissance styles and reconstruct the experience of a pilgrim visiting the masterpiece Torrigiano crafted.

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



TAKING A VIEW

An Exhibition by Peter Partner

Welcome to the world of Peter Partner, contemporary, East Anglian painter and sculptor, with his latest exhibition 'Taking a View', inspired by walking in and recording the natural world of coastline, estuaries and waterways of East Anglia and beyond. The variation of light, colour and atmosphere along with the interventions by man provide a rich source of subject matter.



From the tranquil shores of Mersea island to the dynamic play of light on water, Peter's art invites you to pause, reflect, and appreciate the stunning details of coastal life. His paintings bring to life the ever-changing skies, the rhythm of the tides, and the serene charm of East Anglia's waterways.

Join us for the exclusive preview on **Saturday 5th April from 10:30am to 6pm**, where you can enjoy drinks and nibbles and experience Peter's captivating work in an intimate setting. The exhibition will run until Sunday 27th April and the gallery will be open every day during the Easter Bank Holiday weekend, from 10:30am to 4pm.

Don't miss this opportunity to celebrate the coastal beauty of East Anglia and beyond through Peter's extraordinary vision.

RSVP for the preview or visit during the exhibition to discover his stunning collection. www.milltyegallery.co.uk/exhibitions

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

Mill Tye Gallery and Arts Centre

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

T: 01787 376 796 (24hrs Answer phone) E: milltye@icloud.com

NEW MAULDONS SPECIAL: ANNA MARIA

Mauldons Brewery, based in Sudbury, has launched a special edition traditional bitter called 'Anna Maria' in honour of its founder, Anna Maria Mauldon.

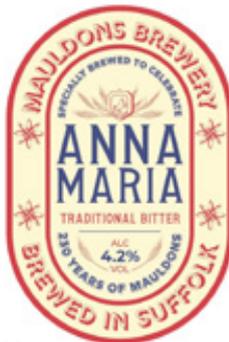
The launch, which coincided with International Women's Day on March 8, celebrated the woman who established the business in 1795.

The new brew also marks 230 years of the brewery's history. Anna Maria Mauldon was a 'trailblazer' in the male-dominated brewing industry,



steering Mauldons Brewery with 'passion and innovation.'

The brewery has created a classic bitter, featuring Fuggles, England's oldest hop variety, and the esteemed Maris Otter malted barley. The outcome is a



rich, malt-forward beer, echoing the ales commonly enjoyed in Anna Maria's time.

Charlie Buckle, managing director at Mauldons Brewery, said: "We are incredibly proud of our history and the woman who started it all. Anna Maria was ahead of her time, and we wanted to honour her contributions with a beer that reflects the traditional brewing techniques she would have used. This International Women's Day, we raise a glass to her legacy."

Anna Maria was created by head brewer Steve Birch, who has been with Mauldons for more than 40 years.

BILDESTON BEER FESTIVAL

A date for your diary - the Crown in Bildeston will host its first Beer Festival on **24th May 2025**, in the courtyard and our freshly designed beer garden.

BBQ Feast, a taste of the estate style, with live music and a wide range of real ales and craft ciders to enjoy



READERS' LETTERS

Dear Editor,

Closure of Boxford Surgery.

I am sure that the village is more than disappointed at the news that it has been decided to close the surgery in June. (Reported on ITV GMB and Suffolk Free Press 28.2.25)

Having read the excellent proposal submitted by Colin Parr and David Burden I feel we should all thank them for their sterling efforts in trying to rescue our surgery. The fact that they were not invited, or the proposal discussed as far as we know, at the meeting of Suffolk County Council Health Scrutiny Committee, the ICB, and Hadleigh Health Centre, where the decision was made, is a disgrace. Further the fact that the Prime Minister himself is advocating that local communities should have access to these services has been totally disregarded and must have been budgeted for, otherwise he would not have made this statement. Suffolk CC, NHS Hadleigh Health Centre and the ICB have flouted the government and, to my knowledge, not sought advice from the Health Minister, Wes Streeting MP, who would be concerned about the decision that has been made, especially without the needs of the community being considered. **Is this what democracy means in our changing world?**

Sue Beven, Boxford.

VIOLET GIBBONS

We would like to thank everybody for their kind words and the cards that we have received after our sad loss, it has meant a lot to us.

As requested by Violet there will be no funeral.

Leslie, Raymond, Malcolm & Susan.



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

EASTER SUNDAY DINING

Breakfast from 8 to 10am

Lunch served 12.30 to 2.45pm

Dinner from 6pm to 7.30pm

BEER FESTIVAL

May 24th ~ Real ales, Music, BBQ

www.thebildestoncrown.com/



Spring Garden Tour Nedging Hall



Wednesday 9th April, 5pm - 7.30pm

£15 per person, including a cocktail

Limited spaces available

Call 01449 544034 to book

MILL
TYE

MILL TYE GALLERY
& ARTS CENTRE

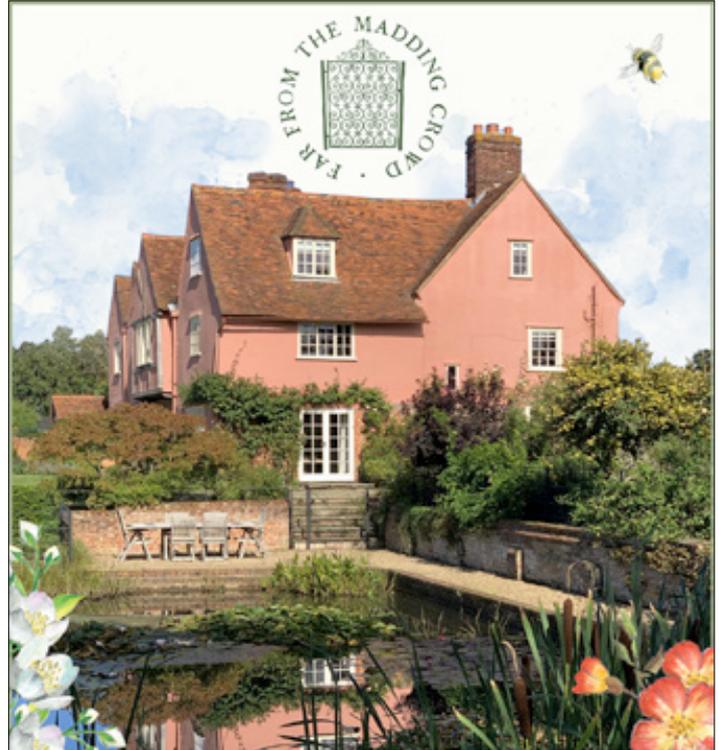
Peter Partner 'Taking a View' April 2025

Starts Saturday 5th April — Ends Sunday 27th April

An exhibition of his latest work:
Immersive reflections of Coastal Life
Preview day: Saturday 5th April 10:30 to 6pm

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

Opening Times: Thursday to Sunday from 10:30am to 4pm. Free Admission.



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

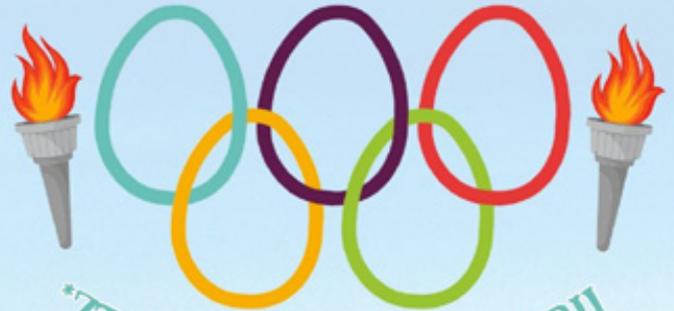
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THE USUAL
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PLUS MUCH
MORE

EASTER 2025

**HOP
SKIP
JUMP
TO
GOLD**

HOLLOW TREES FARM EASTER EGG OLYMPICS



7TH APRIL - 21ST APRIL

*CLOSED 20TH
EASTER SUNDAY



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TREES
FARM
TRAIL

HOLLOW
TREES
FARM



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#GreatDayOut

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£7.50
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ONLINE

BOOK
HERE



2 YEARS &
UNDER FREE



JOIN US AT **THE FOX & HOUNDS GROTON**
FOR A DELIGHTFUL DINING EXPERIENCE!

SUN 30
MARCH

CELEBRATE MOTHER'S DAY

A TRADITIONAL ROAST & COMPLIMENTARY GLASS OF PROSECCO FOR ALL MUMS. OR ENJOY AN EXCLUSIVE BUBBLY UPGRADE TO OUR CREAM TEA AFTERNOON!

SATURDAYS

SIZZLING STEAK SATURDAYS

ENJOY 28-DAY AGED RIBEYE OR FILLET STEAKS, COOKED TO YOUR LIKING, SERVED WITH FRIES & SIDES. SO, SO GOOD!

MONDAYS

YUMMY MUMMY MONDAYS!

A SPECIAL MEAL DEAL FOR MUMS & KIDS: £15 FOR A BURGER, CHIPS & A CONE FOR 2 KIDS, OR £8 FOR 1. MUMS CAN DELIGHT IN OUR AWARD-WINNING TUNKI COFFEE & PERK UP WITH DELICIOUS ESPRESSO, CAPPUCCINO, MACCHIATO, HOT CHOCOLATE & MORE!

TUESDAYS

THAI TAPAS TUESDAYS

YOUR CHANCE TO TRY A WIDE VARIETY OF EXCITING THAI DISHES SERVED SMALL-PLATE TAPAS-STYLE.

**WHAT'S
ON THIS MONTH**

EXPLORE OUR EXCITING WEEKLY EVENTS:

EXPERIENCE OUR
BRAND-NEW MENU
FEATURING DELICIOUS
THAI & ENGLISH CUISINE!

BOOK YOUR TABLE NOW - SEATS ARE LIMITED!

01787 210474

THE FLEECE HOTEL

Charity

QUIZ NIGHT

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!

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
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B.Y.O. Bar

Raffle

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Friday 4th April
from 7pm

Tickets £10
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Saturday 26 April

Newton Village Hall

10am - 12noon



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call Carole on
01787 373548



Boxford Church Fundraising Concert

String Quartet Concert

Music by
Mendelssohn & Reinecke

Saturday May 10th 2025 4.00 pm

Dom Seymour - violin
Rhianwen Gold - violin
Hilary Cheek - viola
Ed Gold - cello



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The film starts at 2:30pm. Refreshments including tea, coffee, soft drinks, cakes, biscuits, and crisps will be available to purchase before the film and during the interval.

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



POLSTEAD GARDENING CLUB

Our next meeting is on THURSDAY the 10th April and our September meeting will be held on Tuesday the 23rd September as shown below.



Thursday 10th April at 7:30pm: Garden Chasing in Japan with Barbara Segall

Tuesday 23rd September at 7:30pm: Botanical Art with Jim Paine

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 £5 (cash or cheque please). Entrance includes a drink and nibbles.

Membership Subscriptions were due in February - Single Membership £20, Joint Membership £35.

Queries to gardeningclubpolstead@yahoo.com

COMING UP IN BRENT ELEIGH

KAYAKING IN ANTARCTICA

Sunday 13th April 4pm. If you missed Clare's first talk on her amazing Antarctic 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 flowers and plants for sale, along with tea, coffee, soft drinks, cakes and biscuits at the village hall. In addition, down at Tudor Cottage, there will be classic cars to look at and admire.

Even if you don't want to show off your garden, please come along and get some ideas from others! Let's hope the sun shines!

BOXFORD GARDENING SOCIETY MARCH MEETING

Chris Collins, Head of Horticulture Garden Organic gave an incredible list and wonderful photographs of his journey through tropical rain forests in Cameroon, restoring the Botanic Gardens left in disrepair after the Germans left at the end of the war. He took us through the trials of working in high heat and humidity with very few tools but plenty of manpower! He then moved onto his time in Japan teaching British horticultural ideas for plants and gardens in high rise concrete jungles, a very different experience.

To join us for our talks, we would welcome you as a guest or make enquiries by email:

enquiry.boxfordgardeningociety@outlook.com

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CITIZENS ADVICE

"I've recently found myself living alone after the breakdown of my relationship. My council tax bill is due soon, and I'm worried I won't be able to afford to pay it on my own. I'm already struggling to cover the cost of my other bills. What can I do?"

You're not alone in worrying about struggling to pay your bills. It's a difficult time for people who are battling rising costs for food and essentials - as well as seeing their bills creep up.

Fortunately, there are options available to people struggling to pay their council tax, but you'll need to find out if you're eligible first. You might be entitled to pay less, or not at all, depending on your circumstances, because councils offer discounts and other reductions.

Firstly, because you're the only adult living in your home, your council tax bill can be reduced by a quarter. For example, if your bill is £1,000 for the year, you'll only have to pay £750 now that you live on your own. You'll need to tell your council someone has moved out of your home and the date that they left. You're entitled to the discount from when they moved out - even if it was a while ago.

When the council works out how many people live in a property, there are certain people that don't count - they're called 'disregarded people'. This includes under-18s, full-time students, long-term hospital patients, people with severe mental impairments, and many more. You can check our website for more information on disregarded people.

In Wales, some care leavers (under the age of 24) are disregarded too.

In some situations, everyone living in a home is disregarded. If this is the case, the council tax bill will be reduced by half. If everyone in a home is a student or severely mentally impaired, there'll be no council tax to pay.

If you live with an adult who isn't disregarded, but who is on a low income or receives certain benefits, you might be able to get a discount called a 'second adult rebate'. You can find out more about getting a second adult rebate on our website. This discount is not available in Wales.

If you or someone you live with is disabled, this can also affect your council tax banding. If your home has been adapted, you can ask to be placed down one band. For example, if you're living in a band C property that has been adapted for a disabled resident, you should only be charged council tax for a band B property.

There's also something called Council Tax Reduction, which is designed for people on low incomes. Your council will ask for details about your income and circumstances, to check if you're eligible. If you are, they'll reduce the amount of council tax you have to pay.

When it comes to Council Tax Reductions, different rules apply depending on whether you've reached State Pension age.

And lastly, if you're struggling to pay for essentials, your council can reduce your bill further, or cancel it altogether, under what's known as a 'discretionary reduction'. This usually only happens if you can provide evidence that you're suffering severe hardship and can't afford to pay council tax. If you're in this situation, ask your council for help.

If you're not given a discretionary reduction, you might be able to appeal to a valuation tribunal. If the tribunal agrees with you, they can order your council to reduce or even cancel your council tax bill.

citizens
advice

Whatever circumstances you're in, if you're struggling with your council tax payments, it's important to let your council know. Citizens Advice is also here to help you find a way forward, should you need our support.

Sudbury and South Suffolk Citizens Advice
0787 321400 / www.sudburycab.org.uk

EBONY'S DIARY

At last we have some sun and drier weather, which has proved popular with the ponies, riders and helpers alike. The muddy gateways we have battled with for months are drying up, as are the bridleways we ride on. It has been so warm on some days that the ponies have had their rugs taken off giving them the freedom to have

a really good roll. Of course, the rugs are put back on at night to keep them warm. It has been nice enough weather to smarten up many of the animals with a new clip and even a bath, which most of them really enjoy. The photo (right) shows one of our helpers, Louise, giving the grey pony Monarch a bath.

Our riders are enjoying the better weather too. We have managed to take some out on a ride along the surrounding field edges rather than be confined to the school, a really exciting adventure for many of them. This term preparations are underway for the dressage tests and countryside challenge - a sort of obstacle course on horseback. It is important that horses, especially those new to the stable, and the riders are familiar with the obstacles. For two of the newer ponies, Robin and Cookie, this will be their first time doing these tests. Both are doing very well and after their initial trial period we are delighted that they are now be part of the regular RDA team.

It is also the time of year when our fundraising events are in full swing. We very much hope that you will find something of interest and join us at one of the following:

Race Night 5th April at Whatfield Village Hall

Equestrian Car Boot Sale 13th April at The Shelley Centre. 9am sellers, 10am buyers. £5/pitch. Refreshments available. Phone Jazz on 07903 326641 to book a pitch.

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

www.shelleyrda.com

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Cameron Mackintosh's new production of Lionel Bart's iconic musical, OLIVER!, is now playing at London's Gielgud Theatre.

With a sensational score, including Food Glorious Food, Consider Yourself, You've Got to Pick-a-Pocket or Two, I'd Do Anything, Oom Pah Pah, As Long As He Needs Me and many more, the Olivier, Tony and Oscar-winning masterpiece vividly brings to life Dickens' ever-popular story of the boy who asked for more

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THE BILLY & CHARLEY FORGERIES

A Talk to LWHS by Robert Halliday

Little Waldingfield History Society was delighted to welcome Robert back to the Parish Room to share with us the almost unbelievable story of the Shadwell Dock or ‘Billy and Charley’ forgeries.

Robert began by telling us that during the middle of the C19th, London’s archaeological community was disrupted by controversy over the authenticity of a large number of supposedly medieval leaden objects that had appeared for sale.

The Shadwell forgeries were the work of two mudlarks, William (Billy) Smith and Charles (Charley) Eaton, who scoured the banks of the Thames for anything of value which they could then sell. It eventually dawned on them that they could earn more by fabricating antiques themselves, and in 1857, they began manufacturing a range of ‘medieval’ objects by making moulds out of plaster of Paris and casting the objects in lead, and later a lead-based alloy. Their techniques were extremely primitive and amateurish, leading to poorly defined edges, pitted and uneven surfaces and poorly drawn figures of knights wearing strange spiky crowns and bearing childish expressionless faces. Inscriptions were just meaningless scribbles since neither Billy nor Charley could spell.

To give the appearance of age, the objects were treated with acid and then coated with river mud. Billy and Charley also carved dates, ranging between the 11th and 16th centuries on many of their forgeries, but here too exhibited sloppiness. Dates were shown in Arabic numerals, even though Arabic numerals did not come into use in Europe until the 15th century.

All these glaring mistakes passed through the scrutiny of historians without anyone raising an eyebrow. Charles Roach Smith, a leading antiquarian and co-founder of the British Archaeological Association, even stated that the very crudity of the objects was evidence of their authenticity, as any 19th century forger would have done a better job. So the ineptness of Billy and Charley ended up acting in their favour, instead of against. Roach Smith also found a convenient backstory for the objects, stating that the items were crude, religious tokens dating from the reign of Mary I of England, and which had been imported from continental Europe as replacements for the devotional items destroyed during the English Reformation.

In 4 or 5 years, Billy and Charley produced between 5,000 and 10,000 forgeries. The sheer volume of items aroused suspicions, and in 1858, in a lecture delivered to the British Archaeological Association, Secretary Henry Syer Cuming denounced the items as “gross attempts at deception”. The lecture was reported in *The Gentleman’s Magazine* and *The Athenaeum*, and sale of the items quickly declined. George

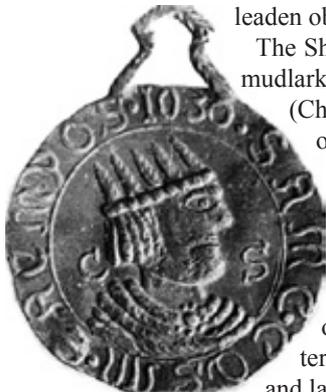
Eastwood, the antique dealer who sold Billy and Charley’s products sued *The Athenaeum* for libel, but because the publication did not name William Edwards, from whom Eastwood had purchased the forgeries, the court found *The Athenaeum* not guilty. Despite



Eastwood losing the case, the defendant failed to prove the objects were forgeries.

Charles Roach Smith vouched for their authenticity during the trial, but not everyone was convinced; Charles Reed, politician and antiquarian, began his own investigation, making enquires at the Shadwell Dock construction site where Billy and Charley claimed to have found the objects. In his testimony, Billy had said that they obtained the objects by sneaking into the site after bribing the guards with money and drink. Reed could find no one at the dock who had uncovered such finds, but did then gain the confidence of a scavenger who confirmed that Billy and Charley had been selling forgeries. Reed paid the scavenger and had him break into the workshop of the forgers and steal their moulds. These were presented at a meeting of the Society of Antiquaries of London as evidence of the forgery.

Despite their exposure, Billy and Charley’s crimes did not receive



much publicity, possibly because many experts who fell for the scam decided to keep quiet, so as not to admit their own faults. They continued to make and sell forgeries throughout the 1860s, even showing a marked improvement in their craftsmanship. In 1867, while trying to sell some of forgeries, a local clergyman recognized the objects and alerted the police. Billy and Charley were arrested, but the court released them on grounds of insufficient evidence. Charley Eaton died in January 1870 of tuberculosis and William Smith was last seen in 1871, trying unsuccessfully to sell a lead copy of a 13th century jug. He then disappeared and nothing further is known of him.

Billy and Charley's forgeries continue to circulate, with one mistaken for a vampire talisman and featuring prominently in a work on the paranormal. Examples can be seen in several London museums, and occasionally appear on eBay.

Our next event will be at 7:30 on Wednesday 16th April, when Terry Donoghue will talk about 'Dissent, Riot & Rebellion'. Come and enjoy stories from the 1100s, when Bury Abbey ruled every aspect of lives, and onwards through the turbulent events of the next 7 centuries. Hear its volatile history and how that was expressed – tragic and violent tales mixed with the just plain comical, all played out on streets and buildings recognisable today – this is something not to be missed.

On Wednesday 14th May at 7:30pm, Robin Lloyd Hughes will take us on a voyage through rural Suffolk, in his talk about the history of inland water transport in East Anglia – this is going to be absolutely fascinating.

We very much look forward to welcoming guests both old and new to the Parish Room, Little Waldingfield, on these dates.

Andy Sheppard

BOXFORD WI UPDATE

During the WI March meeting the ladies were entertained by Rosie, who taught some of our ladies how to line dance. This was an enjoyable afternoon with much laughter and bags of enthusiasm from those ladies who put on their dancing 'boots' and joined in with the entertainment. For those ladies who could not participate, Rosie showed us how to line dance sitting down and was a lovely way to include everyone. Afterwards everyone enjoyed a lovely cup of tea and delicious cake.

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



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PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

The story of how Boxford looked after its poor in times past

Did you know that if you lived in Boxford, Groton or the surrounding villages in 1921, and you could no longer support yourself, you could be sent with your family to the Cosford Union Workhouse at Semer? There you would live and be fed in return for long hours of work. The Welfare State as we know it did not exist. In the workhouse you would be made to untwist old tarred rope, work on local farms or in the large garden to grow the food needed to feed the inmates.

Relief of the Poor

Let us first look at how the poor were handled in earlier times. Roaming beggars, vagrants and crime became commonplace in rural areas after the social support of the religious houses was removed during the Dissolution of the Monasteries (1536-40) by Henry VIII. Their support for the poor with food and shelter had been essential. The Boxford Churchwardens' Accounts show that the voluntary collection of funds for the poor was already taking place here by 1533 when the Reformation began. Initially nine or ten people were helped with gifts of wood and small amounts of money or food.

Throughout the 1500s St Mary's Church was regularly used for 'church ales'. These were social gatherings to raise funds to help the church and the poor of the village. Singing and dancing was organised by the church wardens, one of whom was Thomas Coo, our most wealthy cloth merchant. Beer and food would be donated by better off villagers for the event. As the river and well water would have often been unfit to drink, most homes brewed their own beer to make water safe. The wealthy believed that by helping the poor they would shorten the time they would spend in purgatory after they died. They therefore often left money for the poor in their wills. Poorhouses were increasingly needed though, and they were usually charitable church or guild foundations. The gradual decline of the cloth trade and fluctuations in the price of corn at this time affected almost everyone in Boxford as all the trades and labourers were interdependent. The needs of the poor were greatest just when the village wealthy were suffering falls in income and were reluctant to pay their dues. Many skilled men took to the roads to find work, leaving their families at home to seek poor relief.

The Poor Act of 1551 established a system of charitable donations and registers of the poor. The Act focused on helping those who were unable to work, such as the elderly, sick, or young, and allowed parishes to raise taxes or 'rates' for this purpose. Beggars were not considered deserving of help. The 'deserving poor', those unable to work due to illness, disablement or age, were treated very differently from those who 'chose' not to work - the 'idle poor'. Initially the help was given through 'out relief' whereby clothing, food or firewood was distributed to those most in need in their own homes, and if they were capable, work was expected in return, spinning flax, hemp or wool. Women and children were sent to pick stones from the fields and place them by the lanes for the men to use in road mending. It should be noted that surnames still familiar in Boxford are mentioned in the Census of the Poor Register Books of 1597: Baker, Clarke, Gage, Goymer, Kinge, Kingsburye, Salmon and Warde.

With the Poor Relief Acts of 1564, 1597 and 1601, the 'Vestry' for the parish church and the Boxford Town Meeting were given wider administrative powers with courts and appointed constables. They had responsibility for poor relief and roads, as well as collecting and paying tithes to the now Anglican Church. A parish supervisor or 'Overseer' of the poor was appointed. It was a very onerous unpaid position initially, collecting the rates, keeping accounts and organising relief, but it was very difficult to refuse if you were chosen. Hadleigh Hamlet even had a separate Overseer

from Boxford. It was also considered an important position, as in Groton, Sir William Waldegrave and three other justices chose Adam Winthrop. The Vestry distributed money and food from the church porch. At the end of the 17th century the Overseer accounts mention clothing the poor. For example, broadcloth at 5s 6d a yard was bought by the Overseer and made into clothing: a suit for John Godden, a coat for 'old Scowen', three suits for the Godden boys and a pair of 'breeks', and necessary tape and thread. By the end of the seventeenth century nearly 200 people here were receiving 'relief'.



Groton and Boxford Daisy Green Workhouse as it looks today.

The Parish Workhouse.

The 1776 National Survey of Parish Workhouses shows that Boxford workhouses existed before 1764 and housed 30 people. The first probably opened here around 1743 and cost £150. It should be noted that a small house with two rooms up and two down could be expected to take 30 people! The purpose was to lower the costs of 'relief'. An agreement between Boxford and Groton led to the opening of a shared workhouse at Daisy Green in Groton (see photo). Earlier, small workhouses had also existed at Hagmore Green and Stone Street.

We know that in 1764 the Boxford Churchwardens appointed William Ide, a yeoman of Nayland, as 'overseer' for three years. He was paid £38 per annum. When John Bear took over in 1785 his salary was £46 per annum. These sound considerable sums for those days, but it was intended to cover the expenses of operating the workhouse as well as the salary! So called 'almshouses' in the early days were also effectively workhouses. The Edwardstone almshouses in Swan Street were rebuilt much later in 1855 as a kinder, charitable way of supporting the poor. Workhouses offered food, shelter, clothing, and medical care to the poorest and most vulnerable, often in exchange for hard labour and loss of freedom. They were the last resort for those who were poor, unemployed, disabled, or elderly. Residents often experienced maltreatment, destitution, and inhumanity in the workhouse. By the 1820s the wealthy felt the Poor Rate levied on them was too much of a burden and action was demanded, until the government was forced to act in 1834.

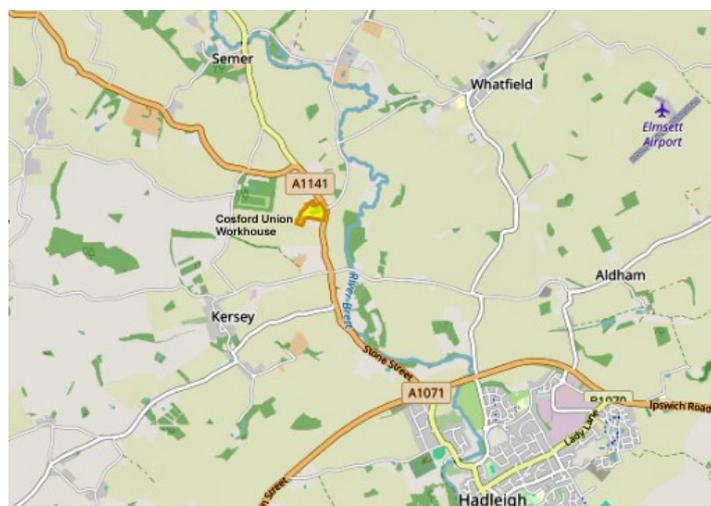
After 1834 Poor Law Act

By now the view was that poverty was the fault of the individual and the 1834 Act was designed to save money. It set up a new poor relief system by statute, including workhouses to discourage destitution. To discourage 'dependency', the new workhouses deliberately aimed to provide harsher conditions than the normal then current living conditions of a poor agricultural labourer with a large family in a very small rented or tied cottage. For example, in 1851 Stone Street had a population of 228 and seven cottages there had between 18 and 21 people living in each house! Therefore 'pau-

pers' were to be forced to live in even more run-down houses in horrible cramped conditions, often with the whole family in one room or split up on gender lines.

From 1834 it was agreed that paupers from ten Babergh Hundred parishes should in future be sent to the expanded Semer workhouse, now called the Cosford Union, to join those from eighteen Cosford Hundred parishes. This necessitated the expansion of the workhouse at Semer. It now included Boxford, Groton, Edwardstone, Newton and Little Waldingfield 'paupers' as well as those from five other eastern Babergh Hundred parishes. Hadleigh Hamlet (north Ellis Street, Cox Hill and Wicker Street Green) was part of Cosford Hundred and therefore already contributed to the Semer workhouse.

It is not known exactly where the workhouses were sited in Boxford that were closed after the 1834 Act, but at least two were turned back into private homes. In 1839 after the sale of these two workhouses and their contents, the Cosford Union agreed to spend the proceeds on building the National School on part of our churchyard: a schoolroom with master and mistress for fifty children – today's Primary School. In 1836 Groton and Lavenham put their workhouses up for sale too. It is likely that Edwardstone, Newton and Little Waldingfield disposed of theirs then as well.



Location of Cosford Union Workhouse beside the A1141 north of Hadleigh.

The Semer Workhouse

The Semer workhouse was first founded as a House of Industry after a successful application to Parliament in 1779 by the Guardians of the Cosford Poor. These were a group of local dignitaries, rectors, wealthy landowners and farmers from the 18 Cosford Hundred parishes. Fourteen acres of land were purchased from Rev Thomas Caske for £408. Plans for a three storey building to hold 500 inmates were drawn up by Thomas Corder of Long Melford, but it rarely reached half full. In July 1793, for example, there were 27 men, 42 women, 22 teenagers and 74 children, a total of 165 inmates. After a meeting at the Kings Head, Bildeston on the 21st January 1780, Isaac Strutt, Church warden of Boxford won the building contract with a quote of £2,751. It was to build "a hospital for the reception of aged and infirm persons, a building for young children not able to work, a building for poor persons able to work, a building for the reception of the sick and one for lunatics". The two open air exercise yards to separate men and women were walled 10 feet high.

The paupers were employed spinning woollen yarn and growing food. The combing and spinning of yarn for Norwich weavers was so profitable that by 1794 loans had virtually been paid off. Semer had its own 'pest house' for those with infectious diseases like smallpox and plague, and in 1806 a burial ground, which still exists. In 1813 there were 180 inmates and 26 burials. That year the first school master was appointed and was required to use the newly developed monitorial system where he would teach a small



Semer workhouse as viewed from the south, date unknown.

group of brighter or older pupils basic lessons. Each of them would then relay the lesson to another group of children, thus allowing for much greater class sizes. This was the system that was later used in National schools like that in Boxford until the early twentieth century.

The operation of the workhouse was overseen by a Board of Guardians – 36 members from the 28 parishes. The Poor Law Commissioners provided £1,400 to enable it to meet the segregation requirements of the 1834 Act. Men, women, girls and boys had to be kept apart. This necessitated the erection of additional yard walls, and the blocking of inter-communicating doors. There are varied opinions of how good or bad workhouse conditions were. Rev Calvert of Whatfield stated in 1834 "that the labourers themselves do not like the regularity of life required of domestic servants". However, that year the workhouse treadmill which had been used for punishments was offered to the county of Essex with no success, and no luck either when advertised again nine months later. It was later broken up for scrap.

The 1830s were a period of general unrest nationally and riots were spreading over agricultural mechanisation, low wages and harsh working conditions. The inmates, many of whom were agricultural labourers, did not like the effects of the new Act. In March 1835 a Semer report states that "the paupers are in a state of rebellion, they have broken up and burnt the floors of their rooms, they have smashed the windows, removed a door separating two of their wards and opened a partition separating male and female paupers. The Governor himself has been ill-treated and had brickbats thrown at him whilst serving food in their dining hall and assaulted on other occasions. Constables from other parishes were paid £9 10 0d in addition to their board to keep order in the house over the past few weeks and nineteen commitments have been made to Bury Gaol in the last quarter." In November 1835 urgent plans were submitted for the stabling of forty horses at Cavalry Meadow. It would seem because of the unrest the authorities thought it wise to have a military presence at the workhouse, although there is no evidence that any came. The stables were erected the following year and a Mr Kersey was reimbursed 15s 0d (75p) for the five broadswords he sent to the workhouse, presumably as weapons.

In 1835 two worthies from the parish of Hadleigh visited the new manufacturing districts in Manchester, Liverpool, Wigan and Birmingham to report on the possibilities of local poor people emigrating to those areas to gain better employment. The prospects were so good that one of the labourers visiting with them, Thomas Rand, stayed up there and asked for his family to join him. He asks that they are sent with good shoes on their feet! (possibly the wooden clogs 'up North' did not impress him!) In March 1836 a carrier from Hitcham was paid £17 for conveying the family of William Knock to Yorkshire. He was destitute with a child sick and without funds for food and furniture. The Union sent a cheque for £2 10s 0d saying they had already spent £3 14s 0d on clothing for the family. Cost cutting was expected, especially around funerals.

In 1837 Dr Kay of the Poor Law Commission recommended that



Women picking oakum in a Victorian workhouse.

the Guardians promote the introduction of an 'industrial system' of education. This consisted of strict regimentation, rote learning, and standardised national textbooks. He asked that the iron spikes embedded in the top of walls be removed. Infirm men were to have a system of recreation. It was agreed that the children of the labouring poor be vaccinated, presumably against small pox. A supply of coffins, small and large, was kept in readiness at Lavenham. Dr Kay held Rev Calvert in great esteem and mentions that Semer Union has a larger amount of success than most others in England and Wales.

In 1856 Boxford paid £155 towards the Union workhouse running costs. The Cosford Union also provided 'out-relief' to the contributing parishes. In 1843 half a ton of flour was delivered in Hadleigh each week. Half a ton of oakum was purchased to keep 'idle, unmanageable' characters employed; it was later decided that during regular hours, 3 lbs should be picked undone by each inmate. Picking oakum was a form of hard labour. It involved untwisting old tarred rope to separate the fibres, which were then reused. This was a tedious and painful task.

The 1861 Poor Law return lists 18 people who had been inmates for more than 5 years. Eleven had been there for between 5 and 10 years and 2 for more than 20 years. The reasons given were as follows: "Certified Idiot 5, Imbecile 5, Fits 2, Blind 2, Paralysis 2, Husband Transported 1, Ruptured 1". In 1881 a "cripple and a deaf and dumb person" are listed, as well as "idiots and imbeciles". No such terms were used by the 1921 census.

The ten acres of land surrounding the workhouse were cultivated by the inmates to grow food. A chapel was built after 1844 and the burial ground was extended. An isolation hospital was built in 1869 replacing the previous pest houses. Wayfarers constantly asked to be taken in for bed and breakfast in return for labour, and it was said that lads in the village had to be careful in the lanes around the Union as they had a chance of being mugged by the vagrants. German prisoners of war held at the workhouse in WW1 were used as farm labourers and taken daily out to the fields around Semer.



Plan of the Cosford Union Workhouse c1882.

The Cosford Union Workhouse closed in March 1923. It was demolished in 1926. Any paupers remaining were transferred to Tattingstone workhouse or to the expanding manufacturing cities of northern England where there was work for them. The existing house later built on the site includes a small section of the original hospital and master's quarters.

In 1923 the workhouse and land were sold at auction for £1,373 19 10d, keeping the right of way to the cemetery. The auction was held at the Great White Horse Hotel, Hadleigh at 2:30, offering a modern laundry, kitchen, chapel and hospital on ten and a half acres. It contained sixty rooms, those on the ground floor and a few upstairs were steam heated and the drainage led to a vast septic tank. Included in the sale were the 'farmery', garden and land.

Workhouses were only officially abolished in 1929 and some continued elsewhere in England into the 1930s.

Comparison of 1881 and 1921 Census Data for the Semer Workhouse

	1881 Census	1921 Census
Total inmates	126	56
Of which female adults	34	27
Of which male adults	34	22
Of which children 0-10 years	40 (32%)	6 (11%)
Of which aged 11-20	17	1
Of which adults of working age 21-60	41 (33%)	13 (23%)
Of which aged over 60	27 (21%)	35 (63%)

Previous Occupation

Labourer	26	13
Domestic service	20	6
Other	5	2
Skilled Tradesman	2	8

Birthplace

Boxford, Groton*	10	3
Other 25 Union parishes	80	40
Elsewhere in Suffolk	6	6
Elsewhere in UK	11	5

In 1881 the staff consisted of six: master, matron, schoolmaster, schoolmistress, porter and nurse. By the time of the 1921 census this has reduced to four and was much more of a family concern: master, matron (these were husband and wife), assistant matron (who was the daughter) and a general assistant.

In 1881, the surnames from Boxford and Groton* were: Avis, Day, Herbert, Man (5), Musland and Bailey. In 1921 there were just 3: Gunn, Griggs and Whymark-Taylor.

* In 1881 and 1921 large parts of Groton and Hadleigh Hamlet parishes made up a significant part of today's Boxford Civil Parish. No inmates from Hadleigh Hamlet are mentioned and it is possible that they were simply recorded along with Hadleigh, in which case the numbers above from Boxford may be understated.

Commentary:

There was a significant decline of over 50% in the number of inmates in residence over these 40 years. The deep agricultural depression after 1875 may have been a contributing factor in 1881, but even the 126 was still fewer than the 165 in 1793 or the 500 it was built for. In both years the female and male adults were similar in number. One might have expected more single women than men so soon after WWI. The proportion of children aged 0 to 10 declined from 32% to 11%. There were far fewer families by 1921 and a much higher proportion of inmates were over 60 (63%). The decline in working age adults from 33% to 23% may indicate less poverty than in 1881. The number of labourers was proportionately speaking similar in both years, but there is evidence of the decline of domestic service. Proportionately there was a greater decline in the number born in Boxford and Groton than elsewhere, but this may not accurately represent the numbers who actually lived here before admission, and it does not include anyone from Hadleigh Hamlet (see note above).

Roger Loose

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BOXFORD PRIMARY SCHOOL

Boxford Primary enjoyed celebrating World Book Day on Thursday 6th March 2025. It was lovely to see everyone's creativity flourish as they dressed as their favourite fictitious character. From traditional tales, the classics to modern day marvels, it was all truly fantastic! The children enjoyed opportunities to explore their character and author further, relish in the opportunity to hear new stories and see their teachers in some superb costumes too!



This amazing day has been hotly followed by a virtual visit from Jamie Hammond, author and illustrator of Grumpfort, and our own book fair starting on Wednesday 19th March. To celebrate reading further, the school also hosted the annual book fair which was an opportunity for pupils to explore new authors or revisit some of their firm family favourites.

*Mrs Hammersley
 Reading Lead
 Boxford Primary School*

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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.

Boxford Update: Permission has been granted for the closure of the Boxford branch surgery. This will take effect on 30th June. The practice is working on plans to implement the closure.

Anima: It's been quite a few weeks since the launch of the online triage system known as *Anima*. Some patients have still not registered with the system. Have you? If not, it would be wise to complete the registration process before you become unwell and need to use it. You can register 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 help you.

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

Manic Mondays: There is an amazing 30% increase in phone calls on Monday mornings. If your call could wait then please choose another time to contact the practice or just use Anima. This will be less stressful for you and free up telephone slots for more pressing cases.

IT Help: 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 1st April 10am to 12noon.

Booking is essential as places are limited. Call Tracey **01449 707031** or email info@communitiestogether-ea.org

Free 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, which is inside the practice, will be functioning once the complex IT issues have been addressed. This concession 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.

Covid Vaccinations: Covid vaccination for the over 75s will take place on Saturday 5th April. Appropriate patients will be contacted by text or an actual call if they don't have a mobile. Please keep to your appointment times. If you are unable to attend you can call and cancel. Apart from practice personnel, all other helpers that day are volunteers.

Art Display: Our thanks to Chrissie Scott for loaning her pictures these past few weeks. Carla Wiggins' 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

FRENCH'S CARE HAVEN

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

French's are pleased to say we will be having another Easter Egg Hunt on Sunday 13th April between 10am -12 noon at our animal rescue. There was a lot of fun had by all the children who came along last year, we look forward to you having egg-citing fun, where children can search for hidden treasures. The family-friendly event promises fun for all ages and an opportunity to explore the sanctuary. £5 per child.

The events we hold not only offer enjoyable experiences, but also play a crucial role in raising funds to care for the animals and support our therapeutic programs. We warmly invite individuals, families and community groups to participate in our events and support us and make a difference by helping with our enormous outgoing bills that we need to keep our animals having the best of care that they all deserve.

If you are unable to attend our events but still wish to support our mission, please consider making a donation or organizing a fund-raising activity. Every contribution, big or small helps us provide care for the animals. Think of what ideas for fundraising you can put forward, or help us with - maybe a community event? If you own a business, would you like to sponsor us? Together we can make a positive impact on the lives of both animals and people in our community.

For new readers we are a sanctuary for animals and people, nestled in the serene countryside of



*Above: Boris helping one of our assisted therapy people with his barrow.
Left: Our lovely donkey Frankie checking out his grooming kit.*



Groton. French's Care Haven is a registered charity dedicated to rescuing and rehabilitating neglected and abused horses and donkeys. Beyond providing a safe haven for these animals, the sanctuary offers animal-

assisted therapy to support individuals facing mental health challenges, learning disabilities and confidence issues. We also work with elderly people who are either lonely, or are looking to spend some time with animals and nice people in a lovely environment. Visitors to the 25-acre farm can engage in various therapeutic activities, fostering personal growth and well-being.

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

Remember!

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www.boxrivernews.com

FEEDBACK FROM JAMES FINCH

County Councillor for the Stour Valley

The county council leaders to propose one council for Suffolk

One council for Suffolk would make delivering public services simpler, cheaper and quicker, and better meet the needs of residents and businesses, county leaders have said.

Following a recent government announcement that Suffolk's county, district and borough councils will be replaced with a single-tier system, Suffolk County Council argues that consolidating all services under one unitary authority is the only effective way to deliver against the government's criteria for local government reform.

The move would see all council services such as waste collection and disposal, housing, social care, planning, highways maintenance, leisure, school placements and travel and street cleaning, all provided by one authority - rather than the six that currently exist in Suffolk.

Bringing together district, borough and county council functions is expected to reduce duplication, lower administrative costs and ensure a more coordinated and cost-effective approach to delivering essential services. The council warns that splitting services among multiple bodies would force the duplication of essential functions - such as social care, highways maintenance and schools - currently managed at a county level.

The key benefits of one council are:

- **Simpler for residents** – one council would make it easier to understand and contact local government
- **Clearer accountability** – there would be less confusion over who is responsible for what
- **Better use of funding** – a more coherent, strategic, financially sustainable, county-wide approach to budgeting
- **Better alignment of services** – since everything is under one roof, services can be more easily coordinated, creating opportunities to improve services for residents
- **More efficient decision-making** – with just one council, decisions can be made more quickly
- **Stronger leadership** – a single, visible and accountable body providing a clear strategic voice for Suffolk.

The council will submit its initial proposal to the government by **21 March**, with a more detailed business case to follow later in the year. The government will then undertake a public consultation.

New cabinet role to lead on devolution and local government reform in Suffolk.

A new Suffolk County Council cabinet role responsible for devolution and local government reform has been created. Cllr Richard Rout has been appointed to the role – which comes as Suffolk is one of only six areas in the country chosen by the government to be fast-tracked for devolution and local government reform.

The reforms will see all six of Suffolk's district, borough and county councils disbanded, to be replaced by one or more unitary (singular) authorities responsible for delivering all local services that are currently delivered by the different tiers of local government.

It will also see the election of a mayor (covering Suffolk and Norfolk) in May 2026, who will take control over strategic policy areas like transport infrastructure, economic development, health improvement and blue light services – along with devolved government funding to deliver positive change. The mayor would not run the unitary councils or have oversight of them.

£1.6 million investment proposed following inspection of Suffolk Fire and Rescue Service

Further funding is earmarked for the county's fire service following a key report by Government inspectors. Suffolk County Council (SCC) is proposing to invest an extra £1.6 million over two years into Suffolk Fire and Rescue Service (SFRS) following a government inspection.

Inspectors from His Majesty's Inspectorate of Constabulary and Fire & Rescue Services (HMICFRS) found SFRS effectively

operates its 35 stations, 43 fire engines and a range of specialist vehicles strategically situated around Suffolk.

The inspectors rated the service as good at preventing fires and risk, and protecting the public through fire regulation, and that it met requirements for responding to major incidents, plus managing and developing its leaders. However, the assessment highlighted some areas where inspectors feel the service needs to improve – leadership, culture, commitment to equality, diversity and inclusion, and IT infrastructure. A targeted action plan is already being developed with staff to drive improvements in areas highlighted within the report.

Suffolk's 45 libraries see new investment as Suffolk County Council plans to take service back in-house

All Suffolk's 45 libraries would remain open, see no change to opening hours and have new mobile libraries and computers as part of a plan to bring the service back into SCC. Subject to a formal Cabinet decision on 18th March 2025, staff running Suffolk's library service – along with their years of experience and love for libraries - will transition to the direct employment of SCC on 1st June 2025.

The county council would invest £200,000 in replacing Suffolk's aging mobile libraries with a further £157,000 for new books and to replace public computers in libraries across Suffolk. This is in addition to the £6.6 million a year budget available for Suffolk's libraries.

It follows an attempt to secure an external provider for a new year contract (with the option to extend for up to a further six years) which had to be abandoned due to difficulties in aligning submissions with the service requirements and budgets.

Following the end of the procurement process, Suffolk County Council entered negotiations with Suffolk Libraries (the current provider) to reach agreement on a shorter-term contract. The intention was to secure the immediate future of the library service from 1 June 2025, while the longer-term future was considered. However, Suffolk Libraries were unwilling to accept those terms and proposed different terms which were not acceptable to Suffolk County Council and would have breached procurement law.

In addition, serious concerns about the viability of Suffolk Libraries also surfaced. The concerns included their proposal to reduce opening hours by 30% and issues with the financial stability of the organisation. There is also concern about the cost of their head office, including senior managers, which equates to 33% of their annual staffing costs. Suffolk County Council believes that more of the library budget should be invested in frontline services.

Suffolk County Council confirms 2025/26 budget

Suffolk County Council has confirmed how it will spend its money in the forthcoming financial year - an £803.7 million plan focused on protecting essential services and supporting the county's most vulnerable residents.

The council's budget for 2025/26 was approved at a meeting of all councillors on Thursday 13 February, with an emphasis on meeting rising demand for children's and adult care services.

For every £1 the council spends in the next financial year, 77 pence will go directly toward Adult Care and Children's Services which support the health and wellbeing of people in Suffolk.

The remaining 23 pence will fund other critical areas such as fire and rescue, highway maintenance, climate initiatives, waste management and bus services, as well as the infrastructure, staff, and technology required to keep services running efficiently.

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

James Finch

james.finch@suffolk.gov.uk

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FEEDBACK FROM BRYN HURREN Babergh District Councillor for Box Vale Ward

Can it really be spring already with Easter around the corner? Obviously, yes, because the calendar says so, but the thermometer does not. *Brrrr*, hopefully by the time you are reading this, the weather will be catching up.

So much going on now politically that will affect us all, right down to local and parish level.

I am referring of course to the government's plans to reform local government completely by unifying district and county administrations and introducing a whole new mayoral level above as a direct level of communication to national government.

While much of this is admirable in its intent, it could, in a predominantly rural area, make smaller communities remote and isolated from those that govern them, with little hope of having any say or influence on what is done to them, or access to much needed facilities.

This must not be allowed to happen and to try to prevent this all district councils along with Ipswich Borough have united to make a case for having three unitaries across the whole of Suffolk. Namely, Greater Ipswich, East Suffolk and Western Suffolk based at Bury St Edmunds, which would include our area here.

Suffolk CC want one big unitary area across the whole of Suffolk which is too big, remote and unwieldy - which is exactly as they are now.

I hope everyone can support the district approach, which will remain in contact with our public for support and accountability as it is now. Also, with good governance, we can improve what we are not so good at and enhance our stronger points even more.

Above all of this it is deemed that we are to have a mayor across the combined area of Norfolk and Suffolk with huge powers of governance in planning, housing, health and transport.

This will include tax-raising powers, ie. their own precept upon residents, which in my view will be several steps too far. This will be balanced of course by savings from amalgamating district and county functions and hopefully getting rid of the dreadful Police and Crime Commissioner post. Politics should have no part to play in policing our areas and responsibility must be neutral and unfettered and without any bias whatsoever. The same should apply to the Mayor I think.

I am saddened and shocked that my area is to lose its local surgery, while I realized that the writing was on the wall once the patient safety card was played and highlighted.

I do feel that there has to be balance in all things. We now have a situation where many older, vulnerable, sick and infirm patients have to somehow get an appointment via a remote and soon to be AI system, maybe without reliable, affordable or timely transport, to a place with limited parking within walking distance. Also what was an easy trip for a local family to take a school child for quick job or examination or treatment, now becomes a journey needing permission and planning. Mental illness, anxiety and stress has become a major illness, especially amongst the younger generation because of the way we live and the pressure that is put on them just to survive. Was this really the correct decision? I think not.

On a better more positive note, with the six new houses at Goodlands in their final stages of completion, the Woodland Trust will soon be able to plant up the new village amenity land with trees and shrubs and install access and kissing gate at the top for maintenance and full pedestrian access for all walkers down to Primrose Wood.

There is already access down to the wood through fencing just below the little playground since the major works have been completed and I would encourage all to use it due to the difficulty and unsafe nature of the original outer field path.

There may be some difficulty when gates are installed and the path

is slightly re-routed but once building is finished this should not prevent or hinder access again.

This route has been a long time coming and I am sorry about that but the final result will I feel be a credit to all and I am sure the Woodland Trust will make a good job of the path and the new planting.

Even better news is that due to an initiative by a Boxford PC member and landowner, with myself to provide finance from my locality budget, there is now a strong will to re-open the permissive path along Stone St. This will provide a safe link between the two parts of the village to walk safely in both directions. Thanks to all involved. When this is all funded and ratified, a few volunteers may be needed to help as we would like to get all the work done to re-open the path by Easter. A great achievement indeed.

A good walking network is vital in rural communities as it is not just about pleasure walking, although this is so important now for fitness and mental health reasons. Footpaths are part of the highway and general connectivity of our rural community and are a means of exploring our area for visiting tourists who visit our rural pubs and restaurants and bring vital jobs and finance into our area.

Finally, a plea for everyone to take part in our local democracy in our area. All my six parish councils across Box Vale will be holding AGMs in April/May which are open to parishioners to listen and speak on local matters. This is a good chance to have your say and ask questions, as these are *your* meetings and a chance to ask questions of those that represent you at the local level. Also to float an idea or initiative for the village in which you live.

Keep well, enjoy the spring weather when it comes and I am here if you need me. Hopefully a bit more mobile soon.

All love,

Bryn

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THE EDWARDSTONE BUS SHELTER

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



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

Les Clark: 01787 210698

PARISH COUNCIL UPDATES

BOXFORD

Summary of Council Meeting 25th February 2025

Public Forum:

A resident wished to comment on the house prices for the new properties at Goodlands, which are currently on the market starting at £325,000. It was the understanding of the resident that the development was to be sold as affordable housing. DCllr Hurren advised that the matter of affordable housing had been abandoned by BDC.

Two police constables arrived to inform the meeting that they had been dealing with the disturbances at the playing field, including showing presence within the village and it seems to have had a positive impact. Police Constable Brendan McKenna wished to inform the PC and residents that his contact details can be found by searching Boxford on the Suffolk.police.uk website.

District Council Report:

DCllr Hurren's full report can be found on the BPC website. DCllr Hurren commented on the devolution white papers and the 2.99% budget increase.

DCllr Hurren was asked about the footpath at Goodlands. He advised that the footpath was to be provided by the Woodland Trust.

County Council Report:

CCLlr Finch's full report can be found on the BPC website. CCLlr Finch commented on the devolution white paper and the budget.

Finance: The finance report was accepted.

Cemetery:

It was suggested that the PC provide a number of daffodils around the cemetery and churchyard. This will be looked into. A report was provided regarding the maintenance required to the rainwater harvesting on the church. The PC will be presented with a request for funds once a quote has been received.

Public Realms:

Stone Street and other areas of the village have been cut and tidied. The street light has now been installed but is not yet connected. This is being chased. Butchers Lane has been scraped but soil has been left on the side banks and the drains are still blocked. SCC have been contacted to do it again.

Car Park:

Cllr Strafford advised that he & Hugh Phillips have been working through the Heads of Terms and these along with the fees are still being reviewed. A new boundaries proposal has also been drafted.

The Croft:

Tree surgery works – it was resolved to instruct Charlie Smith to carry out the tree works.

Date for Annual Parish Meeting: It was resolved that the APM will be held on Saturday 26th April 2025 at 10am, in the village hall.

Planning: The full planning details can be seen in the minutes on the BPC website.

Date of Next Meeting: 25th March 2025 at 7pm in the village hall.

Parish council meetings are on the 4th Tuesday each month except in August and December. They are held in the village hall starting at 7pm. All are welcome to come along and observe and there is a regular item to allow residents a short time to comment and raise items.

Full minutes and other documents mentioned above can be found at: <http://boxford-pc.gov.uk>

Zoe Rumsey

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

PROPOSED CLOSURE OF BOXFORD SURGERY

Like the vast majority of residents of our village, Boxford Parish Council was disappointed to hear of the Integrated Care Board's recent decision in favour of the Hadleigh Boxford Group Practice's proposal to close Boxford surgery. Following the public meeting in the autumn when so many Boxford people made their feelings known about the proposed closure and the effect it would have on our community, particularly on the very old, the very young and the vulnerable, we expected our views to be heard.

We are extremely grateful to the pressure group, led by Colin Parr and David Burden, who have worked so hard on Boxford's behalf to put together a meticulously researched and well argued case to try to ensure that our views are heard and that common sense should prevail. We are currently waiting for more details and will comment further when we are in a position to do so.

Lisa Wortley

Chair, Boxford Parish Council

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

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

Newton Green PC

Dave Crimmin PSLCC - 01787 375085

clerk@newton-pc.gov.uk

www.newton.onesuffolk.net



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BOXFORD ROVERS

Boxford Rovers Under-8's, who will be Under-9s (7v7) next season, are looking for two outfield players with at least one year's experience.

They play in the Suffolk Youth Football League with home fixtures at the playing fields in Boxford on Saturday mornings.

Training is held on the training pitches under new floodlights on Wednesdays 5:30pm-6:45pm.

If interested, please contact Dan Jarvis, who is a UEFA C coach, on **07823 776005** or email danjarvis997@gmail.com



MILDEN CRICKET CLUB

The 2025 season is about to start!

The long winter close season is nearly over, with Milden set to play their first match of the 2025 season later this month - on 27 April, away at Woolpit. Before then, on Sunday 6 April, we have a Ground Day at the Sports Field in Church Road, Milden, to prepare the ground for the new season. There's lots to do, so all helpers welcome: just come along from 11am.

Want to join Milden CC, or know somebody who wants to play cricket? We are always looking to recruit new players; anyone is welcome to join us, no matter their age or experience. If you are new to the area and looking for a club to join, or if you've been thinking about returning to the game after time away, playing cricket for the first time, or somewhere in between - then please do get in touch!

We have a good mix of all ages and experience at the club, so at the very least come along to some net sessions, meet some of the players, and give it a try! Indoor net sessions take place at the Polstead Cricket Lane on Tuesday or Wednesday evenings from 8-9pm. Later, once the season starts, we hope to resume mid-week outdoor nets at the ground: details to follow. We have a good player base and volunteer support 'behind the scenes', who blend together well at our friendly village club, and we look to uphold traditions of Sunday village cricket in a league which provides regular fixtures across Suffolk. Come along to a net session and join us.

Dates of all indoor net sessions and the fixtures for 2025 can be found on our website: www.mildencc.com/fixtures, as well as in previous issues of this magazine (March, page 33 and February, page 38).

AGM 2025

Finally, at the club AGM, held on 26 February at Martin Roffey's home in Boxford, Martin was re-elected as club chairman, Alex ('Boris') Cunningham as club captain and safeguarding officer, and Andrew Simmons as secretary. Their contact details are on the website. Richard Robinson was also elected as vice-chairman. It is hoped to 'spread the load' by involving more club members this season in different aspects of running the club. The AGM also adopted, provisionally, a new constitution for the club, drafted by Alex. A copy is on the website: please send any comments to Martin or Alex. It is intended to confirm its adoption before the first game on 27 April.

David Lamming



BOXFORD & DISTRICT BOWLS CLUB

Congratulations to some of our ladies for winning competitions in the indoors finals of the North Essex County Bowls Federation held late in February.



Above Left: Roz Mortlock and Gillian Barnes (Boxford), and Eileen Parker (Sudbury), won the Ladies Triples Finals. Above Right: Eileen Parker (Sudbury) and Cynthia Hollingsworth (Boxford) won the Ladies Pairs finals.

They will all be off to the National Indoor Finals held in Lincoln at the end of April and we wish them all the very best of luck.

With some signs of better weather every now and then, we are looking forward to our outdoor bowling season. Fixtures have been set up and the green is being tended so it is ready for April. Thank you to everyone involved over the winter months in preparing for the start of the new season.

Roz Mortlock

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 quite 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.



Celebrating 25 years of Suffolk Medical & Beauty Clinic!



THE GLOW PRO

This month marks a huge milestone for Suffolk Medical & Beauty Clinic, as we celebrate **25 years** of enhancing natural beauty and boosting confidence.

Over the last two decades or so a lot has changed, but one thing that has remained consistent is our commitment to helping our patients look and feel their best!



2000



2025

Where It All Began

In 1999, husband and wife Dr Anthony O'Neill and Nurse Jenny O'Neill founded Epilight Suffolk Clinic, with a vision to bring innovative treatments to Boxford. What began with laser hair removal quickly expanded as they trained in 3D Lipo, Botox, and Dermal Fillers, to meet the growing demand for aesthetic enhancements.

By 2005, Suffolk Medical Clinic (SMC) had fully evolved, offering a range of treatments from Endymed Radiofrequency Skin Tightening and Minor Cosmetic Surgery to Medical Microdermabrasion. Over the years, Anthony and Jenny's dedication to excellence continued to shine through, and by 2018, SMC had won a national Customer Service award for three years in a row!

Timeless Treatments

When the clinic first opened, medical aesthetics were still relatively uncommon. But fast forward to today, and these services have helped people from all walks of life to feel more confident. Whilst beauty trends come and go, here are a few of our popular treatments that have stood the test of time:

- **Anti-wrinkle Treatments & Dermal Fillers** - often used together, they help to rejuvenate your skin, making you feel like you, but on a great day!
- **Advanced Beauty** - from chemical peels to microneedling, radiant skin is key to any beauty routine, and we're here to help.
- **IPL Laser Treatments** - for unwanted hair, facial thread veins, rosacea, or sun damage, IPL laser treatments have been a go-to solution for clearer, smoother skin.

Celebrating Our Patients

Whether you've recently discovered us or have been here from the start, your trust and loyalty have made the last 25 years so special. But don't just take our word for it – check out some of our reviews that remind us why we love what we do!



"I started coming here about 6 yrs ago for IPL treatment, I had broken red veins due to Rosacea. Was really nervous at first but I didn't need to be the team here are all so friendly and make you feel very welcome. Dr Anthony put me at ease and made it as comfortable for me as possible. It was well worth it and I've even been back for more top ups! I also had a mole removed here with zero pain and zero mark left! I will come here for further treatments in the future. I highly recommend them."

Lori, Suffolk



"Having been successfully treated for Rosacea by Dr Anthony and finding the clinic so warm and welcoming, I decided to ask Nurse Jenny about treatment possibilities for a very personal issue that I was extremely embarrassed and distressed about. She was so lovely and reassuring and discussed appropriate treatment and expected outcomes in depth. The procedure was carried out with the utmost respect, discretion and care and I have continued to see Jenny and the girls for other beauty and aesthetic treatments which I am always very pleased with. This clinic is in my opinion, the best in the area."

Steph, Hintlesham



"I have been a client of Suffolk Medical Clinic for about 10 years. The team are friendly and professional. Jenny is a brilliant practitioner. Her results are very natural (as I like it) and she is a perfectionist. I know I am in very good hands with the whole team."

Adele, Bury St Edmunds



"I had a cyst removed from the back of my head, I was very anxious about having it done due to past procedures not being very nice at gp services. Yet when I came to your services I was instantly at ease and the whole thing was pain free. The staff were amazing and the Doctor and his wife that performed the procedure were so kind and caring and amazing at their job."

Karen, Long Melford

What's Next?

As a team, we're always refreshing our skills and knowledge to stay at the forefront of the industry.

We're also dedicated to listening to your feedback to enhance every aspect of your experience with us.

So stay tuned for exclusive offers, new treatments, and more exciting updates!



Helena x

office@suffolkmedicalclinic.co.uk
01787 211 000



DIRECTORY OF CLUBS & ORGANISATIONS

CLUBS & GROUPS

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

CHARITIES

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

COMMUNITY GROUPS

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

SCOUTING

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

CHILDREN FAMILIES & LEARNING

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

HALLS & FACILITIES TO HIRE

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

The Blooming Garden

Getting to the Root of the Matter. Stumperies.

Stumperies were popular Victorian features. In the nineteenth century people were gripped by *pteridomania*, that is a sort of mad fern fever. The countryside was stripped of native ferns and many new varieties were imported from abroad. A stumpery was a wonderful way to display them as it is a sort of rockery for ferns but using tree roots instead of rocks. Ferns enjoy the moist pockets provided by the roots.



Biddulph Grange

The first stumpery was created in the 1850s at Biddulph Grange in Staffordshire. It was referred to as a 'rustic root garden'. People were surprised to see old tree roots and rugged trunks towering over a winding, descending path. But then James Bateman's design for the garden was nothing if not eccentric. There was a taste at the time not only for rusticity, but for grotesque and exotic garden features.

I think it was probably the magnificent stumpery at Highgrove that created today's fashion for them. Unfortunately, most of us don't have estates with 180 Sweet Chestnut roots lying around. I first saw this stumpery some years ago when King Charles invited me to lunch at Highgrove. Ok, I have to spoil the story here and add that King Charles invited all the County Organisers of the National Gardens Scheme and I was one of them at the time. It wasn't just me and HRH getting cosy over the canapés. But although there were many people there King Charles made sure he spoke to everybody individually and he came across as a knowledgeable hands-on gardener. Unfortunately we were not allowed to take photos but the stumpery has featured in many gardening publications. It is on a scale that nobody else could achieve and includes a thatched roof tree house, an oak temple and a sculpture of the Goddess of the Woods. Some of the stumps are held together to make arches to walk under. Ferns, hellebores, euphorbias and other shade loving plants do well here and Highgrove has the National Collection of hostas. Everything is grown organically. I would like to know how the hostas are kept looking pristine and free of slug damage. Perhaps there is a Royal Slug Remover who takes care of the problem. King Charles told us the story of his father, Prince Philip, looking at the stumps and roots and saying: 'When are you going to set fire to this lot?' He must have enjoyed this story because I have seen it repeated in the press.

We are lucky here in Suffolk as the National Trust property, Ickworth House, near Bury St. Edmunds has one of the biggest stumperies in the country. There is evidence of the remains of a Victorian stumpery but the eastern part of the current one dates from



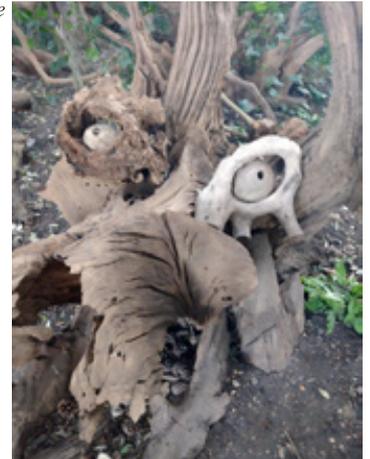
Ickworth House

the 1980s. The western extension was begun in 2012. The whole curving stumpery now wraps round a large part of the Italianate gardens behind the house. The Ickworth Estate is huge with many venerable trees. The stumpery was made initially with 250 huge roots which were blown out of the ground with dynamite during the war to make way for vegetables during the Dig for Victory campaign.

There were also many trees ripped from the ground during the 1987 storm. The stumps and roots are placed upside down or on their sides to display their root structure. Many of them are stunningly beautiful and resemble intricate sculpture. The wood looks as if it has been scrubbed or sand blasted but I suppose it is just the effects of years of natural weathering. There is a fabulous fan-like root placed on its side to mark the juncture of two paths. There is even a dragon to excite children. Indeed there is a magical feel to the stumpery which is reminiscent of Arthur Rackham's illustrations. The trees growing along the path have been skilfully shaped to create a lovely shady path. Shade loving plants do well and there is the largest collection of ferns in East Anglia.

Gardeners are encouraged to make wood piles to create biodiversity in the garden so stumperies are right on trend even though the concept is Victorian. Here at Ickworth there are insects such as stag beetles, small mammals and amphibians such as toads and frogs. If you don't have huge roots from ancient trees lying around in your garden you can still make a stumpery on a smaller scale using logs and branches and even driftwood. It is a good way of using a shady corner of the garden and planted with ferns and other shade-loving plants it will soon become a feature.

Chloris.



EVENTS CALENDAR

MARCH 2025

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
4 FRI	Shanty Folk Milden Pavilion	7:30pm
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
12 SAT	Polstead Films Matinee - 'MOANA 2' Polstead Village Hall	2pm
13 SUN	French's Easter Egg Hunt Manning's Farm Barns, CO10 5EU	10-12noon
15 TUE	Fireside Club - Easter Crafts Boxford Village Hall	2pm
16 WED	Newton Village Hall AGM Newton Village Hall	7:30pm
16 WED	LWHS - Castle on the Hill Little Waldingfield Parish Room	7:30pm
18 FRI	Good Friday Children's Workshop St Mary's, Boxford	10am
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
26 SAT	Acton Book Sale All Saints' Church, Acton	10-2pm
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
10 SAT	String Quartet Concert St Mary's, Boxford	10-4pm
11 SUN	Boxford Tornado Starting at Boxford Playing Fields	TBC
14 WED	Charity Quiz Night The Fleece, Boxford	8pm
14 WED	LWHS - Agent Zo Little Waldingfield Parish Room	7:30pm
17 SAT	The 186th Hadleigh Show Holbecks Park, Hadleigh IP7 5PE	8:30am
19 MON	Boxford Friendship Group Boxford Village Hall	2-4pm
31 SAT	Fireside Club - Coffee Morning Newton Green Village Hall	10-11:30am

JUNE 2025

1 SUN	Boxford Open Gardens Boxford & Edwardstone	11-4pm
1 SUN	Brentleigh Open Gardens Brentleigh	11-4pm
7 SAT	Music for a Summer Evening St Mary's, Boxford	6pm
8 SUN	Nayland Open Gardens Nayland	11-5pm
11 WED	Charity Quiz Night The Fleece, Boxford	8pm
12 THU	Boxford Society - 'Boxford Old Picture Show' Boxford Village Hall	7:30pm
18 WED	LWHS - Walpole Old Chapel Little Waldingfield Parish Room	7:30pm
20 FRI	Groton History Society 'The Cambridge 5' Groton Village Hall	7:30pm
21 SAT	Newton Charities Coffee Morning Newton Village Hall	10-11:30am



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NATURAL BOXFORD

Insects are important!

As I write in a cold snap mid-March I trust that it will be feeling truly spring by the time you read this. The birds are revving up, getting into gear for full-throttle dawn chorus – what a life-affirming and uplifting sound: proven to have a positive effect on our well-being, what would life be without birdsong?

In March a good crowd gathered in the church for an excellent talk on Swifts from Suffolk Wildlife Trust's Simon Hooton, with spectacular photographs and recordings of Swallows, House and Sand Martins, and Swifts. Numbers of all these once numerous and common birds are in steep decline for two main reasons: lack of suitable nesting locations and materials, and lack of food i.e. insects.

Swifts are incredible! ...here is another Swift fact to marvel at. Flying at speed, swifts are targeting and chasing individual insects – mosquitos, flies, drifting spiders, hoverflies and bees: with their huge eyes they can distinguish between types of bees and will only go for the male drone bees which are stingless and so who will not sting them as a worker bee would!

Insect numbers are crashing globally – up to 75% fewer in just a couple of decades largely due to use of devastating neonicotinoid pesticides in industrial farming alongside ever-increasing loss of natural habitat. If you like birds, please support insects.

So, what can we do?

Wildlife friendly gardening can have a sizeable impact if enough of us get on board.

How to make our gardens into much needed life-lines and havens for our beleaguered insect and other wildlife populations:

Leaving dead and decaying vegetation: it is a vital resource for many creatures. Nature is in control, healthy human life depends on it, we are not separate, and all devastation and destruction of the natural world has consequences for our own well-being. At this time of year many of us are horrified as verges are strimmed and hedges wrecked with machinery with no thought of the effect on



wildlife or the plants. Nature works in cycles, as things rot down new life is born. Fallen trees can host entire ecosystems of bugs that do not live anywhere else. Beetle larvae need decaying matter, birds nest, shelter and feed in scrub and brash. We all need pollinators who in turn need flowers and blossom, shelter and nest sites.

In many gardens too, the desire for a manicured look results in very limited opportunities for wildlife to thrive. Only a few will let nature take over in their gardens, so what is possible when some trimming is necessary?

It is good horticultural practice to 'chop and drop' – leave your prunings on the ground; annual weeds can be hoed off or left on the surface – they soon dry out and are incorporated by the worms back into the soil. You will end up with much enriched soil, better plants, more worms and more insects and therefore more birds who will enjoy feeding on them as well as serving as your natural pest control. You can make piles of shrub cuttings, logs etc, and make compost and leaf mould to use in the garden rather than burning or putting it in the brown bin. Nature maintains balance when left to its own devices. We can choose between sanitised emptiness or abundant exuberance with space for all to thrive.

Long grass is a vitally important habitat for many species, particularly insects, invertebrates, reptiles and small mammals and therefore all the birds that feed on them. Grass mown short is a wildlife desert, as well as contributing to flooding and higher temperatures locally. Longer grass retains moisture, provides shelter and nesting opportunities and valuable food – especially caterpillars. Later in the season seed heads, hollow stems, hollows and tussocks provide necessary hibernation spots. You can leave a different area uncut in a 3 year rotation around the garden to avoid scrub developing. There will soon be a buzz of life, and closer inspection may reveal field voles nesting, frogs and toads enjoying the shade and damp, and more birds visiting your garden or flying overhead enjoying an insect feast.



That's all there is space for this month, more easy to implement wildlife friendly gardening tips next month. Enjoy the freshness and beauty of nature this spring.

Much love, Louise and the Natural Boxford crew.



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