

April 2023

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



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

BOX RUBBISH

BOX SKIPS

**WE LOAD
FOR YOU!**

SKIP SERVICE

2, 3, 4 & 6 yard
skips available

**Professional
Rubbish Clearance
Houses, Garages
& Sheds Cleared**

*Nice people to
do business with!*

Licenced Waste Carrier

**Tel: 01787 211289
Mob: 07876 032 828**

www.boxrubbishremoval.co.uk

www.boxminiskips.co.uk

**SUFFOLK
STORAGE
SOLUTIONS**

- Storage and Industrial Units
 - Individual Yards
- 20 & 40 foot insulated containers
- Motorhome and Caravan Storage

Short and long term lets available.

For all your storage needs.

office@suffolkstoragesolutions.co.uk
07880 555 245

SbN Stoke by Nayland
RESORT

Easter treats
for all the family to enjoy

Easter 3-course Carvery Lunch

£35pp (£20 for 7-12yrs / £15 for 2-6yrs)

Special Easter Afternoon Tea

£25pp (£12.50 for child aged 2-12yrs)



**Easter
Sunday
9th April**



View our menus and book online at: www.stokebynayland.com/easter - or call 01206 262836



Pop into Pippin!

Check out our range of Easter eggs, gifts and other seasonal treats at our Pippin Golf and Resort Shop.
Open 7 days a week from 7am to 6pm.

SbN COMMUNITY DISCOUNT CARD

Saving you ££s when you spend locally at Stoke by Nayland Resort.
Receive great discounts at the Resort and online. Sign up for FREE at
www.stokebynayland.com/community

Stoke by Nayland Resort, Keepers Lane, Leavenheath, Colchester CO6 4PZ

PARISH COUNCIL ELECTION

BOXFORD PARISH COUNCIL NEEDS YOU!!!

DO YOU LIKE LIVING IN BOXFORD? If you do, would you like to see some improvements or changes? If the answer is yes, have you considered that you could make these ideas a reality by joining your parish council?

Your parish council has many jobs to do to ensure that the village functions well. For it to be a success and be a real benefit to the village, it needs to have a full complement of councillors. At present there only 6 councillors instead of the maximum of 9. This makes it difficult to work on all the topics that arise quickly and efficiently. The requirements to be a councillor are essentially a desire to serve the local community and be prepared to get stuck in and see a project through to completion.

Some examples of the routine tasks that need attention each month are: discuss and allocate funds to various clubs and projects, such as converting part of the Old Gaol / Bus Shelter into a village museum; improvements to shower and changing room facilities in the pavilion; maintenance of village facilities such as street lighting, road drains, grit bins, churchyard and cemetery, road signage and repair. We also review, discuss and comment on planning applications, with particular emphasis on local housing needs. These are just a few of the tasks that need attention and often require liaising with county and district councils, as well as local businesses.

The council plays a large part in planning future projects. For example some of the projects that could be considered are: refurbishment or replacement of the school swimming pool, new village car park, use of Mill Pond for hydro-electricity. These larger projects will require a lot of time and commitment, but benefits for the village would be enormous if they were to come to fruition.

Your councillors all have one thing in common. They joined the parish council as they felt strongly that they wanted to give something back to a village that has so much to offer its residents and wanted to ensure that residents have some input into decisions involving our village. They all felt it was unacceptable to do nothing and allow these wonderful facilities to decline and die.

The bottom line is that if no one comes forward to join the parish council, it may cease to exist and all the routine business it normally conducts would have to be undertaken by officers of the district council, whose priorities for our village may differ from yours.

If you want to keep local decisions truly local, now is your chance to make a difference and join your parish council. Just follow the procedures below, which will enable you to register your interest in becoming a Boxford parish councillor.

Nominations must be submitted by hand no later than 4th APRIL.

Candidate Information and Nomination Papers

Further information on standing for election to town and parish Councils can be found on the Electoral Commission website via the following link: <https://bit.ly/parish-council-elections-2023>

Town and parish council nomination papers can be downloaded from: <https://bit.ly/parish-election-nominations-2023>

Box River News

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

Telephone: 01787 210946

email: editor@boxrivernews.com

www.facebook.com/BoxRiverNews

www.instagram.com/boxrivernews

Deadline date for the May 2023 Issue is:

April 15th at midday

A GALLOPING GOOD TIME!

Boxford Village Hall was transformed into a racecourse on Saturday 4th March for the Boxford Horse Race Night. The evening (organised by Boxford Community Council to raise events for the upcoming Coronation event) had all the excitement of a day at the races with a licenced bar and betting through the tote. There was a full card of seven races during the evening. The races were pre-recorded videos of training races with a live and entertaining commentary. The final auction race featured *real* jockeys and horses, moved on the throw of a dice.



All the races were very close and exciting to watch. Race Compere Mark Miller was suitably dressed in racing attire and ensured the event ran smoothly and on-time. A mouth-watering roast pork buffet was served to hungry racegoers by A Leeder Butchers and bottles of champagne were awarded to the owners of winning horses.

Thank you to everyone who attended and made the evening such a great success, especially our event sponsors: *Boxford Stores, Suffolk Chefs at The Fleece, A Leaders Butchers, Whitwell Boiler Services, Chatham Rope Company, Motts Body Repair and Box River Travel Boutique.*

WINNER OF THE K&S CUP 2022

During the Race evening above, the K&S Cup was presented to an unsuspecting but well-deserving Ryan Summers for his outstanding service to the community. The K&S Cup aims to recognise and celebrate a young person from the village who has made a positive difference to the community over the last 12 months. It was created in the 1970s as

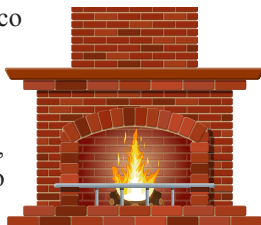


a way for the village as a community to remember the tragic loss of Tony King & Neville Sargeant who were killed in a car accident and to recognise the huge contribution and importance that Boxford's young people have in our village.

Ryan has gone out of his way to support the community in recent years. Since lockdown he has supported all the events organised by the Community Council, helped prepare The Spinney for re-opening post-lockdown and helped with ongoing maintenance as well as assisting at Cub Scout meetings. Ryan continually volunteers to support community events and will be kindly helping us at our Broad Street Coronation event on Sunday 7th May.

NEWTON FIRESIDE CLUB

As predicted, the pancakes and prosecco went down very well on 21st February. As well as enjoying the pancakes, it was a great opportunity to have a good chat and put the world to rights. Unfortunately, the Italian cookery demonstration had to be postponed so after some discussion, it was decided to have a fish & chip lunch instead on the 7th March.



An order for 31 portions of fish & chips was placed with the Codfather in Sudbury, who kindly agreed to deliver for us. Mushy peas were mentioned, so I made a big pan-full - they're a bit like marmite, aren't they? Some folk loved them and others couldn't stand the smell! As an extra treat, Anita made individual trifles, which were delicious.

A big thank to the pancake makers and to Anita.



At the next session, we're going to have a go at making Easter rabbit garlands with pompoms made with forks! I'll let you know how that went next time, but thanks to Teresa for sorting this out.

As you can see, we have a busy and varied programme for the summer. We are trying to include more outings, but transport can be problematic and expensive now that there are more members. It's something we'll have to work on.

Summer 2023 Programme of Events:

Tues 2 nd May	Bingo & Quiz
Tue 16 th May	Film Afternoon
Sat 20 th May	Fireside Coffee Morning (10am Village Hall)
Tue 30 th May	Floristry Demonstration
Sun 11 th June	Midsummer Munch (from Noon)
Tue 15 th June	Outing to Hyde Hall (meet at Village Hall at 10am)
Tue 21 st June	Suffolk Day Cream Tea
Tue 27 th June	Talk & Treats by Weston's Bakery TBC
Tue 11 th July	Outing to Felixstowe (meet at Village Hall at 10am)
Tue 25 th July	'Bring & Share' Lunch (time TBC)

All meetings are held in the Village Hall and start at 2pm unless otherwise stated and anyone is welcome. Subs for the term are £3 a session or, if possible, £25 for the term. This includes refreshments and activities. 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, the first session is free.

Please contact Moira on **01787 374652** or Sue on **07881 383998** if you would like more details.

Sue Presland

RECLAIM THE RAIN

Hi Boxford Residents! As you may know, Boxford is one of only six communities across Norfolk and Suffolk selected to participate in the innovative Reclaim the Rain project. Reclaim the Rain offers an opportunity for us to work together to create a sustainable and resilient future for Boxford. We understand that this project's success lies in the collaboration and active participation of the Boxford community. Together, we can generate bright ideas to capture and reuse excess rainwater for agriculture, industry, local community facilities, and more, enabling us to prepare and adapt for the future.

Reclaim the Rain has the potential to achieve lots of other benefits as well, which could include supporting local environments and creating a space for people in the community to take pride in. Our goal is to collaborate with you, the Boxford community, to create a sustainable and meaningful project that will leave a lasting positive impact beyond the project's conclusion in 2027.

There are many different schemes to consider that can reduce flood risk to the village and also find value in water. This is why we're asking you to complete our Boxford Wish List! This short survey will allow you to tell us what you think is important and help to inform what the community would like to achieve.

To have your say, please follow the link to our Wish List tool by scanning the QR code below with your mobile device or by following the web link provided.

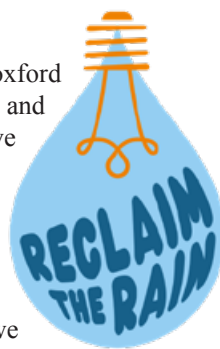
<https://bit.ly/reclaim-the-rain-wishlist>

If you're interested in learning more about some of the schemes listed on our Wish List, please visit the knowledge pool on our website: www.reclaimtherain.org.

Remember, this is your village and your future, and we believe that your valuable input, ideas, and feedback are vital in developing a meaningful project that benefits the community. Your choices will help narrow down the chosen Reclaim the Rain scheme options for your village. Let's join forces and create a brighter, more sustainable future for Boxford. We look forward to hearing from you all!

Best wishes,

The Reclaim the Rain Team



GROTON NEIGHBOURHOOD PLAN

The work Groton NP Steering Group are doing with the Babergh *People and Places Plan* team is progressing well. The Babergh team visited Groton on 1st March, for a walk around the 'Garland' to see for themselves the physical character, landscape and layout of the Parish. This was very well received and a highly valuable exercise - literally, as it was about a 4 mile walk!



The Steering Group have agreed to try and meet every few weeks to further define the plan steps and the appropriate scope and content for the Groton People and Place Plan. This is a joint effort as we are the pilot so this is giving us a great opportunity to co-shape the plan and ensure it is meeting the needs of our community. Remember that the objective is a Plan that is broader than just a 'planning' document.

We will blog more details on the website to expand further on this. You can leave comments/questions on the website and if you do we will respond to you.

Website: www.grotonnp.onesuffolk.net.

HADLEIGH & BOXFORD PPG

The practice is enduring ongoing renovations by the landlord which may cause some unavoidable disruption - especially the works vehicles in the car park. Please be patient patients while the facelift continues. It will all be worthwhile.

The Hadleigh High School art department has kindly agreed to grace the newly-painted room with their students' work.

The fallen tree near the surgery car park has been reported to the landlord and will be dealt with very soon.

There is another new defibrillator in Hadleigh. A joint effort with The Hadleigh and Boxford Medical Centre Charitable Trust, London Hearts, The Suffolk Fire and Rescue Service and Probus all contributing to its appearance on the outside wall of the Hadleigh Fire Station.

The last free training session supporting the use of these machines was on March 11th. Sincere thanks to the Hadleigh First Responders team for giving their time and the benefit of their expertise at each session. Thanks, too, to Jonathan Harvey of Abbeycroft for generously allowing us to use the Social Room for the classes.

The NHS has launched a Compassionate Companion scheme in the hope that some caring citizens will give their time and support to those who need it. See below for further information.



Via James Cartledge, the PPG has received a somewhat obscure reply from the Department of Health and Social Care or DHSC. Their email is designed to reassure us that all is kosher with the procurement process for the contract to manage our personal information on the much enlarged NHS database. It also confirms the future safety and security of the information in their care. There was no indication of when the system or plans for its acquisition would be openly discussed in Parliament. Only time will tell if our fears are well-founded or not.

As ever another reminder to check your medicine before you walk out of the pharmacy. If you wait until you have left the chemist any excess medicine you return will be wasted.



Have you collected the info you need from the practice reception to start booking your doctor's appointments online? If you need help to log in etc., Babergh D.C are offering free IT classes on each first Thursday of the month in the Hadleigh Library.

Subject to confirmation, a Covid booster clinic will take place on 29th April. Local availability of vaccine will determine who is invited to attend. The practice is in the hands of NHS procurement for that information.

Finally, please indulge in Easter eggs and chocolate in moderation and remember the dark chocolate versions are a fantastic source of antioxidants.

Happy Easter!

Website: www.hadleighhealth.co.uk

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

Email: hadleighboxfordppg@gmail.com

PPG Chair: Jan Devey 01473 827091

C. Companions: Dr Crockett. lindsey.crockett@nhs.net or 07443 020291 (leave a message)

www.compassionate-communities.co.uk/compassionate-companions

... THE ...
WHITE HORSE INN
... EDWARDSTONE ...

Open 5 Days A Week
Wednesday - Sunday from 12pm

Wide Selection Of Drinks From Independent UK Producers
Craft Beers, Ales, Ciders, Wines & Spirits.
On Site Microbrewery - Little Earth Project
Takeaway Draught & Bottle List

Sourdough Pizzas & Cheese/Charcuterie Boards
Pizzas: Serving Fri & Sat 12-8, Sun 12-4
Boards: Wed-Sun

Little Earth Project Tasting
Saturday, March 25th 6:30pm
Join our brewer, Tom, for a tutored tasting- with cheese!
£15pp - Book @ the Bar or by Email!

Dark Ale Days
A celebration of dark & delicious ales over the bank holiday - April 28-May 1

Acoustic Jam Night
Wednesday, April 12 from 6:30pm
Join in or sit back & enjoy with a pint

Self Catering Cottages & Camping
Availability open through Summer 2023
Book via our website!

www.edwardstonewhitehorse.co.uk    @edwardstonewh
01787 211 211

LITTLE WALDINGFIELD NEWS

Residents will have seen that the village sign has been missing for a while, the reason being it had reached a poor state and is currently being fully restored. The sign was originally made in 1978 by Leslie Hammond, the then-schoolteacher, and donated to the parish. In 2014 it was damaged in a car accident and subsequently repaired and repainted but has slowly deteriorated again over the years.

In November 2022 the parish council resolved to have the sign fully restored and our Suffolk County Councillor, Phillip Faircloth-Mutton kindly offered to help fund the project. On inspection, it was found to be in a very sad state with most of the scrollwork so corroded that it needed replacing. That work is currently underway and once complete the sign will be repainted so that it will look the same from both directions. The intention is for the restored sign to be reinstalled over the Coronation weekend.

The village litter pick arranged for March 11th was cancelled due to adverse weather and health and safety concerns. It will now take place on Saturday 1st April, initially meeting in the Parish Room at 9am where pickers, rubbish bags and hi-vis waistcoats will be available. We are also planning some voluntary clearance work in the churchyard and cemetery between 11am-1pm the same day. Hot refreshments will be provided for both events.

Finally, the Annual Parish Meeting will be held in the Parish Room on Tuesday 25th April starting at 7:30pm. This is not a regular meeting of the parish council, it is an annual event for residents to hear from the parish, district and county councillors, plus the various village organisations on their activities over the past year, and their plans for the coming year. It is also a chance for residents to discuss parish affairs and express their views on any matter pertaining to the village.

Chris White

Chair, Little Waldingfield Parish Council



BOXFORD

BABY & TODDLER GROUP

LET'S HAVE FUN!

£2.50 PER FAMILY

1 2 3

Wednesdays 9-11am
(term time only)
@ Boxford Village Hall

www.facebook.com/Boxfordbabyandtoddlergroup

NEWS FROM BOXFORD SCHOOL

The whole school had a fabulously fun day on Thursday 2nd March to celebrate World Book Day. Many pupils decided to dress up as famous and favourite characters, including Chloe and McKenzie from *Dork Diaries*, Draco and Hermione from *Harry Potter*, Enola and Eudoria Holmes, Fred and Ellie Stone, Amber from *The Midnight Gang* and Dennis the Menace, to name a few.

Everyone also had the opportunity to decorate a vegetable as a favourite book character. These included ladybirds, aliens and penguins.



Over the past weeks, Year 6 have been working extraordinarily hard creating some of the finest neat waistcoats. Pupils worked in pairs and brought in their own fabrics, sewing and combining different materials. After 2-3 weeks of work, Year 6 showed their designs on a catwalk. Many spectacular poses were struck to model the waistcoats, and we all had lots of fun!

Recently, some of Year 5 and 6 pupils were involved in another football tournament, for girls' teams, at Sudbury AFC. It was very competitive, but the players were revved up, and ready to be recognised as champions. Emily said, "We tried really hard in the damp, cold rain and snow. We did really well though, but sadly we didn't reach the semi-final".

We cannot miss out the importance of International Women's Day. Year 6 were asked to write letters to either the captain of the England women's team or coach. We wrote to them about winning the Euros, which is inspirational. Once we wrote our (very descriptive) letters, Mr Griffiths sent them, hopefully to be seen by the England team. As well as just acknowledging the women's Euros, we also spoke in assembly about the importance of every woman, and how they have changed history in many different ways.

Looking to the future, the school will be having a book fair soon, where all books purchased will raise funds for the school so that more books can be chosen for the fabulous school library. Apart from all these fun things year 6 have also been preparing for their SATs in May.

Year 6 Roving Reporters, Boxford Primary School



Moving?

Call us on **01787 377489**

Todds Removals

& Todd Storage

a reliable local service you can trust

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

www.todds-removals.co.uk



Nayland Chiropractic

Supporting Your Wellness

Inga Hurren Registered Chiropractor

4 Church Mews, High Street, Nayland CO6 4JF
t: 01206 264139
e: enquiries@naylandchiropractic.co.uk
w: www.naylandchiropractic.co.uk



Bates Wells & Braithwaite

Expert legal help for business and for individuals...

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

Bates Wells & Braithwaite Solicitors
27 Friars Street Sudbury CO10 2AD
T: 01787 880440 E: solicitors@bwblegal.com

CITIZENS ADVICE

I ordered a watch online with personalised engraving for my partner's upcoming 40th birthday. The company has since gone out of business. I keep phoning and emailing them but can't get through to anyone. I'm assuming they can't fulfil my order, but I'd paid for the watch upfront and can't afford to buy another gift until I get my money back, please help?

**citizens
advice**

I understand the frustration you must be feeling - especially as you've already parted with your money and presumably spent time searching for a suitable gift for your partner's special birthday. I assume you haven't had a dispatch note yet, which suggests the order isn't on its way.

If the company's gone into administration, it may still be able to fulfil outstanding orders, but if the company is already in liquidation, you'll need to try to get your money back. If you're unsure about what state the company is in, the Citizens Advice website has information on how to find out.

As the company hasn't responded to your calls or emails, is there a shop or office you can visit or write to, to get an update on your order, or request a refund? If that isn't possible, the next steps depend on whether it's a limited company (it will have ltd or plc after its title) or if it's a sole trader (someone who runs their own business) or partnership.

If it's a limited company, you'll need to get details of the administrator or receiver - the person dealing with settling the trader's debts. The names of those administrators will usually be on the website of the company that's gone bust. You should register your claim as a creditor on the GOV.UK website. Fill out the form with details of what you're owed and send it to the administrator dealing with the trader's debts.

Unfortunately, there's only a small chance you'll receive any money back because you'll be last in a long list of creditors who need to be paid.

As the order was online (and I'm therefore assuming you paid by debit or with credit card) you could also try getting your money back with a Section 75 claim or a chargeback claim to your card provider or bank. Full details about both these types of claims can be found on the Citizens Advice website, www.citizensadvice.org.uk

If the seller was a sole trader or partnership and not a limited company, pursuing a Section 75 or chargeback claim is your best option. Every case is different when traders go under, but you can call the Citizens Advice consumer helpline to find out exactly what your rights are: telephone **0808 223 1133** and visit: <https://bit.ly/cab-company-halts-trading>

For information and advice on this or anything else, visit www.citizensadvice.org.uk or call Sudbury and District Citizens Advice on **01787 321400** and leave a message and someone will call you back when available.

We will attempt three times to call you back, so please expect a call from a withheld number. Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website, www.sudburycab.org.uk/contact

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

Remember!

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

READERS' LETTERS

ROBERT KENNETH GRIMSEY

Evie and family would like to thank everyone for their flowers, cards and kind words of condolence following the death of Robert on Thursday 2nd March.

A sad time for all who knew and loved him, such a kind and loving man.

The service will take place on, Wednesday 5th April, 11am at the Guildroom Hadleigh, followed by a brief committal at Seven Hills crematorium, Ipswich at 12:45pm. Refreshments will be at the Guildhall dining room in the afternoon.

Those who wish to attend would be very welcome. Alternatively, we will leave Homefield, Boxford, approximately 10:30am, if you wish to 'wave him off'.

Thank you for your kindness.



REX ELFORD 1937 - 2023

The family of Rex Elford, long-term Boxford resident and builder, sadly announce Rex's passing on 5th March 2023 following a short illness.

Rex entered the building trade almost 70 years ago in the 1950s, firstly working for Kingsbury of Boxford, then later establishing the Boxford-based building contractor Elford & Sons, employing many local village tradesmen over the years. Rex lived locally in White Street Green and latterly in Boxford, and worked on numerous properties within the village and surrounding areas throughout his working life.

Rex will be fondly remembered by many not only by his dedicated work in the building trade, but also by his distinctive trade-mark blue and yellow vintage Bedford lorry - and all will be welcome to attend Rex's funeral at St Mary's Church, Boxford on Tuesday 4th April at 1pm.



S B Electrical



For all your electrical work large or small

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

Tel: 01787 247043

email: info@sbelectrical.biz or visit www.sbelectrical.biz

Church Road, Little Walsingham, Sudbury, Suffolk

MATTOCK MOTORS LTD

CALAIS STREET FARM, CALAIS STREET, BOXFORD



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

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

**Full Diagnostic Equipment, Laser Liner,
Fault Code Reading Equipment.**

(A.B.S., Airbag, Engine Management Lights etc)

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

OPENING TIMES MON-FRI 8.00am-6.00pm

SATURDAY BY APPOINTMENT ONLY

**ONE CALL AWAY
TELEPHONE**

01787 211394

THE BUTCHER'S WIFE

I get incredibly excited to meet or see anyone remotely famous in real life. My reaction is completely uncontrollable and it doesn't matter if it's a local newsreader or the Queen, nothing stands in my way if I think one is nearby. I once chased a very, very, minor celebrity through an airport just to say hello and I have to admit I have shamelessly barged through a group of elderly ladies to catch a closer glimpse of the Queen walking along Ipswich docks.



A few years ago I bought the Butcher tickets to see a show. We were about 10 rows back from the stage when Jimmy Carr walked on-stage. I grabbed the Butcher's arm and gasped "It's Jimmy Carr!". The event was called *Jimmy Carr Live*, who else did I expect?

Another time the Butcher and I once took the mini Leeders to the Suffolk Show. As we were walking along the Butcher very casually gestured to a group of people who had walked past and said "I think that was Claudia Schiffer". My response: "You think? Or *you know*?" He shrugged and carried on walking. I spun round and legged it after the group. I eventually caught up to Claudia and her group standing near a stall. I *not-so-subtly* stood about a foot in front of her staring up at her (she's a giant) all the while mumbling to myself (out-loud, I might add), "Is that *her*?" She was staring right at me and must have thought I was insane. I asked if she was in fact *the* Claudia Schiffer and she looked really pleased (I *think* - it could have been fear) and said she was. I then failed to play it cool by chatting to her about the show, the weather and other nonsense small talk before daring to ask for a photo. Now, I'm not tall, I'm not even close, but she *towered* over me. I tried to take a selfie but realised that with the ridiculous height difference we wouldn't both get in so she asked her friend to take it. The resulting photo reminds me of the film 'Twins'. Claudia's legs alone are nearly taller than me. Anyway, still trying to act casual and cool, I thanked her before swiftly turning round and screaming at the Butcher (who at this point was standing some distance away wondering why he married a lunatic) 'I GOT A PICTURE WITH HER!!!!'. My whole family was mortified, mainly because the mini Leeders had absolutely no idea who the woman was that caused their mum to turn into a raving maniac.

Creamy Roast Vegetable Soup

I'm being controversial this month and doing a meat-free recipe, *ssshhh don't tell the Butcher!*

Ingredients

- 1 large sweet potato
- 1 red pepper
- 1 yellow pepper
- 2 carrots
- 1 red onion
- 3 unpeeled cloves of garlic
- 1ltr vegetable/chicken stock
- 3 tbsp of olive oil
- ½ tsp of salt and black pepper
- ½ tsp of paprika
- ½ tsp of ground cumin
- 50g of parmesan, grated

Method

1. Preheat oven to 200C. Peel and cut veg into chunks, place on a baking tray and drizzle olive oil over. Sprinkle over salt, pepper, paprika and cumin and toss together ensuring everything is coated.
2. Roast for 30-35 minutes until tender and slightly caramelised.
3. Squeeze garlic out of its skin and put everything into a large pan, add stock, bring to the boil and simmer for 5 minutes.
4. Turn off the heat and blend with a hand blender.
5. Stir in the parmesan and serve.



Elaine Carpenter

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

HYPNOTHERAPY

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

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

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

Now available at KERSEY MILL & BOXFORD

Phone: 01787 210 601

Mobile: 07929 744 072

GARDEN DESIGN
BORDER DESIGN
PLANT SOURCING
GARDEN OVERHAUL
GARDEN
GIFT VOUCHERS



Call Angela for a consultation:

01787 212264
07974 375254

Give your garden the makeover it deserves!

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

WWW.ZINNIADDESIGN.CO.UK



ELAINE EVERITT

BSc(Hons) DO LicAc MGOsC MBMAS MNIMH MCPP

OSTEOPATHY • CRANIAL OSTEOPATHY ACUPUNCTURE • HERBAL MEDICINE

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

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

07587 743 850

www.elaineveritt.com / www.pippettes.co.uk

Pippettes Farm
Stone Street, Boxford CO10 5NR



SUFFOLK TREE SERVICES LTD

For All Aspects of Tree Works Including:

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

We offer a complete and professional service

Established over 30 years

We are a local, friendly and experienced company

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

Woodchip and Firewood for Sale
Tel: 01787 319200

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



A. LEEDER Family Butcher

Free local delivery*

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

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



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

33 Swan Street, Boxford

Tel: 01787 210267

www.aleaderbutchers.co.uk



RAMBLINGS FROM THE RECTORY

Isn't it funny how sometimes we just have to work through the mess in order to arrive at a better place. This winter has felt a bit like that for me. It has seemed like a very long winter this year. There have been moments of great joy in the middle of it, but I am very much looking forward to the promised upturn in weather. There are already little signs that summer is on the way: the daffodils beginning to bud, the songbirds becoming more active and making their nests, the rabbits emerging from their warrens and devouring the garden.



At the beginning of April, the Church will begin its journey through Holy Week. The services of Holy Week and the events they re-member can feel surreal. Like the disciples, we walk this path already having been told where it will all lead. Jesus repeatedly foretold his death and resurrection and yet the disciples never quite grasped it until long after it all happened. The same is true for us. One minute we think we get it, only for it to flutter away like a butterfly on the wind. In my 13 years of being a priest, no two Holy Week journeys have been the same. Psychologically and spiritually the journey is always warmly familiar and yet strangely foreign. Emotions bubble up when I least expect them.

The paradox is that early summer would not be nearly so voluptuous to our senses, had we not first journeyed through winter. We have to allow some things to die, if there is to be space for new life to grow. To use theological language, we can't get to resurrection without first having tasted death. Just like summer, there is no doubt that the joy of the resurrection is not only something we can hope for after bodily death, but is also ours to possess in the here and now. To do so requires us to let go of the baggage that hold us back; those obsessions, distractions and misaligned priorities that slowly strangle the life from us. And that is no easy task in a world where they are all so proliferate and alluring.

So, we also need to be kind to ourselves along the way. We should rejoice that in Jesus we can see and grasp the resurrected life, but also acknowledge that we can never completely rise to the levels of perfection we see in him. Nonetheless, the truth remains that the message of Easter is that resurrection is open to us all in the here and now, all we have to do is embrace it. If we can free ourselves from some of the self-imposed guilt and feelings of failure that so often drag us down into the darkness, then we can see the light emerging over the horizon and we can begin living the resurrection life in the present, even if it is only for little chunks at a time.

Assuming we can allow the light to break through and live the resurrected life in those moments, what might that look like in practical terms?

Well, in Jesus we see that this transformed way of existence manifests itself in service to the other. In Jesus, we see the self-emptying God who loves without limit. Increasingly, as I observe more deeply the stuff that makes our wonderful Suffolk communities thrive, I see that the thing that sits head and shoulders above anything else is the kind of service and self-giving that enables others to flourish. The glue that makes society work is the self-less who give their time to support others.

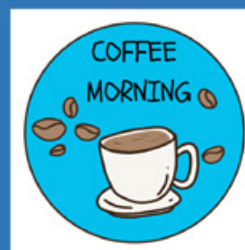
We shouldn't be surprised then that countless research has shown how volunteering improves mental, spiritual and physical wellbeing. Volunteering gives so much at a deep level to the volunteers themselves – not in some smug sense, but a deep sense of purpose, self-worth and fulfilment. And this makes sense, doesn't it? Volunteering enriches us by feeding our spiritual core because self-giving service to others is a hallmark of the resurrected life.

There is no doubt that carving out the time to commit to church and prayer is important to the Christian calling: it enables us to revisit together who Jesus is, encourages us in what we are aspiring towards and brings us into that peacefulness that we long for and only find in him. But engaging in social enterprise and working in the community is no less essential if we are to be truly caught up in a life of transformation and the abundant outpouring of love that brings life in all its fullness.

I pray that you may experience the profound joy of the resurrection-life this holy season.

Easter blessings,

Fr Rob - rparkermcgee@gmail.com, Tel: 01787 210434



BOXRIVER BENEFICE

COFFEE MORNINGS

EVERY TUESDAY, 10AM - MARY'S HOUSE, BOXFORD

FRIDAY, 7TH APRIL, 10.45 AM - ST LAWRENCE'S CHURCH, LT WALDINGFIELD

SATURDAY, 15TH APRIL, 10.00 AM - ST MARY'S CHURCH, BOXFORD

WEDNESDAY, 19TH APRIL, 10.00 AM - ALL SAINTS' CHURCH, NEWTON

CATCH UP WITH OLD FRIENDS, MAKE NEW FRIENDS

Bring and Share



North Porch, St Mary's Boxford

If you or someone you know is in need,
please visit the Food Bank.

All donations of non perishable goods,
are gratefully received.

Thank You

TAKE WHAT YOU NEED, LEAVE WHAT YOU CAN

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: rparkermcgee@gmail.com

It's all about the eyes...

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

Achieve that professional, polished look this month with our shaping and tinting combo. Have your lashes tinted and your brows tinted and shaped for just £20 with our **Essential Eyes Package**. Your eyebrows will look neater and more defined and your lashes will look darker and longer, without the need for makeup - great for those no-mascara days or holidays!

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



Lashes Special

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

Call: 01787 211 000 to book

* Offer valid once per person, until 30/04/2023. If new to tinting, you'll need a tint test at least 24 hours prior to treatment.

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

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





SERVICE SCHEDULE FOR APRIL 2023



Sunday 2nd April <i>Palm Sunday</i>	09:30	<i>Palm Sunday Procession</i>	St Mary the Virgin, Edwardstone
	17:00	<i>Palm Sunday Eucharist</i>	St Mary's, Boxford
Monday 3rd April <i>Monday of Holy Week</i>	9:00	<i>Morning Prayer</i>	St Lawrence's, Lt Waldingfield
	9:30	<i>Holy Week Eucharist</i>	St Lawrence's, Lt Waldingfield
	19:30	<i>Compline</i>	St Bartholomew's, Groton
Tuesday 4th April <i>Tuesday of Holy Week</i>	9:00	<i>Morning Prayer</i>	St Mary the Virgin, Edwardstone
	19:00	<i>Holy Week Eucharist</i>	St Mary's, Boxford
	19:30	<i>Compline</i>	St Mary's, Boxford
Wednesday 5th April <i>Wednesday of Holy Week</i>	10:00	<i>Holy Week Eucharist</i>	Mary's House, Boxford
	19:00	<i>Holy Week Eucharist</i>	All Saints', Newton
	19:30	<i>Compline</i>	All Saints', Newton
Thursday 6th April <i>Maundy Thursday</i>	10:00	<i>Chrism Eucharist</i>	St Edmundbury Cathedral
	19:00	<i>Maundy Thursday Foot Washing Service followed by Silent Vigil</i>	St Mary's, Boxford
	19:00	<i>Maundy Thursday Foot Washing Service followed by Silent Vigil</i>	St Bartholomew's, Groton
Friday 7th April <i>Good Friday</i>	09:30	<i>Good Friday Service of Reflection</i>	St Lawrence's, Lt Waldingfield
	14:00	<i>Good Friday Liturgy</i>	St Mary's, Boxford
Saturday 8th April <i>Easter Eve</i>	18:00	<i>Easter Communion on Easter Eve</i>	St Bartholomew's, Groton
Sunday 9th 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 Lawrence's, Lt Waldingfield
	11:00	<i>Easter Day Eucharist</i>	All Saints', Newton
	11:00	<i>Easter Day Service with Children's activities</i>	St Mary's, Boxford
Wednesday 12th April	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 16th April	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Lawrence's, Lt Waldingfield
Wednesday 19th April	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 23rd April	8:00	<i>BCP Holy Communion</i>	St Mary's, Boxford
	8:45	<i>Benefice Breakfast</i>	St Mary's, Boxford
	9:30	<i>Pilgrim Eucharist for all the Family</i>	St Mary's, Boxford
	11:00	<i>Sunday Eucharist</i>	All Saints', Newton
Wednesday 25th April	10:00	<i>Midweek Eucharist</i>	Mary's House, Boxford
Sunday 30th April	09:30	<i>Benefice Shared Service</i>	St Bartholomew's, Groton

(Morning Prayer online every Tuesday, Thursday and Friday morning from 8.30am)

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

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



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY

Sun 2nd April 7pm *Lenten Study Group*, Online
Tues 4th April 10am *Drop in for Coffee*, Mary's House
Wed 5th April 8:30-4pm *Easter Holiday Club*, St Mary's, Boxford
Fri 7th April 10:45am *Coffee Morning*, St Lawrence's, Lt Waldingfield
Tues 11th April 10am *Drop in for Coffee*, Mary's House
Wed 12th April 3pm *Bible Study Group*, 47 Swan St, Boxford
Sat 15th April 10am *Coffee Morning*, St Mary's, Boxford
Tues 18th April 10am *Drop in for Coffee*, Mary's House
Wed 19th April 10am *Coffee Morning*, All Saints', Newton
Fri 21st April 7:30pm *Trio Concert*, St Mary's, Boxford
Sat 22nd April 1pm *Wedding*, St Lawrence's, Lt Waldingfield
Sun 23rd April 8:45am *Benefice Breakfast*, St Mary's, Boxford
Sun 23rd April 12:30pm *Lt Waldingfield & Newton APCM*, Newton
Sun 23rd April 6pm *Suffolk Villages Festival, 20 Fingers on a Broadwood Piano*, St Mary's, Boxford
Tues 25th April 10am *Drop in for Coffee*, Mary's House
Sat 29th April 1pm *Baptism*, St Lawrence's, Lt Waldingfield
Sun 30th April 11am *Groton & Edwardstone APCM*, Groton



HOLY WEEK & EASTER

WE LOOK FORWARD TO WELCOMING YOU TO OUR CHURCHES THIS HOLY WEEK AND EASTER, THERE WILL BE SERVICES THROUGHOUT THE BENEFICE. THANK YOU TO EVERYONE WHO DONATED TOWARDS THE EASTER LILIES AT ST MARY'S, BOXFORD, PLEASE DO COME ALONG TO OUR EASTER DAY SERVICE TO SHARE IN THEIR BEAUTY AND BE A PART OF THE RICH SYMBOLISM AND JOYOUS COMMUNITY AS WE EXPERIENCE THE PASSION, DEATH AND RESURRECTION THROUGH SYMBOLISM, SONG, PRAYER AND REFLECTION.

OUR SERVICE SCHEDULE DETAILS ALL THE HOLY WEEK AND EASTER SERVICE INFORMATION



NEW SPRING AND SUMMER SERVICE, BENEFICE BREAKFAST AND FOREST CHURCH

As the warmer and longer days approach, we are very much looking forward to our new services and activities. From the 23rd April and continuing throughout summer on the 4th Sunday of each month at St Mary's Boxford, there will be BCP Holy Communion followed by Benefice Breakfast at 8.45am, perfectly sandwiched between 2 services, with the Pilgrim Eucharist for all the family, following at 9.30am.

Forest Church returns on the 7th May to the Rectory Woodland at 11am, and will continue throughout the summer on the 1st Sunday of each month. Encounter divine things in the great outdoors, in the sky, the earth, the trees and the wildlife. This service is suitable for everyone, young and old.

LIGHT UP ST MARY'S, BOXFORD

On the 2nd March, St Mary's Church was lit up in memory of Geoff Gant on his birthday. Our thoughts and prayers are with Geoff's family and friends.

If you would like further information about lighting up St Mary's Church in "memory of a loved one or in celebration of an anniversary, birthday or special occasion", please contact the Benefice Office for further information.

CONCERTS AT ST MARY'S BOXFORD

St Mary's will be hosting 2 musical extravaganzas over the same weekend. On Friday 21st April at 7.30pm, The London Trios, Hadyn – tickets available online or at the Post office, followed

by the return of Suffolk Villages Festival on Sunday, 23rd April at 6pm with "20 Fingers on a Broadwood Piano". Tickets available www.suffolkvillagesfestival.com.

HAPPY HOUR CONCERTS AT ST MARY'S

We are also delighted to announce that we will be hosting monthly "Happy Hour Concerts" in May, June and July, with our Director of Music, Tom Cogan. These concerts will be FREE with the retiring collection in aid of St Mary's Church, enjoy a glass of wine after the concert. Starting on 13th May, between 6 and 7pm, please join Tom for an organ recital. No need to book, just come along.

COMMUNITY LUNCH – ST MARY'S BOXFORD

Wednesday, 24th May at 1pm

Do come along and join us at our community lunch. Enjoy a delicious home-cooked, 2 course lunch. Everyone is welcome. Suggested donation is £5, payable on the day. Please contact the Benefice Office to reserve your place.

SAVE THE DATE – BOXFORD OPEN GARDENS INCLUDING EDWARDSTONE

Sunday, 4th June, 11am – 4pm. Plant stalls, cake stalls, cream teas, artist studios. All funds support St Mary's Church. NEW GARDENS AND CHILDREN'S TRAIL for 2023. We are always on the look out for additional gardens to "show off". If you would like to be involved, please contact Audrey Zuck – audrey@a2zriskservices.com

BENEFICE CATHEDRAL TOUR

Sunday, 18th June, 1pm – 5pm

We have arranged for the Benefice to visit St Edmundsbury Cathedral where we will be treated to a history tour of the cathedral and its historic monastic foundation, followed by Choral Evensong in the cathedral after which the cathedral will kindly provide afternoon tea for us. There is no charge for this, but you will need to make your own travel arrangements. Please contact the Benefice Office to reserve your place, spaces are limited.

ANNUAL REVISION OF THE ST MARY'S PARISH CHURCH, BOXFORD ELECTORAL ROLL 2023

Application forms for those wishing to join the parish church electoral roll are available at the back of St. Mary's church or from the Benefice Administrator, Liz Potter. Membership of the roll entitles you to vote at the Annual Parochial Church Meeting, stand for membership of the church PCC and the Deanery Synod. The forms must be returned to Christopher Kingsbury, Electoral Roll Officer, the Benefice Office, Fr. Rob or a member of the PCC for the attention of Christopher Kingsbury, no later than 29th April.

Those already on the roll DO NOT NEED TO RE APPLY this year, the next new roll will be in 2025.

PALM SUNDAY 2ND APRIL 2023



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

**5 PM – PALM SUNDAY EUCHARIST
ST MARY'S BOXFORD**

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

YOU'RE INVITED TO
ST MARY'S CHURCH
EASTER HOLIDAY CLUB
WEDNESDAY, 5TH APRIL 2023

3 SESSIONS AVAILABLE
 ALL DAY 8.30-4PM
 AM ONLY 8.30-12PM
 PM ONLY 12.30-4PM

£10 ALL DAY OR £5 PER SESSION PER CHILD
 PLEASE SUPPLY YOUR OWN SNACKS AND LUNCH

JOIN US FOR FUN GAMES, CRAFTS & MORE. WE WILL ALSO HAVE AN EASTER EGG HUNT!
 SUITABLE FOR SCHOOL YEARS 2 - 6

to book a space please
 email: boxriveractivities@gmail.com

If you would like your child/children to attend but can't stretch to the cost, please email us in confidence.

HAPPY HOUR CONCERT
ORGAN RECITAL
WITH TOM COGAN
ST MARY'S CHURCH, BOXFORD
SATURDAY, 13TH MAY
6.00 - 7.00 PM
 FREE ADMISSION, NO NEED TO BOOK, JUST COME ALONG
 RETIRING COLLECTION IN AID OF ST MARY'S CHURCH
 ENJOY A GLASS OF WINE AFTER THE CONCERT

BOXFORD FRIENDSHIP GROUP

Our first anniversary meeting!

Please join us for our AGM on **Monday 24th April 2023** at **Boxford Village Hall** **2 until 4pm**

Refreshments and activities included.

Looking forward to seeing all our members,

Wendy 01787 210342 & Alison 01787 211067



PROGRESSIVE WHIST DRIVE

Thursday 9th March, 7pm Monks Eleigh Village Hall

We play 18 hands of whist, stopping for refreshments after 12 hands. £3 to play. We are a small but sociable group. If you enjoy playing cards do join us, no experience of Whist needed.

We hold a bring a prize win a prize raffle. Angela 01449 740414

ANNUAL PARISH MEETING

on
Tuesday 28th March 2023 at 7.30 for 7.45pm start in Boxford Village Hall

VILLAGE ORGANISATIONS ARE INVITED TO ATTEND AND GIVE REPORTS IN THIS ELECTION YEAR.

IT IS HOPED NEW AND EXISTING PARISH COUNCILLORS WILL STAND FOR THE NEXT 4 YEAR TERM BRINGING THE PARISH COUNCIL BACK TO THE FULL 9 MEMBERS FROM MAY 2023

Please come along and hear from Village organisations and Councillors who all work hard to keep Boxford such a vibrant community.

All are encouraged to attend and contribute. Nomination papers to join the Parish Council are available from Babergh District Council.

Parish Councillors:

Julian Fincham-Jacques (Chairman), Lisa Wortley (Vice Chairman), John Moles, Theresa Munson, David Warren and Howard Watts

Babergh District Councillor: Bryn Hurren

Suffolk County Councillor: James Finch

Will all be present. Tea & Coffee will be served at 7.30pm
 The March Parish Council Meeting will follow at 9pm

POLSTEAD GARDENING CLUB

Our spring season of meetings is drawing to a close, coming up we have:

Tuesday 11 Apr at 7.30pm: *Container Planting For All Year Colour* with Gavin Edwards

- Summer break -

Tuesday 26 Sept at 7.30pm: *Lisa Matthews from Nature's Citizen talking about the Polstead Project*

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). Includes a drink and nibbles.

Queries to gardeningclubpolstead@yahoo.com



POLSTEAD FILMS PRESENTS

LIVING

A mesmerising drama scripted by Kazuo Ishiguro and set in 1950s London.

Bill Nighy gives one of the finest (not to say subtlest) performances of his career to date.

Friday 14th April

POLSTEAD VILLAGE HALL :

Doors open 7pm

Tickets £4.50. Reserve by emailing polsteadfilms@gmail.com or buy at Polstead Community Shop (along with their scrumptious cakes).



BOXFORD
GARDENING SOCIETY

HANNAH POWELL

The History of Perrywood



Tuesday 4th April 7.30pm
at Boxford Village Hall



Fleece Jazz at
Stoke-by-Nayland Hotel presents

The Alan Barnes/Andy Panayi Sextet salute Cannonball & Coltrane

Wednesday 12th April 2023 8pm - Tickets: £22



Post-bop tunes from a golden era of jazz

Alan Barnes – Alto sax
Andy Panayi – Tenor sax
Robbie Robson – Trumpet
John Donaldson – Piano
Simon Thorpe – Bass
Pete Cater – Drums

The Alex Clarke Quartet

Wednesday 26th April 2023 8pm - Tickets: £18



A musical voice steeped in the tradition of jazz with a deep respect for the heritage of the music. A swinging, melodic sound supported by a trio of jazz royalty.

Alex Clarke – Saxes/Flute
David Newton - Piano
Dave Green – Bass
Clark Tracey – Drums

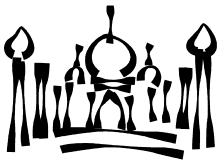
Stoke by Nayland Hotel, Keepers Lane, Leavenheath CO6 4PZ

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

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

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

GROTON VILLAGE HALL MANAGEMENT COMMITTEE
PRESENTS



QUIZ AND CURRY EVENING

At

Groton Village Hall

On Friday 21st April 2023 7:30 for 7:45 start

£12.50 per head (entry plus choice of curry & dessert)

Teams of 4-6

B.Y.O. Bar

Raffle

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

Boxford Church Fundraiser

The London Trios Haydn

Friday April 21st 2023
7.30 pm

Violin Rhianwen Gold
Flute Mary Blanchard
'Cello Edward Gold

Adults £10 Under 18s FREE

www.ticketsource.co.uk/boxford-concerts

Boxford Post Office or on the door



St Mary's Church, Boxford CO10 5DU

SPRING HAS OFFICIALLY SPRUNG!

THE ARTS SOCIETY STOUR VALLEY'S UPLIFTING 2023 PROGRAMME IS WELL UNDERWAY



On the 3rd Wednesday of each month at 11am
at Long Melford Village Hall, CO10 9QJ (opp The Bull)

We offer diverse illustrated Monthly Talks, Visits, Special
Interest Days + a quarterly magazine & much more
– all at a very reasonable cost

For further details: and to get your name onto the
temporary membership waiting list

Contact: info@TASstourvalley.org.uk quoting **BRN23**
or via our website www.TASstourvalley.org.uk

WEDNESDAY 19th APRIL

The Bayeux Tapestry: 950 years of Propaganda, Intrigue & Spin

One of the most outstanding cultural objects to survive
from the early Middle Ages along with a few unanswered
questions. Made in England or France? Stitched by men or
women? Used by Napoleon to bolster French ambitions for
a new cross channel invasion? Coveted by Hitler?

HADLEIGH ORCHESTRA

Hadleigh Orchestra, in conjunction
with St Mary's Church, Hadleigh,
are planning on putting on a "Last
Night of the Proms" concert on 21st
October 2023.

We are looking for enthusiastic
singers of all abilities to join us for
a fun evening of making music together, with the classic Proms
items, including *Land of Hope and Glory*, *Jerusalem*, and *Rule
Britannia*.

We will also be performing the choral works, *Hallelujah Chorus*
from Handel's *Messiah*, and *Faure's Cantique de Jean Racine*.

There will be a rehearsal to include singers on Monday 16th
October and again on the afternoon of the concert.

It would be great to have a mixed group of singers – if you are
interested in coming along please click on the link below for more
information and to register your interest: <https://bit.ly/proms-form>

Alternatively you can scan the QR code for
more details.

We are also keen to welcome new players
to the orchestra, preferably Grade 4 standard
or above. The orchestra meets on a Monday
evening at Beaumont School, 14 Durrant Rd,
Hadleigh, IP7 6GD from 7.30-9.15pm.

If you are interested please pop along on a Monday
evening (term-time) or get in contact via our website,
<http://hadleighorchestra.uk> You will be assured of a friendly wel-
come amongst a group of friends who simply enjoy making music
together.





NEWTON GREEN GOLF CLUB EASTER EGG HUNT



FREE to attend, everyone welcome
Easter Sunday 9th April, 1pm at the Golf Club
Booking essential. Pre-register with Tim Cooper
Mob: 07495 766 151 Tel: 01787 377 217
Email: teoopergolf@aol.com
Fun Hunt & Games (bring a basket)



Easter Egg Hunt!



THE 15TH SUFFOLK CLASSIC MOTORCYCLE SHOW

**STOUR VALLEY BUSINESS PARK,
BRUNDON LANE, SUDBURY, SUFFOLK
CO10 7GB, JUST OFF THE A131**

10th APRIL 2022

**Café, raffle and auto-jumble, trophies for all
classes**

10 am – 4 pm

£1 entry - In aid of local charities

For more info: John Walker Tel: 01787 881803



??????????

MILDEN PAVILION QUIZ & GAMES NIGHT

Saturday 15th April 2023

**Please join us for a fun evening
to include Fish and Chips*
cooked on site from 6.30pm**

** Gluten Free and Vegetarian options available but must be ordered*

**Tickets £15 per person with
up to 8 per team or table.**

Licensed Bar open from 6pm

Quiz from 7.30pm

Evening to include a Charity Raffle

**Please email: info@mildenpavilion.co.uk
or phone 01787 248145 to book**



Milden Pavilion
Church Road
Milden
IP7 7AF



www.mildenpavilion.co.uk
Registered Charity No 304919



BOXFORD SOCIETY SPRING MEETING



Jane Gosling, the former Manager of the Guildhall in Lavenham, a National Trust property, and an expert on the Cloth Trade, will be giving a talk entitled Boom and Bust in Medieval Lavenham on **Saturday 22nd April 2023** in the Village Hall, Boxford starting at 7.30pm.

Lavenham was the heart of the thriving cloth industry, whose merchants made it one of the wealthiest towns in Tudor England. The talk explores their rise to fame, the houses they left behind and the following crash.

Tickets are free for members of the Society and only £2 per person for visitors.

Do come and hear Jane's fascinating talk.

COFFEE MORNING

IN AID OF ST NICHOLAS HOSPICE

Saturday 22 April

Newton Green Village Hall

10am - 12noon



Raffle
Bric-a-Brac
Toys
Cakes
Water to Wine Stall
Teas & Coffees
Nearly New Stall



For more information
call Carole on
01787 373548

The Boxford Tornado Cycle Sportive

Sunday 23rd April 2023

Boxford Playing Fields CO10 5PB

**Join us on a 32 mile or 65 mile route
through rolling Suffolk countryside.**

**Fully Sign Posted Scenic Route
Mechanical Support
First Aid Support
Mid-Point Feed Station For 65 Route
Free Event Photos
Post Ride Food**

Price £23

Tob book through British Cycling, visit:
<https://www.britishcycling.org.uk/events/details/274231/The-Boxford-Tornado-2023>

For more information, visit:
<https://www.boxfordbikeclub.co.uk/boxfordtornado>



Boxford
B i k e C l u b

NEWTON FIRESIDE CLUB COFFEE MORNING

SATURDAY 20th MAY

10.00 - 11.30am

NEWTON VILLAGE HALL

* REFRESHMENTS * BRIC-A-BRAC *
* BOOKS * CAKES * RAFFLE *

Donations of raffle prizes, cakes, books and bric-a-brac would be most welcome and can be brought on the day or delivered to Sue Presland at Redwoods, Church Road beforehand

For further details
please contact Sue on

01787 379204

or

07881 383998



MADRIGALIA NEWS

After a super busy Christmas period, we enjoyed a short break before restarting rehearsals in preparation for this year's events as well as welcoming some new singers into the choir.



We're looking forward to the Boxford Street Party on Sunday May 7th in celebration of King Charles's Coronation. A whole variety of entertainment is planned and as a small village organisation we're delighted to be taking part in the celebrations on this special historic day.

Sunday 4th June - we shall once again be singing for the Boxford Open Gardens in aid of St Mary's Church. We shall be giving a short recital in the church before singing outside at a venue/venues to be confirmed.

Madrigalia

Sing We and Chant It



Madrigalia is a small choir in Boxford which meets fortnightly on Thursday evenings.

New singers welcome

Call Sue Price 01787 210 913



Copyright © Mrs Sue Price

Newton Green Fireside Club
is pleased to announce the return
of a much loved village event

THE MIDSUMMER MUNCH

SUNDAY 11 JUNE 2023 FROM NOON

TICKETS ON SALE SOON!

ADULTS £10, CHILDREN £5
FAMILY TICKET £25

THE JUBILEE GARDENS/VILLAGE HALL

MUSIC BY VINYL RICHIE

BBQ INCLUDED

BRING YOUR OWN DRINK

BOXFORD GARDENS OPEN

Including Edwardstone

SUNDAY 4TH JUNE

11AM – 4PM

Plant Stalls·Cake Sale
Cream Teas·Artists' Studios



All funds support St Mary's Church

NEW GARDENS & CHILDREN'S TRAIL

Contact audrey@a2zriskservices.com for details

LITTLE WALDINGFIELD PARISH ROOM

RACE NIGHT

ENJOY A NIGHT AT THE RACES
SATURDAY MAY 20TH

RACE BRIEFING 7.15PM
1ST RACE 7.30PM

Ticket includes a
2 course supper
BYOB



£12/ticket

Tickets available from Sue Bowen
Tel: 01787249473 (H)
07962210359 (M)
sd.bowen@btopenworld.com



Boxford's Broad Street Party!

In Celebration of the Coronation of Charles III

Sunday 7th May 12 noon till late

Live Music & Entertainment plus stalls,
amusements and fun!

More details will follow...



BoxfordCommunityCouncil@gmail.com
Boxford Parish Council

Groton's Coronation Celebration

Sunday 7th May 2023
12.30 until 2.30

at
Groton Village Hall

Buffet, Teas/Coffee, Toast our new King
To help with catering numbers please ring Jayne 01787 211 360



MILDEN SINGERS

The Mildens Singers are a fun Singing group who
meet on Monday evenings.

New members are welcome.

The ability to read music is not essential
And we sing everything from Mozart to Queen!

Please phone Pearl on 07884 167 906
Or email pg906@btinternet.com

Milden Pavilion, Church Road, Milden IP7 7AF
www.mildenspavilion.co.uk / info@mildenspavilion.co.uk

JAZZ at Monks Eleigh Village Hall



The Wendy Kirkland Trio with Roger Beaujolais

A swinging mix of keyboard, guitar and vibes

Saturday, 27th May 2023

Doors and bar open: 7.00 pm – free nibbles

Show starts: 7.30 pm

Tickets: £20.00 available from Sarah Bennett:
sarah@sarahbennettjazz.com or 0771 821 5775

Also available on the door (cash please!)

Raffle + Ample parking!

Proceeds to the Monks Eleigh Community Shop

BRIAN TORA'S SOAP BOX

I am beginning to fall out of love with insurance companies. I know they perform a useful – necessary even – function in the way our society operates, but I detect a change in their attitude which suggests they are perhaps increasingly seeking to find ways to avoid paying out on claims, rather than meet what seem to me to be the obligations they accept when they receive the premiums we pay to secure insurance cover. Moreover, claims made when no fault of the claimant exists can result in higher premiums, as I discovered to my cost.

Over the years I have generally received a good service from the various insurance companies with which I have held policies. These have covered a variety of potential issues from health, cars, buildings, travel and possessions. Generally I believe I have paid out more in premiums than I have received in compensation, but then insurance is a business, where the companies providing the cover seek to combine multiple potential liabilities together, so that in aggregate the premiums they earn amount to more than they have to pay out.

This makes for sound business practice to me of course, but just recently the small print seems to have tipped the balance in favour of the insurer and away from those seeking to protect themselves from the unexpected unfortunate occurrence.

On three recent occasions I am aware of the detail in the policy document being used to allow the insurer to deny responsibility. OK, I accept that we should responsibly read all the detail that the insurance company asks us to take on board, but do we? I rather doubt it. And, anyway, much of this verbiage is open to interpretation.

Let's take the case of a friend who suffered a cardiac arrest while on a cruise. Fortunately, the ship on which he was travelling had full medical facilities, including an intensive care unit. The good news was that they were able to stabilise his condition and he was able to continue his holiday after treatment on the ship. The less good news was that the medical facilities on board were expensive, leaving him with a bill of over \$7000 for just a single day's treatment.

Having a known heart condition, he had naturally informed his usual medical insurers of past problems. Moreover, he had taken out separate travel insurance for this one journey. Neither insurance company were prepared to refund the cost of the on-board treatment. His medical insurers considered it was not within their remit as he was travelling and the travel insurers said he had not disclosed sufficient information at the time the policy was taken out. And as if to add insult to injury, they cancelled his policy with immediate effect and told him he was not entitled to any return of premiums, a condition laid out in the small print that came with the policy.

My friend is fighting this decision as he considers all the relevant medical information was made available to the insurer at the time the policy was taken out. He's not holding his breath, though. A successful businessman, but now retired, he has the capacity to take up the challenge, but also the realism that the dice will be loaded against him because of the wording of the terms and conditions, which sadly all too few of us read.

My own experience has been less traumatic, but upsetting nonetheless. A claim for damaged electrical goods following a power surge in Portugal was met with a blank refusal of compensation from the electricity provider responsible and the insurance company that provided cover for our house there also felt it was not their responsibility. However, neighbours who were similarly affected did receive insurance pay-outs. Fortunately, our lawyer stepped in and secured at least partial recompense.

Of more concern was a claim for which the insurance company that provides cover for our house in Suffolk refused to honour. Without going into detail, having raised a claim, a loss adjuster was despatched who agreed the claim had merit, but needed further investigation before remedial work took place. The investigation was duly booked, but a few days before it was due to take place, the same loss adjuster telephoned us for more details of the circumstances, which led to the insurance company denying responsibility.

The justification was, as you might have guessed, in the small print.

It gets worse. Having raised a claim, we were now obliged to pay for the investigation and remedial work ourselves as, if we were to sell our property (which sadly we need to do), we would have to disclose the circumstances of the claim. Worse still, we were unable to use an alternative insurer until the work had been completed, so we were stuck with renewing our (monstrously expensive) policy with the insurer that had let us down. Fair? I don't think so.

So insurers have leapt to the top of my list of least favourite professions at present. If you add up all the premiums paid to insurance companies, this is probably my family's biggest single annual expense. And these premiums have a habit of going up. Indeed, my motor insurance cost, which is a legal requirement, rose following an accident which was most certainly not my fault as I was 70 miles away at the time someone ran into my car at the station car park in Sudbury and wrote it off. When I pointed out to my broker that the claim had been settled by the perpetrators insurance company, not mine, they simply said that it was still on my record.

Brian Tora

KENNY'S NEWS FROM SESAW



The garden is full of birdsong heralding the arrival of Spring but it's so cold at the time of writing! Poor old Ollie (the Black) Cat is tantalised by the nesting birds he can only watch from the window as he recovers from a little accident. He has enjoyed being pampered but he's getting restless now.

The improvements outside are coming along nicely, thanks to our willing volunteers and a work party from the Colchester-based branch of Informa. The

team braved miserable weather to spruce up the site and were still smiling at the end of the day. A big thank you to all of them, please come back soon!

Thanks are also due to Pets At Home in Colchester for choosing SESAW as the store's official charity for 2023. We look forward to meeting customers in store during the year.

Although we are currently 'hibernating' to facilitate site improvements, emergency admissions have continued as circumstances force people to part with their family pets. If you are in a more fortunate position and looking for a new four-legged companion, please check our website or drop us an email with your details. We have many cats and dogs including Boots, a Chihuahua Terrier cross. She's very loving and needy, having been through a lot in her life and needs a special diet to keep her fit and well. She's a real cutie, ready to walk into your home and be the one-and-only your heart desires.

I hope the weather has warmed up by the time the read this from me, *Kenny (the Boss) Chihuahua*.

Suffolk & Essex Small Animal Welfare, Stoke Road, Leavenheath, CO6 4PP.

Tel: **01787 210888**

www.sesaw.co.uk



EASTER ON THE FARM



SATURDAY 1ST - SUNDAY 16TH APRIL 2023

Have an EGG-s-tra special, fun-filled Easter here at Hollow Trees Farm!

ONLY
£6
per person
online



[f](https://www.facebook.com/HollowTreesFarm) [t](https://twitter.com/HollowTreesFarm) [i](https://www.instagram.com/HollowTreesFarm)
@HollowTreesFarm
#GreatDayOut

See our lovely little
Lambs leap around
the fields!

Our Cresta Run is back!

HOP on our Grass Sledges and
whizz down the track!

Enjoy a great day out
for all the family!

**WHERE HAS
FARMER BOB
HIDDEN HIS
EASTER EGGS?**



You will find us on the A1141 Hadleigh/Lavenham Road

☎ 01449 741 247 ✉ shop@hollowtrees.co.uk 🌐 www.hollowtrees.co.uk

📍 Hollow Trees Farm, Semer, Ipswich, Suffolk, IP7 6HX

Art Classes and Printing Workshops

Our classes are a great way to
learn new skills in a wonderful
relaxing environment.

For more information on all our
workshops and to book, simply go to ...
www.milltyegallery.co.uk/book-online

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

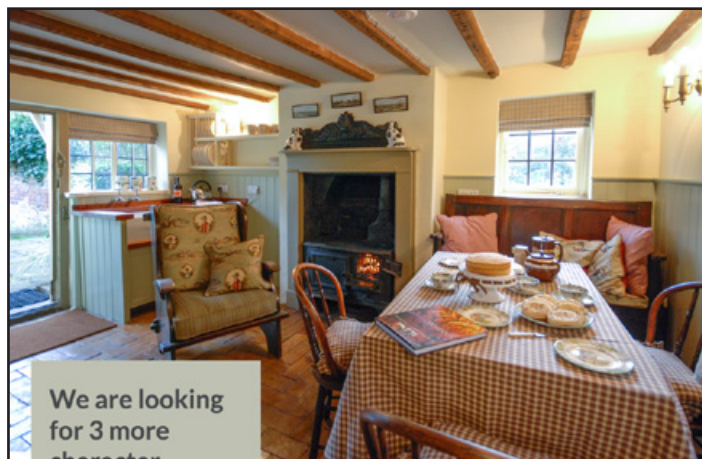
Opening Times
Thursday to Sunday
10:30am to 4pm.



Mill Tye is sign posted off the Bures Road in
Great Cornard, Approximately a mile out of
Sudbury Town Centre. The turning is opposite
the King's Head Pub. Find us opposite the Mill
Pond, in the old 'Bakers Mill' Building.



**MILL TYE GALLERY
ARTS CENTRE**
milltyegallery.co.uk



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



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

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

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

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

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

PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

Boxford "Town" 100 Years Ago - Part 1 Broad Street and Church Street

Yes, Boxford "town"! Up until the 1920s local people still often said they were going "into Boxford town". They meant the place where they could buy or order nearly all the goods they needed and use a wide range of services. There were at least 37 retailers here at various times between 1900 and 1930 and rather more trades and services, many of them linked to farming. This was the peak of Boxford's importance to a wide range of villages, hamlets and farms in the surrounding area, at a time when most people had to walk to shop and only the wealthier had a horse. Most inhabitants were poor farm labourers on very low wages and living in cramped, overcrowded cottages with large families. They were often unemployed or laid-off and so shops did not have it easy either. The population was still declining as well as people moved out of the area in search of work.

Malt, beer, clothes, hats, gloves, boots, leather goods were all made in the village and there was a thatcher, a saddlers, a blacksmith, builders, undertakers, carpenters etc. Carriers with horse-drawn wagons took the grain out and brought coal and timber in

from the railheads at Sudbury and Hadleigh, and from London via the port at Ipswich. Animals were still driven to market on foot. It is against this background we must view the accompanying photos.

Broad Street has been the centre of the village from medieval times when fairs were held there regularly, even though Boxford never had a market charter. It was inevitable that shops and services would congregate around a river crossing (initially a ford – later a bridge). Roads came together here from four directions and there was flat, dry land near the river, reasonably safe from flooding and so suitable for building on. Two inns developed early on here – the Fleece and the White Hart. Today's Boxford Stores and Post Office was a butcher's "shambles" in medieval times. Historically 'shambles' referred to a slaughterhouse, not chaos!

There is a map in my book "Boxford Through The Ages" naming all the shops and services in the centre between 1900 and 1930. It can be bought at the Boxford Stores and Post Office.

Roger Loose



Left: Broad Street / Swan Street c1902

Taken in the early 1900s this photo shows the run-down state of the town. The staff of Riddelsdell's were obviously forewarned as they are "on parade" in front of the shop. This was the largest shop in the town, on two floors. William Riddelsdell (b.1845), grocer and draper, owned it until the 1910s when his son Arthur "Buck" Riddelsdell took over. It sold hardware and household goods, furniture, clothes, shoes, tools, fruit and vegetables, cottons, haberdashery and tobacco, testifying to its major part in supplying a wide range of goods to the local area. In 1926 it became the Post Office too. Notice the carrier's horse and cart outside the shop bringing a delivery.

To the right of Riddelsdell's is the bakers and confectioners shop owned by Edward Griggs, one of three bakers in the village. He or his wife are standing in the doorway. Charlotte Griggs, aka "Aunt Dusty", lost her husband and sons in WWI but continued to run the bakery. She was called "Aunt" because she acted as the unofficial village midwife and "Dusty" because her husband always was covered in flour and she inherited the nickname. On the extreme right of the picture is Ribbans the butchers. Next door beyond Ribbans is Turners, the saddlers.

Right: C. Barrel, Butcher c1920. L-R: Bert Cook. C Barrel & Stanley Crisp. By the time this photo was taken in the 1920s, Ribbans shop had been taken over by C. Barrel. Although not a good quality picture it does display a very large quantity of meat, including several sides of beef. The windowless front was necessary to keep the meat fresh in the absence of large refrigerators and it was shuttered at night.

It is puzzling that this impoverished village had several butchers shops, including a dedicated pork butcher. There must have been some money around for food and a solid meal of potatoes and vegetables with some meat was considered important for hungry farm workers. The shop building is now called 'Graham House'.



Left: Brass Band outside Riddelsdells, Broad Street / Church Street.

The precise date of this picture and the nature of the celebration taking place is not known, but it looks like the early 1900s. Any help with this would be welcome. The brass bandmen's uniform is very smart and they are carrying a standard. There were Territorials in Boxford around this time, before WWI. The villagers, including the children, are in their Sunday-best and wearing fashionable hats of the period. The village 'bobby' stands chatting on the bridge keeping an eye on things. The shop on the right immediately over the bridge in Church Street was a carrier and funeral parlour and belonged to Walter Bowers. He was nicknamed "Larky" and ran 2 horse and carts to Sudbury on market days, and Colchester on Saturdays. If there was room you could ride for a shilling (5p). Far left is The Chequers which was still a pub at this time.



Left: Broad Street 1920s

Broad Street in the 1920s is now busier and a bit smarter, and there is a good display in Riddelsdell's window. By this time many in the village will have owned a bicycle and it allowed people to travel much farther to work.

In front of the bus is a pony being led down the middle of the road by Ruby Alleston. The bus design makes it almost certainly a Rules bus setting off for Sudbury, but it could have belonged to Skinners of Swan Street. The bus was first registered in 1920 as the XB numberplate shows. It also ran to Colchester on market days. It was kept in a shed on the Croft and picked up passengers at the Old Gaol, as modern buses do today.

To the left of the bus across the river is one of builder Walter "Bloss" Kingsbury's workshops. The Fleece Hotel, once the starting point for stagecoaches to London, housed visitors and advertises "Garage, Luncheons and Teas".

Right: White Hart brewery c1912
Turning the camera round we see the White Hart Inn, its maltings and brewery. The photo was probably taken around 1912, not long before these were pulled down. The wagon and "four" appears to be delivering a heavy load of barley in sacks. Looking further along Broad Street through the gap one can just see another large maltings on the corner of Butchers Lane next to Peyton House. Boxford has had 22 maltings in its history, showing the quality and importance of local barley and beer drinking! Immediately beyond The Fleece archway is another small shop, belonging to Fred Hynard, master butcher.



Above: Old Bakery, Boxford 1924

In 1924 Alf Peachey took over the popular bakery and confectioners next to the Croft. The window shows that it also sold sweets and other foods. Alf is on the left with wife Maggie behind. The man on the right is likely Alec Smith or Claude Humphrey. Alf was nicknamed "Puff" as his cream horns were renowned. They baked bread and pastries every night and celebration cakes on demand. Later they sold newspapers too.



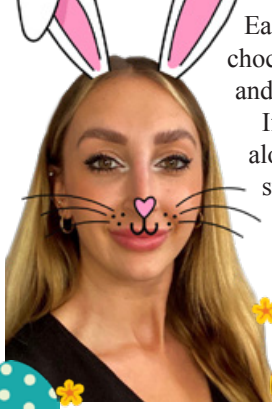
Above: Church Street from Broad Street, 1920s

This photo gives a clear view of Church Street, probably taken in the late 1920s. Notice neither the bridge nor street had a pavement. With so few cars it was usual to walk down the centre of the road. The inn sign has gone from The Chequers on the right and it is thought that it closed in 1926.

Beyond that is the entrance to the blacksmith's forge. Horses for shoeing would be tied up outside the forge in the road and they would be shod there too. As a young girl, Gillian Harris would deliver them after school to their owners. Herbert Stone was the blacksmith until the 1920s when his son Earnest (Smiffy) Stone took over. Herbert was also verger and sexton.

Smiffy was in charge of the Church Bellringers and was thought to be the last person to ring St Mary's Church bells right over the top in 1928.

THE GLOW PRO



Easter is creeping upon us, which means chocolate, Easter egg hunts, hot cross buns and yep, you've got it...more chocolate!

If you've got a sweet tooth, you're not alone. Whilst I love indulging in lots of sugary delights, it can wreak havoc on my skin.

That's why I've collated some tips to help you avoid unwanted breakouts, whilst relishing those sweet treats...

Less is more

When skin starts misbehaving, it can be tempting to mask it beneath a thick foundation. Now, I love cake, but I don't love cakey foundation!

Instead, I recommend a light-weight BB cream for a natural complexion that allows skin to breathe.

Garnier Anti-Age BB Cream SPF25 (£9.95) is my hero product, as it's moisturising, evens out skin tone, conceals imperfections and soothes the skin. It's packed with hyaluronic acid, aloe vera extract and ultra-thin mineral pigments, making it the perfect hybrid product.



Swap out the milk chocolate



I have a weakness for all chocolate, but my skin isn't such a fan! Milk chocolate in particular is very processed and filled with refined sugars. By comparison, vegan chocolate uses alternatives, such as coconut sugar or nectar.

So, if you're looking for a healthier alternative, consider trying something different. Your skin will thank you for it and you'll also be doing your bit for the environment!

If you're not convinced, high percentage dark chocolate still contains less sugar than milk and it's rich in antioxidants.

Cleanse and cleanse again



Profhilo Micellar Water in clinic

You can help to save your skin from the splurge of Easter by remembering to cleanse! Modern-day living is already overloaded with toxins, pollutants and impurities but you can mitigate the effects of these AND those chocolate bunnies by remembering to cleanse.

Profhilo Micellar Water (£25) is a staple product, as it's gentle, effective and melts away stubborn makeup, without the need for heavy scrubbing.

It leaves skin feeling squeaky clean and supple without any greasy residue.

Hydrate from the inside...

We all know the unlimited benefits of drinking water – from helping your body to properly absorb nutrients to removing toxins.

However, if you're like me and load up on tea, you may not be drinking the recommended amount of water... 3ish litres a day, eek!

When skin is dehydrated, wrinkles and pores can appear more prominent and our complexion may be dulled. That's why, when your diet consists of more sugar than usual (no judgement here), remember to stay hydrated.

Hydrate from the outside

Rich Replenishing Cream in clinic

If you had to boil down what's a non-negotiable in any skin-care routine, it would be a good face cream.

For me, ALLSKIN|MED Rich Replenishing Cream (£75) is the holy grail of skincare, as it instantly brings tired skin back to life. The science-backed formula contains growth-factors and is clinically proven to firm and reduce fine lines and wrinkles. Whilst touching your face is a BIG skincare no-no, I can't help but admire how silky and buttery my skin feels after each use!



Treat yourself to something else

Easter isn't just about chocolate, so if you'd rather invest in 'eggcellent' skin, why not treat yourself to a blissful facial instead of the sweet stuff?

If you lead a busy lifestyle, I recommend our Express facial (£40), which includes a thorough cleanse, a scrub and a relaxing décolletage and facial massage, which helps to reduce fluid retention and flush out toxins. It's a heavenly experience that will supercharge your skincare game!

Helena x



Suffolk Medical & Beauty Clinic
Medical Aesthetics



Thank you for all of your questions and comments for this month's Q&A! Our chosen question comes from Lily in Sudbury, she asks:

Q: "I'm fed up of using mascara but don't like my natural lashes. What else can I try?"

A: Lash extensions and a lash lift treatment will make your lashes look fuller and longer, however the way they do this is different. Eyelash extensions use individual artificial lashes that are bonded to your natural lashes one-by-one. The final look can be natural or more dramatic, it depends what you like. A lash lift involves essentially perming, curling and tinting your own lashes, which is a great option if you want to look like you're wearing mascara, without the faff!

Email your beauty questions to theglowprosuffolk@gmail.com for a chance to be featured next month!

EBONY'S DIARY

There is renewed activity from the fundraising committee at the centre. Here's a quick overview of what's happening:

Firstly, there is the sale of preloved and vintage clothes on Saturday 1st April at The Duchy Barn, The Drift, Dedham, from 10am - 4.30pm. Proceeds will go towards Cancer Research UK and The Shelley Centre.

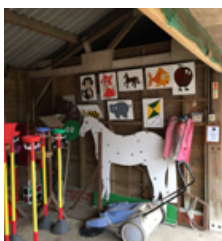
Then in May comes the Coronation weekend. We shall be opening on Monday 8th for a Volunteering Day. Anyone who wants to take part in voluntary work (as suggested by King Charles for his celebrations) will be welcome here with us. We have lots of jobs which need doing, and no doubt there will be cake!

Talking of cake, keep the Hadleigh Show date free, Saturday 20th May, because we shall be having our famous plant and cake stall as usual.

Horses, even yours truly, cost quite a bit to keep going. We are what make The Shelley Centre work so it's important to us to keep asking for financial support. Sorry if you are inundated with similar requests; it happens. At least we make do with one set of shoes each, none of the football shoes, rugby boots, PE kit, dancing and hockey stuff you parents have to fund! We don't beg for treats either, so all in all we are an economical bunch.



Here are two of the workers, Tilly and Belle, earning their keep on a Friday afternoon, back in March. The other photo is of equipment used in our lessons to allow people of all abilities to participate fully. It was a kind volunteer called John who made the large, clear animal pictures to hang beside the alphabet markings in the arena. We need another volunteer to repair the alphabet letters that stay out there in all weathers. Any offers? See you on May 8th perhaps?



The Shelley Centre for Therapeutic Riding, Shelley, IP7 5QY
Reg. Charity No. 1113636
Tel: **01473 824172** www.shelleyrda.com



A MATTER OF WIFE AND DEATH

Fans of Agatha-Christie-type murder-mystery whodunnits eagerly awaited the Boxford Drama Group's March 2023 production of *A Matter of Wife and Death* and were left guessing right up to the very end as to who the murderer was!



Written and directed by BDG's very own Elaine Horne, the play took the audience back to 1954, and the Windrush Hall stately home owned by confirmed bachelor Sir Geoffrey Windrush-Bottom-Botham. As the staff keep the Hall maintained whilst Sir Geoffrey is on a world cruise (and rebuff efforts from very distant family members to scrounge from his estate), their world is turned upside-down by his unannounced early homecoming. Sir Geoffrey returns, not alone as he left them, but newly-married to glamorous harriidan Lady Arabella, who wastes no time in imposing her iron will over the shocked staff.



Lady Arabella Windrush-Botham
played by Georgina Waterson

In an impressively short space of time Lady Arabella announces plans to sack the entire staff, turf out the scroungers and transform the country seat of the venerable Windrush-Bottom-Botham line into a gaudy but lucrative gentlemen's club, thereby providing literally *everyone* with a motive for murdering her.

But, when the deed is finally done, who was it that did it, and how? Each character is cross-examined by the others with plausible evidence and the audience was kept guessing right up to the very end for the denouement of the actual culprit. We witnessed the dissolution of the once-tight bonds between the staff and Sir Geoffrey, all handled by the BDG actors with great faux-outrage, comedy and delivery.

Each cast member handled their character with confidence and style and it was a joy to see a great play realised by them. A special shout-out must go to Monica Murphy's hilarious cleaning-lady Edie "*I said-I say*" Scroggins who kept the audience laughing with pretty much every line she performed.

A huge thank you to all the cast members, the production crew and to Elaine Horne for her great play. It was a great night out, thoroughly enjoyed by the whole audience!



Edie Scroggins played by
Monica Murphy

Chimney Matters

Town and Country



Professional Chimney Sweeping

- Open fires, Wood burners swept and serviced for maximum efficiency.
- Sweeping and Installation Certificates issued.
- Cowls & Bird Guards fitted.
- Fully Insured.

Mobile : **07767 864127**
Phone: **01284 789663**
www.chimneymatters.co.uk

THE MYSTERIES OF EASTER ISLAND

A Talk by Chris Parfitt

Little Waldingfield History Society was delighted to welcome Chris Parfitt to share his detailed knowledge of this most mysterious and remote island and of its people and culture.

He began by telling us that Easter Island, or *Rapa Nui* in Polynesian, is a province of Chile some 2,500 miles from the mainland and more than 1,000 miles from the islands of Eastern Polynesia. Rapa Nui is a tiny triangular shaped island approx. 14 x 11 x 10 miles on its 3 sides, with a volcano at each corner. Happily all are now extinct, with the last eruption occurring some 100,000 years ago. Thor Heyerdahl famously visited the island during the 1950s, doing investigative work and writing a couple of books. Chris said the books were good, but that his theories as to where the island people originated from had now been disproved by DNA testing - they originated from Polynesia and not Chile.

Jacob Roggeveen was a Dutch explorer sent to find Terra Australis and Davis Land; he didn't find his target but instead found Easter Island, so called because he landed there on Easter Sunday in 1722. He was the first European to land there and he reported seeing between 2,000-3,000 inhabitants. The island itself is rocky, with little land suitable for growing crops as it is dominated by eroded lava fields. It is a typical oceanic island formed by volcanoes rising from the sea floor. There are no rivers or streams, just three small crater lakes that can dry up during periods of drought. In consequence fresh water is scarce. Rainwater sinks directly through porous bedrock, into an underground aquifer which then surfaces along the coastline as 'coastal seeps' - pockets of fresh water that trickle into the ocean. Anthropologists have now found that, in addition to harvesting fresh water from pockets of coastal seep, Rapa Nui's inhabitants built underwater dams in the ocean to separate fresh water from seawater. There is enough water from the seeps so that it is basically fresh, albeit somewhat salty. Wells were also constructed to redirect water from the aquifer before it reached the sea.

From radiocarbon dating, it seems that Polynesians settled Rapa Nui around 900AD. According to oral traditions recorded by missionaries in the 1860s, the island originally had a strong class system. An *ariki*, or 'high chief', wielded great power over nine other clans and their respective chiefs. The *ariki* was the eldest descendant through first-born lines of the island's legendary founder, Hotu Matu'a. Stratification of society into factions of chiefs and commoners then split the island into multiple territories designated by giant stone statues or *moai*, most probably representing deified ancestors. However with no written and little oral history, it is now impossible to be certain.

Sadly the most striking story of the island is its almost complete collapse - Rapa Nui is one of the most extreme examples of deforestation in the world - the entire forest is now gone and all tree species are extinct. Evidence suggests that forest harvesting started around 900AD, peaked in 1400, and by the time Jacob Roggeveen arrived in 1722 Rapa Nui was completely deforested. This was a catastrophe

- without trees the ecosystem collapsed, without ecosystem functions, food and fresh water quickly diminished, and without trees escape boats could not be built. With escape no longer possible resource infighting occurred, until only a fraction of the population remained - a most unsettling parallel to contemporary global ecological destruction.

Rapa Nui's history is particularly sad, because in addition to this catastrophe, slave raids in 1862 reduced again the island's population - the few islanders who survived slavery, and were then returned home, brought with them smallpox, tuberculosis and other diseases. These spread dangerously through the population, sparing perhaps just 100/150 individuals. Ultimately though the people of Rapa Nui survived, and today account for around 50 percent of the approximate 8,000 people living on the island. Less happily, the native language has been in serious decline for decades, as with 50% of the population hailing from Chile, Spanish has now become the de facto language, particularly amongst younger, influential generations.

Chris told us there were only two sandy beaches on the island, it being so rocky, along with two small harbours just big enough for fishing boats. Four cargo ships from Chile arrive each year, because the island is not self-sufficient and roads were only paved 20 to 30 years ago because all the road materials also had to be shipped in. There is however a fully-paved runway, nearly 2 miles long, which has been a boon to tourism - NASA extended the existing runway to act as an abort site for Space Shuttles when polar orbital flights from Vandenberg Air Force Base were planned.



Moai

The Moai are monolithic human figures carved by the Rapa Nui people between 1250AD and 1500AD. Nearly half remain at Rano Raraku, the main moai quarry, but hundreds were transported from there and set on stone platforms, called *ahu*, around the island's perimeter. Almost all moai have overly large heads, comprising three-eighths of the legless statue. Moai are chiefly the living faces of deified ancestors and gazed inland across their clan lands when Europeans first visited in 1722, but all of them had 'fallen' by the latter part of the 19th century - it seems they were toppled in the late 18th and early 19th centuries as a result of European contact or internecine tribal wars.

Archaeologists believe the statues were a representation of the ancient Polynesians' ancestors as moai face away from the ocean towards the villages, as if to watch over the people. The exception are the seven moai at *Ahu Akivi* - a sacred site looking out towards the ocean. It is said that the moai at Ahu Akivi face out to sea to help



A unique kneeling Moai with beard

travellers find the island - a local legend says they were seven men who waited for their king to arrive. The seven moai are all of equal shape and size, and the site is also known as a celestial observatory which was set up around the 16th century.

In 1979, a team of archaeologists discovered that the hemispherical or deep elliptical eye sockets carved into moai heads were designed to hold coral eyes, with either black obsidian (a volcanic glass) or red scoria pupils. The discovery was made by collecting and carefully reassembling the broken fragments of white coral found at the various sites. Subsequently, previously uncategorized finds in the Rapa Nui museum were re-examined and recategorised as eye fragments. It is thought that moai with carved eye sockets were probably restricted to the ahu (stone platform) moai and other ceremonial sites.

More recent moai have *pukao* (hat-like structures or topknots) on their heads, representing the topknot of the chieftains. According to local tradition, a person's mana, or spirit, was preserved in the hair. The pukao were carved out of red scoria, a very light pyroclastic rock from a quarry at Puna Pau. Red itself is considered a sacred colour in Polynesia, so the added pukao suggest a further status to such moai.



Ahu Ko Te Riku moai

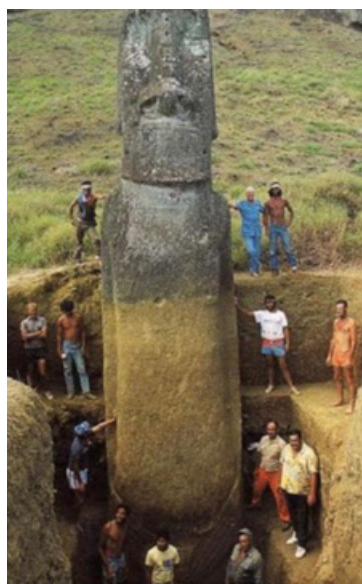
Rano Raraku, the moai statue quarry, is firmly on the tourist trail as it's possible to see nearly 400 moai, half of whom are completed and the remainder in various stages of completion. Many statues are buried halfway or more into the ground, which is where the misconception of calling the moai statues 'Easter Island heads' came from. They do all have bodies, even though sometimes only a head sticks out of the ground. The reason for this is due to the way quarry workers handled the incredibly heavy weight of the statues. Once they were detached from the rock in the upper portions of the volcano, they were slid down to the hilly, lower areas of Rano Raraku where there is soil. Here, a great pit had been dug, and once a statue reached its pit, gravity tilted it until it was fully erected. Using this clever technique, the quarry workers saved themselves the great labour of raising every statue by hand. When a moai was ready to be taken away, the soil in front of the statue was removed to create a path, which was possible because the buried statues were always at high ground.

Rano Raraku was chosen not just for its location but also for its rock, called *tuff*, which is simply compressed volcanic ash. This particular volcano spewed out huge amounts of ash during its eruption, and when this ash landed on the ground, it melded together to form the tuff material. Prevailing southward winds during the eruption was what gave the volcano its peculiar shape of a long slope. Tuff was found to be the far superior material when making statues - in the ancient Rapa Nui society there was no metal, and the tools used were nothing but simple rocks and timber, so it was essential the material was soft and therefore (relatively) easily carved.



Moai in the middle of the quarry trail

Production and transportation of more than 900 statues is considered a remarkably creative and physical feat. The tallest moai erected, called *Paro*, was almost 33ft high and weighs nearly 81 tonnes. The heaviest erected was a shorter, squatter one at Ahu Tongariki, which weighs nearly 86 tonnes. However, one unfinished sculpture, had it been completed, would be approximately 69ft tall



The largest completed moai, showing just how deep it was buried

and weigh between 145 and 165 tonnes (probably why it remained uncompleted). However, the average moai is about 13ft tall, with an average width at the base around 5ft, and usually weighs around 14 tonnes.

Ahu Tongariki is the largest ahu on Rapa Nui. Its moais were toppled during the island's civil wars, and in the twentieth century the ahu was swept inland by a tsunami. It has since been restored and now has fifteen moai. Ahu Tongariki is 1km from Rano Raraku (the moai quarry) and Poike (one of the three volcanoes) in the Hotu-iti area of Rapa Nui National Park. All fifteen moai here face sunset during the winter solstice.

Ahu Tongariki is the largest ahu on Rapa Nui. Its moais were toppled during the island's civil wars, and in the twentieth century the ahu was swept inland by a tsunami. It has since been restored and now has fifteen moai. Ahu Tongariki is 1km from Rano Raraku (the moai quarry) and Poike (one of the three volcanoes) in the Hotu-iti area of Rapa Nui National Park. All fifteen moai here face sunset during the winter solstice.



Ahu Tongariki

One of the most famous motifs on Rapa Nui is that of the 'Birdman': half-man and half-bird. It is connected to cult events at the sacred site of Orongo - a narrow ridge with a 1,000 foot drop to the ocean on one side and a deep crater on the other. A paramount chief, or ariki, held the original power, as was typical throughout Polynesia, but over time, his omnipotence declined and secular power on the island was seized by a warrior class, or *matatoa*, whose emblem was the Birdman.

The most sacred area at Orongo is called Mata Ngarau, where priests chanted and prayed for success in the annual egg hunt. The purpose of the Birdman contest was to obtain the first egg of the season from the offshore islet Motu Nui, so contestants had to descend the sheer cliffs of Orongo and swim to Motu Nui, where they awaited the coming of the birds. Having procured an egg, the contestant then had to swim back and present it to his sponsor, who was declared Birdman for that year, an important status position. It was incredibly dangerous, with contestants often falling to their death, or being attacked by sharks when swimming to or from the islet.

The importance of birds is manifested through the many allusions found in engravings, paintings, sculptures and legends throughout Rapa Nui history, which makes sense on a remote isolated island where there were no large mammals or reptiles - birds were the only land animals



Motu Nui islet, part of the Birdman Cult ceremony - Kallerna

close to humans, also providing an important source of protein in their meat and eggs. There was also a belief that birds had a mystical relationship with gods, in particular seabirds, which united the earth, the sea and the sky. It is not known exactly how the cult of the *manutara* (the luck bird) and the competition of the birdman arose.

[cont...]



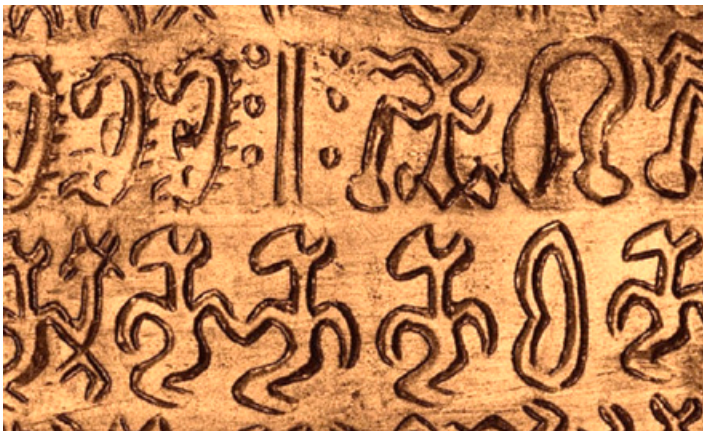
Manu Piri, the double birdman

The most likely bird species it relates to, the White-Tipped Tern, arrived on the island every spring to lay its egg, though none have returned to the island for years.

Next Chris posed the million dollar question: just how were the moai moved, often many miles from the quarry, and over a difficult landscape? He told us many theories had been postulated, beginning with Thor Heyerdahl in 1955, who suggested they were simply dragged by lots of men. In 1970 American anthropologist William Mulloy postulated an inverted wooden beam, to both lift and drag moai forwards in a single repetitive action (his theory is available to read here: <https://bit.ly/moai-transport-theory>). However, Chris told us there was a longstanding local tradition that moai were “walked”, even though at first sight it seems crazy trying to walk statues weighing 10+ tonnes many miles.

Renowned Czech engineer Pavel Pavel joined forces with Heyerdahl in 1986, proposing a twisting motion with ropes top and bottom, and in 1987 archaeologist Charles Love suggested a sled and wooden rollers were used, though again, the moai were not walking.

Professors Terry Hunt and Carl Lipo, both anthropologists, then suggested a new approach. With just three small groups of men, two to rock the statue forwards with one behind to stabilise the moai and prevent it toppling over. In 2011 18 people “walked” a 10ft statue using this technique. We may never know for sure, but it’s clearly possible to move moai upright with very few people, as the National Geographic video ‘Walking with Giants’ clearly demonstrates – <https://bit.ly/walking-the-moai>



Sample of Rongorongo script

Lastly Chris talked about *Rongorongo*, a system of glyphs discovered in the 19th century which appears to be writing or proto-writing; however, numerous attempts at decipherment have been tried, with none successful. Although some calendrical and possibly genealogical information has been identified, none of these glyphs can actually be read. That said, if Rongorongo does prove to be writing and proves to be an independent invention, it would be one of very few independent inventions of writing in human history

Chris’s superb talk was incredibly detailed, unbelievably interesting and hugely enjoyed by everyone present, and the time simply flew by.

On Wednesday 19th April Stephen Poulter will talk about Suffolk’s lost heritage by looking at some of the buildings the county has lost over the years; I imagine this will be incredibly interesting and perhaps a bit sad given our collective loss.

We very much look forward to welcoming guests to the Parish Room Little Waldingfield.

Andy Sheppard
Little Waldingfield History Society

JACK’S HOME TRUTHS

Director Jack Thornley of David Burr Estate Agents looks at the early housing market trends for 2023.



The end of February is always one of my favourite times of year as the days become longer, the landscape begins to bloom and thoughts of Spring evenings in the garden filter through. Estate Agents eagerly anticipate the much-heralded Spring market as vendors prepare their properties for sale, waiting for the opportune conditions to capture their property in the very best light at a time when traditionally, more transactions are agreed than any other time of year.

When we published our end of year review at Christmas last year we were cautiously optimistic about what might happen in early 2023 with mortgage rates having risen sharply in Q4 and the increasingly negative national media forecasting a recession. Well, we are halfway through Q1 and, as yet we aren’t officially in recession. Mortgage rates have fallen from their pre-Christmas peak and there are more products available at what are still historically low levels. The number of purchasers registering in early 2023 is up 11% on 2019 (the last ‘normal’ market before Covid), first time buyer enquiries have increased, and the number of available properties has also increased providing buyers with more choice. House prices have flatlined rather than fallen contrary to forecasted predictions and the imbalance of supply and demand from purchasers suggests, in the short term at least, that prices will continue much as they currently are for the near future. Our seven regional sales offices have seen consistently encouraging viewing levels over the past month and with more instructions due to launch in March coupled with improving weather we expect a strong finish to Q1. Sellers willing to adapt to the market are still able to secure a buyer within the first few weeks, but you must be realistic with your price, present your property at its very best and of course, choose an agency which specialises in your area and offers an honest, proactive service.

Our Lettings business is thriving, possibly due to the rise in mortgage rates making renting more affordable than mortgage payments at present. Average void periods are historically low and on average, it takes less than a week to source a new tenant with many properties securing multiple applications. David Burr Holiday Lets continues to grow with more properties added every week. The higher return on investment holiday lets can offer compared to long-term letting is proving particularly attractive to investors and we believe our fully managed service (complete with housekeeping included) is unique in our area. If you own an investment property or have an annexe you are considering letting or holiday letting, we would be delighted to assist, contact your local office for further details. And finally, we continue to remember our founder David Burr who passed away in December 2022.

During the course of 2023 we will be organising various fundraising events to raise money for St Nicholas Hospice which was his wish, and we will shortly be announcing details of an 8-mile charity walk from Clare to Long Melford in the Spring. To support us visit www.justgiving/fundraising/davidburr2023 or follow us on Facebook [#davidburrestateagents](https://www.facebook.com/davidburrestateagents)

Jack Thornley
Director, David Burr Estate Agents
<https://davidburr.co.uk>

MILDEN CRICKET CLUB

Following the winter exploits of the England team, with their exciting Test wins against Pakistan and New Zealand, and with spring around the corner, club cricketers across the country are looking forward to the start of the 2023 domestic cricket season: among them are Milden CC members. Our first game is an away friendly against Hadleigh on 23rd April, and we start the campaign in Division 5 of the Hunts County Bats Suffolk Cricket League on Coronation weekend, with a home match on 7th May against local rivals, Long Melford. (Full fixture list for May below.)

Milden CC is a friendly club, emphasising friendship and team spirit, but also seeking to be successful on the field of play. To this end, we are looking for new players and volunteers, of all ages, abilities and experience, to join us. Located opposite the 12th century village church, Mildens' ground is an idyllic spot, not just to play cricket, but to relax with friends and enjoy the beguiling sound of leather on willow, so evocative of the English summer we all hope for. We're a friendly bunch, and appreciate support, so come and spectate – bring a picnic, if you like!

To become involved, as player or supporter, please contact the club secretary, Andrew Simmons, on 07951 055643, or e-mail apsimmons93@gmail.com. Website: www.mildencc.com.

Pre-season indoor nets are continuing in the Sports Hall at Holmwood House School, Chitts Hill, Lexden CO3 9ST. Sundays 26 March at 1pm, 2 April at 12.00 noon, and 9 April at 1pm.

Early season fixtures (all Sundays at 1.30 pm, except 23 April, 1.00 pm)

23 April	Hadleigh (away – friendly)
7 May	Long Melford II (home)
14 May	Haverhill (home)
21 May	Mildenhall (away)
28 May	Edwardstone (away – John Bailey Trophy)

EDWARDSTONE JUNIORS CRICKET COACHING



Edwardstone juniors enjoying Saturday morning cricket.

This year's training sessions will start on

22nd April 2023

at Homefield in Boxford

Sessions start at 9.30-11am

During 2023 we will once again be running Edwardstone Juniors cricket coaching sessions on Saturday mornings for boys and girls aged 6-13 for all experience levels. 2022 saw an increase in numbers following the pandemic. We are also keen to increase the number of girls participating and would welcome interest from those who have not played the game before.

Details are on our website: www.edwardstonecricketclub.com

Please contact Tim Beven (timbeven@aol.com) if you have any questions or would like to register.



Cricket at Milden, 17th July 2022 (Photo: David Lamming)

Get your business seen

Effective advertising:
editor@boxrivernews.com

FEEDBACK FROM JAMES FINCH

Your County Councillor for the Stour Valley

Volunteering at Suffolk Archives

The Suffolk Archives are looking for volunteers in their branches in Bury St Edmunds, Lowestoft and Ipswich. 'Volunteers bring the archive to life for researchers and local communities, making more archives accessible and connecting people to the places they live. By volunteering you will develop new skills, make new friends and conserve Suffolk's history for the next generation.' – Suffolk Archives collects, preserves, and shares over 900 years' worth of Suffolk's rich history. As the caretakers of our county's archival heritage, it is our responsibility to engage, connect and inspire the largest and most diverse audience possible. We are committed to achieving this through a varied programme of countywide events and exhibitions throughout the year.

NB There are a range of roles available, either remotely or in-person. Visit the Suffolk Archives website for more information.

www.suffolkarchives.co.uk/about-suffolk-archives.

Expert brought in to reform SCC's SEND provision

An independent special advisor has been commissioned to strengthen reform of special educational needs and disabilities services (SEND) at Suffolk County Council. The well-respected senior leader in children's services, consultant Anthony Douglas CBE, will work with SEND system leaders and the SEND networks to support the reforms already underway.

The challenge of transforming the way we deliver SEND services is extremely complex. Effective improvement is being felt in parts of the system – and it is reassuring that the Department for Education confirms that progress is being made.

However, it is also recognised that there are some areas, especially those lived experiences of families, where improvement is not being clearly felt. This is where Mr Douglas, an experienced and much respected professional in children's services, will add significant value and strengthen the existing work of the SEND team.

Hosts for Ukraine

One year on from the start of war in Ukraine, and SCC is still in need of a wide range of host homes for Ukrainian refugees. A big thank you again to all those who have already offered. Potential hosts can sign up directly with SCC by completing our online form:

<https://bit.ly/scc-ukraine-sponsors-info> or emailing:

refugeesupport@suffolk.gov.uk.

Suffolk Walking Festival returns for 15th year

The Suffolk Walking Festival 2023 celebrates its 15th anniversary this year. This year's festival boasts a 16-day programme and offers over 70 walks across 350 miles of Suffolk's beautiful landscapes. The programme has accessible, short, medium, long-distance walks, and more challenging walks – so there is something for everyone.

From learning about the ancient tradition of 'Beating the Bounds' to exploring the heart of The Brecks with its gorse-covered sandy chalk soils characterised by purple heathland, tall pines and rare wildlife, this year's festival appeals to a wide range of individuals. There is a range of shorter urban strolls, and for those looking to stretch their legs, several spectacular riverside walks and valley yomps. Also returning this year are ever the popular Walk n' Water River trips with a boat in Sudbury; an exclusive walk with Sweep the sheepdog on Orford Ness; a twilight safari in an ancient woodland; and the intriguing stories of ancient smugglers and shipping routes on Dunwich Heath. The festival highlights some of Suffolk's most beautiful locations so it's a great way to explore, get active and meet others doing the same.

The festival kicks off at Thornham Walks, near Eye, on Saturday 13 May with refreshments and 5 launch jaunts. It then runs every day until 28 May. Visit www.suffolkwalkingfestival.co.uk for more details on the programme, to sign up to newsletters, and to buy tickets.

Fire service finalises plan to protect Suffolk's communities.

Suffolk Fire and Rescue Service's Community Risk Management Plan (CRMP), outlining how it will manage and reduce risks across the county, has been given the green light by SCC. The plan details the service's priorities until 2027, including:

- Updating how response times are reported to include the time of call and focus on the areas of highest risk, such as dwelling fires
- Addressing climate change to support SCC's ambition to be a carbon-neutral authority by 2030, with a view to introducing more non-fossil fuel vehicles in the fleet
- Developing preventative safe and well visits, including continued work with the National Farmers' Union to tailor advice to rural and farming communities
- Assessing how the service works with partner agencies, such as supporting the ambulance service when appropriate
- Reviewing the recruitment and retention of on-call firefighters and specialist support staff to ensure Suffolk Fire and Rescue Service remains a diverse employer of choice

These priorities were identified during extensive research and pre-consultation engagement with staff and stakeholders. In addition, hundreds of Suffolk residents helped to inform the final document by providing feedback on proposals during the CRMP public consultation, which ran from October to December 2022 and included a series of public events held at six supermarkets across the county

Virtual Fostering and Adoption Sessions for the Stour Valley

A Foster Carer Recruitment Event is held the 1st Wednesday of every month, and an Adoption Event is on the 1st Thursday all 7:00pm in your home.

To book a place please email Claire.Gwatkin@suffolk.gov.uk.

My Priorities

Education - Supporting Vulnerable People - Jobs and Growth - Localism and the Stour Valley - Building on Suffolk's Strength all underpinned by strong financial management and low council tax.

james.finch@suffolk.gov.uk

Tel: 01206 263649

Mobile: 07545 423796

FEEDBACK FROM BRYN HURREN

Your Babergh District Councillor

A reflective column this month as I look back, not just over the past 4 years as your elected district representative but also over the last 24 years in this role. It certainly doesn't seem that long since I stood in my first election and 24 years (and 6 elections) later I am still doing my best to ensure everyone in the ward is helped when needed and have good representation both locally and also at district level.

So much has changed during that time, especially during these past 4 years. Everything seems quicker and more streamlined and much harder with decreased funding to do a really good job.

The Covid pandemic hastened the greatest change, bringing on virtual meetings and remote working for staff which have worked well and increased our work rate and productivity. We do however have to be careful that no one is disenfranchised by these changes and that the remote facilities work well for all.

It is a benefit as a whole to the community that meetings between staff groups, constituents, customers and councillors can be held virtually now and into the future. Council and some committee meetings are now broadcast on YouTube (whatever that is) and can be viewed live or on catch-up for convenience.

The downside to this has been that some councillors have either forgotten the cameras are on, or have used them as an opportunity to exhibit less-than-polite behavior in debates - with outbursts, finger-pointing and some rude gestures which do not show us in good light. The picking of one's nose was not a good look from one individual.

When shown on social media these incidents become the main story and divert the main focus from the serious and good work we are trying to do. More training, attention and good common-sense needed here.

Nationally the picture has not been so comforting: an obscene scramble like hogs at the trough by some politicians and people who should have known better for money and positions at the start of the pandemic. We can only hope that eventually justice will be done with many of these misdemeanors now going through our courts and judicial systems, mainly via volunteers and retired legal professionals who care about justice for all and being seen to do the right thing at all times. We wish them well in their quest as our nation may depend on their efforts to wrest control from the nasty party and right wing bigots.

It was once said by Napoleon, I believe, that an army (and I would think a nation) marches on its stomach, which means I presume that we have to eat more than just *turnips*. It also means that we need good healthcare, and a dental service that everyone can access, to help provide a good, fit, healthy workforce to keep the nation working and our wellbeing in a good place.

We are now so very far away from that with a very worn and downtrodden NHS struggling so valiantly to keep us well, against a backdrop of cuts and poor (or mismanaged) funding and wages that have become so inadequate in our now unfair society. There are now some signs that this will eventually be addressed and hopefully a longer-term plan employed, hopefully for all our nurses, care-workers and junior doctors alike. We owe and depend on them so much for our care and long term needs.

Great to see our Gary still knocking in the goals and his colleagues and the nation so solidly supporting him, not that the opposition was very good. We might have known that the newly-imposed, right-wing, money-brokering D.G. at the Beeb would soon try to inflict his views upon the nation's broadcaster and I am glad that he has received a bloody nose. It is good to see that the likes of Lineker and Rashford have shed the poor image of some previous sports idols and have taken on some very noble crusades.

Closer to home the environmental issues that we increasingly face are at last being accepted as the new norm, are gaining coverage and small steps are being taken to combat them. While the change to electrifying our transport is cumbersome and undeliverable, it will at least make us more aware and lead us on to something better. We can but hope that the next government will change planning laws to allow local authorities to insist on solar panels on industrial buildings to power them and much else besides. This would be so much better than covering our fields and natural landscapes with acres of plastic, metal, glass and wires and taking away our best growing areas. While short-term measures to aid growing and protecting crops are acceptable to help feed the nation, unnecessary blots on the landscape are quite definitely not.

BDC have recently adopted a culture and tourist strategy to help promote the area and businesses for the benefit and prosperity of all who work here. Along with the new walking and cycling strategy this should at least help us to enhance local prospects and keep up living standards and employment. Our housing strategies will also hopefully help retain local people to support their local families and to keep the district fresh and thriving.

This is all very difficult but I do feel that despite Government failures we do win the argument more times than we lose and long may that remain so.

Getting back to footie, Town are doing better and with a good chance of promotion at last which will generate much for the area, both monetarily and for goodwill amongst us.

Keep well everybody and the coming spring will generate much more sunshine and warmth and lower energy bills. Hopefully.

Bryn xx

bryn.hurren@babergh.gov.uk

Tel: 01787 210854 Mobile: 07771 508348

FRENCH'S CARE HAVEN

Hello to our readers, I hope you have all been keeping well. Our photo this month is of Lucy our therapy dog sitting with one of our 3 month-old rescue kittens. Lucy has a heart of gold and loves people and all animals and birds, she is the perfect girl to give those in need, her one to one therapy. We did get a response to our request for tall metal cabinets, I would like to thank David for the cabinets from



his office in London, Emma whose workplace in Ipswich donated some and Brian for going to collect them. Now we need to clear the feedroom out so the animals' rugs and equipment can be put away in these cabinets and kept away from pests that destroy everything. I would also like to thank Mrs. McIntyre for a donation she sent in the post which paid for two of our ponies to have visits from the farrier. A big thank you also to Cherry - we could do with more people like you Cherry!

I am still looking for someone who has a few hours a week to spare to help us with fencing and general maintenance. Please call me if you can help. This year if you are looking to do a sponsored bike ride, a walk or anything you enjoy doing to keep fit and help a charity, please consider French's. Last year Pamela, wonderful lady, rode her bike for 80 miles when she reached 80 years old and raised £800 for our rescued animals! We totally depend on lovely people like her. We also had Debbie who raised money as a scarecrow at an event. I would love to hear from you if you can help us and let me know what you plan to do, so that I can let locals know what you are doing and how they can sponsor you.

As a charity we are looking forward to the Monks Eleigh Fete and Dog Show this year on 3rd June from 1pm-5pm. We had a stand at this event last summer. It was a great day for us and all the people who came along to the Fete, so it is nice to be invited back. If you hold any events where we can have a stand please let us know, then our Charity can help by promoting your day and of course let all those people out there who are unaware of us at French's know that we exist. Please call Sharon if you have an event this year that we could attend, on: **07999 051 401** or email Sharon: frenchs.100club@gmail.com

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

MEMORIALS

LUXSTONE

WE HAND CARVE
ANYTHING IN STONE

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

Stour Valley Business Centre, Brundon Lane,
Sudbury, Suffolk CO10 7GB
Tel 01787 371570 E mail info@neilluxton.co.uk
www.neilluxton.co.uk

PARISH COUNCIL UPDATES

BOXFORD

Summary of Council Meeting 28th February 2023

Vacancies - We have 3 councillor vacancies. See page 3 of this issue for more information.

Public Forum - Updates were requested regarding the appeal from Catesby in respect of their proposal for Sand Hill which had been refused by Babergh District Council (BDC). Requests were made regarding the notices of meetings and subsequent minutes to be available at the earliest opportunity. A brown bin was suggested for the cemetery in view of the floral nature of the waste. Fund raising was reported to be going well towards the Coronation celebrations in the village with half of the cost already raised. The Parish Council were supporting the shortfall of the cost of the planned celebrations. Concern was expressed about the state of the highways and all the issues had already been raised with our County Cllr. The meeting was reminded that when applying for work to the church, different permissions from different authorities within the Church itself can be required. There was a face to face meeting on Fri 3rd March with Tom Barker, director for planning at BDC, our District Cllr and representatives from the parish council and support group. The application site at Goodlands which was recently approved by the planning authority has now been sold on and when building starts substantial CIL money will be payable to the parish council. 25% of CIL comes to the parish council now we have a neighbourhood plan.

On-Going Matters - It was noted safety concerns had been expressed by the bus company as they now need to use larger buses. The pinch point opposite the church wall is challenging for them due to cars parked opposite narrowing the gap to pass through safely. Following a meeting with Mr. Phil Munson of Beestons Buses, Cllr Watts contacted the school and messages were sent to parents seeking their support to improve their parking. He said that ideally a meeting with the police and head teacher to clarify the seriousness of the situation and discuss solutions would be the best way forward. Cllr Moles reminded the meeting that illegal parking can be overcome by fines, warnings, etc, as covered by the Road Traffic Act, it just needs the appropriate officials in place to issue them. It was generally agreed that many road signs around the village were obscured by overhanging trees. The line repainting, although started, still needs to be finished, especially at the junction of Cox Hill, Ellis Street and Sand Hill, where drivers needed reminding of the priorities, etc. Cllr Watts reported that there is an aggregate quarrying operation to the Newton side of Valley Road and that the intention is to construct a washing plant, which may drain towards the river box with potential for pollution from run-off. He will try to get more information on the plans for this business. District Cllr Hurren said that responsibility for mining/extraction planning permission lay with the County Council, not the District Council. District Cllr Hurren said that repairs to the notice boards are all in progress and some have been completed..

County Council Report - County Cllr J Finch was unable to attend due to a family emergency.

District Council Report - District Cllr B Hurren announced that council tax for the DC part was going to rise by 2.9%. The DC is being expected to do more work for no increase in money, eg, parking control, licensing, etc, which left them struggling to cover all the work. BDC rents out 4K houses but needed more. They are having a purge on empty houses in the area, which are not second homes but just vacant, as there are around 1k and the number of homeless is rising. He reminded the meeting that the elections are coming and all people must take ID, which may cause problems for certain members of the public. He was attending certain local meetings to cover matters affecting the village, including the modifications to the pavilion for football to see if there is any help with getting funding, eg CIL money. He was also attending the meeting with Tom Barker, Director for Planning at BDC to discuss matters such as the

6 new houses at Goodlands, the church wall, the neighbourhood plan and maybe Catesby. Cllr Warren was invited to attend for the Parish Council. Cllr Moles asked him about the flytipping at Homefield and said he is taking personal action against Flagship Housing and the DC.

Finance - In addition to the usual business, it was agreed to increase the hours of the community wardens for street cleaning services to help them provide a more thorough service to the village. In relation to the project to provide more parish trees Cllr Munson has liaised with the Scouts and also considered other locations such as the top of School Hill and the corner by the Causeway. The CC have provided an application form for permission to plant and take over the grassy patch at the top of School Hill. Grants for both the village hall and towards insurance costs of the church were to be considered at the March PC meeting.

Cemetery - Cllr Warren met tree surgeons at the churchyard and cemetery to examine and assess the trees. He had reported via email between meetings. It was resolved to authorise the initial clearance and also proceed with the urgent tree work identified subject to permission from the planning authority and the church where applicable. When the clearance has been made and further investigation carried out, the Parish Council will consider the next steps. A maintenance contract will be considered to help keep on top of future necessary tree work. Further discussions are being carried out with BDC regarding the Churchyard boundary wall maintenance. Cllr Warren confirmed the contractors have been authorised to do the maintenance work to the trees they quoted for, which included raising the level of branches and removing rotten trees. The idea being to clear all that needs immediate attention, making sure the graveyard remains safe and investigating how much additional space would be released. On the boundary wall of the church yard and school, there is one dead tree and another one falling over, the holly tree also needs trimming. Cllr Watts had received a letter from an occupant on the boundary of the cemetery, concerned that some trees may be unsafe. The cemetery sub committee are now investigating..

Planning - A number of planning applications were discussed, details on which can be found in the full minutes online.

Date of Next Meeting: Tuesday 28th March 2023

Full minutes can be found at:

<https://boxfordsuffolk.com/BoxfordParishCouncil/minutes>

Debbie Hattrell

01787 210943 / d.hattrellhattrell@btinternet.com

GROTON

Summary of Council Meeting 1st March 2023

Financial Matters: The Statement of Finances and Orders for Payment were approved and cheques signed charitable donation applications were agreed as follows: Boxford Playing Fields £300, Groton PCC £350, Groton Village Hall £175, French's Care Haven £175. Community Infrastructure Levy – As stated in item 4.2 the Council had received a payment of £412 from the District Council's Locality Budget towards the replacement of the bench on the village green with a bench to commemorate the coronation of King Charles III. However, as there would be a shortfall in the amount needed for this project, it was agreed to pay the balance of approximately £50 from the CIL budget. It was also agreed that the full cost of erecting a new notice board would be paid for out of the CIL budget.

Neighbourhood Plan Update: Two public consultation/information sessions had been held concentrating on the draft statement and objectives. Positive discussions had taken place which would be carried forward. A suggestion had been made regarding the forthcoming 25th anniversary of the book *Groton – A Garland of Hamlets* which had been produced in liaison with Parishioners in 2000. The idea of

updating the book with the inclusion of a digital version had been put forward. Cllr Chapman had also been in discussions with BDC Planning regarding a new government backed initiative to introduce 'lighter touch' neighbourhood plans called People & Place Plans and he was pleased to report that Groton had been chosen as a 'pilot' scheme. This would reduce cost and workload associated with the original neighbourhood plan and would also give the PC access to BDC expertise. He had already met several times with BDC representatives, and a tour of the parish had taken place. He emphasised that the final agreed plan would be PC not DC led.

Planning Matters: Planning applications - DC/23/00243 2 Castlings Heath Householder Application - Erection of a two storey side extension and single storey rear extension – No objections. DC/23/00693 Crown House, Groton Street Application for Listed Building Consent - Insertion of a ground floor partition wall and door – No objections

Re-siting of Noticeboard: The clerk was currently awaiting permission from SCC to site the notice board on the village green.

Election 2023: The clerk reported that all current councillors and potential new members would need to stand for re-election or election. There were concerns expressed that it would be difficult for any prospective new nominees to access the forms and information required to complete them. The clerk emphasised that the election process was the responsibility of the DC and the PC had to wait for the information to be provided. He added that, should it be necessary to hold an election, the cost to the PC would be around £900.

Coronation of King Charles III: As per items 4.2 and 6.3 a new commemorative bench would be sited to replace the current bench which is in poor condition.

Wildfires and Emergency Support Plan: The chairman had been contacted by the chair of Edwardstone PC regarding pooling resources to set up a plan to deal with wildfires and emergencies following the field fires that took place during summer 2022. It was agreed to support this idea and Cllr Cheeseman agreed to be the Council's representative.

Highway & Footpath Matters: Cllr Chapman reported that during the neighbourhood plan public sessions, parishioners had expressed concern about cars speeding through the village. He agreed to take this matter up with SCC Highways.

Renewal of Village Hall Lease: It was confirmed that the landowner had no objections to the lease being renewed and so it was agreed to move forward with this matter. The clerk to contact the solicitors who hold the documentation to start the renewal process.

Date of next meeting: Due to the elections taking place on 4th May, it was agreed to move the AGM and Annual Parish Meeting to Wednesday 17th May

Full minutes can be found at:

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

Richard Jones

01473 828246 / grotonclerk@yahoo.com

NEWTON GREEN

Summary of Council Meeting 8th March 2023

23/043 Public Participation - The councillors reviewed Lee Parker's previously submitted report and he updated councillors on Babergh's Budget for 2023/24, the unoccupied properties fund and the photo ID requirement at the May 2023 elections. He also mentioned that the issue of a structure in the garden of a property on Church Road is now being reviewed by Babergh's Enforcement. The "quarry works" in Valley Road is now being investigated by SCC's Minerals Enforcement. The damaged culvert by the A134 is being reviewed by the Trust.

23/045 Clerk's Report - The Clerk was asked to write for a second time to the householder along the A134 whose hedge is creating issues for people walking along the pavement. He will quote that under Section 154 of the Highways Act 1980 unless the work is undertaken within 21 days, the work may be undertaken by the council and the costs recovered from the property owner.

23/047 Planning

- a. The councillors reviewed Planning Application DC/23/00577 1 Links View - Application for Outline Planning Permission (Access points to be considered, Appearance, Landscaping, Layout and Scale reserved) Town and Country Planning Act 1990 (as amended) - Erection of 1 No detached dwelling with parking, together with new vehicular access and extension of the public footway to the South of the proposed access (re-submission of withdrawn application DC/22/05997). The councillors resolved to support the application in principle as it met the Newton Neighbourhood Development Plan's (NNDP) Policy NEWT 1 as it was proposed for an "underused parcel of land within the defined settlement boundary". The councillors would expect any detailed planning application for the location to be in accordance with the other NNDP Policies.
- b. No further planning application had been received since the agenda was posted requiring a response before the next scheduled meeting.
- c. The councillors reviewed Planning Appeal APP/D3505/W/22/3310476 Rotten Row Farm, Rotten Row - Continued use of buildings for agricultural, industrial and commercial purposes. The councillors resolved to write to the Planning Inspectorate, informing them that the Newton Neighbourhood Development Plan has now been adopted by Babergh and that all the issues previously raised against the planning application still stood.
- d. The councillors reviewed Babergh's response to NPC's questions regarding the permission granted to Planning Application DC/22/05206 for 6 dwellings on the land to the rear of Juglans. The councillors requested that the Clerk draft a reply to Babergh outlining the feelings of both the councillors and residents alike on the flaws identified by Babergh in the planning process for the application but welcoming the proposed meetings between the Planning Area Manager and NPC to review planning matters in the parish.

23/052 Newton Survey - The councillors were pleased with the 79 responses received to the Newton Survey which represented a 33% response. The analysis will be published on the Newton website and at this Saturday's Coffee Morning. Moving forward, the council will review the responses and create a number of PIIP projects to be considered by the new council moving forward. It was felt that an annual survey might be considered as input to the annual PIIP review.

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

Dave Crimmin PSLCC

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

OTHER PARISH COUNCILS

Edwardstone PC

Clerk: Richard Jones - 01473 828246

edwardstoneclerk@outlook.com

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

Little Waldingfield PC

Chris White Chair & Acting Clerk

07541 133535

clerk.littlewaldingfieldpc@hotmail.co.uk

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

The Blooming Garden

Daffadowndillies.

'She wore her yellow sun-bonnet,
She wore her greenest gown;
She turned to the south wind,
And curtsied up and down...'

From **Daffadowndilly** by A.A. Milne.



I have to admit to being a bit of a daffodil snob; I am not keen on the big trumpet ones like 'King Alfred'; they are a bit too Municipal Park for my liking. Nothing cheers my heart like seas of the wild *Narcissus pseudonarcissus* which seeds and spreads so obligingly. I planted a few bulbs in a woodland garden twenty years ago and they look fabulous now. This is the daffodil which Wordsworth waxed lyrical about. Apparently, it was his sister, Dorothy who first admired them, so it is thanks to her that we have the iconic poem.

In theory, I don't like big daffodils with split coronas and frilly trumpets, besides I have never mastered all their names and I do like to know what plants are called. I don't see how anybody could though, as there are more than 27,000 cultivated varieties. To make things a little easier they are divided into 13 groups which we won't go into here, as I don't want you nodding off.

My favourites are the dainty late-flowering small-cupped varieties.

The daintiest of all in my garden is the fragile-looking *Narcissus* 'Segovia' which has pure white petals and a flat, lemon cup with frilly edges. One of its parents is the tricky white *Narcissus wateri* which comes from the high Atlas Mountains of Morocco. I can't grow *Narcissus wateri* but I can grow this beauty and I wouldn't be without it. It is good in a pot too. *Narcissus* 'Bell Song' is a small cupped one like 'Segovia' but with a pinky-peach trumpet.



Narcissus 'Segovia', Narcissus 'Bell Song'

Narcissus 'Katie Heath' is a larger daffodil with a peachy trumpet. I love its soft colour. If you like a bit more pizzazz then *N.* 'Barrett Browning' is the one to go for, as it is very showy with a Day-Glo orange trumpet.



Above: *Narcissus 'Pipit'*,
Right: *Narcissus 'Petrel'*

with spring. But just look at the cute lemon and cream flowers of *N.* 'Pipit'. They smell delicious too.

The snowy white *N.* 'Petrel' is in the *Triandrus* group; that means it has two small pendant flowers on one stem. I think it looks lovely growing with the showy *Epimedium* 'Amber Queen'.

If like me, you love white flowered daffodils, look out for another one in the *Triandrus* group. *Narcissus* 'Thalia' is multi-headed with pristine white blooms. It is gorgeous.



'Barrett Browning' is a bit bright for me; I prefer white and creamy ones, although I know we associate bright yellow daffodils

Narcissus 'Mount Hood' is also icy white but it has larger flowers with frilly coronas. It looks lovely in a white vase.

A relatively new one to me is *Narcissus*



Above: *Narcissus 'Mount Hood'*
Left: *Narcissus 'Elka'*, *Narcissus 'Jetfire'*, *Narcissus Bulbocodium*,
Narcissus cyclamineus



'Elka'. It is creamy white and tiny, but beautifully proportioned. It blooms into April and I really recommend it. I think it looks pretty in a vase with the

dramatic orange-centred 'Jetfire'. I suppose it is illogical to dislike 'Barrett Browning' because of its bright orange trumpets, but to admire 'Jetfire' which is yellow with orange trumpets. But 'Jetfire' is small and has lovely reflexed petals. It belongs in the *Cyclamineus* group as does the other little narcissus in my vase. The rounded flowers are a *Bulbocodium* narcissus which has very distinctive flowers. I love these miniature beauties.



Actually, daffodils all look lovely in a vase, even if they are big and brash. Having said that I don't like fussy daffodils with big trumpets and split coronas growing in the garden, I do rather like them in a vase. Perhaps I should grow them in the vegetable garden or in an out of the way part of the garden. Big showy daffodils may be a bit vulgar, but they all shout out that spring is here. After suffering a monochrome world for so long then perhaps the bigger and blowsier the better. In a vase, I like to set them off with some frothy white blossom of *Amelanchier lamarckii* or *Spiraea argutea* 'Bridal Wreath'. The pussy willow in the picture is called *Salix* 'Nancy Saunders'. It makes a lovely shrub with dainty catkins and is pretty for flower arrangements.

Filling vases with daffodils is a lovely way to celebrate the arrival of spring. Although, Hector my daughter's Italian Spinone is totally unimpressed. Maybe, he doesn't like *Narcissus* 'King Alfred' either.



Hector being unimpressed by daffodils

Chloris.

DIRECTORY OF CLUBS & ORGANISATIONS

CLUBS & GROUPS

Boxford Bellringers	<i>Richard Gates</i>	01787 210432
Boxford Bible Study Group	<i>Peter & Margaret</i>	01787 211077
Boxford Bike Club	<i>Kevin Bridge</i>	07876 798617 www.boxfordbikeclub.co.uk
Boxford Bowls Club	<i>Lea Blackham</i>	01787 210313
Boxford Carpet Bowls	<i>Brian Porter</i>	01473 824283
Boxford Drama Group	<i>Janice Macmillan</i>	07779 303690 janice.macmillan@yahoo.co.uk
Boxford Friendship Group	<i>Alison Warren</i>	01787 211067
	<i>or Wendy Hills</i>	01787 210342
Boxford Gardens Open	<i>Audrey Zuck</i>	07852 102 455 audrey@a2zriskservices.com
Boxford Gardening Society	<i>Elizabeth Wagener</i>	01787 210223 elizabeth.wagener@btinternet.com
Boxford Literary Group	<i>David Jones</i>	01787 211104 audav@hotmail.co.uk
Boxford Rovers FC	<i>Melvyn Eke</i>	07873 971701 m.eke@btinternet.com
www.boxfordrovers.co.uk		
Boxford Tennis Social	<i>Sue Moore</i>	07808 481447
Boxford WI	<i>Annie Philips</i>	01787 211729
Edwardstone Cricket Club	<i>Tom Whymark</i>	01787 211375
Fleece Jazz	<i>David Gasson</i>	01787 210796
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
Miss Lesley School of Performing Arts (MLSPA)	<i>Miss Lesley</i>	07957 351941 lesley.mlspa@gmail.com
Milden Cricket Club	<i>Andrew Simmons</i>	07951 055643
Milden Singers	<i>Pearl</i>	01449 741876
Newton Art Club	<i>Carol Langley</i>	01787 373548
Newton Line Dancing	<i>Jean Tomkins</i>	01787 377343 JT.Steppers@talktalk.net
Newton War Games Club	<i>Brian Lawson</i>	01787 312160
Newton Fireside Club	<i>Moir Evans</i>	01787 374652
Primrose Wood Volunteers	<i>Evan Flockhart</i>	07968 336883 obliquewoodland@protonmail.com
Swing jive & Lindy Hop Dance	<i>Sarah Boldock</i>	07956 614824
Yoga	<i>Marianne Marshall</i>	01787 210323

CHARITIES

Boxford & Groton United Charities	<i>Guy Godfrey</i>	01787 211378
Edwardstone Millennium Green Trust	<i>Claire Mortimer</i>	01787 210051
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
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>Karen Coleman</i>	07970 945646
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>	01787 210129 boxfordcommunitycouncil@gmail.com www.boxford.me.uk
Boxford Playing Fields	<i>David Burden</i>	01787 211926 d.burden379@btinternet.com
Boxford Society	<i>Jen Eastwood</i>	01787 211853 jen.eastwood8@gmail.com boxfordsuffolk.com/boxfordSociety
Boxford Tennis Courts	<i>Yvonne Woodfield</i>	01787 210151
Lt Waldingfield Playing field	<i>Jennie Jordan</i>	07522 352558 52Jennie1@gmail.com

SCOUTING

1st Boxford Beaver Scouts	<i>Greg Roberts</i>	07578 825971 beaversboxford@gmail.com
1st Boxford Cub Scouts	<i>Liv Hov</i>	07801 548854
1st Boxford Scouts	<i>Neil Barkham</i>	01787 211916
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 office@boxford.suffolk.sch.uk www.boxford-suffolk.secure-dbprimary.com
Friends of Boxford School (FoBS)		talktofobs@gmail.com
Sunflowers Childcare	<i>Moir Grant</i>	01787 211363 info@sunflowers-childcare.co.uk
www.sunflowers-childcare.co.uk		
Boxford Baby & Toddler Group		facebook.com/Boxfordbabyandtoddlergroup

HALLS & FACILITIES TO HIRE

Boxford Pavilion	<i>Hugh Philips</i>	01787 211729 hughvcphillips@hotmail.com
Boxford Spinney	<i>Mark Miller</i>	01787 211596 mark.miller@talktalk.net www.boxfordspinney.co.uk
Boxford Village Hall	<i>Jane Elliott</i>	07721 880521 BVBHbookhall@gmail.com
Edwardstone Parish Hall	<i>Daphne Clark</i>	01787 210698 daphne.clark@btopenworld.com
Edwardstone Millennium Green	<i>Gordon</i>	01787 211605
Groton Village Hall	<i>Joanna Roberts</i>	01787 210619
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 BoxfordMarqueeBooking@gmail.com
Marquee Booking		
Milden Pavilion	<i>Pearl</i>	01449 741876 info@mildenpavilion.co.uk
Newton Village Hall	<i>Alan Vince</i>	01787 373963



WILL BISHOP JEWELLERY
Est. 2006

Beautiful jewellery handmade from silver, gold and platinum
Bespoke service available

Please call 01787 210251 to make an appointment
info@willbishop.co.uk www.willbishop.co.uk

TRAILER SALES AND HIRE

We are a family run company that will always go the extra mile for our customers.
We provide all types of trailers to both companies and individuals. We are based in Suffolk but we cover all of East Anglia, Kent, Surrey and into London.

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

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

07850 554 776 / 07974 189 647
rob@1stoptrailers.co.uk
www.1stoptrailers.co.uk

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



sunflowers Childcare

An independent setting within Boxford Primary school

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

Term time opening hours:
Monday - Thursday: 7.30am - 6.00pm
Friday: 7.30am - 5.00pm

Set Pre-school sessions from 9.00am - 3.30pm

For school aged children, we deliver to Boxford school from Breakfast club and collect directly from the school.

School Holiday clubs for children 20m - 12 years:
(pre-school children need to be in attendance at Sunflowers)
Monday - Thursday: 8.30am - 3.30pm

15 and 30 hours Early years government entitlement sessions available

The Cabin, Stonestreet Road, Boxford, Suffolk. CO10 5NP

CALL US: 01787 211363
Email: info@sunflowers-childcare.co.uk
Web: www.sunflowers-childcare.co.uk

Ofsted Good Provider

Ipswich Veterinary Centre

For a professional caring service

- 24-hour hospitalisation and emergency care provided on-site
- Advanced diagnostic imaging including CT scanning service
- Veterinary referral services
- Physiotherapy and hydrotherapy
- Pet behaviour counselling, dog agility and training classes
- Pet shop and grooming lounge.



An Independent Veterinary Practice with a personal approach

A member of **FIVP** Federation of Independent Veterinary Practices

Tel: 01473 555 000
enquiries@ipswichvetcentre.co.uk
www.ipswichvetcentre.co.uk

1 Donald Mackintosh Way, Scrivener Drive, Ipswich, Suffolk IP8 3SU

M H M LANDSCAPES

mhmlandscapes.com

We are a Suffolk based Landscape company, offering full hard and soft landscaping services, as well as specialising in porcelain and sandstone paving.

For any enquiries, please contact us on

07428 10 63 87

mhmlandscapes@gmail.com

EVENTS CALENDAR

MARCH 2023

25	Boxford Farmers, Arts & Crafts Market
SAT	Boxford Village Hall
25	French's Care Haven Dog Walk
SAT	From The Fox & Hounds, Groton
27	Boxford Friendship Group
MON	Boxford Village Hall
28	Boxford PC Annual Parish Meeting
TUE	Boxford Village Hall
29	Coffee Morning
WED	Newton Green Golf Club
29	Ladies Free Golf Taster Session
WED	Newton Green Golf Club
31	Pop-Up Pub
FRI	Little Waldingfield Pavilion

APRIL 2023

1	Ladies Free Golf Taster Session
SAT	Newton Green Golf Club
4	Fireside Club - Trip
TUE	'A Place For Plants' East Bergholt
4	BGS- The History of Perrywood
TUE	Boxford Village Hall
5	Easter Holiday Club
WED	St Mary's, Boxford
9	Easter Egg Hunt
SUN	Newton Green Golf Club
10	Classic Motorcycle Show
MON	Stour Valley Business Park CO10 7GB
11	Polstead Gardening Club - Containers
TUE	Polstead Village Hall
14	Relaxation & Sound - all welcome
FRI	Boxford Village Hall
14	Polstead Films - 'Living'
FRI	Polstead Village Hall
15	Winston's Wheels Charity Spring Fair
SAT	Newton Village Hall
15	Quiz & Games Night
SAT	Milden Pavilion
15	ShantyFolk
SAT	Boxford Village Hall
19	Progressive Whist Drive
WED	Monks Eleigh Village Hall
19	LWHS - Suffolk's Lost Heritage
WED	Little Waldingfield Parish Room
21	Quiz & Curry Evening
FRI	Groton Village Hall
21	The London Trios - Haydn
FRI	St Mary's, Boxford
22	Coffee Morning
SAT	Newton Village Hall
22	Boxford Society - 'Boom & Bust in Lavenham'
SAT	Boxford Village Hall
23	Boxford Tornado Cycle Sportive
SUN	Boxford Playing Fields
24	Boxford Friendship Group AGM
MON	Boxford Village Hall
29	Boxford Farmers, Arts & Crafts Market
SAT	Boxford Village Hall

MAY 2023

2	Fireside Club - Bingo & Quiz	2pm
TUE	Newton Village Hall	
2	BGS - Tenerife	7:30pm
TUE	Boxford Village Hall	
6	Village Coronation Celebration	3-10:30pm
SAT	Little Waldingfield - More Details To Follow	
7	King's Coronation Broad Street Party	Noon - Late
SUN	Broad Street, Boxford	
7	Groton' Coronation Celebration	12:30-2:30pm
SUN	Groton Village Hall	
13	Happy Hour Concert Organ Recital	6-7pm
SAT	St Mary's, Boxford	
16	Fireside Club - Film Afternoon	2pm
TUE	Newton Village Hall	
17	LWHS - Keeping The Peace in Medieval Suffolk	7:30pm
WED	Little Waldingfield Parish Room	
20	Fireside Coffee Morning	10-11:30am
SAT	Newton Village Hall	
20	Race Night	7:15pm
SAT	Little Waldingfield Parish Room	
22	Boxford Friendship Group	2-4pm
MON	Boxford Village Hall	
26	Pop-Up Pub	6:30-10:30pm
FRI	Little Waldingfield Pavilion	
27	Boxford Farmers, Arts & Crafts Market	10-1pm
SAT	Boxford Village Hall	
27	JAZZ	7pm
SAT	Monks Eleigh Village Hall	



ITworx
Technology Tamed

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

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

✉ ian@itworxnow.co.uk

☎ **07866 015953**

☎ **01473 948526**



**MILDEN PAVILION & PLAYING FIELD
AVAILABLE FOR HIRE**

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

www.mildenpavilion.co.uk
info@mildenpavilion.co.uk
or find us on Facebook: www.facebook.com/Mildenpavilion

Services Directory

SPRUCE
GARDEN CO.

GARDEN MAINTENANCE SERVICES
Garden clearance, cutting back,
garden tidy-up, weeding
Regular and one-off work undertaken
Give your garden a SPRUCE!
SCOTT MCLAREN: 07949 281 894
sprucegardenco@outlook.com

TRACEY PARR
Independent Travel Agent
07747 608 509
tracey@boxrivertravelboutique.co.uk







Damp, Mould, Condensation?
We are a specialist damp company using
cutting-edge technology with a
workforce of over 20 years experience.


FREEPHONE
0800 978 8313
www.mydamp.co.uk

Scents Of Life
CPTG Essential Oils,
Sound, Relaxation, Support & Clarity
For whatever you are experiencing



Louise Carpenter
whole being well-being

One to one appointments by donation
Monthly reset and sound groups
louisecarpenter@gmx.co.uk
01787 211862

ROBSON THATCHING
FREE ADVICE
RE-THATCHES
PATCHING
REPAIRS
Over 25 years experience
56c High Street, Lavenham
01787 247 964 or 07443 596 757
philiprobson2011@hotmail.co.uk




Kirkham Sheidow Architects
Buxford 01787 211670
design@kirkhamsheidow.co.uk
www.kirkhamsheidow.co.uk



Ellie's
Grooming Parlour

Tel: 07473 638660
Email: hello@elliesgroomingparlour.co.uk


Reliable, Qualified & Caring Dog Groomer at Kersey Mill

W.A. Deacon
FUNERAL SERVICES
24 HOUR
TELEPHONE SERVICE
01787 248282 & 01787 248147
Norman Way, High Street, Lavenham,
Sudbury, Suffolk CO10 9PY
INDEPENDENT FAMILY COMPANY




ESTABLISHED 1952

Samuel P. D. Morgan
Woven Willow Fencing
& Hedgelaying


Sudbury, Suffolk.
07772 398310
samuelpdmorgan@gmail.com


HOWARD WATTS
Automotive


Sales and Service at
Riddelsdell Bros Ltd (Est 1900)
ELLIS STREET, BOXFORD, CO10 5HH
01787 210318
07836 353537
www.howardwatts.co.uk info @howardwatts.co.uk


STIRLING
PAINTERS &
DECORATORS

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

Polstead Based
Country Cars
Private Hire


Local and Long Distance
Airports - Theatres
Restaurants - Weddings
Contact: Dave Howard
Mobile: 07767 076976

PAUL MACHIN
GARDEN SERVICES

General maintenance, hedge cutting,
tree pruning, grass cutting,
scarifying service
Paddock & field topping
Wood chipper & operator hire
Patio, path and driveway cleaning
Garden, house & shed rubbish
clearance
Environment agency waste carriers
licence held and fully insured
Please call me on 01787 249725 or
07854 725777
and find my page on facebook

CARPET CLEANING
Super Clean Carpet Cleaners
Your local professional
carpet cleaning service
Call Mark Today
07376 800 111
www.supercleancarpetcleaners.co.uk



Services Directory

S B Electrical

For all your electrical work

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

01787 247043

email: info@sbelectrical.biz
or visit www.sbelectrical.biz

Boxford Lane Joinery

With the benefit of over 40 Years experience

*Specialist Manufacturers and Installers of Bespoke:
Kitchens*

*Wardrobes and Household Furniture
Staircases • Architectural Joinery
Windows, Doors and Conservatories.
All finished/Sprayed/Polished
in House if required.
A full fitting and Carpentry service
is also available.*

Contact: Greg Deeks: 01206 263525
or mobile: 07977 738 649
or Brett Deeks: 07969 524 124

email: BoxfordLaneJoinery@gmail.com

Practical Careers Advice

Qualified Careers Adviser with experience
of working with all age groups from
school & university students to long term
unemployed and career professionals.

One to one guidance appointments,
help with CV's and cover letters,
job application forms,
interview preparation etc.

Natalie Lusted

01787 211290 / 07703 724553
or email natalielusted@gmail.com

**Free 15 minute consultation
to identify your needs**

LILAC SAGE FLOWERS Florist

Local florist specialising in sustainable methods.
Flowers & gifts for all occasions including
birthdays, weddings, funerals & events.

Telephone: 07884 393 010

LilacSageFlowers@gmail.com

www.facebook.com/lilacsageflowers

alchemy aesthetics & well-being

for the mind, body & soul

Harley Street Trained Health Care Professionals

2 Hall Cottages, School Rd, Borley CO10 7AD
t: **07871 528 293** e: alchemywb@gmail.com

www.alchemyaesthetic.co.uk

D MAY

Plumbing & Heating

Offering a fully comprehensive range of domestic
plumbing and heating services.

Local tradesman 30 years experience

Free estimates not VAT registered.

New bathroom and ensuite installations
including floor/wall tiling.

Emergency service provided and no job too small.

Tel: 01473 829064 or Mobile: 07886 389 995

Qualified Foot Health Professional

Bridget Clifford MCFHP MAFHP

Foot Care in the comfort of your own home.

Tel: 01787 211345

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



**COMMAND
PEST
CONTROL**
Established 1986

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

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

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

Call (01787) 248049

www.commandpestcontrol.co.uk

SAM'S K9 Services

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

Not only am I a dog walker but I'm also a qualified dog trainer.
I'm able to help with a wide range of behavioural and training issues.

My methods of training are up to date and force free.

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

please call me on 07939 563 282

BUSINESS OWNER?

**WHY AREN'T YOU IN THE
BOX RIVER NEWS DIRECTORY?**

01787 210946

editor@boxrivernews.com

-PJH-

Property Maintenance

Quality Painting and Decorating

Interior & Exterior,

Tiling and General Maintenance,

Carpentry

www.pjhpropertymaintenance.co.uk

pjhpropertymaintenance337@gmail.com

6 Hadleigh Road, Boxford, Sudbury CO10 5JH

TELEPHONE: 01787 212366

SJ Hurrell Plumbing & Heating

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

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

07970 163084 • 01787249081

scott@sjhurrell.co.uk • www.sjhurrell.co.uk



C D Lawson

Building & Hard Landscaping
01787 211429 mobile: 07730885019

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

Professional and Reliable service at
competitive rates

13 Boxford Lane, Boxford, CO10 5JU
email: lawsondian@btinternet.com

Bed & Breakfast Newmans Hall Farm

www.newmanshall.co.uk

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

Monks Eleigh Road
Little Waldingfield
Sudbury, Suffolk
CO10 0SY

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

email: louise@newmanshall.co.uk

Ken Grime & Son Ltd Electrical Contractors

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

Office Tel: **01787 373 558**

Ken Mobile: **07702 358 802**

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

Services Directory

Darren Howe - Qualified Carpenter & Joiner

All Aspects of Carpentry Undertaken

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

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



N D Rose Int/Ext Decorating

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

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



LOUISE'S
Mobile Hairdressing

I am an experienced,
professionally trained hairdresser
& will visit you in the comfort
of your own home.

Full colours, highlights, cut & blow-dry
Prom & wedding packages available
Ladies, gents & children

Please call Louise to book an appointment

07970 704 823



Your Local Insurance Broker Is
Here For You

Coversure Sudbury

CALL US: 01787 374 857

VISIT US: coversure.co.uk/sudbury

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

For business. For family. For you.

WELDING & FABRICATION



Bespoke Gates, Railings, Balustrade
For design, repair or advice Call Craig 07775 745213
www.awardfabrications.co.uk

Antique Renovations



Expert restorers of fine antiques & interior woodwork

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

AK SMITH

PLASTERING (EST 1986)

CEILINGS, WALLS, FLOORS

PLASTERBOARDING, LIME PLASTERING

NO JOB TOO SMALL

For references see our website:
www.aksmithplastering.com

Further Street, Assington
Mobile: **07808 027 116**

FIREWOOD

DRY SEASONED LOGS
VARIOUS LOAD SIZES AVAILABLE



KILN DRIED LOG NETS

Delivery available on minimum of 6 nets

Contact Carol Abbot
01473 829 130 or
mobile 07768 795 981

Sanders Sweeps & Installations

Mobile 07808 298866

Traditional Chimney Sweeping

Fireplace & Stove Installations

Email: info@sanderssweeps.co.uk

www.sanderssweeps.co.uk

BUSINESS OWNER?

**WHY AREN'T YOU IN THE
BOX RIVER NEWS DIRECTORY?**

The Box River News is the
go-to reference for thousands
of people across South Suffolk for
trade services.

**Ensure you contact us to
boost your business
for a ridiculously low cost.**

Now with free online
business directory listing:
turbo-charge your SEO rankings!

01787 210946

editor@boxrivernews.com

M.D.MILLS

(BUILDING CONTRACTORS) LTD

All types of building work undertaken including:

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

For a free no obligation estimate
please call:

01787 373085

www.mdsmills.co.uk



ADI Landscapes provides hard landscaping services
throughout south Suffolk and north Essex. ADI
Landscapes takes pride in offering a friendly and reliable
service, and has a creative approach; allowing all your
landscaping dreams to become a reality.

www.adilandscapes.com

hello@adilandscapes.co.uk



07814 404377



WHITWELL
SERVICES

For all your Home Heating & Plumbing Needs

Established in 1979
Oil Boiler Servicing, Repair & Installation,
Oil Tank Fitting,
Renewable Energy Installation
Gas Safety Registered.

We offer a unique
Design & Installation service for
Bathrooms, Kitchens, Renovations and
New Build Projects.

To Contact us:

Tel: **01787 210277**

Email: enquiries@whitwellservices.co.uk

Web: www.whitwellservices.co.uk

Services Directory



wood flooring specialist

- sanding & sealing, all wood types
- scrub/clean & refreshing of floors
- supply & install engineered/solid wood

domestic, commercial, education & leisure
Please email us with your requirements:

admin@henryashe.co.uk

original hand-made prints



artist : printmaker

Boxford : Suffolk

01787 211501

browse my website gallery — studio open by appointment

annetownshendart.weebly.com



Bella the Birthkeeper
For bump, birth, and beyond

Birth and Post Natal Doula.

*Preparing you for bump,
birth and beyond...*

Bella Kimbell

M: 07815 086684

W: www.bellathebirthkeeper.co.uk

E: bellakimbell@outlook.com

I: @bella_the_birthkeeper



Nails by Grace
Beauty Therapist

I'm Grace Crimmin, a fully qualified Beauty Therapist with over 10 years' experience in Salons and Spas.

I offer a wide variety of treatments from my treatment room in Newton, including Body Massages, Facials, Manicures, Pedicures, Waxing and more!
I look forward to hearing from you.

www.nailsbygrace.co.uk

07484 648932

facebook.com/nailsbygrace1

CARPENTRY & JOINERY

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

No job too small M Hearnden

Tel: 01787 248 285 / 07850 196 891

BUSINESS OWNER?

**WHY AREN'T YOU IN THE
BOX RIVER NEWS DIRECTORY?**

The Box River News is the go-to reference for thousands of people across South Suffolk for trade services.

**Ensure you contact us to
boost your business
for a ridiculously low cost.**

Now with free online
business directory listing:
turbo-charge your SEO rankings!

01787 210946

editor@boxriversnews.com



Cass White Upholstery
Traditional & Modern

www.casswhiteupholstery.com

07759 924 209

casswhite@live.com

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

Tel: 01787 375824 • Mobile 07748 800701

andy@seppainters.co.uk

For all your interior and exterior decorating ...
...from New Build to Period Properties

Your satisfaction is my speciality!

Detailed information on my website:
www.seppainters.co.uk

Seasoned Firewood & Woodchip
For Sale By the load

01787 319200



We carry out all aspects
of tree works

SUFFOLK TREE SERVICES

www.suffolktreeservices.co.uk



Sudbury
Physiotherapy Centre
& Complementary Health

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

Appointments available Monday - Saturday

Tel: 01787 378178

Email: sudburyphysio@hotmail.co.uk

www.sudburyphysio.co.uk

8 Cornard Road Sudbury CO10 2XA

Tree Surgeon



Blake Tree Care

Providing excellence in:

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

Free Consultation for Small and Large Jobs

Public Liability Insurance

M: 07515 288736

O: 01787 228341

info@blaketreecare.co.uk

www.blaketreecare.co.uk



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

AERIAL VIEW

- TV, FM & DAB aerials - Freeview, Freesat & Sky
- Installations, Repairs & Extra points
- TV's Set-Up & Installed
- TV wall mounting
- Wi-Fi & Telephone extensions

Please call for all other services
01787 311057
Or visit www.aerial-installers.co.uk

**Suffolk Medical &
Beauty Clinic**

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



www.suffolkmedicalclinic.co.uk

6 Broad Street. Boxford

01787 211000

H Byham & Son Ltd
Ballingdon Dairy, Sudbury

Deliveries of Dairy Produce and
Goods to Boxford and
Surrounding Villages

Tel: 01787 372526

Services Directory

SHERBOURNE LODGE COTTAGES



Two self-catering cottages former stable blocks offer fully equipped and well furnished accommodation. Each sleeps 2-4 people (one can accommodate 6)

For further details please call:
01787 210885

CARPETS - VINYL - WOOD LIONEL HATCH FLOORS

Your local professional, personal, competitively priced flooring service

Call Lionel Today

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



SO LANDSCAPES

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

Our 5* reviewed company offers bespoke high quality reliable services catering for all budgets. Enhance your property's value and enjoy the beautiful weather with family & friends - or even just for some much needed self care.

Take action now by giving us a call to book your free quotation:

Phone: 01787 377846 or 07590 111 025
Email: Ashley@SoLandscapes.co.uk



JPS Timber

Suppliers of:

- New and Reclaimed Sleepers
- Reclaimed Scaffold Boards
- Carcassing Timber
- Decking
- Post and Rail Fencing
- Oak Barrels and Planters and more....

07970 559 251

mail@jpstimber.co.uk
www.jpstimber.co.uk

Hadleigh Hairloom

78 - 80 High Street, Hadleigh
01473 822191

Walk-in Family Salon

Catering to the entire family's hairdressing needs

* Easy Access * Family Friendly * Free Wi-Fi *

Comfortable Waiting Area with Toys and TV.

Monday Wednesday & Friday: 9 - 5.30

Tuesday 9 - 7.00 * Thursday 9 - 8.00 *

Saturday 8.30 - 4.00

Amanda Hollingworth Counsellor

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

COSRT Accredited Psychosexual Therapist

COSRT Accredited Clinical Supervisor

UKCP & BUPA Registered Psychotherapist

contact: 01473 824663 or

ac.hollingworth@gmail.com

PEP SERVICES



- Carpentry -

- Tiling -

- Painting & Decorating -

- Home Maintenance -



Friendly & efficient local service
No job too small

Call 07792 931446 for a quote

David Folkard BLOCKBUSTERS Drain Clearance

Sinks, Toilets, Drains
Sewers etc.

Hadleigh 01473 827426



Boxstore™
Archive and general storage

The Local Self Storage Company

For all domestic and business needs

See website for details
www.boxstore.co.uk
or phone **01787 210350**

BUSINESS OWNER?

**WHY AREN'T YOU IN THE
BOX RIVER NEWS DIRECTORY?**

The Box River News is the go-to reference for thousands of people across South Suffolk for trade services.

**Ensure you contact us to
boost your business
for a ridiculously low cost.**

Now with free online
business directory listing:
turbo-charge your SEO rankings!

01787 210946

editor@boxrivernews.com

GARDEN WORK TREES & HEDGES

Call for a quote
G.J. & C.A. Abbott

**01473 829130 or
mobile 07768 795981**

P.D. Garner Plastering Services

Telephone: 01206 262207
Mobile: 07976 246713

13 Elmtree Lane, Leavenheath, Colchester CO6 4UL

Colne Valley Windows Your local double glazing company

*Windows • Doors • Conservatories
Bi-Folding Doors • Soffits • Facias and
Guttering • uPVC and Aluminium • Shop
Fronts • Manual and Automatic Entrances
and much more!!*

Transferable 10 Year Insurance
Backed Guarantee
Over 30 Years Experience
Free Quotation
Local Family Run Business



**To arrange a free quotation
please call us on 01787 827382**

Website: www.colnevalleywindows.co.uk
Email: info@colnevalleywindows.co.uk
Certified Company 36650

LAWNS FIELDS AND GARDENS

Established 1991

All types of Grasscutting undertaken •

• Commercial and Domestic •

• Contract or otherwise •

• Grounds Maintenance •

• Hedges • Trees • Fencing • Patios •

• Drives • Pergolas •

**FOR A FREE QUOTE RING MARTIN ON
07932 477152**

A Tennent Electrical

Quality Electrics for Domestic, Commercial
and Industrial properties

Small jobs to complete re-wires

For a free estimate call Adrian on:

01787 211576 Mobile: 07968 856 765

e.mail: adrian.tennent@btinternet.com

1 Church Street, Boxford, Sudbury



MINI WASTE LIMITED

2, 3, 4, 6, 8, 10 & 12 YARD SKIPS FOR HIRE
16, 20 & 40 YARD RO/RO FOR HIRE

Tel: 01787 378811

e mail: info@miniwaste.co.uk

Website: www.miniwaste.co.uk



The Red House

— RESIDENTIAL HOME —

A fine Georgian building set within a beautiful garden, offering a sanctuary of peace and security within the centre of Sudbury, offering all the necessary care and attention for those who wish to spend their retirement and later years in a warm and caring atmosphere.

Contact Us

Meadow Lane, Sudbury, Suffolk, CO10 2TD

Telephone: 01787 372948

www.redhousesudbury.co.uk

MICROPLANT

08703 210256 / 07850 210256

E-mail: charles@microplant.net

Website: www.microplant.net

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

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



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



Woodlands Nursery

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

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

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

Toddler Group &
Weekly Baby Classes
also running term time



WWW.WOODLANDSNURSERYKERSEYMILL.CO.UK

DAVID
BURR

Sales, Lettings & Managed Holiday Lets



Bury St Edmunds

01284 725525

bury@davidburr.co.uk

Holiday Lets

01787 888698

support@davidburrholidaylets.co.uk

Long Melford

01787 883144

melford@davidburr.co.uk

Castle Hedingham

01787 463404

hedingham@davidburr.co.uk

Leavenheath

01206 263007

leavenheath@davidburr.co.uk

Newmarket

01638 669035

newmarket@davidburr.co.uk

Clare

01787 277811

clare@davidburr.co.uk

London SW1

0207 839 0888

london@davidburr.co.uk

Woolpit

01359 245245

woolpit@davidburr.co.uk

davidburr.co.uk