

July 2025

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



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



MILL TYE GALLERY
ARTS CENTRE

Mill Tye Gallery and Thomas Gainsborough School

TGS Young Artists' Summer Exhibition July/August 2025

Exhibition Preview Day: Join us for drinks and nibbles as we celebrate the opening of the Young Artists' Summer Exhibition on **Saturday 19th July 2025** from 10:30 am to 6:00 pm.



Mill Tye Gallery and Art Centre 3 Cornard Mills, Mill Tye, Great Cornard
Sudbury, Suffolk CO10 0GW Visit: www.milltyegallery.co.uk
Open: Thursday to Sunday from 10:30am to 4pm. Free Admission.



THE
CROWN

Beer & Cider Festival

Friday 15th August - Sunday 17th August

Expect festival-inspired food alongside live music from Robbie Gladwell and more musicians throughout the weekend.

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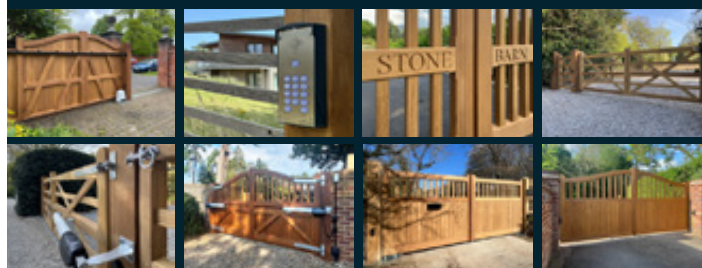


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BOXFORD COMMUNITY CAR SCHEME

From 1st July 2025, the Boxford Mill Surgery will be closed. You may not be aware that we do have a group of volunteers who offer lifts to the Hadleigh Health Centre, and other medical venues e.g. Ipswich Hospital, if you are unable to get there by any other method. We make a small charge for this, 45p per mile, which is the limit allowed by HMRC and considerably less than a commercial company would charge.

If you would like to use this service, please contact Jen Eastwood on **01787 211853** or email her on jen.eastwood8@gmail.com with the details and she will endeavour to find a driver for you. As we cannot estimate what the demand will be for our help at this time, we cannot guarantee a driver will be available, but we'll do our best!

If you need any further details about the scheme, which has been running for many years, please don't hesitate to get in touch.

There is also another transport option to and from the Hadleigh Health Centre, please see information in this month's PPG column on page 32.

Boxford Community Car Scheme

GROTON EDUCATIONAL FOUNDATION

Registered Charity No. 1118325

The Trustees will meet on 4th September at Mary's House, Swan Street, Boxford, to consider applications for grant aid for educational or training purposes from residents of Groton and those parts of Boxford included in the 'area of benefit', i.e. Homefield, the east side of Swan Street and pockets of land in Stone Street south of the church - those parts which were included in the Tithe Map of Groton 1881.

We hope that newcomers will be made aware of this charity, particularly by those who have benefited from it. There is no means testing.

Applications may also be made by organisations serving the area. Recent grants have included help towards the costs of university, specialist sports coaching and courses in art, music, plumbing, barbering and tree surgery.

Details and application forms are available from Stephen Watkins, Clerk to the Trustees, Whitewebbs, Daisy Green, Groton CO10 5EN. 01787 210977, stephen_watkins49@yahoo.co.uk

Completed forms should be returned by 26th August.

THIS MONTH'S COVER IMAGE



This month's front page image is by Boxford artist Elizabeth Martland De Alwis. It is called '*Inspired by Boxford*' and depicts the iconic view over the fields towards St Mary's Church as you approach from the west. The original painting or limited edition giclee prints are available for sale through the artist. Please contact Liz on

07846 849 451, or her website is: www.elizabethdealwis.co.uk and email: emartart@hotmail.com.

OLD GAOL PROJECT

You may remember an announcement in the BRN some months ago that one half of the bus shelter building - referred to as *The Old Gaol* - was to become an exhibition depicting '*Boxford Through The Ages*'.



It is with great pleasure and after much hard work that we are able to confirm that the exhibition will be officially opened on **Saturday 5th July at 10am** - a small opening ceremony will be held in front of the exhibition.

The exhibition depicts aspects of Boxford for both locals and tourists eager to know more about our wonderful village and its rich and eventful history.

A full report on the project will feature in the next edition of the Box River News following the opening.

A huge thanks goes to the whole team for their hard work in creating this fantastic addition to the village.

Boxford Volunteer Project Management Group

REPAIR OF BOXFORD ST. MARY'S CHURCHYARD WALL

The repair of the churchyard wall will start on 22 July and will finish around the 22 August. This work has been planned to coincide with the school summer holidays in the expectation that it will cause the least inconvenience to residents at that time.

To protect the workforce fencing will be erected in the road which will restrict its width. There will therefore be no parking adjacent to the properties along Church Street and traffic will be controlled by traffic lights.

All residents in Church Street are advised that it will be necessary to grind out the mortar joints which will cause some dust. Every effort will be made to minimise it but realistically there will be some resulting from this work.

On behalf of the parish council, I would like to all apologise to all village residents for the disruption this will cause. This work is important as it will help preserve an important landmark in the village.

David Warren

On Behalf of Boxford Parish Council

Box River News

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Deadline date for the August 2025 Issue is:

July 15th at midday

NEWTON FIRESIDE CLUB

Tuesday 20th May saw another popular 'Bring & Share Lunch' where everyone brings along something to eat, which results in a delicious lunch. We also had a plant swap, which is always popular. Any leftover plants are sold at the Open Gardens event.



You may see a recurring theme here as the next session was a cream tea! This is usually held on Suffolk Day, but as this fell on a Sunday this year we brought it forward. This event was well attended, and the scones were lovely.

Keeping the ball rolling, on Sunday 29th June we are hosting *Picnic in the Park*. No tickets - just come along for a convivial village get-together. There will be live music from *Fiddler's Elbow*, a violin and Spanish guitar duo. There will be a raffle, donations would be much appreciated and please do bring a few pounds to buy tickets.

On 1st July we are very pleased that Laura from GCB Cocoa Ltd in Glemsford is coming to talk about their business and the process of chocolate making. Rumour has it that there may be some samples!

Our final session of the term is another favourite. We are taking a boat trip along the River Stour and lunching at the Henny Swan before our return cruise. Always popular, this event is now fully booked.

SUMMER 2025 PROGRAMME

Sat 29 th June	Picnic in the Park
Tues 1 st July	Talk from GCB Cocoa Ltd. Glemsford
Tues 15 th July	Boat Trip & Henny Swan

All meetings are held in the village hall and start at 2pm unless otherwise stated and anyone is welcome. Subs for members are £25 this term and must be paid in advance. This includes refreshments, activities and subsidised events. Non-members are welcome to come along to any session. The fee will be between £5 and £10 depending on the activity. New members are always welcome. Usually the first session is free.

Please contact Moira on **01787 374652** or Sue on **07881 383 998** if you would like more details.

Sue Presland

NEWTON VILLAGE HALL MATTERS

AFTERNOON TEA: To celebrate Summer we will be hosting an afternoon tea at 3pm on Sunday 27th July. Weather allowing, this will take place in the Jubilee Garden. Tickets are £10 from Sue Presland.

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

COFFEE MORNINGS:

Sat 27 th September	Macmillan
Sat 22 nd November	Village Hall

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

BOXFORD SOCIETY

Our summer meeting on Thursday 12th June in the village hall proved to be a great success. Long time member and Treasurer of the Society Roger Loose showed us: *The Boxford Old Picture Show Part 1: Cox Hill, Ellis Street and Broad Street* using photographs and maps from the Boxford Society Archives.

It was wonderful to welcome residents of Boxford who could identify themselves or relatives in the photographs - what a great record of our wonderful village. It was interesting to see the settlement before cars dominated the streets and to also see all the businesses that flourished in the past. Roger will be presenting a follow up of this talk concentrating on other streets eg Swan Street, Church Street etc next year. We can't wait!



The next Boxford Society meeting will be on Friday 27th October 2025 when Wendy Shepherd will be talking about the Womens' Land Army during WW2 - I believe we have residents in the village who have memories of this time, so it would be good to hear their stories. It's absolutely fascinating even if you were not directly involved.

In the meantime, the Boxford Society summer outing will be to Harwich on Tuesday 9th September when we have arranged a guided walking tour of the town which is full of very interesting history. It wasn't just the home of the captain of The Mayflower, but also the redoubt fort built to repulse the Napoleonic armies threatening to invade England. Harwich was also the location of the inception of the electric cinema in 1911 (now restored and in good working order), where the Czechoslovakian Kindertransport escaping from the Nazis were first received in 1939 and the home of Radio Caroline in the 1960s. There's so much to see and hear about.

Please contact me if you would like to join the Boxford Society - membership only costs £5 per year!

Jen Eastwood

Chair, Boxford Society

jen.eastwood8@gmail.com | 01787 211853

READERS' LETTERS

Dear Editor,

I am writing to ask that councillor J. Finch be asked to recant his comments in the June edition regarding Glyphosate as "not harmful to people or pets".

I can only see this as deliberate disinformation as he "spent most of my working life in corporate life in the agricultural chemical and biological industries" he must be aware that as of March 2015, IARC classified glyphosate as "probably carcinogenic to humans". Not to mention its more well documented destructive effects on biodiversity and waterways.

*Regards,
N. Ludd*

PHILIPPA HAINING 1944 - 2025



Born and bred in Chelmsford, Philippa moved to Peyton House in Boxford in 1976, with husband Peter and their three children, Richard, Sean and Gemma. Philippa loved Boxford and village life, quickly making lifelong friends, and was a well known figure shopping in Danny's (Grimwoods), Gorsons (Boxford Stores and Post Office and Mary's (Riddlestone's Newsagents).

With Richard going straight to Stoke By Nayland middle school, and Sean at Hillside special school, Philippa enjoyed being an active parent at Boxford primary school while Gemma was there. Latterly she became a support teacher at Stoke By Nayland school, excelling at helping children who needed additional help, going on the school trips, and being an integral part of any school productions.

Likewise, with Peter managing Boxford Youth FC and Richard a member of the team, Philippa was a devoted 'soccer mum', shouting from the sidelines and handing out half-time oranges.

Philippa also had a deep love of music and dance, and was a 'mature' tap-dancer at the Quay School of Dance. With Fiona Phillips she ran the backstage of many dance productions as well as performing in them.

During their time as owners of Peyton House, Philippa was instrumental in its almost complete renovation as it was very dilapidated when they purchased it. Ultimately they turned it into a wonderful family home where they hosted many legendary parties which many of the locals may well remember. Or not!

Following Peter's untimely death in 2007, Philippa continued to live at Peyton House until moving to Sudbury in 2016.

In her last few years, Philippa lived with vascular dementia and was very well cared for by all the staff at Laxfield House in Brent Eleigh. She passed away very peacefully on the morning of May 9th with Gemma by her side.

All are very welcome to attend Philippa's funeral which will be held at Boxford Church on **Thursday July 3rd at midday**, followed by a wake immediately afterwards in the village hall. Family flowers only please. Any kind donations in her name to Dementia UK (dementiauk.org).

ALLOTMENTS IN KERSEY

The Nightingale Trust run the allotment site in Kersey Village. We will soon have plots available for hire. Have you ever wanted to grow your own fresh vegetables, fruit, flowers etc? Now is your chance! The allotments are situated behind The Kersey Bell, within beautiful and peaceful countryside. The rent is £30 annually for a half plot, and £40 for a full plot - cheaper than a gym membership and better for you!!

For more information, please contact Natalie Blyth - 01473 827805 or 07487 816966 - nablyth1@gmail.com

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Open Mic Night - Every 4th Wednesday of the month
Wednesday, June 25th from 7pm
Wednesday, July 23rd from 7pm

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

Little Earth Fest - July 5th & 6th
 Our 3rd annual mixed fermentation & sour beer festival.
 Join Little Earth Project plus brewers from around the UK
 in the beer garden. Pub open as usual!
 A variety of sour beers, food trucks & nice times!

Street Food
Follow us on Facebook/Instagram for weekly updates!
Wagyu Burgers - Every Friday
Tasty Turk - Sat June 28th, Sat July 12th & 26th
Taqueria La Gringa - Fri July 4th
Suffolk Spice Fusion - Saturday, July 5th
Moules Frites - Saturday, July 5th
Noodles & Dumplings - Sat July 19th

   @edwardstonewh www.edwardstone.com



Elaine Carpenter

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

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GROTON HISTORY SOCIETY

Upcoming Events:

Friday 3rd October: *'Towns and Trade in Medieval Suffolk'* by Professor Mark Bailey. The date has changed to 3rd October from a week earlier. We are really looking forward to Mark's popular and brilliant insights into Medieval Suffolk's history.

We are still working on future events and will share with you as soon as we can.

80 Years ago in July 1945: The General Election:

We tend to forget in the reverence of 'Victory in Europe' and all it symbolises, that another major event occurred that would change the political landscape of Britain. The all-party coalition government that propelled Winston Churchill to displace the Conservative Leader Neville Chamberlain as Prime Minister, was formed in May 1940 under a strict condition that it would disband upon 'victory' in Europe. Within days of VE Day, a new General Election was called for 5th July. The election would be complicated, given all the displacement of the population at home and the servicemen and women still abroad. The results would take 3 weeks to count. Churchill had asked Attlee to continue the coalition for another 18 months or so, until after Imperial Japan had been defeated but Attlee refused. He wasn't aware that the Manhattan Project would bring that forward somewhat.

The general expectation was for a Churchill victory, similar to Lloyd George in 1918, as the war-winning Prime Minister. A 'nation's gratitude', so to speak. The



coalition government had relied heavily on the Labour opposition, without which Churchill would not have been elevated to the top job. It was a rejection of the decade-long ruling Conservative Party leadership in wartime, given the appeasing foreign policy that led to war. Labour took key roles focused on the Home Front, driving domestic policy and coordination,

whilst Churchill and Eden led the external war effort.

After a bitter campaign, turnout on 5th July was 73%, quite high historically, with the abroad services turnout being only about 59%. The age demographics had changed since the last election in 1935, with newer voters now more aware of the Labour Party's existence and growth. The result was a shock victory for the demure, uncharismatic and widely unknown Clement Attlee. An average swing of 13% to Labour, masks the vital swing to Labour of around 20% in the suburban middle classes.

This was replicated in our nearest constituency, Sudbury, where Conservative MP Col Henry Burton had continuously held the position since 1924, nearly 20 years. Turnout was down slightly here to 70% though actual numbers were up by about 1000 new voters. Lt Col Roland Hamilton, Labour, won the Sudbury election with 40% (up 25% points from 1935), Burton came in at 39% (down 10% point from 1935), with the Liberals down 15% points to 20%. This was the last election as a Sudbury Constituency, as it was abolished in 1950, replaced by the new Sudbury and Woodbridge Constituency. Lt Col Hamilton lost his seat at the next election to the Conservative John Hare.

The early and immature Gallup Polls had predicted the rejection

of the Conservatives throughout the later years of the war, though these polls were not regarded with any seriousness. The nation had become used to full employment, equal distribution of goods and services (rationing was equal for example), and successful central coordination. The socialist bogeyman, adopted hypercritically by Churchill during the campaign, didn't have the effect he wanted, given the wartime experience of life on the Home Front, of which he was the leader! The middle classes rejected the 1930s Conservatives but not their conservative values, as would be evident at the next election.

The 1945 Election was the first time that the Labour Party won a governing majority. They had had minority representation in the 1920s and were largely blamed for economic issues that led to Conservative victory in 1931 and election in 1935. This was a transformational election for Labour and its future. Uncharismatic Leader wins thumping majority....

Habeas Corpus (aka Due Process):

I have been watching the latest news coming out of the United States, especially the protests and lawsuits regarding 'due process' or lack of, with respect to some of those being rapidly deported. 'due process', or its legal name 'habeas corpus' has been a fundamental right since the 1200s. The term habeas corpus translates to "You have the body", which in all honesty doesn't tell you much. It effectively means that we all have the right not to be detained without a court deeming the detention to be lawful, roughly speaking.

The earliest such principle was embedded in the Magna Carta, signed by King John in 1215. "No freeman can be imprisoned without the lawful judgement of his peers or the law of the land". Albeit the term 'habeas corpus' was not formalised until 1679, in the Habeas Corpus Act. Magna Carta has long been associated with the US Constitution. Its founders were already living under the principle and law, before the US Constitution came into effect in 1787. Article 1 Section 9 of the Constitution stipulates that the 'writ of habeas corpus shall not be suspended, unless when in cases of rebellion or invasion, the public safety may require it'. At the time of its writing the nascent United States of America was nervous of future European power invasion, as they experienced 17 years later when the White House was set fire by British forces. It is clear that the definitions of 'rebellion' or 'invasion' were not originally defined in detail, as at the time they knew what they were referring to. Since 1787 and prior to current interpretations in 2025, there have been 4 suspensions of Article 1 Section 9, most recently occurring during WW2, with the forced detention of 120,000 of Japanese descendency, following the Attack on Pearl Harbour in December 1941. There is a lot of discourse currently regarding potential suspension of 'due process' whether formally or informally. I thought it worth providing some context and linkage to our own History and rights.

Recommended Reading, Listening and Viewing:

- *'The People's Victory: VE Day through the eyes of those who were there'* by Lucy Noakes. Based from diaries and surveys collected through the Mass Observation Project at the time. I am getting access to some specific Suffolk data and will share as soon as I can.
- *'The Decline and Fall of the British Aristocracy'* by David Cannadine. 35 years old but well worth the investment in its reading. Enormous read but enormously readable.
- *'The Great Sea'* by David Abulafia. This is a cracking overview of the history of the Mediterranean, a sea central to European and World history.
- *'Rubicon'* by Tom Holland. This was his debut book and what a great debut! The Fall of the Roman Republic, Sulla, Caesar, Pompey, Crassus. Clues to USA?
- *'Crossing the Rubicon'* podcast series from *'The Rest is History'* podcast... If you don't have time to read the book, listen to the podcast instead.
- *'Stalin and 8 days that changed the world'* Ep 1 of 5 from *'Empire'* podcast. 5 episodes taking us through Yalta and the Big 3 carve up

of post war Europe and the fate of the World.

- 'The bombing of Pam Am 103' on BBC iPlayer (<https://bit.ly/BBC-pan-am-103>). The story of the Lockerbie crash and the hunt for the bombers. Really well done. Am sure we remember it taking so long... and even then!

I would like to recommend the monthly 'history' articles that Andy Sheppard and Roger & Tina Loose produce for the BRN, always fantastic local history insights and great reads!

As always please keep coming with your recommendations and thoughts on the topics covered and future topics you would like me to focus on. I have come full circle of 'events in history by month', but am keen to have a deeper look at certain events rather than a sweep. Thus the 5th July 1945 election. I will look at August in History for a deeper dive topic, in next month's BRN.

Nigel Chapman

nigelchap@gmail.com

TGS ARTISTS' EXHIBITION

This July and August creativity will take centre stage at Mill Tye Gallery as it opens its doors to the next generation of artistic talent. Nestled in the heart of Great Cornard, the gallery will once again partner with Thomas Gainsborough School to present its much-anticipated *Young Artists' Summer Exhibition* - a vibrant celebration of student artwork that promises to capture hearts and imaginations across the local community.



Running from Saturday 19th July through to Bank Holiday Monday 25th August, the exhibition will showcase an exciting range of works created by art students from the local secondary school. From painting and photography to sculpture, textiles, and mixed media, the variety on display reflects the depth of imagination and dedication thriving within our local schools.

The event builds on the success of the gallery's first student showcase back in 2019, and after a few challenging years, Mill Tye is proud to bring this uplifting project back to the forefront.

"It's always been part of our mission to support the local community and nurture creativity wherever we can," says gallery director Peter Rumsey. *"The quality of work coming from these students is truly exceptional. They deserve to be seen in a professional setting, and we're honoured to provide that platform."*

But the gallery's support doesn't stop at the summer exhibition. Throughout the year, Mill Tye Gallery has been working closely with the school and art educator Eleanor Mills to run a monthly Art Club - an initiative that has seen students develop their confidence and creativity through hands-on projects and gallery visits. You can read more about the club's impact and browse recent blogs at: www.milltyegallery.co.uk/blog-1.

- Preview Day: Saturday 19th July 10:30am–6:00pm - join us for drinks and nibbles as we launch the exhibition.
- Exhibition open: 19th July to 25th August 2025. Thursday to Sunday, 10:30am–4:00pm
- Free entry and free parking available (please note, the exhibition is located in the upper gallery which is not wheelchair accessible).

Visit <https://bit.ly/mill-tye-young-artists> to RSVP and find out more.

Mill Tye Gallery and Arts Centre

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THE BUTCHER'S WIFE

I wanted to share something that really made me laugh this month. You may well have already seen the 'Good Wife's Guide' which was printed in the May 1955 issue of *Housekeeping Monthly*. If not, here it is in all its glory, along with some of my thoughts!

"Have dinner ready. Plan ahead, even the night before, to have a delicious meal ready on time for his return. This is a way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they get home and the prospect of a good meal is part of the warm welcome needed."

Does a frozen pizza count?!

"Prepare yourself. Take 15 minutes to rest so you'll be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh-looking. He has just been with a lot of work-weary people."

Firstly, I haven't been 'fresh-looking' since the 90s. Secondly, a ribbon in my hair would look ridiculous.

"Be a little gay and a little more interesting for him. His boring day may need a lift and one of your duties is to provide it."

I don't remember saying I'd be a little gay in my wedding vows...

"Clear away the clutter. Make one last trip through the main part of the house just before your husband arrives."

They say 'clear away the clutter' like it's a 5 minute job. I would literally have to throw away everything The Butcher owns.

"Gather up schoolbooks, toys, paper, etc. and then run a dustcloth over the tables."

Dusting everyday? Absolutely not.

"Over the cooler months of the year you should prepare and light a fire for him to unwind by. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too. After all, catering to his comfort will provide you with immense personal satisfaction."

We don't have a fireplace but I'd happily set fire to all of his aforementioned clutter in the garden. Does that count?

"Prepare the children. Take a few minutes to wash the children's hands and faces (if they are small), comb their hair and, if necessary, change their clothes. They are little treasures and he would like to see them playing the part. Minimize all noise. At the time of his arrival, eliminate all noise of the washer, dryer, or vacuum. Try to encourage the children to be quiet."

Pahahahahahaha!!!!

"Be happy to see him."

This is dependant on so many things!

"Greet him with a warm smile and show sincerity in your desire to please him."

As above!

"Listen to him. You may have a dozen important things to tell him, but the moment of his arrival is not the time. Let him talk first - remember, his topics of conversation are more important than yours."

Hmmm debatable.

"Make the evening his. Never complain if he comes home later or goes out to dinner, or other places of entertainment without you. Instead, try to understand his world of strain and pressure and his very real need to be at home and relax."

That's fine, so long as he does the Hoovering first.



"Your goal: Try to make sure your home is a place of peace, order and tranquillity where your husband can renew himself in body and spirit."

We have 3 children, this house has NEVER been a 'place of peace'.

"Don't complain if he's late for dinner or even if he stays out all night. Count this as minor compared to what he might have gone through at work."

Why would I complain if he stayed out all night? King size bed to myself!

"Make him comfortable. Have him lean back in a comfortable chair or lie him down in the bedroom. Have a cool or warm drink ready for him."

Nope.

"Arrange his pillow and offer to take off his shoes. Speak in a low, soothing and pleasant voice. Low, soothing and pleasant voice?"

That's really not possible.

"Don't ask him questions about his actions or question his judgment or integrity. Remember, he is the master of the house and as such will always exercise his will with fairness and truthfulness. You have no right to question him.:"

I have no words!

In conclusion, I've realised I would have made an awful housewife in the 1950s and if I'm honest, I don't think I was a great one in the 2000s either!



Hot Honey Chicken

Ingredients

- 750g chicken mini-fillets
- 2 tbsp extra-virgin olive oil, divided
- 3 cloves garlic, minced
- 75ml apple cider vinegar
- 2 tbsps Number Eighteen Cold-Smoked Chilli Honey (available to buy at A. Leeder Butchers!)
- 1 tsp Worcestershire sauce
- Salt and black pepper, to taste
- 2 thinly sliced spring onions, for serving, optional

Method

1. Season the chicken with salt and pepper. Set a large frying pan over medium heat and add 1 tablespoon of oil. Once hot, add chicken and cook until golden brown on the bottom, about 4 minutes. Flip and cook until golden brown on the other side, 3 to 4 minutes. Transfer the chicken to a plate and cover with foil.
2. Add the remaining tablespoon of oil and the garlic to the same pan and cook for about 30 seconds. Add the apple cider vinegar and chilli honey and bring to a low boil over medium-high heat. Reduce the heat to low and simmer until the mixture has thickened slightly, about 5 to 8 minutes.
3. Stir in the Worcestershire sauce and add the cooked chicken back to the skillet. Spoon the sauce over the chicken and garnish with spring onions, if desired.




Beautiful jewellery made from silver, gold and platinum.
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info@willbishop.co.uk | www.willbishop.co.uk

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Chiropractic care based in Sudbury
can help you get back to normal.



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- Mid and upper back pain
- Neck pain and headaches
- Shoulder and knee pain
- Muscle spasm

A range of techniques tailored to your needs are used to help you get back to your best.
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*within 7 mile radius of Boxford on orders over £25
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33 Swan Street, Boxford
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RAMBLINGS FROM THE RECTORY

Dear Friends

Thank you for putting up with my waffle for the past 6 years. Here's one more before I depart. This will be my last pondering to you, I promise!

As I write this, the war in the Middle-East between Israel and Gaza has escalated to include Iran. At this moment missiles are going backward and forward at a terrifying rate, threatening the lives of countless innocent people. I don't mean to trivialise what are really important political issues but frankly these are things that should be sorted out through diplomacy not mindless bombing. Our world needs more moral courage. Moral courage always leads away from the violent option wherever possible.

The central teachings of Christianity can be extremely difficult to follow. They have moulded our society for centuries, but it is easy to see the attraction of looking for an easier alternative that doesn't require so much effort. Jesus says *"If you keep my commandments, you will remain in my love... My command is this, love each other as I have loved you"* (John 15:10,12). On another occasion, He says: *"The first commandment is this: Love the Lord your God with all your heart... the second is like it: love your neighbour as yourself."* (Mark 12:30-31)

So, who is our neighbour in this context? The person who lives next door? Those in the next village or town? Those from another country? Most certainly, but more still.

Elsewhere, Jesus has something more to say: *"You have heard that it was said, 'Love your neighbour[a] and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven."* (Matthew 5:43-45)

The sad legacy of armed conflict suggests that we are still learning the lessons, or perhaps we haven't learnt them at all. The casualties are so often innocent civilians: women and children, the elderly and infirm, and the young men and women doing others' bidding. All innocents caught up in other people's squabbles.

Peacemaking is still the highest of callings, and by God do we need peacemakers in our world right now. *"Blessed are the peacemakers, for they will be called children of God"* (Jesus's words taken from the Beatitudes - Matthew 5:9).

Peacemakers are those who work to bring people together in a world that would drive them apart. They are blessed because they have a heavenly vision to bring harmony and unity to a divided world. Some may put themselves in great danger to highlight the suffering of victims, or to protect them. Some may work against the tide to bring people around the negotiating table so that reconciliation may be pursued. Some may simply work to try and de-escalate tensions. Many risk their own standing, even their own lives, in the cause of peace.

In such sacrifice, we see reflected the God who gives of Himself so that we might have access to the greatest peace of all which is only to be found in Him, through Jesus. As St John says; 'For God so loved the world that He gave his only Son, that whoever believes in Him may have everlasting life'. This is the God who loves us so very much, despite our flaws and foolishness, that He is willing to sacrifice all that He is on the cross so that His love may embrace and transform the entire world.

So, as we watch aghast at the conflicts raging across the globe, we must pray. Pray for peace. Pray that we might be a peacemaker, no matter how small or insignificant we may feel. May our merciful and loving God inspire us to use our lives for the betterment of our neighbours whoever they may be, and work at loving our enemies as well.

Maybe a prayer from the funeral service is the perfect way to finish off:



*'Lord God, you are tender towards all your children
and your mercy is over all your works.
Heal the memories of hurt and failure.
Give us wisdom and grace to use aright
the time that is left to us here on earth,
to turn to Christ and follow in his steps
in the way that leads to everlasting life.
Amen.'*

The Rambling Rector is now signing off, sending you all much love and every good blessing for the future,

Fr Rob

FLOWER FESTIVAL

At
St Bartholomew's Church Groton

"Trash & Treasures"

23rd, 24th & 25th August 2025

10am until 5pm

- - Refreshments Available - -

Music * Talks * Flower Demonstration
Trash & Treasure Stalls * Books * Raffle
Treasure Hunt

Would you like a stall on Saturday 23rd?
Please call Jayne for details 01787 211360

Little Waldingfield

FLOWER FESTIVAL

ST. LAWRENCE CHURCH

MUSICALS



Saturday 30/Sunday 31 August
10am – 5pm

FREE ADMISSION – Donations Welcome
Refreshments Stalls Raffle





Facial WOW!! offer



An amazing prep-for-summer facial, with LED light therapy, usually £65, **just £40 this month**. Our best money-saving offer all year!

Our faces get a hard time of it at this time of year - constantly exposed to heat, humidity and harmful UV rays. But whilst none of that is great for the skin, the right preparation can make a huge difference and help combat the stresses of the summer months ahead.

And this July, our **prep-for-summer facial** will do just that! A deep cleanse to remove impurities, exfoliation to slough-away dead skin cells and LED light therapy to calm inflammation and promote collagen production, will leave you feeling replenished, refreshed and ready for summer.



Prep-for-summer Facial



A bespoke facial treatment with LED, tailored for your skin's specific needs, just £40* (usually £65)

Call 01787 211 000 for more info

* Offer valid once per person, until 31/07/2025.

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

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





SERVICE SCHEDULE FOR JULY 2025



Wednesday 2nd July	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 6th July <i>Trinity 3</i>	09:30	<i>BCP Mattins</i>	St Lawrence's, Lt Waldingfield
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 9th July	10:00	<i>Morning Prayer & Coffee</i>	Mary's House, Boxford
Sunday 13th July <i>Trinity 4</i>	09:30	<i>Sunday Eucharist</i>	St Bartholomew's, Groton
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
	17:00	<i>BCP Evensong</i>	St Mary's, Boxford
Wednesday 16th July	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 20th July <i>Trinity 5</i>	09:30	<i>Sunday Eucharist</i>	St Mary the Virgin, Edwardstone
	11:00	<i>Sunday Eucharist</i>	St Mary's, Boxford
Wednesday 23rd July	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford
Sunday 27th July <i>Trinity 6</i>	11:00	<i>Sunday Eucharist</i>	All Saints', Newton Green
	11:00	<i>Family Service</i>	St Mary's, Boxford
Wednesday 30th July	10:00	<i>Communion & Coffee</i>	Mary's House, Boxford

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

If you need support, please contact the Benefice Office.

ST MARY'S CHURCH,
BOXFORD, SUFFOLK
and
BOXFORD
FRIENDSHIP GROUP

present

**WATTISHAM
MILITARY WIVES
CHOIR**

Saturday 28th June at 5pm
Held at St Mary's Church

£10 tickets with refreshments
Raffle prizes

 Ticket Information
Contact Alison
01787 211067

Buy tickets from
Boxford Post Office
1 Swan St, Boxford

**ALL SAINTS' CHURCH
NEWTON GREEN**

 **SUMMER** 

COFFEE MORNING
*with Stalls including Pie & Pasties,
Bric a Brac, Tombola & Raffle*

SATURDAY, 5TH JULY
10.00 - 11.30 AM

EVERYONE IS WELCOME

ALL PROCEEDS WILL GO TOWARDS OUR KITCHEN AND TOILET FUND



The Box River Benefice

Boxford, Edwardstone, Groton,
Little Waldingfield and Newton

DATES FOR YOUR DIARY - JULY

- Tue 2nd 10am** *Drop in for Coffee*, Mary's House, Boxford
- Fri 4th 10:30am** *Coffee Morning*, St Lawrence's, Lt Waldingfield
- Sat 5th 10am** *Summer Coffee Morning with stalls*, All Saints', Newton Green
- Sat 5th 6pm** *Music for a Summer's Evening*, St Mary's, Boxford
- Sat 12th 7:30pm** *Charlie Haylock - The History of Surnames*, Edwardstone Village Hall
- Tue 8th 10am** *Drop in for Coffee*, Mary's House, Boxford
- Tue 15th 10am** *Drop in for Coffee*, Mary's House, Boxford
- Sat 19th 10am** *Coffee Morning*, St Mary's, Boxford
- Tue 22nd 10am** *Drop in for Coffee*, Mary's House, Boxford
- Tue 29th 10am** *Drop in for Coffee*, Mary's House, Boxford

GOODBYE TO FATHER ROB, SARAH, JASMINE AND TOM

A heartfelt thank you to everyone who joined us and was involved in organising Father Rob's final service and farewell gathering at St Mary's, Boxford. Your presence, kind words, generous donations and tireless help made it a truly memorable and moving day. Thank you for sharing the heartfelt memories of the Parker-McGee's time in our benefice, your contributions created a beautiful send-off. Father Rob, Sarah, Jasmine and Tom leave with full hearts, knowing they are cherished. Your efforts and generosity reflect the spirit of our community.

BENEFICE OFFICE AND CLERGY TEAM DURING THE INTERREGNUM

Following the departure of Father Rob, the benefice now enters a period called *Interregnum*, it's a Latin term meaning 'between reigns'. Our Parochial Church Councils, Rural Dean and Archdeacon will now start the process of finding a new vicar for our churches. During this period of Interregnum, the Benefice Office and Clergy Team are on hand to support you with all enquiries. The benefice email address will be checked daily and emergency queries will be dealt with as needed, non-urgent queries will be actioned on a Tuesday, Wednesday or Thursday morning, when the office is open. We remain committed to serving our community. Please do not hesitate to reach out - we are here for you.

MUSIC FOR A SUMMER'S EVENING

Our final concert is on Saturday 5th July at 6pm, at St Mary's Boxford. We are delighted to be welcoming Patricia Eddington and Tom Cogan. If you haven't been along to one of the concerts, please come along, it is a free event and everyone is welcome. Our concert in June, featuring the Suffolk Clarinet Quintet was a triumph of musical versatility, with a fabulous programme spanning classical, jazz and beloved show tunes, the ensemble captivated the audience from the first note. Even as torrential rain poured outside, spirits remained high inside the venue and everyone thoroughly enjoyed the performance.

THE HISTORY OF SURNAMES BY CHARLIE HAYLOCK

Have you purchased your ticket yet? Discover what your surname really says about you? Join Charlie Haylock for a hilarious delve

into family names, quirks, and secrets! Charlie loves a good surname, the quirkier the better, he's especially keen to receive 30 surnames from the audience ahead of time, so he can weave them into his talk with his signature humour and insight. Expect laughs and local flavour - all in support of St Mary the Virgin Church, Edwardstone. Tickets are limited, so please contact Ineke: 07765 098864 or Marlene: 07884 312953 to purchase your tickets and be sure to give them any surnames for Charlie.

NEWS FROM ST. BARTHOLOMEW'S GROTON

St Bartholomew's Garden Party will be held on Sunday 3rd August 2:30 - 4:30pm, all are welcome to come to Diana, Jo & Juliana's Garden at Primrose Cottage, Groton, CO10 5ER (up the hill past the village hall, on left hand side at the T junction). A delicious cream tea is included in the £5 entrance fee and there will be a raffle, stalls and games with prizes. Well behaved dogs are welcome.

Over the bank holiday weekend 23rd - 25th August 10am - 5pm, St. Bartholomew's is holding a Flower Festival. There will be books, raffle, treasure hunt, music, talks and flower demonstrations over the weekend and on Saturday there will be trash & treasure stalls. Refreshments will be available. Do come and see the flower displays showcasing the treasures in our environment. If anyone would like to have their own stall in the churchyard on Saturday, 23rd August, please call Jayne 01787 211360 to arrange. Offers of help will be gratefully received.

LITTLE WALDINGFIELD FLOWER FESTIVAL

Calling all flower arrangers! We're preparing a joyful celebration of colour and creativity for our upcoming Flower Festival on 30th and 31st August and we need your talents to help make it blossom. Whether you're a seasoned arranger or simply passionate about petals, we'd love you to be part of this special event. We are always keen to encourage new people so if there are any flower arrangers out there who would like to join us, we would be delighted to hear from you. Please contact Nancy Roser - 01787 882897 or nancyroser2004@yahoo.co.uk



BOXRIVER BENEFICE

COFFEE MORNINGS

DROP IN FOR COFFEE EVERY TUESDAY BETWEEN 10.00 AM TO 12.00 PM
AT MARY'S HOUSE, SWAN STREET, BOXFORD

FRIDAY, 4TH JULY

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

SATURDAY, 19TH JULY

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

EVERYONE WELCOME, COME ALONG FOR CUPPA AND A CHAT

CONTACT INFORMATION

Benefice Office

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

LITTLE WALDINGFIELD SALE TRAIL

Saturday 28th June 10am - 1pm

A map showing participating properties will be available from the Parish Room, Church Road CO10 0SW on 28th June for 50p. Light refreshments will also be available in the Parish Room during the sale.

All funds raised go to the Little Waldingfield Parish Room for its upkeep.

ST MARY'S CHURCH BOXFORD

WORDS AND MUSIC FOR A SUMMER EVENING

SATURDAY 5th July

6pm – 7pm

FREE ADMISSION



With Patricia Eddington & Tom Cogan



Enjoy a glass of wine after the concert.
**RETIRING COLLECTION IN AID OF
ST MARY'S CHURCH ORGAN FUND**

THE HISTORY OF SURNAMES BY CHARLIE HAYLOCK



SATURDAY, 12TH JULY 2025
DOORS OPEN AT 7.00 PM FOR 7.30 PM
EDWARDSTONE VILLAGE HALL
ADMISSION - £10.00 BAR & RAFFLE

To purchase your tickets please contact:

Ineke Morris: 07765 098864

Marlene Clarke 07884 312953

PROCEEDS TO GO TO OUR CHURCH, ST MARY THE VIRGIN, EDWARDSTONE



Boxford Summer Market

Saturday June 28th
10am - 1pm

📍 **Boxford Village Hall - CO10 5NP**

Local artisan craft stalls, food and drink

Free Entry

Instagram: [Boxford_Market](#)

Scan the QR code to find out more



BOXFORD COMMUNITY COUNCIL ANNUAL GENERAL MEETING

MONDAY 30TH JUNE 2025
7pm for 7:15PM start at The Pavilion

ALL WELCOME

SUMMER FAIR

Saturday 28th June Winston's Wheels Summer Fair with table top sale and fun dog show in Newton Village Hall and field behind 10am til 3pm

LITTLE WALDINGFIELD POP UP PUBS

Our next 'Pop-Up Pub' nights are: **Friday 27th June** and **Friday 25th July from 7:30pm - 11pm**. These are really relaxed and friendly events in the beautiful setting of the pavilion at the Little Waldingfield Playing Fields, and everyone is welcome to join us for an evening of great company and a range of reasonably-priced drinks (both alcoholic and non) watching the sun set over the countryside.

**BOXFORD
GARDENING SOCIETY**

**FROM TRAINING TO GARDENING
FOR REAL**

My experiences along the way

Jonathan Zerr, young Horticulturalist of the Year 2024
and a professional Gardener



Tuesday 1st July 7.30pm
at Boxford Village Hall



Fleece Jazz at
Stoke-by-Nayland Hotel presents

The Greg Abate Quartet

Wednesday 9th July 2025 8pm - Tickets: £20



"Greg Abate is considered by jazz writers and aficionados to be one of the most exciting saxophone players out there."
MIKE JOYCE – WASHINGTON POST

Greg Abate – Alto saxophone
Jim Watson – Piano
Simon Thorpe – Bass
Alfonso Vitale – Drums

The James Allsopp Quartet plays Stan Getz

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



Expect lush ballads, lilting bossa novas, uplifting bebop and swinging standards from a superb band.

James Allsopp – Tenor saxophone
Colin Oxley – Guitar
Oli Hayhurst – Bass
Dave Storey – Drums

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

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

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

***Friends of Fleece Jazz discount**

SPECIAL OFFER: A double room with breakfast and two tickets
from £129 (subject to availability) Phone: 01206 262836

**AFTERNOON
Tea**



NEWTON VILLAGE HALL
SUNDAY 27TH JULY at 3pm

Tickets £10 each
from any village hall trustee

Weather permitting this will be an outside event

PICNIC IN THE PARK!



**JUBILEE GARDENS
NEWTON GREEN**

SUNDAY 29TH JUNE 2025 **FROM 12 NOON**

WITH LIVE MUSIC
from violin & spanish guitar duo
FIDDLERS ELBOW

Please do join us for a village picnic.
Bring your own food and drink, picnic blanket and gazebo.

This is a free event, but there will be a raffle

Further information from Sue on 07881 383 998

Boxford Study Centre Literature Group

An 8 week course on Monday afternoons 2.30-4:30pm
Meeting in Groton Village Hall, CO10 5EL
Starting on Monday October 13th 2025

All About Eve

Tutor: Mrs Alison Davidson

This Autumn we shall be exploring the presentation of women in literature by seven writers (mostly male!) over six centuries.

October 13 th	The Franklin's Tale*	<i>Chaucer</i>
October 20 th	The Taming of the Shrew*	<i>Shakespeare</i>
October 27 th	Women Beware Women*	<i>Middleton</i>
November 3 rd	Reading Week	
November 10 th	Paradise Lost. Book 9*	<i>Milton</i>
November 17 th	Pamela	<i>Richardson</i> (Penguin Classics Ed. Sabor)
	(Tutor Study sections to follow)	
November 24 th	Reading Week	
December 1 st	Hester	<i>Mrs Oliphant</i> (Virago Modern Classics)
December 8 th	Hester	<i>Mrs Oliphant</i>
December 15 th	Mrs Warren's Profession*	<i>Shaw</i>

Course Fee: £75 for the complete course,
payable on the first or second meeting.
£10 for each single class.

Newcomers to these classes are very welcome.

Please contact Mr David Jones for further information
and if you are interested in attending; Telephone 01787 211104.



Coffee Morning

Newton Open Gardens Feedback

Newton Village Hall
Saturday 26th July
10am - 11:30am

COFFEE, PHOTOS, CAKES & RAFFLE

There will be feedback on the Open Gardens
and photographs from the day will be on display.

**Winners of the photography competition
will be announced.**

Donations of cakes and raffle prizes
would be much appreciated.

POLSTEAD FILMS

MR BURTON

Friday 18th July, Doors open 7pm

POLSTEAD VILLAGE HALL

The teacher who inspired and encouraged screen
legend Richard Burton. Based on a true story.

Starring Toby Jones, Lesley Manville, and Harry Lawtey

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

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

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



LAVENHAM SINFONIA

Celebrating 500 Years of Lavenham Church Tower

On July 6th 2025, at 7pm, Lavenham Sinfonia will present a special Chamber Concert in celebration of 500 years of Lavenham Church Tower. This event will feature an exquisite selection of chamber music, beginning with Mozart's *Clarinet Quintet in A Major*, a piece renowned for its lyrical beauty and intricate interplay between the clarinet and strings.

The programme will also include Weber's *Clarinet Quintet*, a work that highlights the expressive capabilities of the clarinet, and Holbrooke's *Cavatina*, a lesser-known gem that adds a touch of romantic elegance to the evening. The clarinetist in this performance is Robert Spring who is a distant relation of Thomas Spring known as the rich clothier who contributed some of his wealth to build Lavenham church tower.

Tickets: www.ticketsource.co.uk/lavenham-sinfonia, there are special provisions for under-16s, who can attend for free.

St. Bartholomew's Church Groton



Garden Party

Sunday 3rd August 2025
2:30 until 4:30

at
**Primrose Cottage, Parliament Heath,
Groton CO10 5ER**

Entrance £5.00 to include Cream Tea

Raffle, Stalls, Games with Prizes!

By kind permission of The McCorkell family

Well behaved dogs welcome – Info Jayne 01787-211360





*Polstead Arts & Craft Group Presents
Polstead Landscape Artist Competition 2025*

St Marys Church - Polstead
Sunday 3rd August
Set up 12.30 Start 1 pm - 4 pm
Judging From 4 pm
Prize giving 4.30 pm
Registration Fee - £5

A Registration form is located in the Polstead village shop
from 1st July

Payment by cash or cheque made payable to: Polstead Art Club.
Registration cut off - 28th July

Bring your own supplies, easel, chair etc
A cream tea will be available to all competitors from 4 pm
A donation to the church will be made from all proceeds
Telephone Ange 07934 149472

Happy Painting!

French's Care Haven Open Day



Sunday 27th July
12 - 4pm

**£3 or free for
Under 5s**

- BBQ , Cakes
- Grooming
- Tea and Coffee
- Plant Stall, Bric a Brac, Raffle, Tombola, Local Crafts and Kids games and more






Charity No.1156954

**Mannings Farm Barn, Near Groton,
Castlings Heath, Sudbury
CO105EU**



THE FLEECE HOTEL Charity

QUIZ NIGHT

Wednesday 16th July 8pm
Wednesday 13th August 8pm
Wednesday 10th September 8pm

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

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

Boxford Bowls Club Craft Fair

Saturday 19th July
9.30am - 12.30pm
Boxford Bowls Green

Free Admission

Craft Stalls - Artisan Glass, Candles, Cards, Crochet, Paintings, Wood Turning, and more!

Other Stalls - Books, Cakes, and Plants

Refreshments available and the opportunity to watch some bowling.

Access via the footpath opposite the White Hart Pub and from Homefield Playing Fields.

Parking available at Homefield Playing Field





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

MID-WEEK LUNCH

Monday - Friday, 12pm - 2pm

Two course £25 | Three courses £30

BEER GARDEN

Outdoor bar in the beer garden, open:

Friday 5 - 10pm

Saturday 12 - 10pm

Sunday 12 - 6pm

SUNDAY SESSIONS

Live music on Sundays *this summer*

www.thebildestoncrown.com/



THE LINDSEY ROSE

Est. 1478

BEER FESTIVAL

AUGUST BANK HOLIDAY 2025

REAL ALES. LAGERS. CRAFT CIDERS

LIVE MUSIC AND BBO

LAWN GAMES AND A BOUNCY CASTLE

23RD AUGUST - 25TH AUGUST

The Tye, Lindsey, Ipswich IP7 6PP

www.thelindseyrose.co.uk | 01449 741424

HOME-START IN SUFFOLK PRESENTS

HOME START HIKE

KINGFISHER LEISURE CENTRE, SUDBURY - SUNDAY 28TH SEPTEMBER

OPEN TO FAMILIES, INDIVIDUALS & CORPORATE TEAMS

FOUR ROUTES TO CHOOSE FROM

3 MILES 6 MILES 13 MILES* 26 MILES*

Child Ticket from £10

Adult Ticket from £15

Family Ticket from £45

Corporate Ticket from £100

*Age restrictions apply
Family ticket includes 2 adults and
up to 3 children

In partnership with:



REGISTER
TODAY TO
TAKE PART

For more information please visit:
homestartinsuffolk.org

Registered Charity No. 1105001

LEAVENHEATH EVENTS

SUMMER FETE

Saturday 5th July
11:45am-5:30pm

LEAVENHEATH VILLAGE GREEN & HALL

LIVE MUSIC FROM:
CCJ'S BAND, SARAH MAI VOCALIST,
THE HAPPY SOUNDS CHOIR & HADLEIGH UKULELE GROUP

SHOWS FROM:
SANDAL STICKS THEATRE, STROLLERISE DANCE FITNESS
& MISS G'S DANCE ACADEMY

FOOD FROM BISHOPS CATERING
LICENCED BAR BY THE HARE & HOUNDS

STALLS FROM A HUGE VARIETY OF VENDORS
CLASSIC CAR SHOW ON THE GREEN

RAFFLE & TOMBOLA
CREAM TEAS IN THE VILLAGE HALL
ICECREAMS, INFLATABLES,
VARIOUS ATTRACTIONS,
GAMES & DISPLAYS TO ENJOY.

MUSIC FOR THE SPRING GARDEN

The garden at Little Hall in Lavenham provided a beautiful backdrop for us when we sang to entertain visitors to the Craft Fair over the May Bank Holiday weekend.



A week later, as visitors to the Boxford Open Gardens were enjoying the beautiful gardens, homemade cakes and refreshments, Madrigalia sang in St Mary's Church to a wonderful reception.

Our next concert will be on Thursday 14th August, from noon to 2pm at the Sudbury Arts Centre where we will be appearing with the harpist group *A Melody of Harps*.

Sue Price, Madrigalia

BOXFORD WI UPDATE

The ladies at the WI thoroughly enjoyed a game of dominoes in June, some had never played before and others remember playing with their grandparents. This was followed, as always, by a lovely chat over tea and cake.

Our next meeting in the village hall is on September 3rd where our guest speaker will be John Cameron, Medical Detection Dogs - carrying out ground breaking research to improve early diagnosis of cancer and other diseases.

So if you are interested in joining the WI why not come along to the Village Hall on the first Wednesday of the month at 2pm where you will receive a warm welcome.

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

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

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

theWI
INSPIRING WOMEN



NEW ALPACA EXPERIENCE AT NEDGING HALL

Nedging Hall are now offering a new experience with Hilly Ridge Alpacas.

Spend an hour with these calm creatures - they'll enchant you with their individual personalities as you wander the grounds of Nedging Hall. Try and capture that perfect selfie before rounding off the experience with Alpaca Olympics, a chance to get competitive - will you stay loyal to your new friend or trade for a faster one to claim that 1st place rosette?

It's so important to offer something unique and unforgettable. We think this activity with a local provider is just that.



SILVER ADDER WINS AWARD



Mauldons Silver Adder has won the Bronze award in the Real Ale in Bottle - Session Beers (4.3% ABV or below) of the 2025 East Anglia/East Central awards for Champion Bottled Beer of Britain. Blind judging took place at a CAMRA beer festival after selection of entrants by CAMRA members and panels of trained tasters.

Well done to the Mauldons Brewery team!

HOLLOW TREES SUMMER TRAIL 2025

Wild Fun on the Summer Farm Trail

This summer Hollow Trees Farm Trail is offering lots of wild fun! Together with our great range of usual activities and animals we are very excited to announce the opening of our new Wild Walk area for you to enjoy.

Located in a wildflower meadow on the existing farm trail, the Wild Walk is full of fun and surprises. Amongst the wildflowers and alongside our favourite and familiar dinosaurs, you can meet some of their very colourful cousins who have come to stay! Then, there's the new Spiral Path to wind your way round and round and down. With all that dizziness and fun, be sure to sit a while and watch the wild world go by in the newly created, Wild Walk Shady Spot!

The 'schools out' summer farm trail opens on Monday 21st July until Tuesday 2nd September inclusive. There are also lots of extra summer activities to enjoy including the popular Barrel Train rides, Cresta Run sledges, Football Golf and Hoopla Fun. Why not go wild this summer and visit Hollow Trees Farm Trail for a Great Day Out!?

Pre-booked online tickets £8.50 per person. 2 years and under free.

Visit hollowtrees.co.uk for more information.

EBONY'S DIARY

June was volunteer month and I'd like to focus this month on what it's like to help at The Shelley Centre in the hope that you might consider joining us. You don't have to have experience with horses or the disabled to do so. We all start with different skills - the common factor is a desire to help others and a willingness to give a little bit of time. If you don't want to commit to helping at regular RDA sessions we always need people to help with the maintenance jobs and activities associated with fund raising - especially baking lovely cakes.

26 years ago Chris saw an advert in a local magazine asking for volunteers at The Shelley Centre. Her children were growing up and although she was working, she had Friday afternoons free. Before long she became involved in leading ponies during the Riding for Disabled sessions, fundraising and helping look after the ponies at weekends and holidays. She says "It's been a privilege to watch our riders progress and I still enjoy volunteering and the friendship it brings".



Chris with one of her favourite ponies, Alfie, who has now retired



David working with one of our riders on Ebony

When David joined he was still working and coping with the loss of his wife but in 2012 he started working part time and offered to help at the centre. He had not had anything to do with horses since the age of 8 and had never worked with disabled people, but he soon learnt with the help of all the other lovely volunteers. He says "I get huge satisfaction, and sometimes find it emotionally moving, to see the progress of the riders. There is no doubt that what we do changes the lives of our riders for the better and brings great reward to me as a volunteer".

Jane started as a volunteer nearly ten years ago, doing the minimum required which is half a day a week during term time. She was immediately made welcome and the team gave her lots of help to understand how the RDA sessions work. After a while, because she so enjoyed being at the centre and being part of a wonderfully friendly team, she began helping with the horses at weekends and holidays, and became a member of the team that helps the Stable Manager. As with many organisations, the more you get involved, the more you get out of it and before long she was helping with fundraising, writing press releases and general maintenance around the centre. Seeing the happy faces of the riders as they achieved even the smallest progress gives her immense satisfaction and she gets lots of fresh air and exercise as well as real friendship.

If you fancy learning more about this fabulous opportunity, give the centre a call on 01473 824172 and arrange a visit to see us and our work. The centre changes lives for both riders and volunteers, alike. It introduces new friends and for many gives life a new purpose. Maybe it could do the same for you?

www.shelleyrda.com

CITIZENS ADVICE

I got a text asking me to click on a link to reschedule a parcel delivery I'd missed. I was waiting for a parcel from Royal Mail at the time, so I clicked on the link and was asked to make a payment. Luckily, my daughter told me the text is a scam and to ignore it, but I almost gave away my personal details. How can I spot the signs of this type of scam myself in the future?

citizens
advice

Parcel delivery scams are becoming increasingly common. Ones involving texts and emails are known as *phishing scams*, and aim to trick you into giving away your personal information and financial details, so your bank account and money can be accessed.

One way scammers do this is by enticing people to click on links, which can lead to fake websites in the hope that this information will be entered. While scammers can pretend to be from any parcel delivery company, many of them choose Royal Mail because it's the largest delivery company in the UK. This means the chances of scammers contacting someone who receives parcels from Royal Mail is higher.

These scams can be in the form of a text or an email or phone call. There are also reports of fake 'Something for You' cards, which Royal Mail leave when a delivery is attempted, but no-one is home.

Here are some tips on how you can stay vigilant and spot the signs of a parcel delivery scam, and other scam messages:

- If you're waiting for a parcel, and get a message that asks you to pay to get it, or reschedule the delivery, it's usually a scam.
- Parcel delivery scammers often pretend to be from an organisation like Royal Mail, and can try to make you click on a fake version of the company's genuine website, which asks for personal information or login details - these can appear real but don't click on any links or attachments in emails or text messages.
- To check if a link is genuine, hover your mouse over the link without clicking on it, or press and hold on the link on a mobile device. You should be able to see the address the link goes to, and check it's the same as the company's official website address.
- Make sure you check the address carefully - fake link addresses can look similar to the genuine address.
- Other signs of a message that is a scam include bad spelling and grammar, and when it starts with a general greeting instead of your name. But, scam messages can sometimes be sophisticated - so don't rely on obvious mistakes only.
- If you get an email, check if the email address matches the sender's name or organisation - you might have to click on their name to see the email address.
- If there's something you're unsure about, don't feel pressured to act. You can find the official details for the company the person who has contacted you says they're from, and ask the company if they've contacted you.

Royal Mail has a helpful page on its website of examples of delivery scams, including text messages and emails people have received. You can check if you think something you've seen online, or in a text or email you've received, might be a scam, using an online tool on the Citizens Advice website.

If you have been scammed, you can report it on the Citizens Advice website, and check what else you need to do - including protecting yourself from further risks.

Being targeted by a scammer or falling victim to a scam can make people feel anxious or embarrassed, but it's important to remember scammers are clever and scams can happen to anyone. Reporting them helps track down and stop scammers, and prevent other people from ending up in the same situation.

Sudbury and South Suffolk Citizens Advice
01787 321400 / www.citizensadvice.org.uk



★★★★★
'OUTRAGEOUSLY FUNNY'
BROADWAYBABY

ATTENTION

FAULTY TOWERS
The Dining Experience

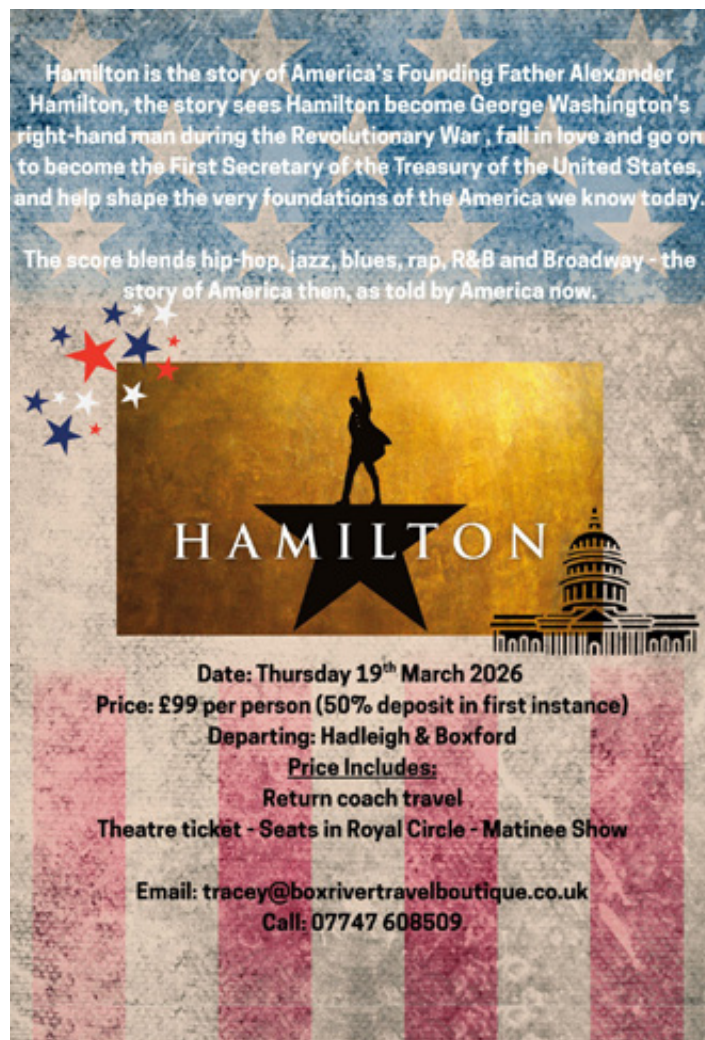
Inspired by one of Britain's best loved comedy series, this two-hour interactive production is set in a restaurant where you the audience are the diners.

You're in for a quintessentially British experience like no other as Basil, Sybil and Manuel serve up theatre and chaos alongside a 70's style 3-course meal.

This is the show where you step inside the TV series and become part of the action itself. Highly improvised, highly interactive and fully immersive, join the action for an unforgettable afternoon where guests are not just audience members, but welcomed as highly esteemed guests of Torquay's most aspirational hoteliers.

Date: Saturday 25 October 2025
Price: £105 per person (50% deposit in first instance)
Departing: Hadleigh & Boxford
Includes:
Return coach travel
Immersive dining show with 3-course meal at President Hotel, London
Email: tracey@boxrivertravelboutique.co.uk
Call: 07747 608509

SMASH!



Hamilton is the story of America's Founding Father Alexander Hamilton, the story sees Hamilton become George Washington's right-hand man during the Revolutionary War, fall in love and go on to become the First Secretary of the Treasury of the United States, and help shape the very foundations of the America we know today.

The score blends hip-hop, jazz, blues, rap, R&B and Broadway - the story of America then, as told by America now.

HAMILTON

Date: Thursday 19th March 2026
Price: £99 per person (50% deposit in first instance)
Departing: Hadleigh & Boxford
Price Includes:
Return coach travel
Theatre ticket - Seats in Royal Circle - Matinee Show
Email: tracey@boxrivertravelboutique.co.uk
Call: 07747 608509



BRUGES FESTIVE BREAK
26-28 NOVEMBER 2025
£395 per person

Price Includes:

- Return coach & ferry travel from Sudbury, Boxford and Hadleigh
- Two nights Bed & Breakfast at 4 star Hotel Navarra
- City tax

Hotel Navarra is centrally located in the historical centre of Bruges.

It has a health centre which includes a swimming pool, sauna and fitness room located in the hotel's medieval cellars. There is a cosy jazz bar 'The Duke' and a splendid continental buffet breakfast will be served both mornings.

£70 deposit

To reserve your place please email tracey@boxrivertravelboutique.co.uk or call 07747 608509



OLIVER!
"LIONEL BART'S MUSICAL MASTERPIECE"
GIELGUD THEATRE

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

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

Date: 28 January 2026
Departing: Hadleigh & Boxford
Price: £105.00 pp
Deposit: £50.00 pp

Includes
Return Coach Travel
Theatre Ticket - Seats in Dress Circle (matinee show)

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Call: 07747 608509

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

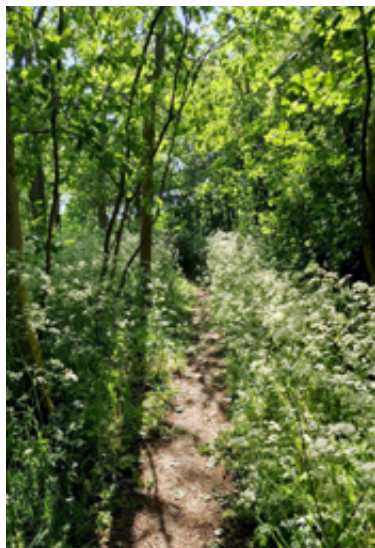
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A MUCH LOVED 'SPECIAL PLACE' IN GROTON



To celebrate the Millennium, a committee of those who lived in Groton organised the creation of a book entitled "*Groton, A Garland of Hamlets.*" The narrative was based on a walk around Groton making reference to pretty much every home supported by some wonderful photographs of those who lived in them. That journey included The Croft.

The Trustees of The Groton Winthrop Mulberry Trust act as its guardians. Recently some of the founding trustees have decided to retire and

allow others to take over the responsibility of ensuring the founders' wishes that this small patch of land is preserved as an open space for the enjoyment by the people of Groton.

With some amendments the following is taken from pages 18 and 19 of the book and reflects the journey as you arrive at The Croft.

"A Taste of Mulberry..."

Now we come to a special piece of not just English history for if we turn right through the new gate we walk into open ground which is not simply called The Croft. This is now known as '*The Drift*'. It is protected land, set aside, maintained and planted for recreation and enjoyment of Groton folk. And it is something more.

This piece of land was once part of the estate that formed the home of the family whose endeavours were instrumental in founding the United States of America. John Winthrop, lawyer, landowner, lord of the manor of Groton lived here.

The Mulberry tree that sits at the centre of The Croft is what matters. It is, after George Washington's cherry tree, perhaps the most famous tree in United States folklore. Washington's cherry tree did

not survive the first President's axe. Here in Groton, on eight acres and a bit which was once pastures and orchards is the tree which John Winthrop used to pick and eat ripe, wine coloured berries, berries which still ripen on the aged branches.

This was the tree, now lying on its side but still growing away happily, which planted in the mid 16th Century by Adam Winthrop, John's grandfather, almost a century before the boy who ate the fruit led the early Puritans to found Boston, Massachusetts and establish what was to become the modern United States of America.

Adam bought the land in 1544 at the dissolution of the monasteries and it was used not just for grazing but for pegging out cloth to dry when Groton was an important cloth making community in Suffolk.

It is an historical irony that the tree is a black mulberry, *Morus nigra* planted so that leaves could be used to feed silk worms for the early silk weaving businesses being set up in Sudbury. Winthrop was to discover that while silkworms feed on mulberry leaves they do only on white mulberry leaves.

Today The Croft is now owned by a trust, set up after a triumph of fund raising by the citizens of Groton.

For years the ground had been ignored and largely neglected by its various owners. It then became apparent that the protected mulberry tree was in danger. From concern came action. Very impressive action.

In 1993 after a public meeting, an appeal was made to every house in Groton to produce cash, loans and promises to raise money to buy the land. Within six months the land was ours and the aims to preserve and protect the tree, to sustain and foster historic links with the people of New England and to administer The Croft as an open space for the enjoyment by the people of Groton were achieved.

The Groton Winthrop Mulberry Trust stands firmly now as guardian of this small footprint in history and is one more quiet sign that shows Groton to be not just a collection of householders but a community united in common cause."

What a wonderful read! Today the Croft is enjoyed as intended by many people who visit daily, often with their dogs but also to sit and take in the peace and quiet. At this time of the year there is the added attraction of the annual lambing as well as the show of colours from the wild flowers.

Today's trustees wish to thank Bob Bowdidge (Chairman, now life President) and Margaret Kent (trustee), two of the original founding trustees for all they have done to cherish and care for this oasis of natural calm and beauty and wish them the happiest of retirements.

In the coming months we hope to share more stories from The Croft.

The Groton Winthrop Mulberry Trust



PHOTOS AND STORIES FROM BOXFORD SOCIETY VILLAGE ARCHIVE

The story of Boxford's almost forgotten artist William Caffyn



William H Caffyn 1870 -1958 in his Hill House, Boxford studio, probably in the late 1940s.

Very few people in the village will remember William who lived at Hill House, Ellis Street from 1938 until he died in 1958. But many people may recognise his most famous works but not have heard his name. He made the Great War lithographic posters 'Come along boys' and 'Line up Boys' for the The London Parliamentary Recruiting Committee in 1915. They were displayed all over the country and are frequently used in books and documentaries today. He should be better known for his beautiful pen and ink drawings and paintings, several of them of Boxford.

William Henry Caffyn was born in 1870 in Newington, London to William Peter Caffyn (1845-1899) and Rachael (1843-1899). His father was a trained lithographic artist. Young William showed the same talent and followed his father's profession. Lithography is a printing process that uses a flat smooth stone or metal plate on which the image is drawn using greasy crayons or an oil based ink. The surface is then treated so that when ink is rolled over it it only sticks to the image area. Paper is then placed against the surface and the plate is run through a press. This allows many copies to be printed. Invented in 1796, it was very popular in late Victorian times for landscape scenes, portraits and posters.

William learned his skills alongside his father and became an important lithographer in his own right. In the 1890s he was commissioned to draw portraits of William Morris (1834-1896) and John Ruskin (1819-1900) for example. He also specialised in drawing portraits of contemporary political and literary figures for publication in periodicals. In 1893 he married a widow, Eliza Austin, 18 years older than himself, and they lived together in London as he became increasingly well-known as an illustrator of posters, magazines and books.



The most famous poster William Caffyn produced for army recruitment in 1915. 'COME ALONG, BOYS! ENLIST TO-DAY' subtitled 'The moment the order came to go forward there were smiling faces everywhere'. It is possible that Caffyn was carried along with the optimism of the rest of the population at this early point in the Great War.

In the early 1900s William designed very effective advertising posters for Bovril which became very familiar on billboards, in shops and newspapers throughout the land. A copy of one is in the Victoria and Albert Museum. These are what led to him being commissioned to produce 'Come along boys' and other army recruitment posters from 1915. His name may not have been well-known, but his work certainly was.



The Bovril poster which made his work familiar across the country. "Alas! my poor brother" c1905. Not a sentiment that would be used to sell the product today, I suspect! Today it is on display in the Victoria and Albert Museum.

After Eliza died in 1925, William spent a lot of time in Scotland completing a large number of scenic drawings and lithographs. He 'retired' to live in Kersey in the early 1930s. He was there when Kersey Village Hall was opened in January 1935, less than two years after the first village founding meeting. It was paid for with grants from the Carnegie Trust and fundraising. It would have been soon after this that Caffyn painted the beautiful flowery designs on the lintel over the new brick fireplace in the Hall. The Kersey Village Hall Minute Book shows he was by then very active in the village. He was elected to the committee and was asked to produce stage sets for plays in January 1936. It is likely that this was when he painted the landscape backcloth, now mounted at the back of the stage, and still in good condition.



Kersey Village Hall fireplace as it is today, with one of the beautiful details inset.

William went on playing an active part after that, giving prizes, acting as MC for dances, whist drives, and the Coronation concert rehearsals. He was allowed £1 to decorate the hall for Christmas, for which he was later praised, and 10 shillings (50p) for more scenery for a play. In April 1937 he was appointed steward of Kersey Social Club. In November 1937 he was made the curator of the new pictorial record of the village. He was certainly very active in his retirement.

In January 1938 he gave notice that he would be standing down from the committee and his various roles on 7th April 1938. It seems likely that his move to Boxford was imminent. It is not known why he moved, but by the age of 68 he probably did not have many

savings left to live on. By this time lithographic art had been replaced by modern technical forms of colour printing. Commissions for drawing and paintings, and therefore income, were rare.

In September 1939 the government register shows William Caffyn lodging at Hill House, Ellis Street, Boxford with Clarissa Grimwood nee Kingsbury. Clarissa was shown as the householder and member of the Nursing Auxiliary Service (Clarissa was the grandmother of Angela Forrest who still lives locally). The register was used to produce identity cards and, once rationing was introduced in January



A Caffyn pen and watercolour painted in 1939 possibly whilst he lived in Boxford. It catches the essence of a Suffolk village and it includes a lively young woman as his pictures often did.

1940, to issue ration books. Information in the register was also used to administer conscription and the direction of labour, and to monitor and control the movement of the population caused by military mobilisation and mass evacuation. In it William lists himself aged 69 as a draughtsman and builder (surprisingly, since there is no evidence he ever built anything other than stage scenery!).

He continued working up to his death. In 1945 he was commissioned to produce an In Memoriam portrait of Stephen Jackson of Kersey Priory Hall and in 1946 he produced a fine drawing of Frank Self's wheelwright's shop in Swan Street Boxford. The 1947 Electoral Register shows William Caffyn still living at Hill House with Oliver Grimwood (Clarissa's son), and Mary Grimwood. He may also possibly have rented the cottage next door for a while. There is a painting of his hanging on the wall at the back of the stage in Boxford Village Hall



Boxford St Mary's Church and village. Now hung at the back of the stage in Boxford Village Hall.



A view of Groton Church across Brookhall (now called Cox Hill) from what would today be the A1071. There is some artistic licence in the landscape detail.

1940, to issue ration books. Information in the register was also used to administer conscription and the direction of labour, and to monitor and control the movement of the population caused by



Painted in oil soon after Caffyn arrived in Boxford. An artist's impression of Boxford from above Stone Street looking from the Hockley Hole area.

and he continued to paint other landscape views of our parish. As a result a number of local people have works by him. In the summer of 1958 William Caffyn died in Boxford aged 88 without family to mourn his passing.

With special thanks to Angela Forrest and Yvonne Martin (Kersey).

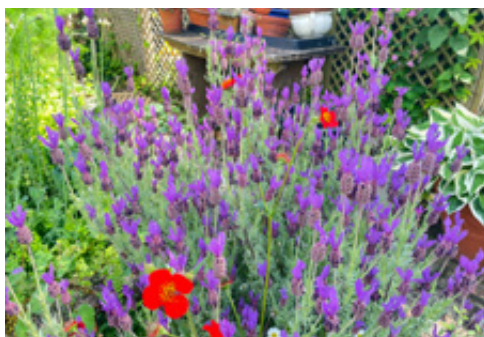
Please note: several of the pictures were photographed through glass which does not really do them justice.

Roger Loose



Frank Self and Dick Sargeant's wheelwright's shop in Swan Street 1946.

BOXFORD OPEN GARDENS 2025



At Gardens Open on June 1st, Boxford delighted over 550 visitors who enjoyed the village amenities including the newly finished Old Gaol picture display as well as delicious food and drink from The Fleece, The White Hart and Box River Café. The church did a booming business in teas, cakes, savoury treats and coffee thanks in part to lovely music from the Madrigalia choir led by Sue Price, who alternated with the Fiddler's Elbow violin and Spanish guitar duo in entertaining those seated at the tables and pews in the church.

Over 22 gardens were open, including 2 brave new openers and several gardens which re-opened for 2025. Cottage gardens, redesigned gardens, gardens in progress, gardens with fruit and veg, and formal gardens were on display and enthralled visitors happily chatting and sharing ideas with gardeners. Visitors were also able to choose from a fabulous variety of plants from the Boxford Gardening Society's plant sale.

Many thanks to Town & Villages Estate Agents for generously advertising the event and to Tom Foakes and Tom Bowen for kindly upgrading the signage this year.

A huge thank you goes out to all those who opened their gardens. Also to the musicians, the bakers and cooks, dishwashers and servers, and of course all those who turned out in support of the event. Special thanks to David House, whose genial welcome to Boxford never flagged during hours selling tickets and to Jacky House and Frances Munro and their team of volunteers inside St Mary's. Many thanks to the Parrs - Tracey Parr of Box River Travel Boutique was selling raffle tickets for her wonderful hamper 'Foods from around the World' and serving Sangria from The Secret Squirrel. The lucky winner of the hamper was Alison Gunn.

Thanks also to Hazel and Fraser Buchanan for their extra efforts to raise funds.

Gardens Open is the main annual fundraiser for St Mary's Church, but just as importantly, it was an event to showcase our lovely village and its community. Well done all!

Audrey Zuck

Thank you to Peter Norris and Becky Baines for their wonderful photos .





Set in the beautiful surroundings of Kersey Mill, Woodland's nursery offers childcare from 11 months to 4 years in four age-appropriate rooms.

Within our enchanting garden, we help forge a love of the outdoors whilst educating children through play.

Children are taught by Qualified teachers who are also forest school trained. Most importantly our children make cherished memories with lasting respect for each other and their environment.



Dance, Yoga and 'All Sorts Tots' classes will help develop social and communication skills.



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One use per customer.

RECLAIM THE RAIN

We're pleased to share the winners of our Reclaim the Rain SuDSPod drawing competition! Boxford students submitted an incredible range of creative and intelligent designs, and the winning entries are now proudly displayed on the laminated fronts of the SuDSPods installed at the school.



Photos of the winning students and their artwork on the SuDSPod's from Boxford CEVC Primary, a huge congratulations to all our talented young artists!

These SuDSPods, delivered in partnership with Anglian Water and supplied by GreenBlue Urban, play a vital role in capturing roof runoff, reducing flood risk to the school grounds, easing the pressure on our local drainage systems, and offering a hands-on learning opportunity about sustainable water management. The SuDSPods will work alongside the solutions delivered as part of the SuDS in school's programme funded by the Department for Education, which includes a rain and sensory garden, native hedging, trees, raised curbs, channel drains, vegetable planters and more!

Thank you to everyone who took part and helped make this project such a success.

Best Wishes,

Ruby and Sian www.reclaimtherain.org

THE KING'S CHAPLAIN

A message from the Venerable James Ridge, Associate Priest in the Box River Benefice

I've been asked to write a piece about my latest role as an Honorary Chaplain to His Majesty the King.

I was very surprised to receive a letter from Buckingham Palace earlier this year, inviting me to become one of the King's Chaplains. This is an honorary role appointed by the monarch and given to up to 34 clergy in the Church of England (and a further 12 in the Church of Scotland). In my case I received it in recognition of the work that I have done in the Criminal Justice Sector - I am Chaplain General and Archdeacon to Prisons in England and Wales, and a number of previous Chaplains General have also held the title. Whilst a Royal Chaplain is appointed by a particular Monarch it is a lifetime appointment and in the event of the death of a monarch chaplains simply continue with the next one, so all those chaplains living who were chaplains to Queen Elizabeth II remain Royal Chaplains. There has been something of a delay in appointing new ones and, as such, I was very honoured to be the first chaplain appointed by King Charles III.

There is no formal investiture as such but all Royal Chaplains attend one Buckingham Palace Garden Party every year and at your first one you are presented formally to the King and Queen. So it was that on the 7th May, my wife Ruth and I went to Buckingham Palace for a garden party. After a very pleasant lunch at St. James' Palace with the Sub Dean, his family and his guests, we gathered with the other Royal Chaplains who were attending and made our way across to Buckingham Palace. We were positioned to meet the King and Queen who came down to meet us after the singing of the National Anthem. We chatted to them both in turn. They were interested to hear about my work in prisons and the King asked if I coped

OK with all the travelling - I assured him it was fine. Having met their Majesties, we made our way to the Royal Tea tent where we spent a convivial time with other guests over tea, sandwiches and cake before taking a stroll around the beautiful grounds.



The duties of a Royal Chaplain are not onerous - apart from the annual garden party, I preach once a year in the Chapel Royal at St. James' Palace and am available for other occasional Royal events.

King's Honorary Chaplains are distinguishable by their red cassock - so if you see me around the Box River Benefice wearing mine, you'll know why.

We are all very sad to be losing Fr. Rob from the benefice and keep him and his family in our prayers as they move on to new things in Spalding. The services and activities of the benefice will continue as much as possible during the vacancy and the rest of the ministry team, along with some visiting clergy and lay ministers will do our best to ensure that you are well looked after. If you ever need any support, please do look on the benefice website where you will find details of people you can contact and, as ever, you are always welcome at the services in our five churches. Hope to see you soon!

The Venerable Father James Ridge

THE CASTLE ON THE HILL - ROYALTY, RELIGION, PESTILENCE & POVERTY

A Talk to LWHS by Barbara McElroy

Little Waldingfield History Society was delighted to welcome Barbara back to the Parish Room, to tell us the incredible story of Framlingham Castle and its impact upon the local population across a thousand years of history.



The castle today, reflected in the Mere

We heard that Framlingham is a market town of Anglo-Saxon origin recorded in the 1086 Domesday Book. The current castle is the third, the first being a simple Motte and Bailey affair - a raised earth mound topped with a fortified tower and a surrounding enclosed courtyard with a dry moat, likely constructed by Norman Knight Roger Bigod.

Besides requiring many fortifications to be built, King William I also introduced a feudal system with rigid levels of hierarchy, 'to establish a stable social order with respect and duty for those in higher place' - this established four levels with the king at the top and peasants (or serfs) at the bottom.

Nobles, or lords and ladies, were members with the highest-ranking class in medieval society with great power. However, lords did not rule the land but instead owned manors rather than living in castles. It was their duty to defend the land and the people on it, and they appointed officials to ensure that villagers farmed the lord's land and paid rent in crops, meat and other foods. Because manors were places of shelter and safety, lords acted as judges in the manor court, to all peasants and serfs who were 'tied' to the manor. They had power to punish and fine those who broke laws. It was also their duty to fight for the king, or, more commonly, to supply a suitable fighting source.

Barbara then told us about the 'White Ship Disaster' in November 1120, which significantly altered the course of history by removing many future potential heirs. The ship was a newly refitted vessel captained by Thomas FitzStephen, whose father Stephen FitzAirard had captained the ship *Mora* for William during the Norman Conquest. Thomas offered his ship to Henry I (the fourth son of William) to return to England from Barfleur in Normandy; Henry had made other arrangements but allowed many in his retinue to take the ship, including his heir, William Adelin, his illegitimate children Richard of Lincoln and Matilda FitzRoy, Countess of Perche, and many other nobles.

By the time the ship was ready to leave there were about 300 people on board, many drunk, and the ship's captain was ordered by the revellers to overtake the king's ship, which had already sailed. The *White Ship* was fast and of the best construction, which made the captain and crew confident they could reach England first. Unfortunately, it set forth in the dark and its port side struck the submerged Quilleboeuf Rock and quickly capsized. A direct result of William Adelin's death was the period known as The Anarchy, a civil war in England and Normandy between 1138 and 1153, which resulted in a widespread breakdown in law and order. During this time, Framlingham's wooden castle was demolished, along with much of the town, by Henry II in 1174.



*Left: The Sinking of the White Ship in the English Channel.
Right: King Henry I grieves the sinking of the White Ship*

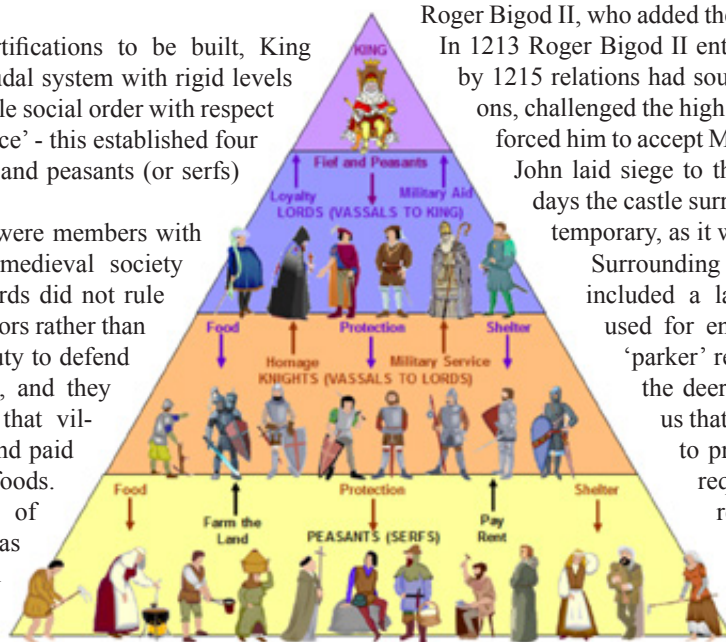
The second Framlingham castle was built by Hugh Bigod, 1st Earl of Norfolk. It was constructed of stone, but it was his successor, Roger Bigod II, who added the huge stone curtain walls seen today. In 1213 Roger Bigod II entertained King John at the castle, but by 1215 relations had soured. Roger, along with 25 other barons, challenged the high military taxes levied by the King and forced him to accept Magna Carta (Great Charter). Enraged, John laid siege to the castle in 1216, and after just two days the castle surrendered. This loss was however only temporary, as it was later restored to the Bigods.

Surrounding the castle was a 600 acre park which included a lake (the Mere). The parkland was used for entertainment by the nobility, with a 'parker' responsible for managing both it, and the deer, fish and poultry. Barbara then told us that peasants had to hobble their mastiffs to prevent them from chasing deer. This required three toes of a front paw to be removed, or alternatively the large pad from beneath, though this had to be repeated every three years. This process was known as 'Lawing', with a fine for an unlawed dog of three shillings (more than £200

today), plus an additional fine if a dog hurt any game.

Barbara then told us of Framlingham's medieval market, which dates from at least 1270 but may have existed earlier. By 1270 Roger Bigod (5th Earl of Norfolk) had established three market days weekly, with an additional Michaelmas fair, and by 1324-5, another fair was added, to be held on three days of Whitsun week. The number of markets and fairs suggests that by then Framlingham was a significant market town and business community. A market on two days a week continues today. As the market was a central hub for trade and activity, medieval tolls were likely collected at the entrance to the market.

In 1349 we heard that the Black Death had arrived in England,
continued on page 31...



The Medieval pyramid of hierarchy



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when approx. 25% of the population died. However, the figure was higher for Suffolk at between 30% to 45%, and trade immediately dropped. When trade finally picked up after the outbreak had finished, peasants found that they could ask for more wages because of the shortage of skilled workers.

Barbara then told us about Margaret of Norfolk (Margaret of Brotherton), Duchess of Norfolk, a wealthy and influential noblewoman whose business acumen made her one of the richest women in England. She was likely born at Framlingham Castle around 1320 while her father Thomas de Brotherton was the 1st Earl of Norfolk. The castle had been given to him by her uncle, King Edward II before her birth, so it was her childhood home. She inherited the castle on her father's death but died without heir around 1399, her grandson Thomas Mowbray then inherited Framlingham.

In 1483, the castle passed to John Howard, a grandson of Thomas de Mowbray. A prominent figure, John Howard was killed at the Battle of Bosworth in 1485. Despite his short tenure, he is believed to have initiated substantial repairs and refurbishments to the castle. His son Thomas, Earl of Surrey, developed the castle by remodelling the gatehouse and adding the brick chimneys.

The Howard family's connection with Framlingham Castle ended with the execution of Henry Howard, Earl of Surrey, in 1547. The castle passed to King Edward VI, and on his death in 1553 the castle passed to his sister Mary Tudor. Mary subsequently became the first Queen of England that same year, whilst she was in residence in the castle. A plaque is affixed to the castle walls to commemorate this event. The very first document Mary wrote as Queen was written at Framlingham, and a copy is on display in the Lanman Museum, inside the castle.



Portrait of Mary I of England



Plaque marking where Mary Tudor was proclaimed Queen of England in 1553

Thomas Howard was released from the Tower by Mary but did not live in Framlingham. When his son the 4th Duke was executed for treason by Elizabeth I in 1572 (for being a Catholic and a rebel), the castle passed back to the Crown again. From then on there appear to have been only minimal repairs to the castle, which went into decline and was used as a prison for recusants from 1580.

The Howard family's connection to Framlingham is further marked by the presence of Howard tombs within St. Michael's Church in Framlingham.

By the late C16th, the castle had fallen into disrepair, and after financial difficulties, the castle and surrounding estates were sold. On 14 May 1635 Robert Hitcham, MP and Attorney General under King James I purchased the castle from Theophilus Howard, 2nd Earl of Suffolk, for the sum of £14,000 (£2.7 million today). Robert Hitcham died on 15 August 1636 and now also lies in a tomb in the Church of St Michael the Archangel, Framlingham.

His will stated that the castle, save for the outer walls, be



Tomb of Henry Howard, Earl of Surrey displaying the Howard and De Vere families coats of arms

demolished and the stone used to build a poor house. The inner buildings were duly demolished and a poor house, Sir Robert Hitcham's Almshouses, was built in its place. He also endowed a school for local children (originally boys only), which was the foundation of the current Framlingham Sir Robert Hitcham primary school. He also left money in his will to fund a school in both Debenham & Coggeshall.



Framlingham castle poor house

He additionally bequeathed the castle site to the Master, Fellows and Scholars of Pembroke College, Cambridge. Some of the land he left was later given by the college as the site for Framlingham College, a school built as a memorial to Prince Albert. Hitcham's Cloister in Pembroke College (built 1666) was named after him as is the Hitcham House at Thomas Mills High School in Framlingham.

Bringing things up to date, Barbara then told us the castle wasn't used directly during the Great War, but it did serve as part of regional defences during the Second World War. Today the castle stands as a testament to its rich history, with the Howard family's influence evident in its architecture and its association with important historical figures

Our audience of 30 were completely spellbound throughout Barbara's talk, which was, quite simply, superb.

Andy Sheppard

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HADLEIGH & BOXFORD PPG

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

Anima: This online triage system is being tweaked and refined all the time. The system is now integrated with the NHS App. Up to 80% of patients' requests are now submitted via Anima. 11,000 patients have registered with this online triage system. Have you registered yet? If not, it would be wise to complete the registration process before you become unwell and need to use it. You can register via one of the website addresses below. If you do not have access to a computer or the internet or you are unable to register can submit a request via the website without an account. If you have no digital access you can still telephone the surgery, a care navigator will help you. All requests for an urgent on the day appointment, a routine GP appointment, home visit or a mediation review should be submitted via Anima. However, appointments for nurses and blood tests etc. can still be arranged over the telephone.

Anima for Carers & Dependants: Carers and dependants can now submit an Anima request on behalf of another patient. As personal data is involved, the patient will be requested to verify that this is OK.

IT Help: Once a month Communities Together offer helpful IT advice in the upstairs room of the Hadleigh Library. The next session will take place on Tuesday 1st July from 10am to 12noon.

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

Manic Mondays: If your call could wait please try and avoid contacting the Practice on a Monday morning. Choose another time or just use Anima. This will be less stressful for you and free up telephone slots for more pressing cases.

Free Parking for Patients: Motorists continue to abuse the helpful concession offered to genuine patients when using Babergh Toppesfield Car Park and the Health Centre's own car park, next to the Practice. If your visit is not connected to the medical services, please leave both areas free for patients. Blue badge holders do not have to pay but must clearly display their badge. If the misuse of the car parks continues the Practice will be forced to take action with expensive measures to stop the abuse. The costs would be borne by the Practice which would be sad use of their financial resources.

Boxford Taxi Service: Now that Boxford Mill Surgery has closed, there is a return taxi service available, for the short term, for Boxford residents attending the surgery. This is strictly for Boxford patients who would have traditionally walked to the surgery but now have to travel for an appointment at the Hadleigh Health Centre. The driver will be David Willis. He can be booked via his mobile **07956 782 018**. The service is available between 10am and 12noon on the following dates in July: Mondays 7th, 14th, 21st, 28th, Wednesdays 2nd, 9th, 23rd, Thursdays 3rd, 17th, 31st.

Car Park Medicine Chest: By the time you read this the external medicine dispensing machine will be operational.

This is for Dispensing patients (village patients), Boxford patients and others who usually use the Pharmacy inside the Practice. Patients will be contacted to sign up for the machine. They will be issued with a code and have three days to collect their medicine. If they fail to do so the medicine will be returned to the dispensary for collection. You can pay online. If you falsely say you are exempt you will incur a hefty fine. The Practice will be rolling this out to dispensing patients shortly.

'Legs Matter' Initiative: In June, patients and Practice personnel took part in this initiative to draw attention to the importance of healthy legs using skin care and support garments. Volunteers had

their legs measured in readiness for different kinds of firmly elasticated garments similar to airline socks. As part of the scheme, walkers are invited to join Jim Wilding on his local, sponsored, fund-raising charity 'Walk on the Wildside' on Sunday 6th July. The hope is to raise £3,500 so that a state-of-the-art Doppler Machine can be bought.

This will quickly determine the health of a patient's legs and the need for subsequent treatment. Contact Jim Wilding **07419 325 713** james4margaret@gmail.com. Donations can be made easily and securely online at: www.justgiving.com/crowdfunding/walk-on-the-wilding-side

The practice: 01473 822 961

Anima link: www.hadleighhealth.co.uk/anima

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

Website: www.hadleighhealth.co.uk

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



MILDEN CRICKET CLUB

Milden now in third spot after two more wins

Milden made it three wins in a row on 1st June, defeating Haverhill by 28 runs at their Manor Road ground. Batting first, Milden posted an all-out score of 158. Opener and captain Alex Cunningham top-scored with 39, supported by an explosive innings of 19 in 12 balls by fellow opener Nathan Williamson, and there were important contributions of 18 by Akiva Franklyn and Zaryab Rashid and 17 by Dave Willis. A rapid start to their reply saw Haverhill on 72 after just 7 overs, but a bowling change transformed the game.

This time it was the spin of Richard Robinson (6 for 35) and Dave Willis (4 for 20) which won the match, Haverhill losing their first wicket at 73 and being all out 130 in 26 overs to leave Milden winners by 28 runs.

Two weeks later Milden won again, beating Elveden (the current top side in Division 5 of the Hunts County Bats Suffolk League and previously undefeated) by 21 runs. The match highlight was an undefeated innings of 123 in 130 balls (including 15 fours and a six) by Milden opener Alex Lomax. A promising innings of 19 by teenager Jim Ferguson ended when he just failed to make his ground after being called for a second run. Dave Willis (20) provided good support for Lomax in a 6th wicket partnership of 56 before he was 7th out at 170. A final flourish of 33 in 5 overs took the Milden total to 203 from their 40 overs. Replying, several Elveden players reached double figures but at 138 for 6, needing 66 to win from six overs with only one wicket left (Elveden had only eight players), Milden looked favourites. However a cameo innings of 35 in 19 balls (including three huge sixes and two fours) by No. 7 Jake Peterson ensured a tense finish before he lobbed a



Alex Lomax on his way to 123 not out for Milden v Elveden

return catch to Richard Robinson to leave Elveden all out 182 with three balls left. There were two wickets each for Robinson and Dave Willis, and Ferguson took 1 for 29 from his ten overs as well as holding a good outfield catch.

Milden are now 3rd in Division 5, with an average of 16.2 points, while Elveden remain top with a reduced average of 17.4.

July fixtures (all 1:30pm starts):

Sunday 13 July	Milden v Hadleigh
Sunday 20 July	Long Melford v Milden
Sunday 27 July	Milden v Woolpit

David Lamming

SUDBURY PLAYS AT BOXFORD

Despite the weather disrupting preparations, the efforts of a dedicated team of ground staff meant that Saturday 7 June saw the return of cricket to Boxford's playing fields. Sudbury's third eleven - for whom Boxford will be home for the rest of the summer - took on Worlingworth in division seven of the Two Counties league.



Invited to bat on a damp pitch, Worlingworth were bowled out for 128 in the last of their 40 overs, with the wickets shared between Sudbury's seam attack. A patient 48 from the experienced Eric Davy held the innings together for the away side, frustrating Sudbury's efforts to press for a quick win.

Worlingworth's score looked a competitive total and appeared more so when three Sudbury wickets fell to opening bowler Dan Payne in increasingly overcast conditions. A torrential downpour brought proceedings to a close, ending what looked set to be an interesting run chase with Sudbury on 40 from ten overs for their three wickets lost.

The abandonment leaves Sudbury mid-table in a closely contested division with eight of the season's twenty-two games played.

Forthcoming matches:

21 st June	v Ipswich 2nds
12 th July	v Frinton 3rds
26 th July	v Elmstead 2nds
30 th Aug	v Witham 2nds

Charles Thomas - Sudbury Team Captain

Photograph by Kevin D Couling

BOXFORD & DISTRICT BOWLS CLUB

We are off to a good start this season with competitions being played and good results from many matches against other Clubs. Our Federation Team have had great results in the knock-out tournament of the National Federation Durham Centenary Trophy and are now off to Spalding for the quarter finals. And our Ladies Team are in the semi-finals of the Hadleigh Cup and the Top Team competition (Suffolk Bowls England). Good luck to these teams in their next round. Individual members are also doing well in various county competitions and again, we wish them continued success.

CRAFT FAIR - Our social committee are organising a Craft Fair on Saturday 19th July from 9:30am to 12:30pm at the Boxford

Bowls Club. There will be various craft stalls including decorative glass, wood turning, crochet and paintings - and there will also be stalls selling cakes, plants and books. Do come along and have a look - admission is free and refreshments will be available. And some of our members will be playing bowls so you can see what it's all about. Car parking is accessible from Homefield, Boxford - take the footpath from the car park down towards the White Hart and you will see the club on the right hand side halfway down.

BOXFORD ROVERS

Boxford Rovers youth team celebrated a very successful 2024-5 season at our awards day at Homefield on June 14th

With over 150 people attending trophies were presented to all the Under 8, 10, 15 and 17 teams. The highlight was the under 15 team convincingly winning Suffolk Youth League division 5 displaying their trophy and medals.



FEEDBACK FROM JAMES FINCH

County Councillor for the Stour Valley

Council cites numerous concerns as it formally objects to north Suffolk solar farm plans

The 250-megawatt solar farm and battery energy storage system will be spread out over 1,500 acres at multiple sites in the parishes of Occold, Eye, Brome and Oakley, Stuston, Thrandeston, Mellis, Burgate, Thornham Parva, Gislegham and Yaxley.

The report outlines many concerns, including:

- Numerous parcels of Grade 2 agricultural land to be lost
- Significant impacts on multiple communities, sensitive habitats and landscapes, eg Mellis Common
- Numerous sites of high archaeological sensitivity
- Cable corridors causing irreversible damage

“Frankly, there are serious questions about whether [this scheme] should ever have seen the light of day.”

Furthermore, the county council strongly recommends that EcoPower publishes an interim design report by the end of June 2025. This would provide refined plans in light of further assessment work to be conducted, and the responses to this non-statutory consultation. This would go some way to providing reassurance and clarity regarding the proposals to the local community. It will also allow all concerned to review more details, in timely fashion, ahead of the statutory consultation expected later this year.

200 new specialist SEND places for Suffolk costing £18.6 million

The creation of 200 new specialist places across the county for children and young people with special educational needs and disabilities (SEND) is set to be considered by Suffolk County Council’s cabinet.

An extra 100 places could open this year for this year’s autumn term, and another 100 new places by September 2026, with further plans being drawn up. These places will be spread across Suffolk and tailored to meet need and demand with the objective of keeping pupils within the county and closer to home. The plan presented to cabinet on 1st April outlines how £18.6million could best be spent to support the growing population of SEND children and young people who need specialist education. Over the last five years, Suffolk pupils accessing special schools and units attached to mainstream schools has increased by over 40%.

The proposal includes

- £3million to be spent on small groups and units in mainstream schools from September 2025 and
- £12million to be spent on developing satellite units linked to existing special schools across Suffolk from September 2026.
- The remaining £3.6million is earmarked for further SEND provision.

In the past five years, 1,025 new specialist SEND places across Suffolk have been agreed

Dementia Marketplace 25th June 2025

Care Development East, in partnership with Suffolk County Council and the Suffolk and North East Essex Integrated Care Board (SNEE ICB), will host the third annual Dementia Marketplace - a free, one-day event offering practical advice, support, and information for anyone affected by dementia. Held from 10am to 3:30pm at Trinity Park Conference & Events Centre, Ipswich.

Dementia is the UK’s biggest health and social care challenge- and it’s growing. One in three people born in the UK today will develop dementia in their lifetime. By 2040, 1.4 million people are expected to be living with the condition. Early diagnosis is key - it unlocks treatment, support, and care that can make a real difference.

What to Expect:

- Marketplace - Information and advice from over 40 dementia-related services and support groups
- Expert Speaker Sessions - Short, accessible talks throughout the day

- Innovation Room - New for 2025, come see, and try out a range of equipment and digital care technology to help keep people as safe and independent for as long as possible. It will also include the launch of Reverie a new cutting-edge Virtual Reality (VR) app designed with and for people with dementia featuring customised Suffolk film content
- Supervised Activities Room - A safe space for people with dementia while carers explore the event
- Opening at 10am with a short welcome from: Gareth Everton, Executive Director for Adult Social Care & Eugene Staunton, Deputy Director, SNEE ICB

Entry is free, please book your ticket today via Eventbrite : <http://bit.ly/dementia-marketplace>.

It’s time to shine the light on communities in Suffolk

The Suffolk Community Awards 2025, now in its sixth year, will recognise and celebrate all those who have improved the quality of life for communities across Suffolk. It is brought together by Community Action Suffolk, Suffolk County Council and Suffolk Association of Local Councils.

This year’s award ceremony is set to be another prestigious, heart-warming event showcasing the excellent work and achievements of individuals and groups across Suffolk, being recognised by 18 awards, including a new entry which will recognise one local councils’ response to climate change.

Other award categories range from youth participation and young person of the year to community building, contribution to volunteering, most active communities and council, councillor, young councillor and clerk of the year.

Volunteers, community leaders and organisations across Suffolk are the beating heart of the county. Their hard work, dedication and innovation makes Suffolk a better place to live and work. Our 3 organisations greatly value the massive contribution that the voluntary and community sector makes to our wonderful county. That is why we work together to host these awards. To recognise and celebrate their outstanding contribution to Suffolk life.

Celebrating the Power of Relationships; Foster Care Fortnight

The power of those meaningful connections between a foster carer and a child transforms lives and that is the theme of this year’s Foster Care Fortnight: ‘The Power of Relationships’.

From the bond between a foster carer and a child, to the vital support of social workers, friendships within the fostering community or the connections with birth families - these relationships shape lives, create stability, and open up new possibilities for the future. It could be helping a young teenager navigate their teenage years through to their independence, or Kinship fostering, when someone cares for a child if they are a family member, friend or have a connection to the family.

Across Suffolk, hundreds of foster carers open their homes to provide love, stability, and care to children and young people in need.

It’s been a busy time for the service; our Emergency Foster Care Hub, launched in March and is supporting our children in care.

This is a year-long pilot programme, which will enable children and young people a safe stable home, for a period of 14 days whilst professionals work to understand their needs, and plan for the longer-term, reducing the likelihood of multiple moves and offering children more security and stability.

We are very excited to be working alongside three very experienced, skilled, and dedicated fostering households, who offer invaluable feedback, and insight, alongside the children’s voices, and we hope that this pilot can be incorporated as a permanent structure to support and improve outcomes for Suffolk’s looked after children.

If you would like to find out more about fostering with your local council, please call us on: 01473 264800 or visit our website: www.fosterandadopt.suffolk.gov.uk

James Finch

james.finch@suffolk.gov.uk

Tel: 01206 263649 / Mobile: 07545 423796

FEEDBACK FROM BRYN HURREN

Babergh District Councillor for Box Vale Ward

It is a good time now to thank all those who have worked hard for the many past years at or behind the scenes for Boxford surgery, especially the doctors, medical staff, receptionists and all of those who have kept it running so well for so long. I have not met anyone yet who thinks its closure is a good idea and certainly not the current staff who are clear to point out this has not been done in their name. Sincere thanks to them for doing the final shift.

We now have a big problem in this rural area to get the more senior and infirm members of our community safely transported to an already quite crowded facility in a market town with limited nearby safe parking within walking distance and back again. While this closure has been dressed up as an improvement to the health service in our rural area, for many on the receiving end this will be anything but this and an inconvenience, strain and disruption for many, old and young alike.

The facility is completely safe for what it was designed for and much more besides if it had been maintained and developed sufficiently for more modern times. Instead it has just been neglected and thinned down for the kill, which was quite ruthless when the axe fell. It could still have been well used as a vital facility to serve the local community and to take the weight of the larger facility in Hadleigh for vaccinations and general local treatments of patients as it always has been, if maintained and kept safe. Always better to take Mohammed to the mountain than to take the whole mountain to Mohammed, just because he or she prefers to stay and work elsewhere. Where is the green initiative here?

Better news is that the district councils of BaberghMidSuffolk once again intend to run our 'tree for life' scheme once again this year. This means that any child born between Jan 1st until dec 31st will be entitled to a free tree to be planted at their home or in a suitable public place which will be awarded the following spring just in time for planting season. This is in the hope that the child and its family will value the tree and its sentimental existence as they grow up and old together. Also the aim is to increase the tree cover over our part of Suffolk and into our future in unison.

Continuing along the green path, big efforts are being put in by myself and others to achieve the incorporation of the Goodlands meadow into the Primrose Wood complex. This is ongoing now with just the solicitors on both sides to do the final part, hopefully then the access path can be created, gated and mowed to lead us all down into what is one of the best little sanctuaries in the whole of Suffolk, a brilliant antidote to the stress that the first paragraph will bring. Hopefully by the time you are reading this article, the path mowing will have happened. If not the mowing fairies will have to be brought into play to do the job, as so often before. Along with this, real momentum is being achieved to get the permissive path alongside Stone St, cleared, repaired and fit to walk along again, for the safety and convenience and connection of the two parts of Boxford village to gain safer access into and out to the wider parts of our and other villages. My grateful thanks to the two landowners who will give up their respective land and time to allow this to happen. The initial clearance will start on 29th June and a couple of volunteers would be very welcome to help with initial clearance, reinstating fencing and looking after and watching over this vital link into the future.

Across our districts work and planning is carrying on to change our own future in the way we are run and governed. The District Council's attitude is, if it's going to happen then let's make it as good as it can be for the sake of all. We are not power crazy, let's just leave as good a legacy as we possibly can for the benefit of all. We have already unanimously decided that Suffolk would be best served by three unitary councils of just over a quarter of a million people each to promote our residents into a manageable form of local government for the future of our county. As in health services, big is certainly not always best and we need to make sure that every constituent feels

valued and well represented into our and their future.

If you need your district councillor then please contact me on the details below. Alternatively just rugby tackle me in the street but you might need to run a little faster to do that now as replacement knee is working well.

All love, Bryn

bryn.hurren@babergh.gov.uk

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PARISH COUNCIL UPDATES

GROTON

Summary of Annual Parish Meeting 7th May 2025

Present: (Groton PC) P Roberts, S McGrath, N Chapman, C Hearn, A Dixon-Smith, M MacKay-Morris, R Jones (Minutes) B Hurren (BDC), J Finch (SCC), J Foster (Groton Village Hall & PCC)

The Chair of Groton Parish Council welcomed all attendees. The Minutes of the Meeting held on 8 May 2024 were agreed.

Report from Suffolk County Council: Councillor James Finch gave a report on behalf of Suffolk County Council.

Report from Babergh District Council: Councillor Bryn Hurren gave a report on behalf of Babergh District Council:

Reports from local organisations and charities:

Groton PCC and Village Hall Committee: Jayne Foster reported on behalf of both organisations: **St Bartholomew's Church:** Jayne thanked the council for its grant of £400 which would go towards the upkeep of the churchyard which was a much used and loved facility. **Groton Village Hall:** Jayne thanked the council for its grant of £200 which would help pay for insurance renewal. Every contribution helped as the hall was becoming increasingly expensive to run. **Groton Educational Foundation:** A tabled report was read by the clerk and noted:

Groton PC Financial Report: Richard Jones on behalf of Groton PC provided the following report: At the start of the financial year the council's balances in its bank accounts totalled £6,013.02 and £5,075.51 at the end. This was made up of £2,201.37 (£3,271.57 - £1,070.20 unpaid cheques) in the current accounts and £2,874.14 in the reserve account. Unfortunately, the council's budget for 2024/25 was overspent by £623.61. This was mainly due to extra, unforeseen costs associated with the renewal of the village hall lease and an increase in bin emptying charges from Babergh DC. The precept received from Babergh District Council was £5,005.00 - an increase of £439.00 from 2023/24. The council's main expenses were salaries, donations to local groups and the aforementioned village hall lease. Additionally, the council was able to fund the start up of Groton Historical Society through its remaining Community Infrastructure Levy money. A copy of the council's final accounts is available on the website.

Groton Parish Council Chairman's Report: Piers Roberts on behalf of Groton PC reported the following: During the year, the council funded the start-up of Groton Historical Society, worked with SCC on a traffic/speeding assessment and is progressing the installation of speed calming measures. In addition, the council continued to progress the Groton People and Places Local Plan, including holding public consultation events. As usual, the council offered financial support to local groups including Boxford School and St Bartholomew's Church and continued to assess planning applications in a fair and considered way. Finally, he thanked all councillors and the clerk for their support throughout the year.

Summary of Groton Annual General Meeting 7th May 2025

Present: Piers Roberts, Sarah McGrath, Nigel Chapman, Catherine Hearn, Adam Dixon-Smith, May MacKay-Morris, Richard Jones (Clerk)

Election of Chair: Piers Roberts was elected as Chair. Proposed by A Dixon-Smith, Seconded by S McGrath.

Election of Vice-Chair: Sarah McGrath was elected as Vice-Chair. Proposed by N Chapman. Seconded by C Hearn

Apologies for absence: R Cheeseman. M MacKay-Morris reported that she would be standing down from the council with immediate effect. The Chair thanked her for her contribution. As has been previ-

ously agreed, the council will now approach a previous applicant to fill the vacant position.

Appointment of representatives (if required): Babergh Area Committee of SALC: As has been the situation for several years, no councillor has felt able to commit the time as a representative. This remains the case. The council felt that SALC is an important and supportive organization, awareness of its activities and proceedings provides GPC with sufficient engagement. **Boxford Community Council:** None - as has been the situation for several years, no councillor has felt able to commit the time as a representative. This remains the case. **Groton Village Hall:** C Hearn. **Groton Croft:** the council acknowledged the role the Croft plays in the village, but no councillor at present has time to commit on a regular basis. Individual councillors will attend Croft open meetings on a 'as and when' basis.

Financial Matters: The statement of finances and orders for payment were approved. The end of year accounts 2024/25 were approved. The Annual Governance Statements were approved and signed by the Chair and clerk. The Annual Accounting Statements and Certificate of Exemption were approved and signed by the Chair and clerk.

Highway and Footpath Matters: Footpath Cutting: Andy Adams to carry out first cut before the end of May. Littering: As a number of areas had been flagged as becoming littering 'hotspots', it was agreed to look into the idea of a community litter picking day with refreshments afterwards for those who take part.

Groton Traffic Assessment Update: Forms to be completed to apply for CIL funding from BMSDC to install speed calming signs on Swan Street between the Fox and Hounds and Sherbourne Street.

Village Hall Matters: C Hearn reported that work to improve accessibility had been completed and a bid for lottery funding was being made to pay for new windows.

Future Agenda items/Any Other Business: C Hearn had been approached by parishioners regarding the possibility of a children's play area being provided in the Parish. Whilst it was felt that the ideal place for this would be on the Groton Croft, which had been designated as an 'amenity area' upon its inception, it was agreed that other options should be explored, and this be included as an agenda item for the foreseeable future.

Date of next meeting: Wednesday 5 July at 7pm

Full minutes can be found at:

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

Richard Jones

01473 828246 / grotonclerk@yahoo.com

EDWARDSTONE

Summary of Annual Parish Meeting 19th May 2025

Present: (Edwardstone PC) M Gibson, T Wood, L Smyth, J Morgan, R Norman, J Finch (SCC), B Hurren (BDC) J Weiland (Boxford Playing Fields Management Committee). R Jones (Minutes)

Report from Suffolk County Council: Councillor James Finch gave a report on behalf of Suffolk County Council.

Report from Babergh District Council: Councillor Bryn Hurren gave a report on behalf of Babergh District Council.

Reports from local Organisations:

Edwardstone Millennium Green: Richard Norman thanked the district and parish councils for funding which had contributed to the laying of grass matting to improve safety and the installation of new swings for very young children in the near future.

Boxford Playing Fields Management Committee: John Weiland reported the following: He thanked the outgoing Treasurer, Hugh Phillips for his outstanding contribution to the running and upkeep of the playing fields. During 2024 both Boxford Rovers juniors and

adults football teams had had successful seasons and although the cricket pitch had not been used, Sudbury Cricket Club were looking to use the pitch for the new season. All other facilities continued to be well used. Floodlights and a slide had been replaced and essential maintenance carried out to play equipment. Future plans were to improve the quality of the football pitches and car park and long-term to resurface the Tennis courts and upgrade play equipment.

Financial Report: Richard Jones reported the following on behalf of Edwardstone PC: At the start of the financial year the council had £4,463.42 (including £802.95 Neighbourhood Plan Grant) in its bank accounts, and at the end it had £3,274.39

The precept received from Babergh District Council was set at £6,677.00 which increased the cost to a band D property by £1.85. The council continued to support local groups and made donations totalling £2,375.00 to such organisations throughout the year. Apart from donations, the council's main outgoings were staffing costs, bin emptying and annual insurance renewal. The council was able to use community infrastructure funding received from Babergh DC to fund parts for the parish defibrillator, footpath leaflets and a contribution towards the cost of new play equipment on the Millennium Green. A copy of the end of year accounts can be viewed on the council's website.

Chairman's Report: Mike Gibson thanked parish council members for their support throughout the year during which the council had achieved the following: full adoption of a neighbourhood plan for Edwardstone. Provided substantial funding towards new play equipment at the Millennium Green. Set up a free book sharing scheme in the village bus shelter (special thanks to Les Clarke). Progressed the provision of electric vehicle charging points in the Parish. Worked with four adjoining parish councils to finalise the setting up of Joint Emergency Planning Group. Produced a professional and comprehensive footpath leaflet in co-operation with SCC and two other parish councils. Started looking at opening ancient footpaths and extending current footpaths. Continued to assess planning applications in a considered, transparent and fair manner, in line with the Neighbourhood Plan.

Summary of Edwardstone Annual General Meeting 19th May 2025

Present: M Gibson, T Wood, L Smyth, J Morgan, R Norman, E Breeds, R Jones (Clerk)

Election of Chair of the Council: M Gibson was elected as Chair. Proposed by T Wood. Seconded by L Smyth.

Election of Vice-Chair of the Council: T Wood was elected as Vice-Chair. Proposed by J Morgan. Seconded by R Norman.

Councillor Vacancy: It was agreed to post adverts in the White Horse and on notice boards. L Smyth to provide E Breeds and the clerk with a copy of the latest advertisement.

Financial Matters: Statement of Finances & Orders for Payment were approved. End of year accounts were approved. Annual Governance Statement (s 1 of the Annual Governance and Accountability Return): Approved and signed. Annual Accounting Statements (s 2 of the Annual Governance and Accountability Return): Approved and signed. Renewal of Insurance from 1.6.25: it was agreed to renew with Zurich Municipal at a cost of £241.00 Applications for charitable donations: The following donations were agreed:

Edwardstone PCC - £600 Edwardstone Millennium Green Trust - £750 Edwardstone Parish Hall - £700. Boxford Playing Fields £ 300. All donations to be paid in two equal amounts.

Planning Matters: Planning applications received - DC/25/01882 Flushing Farm, Round Maple. Application For Prior Approval - Agricultural to Dwelling - No objections at this stage of the application. Other Planning Matters - Hedge replacement at Mill Green.

BDC officer had visited the site but no feedback had been received.

Highway & Footpath Matters: Footpath Cutting - first cut had taken place on 17 May. Other Highways & Footpath Matters - Footpath 13 sign broken. Clerk to report to SCC.

Climate Change - Current State of Projects: Wildfires and Community Emergency Plan: T Wood progressing test message to all contacts. EV Charging Points: M Gibson reported that he had still not received the relevant paperwork although draft contracts had been produced.

Defibrillator Update: J Morgan reported that it was the responsibility of the Ambulance Service to inform the council's contact if the defibrillator had been used.

Next meeting: Monday 21st July 2025 at 7:30pm

Full minutes can be found at:

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

Richard Jones

01473 828246 / edwardstoneclerk@outlook.com

BOXFORD

Summary of Council Meeting 27th May 2025

Cllr Wortley advised the PC that she would be resigning from the Council. As no other councillors volunteered to step up as Chair, Cllr Wortley stayed to chair the meeting and the PC would look to elect a Chair at the next meeting.

Matters Arising from the Minutes: Parking, Church Street - Double Yellow lines will be installed at the pinch-point.

Public Forum: A resident asked if it was possible for the PC to arrange for the centre of the village to be swept as it is looking untidy. It was commented that this is the responsibility of BDC.

A resident pointed out that letters had been sent into the BRN regarding Bowls members parking at the top of The Croft and causing problems in the village; it was asked if the PC could get involved. It was resolved that there was no action required from the PC.

The meeting was informed that the Old Gaol should be open by the Boxford Open Gardens. Councillors wished to thank the team for their hard work in preparing the Old Gaol.

The meeting was updated on the closure of the surgery; there has been little communication between the ICB, the Hadleigh Centre and the community. The volunteer group are looking for mitigation and are still working hard to support the village.

County Council Report: CCllr Finch's full report can be found on the BPC website.

Finance: The finance report was accepted and can be found in full on the BPC website. Notice of public rights and publication of unaudited annual governance & accountability return can now be found on the PC website.

Cemetery: An application for works to trees in the cemetery was made and has been approved. There are 7 trees in total that need to be worked on.

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

Date of Next Meeting: 24th June 2025 at 7pm in the village hall.

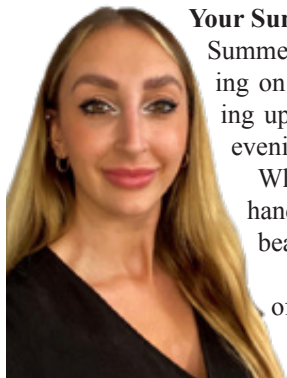
Parish Council (PC) Meetings are on the 4th Tuesday each month except in August and December. They are held in the village hall starting at 7pm. All are welcome to come along and observe and there is a regular item to allow residents a short time to comment and raise items.

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

Zoe Rumsey

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

THE GLOW PRO



Your Summer Mani Inspo

Summer is officially here, which means lounging on the beach, al fresco dining, and soaking up those bright mornings and long, light evenings.

Which also got me thinking... what goes hand in hand with all of these moments? A beautiful manicure, of course!

To help you navigate the kaleidoscope of gel options at your next appointment, I've rounded up some of the freshest shades for the season. Let's get into it:



Petal Pink

This ethereal hue captures the charm of a flower's first bloom. Pretty and elegant, it offers a polished look without shouting for attention. It's perfect for wedding season (or anytime you're feeling a little romantic!)

Ask us for shade: Audry



Bold Blue

Sometimes, the perfect shade is right above us. Inspired by clear summer skies, this light, crisp blue feels as refreshing as a cool summer's breeze and packs plenty of punch.

Ask us for shade: Blue Star



Shimmery Pink

Precious like a gemstone, this iridescent hue shimmers with a glow that's reminiscent of a pearl. Pair it with dainty, seashell-inspired jewellery, and you're instantly ready for a beach getaway!

Ask us for shade: Apple Blossom

Image from Gel Bottle



Butter Yellow

Like a scoop of sunshine with every layer, this creamy yellow is as cheerful as the name suggests. Combining citrus and a touch of milky white, it's the perfect pick-me-up to brighten any day.

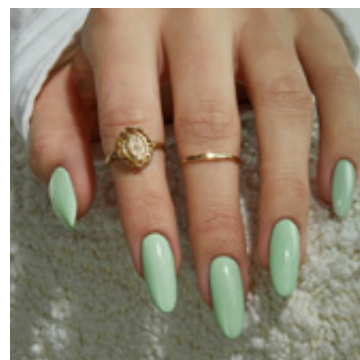
Ask us for shade: Banana Split



Soft Sage

Inspired by nature and infused with a hint of mint, this timeless green brings a sense of calm. Delicate, classy, and anything but dull, it's a modern classic to complement your seasonal wardrobe.

Ask us for shade: Crest Sage



Zesty Orange

Picture this: you're relaxing on a balmy rooftop with a Bellini in hand and a fruity manicure to match. Even without the Bellini, this sunset orange evokes the radiance of golden hour.

Ask us for shade: Bellini



Feeling inspired? Be sure to book your appointments early to avoid missing out. We can't wait to get you summer-ready!

Helena x

office@suffolkmedicalclinic.co.uk
01787 211 000

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Medical & Beauty
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DIRECTORY OF CLUBS & ORGANISATIONS

CLUBS & GROUPS

Boxford Bellringers	Richard Gates	01787 210432
Boxford Bible Study Group	Peter & Margaret	01787 211077
Boxford Bike Club	Kevin Bridge	07876 798617 www.boxfordbikeclub.co.uk
Boxford Bowls Club	Lea Blackham	01787 210313
Boxford Carpet Bowls	David Warren	01787 211067
Boxford Drama Group	Janice Macmillan	07779 303690 janice.macmillan@yahoo.co.uk
Boxford Friendship Group	Alison Warren	01787 211067
	or Wendy Hills	01787 210342
Boxford Gardens Open	Audrey Zuck	07852 102 455 audrey@a2zriskservices.com
Boxford Gardening Society	Elizabeth Wagener	01787 210223 elizabeth.wagener@btinternet.com
Boxford Literary Group	David Jones	01787 211104 audav@hotmail.co.uk
Boxford Rovers Youth FC	Melvyn Eke	07873 971701 m.eke@btinternet.com
www.boxford-rovers-youth.com		
Boxford Tennis Social	Sue Moore	07808 481447
Boxford WI	Lyn Beer	07961 357526
Fleece Jazz	David Gasson	01787 210796
Highway 12 Western Partner Dance	Chris	01787 371006
Little Waldingfield History Society	Diana Langford	01787 248298 dianalangford765@gmail.com
Little Waldingfield Over 60s and Friendship Club	Tricia Eddington	01787 247932
Local History Recorder Edwardstone	Daphne Clark	01787 210698 daphne.clark@btopenworld.com
Local History Recorder Groton	Joanna Roberts	01787 210619 jgant87618@aol.com
Madrigalia Choir	Sue Price	01787 210913
Milden Cricket Club	Richard Robinson	07807 229447
Milden Singers	Pearl	01449 741876
Natural Boxford	Louise Carpenter	01787 211862 louisecarpenter@proton.me
Newton Arts & Crafts Club	Carole Langley	01787 373548
Newton War Games Club	Brian Lawson	01787 312160
Newton Fireside Club	Moiria Evans	01787 374652
Pilates (Edwardstone)	Claire	07772 074 750
Primrose Wood Volunteers	Evan Flockhart	07968 336883 obliquewoodland@protonmail.com
Swing jive & Lindy Hop Dance	Sarah Boldock	07956 614824
Yoga (Boxford)	Marianne Marshall	01787 210323
Yoga Paper Kite (Newton)	Sophie	01787 313662
Yoga With Lindsey (Newton)	Lindsey	07971 800540

CHARITIES

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

COMMUNITY GROUPS

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

SCOUTING

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

CHILDREN FAMILIES & LEARNING

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

HALLS & FACILITIES TO HIRE

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

The Blooming Garden

Some July Specials.

By July the garden has lost its freshness. Everything sags a bit and constant watering, staking snipping and primping are necessary. Daisy-type flowers are everywhere and there is too much yellow. I like to use loads of spiky blue eryngiums to add some pizzazz to the July garden which can be a bit floppy.



The July garden.

I always mourn the going over of the first tide of roses which make June such a glorious month. But there are later-flowering roses and in my garden, one of my favourites, the sumptuous 'Bathsheba' is blooming on the trellis in the secret garden. David Austin launched this rose at Chelsea Flower Show in 2016. It is named after the heroine in Hardy's *Far From the Madding Crowd*. Remember Bathsheba, the one with the appalling taste in men? She should have stuck with Gabriel Oak, at least he knew how to cure sheep bloat. 'Bathsheba'



Rosa 'Bathsheba'

is a climber with fully double flowers which are a delicious shade of peach tinged with yellow. If you keep deadheading it, the flowers keep coming all through summer. It is said to smell of myrrh but I am not sure what myrrh smells

like, it is more honey with floral undertones to me.

And now for something completely different. If you have damp soil then the exotic looking arum lily, *Zantedeschia aethiopica* makes quite a statement with its huge white spathes. I will tell you a story about *Zantedeschia aethiopica* in which I don't come out very well. Years ago I grew it in my garden but the soil was too dry and it never looked great. I used to open for the National Garden Scheme and one day a lady who looked just like Les Dawson in drag came with her friend (I know her appearance has nothing to do with the story, I am just being catty). Anyway, Les Dawson looked very bored until she came upon my *Zantedeschia aethiopica* and fell upon it in delight, telling her friend and anyone else who would listen that she had an arum lily at home that was much better than this one and twice the size. And for the next three years she came back, quite uninterested in the garden, looking neither to the left or right, but heading straight for my poor arum lily, where she stayed for at least a quarter of an hour crowing with delight and telling everyone that hers was three times as big. After three years I had had enough and I dug the damn thing up. I watched out for her the next year and enjoyed the look of dismay as she searched all over for the plant. Eventually she came

to me with some satisfaction and said: "I see your arum lily died, I always thought it looked sickly. Mine was four times its size." To which I replied: "Oh you mean the *Zantedeschia aethiopica*. No, it didn't die, I dug it up, I don't like them, they are so vulgar." I know, that was really mean and spoil what was probably her only horticultural pleasure of the year. But in those days my garden was featured in The Good Gardens Guide and I really resented an annual visit from someone who came just to sneer at my arum lily. Anyway, I never saw her after that and it has taken me more than twenty five years and four different gardens to plant another arum lily. This time it is sitting at the edge of my pond where it should be because in its native South Africa it grows on banks of streams and ponds. I believe it is an invasive nuisance in parts of Australia and New Zealand. It looks very stately with its large glossy leaves and huge white spathes. OK, one spathe, but there are buds and it is only one year old. Just don't come here and sneer at it.



Zantedeschia aethiopica



Michauxia campanuloides

I have saved my best for the last. One plant that nobody could sneer at is the peerless *Michauxia campanuloides*. Plant World Seeds describes this as one of the world's most astonishing and spectacular flowers and I agree. The flowers are huge, up to 12cm across, like giant white Catherine wheels crossed with a passion flower with a long pistil. I have never seen this plant for sale so you have to grow it from seed. I first grew it years ago and was so surprised and delighted with it that over the years since I have tried to grow it again but failed to get it through the winter. It is a biennial or short-lived perennial. But the seeds I grew two years ago did well and the seedlings I planted out did come through their first winter and rewarded me last year with the most magnificent plants, 140cm tall, looking like huge candelabras, with flowers emerging from big, pointed, slightly furry buds. They are much taller than the ones I grew years ago and the buds are tinged with violet which surprised me. The plants in pots in the greenhouse survived too and will bloom this year. This glorious plant would be delighting me anyway, but like your own children, plants you have grown from seed are always better and more beautiful than any others. *Michauxia campanuloides* is named after Andre Michaux who was an explorer and the Royal Botanist in the service of Louis XVI. Apart from a trip to Persia most of his travels were in America so I don't know why this plant is named after him. It is a native of Greece Turkey, Syria, Israel and Lebanon. If you want to grow a real show stopper then do give it a try. But remember, you have to wait until the second year to enjoy the spectacular flowers.

Chloris.

EVENTS CALENDAR

JUNE 2025

27 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	7:30pm
27 FRI	Boxford Drama Group Quiz Night Boxford Village Hall	7:30pm
28 SAT	Ladies Get Into Golf Free Taster Session Newton Green Golf Club	10-11am
28 SAT	Boxford Summer Market Boxford Village Hall	10-1pm
28 SAT	Little Waldingfield Sale Trail Little Waldingfield Parish Room CO10 0SW	10-1pm
28 SAT	Winston's Wheels Summer Fair Newton Village Hall & Field	10-3pm
28 SAT	BFG - Wattisham Military Wives Choir St Mary's Church, Boxford	5pm
29 SUN	Fr Rob's Final Service St Mary's Church, Boxford	11am
29 SUN	Chelsworth Open Gardens Chelsworth	11-5pm
29 SUN	Picnic in the Park Jubilee Gardens, Newton Green	Noon
30 MON	Boxford Community Council AGM Boxford Pavilion	7pm
31 SAT	Newton Fireside Club Coffee Morning Newton Village Hall	10-11:30am

JULY 2025

1 TUE	Fireside Club - Talk from GCB Cocoa Ltd Newton Village Hall	2pm
1 TUE	Boxford Gardening Society - Talk Boxford Village Hall	7:30pm
2 WED	Boxford WI - Gentle Chair Yoga Boxford Village Hall	2pm
5 SAT	The Old Gaol Exhibition Official Opening The Old Gaol, Boxford	10am
5 SAT	Summer Coffee Morning All Saints', Newton Green	10-11:30am
5 SAT	Leavenheath Summer Fete Leavenheath Village Green & Hall	11:45 - 5:30pm
5 SAT	Music for a Summer Evening St Mary's, Boxford	6pm
12 SAT	Charlie Haylock - The History of Surnames Edwardstone Village Hall	7pm
15 TUE	Fireside Club - Boat Trip and Henny Swan Newton Village Hall	TBC
16 WED	Charity Quiz Night The Fleece, Boxford	8pm
18 FRI	Polstead Films: Mr Burton Polstead Village Hall	7pm
19 SAT	Craft Fair Boxford Bowls Club	9:30-12:30pm
25 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	7:30pm
26 SAT	Open Gardens Coffee Morning Newton Village Hall	10-11:30am

27 SUN	French's Care Haven BBQ Open Day French's, Castling's Heath, Groton CO10 5EU	12-4pm
27 SUN	Afternoon Tea Newton Village Hall	3pm
28 MON	Boxford Friendship Group Boxford Village Hall	2-4pm

AUGUST 2025

3 SUN	Polstead Landscape Artist Competition St Mary's Church, Polstead	1-4pm
3 SUN	St Bartholomew's Garden Party Primrose Cottage, Groton, CO10 5ER	2:30-4:30pm
5 TUE	Boxford Gardening Society - Talk Boxford Village Hall	7:30pm
6 WED	Boxford WI - Member's Summer Outing TBC	2pm
13 WED	Charity Quiz Night The Fleece, Boxford	8pm
18 MON	Boxford Friendship Group Boxford Village Hall	2-4pm
23-25 SAT-MON	Groton Flower Festival St Bartholomew's, Little Waldingfield	10-5pm
29 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	7:30pm
30-31 SAT-SUN	Little Waldingfield Flower Festival St Lawrence's, Little Waldingfield	10-5pm

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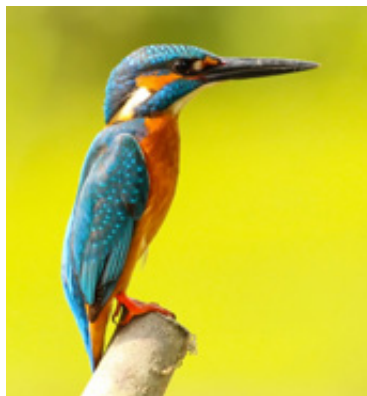
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NATURAL BOXFORD

The jewel in Boxford's wildlife crown part 1

I set out to write this month's article about a particular area of our fabulous village and realised that to do it justice I need to provide some wider context. That got me thinking and the original idea has evolved into three parts. So, please bear with me over the next few issues and we'll see how it goes!



I found myself pondering a foundational question: I wonder what the word 'nature' means to each one of us? There is the use to describe the inherent characteristics of someone or something as in: 'it is in her nature to be kind to others' - that isn't the usage I am delving into here, although there is overlap.

When someone says, 'I love nature', 'Mother Nature is in

charge', 'walking in nature is good for you', 'the natural world' etc etc - what is being referred to?

Here are some dictionary definitions:

"all the animals, plants, rocks etc. in the world and all the features, forces and processes that happen or exist independently of people, such as the weather, the sea, mountains, the production of young animals, plants, and growth" (Cambridge Dictionary)

"The creative and regulative power which is conceived of as operating in the material world and as the immediate cause of its phenomena." (Oxford English Dictionary)

"The phenomena of the physical world collectively; esp. plants, animals, and other features and products of the earth itself, as opposed to humans and human creations." (Oxford English Dictionary)

"the whole natural world, including human beings." (Oxford English Dictionary)

"The physical world and everything in it (such as plants, animals, mountains, oceans, stars, etc.) that is not made by people. The natural forces that control what happens in the world." (Encyclopaedia Britannica)

What about the many phrases in common usage that include the word 'nature'?

We go camping to 'get back to nature'. That cut will heal if you let 'nature take its course'. He's a 'force of nature'. It's 'second nature' to... Indigenous peoples live in 'communion with nature'. *"Nature red in tooth and claw"* (Lord Tennyson, from his poem: *'In Memoriam A.H.H.'*)

Collin's thesaurus has this definition: *"the whole system of the existence, forces, and events of the physical world that are*

not controlled by human beings", and offers these synonyms - creation, world, earth, environment, universe, cosmos, landscape, countryside, scenery.

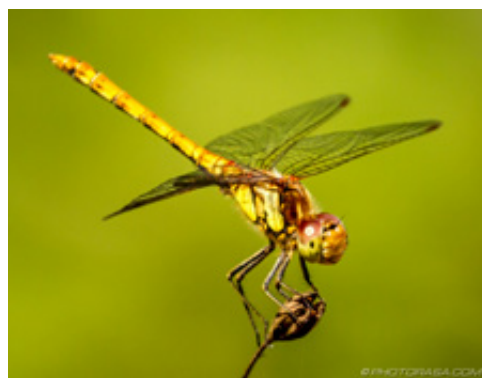
There seems to be consensus that nature is not controlled by humans although we are a part of it; this hasn't stopped many through the ages and into the present day, believing that they can control nature - a futile endeavour as any gardener knows! So, what is the driving force of all this life and activity? We need to breathe to stay alive - when the last breath leaves the body the physical aspect of the being ceases to be viable. What is it that is 'breathing' through the cosmos, through the trees and rivers, stars and flowers, and keeping everything in motion, cycling through seasons, periods of growth and periods of dormancy? What powers the water cycle, photosynthesis, and what about the miracle of what is contained in a seed?

This underlying animating current is known by many different names: the divine presence, a loving presence, the life-force 'chi', universal law, spiritual energy, to name a few. They all speak to the holistic view of all life being interconnected, nothing existing in isolation and separation, everything operating according to its own intrinsic nature (circling back to that first definition) fitting together with everything else in one grand flow that maintains balance, harmony and health for all (including us humans) in a symbiotic planet-wide dance - if left to its own devices. Not to make the mistake of thinking that nature is all sweetness and light - nature is ruthless in its inexorable momentum in the direction of life and abundance - there is no sentimentality but a fierce getting on with what is.

There is no question that human activity has had a devastating effect on the planetary ecosystem, and therefore on our own health as an indivisible aspect of that system - we do live in a biosphere - we need clean air and clean water to survive. The tide is turning though, and next month I'll bring things closer to home and have a look at what is happening around us here in Suffolk along the theme of isolated islands and the butterfly effect.

That's all for now. I spotted a lizard in the garden yesterday - a first for me here, mum says there was a population of them in the village when she was a child.

Much love, Louise on behalf of all at Natural Boxford.



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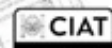
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