

August 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.

K WILLIS BUILDERS

All types of building work undertaken

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

Telephone: 07771 638 398 / 01787 586 031

kwillisbuild@hotmail.com



S B Electrical



For all your electrical work
large or small

Free Estimates ✓ No Call Out Charge ✓

A Member of the BSI ✓ Electrical Certificates Issued ✓
Part 'P' Registered ✓ Insurance Backed Guarantee ✓

Tel: 01787 247043

email: info@sbelectrical.biz or visit www.sbelectrical.biz
Church Road, Little Waldingfield, Sudbury, Suffolk

THE
LIME PLACE
SUFFOLK

TRADITIONAL BUILDING MATERIALS IN ONE PLACE

WIDE RANGE OF NON-HYDRAULIC AND HYDRAULIC LIMES, QUICKLIME, LATHS,
INSULATION, PLASTERS, MORTARS AND RENDERS.

THE PLACE FOR:



SAINT-ASTIER



ANGLIA
LIME

Ingilby

THE
LIME PLACE
PRE-BLENDED

therma
fleece

3au

TEL: 01787 464560 | MOB: 07710 094485 | EMAIL: ASK@THELIMEPLACE.CO.UK
PLACE FARM BARN, LISTON, SUDBURY CO10 7HR | W3W: VERB.SHAKY.DRIVER



Box River News

Trudi Wild

Editor

01787 210946

editor@boxrivernews.com

Twin View, 18 Stone Street, Boxford CO10 5NR



www.boxfordsuffolk.com/box-river-news



www.facebook.com/BoxRiverNews



www.instagram.com/BoxRiverNews

Disclaimer: Whilst every care has been taken to ensure that the data in this publication is accurate, the Box River News nor its editorial contributors can accept, and hereby disclaim, any liability to any party for omissions resulting from negligence, accident or any other cause.

The Box River News does not officially endorse any advertising material included within this publication. All rights reserved. No parts of this publication may be reproduced without prior permission from Box River News.

Welcome!

Welcome to this month's 'new look' Box River News!

You'll notice that with a change of print company we've taken the opportunity for a bit of a style refresh and hope you all enjoy the new look.

Get Involved!

We love to feature any local story or content from in and around the benefice. If you have anything you'd like to share, be it event, news, new business or even just an opinion on local life, please do get in touch!

We are incredibly grateful for the continued support from our readers and advertisers. Your contributions truly help make the Box River News a vibrant reflection of our amazing community.

Advertisers

The Box River News offers a flexible range of advertising opportunities to businesses looking to expand their reach. Please get in touch for more details.

The copy deadline for the September issue is Friday 15th August.



The Old Gaol Project

A fascinating display of Boxford's captivating past.

On Saturday 5th July at 10am a momentous event (in a small way) took place - the Old Gaol Project concluded and the permanent exhibition depicting Boxford through the ages was officially opened. It is a visual depiction of the story of Boxford told in pictures and words and will fascinate both our local community and visitors to this wonderful village.

Some 10 years ago a 'gentleman' by the name of Stephen Egglestone mentioned to another 'gentleman', Barrie Rule, that perhaps the old gaol/ bus shelter could house an exhibition about Boxford. Some years passed but Barrie did not let go of the vision to see a display about Boxford in this building and so the spark endured.

The vision was put before the Parish Council back in late 2022 who agreed to seed fund it by way of purchasing initial materials whilst the detailed work would be undertaken by volunteers. In the spring of 2024 listed building consent was finally granted for it to go ahead and the volunteer force started to take shape.

On the opening day the weather was kind to us and a respectable number of people gathered to witness the cutting of the red ribbon associated with all major civic events and the unveiling of the plaque - not by drawing a curtain, more by removing the perfectly-shaped piece of brown masking paper!

The official cutting of the ribbon was undertaken by one of our oldest

residents, Doreen Jarmin, who was thrilled to do so, and Barrie Rule who was also thrilled to be performing this task but assures us that he is not one of the older residents (yet).

This project has taken a while to come to fruition - some 18 months of discussions with planning authorities to secure the consents, and we are grateful for the detailed support and advice given by the Heritage Team at Babergh Council to the volunteer group. From this point some 200 hours plus of volunteer time has been given to bring this display into being. Some of the volunteers are seen in the picture but not all.

We are very grateful to Doug and his team at FDM Artwork who have donated the company time and the display media and in particular to his young designer Harriet Long - impressive display media and a huge contribution to which we owe massive thanks.

Resident historian Roger Loose - this display of 'Boxford Through The Ages' would not have been possible without Roger's tireless work and skill in trawling through the Boxford Society history archives to select the pictures and tell that story with appropriate words and feeling, with a little help from his friends.

To our local blacksmith, Fred Lambert, thank you for the design of the ironwork and help with the installation thereof.

Did You Know?

The Old Gaol was built in 1828 to store the village fire engine.

In 1848 West Suffolk Police purchased half to use as a temporary prison whilst the Police Station and court were being constructed.

It was built with a 'water closet' over the river!

To Fred Corner who designed the lighting and then diligently installed the system for us - we are so grateful for his effort.

To others who helped in this huge task - thank you for the hours given by Kevin Couling, Barrie Rule, David Wilson, Steve Faiers, Stephen Egglestone and Kevin from KMR.

A great effort - well done Barrie for staying with this and making us make this happen. A fantastic display for all to enjoy.

The Boxford Volunteer Project Management Group

Newton Village Hall Matters

Decorating: The main hall has now been decorated and looks wonderful. This nearly completes this project, only new headings on the small curtains need to be done. I am sure you will agree that these recent improvements make our village hall even more beautiful.

Store Room: Some of the bric-a-brac has been donated to charity and the storeroom has been sorted out. Please do not leave items in the storeroom or the kitchen without talking to the secretary, Janet Weavers.

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.

We now have a key safe so users will be able to access a key at the hall.

Coffee Mornings:

Saturday 26th July Newton Open Gardens

There will be feedback from the day and photographs on display

Saturday 27th September MacMillan

Saturday 22nd November Village Hall

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

The current Trustees are:

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

Newton Fireside Club



The Open Gardens was a huge success. Members worked extremely hard providing refreshments for visitors, so a big thank you to them and to everyone who donated cakes. (See page 32 for full write up)

The following Sunday, 29th June, was the Picnic in the Park. Unfortunately, it was too hot for many people. However, those that did join us had a very relaxed afternoon enjoying their picnics and listening to live music from *Fiddlers Elbow*, a violin and Spanish guitar duo

On 1st July we were very pleased that Laura from GCB Cocoa Ltd in Glemsford joined us to talk about the process of refining cocoa beans and chocolate making. It was a really interesting talk, and we will now treat chocolate with more respect! It was another very hot day and not even the promise of free chocolate could lure some members away from the cool of their homes, so numbers were a bit lower than usual. On the plus side – it meant more chocolate for the rest of us!



Our final session of the term was another favourite. On 15th July we enjoyed a very relaxing boat trip along the River Stour from Sudbury to the Henny Swan. We were rewarded with a delicious lunch before our return journey. The weather was kind to us, so it was a perfect day. A big thank you to the volunteers of the River Stour Trust.

The autumn programme has now been finalised, please add the dates to your diary.

AUTUMN 2025 PROGRAMME

Tuesday 9th September	AGM with Cheese & Wine
Tuesday 23rd September	Crazy Golf at Joe's Road
Tuesday 7th October	A talk from Lavender Blue on Wool Dying
Tuesday 21st October	Quizzes & Raffle
Tuesday 4th November	Lunch (12:30 for 1pm start)
Tuesday 18th November	Beetle Drive
Tuesday 2nd December	Christmas Crafts with Mince pies & Fizz
Tuesday 16th December	Christmas Lunch at Newton Golf Club (12:30pm)

All meetings are held in Newton village hall and start at 2.00pm 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. We are excited to say that we now have a card reader, so payments can be made by debit card. 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.



Water Saving Tips from the Reclaim The Rain Team!

This spring set new record temperatures across the UK and June became the hottest month ever recorded in England. And in July we faced our third heatwave of the year. Out of all the water on Earth, only 1% is available for our use as a freshwater resource and so, it's vital that we protect this precious resource.

We want to share these 10 simple water-saving tips that everyone can try at home!

1. For the hot weather, keep a jug of water in the fridge and an ice cube tray in the freezer. That way, you won't need to run the tap waiting for it to get cold.
2. Take a shower instead of a bath. Showers use much less water, especially if you keep them short. Try to stick to under 5 minutes if you can.
3. Install a toilet cistern displacement device, like Hippo the water saver. It reduces the amount of water used per flush. Also, check for any leaky loos or taps, a slow drip can waste thousands of litres per year.
4. Reuse water where you can. Leftover water from cooking pasta or rinsing vegetables can be cooled and used to water your plants.
5. Use your dishwasher efficiently. Run it with a full load and skip the pre-rinse, let your dishwasher do the hard work.
6. Steam your vegetables instead of boiling. It uses less water and helps retain more nutrients in your food.
7. Water your garden wisely. Do it early in the morning or late in the evening to reduce evaporation loss. Collect rainwater in a water butt and use a watering can instead of using a hose or sprinkler.
8. Fit low flow aerators on your taps and showers. These adaptors aerate your water, giving you the same pressure using much less water.
9. Use the bottom watering method for your indoor plants. By placing a tray of water under the plant, they only take what they need, reducing water usage and creating healthier plants!
10. Run your washing machine with a full load of laundry and on eco mode. This can save at least 10 litres each time.

By being a bit more mindful of how we use water day to day, we can all help make a difference.

Best Wishes,
Ruby and Sian

*** THE ***
WHITE HORSE INN
*** EDWARDSTONE ***

Open 7 days a week for Summer
Monday & Tuesday 4pm-9pm *drinks only*
Wednesday - Sunday from 12pm

Wide selection of drinks from independent UK producers
Craft beers, real ales, ciders, wines & spirits.
Home of Little Earth Project

Acoustic Night - Every 2nd Wednesday of the month
Wednesday, August 13th from 7pm

Open Mic Night - Every 4th Wednesday of the month
Wednesday, July 23rd from 7pm
Wednesday, August 27th 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

Hoppy Bank Holiday - August 22nd - 25th
A celebration of hoppy beers over the final bank holiday of the summer! Food Trucks Friday, Saturday & Sunday
Vinyl tunes by Jonny Drop on Sunday (time tbc)
Open Bank Holiday Monday.

Street Food
Follow us on Facebook/Instagram for weekly updates!
Wagyu Burgers - Every Friday except Aug 15th. Sat 16th instead!
Tasty Turk - Fri Aug 15th, Sunday Aug 24th
Taqueria La Gringa - Sat Aug 2nd & 23rd

   @edwardstonewh www.edwardstonewhitehorse.co.uk

HOWARD WATTS AUTOMOTIVE

NOW RECRUITING!

The world's oldest continuously working garage
(with a modern twist!).

We use Whitworth AF and metric spanners!

Small family business in the heart of Boxford village seeking an experienced technician already qualified as an MOT Examiner – or someone with at least 4 years workshop experience who is willing to undertake MOT Examiner training.

We work on anything from lawnmowers to motorbikes, Minis to Ferraris and Porsches – and everything in between.

In fact we work on anything which our fantastic customer base entrust us to look after.

c.v. to office@howardwatts.co.uk

Howard Watts Automotive
Ellis Street
BOXFORD
CO10 5HH

Tel: 01787 210318
www.howardwatts.co.uk

Boxford Primary School

We have had a very busy year: a very successful OFSTED report, an extremely positive Church School Inspection and some very impressive SATs results.

SATs Results 2025

We are delighted to share the outcomes from our current Year 6 cohort. These results build on previously strong academic outcomes in Key Stage 2 and undoubtedly reflect the journey of a Boxford Primary School child. Pupils, parents and staff alike are proud of what children have accomplished; these results demonstrate the grit and determination shown by pupils across their time at Boxford:

SATs Results 2025				
	Expected+		Greater Depth	
	National	Boxford Primary	National	Boxford Primary
Reading	75%	95%	33%	52%
Writing	72%	86%	13%	19%
Maths	74%	100%	26%	38%
Reading, Writing & Maths combined	62%	86%		

As you will be aware, Personal Development was graded Outstanding from our most recent OFSTED. Not only do we nurture pupils academically, but we are passionate about building upon these foundations through our exceptional pastoral offer. OFSTED, October 2024, stated:

'Pupils live and breathe the school's motto of 'Living life in all its fullness''
'They receive excellent support with their wellbeing'
'There is a culture of kindness and respect'

Would you like a school tour?

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

We look forward to seeing you soon!

Mr. S. Reynolds
Assistant Headteacher

Bus Services through Boxford

YES, WE HAVE BUSES! Your local transport team have continued to engage and work closely with both the transport team at Suffolk County Council and the bus operator Chambers. The focus of that engagement has always been to campaign for the present bus service to be maintained as a minimum and to be enhanced/ improved if possible .

You will probably have heard that our bus service will be with us for the forthcoming year from September and the frequency of those buses between Sudbury and Hadleigh will be increased to an hourly service - this is great news and a positive step.

Also the bus timetable will be tweaked so buses will arrive in Sudbury a little ahead of train departure times.

A pilot scheme of a bus service on Sundays running between Sudbury and Ipswich will commence in September.

It is hoped that these enhancements will result in a greater use of the bus service and that will help ensure future sustainability.

Your local transport team will be meeting with the bus operator Chambers and County Council in Boxford on the 31st July for further face to face deliberations on present operations and future objectives and strategies.

We will try and ensure that between us all we give maximum publicity to the positive changes.

David Burden and Colin Parr
Boxford Local Transport Team.

Groton People & Places Plan

We would love your help

The Speed Indicator Devices (SID) that we have been advised by SCC Highways could slow down the traffic between The Fox & Hounds and Swan Street, remain elusive, due to no funds being available, despite initial positive comments by SCC and BDC.

The estimated cost is approximately £3.5k per SID. We had hoped to get two installed for upward and downward traffic. As it stands there is no money available at any level for even 1 SID.

We would like to ask for voluntary donations towards the cost. Ideally, it would be brilliant if any local business or resident could sponsor the whole cost of a SID. Failing that would anyone be happy to sponsor £500 towards a SID?

Reducing 'Speeding Cars' was the top priority, expressed by the residents of Groton in the 2023 surveys, that would make life better, living in Groton.

SCC Highways tested the speeds in 2024 at 3 locations and identified the road between Groton and Swan Street as the biggest concern, with over 60% of all car journeys, both directions, being above the 30 mph limit. We would really like to address this, as I have mentioned many times, here before, but we are now out of runway, unless some incredibly kind person can help us and sponsor this much needed action.

Please email me if you are interested in discussing how you might be able to help.

The Groton Parish Council, responding to resident requests, would welcome any volunteers to help with the project to investigate the siting of a community children's recreational area in Groton.

Ideally we would love some parents of young children to help us with the project, as the prime beneficiaries.

There is a growing interest in the provision of a Groton recreational facility and we would like to move this forward with your help.

Please email me if you would like to discuss further how you could help.

Nigel Chapman
nigeljchap@gmail.com

Groton Educational Foundation

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. stephen_watkins49@yahoo.co.uk 01787 210977,

Completed forms should be returned by **26th August**.

Registered Charity No. 1118325

Janet Kench

It is with deep sadness that we announce the passing of Janet Mary Kench, a much-loved mother and grandmother, who died peacefully on 2nd July 2025, aged 84.

Janet and her husband Eddie, married for over 60 years, shared a passion for the Boxford community; the place they called home for more than two decades. Janet



was a dedicated volunteer for 3PR and a steadfast supporter of Eddie in his work on the Box River News.

She cherished her friendships in the village, played tennis regularly, and attended the local art club, where her talent for watercolours shone. Her creativity extended to her home and garden, both of which she thoughtfully curated over the years. She always kept up with the latest home trends, especially around the village.

Janet adored her family; her children and her grandchildren were the light of her life. She was a clever lady and spent many Christmases maintaining her title as the winner of family board games!

Janet also had a lifelong love of animals. She shared her homes with Cavalier King Charles Spaniels, ducks and chickens, delighted in watching cows graze beyond her garden on Stone Street, and formed a daily ritual of feeding a robin she befriended.

Janet is survived by her children, Mark and Celia, and grandchildren Emily and Sam who will miss her immensely.

If you would like to leave a donation in Janet's memory, the family kindly requests that these are left to Alzheimer's UK at: www.alzheimers.org.uk/get-involved/donate

Bates Wells & Braithwaite

Expert legal help for business and for individuals...

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

Bates Wells & Braithwaite Solicitors

27 Friars Street Sudbury CO10 2AD
T: 01787 880440 E: solicitors@bwblegal.com

The Butcher's Wife

The Little Things in Life...

I have had so much lovely feedback from last month's article, I'm glad it made you laugh and I'm not alone in being a rubbish housewife.

I'll be honest, I was struggling on what to write about this month. The Butcher's advice was *"customers love it when you moan about me so just do that"*. He really does make it so easy! It is a bit hard to find something to moan about though, he's been really helpful and not really annoyed me over the past few months. A lot of that I think is because it's bowls season and he's

"I'm not sure anyone would drop their phone on their face if they were truly awake!"

not really been home! One exciting development is that over a year after starting to decorate the living room, he's actually attached the skirting boards to the walls. Hopefully in the next year he'll paint them and then I'll finally have a finished room.

One thing he does do that has really started to annoy me is when we are watching a new film/TV show together he'll start asking questions *"who is that?", "what's she doing?"* etc. I have to remind him that I didn't write the script and I have the same information he has. Watch the film and stop talking!

Or he'll fall asleep halfway through said film/TV show and then start with the questions. It's funny really, he can sleep like a baby on the couch but when we go to bed he's wide awake. I'm ready for lights out and to go to sleep and he spends ages watching boring videos on his phone. I can normally lay on my good ear (I'm slightly deaf in the left ear) so I can't hear his phone but after a while I have



to nudge him and tell him to turn it off. This is normally when I've heard his phone fall on his face 3-4 times. He's adamant he's awake but I'm not sure anyone would drop their phone on their face if they were truly awake!

So maybe I wasn't truthful when I said he wasn't annoying me.

I wonder, do other women get as irate about the smallest of things too or is it just me?

Beef Stroganoff

This is a great recipe for when it's hotter than the Sun outside (not much standing at a hot oven). We have ours with roast potatoes but it's also great with pasta or rice (did you know the Butcher doesn't like pasta? Another annoying thing about him)

Ingredients

- 1 tbsp olive oil
- 1 onion, sliced
- 1 clove of garlic
- 1 tbsp butter
- 250g mushrooms, sliced
- 1 tbsp plain flour
- 500g fillet steak, sliced
- 150g crème fraîche
- 1 tsp English mustard
- 100ml beef stock
- ½ small pack of parsley, chopped

Method

1. Heat 1 tbsp olive oil in a non-stick frying pan then add the onion on a medium heat until completely softened, around 15 mins, adding a little splash of water if it starts to stick.
2. Add in the garlic and cook for 2-3 minutes then add in the butter.
3. Once the butter is foaming a little, add the mushrooms and cook for around 5 mins until completely softened.
4. Season everything well, then tip onto a plate.
5. Add the flour into a bowl and salt and pepper and then toss in the fillet steak.
6. Add the steak pieces to the pan, splashing in a little oil if the pan looks dry, and fry for 3-4 mins, until well coloured.
7. Add the onions and mushrooms back into the pan. Whisk the crème fraîche, mustard and beef stock together, then stir into the pan.
8. Cook over a medium heat for around 5 mins.
9. Sprinkle with the parsley to serve.



WILL BISHOP JEWELLERY

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

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



Alexander Smith Chiropractor
www.alexandersmithchiropractor.co.uk 01787 207107

**Lower back pain?
Sciatica or
neck pain?**

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

Providing effective relief for:

- Low back pain
- 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.
FREE PARKING • EVENING AND SATURDAY APPOINTMENTS.

To book an appointment call
01787 207107



1 STOP TRAILERS

TRAILER SALES & HIRE
ROB@1STOPTRAILERS.CO.UK | 07974 189 647 | 07850 554 776

TICKNER TRAILERS **BATESON TRAILERS** **WOODFORD TRAILERS** **MAYPOLE TRAILERS** **TRAILER HIRE**

We are a family run company that will go the extra mile for our customers. We open every day from 7am – 7pm, this includes weekends and Bank Holidays, for appointments and viewings.

1 Stop Trailers Ltd are based in Suffolk. We cover all of East Anglia, Lincolnshire, Kent, Surrey, Sussex & into London.

All new trailers come with a 12-month manufacturer's warranty.

**For more information, please contact
Rob 07850 554 776 or Jeanette 07974 189 647.**



SUFFOLK TREE SERVICES LTD

For All Aspects of Tree Works Including:

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

We offer a complete and professional service
Established over 30 years

We are a local, friendly and experienced company

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

Woodchip and Firewood for Sale **info@suffolktreeservices.co.uk**
Tel: 01787 319200 **www.suffolktreeservices.co.uk**



A. LEEDER
Family Butcher

Free local delivery*

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

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

Open Tues-Fri: 7am - 5pm, Sat: 7am-1pm
33 Swan Street, Boxford
Tel: 01787 210267
www.aleederbutchers.co.uk

Reflections from the Ministry Team

Dear friends,

As we enter August many of the young adults in our villages and Benefice will have taken their GCSEs, A-Level or other examinations and will be waiting for their results. I'm sure that we can all remember the fear and trepidation as we entered the exam hall, armed only with a pen or a pencil, at the mercy of the exam paper. I'm sure that it brings back a lot of memories - ones that we might rather forget!

There are some people who feel that Christianity is a bit like a test, that there are a set of complicated rules and regulations that we need to follow, and that we are judged according to how we have done against that list of rules. That can mean that we think of our daily lives as a challenge where we must try and get through the day, doing exactly what is required of us, causing us to feel upset with ourselves when we fail to do or say what we ought, as well as feeling upset at the prospect of having disappointed God. But this isn't the way that I see God and I think that isn't the way that God wants us to live our lives. Yes, God does want us, and expects us, to live our lives in a certain way: showing kindness to others, welcoming the stranger, doing the right thing, and living a life that is filled with love rather than hate.

Yet, throughout his ministry Jesus teaches us that God understands that we do not always do the right thing, and when we acknowledge that we have done something wrong and say sorry to God, God will forgive us. This is the message of the *Parable of the Prodigal Son* (Luke 15:11-32). In this famous story, the younger son takes his inheritance, leaves his father and then 'squandered his inheritance in pleasurable living' (Luke 15:13). He really had done the wrong thing. Yet, when he returns to his father, not seeking more money, but just to say sorry to his father and to be around him, he doesn't get the response he expects: his father sees him on the road and he 'was filled with compassion; he ran and put his arms around him and kissed him.' (Luke 15:20). God does the same for all of us when we do or say the wrong thing or fail to do or say the right thing - God meets us in our sorrowfulness, surrounds us in his love, and shows us the very core of his being: love and compassion.

If Jesus were walking among us now, he might have told a very different parable, perhaps, even, the *Parable of the Failed Examination*: The Kingdom of Heaven is like a teacher with ten students. The teacher told his students to prepare for their exam and to revise. Nine students worked hard and revised thoroughly, but one student put off his revision until tomorrow which never comes. When the day of the exam came, the nine students were ready for their exam, but the tenth student panicked. The tenth student failed his exam and was deeply upset because the student knew the teacher was right. The student said sorry to the teacher for not doing his revision and the teacher knew that the student truly meant it, so the teacher smiled and turned the student's 2 into a 9 and the student returned home full of joy and hope for the future.

So, let's all say a prayer for ourselves, that we may recognise when we have done the wrong thing, and that we may feel the warmth of God's love for us. But let us also pray for all those students who have sat exams. We pray that although they may have felt anxious, that they may have found the right words, and that they have done their best. We pray that God may be with them, that God may guide them for the future and that God may give them confidence, calmness, and wisdom in the days ahead.

Much love and blessings to you all
Maggie
Lay Minister



August

Dates for your Diary

Friday 1st 10:30am

Coffee Morning
St Lawrence's, Lt Waldingfield

Sunday 3rd 2:30pm

Garden Party
Primrose Cottage, Groton
CO10 5ER

Tuesday 5th 10am

Drop in for Coffee
Mary's House

Tuesday 12th 10am

Drop in for Coffee
Mary's House

Saturday 16th 10am

Coffee Morning
St Mary's, Boxford

Tuesday 19th 10am

Drop in for Coffee
Mary's House

Sat 23rd, Sun 24th, Mon 25th

Groton Flower Festival
St Bartholomew's, Groton

Saturday 23rd 6:45pm

Flower Demonstration
St Bartholomew's, Groton

Tuesday 26th 10am

Drop in for Coffee
Mary's House

Saturday 30th, Sunday 31st

Flower Festival
St Lawrence's, Lt Waldingfield

Contact Information

Benefice Office

Mary's House, 5 Swan Street
Boxford, CO10 5NZ

01787 828046

email: boxriverbenefice@gmail.com

Beauty Bonanza!

From your eyebrows to your toenails, there's a Beauty treatment waiting to delight you at SMC...

We offer a wide range of classic and advanced beauty therapy treatments here at Suffolk Medical Clinic and always use top-quality, medical-grade products.

This month, to celebrate the launch of our shiny, new Suffolk Medical & Beauty Clinic website and newly updated beauty therapy pricelist, we thought we'd offer all our lovely clients 10% off any beauty therapy treatment from our beauty brochure.



Beauty Special

Save 10% on our entire range of beauty therapy treatments this month *

Call 01787 211 000 for more info

* Offer valid for any beauty treatment listed in our new beauty brochure; once per person; until 31/08/2025.

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

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



Service Schedule For August 2025

Sunday 3 rd August Trinity 7	09:30	Sunday Eucharist	St Lawrence's, Lt Waldingfield
	11:00	Sunday Eucharist	St Mary's, Boxford
Wednesday 6 th August	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 10 th August Trinity 8	09:30	Sunday Eucharist	St Bartholomew's, Groton
	11:00	Sunday Eucharist	St Mary's, Boxford
	17:00	BCP Evensong	St Mary's, Boxford
Wednesday 13 th August	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 17 th August Trinity 9	09:30	Sunday Eucharist	St Mary the Virgin, Edwardstone
	11:00	Sunday Eucharist	St Mary's, Boxford
Wednesday 20 th August	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 24 th August Trinity 10	11:00	BCP Mattins	All Saints', Newton Green
	11:00	Family Service	St Mary's, Boxford
Wednesday 27 th August	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 31 st August Trinity 11	11:00	Benefice Eucharist	St Mary's, Boxford

All our churches across the Benefice are **OPEN EVERY DAY** for Private Prayer.
If you need support, please contact the Benefice Office in the first instance,
all enquiries will be treated in confidence and passed on to the appropriate person.

Your Church Needs You!

Can you spare an hour or two a month?

Our churches rely on volunteers to keep things running smoothly—from cleaning, coffee mornings and flower arranging to welcoming worshippers, setting up for services, and stewarding events.

Every contribution, big or small, helps create a warm, welcoming space for all. Whether you've helped before or are trying something new, we'd love to have you on board.

It's a rewarding way to support our faith community, make new friends, and enjoy shared purpose.

Interested?

Please contact the Benefice Office or speak to your churchwarden—we'd be delighted to hear from you!



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, 1ST AUGUST
10.30 AM - COFFEE MORNING AT ST LAWRENCE'S, LT WALDINGFIELD

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

EVERYONE WELCOME, COME ALONG FOR CUPPA AND A CHAT

News From St. Bartholomew's Groton

We have a garden party on **Sunday 3rd August 2:30pm – 4:30pm** in the lovely grounds of Primrose Cottage, Groton (up the road from the village hall). Included in the £5 entrance fee is a cream scone with a cup of tea. Other diversions include a book stall, games and a raffle. We look forward to seeing you that afternoon.

On **23rd, 24th & 25th of August** we will be holding a flower festival with trash & treasure stalls. Flower arrangements will reflect bible parables in the context of the world today.

On **Saturday 23rd** there will be a flower demonstration from 6:45pm until 7:45pm. Pimms and other refreshments will be included in the £10 ticket price for the evening. Please book this event through Jayne **01787 21136** or Liz: boxriverbenefice@gmail.com.

On **Saturday 23rd** hopefully lots of you will want to sell your unwanted treasures or maybe trash (one person's trash is another's treasure). Book table space (£10 for the day) by contacting Liz or Jayne. Madrigalia have kindly agreed to sing in the church on either Saturday or Sunday afternoon.

A 'Winthrop Talk and Walks' will be scheduled to take place throughout the weekend. We will of course have a raffle and a treasure hunt.

Refreshments will be available in the church throughout the weekend. Please come and support us to help maintain this wonderful church. Any offers of help with the event would be much appreciated. Contact Jayne on **01787 21136**

We look forward to welcoming you to St. Bartholomew's.

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

Music For A Summer's Evening

Thank you to everyone who supported the three concerts at St Mary's, Boxford over June and July.

Each concert was truly unique and we would also like to thank Tom Cogan for all his hard work organising these events, along with all our performers, volunteers and everyone who made these evenings so special.



FLOWER FESTIVAL
At
St Bartholomew's Church Groton
"Trash & Treasures"
On
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

Boxford Church Fundraising Concert

The Sackville Piano Trio

Perform music by
Faure, Tyberg & Gade

Saturday September 13th 2025 4.00 pm

Caroline Finlay - piano
Rhianwen Gold - violin
Ed Gold - cello



Adults £10 Under 18s FREE
Boxford Post Office or on the door
www.ticketsource.co.uk/boxford-concerts
St Mary's Church, Boxford CO10 5DU



Quiz Night

Little Waldingfield Parish Room

Saturday September 20th 2025

7.30pm prompt start

£12.50 per person, with two course meal
(Please bring your own drinks)

Max 4 persons per team

Raffle

Bookings: Sue Bowen 07962 210359
sd.bowen@btopenworld.com

Polstead Films

The Penguin Lessons

Friday 8th August, Doors open 7pm

POLSTEAD VILLAGE HALL

Starring Steve Coogan and Jonathan Pryce

In 1976 Argentina, on the eve of a political revolution, a teacher and his students, at an exclusive boys school, are enlightened by an unusual guest.

"heartwarming, humorous, and emotionally resonant, with a focus on themes of friendship, courage, and empathy"

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



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



Little Waldingfield Pop-Up Pubs

Our next 'Pop-Up Pub' nights are: Friday 29th August and Friday 26th September 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.

Winston's Wheels Table Top Sale

Winston's Wheels are holding a table top sale on **13th September 10-3pm** in Newton Green Village Hall, School Lane CO10 0QS,

Free kiddies lucky dip, face painting, hair braiding, raffle, tombola, retro bits, £1 tables, jewellery and much more.

Try our pop-up café with breakfast sarnies and homemade cakes 'n' bakes by Zoe


Free entry and parking

Winstons wheels disabled dog charity no 1191322

BOXFORD GARDENING SOCIETY

Plants for Late Summer Interest

Guy Barker, Professional Gardener



Tuesday 5th August 7.30pm
at Boxford Village Hall

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

The Clark Tracey Quartet
play 'Under Milkwood' in its 60th year
Wednesday 13th August 2025 8pm - Tickets: £20



Cited as one of the best jazz recordings made in the UK and played by a starry band.

Gareth Williams – Piano
Simon Allen – Sax
Andrew Cleynert – Bass
Clark Tracey – Drums
Ben Tracey/Sharon White – Narrators

Matt Skelton's Shelly Manne Quintet project
Wednesday 27th August 2025 8pm - Tickets: £20



Celebrating Shelly Manne's golden performances captured live at the Blackhawk Jazz Club in San Francisco

Mark Crooks – Tenor saxophone
Jim Davison – Trumpet
Leon Greening – Piano
Conor Chaplin – Bass
Matt Skelton – 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



ROUNDERS TOURNAMENT

Team entry £60 for a team of 12 people
Teams must be registered by August 15th

DATE **SAT 06 SEPT** **TIME** **12 - 5PM**

BOXFORD PLAYING FIELDS
To register your team phone Sarah 01787 211 818 or call in at The Fleece

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 (Penguin Classics Ed. Sabor)</i>

(Tutor Study sections to follow)

November 24 th	Reading Week	
December 1 st	Hester	<i>Mrs Oliphant (Virago Modern Classics)</i>
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.



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.

Enjoy two pints for £10 or five pints for £20. Buy your stamp cards from our online shop now or purchase on the day.

For upcoming events, information on tipi hire and more, head over to our website: crowninn.net

Hadleigh Old School's Autumn & Christmas Theatre Shows

Box River News readers may be interested to hear about live touring theatre coming to Hadleigh Old School, an arts and entertainment centre at 5 Bridge Street Hadleigh IP7 6BY. It is possible to enjoy original productions for a ticket price less than big city venues and with free car parking in the old council car park adjacent to the iron bridge.



The Tales Our Mother Told is an original drama written by Pat Whymark, performed by Common Ground Theatre Company with three performances this

October: **Saturday 18th October at 5pm & 8pm, and Sunday 19th October at 5pm.** At

their mother's memorial service, estranged brothers Brian and Dennis Cox remember the tales she told them as children - and as adults. Some were fables of homespun wisdom, some were her own versions of the grimmest fairy tales. Did they help the brothers in their life path, or

did they make the forest darker and the way less clear?

Were her stories just for fun, or a kind of smokescreen, an enchanted mist that enticed them to strange parts... As the brothers try to work out their differences, they bring to life the dark and twisted tales of their childhood with music and storytelling, aided by the mysterious Puppet Master!

Booking via: www.commongroundtc.co.uk/autumn-tour-25



Sherlock Holmes Smells Evil is a classic comedy mystery peppered with Common Ground's trademark sparkling wit, ingenious staging and hilarious songs. Hadleigh Old School has 4 shows this year: **Monday 15th December at 7:30pm, Tuesday 16th December at 7:30pm, Wednesday 17th December 4pm & 7:30pm** (two performances). Holmes has booked Watson a two week stay at a health spa, high in the Sproughton Mountains, near Ipswich. Though Watson insists he doesn't require steam baths and carrot soup, Holmes persuades him to "take the cure" and return to his duties well rested and refreshed.

But something is amiss at Queasy Pines Sanatorium. Having no contact with the outside world except phone, post, telegram and carrier pigeon, Watson must wait for Holmes' visit to tell him of the mysterious disappearances at Queasy Pines and its strange one-legged superintendent, Professor Eintrouser. All performances are approximately 2 hours with a 20 minute interval. A licensed bar service is available before the show (doors open 1 hour before curtain up) and during the interval.

Box office open at www.commongroundtc.co.uk



THE FLEECE HOTEL
Charity

QUIZ NIGHT

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!



Nayland & District Royal British Legion

present



An evening of music, songs, readings and themed supper to commemorate the 80th anniversary of VJ Day and the end of WW2

Sunday 31st August

at Nayland Village Hall

Tickets: £17 (including themed supper*) available at naylandevents.org

Doors open 5.30pm, bar and brass band from 6pm

Choir and readings from 6.30pm

Interval for supper

WW2 exhibition on display, commemorative book on sale £8



*Tickets must be purchased in advance to guarantee your supper
Proceeds to the RBL Poppy Appeal

THE BOXFORD SOCIETY

OLD PICTURE SHOW

FROM THE ARCHIVE

SHOWING AT

BOXFORD VILLAGE HALL

FRIDAY 26th SEPTEMBER 2025

7.30PM

PART 1: COX HILL, ELLIS STREET & BROAD STREET

**REPEAT SHOWING
BACK BY POPULAR DEMAND!**



By popular demand, Roger Loose will be showing old pictures and maps of these ancient parts of our village once again. **This is a repeat of Part 1**, especially for those who missed it the first time - and for those who enjoyed it so much they want to see it again! He will explain through pictures the history of these streets, shops and buildings, and the people who lived there in the last century. Don't miss this opportunity to see just some of the many elements of the Boxford Society Archive on the screen.

Entrance is free to Boxford Society members and just £5 at the door for visitors.



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!



Hat-trick of Awards for The Mauldons Brewery Tap

The Brewery Tap in Sudbury has shone this year with first-time landlord Alistair McMillan. From Town Pub of the Year 2025 to recent Cask Marque accreditation, there's always been a reason to raise a pint!

Pub of the Season Spring 2025

CAMRA is the Campaign for Real Ale. Their aim is quite simple... to promote, preserve and, most importantly, drink real ales. Mauldons Brewery and the home of Mauldons, The Brewery Tap in Sudbury, feel just as strongly about real ale. The Brewery Tap has walked away with CAMRA's Pub of the Season title; something that is close to their heart and they will be incredibly proud of.

CAMRA Town of the Pub of Year

Sudbury's Real Ale Pub won this year's CAMRA's Town Pub of the Year. Alistair Macmillan, General Manager at The Brewery Tap commented: "We're incredibly humbled to announce that The Brewery Tap has been

awarded CAMRA Town Pub of the Year 2025! This award isn't just for us; it's a celebration of our wonderful community and the shared love for great real ale. We believe a pub is more than just a place to grab a drink; it's a hub for connection, conversation, and community spirit.

Thank you to everyone who has supported us on this journey, and to @campaignforrealale for this incredible recognition. We invite you to pop in and see just why we've been chosen as Pub of the Year".

Cask Marque Award

Cask Marque recognises a commitment to the finest cask ales. Independent assessors evaluate beers

on temperature, taste, aroma and The Brewery Tap walked away with top marks. It confirms their dedication to quality.

Cask ale is full of flavour, traditional and naturally conditioned. It's a proper pub fresh pint. Cask is key in The Brewery Tap and it's that quality of beer that keeps people coming back.

Alistair comments: "As a first-time landlord, my goal has been to create a proper real ale traditional pub. The Brewery Tap is designed to be a place where everyone feels at home. Our informal and relaxed atmosphere makes it an inviting spot for a quick pint after work or a leisurely evening with friends".


THE CROWN
 BILDESTON

*A warm welcome is guaranteed at our village pub
in the heart of Bildeston*




NEW BEER GARDEN
 Outdoor bar in the beer garden, open:
Saturday 12 - 9pm
 Burger & Pint £15 ~ Sat 2 - 6pm
 Happy Hour ~ Sat 3 - 5pm
 Two cocktails* £12 ~ £4 Aspall & Kronenbourg
Sunday 12 - 5pm

*selected** 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



CREATIVE WORKSHOPS AND COURSES
 set in a beautiful Suffolk surrounding
 For more info on what's on and how to book go to
www.farfromthemaddingcrowd.co.uk
 Far From The Madding Crowd Events Ltd
 Leavenheath, CO6 4PU

**Art Classes and
Textile Workshops**
 Our classes are a great way to
 learn new skills in a wonderful
 relaxing environment.
 For more information on all our
 workshops and to book, simply go to –
www.milltyegallery.co.uk/book-online

Mill Tye Gallery
 3 Cornard Mills, Mill Tye,
 Great Cornard, Sudbury
 Suffolk CO10 0GW
Gallery Open:
 Thursday to Sunday
 and Bank Holiday Monday
 10:30am to 4pm.



Mill Tye is sign posted off the Bures Road in
 Great Cornard, approximately a mile out of
 Sudbury Town Centre. The turning is opposite
 the King's Head Pub. Car park before the level
 crossing. Find us opposite the Mill Pond.

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

BOXFORD BOUNTY

Boxford Bounty Winners!

The Boxford Bounty would like to thank members of Boxford Community Council for drawing the following winners during their AGM at Boxford Pavilion on 30th June 2025:

March - April 2025 Winners

1 st	£250	Mrs P. Balls
2 nd	£125	Mr C Needham
3 rd	£75	Mrs T. Fairbairn
4 th	£50	Mr J. Barrett

May - June 2025 Winners

1 st	£250	Mr J. Barrett
2 nd	£125	Mrs J. Daniels
3 rd	£75	Mrs S. Evans
4 th	£50	Mr A. Leeder

Congratulations to all the winners!

*Boxford Community Council
Registered with Babergh District
Council under Schedule 11 to the
Gambling Act 2005.
Registered Charity No 304862*

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 816 966** - nablyth1@gmail.com

Milden Pavilion's Midsummer Barn Dance Success

Last year we set ourselves a challenge to transform a cold empty grain store into a stunning venue for our fundraising ceilidh. We pulled our creative minds together and along with the support from villagers, we achieved it! We wish to thank everyone for their kind words and for supporting us. On a sultry midsummer's evening on the 21st June we joined together with our fellow villagers, friends and family. We also welcomed members from our benefice and beyond to Lower Farm for an evening of merriment, enjoying folk music and popular ceilidh dances with the Cat's Whiskers.



The evening sold out and we are pleased to announce we raised £1,500 to support Milden Pavilion and Playing Field.

With grateful thanks to A Leeder Butchers, Boxford and the Suffolk Hay Company for their support along with the generous raffle prizes from:- Corncraft Tearoom, Mauldons Brewery, Boxford stores and to Milden villagers for their Hamper donations.

For details of upcoming events at Milden Pavilion please visit www.mildenpavilion.co.uk

We have a relaxed attitude and a cup of tea and a biscuit are always available.

If you would like to come and join us to do some general cleaning, mowing, painting, ground maintenance or just chill out in the woods for a couple of hours please contact Mark Miller: mark.miller@talktalk.net - **01787 211596** (answer phone)

*Mark Miller, Treasurer and Bookings
07534 953 843*

*Boxford Spinney Scout and Guide HQ,
Fen Street, Boxford*

Boxford WI Update

In July our guest speaker was Marianne Marshall, a yoga teacher who lives in Boxford.



Marianne ran a gentle chair based yoga session with some breathing exercises, simple stretches and finishing with a 5 minute relaxation.



As always the WI meeting ended with tea, cake and a chat.

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.

If you are interested in joining the WI why not come along 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 357526** or email lyn@the-brook.net.

Wednesday Mornings At The Spinney

Boxford Spinney, Scout and Guide HQ and campsite are looking for adult volunteers to join us weekly between 09:30 and 12:30.



We have a regular group of people who carry out light cleaning and maintenance tasks, improve the facilities, help maintain the grounds and generally potter about.

*Open
every day*



WHITE HART INN
BROAD STREET, BOXFORD

*What's on
August*

**FRED'S COFFEE
LOUNGE**
COFFEE & CAKE SPECIALS
OPEN EVERY DAY
8am - 4pm

BRITON'S BAR
OLD STYLE PUB
OPEN EVERY DAY
12noon - 10:30pm

BAR MEALS
EVERY LUNCH TIME
12noon - 2:30pm

FRANK'S KITCHEN
Open Thurs, Fri & Sat
evenings 5pm - 9pm

**PICNIC AREA &
ICE CREAM PARLOUR**
HARRIS & JAMES GELATO
ICE CREAM
OPEN EVERY DAY
12noon - 5pm

**FUNCTION ROOM
AVAILABLE**
IDEAL FOR MEETINGS
OR VARIOUS CLUB HIRE

**MAISON GLORIA
APARTMENT**
SLEEPS UP TO 8 AIRBNB



**SARAH LOUISE
COUNTRY SINGER**
3pm - 6pm

SUN
3

**ONCE IN A LIFE TIME
LOCAL TRAVEL AGENT**
9:30am - 12:30pm

MON
4

**POP-UP NORWEGIAN
BAKERS**
10:30am - 2:30pm

FRI
8

CAR BOOT SALE
12noon - 4pm

SUN
10

**POP-UP NORWEGIAN
BAKERS**
10:30am - 2:30pm

FRI
15

**AMERICAN HOTRODS
CAR EVENT**
From 11am

SUN
17

CASH BINGO
7pm

THUR
21

**POP-UP NORWEGIAN
BAKERS**
10:30am - 2:30pm

FRI
22

VINTAGE TRACTORS
12noon - 2pm

SUN
24

MOTORCYCLE MEET
10:00am - 4pm

SUN
31

Contact the White Hart Inn direct on: 01787 211764
Follow us on Facebook: The White Hart Inn - Boxford

August at Hollow Trees Farm

Where in the world will you find cows, pigs, sheep and alpacas, rabbits and dinosaurs too? All at Hollow Trees Farm of course!

The summer fun continues the Farm Trail throughout August so why not come along and find out what's happening at Hollow Trees?



In the school holidays there's more to explore alongside our friendly farm animals and play areas. Our Activity Field is opened to make room for lots of extra activities especially for you. You will find a mountain of straw to climb and the Cresta Run sledges to enjoy. Test your skills on the football golf and try for a top score on the Hoopla too? Why not sit back and ride the Barrel Train as it makes its way around the grassland and meadows.



The Farm Trail is a great day out but, there's so much more on offer for all the family to enjoy at Hollow Trees Farm. Why not grab a bite to eat in the Farm Café, browse the Farm Shop for home grown and local produce or, if some garden inspiration is required then a visit to our Plant Centre is a must.

Hollow Trees Farm is in the village of Semer on the Hadleigh to Lavenham Road.

The extra activities run until Tuesday 2nd September inclusive. Prebooked online tickets are £8.50 per person. 2 years and under free, visit hollowtrees.co.uk for more information.

We look forward to seeing you soon!

French's Care Haven

Don't forget we will be having our BBQ open day on **Sunday 27th July** between 12 – 4pm. Come and meet our animals and there will be refreshments and homemade cakes to enjoy with your BBQ.

As some may already know, the other side of our animal rescue involves working with people who are struggling with anxiety, depression and other health problems.

Just over a year ago I had a girl in her 20s ask to come and help as a volunteer. The girl was so unconfident that she struggled to walk up the drive to talk to me. She admitted she was mentally in a bad place and had an eating disorder, which caused her to be underweight and lose her hair. She also confided that her attitude was bad. Over the course of time she realised this needed addressing and I had to tell her that if her attitude did not change she would get nowhere in life. She said my words hit her and were the changing point in her life, which she thanked me for.

Below is a letter and a photo of Jasmine one year on. The photo is with Boris - her favourite horse. Jasmine is now looking good weight-and-hair-wise and is a completely different girl mentally. She wrote a letter to me and has given permission for me to let people know how she was at the start and feels now.

"I want to express my deepest gratitude for the incredible experience I've had working at French's Care Haven. When I joined French's I was in a very dark and difficult place in my life. Being part of this community has helped me so much with my confidence, my physical and my mental health. I feel so fortunate to have spent time caring for such amazing animals alongside such kind-hearted people. Every day that I spent at French's has taught me so much - not only about animal care, but also about patience, empathy and resilience. Being part of these animals' lives and watching them regain their trust, health and spirit has been both humbling and inspiring. I'm especially grateful for the support and warmth of the team. You welcomed me with open arms and made me feel part of the French's family. Thank you."

A year after starting with us Jasmine has taken and passed her driving test, bought a car and is on the way to qualifying to become a legal secretary. She has a boyfriend and is ready to



move and start a new chapter in her life. We wish her well.

Call me for an appointment. My contact details are: Jann: 07747 755 556 or email: jann.turner@hotmail.co.uk

www.frenchscarehaven.org.uk

Repair of Boxford St. Mary's Churchyard Wall

The repair of the churchyard wall will start on **22nd July** and will finish around the **22nd 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



SPEND YOUR SUMMER AT HOLLOW TREES FARM

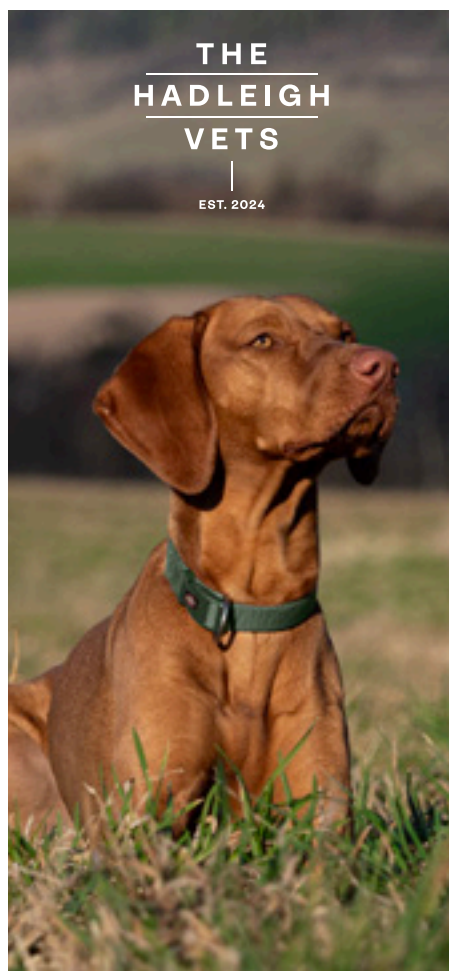
MONDAY 21ST JULY -
TUESDAY 2ND SEPTEMBER 2025

Farm Trail Favourites plus Barrel Train Rides
Cresta Run Sledges, Football Golf,
a new Wild Walk and much more

Hollow Trees Farm, Semer, IP7 6HX
01449 741 247
shop@hollowtrees.co.uk www.hollowtrees.co.uk

SCAN TO BOOK

PRE BOOKED ONLINE
£8.50
PER PERSON
2 YEARS & UNDER FREE



THE HADLEIGH VETS

EST. 2024

Hadleigh's Independent Veterinary Practice

- **Passionate and experienced team** - we are dedicated to providing an excellent standard of pet healthcare with the same vet continuity
- **Personalised care** - we build genuine relationships with our clients to provide tailored treatment to every pet
- **Advanced facilities** - our modern, purpose-built practice offers advanced CT scans, endoscopy, keyhole surgery and more
- **In-house expertise** - our knowledgeable team can handle complex and critical cases within our practice
- **Overnight care** - our hospitalised and post-surgical patients receive round-the-clock attention from our own team

Experience exceptional veterinary care where your pet's health and happiness are at the heart of everything we do.



Crockatt Road, Hadleigh IP7 6RH
01473 598400

To find out more and register, visit
www.thehadleighvets.com



Hadleigh Patient Participation Group

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: Have you registered yet with the practice's online triage system Anima? 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 you 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 Working People: Contrary to popular belief it is not necessary to set your alarm for 4am when Anima opens for the day. This arrangement is to accommodate working folks who are unable to go online when working. Requests will then be triaged by the surgery when they open. Once the surgery no longer has any routine appointments available you will not be able to complete your request. Please submit the following day. However, if it is urgent please call the health centre.

Anima for Carers & Dependants: Carers and dependants can now submit an Anima request on behalf of another patient by submitting a request via the website. There is no need to log into an account or register.

Manic Mondays: 8am Monday calls are reducing as more patients use Anima. If your call could wait please consider avoiding this busy time and either 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: If your visit is not connected to the medical services, please avoid using the patient car park which is free for patients with appointments at the health centre. Should you have a genuine reason to visit the health centre and the patient car park is full, you can register your car inside the waiting area and that will give you two hours free parking at the Toppesfield Hall parking area. 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 **FREE** return taxi service available 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 service has been slightly reduced during the summer so in August it will operate between 10am and 12noon on Tuesdays and Wednesdays. To book call **David Willis 07956 782 018**. This is in addition to the Boxford Community Car Scheme which is not confined to taking patients to the health centre.

'Legs Matter' Initiative: Supporting this initiative to draw attention to the importance of healthy legs using skin care and support garments, a dedicated group of walkers joined sprightly 84-year-old Jim Wilding on his local fund raising 'Walk on the Wildingside'. PPG reps provided the pit stop facilities. In spite of the soggy weather the walkers raised over £400. Adding this to other generous cash contributions and those made via Jim's Justgiving page, the total came to in excess of £3,000. Which means a state-of-the-art doppler machine can be bought. This will enable medics to quickly determine the health of a patient's legs and the need for subsequent treatment without having the inconvenience of travelling to Ipswich. Sincere thanks to all who supported the cause in so many different ways. All is very much appreciated.

Stay Cool: When the heat is exceptional it shouldn't be ignored. Make sure you drink plenty of water, try and stay in the shade, wear a head covering and high factor sunscreen when in the sun. Tone down your activities at the hottest part of the day. The NHS has many useful tips and advice to help you cope with the increase temperatures. <https://bit.ly/coping-with-heat>

Art Display: Thanks to Caroline Farrall for displaying her work these past weeks. Suffolk based artist, Julia Dawson's colourful pieces, inspired by her love of the countryside now grace the walls for all to see and buy if you wish.

Did you know?

There is now a prescription dispensing machine outside the Hadleigh Health Centre.

It is for patients who collect their medication from the dispensary inside the practice.

This is an optional service designed to speed up the prescription collection process.

Most of our dispensing population will be eligible to use this service.

You will be invited to sign up when you next collect your prescription.

Full details from the dispensers.

IT Help

Once a month 'Communities Together' offer helpful IT advice in the upstairs room of Hadleigh Library.

The next session will take place on Tuesday 5th August from 10am to 12noon. Booking is essential as places are limited. Call Tracey **01449 707031** or email info@communitiestogether-ea.org

Contact Information

The Practice

📞 **01473 822 961**

Out of Hours

📞 111 🌐 www.111.nhs.uk

Anima Links

🌐 www.hadleighhealth.co.uk/anima or www.animahealth.com/patients

NHS App

🌐 www.nhs.uk/nhs-app

Website

🌐 www.hadleighhealth.co.uk

Practice Dispensary

🌐 www.hadleighhealth.co.uk/repeat-prescriptions

Facebook

🌐 www.facebook.com/HadleighHealthCentre

PPG Chair/ Art Work Enquiries

Jan Devey

📞 01473 827091 or 07881 798999

@ deveys@btinternet.com

Boxford Community Car Scheme

Jen Eastwood

📞 01787 211853

@ jen.eastwood8@gmail.com



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.



Email: manager@woodlandsnurserykerseymill.co.uk
WWW.WOODLANDSNURSERYKERSEYMILL.CO.UK

MARY - ANNE MORRISON
MILLINERY



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

WELL HIDDEN, WORTH FINDING

DOVE BARN is a beautifully restored, timber framed barn. The ideal venue for smaller weddings, parties or wakes.

Two inter-connecting barns & a sunny terrace.

For more information: www.dovebarn.com
T: 01376-561448 or E: adam@dovebarn.com



DOVE BARN

DOVE BARN - CASTLING HALL, GOSTON, SUDBURY, SUFFOLK, ENGLAND, CB10 5ET



Bell Tack Works, Middleton Road
Sudbury CO10 7LJ

01787 375 194

07483 143 555

info@rnrgardenmachinery.co.uk

- Sales, services and repairs for all garden machinery
- Sharpening service for: chainsaws, lawnmower blades, shears
- We stock coal, logs and kindling

AUTHORISED DEALER FOR:



COBRA



**EXCLUSIVE
BRN READERS'
OFFER**

**5% OFF
EVERYTHING***

*offer applies to all purchases.
Show this voucher to apply discount.
One use per customer.

GB Wall & Floor Tiling

Free Professional Quotation

Contact Gary Now: 07596 390 495

GARYBOOTHFLOORING1@OUTLOOK.COM

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

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

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

Covering all of Essex and Suffolk

• OAP discounts • NHS discounts • Military discounts

Trade discount offered to purchase tiles.





Life at The Shelley Centre

The Summer Countryside Challenge

July brings the end of another term and another successful year. As always, the end of the summer term brings our dressage and Countryside Challenge competitions. The latter is a test of riding skills and dexterity including riding up and down small slopes, through trees, stopping and getting the horse to move on again and picking up and moving objects. Due to the very hot weather (too hot for horses, riders and helpers) we did not complete all the sessions and some have been held over until the autumn. Whilst we call them competitions, it is much more about individual achievement with all our riders showing what they are capable of to Mary, our wonderful judge. Everyone gets a certificate and rosette, which are always received with lots of smiles and satisfaction. The best in each class will also receive a cup when all the competitions are completed.

At the end of the year we hold our Annual General Meeting and

the Trustees provide a barbecue in recognition of the hard work put in by all the helpers over the year. It is also a time to issue long-service certificates to our hard-working volunteers and this year we also had to say goodbye and many thanks to two long-serving coaches, Anne MacWillson and Sally Neilsen. One of Sally's riders sent her this letter:

"When I say riding saved my life I don't think I'm joking. When I first started at Shelley I had nothing in my life and was very low. Riding was the one thing in the week I looked forward to and I managed my energy and pain really closely to be able to make sure I could come on a Tuesday. Riding got me going, it helped me physically definitely as I am a lot stronger than I was and can manage so much more, particularly in my lower body, but it improved my mental health in a way I never expected. It gave me something to talk about, people to talk to and a sense of being wanted and included somewhere. It showed me that my body could still manage something enjoyable rather than just being a source of pain and restriction. Both these physical and mental health improvements paved the way for me to start working, dancing, swimming and generally a change in mindset to be determined to get the most out of my body that I can and take every opportunity despite my limitations. This has led to one of my childhood dreams

coming true in my work with the Royal Ballet School which I still can't quite believe is real! I know this is all very cheesy but I think it's sometimes important to get over that and make sure people know the impact that they have had.

Isobel"

We have also had to say goodbye to our longest serving horse, Bryn, who has gone for a well-deserved retirement at the age of 20. He has been with us for nearly ten years and has been very popular with helpers and riders alike. Whilst he could be a bit cheeky, he was gentle and quietly carried both children and adults with physical and mental disabilities. He was very patient and instinctively accepted everyone whatever their capabilities. He was a real character and last year was runner up in the BBC Suffolk 'Make a Difference' animal award. He will be very much missed and hard to replace.

At the end of June we held a fundraising ride across the beautiful countryside surrounding Shelley. It was very warm so riders chose to start at 7am, but we had a great turnout and raised almost £950 for funds.

www.shelleyrda.com

Above left : Some of the Wednesday morning ladies with their rosettes.

Above right: Some of the participants of the fundraising ride at the end of their 10 miles before enjoying the homemade refreshments provided.





Transported

*From the **Boxford Society** archive: The story of a Boxford miller's son exiled to Van Diemen's Land*

Transportation to Van Diemen's Land, now Tasmania, involved shipping convicts from Great Britain and Ireland to that penal colony set up by our government. The practice began in the early 19th century and continued until 1853, when the final convict ship to Van Diemen's Land arrived. Over 75,000 convicts were transported there, representing about 40% of all convicts sent to Australia.

Transportation overseas was the punishment for many criminal offences, next in severity to the death sentence, but often for minor crimes. It was first introduced into English law by the Elizabethan Act of 1597 'For the punishment of Rogues, Vagabonds,

and Sturdy Beggars to be banished from England'. Further Acts were passed from 1664 authorising the transportation of convicts to America. For almost two centuries afterwards male and female convicts were shipped across the Atlantic Ocean to places under British 'possession'.

With American independence in 1776, English transportation to America fell into disuse. Many criminals who would formerly have been transported were instead employed at hard labour in Britain. To maintain control, the British legal system imposed incredibly harsh penalties for crime, with over 200 offences that carried a mandatory death penalty. Even petty crimes such

as burglary, theft, or chopping down a tree were punishable by death. The prisons became overcrowded and hulks (disused warships) were used as prisons for those who had been given a sentence of transportation, but with nowhere to be transported to. Eight years after transportation to America had ended it was decided that it should resume as a regular procedure.

This would relieve the prison pressure that had built up. Eventually Botany Bay in Australia was chosen and the first 778 convicts (including sentenced children even as young as eight) departed in 1787 from Portsmouth on the eight month voyage. In 1803 transportation to Van Diemen's Land

(Tasmania) began. A number of local Suffolk people were transported there for minor theft as well as very serious crimes. Transportation to Van Diemen's Land only ceased in 1853, when about 75,000 people had served sentences there. Few were able to return on completion of their sentences.

Our Boxford story begins at the Windmill on Boxford Lane (now the A1071) on March 31st 1836. Thomas Foster (Family 1) a miller was blown 20ft (6m) from the platform of the mill during a gale. He died the next day. Gail Boyes in New Zealand saw this story in the Box River News in April 2022 and, recognising the name, wrote to tell us something of her varied and complex family story. It is made doubly complex by there being another man called Thomas Foster (Family 2) and both died of an accident within one year of each other in Boxford, and both were millers! (Hereafter they are referred to as Family 1 and Family 2 for clarity)

It seems that Thomas Foster (Family 2) had nine children and links to Hatfield Peverel, Essex. He was buried there although he died in Boxford. His daughter Mary Anne married a miller and Thomas's wife Elizabeth lived with this daughter in Great Waldingfield until her death in 1865 after her husband's unexplained accident. She was also buried in St Andrew's Graveyard, Hatfield Peverell. Thomas Foster's youngest sons (Family 2) Henry Braband Foster and William were also millers and they clearly had business and family links with other millers across Essex and Suffolk. William, born in Boxford 1823, became a very successful corn merchant and founder of 'Foster and Sons'.

It is the son Henry Braband Foster (Family 2) who is most closely related to Gail Boyes of New Zealand. Henry



Braband, although born in Stoke-by-Nayland, was brought up in Boxford with his younger siblings who were born here. After the unexplained accidental death of his father Thomas Foster (Family 2) he linked up with a young 17 year old Charles Fenn, a shoemaker from Coggleshall. The pair started looking for work. It was 1840 and they arrived in Ballingdon, Sudbury on December 13th. In the Ballingdon lodgings that night, they shared a room with another man, William Southgate, who had walked from London and was also looking for work. The next day the three travelled together slowly, aiming for Bury St Edmunds and calling for food and refreshment at several Public Houses on the way. It seemed to be an amiable group. As they got nearer to Cockfield, Henry Braband Foster suggested a quicker route across fields and stiles.

Newspapers reported soon after that William Southgate was attacked at a stile, kicked, cut with a knife and rendered unconscious. When he awoke it was dark, he was in a ditch, and his watch and a purse containing seven shillings and other items were missing. He staggered into

Shrimpling where a villager took him to the Greyhound Pub in Cockfield. A surgeon and the High Constable of Shimpling were summoned and it was concluded that Southgate had lost a lot of blood, was not drunk, but was insensible as a result of the beating. The surgeon was concerned about the effect of the extensive bruising, but not the cuts. However, Southgate had had a lucky escape as one cut narrowly missed his jugular vein. The surgeon attended him for a week and he recovered. Foster and Fenn were apprehended in Halstead that same day on December 14th after constables detected their presence at a Halstead pawn shop and a local pub.

The case was reported in great detail and it is clear that much time and energy was given to researching events before and after the attack. Many witnesses were called at the trial. It was believed that the attack was not planned and that both young men were of previous good character.

Opposite: Boxford's windmill on Boxford Lane (now the A1071) showing the platform from which Thomas Foster fell by Monks Eleigh artist John Habart in 1840.

Above: A convict chain gang being led to a British dock for embarkation. These are males and some are children. Women, though far fewer, were also transported for very petty crimes. Many did well there as they were skilled, often feisty and in great demand as domestic workers for the free immigrant families and as wives for the huge male population.

Left: The convict ship 'Somersetshire' taking Thomas Braband Foster to Van Diemen's Land was similar in design to this West Indiaman 'Britannia' built in Bristol in 1829.



However, their lives were brought to a shocking standstill by a night of foolish madness.

On March 21st 1841 Foster aged 20 was sentenced for Highway Robbery and Assault and given a life sentence which was commuted to 11 years' transportation. The fate of the 17 year old Charles Fenn was the same. They were imprisoned at Bury St Edmunds and most probably were part of the April 12th 1841 group of 10 male convicts removed to the hulk 'Warrior' lying at Woolwich, London. They were put aboard the SS Somersetshire and set sail for Van Diemen's Land on the 30th November 1841, finally arriving on 30th May 1842. The ship took 219 male convicts; one died on the voyage. There was one officer and 30 rank-and-file soldiers sent out to join the 51st King's Own Light Infantry. These men provided the guard.

However, the journey was not uneventful. Conditions were typically terrible and this led to a mutiny. Some prisoners developed a plan to mutiny during the voyage and succeeded in getting several of the guards to join their plot. The mutineers' plan was to murder the officers, cast adrift those who would not join the mutiny in the ship's boats, and then sail to South America.

It is not clear how the other officers discovered the plot, but Captain Motley decided to put into Table Bay, Capetown. There a two-week court martial tried the four soldiers who



were leaders of the planned mutiny, with one of the four testifying against his companions. The court martial sentenced the ring leader, Private John Agnew, to death by firing squad, and the other two to transportation. The 'Somersetshire' left the Cape on 12 April 1841 and encountered no further issues on her voyage.

Records show that Private John Agnew was charged as follows:

Charge, - 'For mutiny on board the convict ship Somersetshire, on the high seas, on or between the 14th January and the 13th February, 1842, he being at the time one of the guard for the protection of the said ship; in having begun, excited, caused, or joined in a seditious conspiracy for the purpose of taking forcible possession of the said ship, with the aid of certain convicts, and of doing violence to the officers in command.'

Sentence. - 'The Court having found the prisoner, Private John Agnew, No. 765, 99th Regt., guilty of the crime laid to his charge, which being a breach of the Articles of War, and taking into consideration his former convictions and general bad character, do now sentence him to be shot to death.'

The two other prisoners, Private Walter Chisholm and Private John Kelly, having been similarly tried, were also found guilty, and sentenced to be transported for life'.

It seems the fourth Private who gave evidence against his fellow soldiers got off unpunished and the mutineering convicts got off lightly as they had nothing added to their sentences.

We do not know if Henry Braband Foster and Charles Fenn took part in this event or kept a low profile. We do not know what happened to young Charles Fenn in Van Diemen's Land. We do know that Henry Braband Foster served his 11 year sentence, but did not return to England. Most convicts transported to Australia were assigned a trade in their penal colony. Their work was unpaid until their sentence was served. They would have lived by the convict regime which was very harsh, but it was possible to advance under certain 'indulgencies' described below:-

Date when ticket of leave conferred. (A ticket for the well behaved which allowed a convict to be released to work for a wage but report to the police regularly.)

Date when ticket of leave withdrawn. (It could be withdrawn due to misbehaviour or violating its conditions.)

Date of appointment to the police. (The police force was largely manned by serving convicts.)

Date when certificate of freedom issued. (This was the notice that confirmed that a sentence had lapsed and they could settle in Australia or return to Britain at their own expense.)

Date when conditional pardon conferred. (This pardon released the convict but required the convict to remain within the colony.)

Date when absolute pardon conferred. (An absolute pardon meant the sentence was completely remitted, granting full freedom within and outside the colony, including permission to return to Britain.)





Application to marry.

So what of Henry Braband Foster? We know that he applied for and married Irish convict Elizabeth Markey in 1851 in Van Diemen's Land (Tasmania) and his pardon was granted in February 1854. The couple moved to South Island, New Zealand c1862 and lived in Hokitika, on the west coast. However, Henry died aged 59 after jumping from a ship off the coast of New Zealand in 1878/9, reason unknown. Elizabeth his wife died aged 72, a pauper in a benevolent institution in Dunedin, New Zealand in 1893. They had two sons and a daughter. Gail Boyes, who is researching the family, is descended from their son Henry Thomas Foster (her great grandfather). We know that Henry Braband Foster (Gail's 2x

great grandfather) tried to contact his younger brother William Foster and his two sisters in England, Mary Ann Warren and Henrietta Bright, by letter in Jan 1878, just six months before he died. It is not known why or if this might somehow relate to his death.

Although Gail Boyes is genetically connected to both Thomas Fosters of Boxford, their relationship to each other is not known. Were they cousins, distant cousins, or one the child of a previous relationship of the other? If anyone can throw more light on this story Gail would be very grateful.

Thanks to Gail for her help in writing this story.

Tina Loose

Opposite bottom: *Convicts were often chained for the voyage. It was damaging to their health and by 1815 each ship had a surgeon to care for them and record every convict's health.*

Opposite top: *Work was hard. This ploughing team at a farm in Port Arthur are breaking up new ground. Convicts previously horsemen now found themselves being the 'horse power', along with petty thieves, dangerous criminals and convicted men from all walks of life. 80% of those transported were convicted of theft and 3% of violent crime.*



Above: *A probably romanticised view of Hobart, Tasmania in 1846. Its apparent beauty hides the hard reality of the life of the transported, though many eventually prospered in this new world. It was even known for people to commit a petty crime to get there!*

Left: *The convict accommodation at Premaydena, Van Diemen's Land. A significant proportion of the early infrastructure in Van Diemen's Land was built by the convicts. They were also heavily involved in public works projects like road construction.*



Newton Open Gardens

Sunday 22nd June 2025

Our first open gardens was a huge success with over 200 visitors attending during the day. Fortunately, temperatures dropped a little and there was quite a strong breeze to keep everyone a bit cooler.

The playing field was opened to allow parking, which was just as well, as at one stage there were over 100 cars parked there. Tickets were on sale outside the village hall and visitors were given a programme containing details of the gardens that were open and a map. They were also given some useful information from the ticket sellers.

The village hall looked amazing with tables decorated with cloths and flowers. Fireside Club members ran the refreshments and worked extremely hard all day. The acquisition of a card reader was a bonus and allowed visitors to pay by debit card. A big, big thank you to everyone who donated cakes – there certainly was plenty of choice. We also had a plant stall and

many of the plants were donated by villagers.

The church was decorated for the day and there was live music from *Fiddlers Elbow* a violin and guitar duo, who donated their time free of charge. A big thank you to them and I know that visitors enjoyed sitting in the cool of the church and listening to them.

We would like to thank everyone for their time and support. This includes donating cakes and plants, helping to set up and clear away and offering their time to sell tickets and plants and to man the car park. Last, but certainly not least, a huge thank you to the villagers who opened their gardens. The day obviously wouldn't have been possible without them. I know that they all worked very hard to ensure their gardens were looking their best.

Everyone had a lovely day, and we had such positive comments from visitors and the garden owners. Some gardens had over 150 visitors. They told us that they had thoroughly

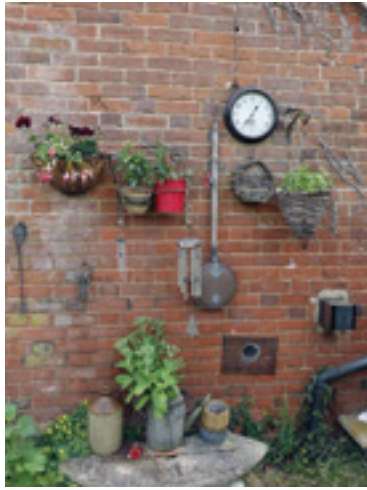
enjoyed the day and that everyone who visited was so interested and complimentary. The event was advertised on the National Open Gardens website, and, as a result, we had visitors from far and wide.

Thanks to everyone's hard work **£1,800** was raised which has been distributed between the village hall, All Saints Church and the Fireside Club.

We will go again next year to fully establish our event on the open gardens calendar, after that we may decide to open every other year.

The date will be decided after the feedback gathered at the coffee morning on **26th July**. We do hope that we will have some new volunteers from the village who will open their gardens next year. We will also be looking to establish a small team to organise future events. Please let us know if you are interested.

Sue & Paul Presland





Fleece Jazz

The best jazz in the country, on your doorstep

You may be unaware that right here 'on your doorstep', there exists an organisation and jazz venue that has been providing modern and contemporary jazz (and some blues) for just over 30 years.

Fleece Jazz, as it is known, is hosted at the Stoke by Nayland Hotel, (now known as the Stoke by Nayland Resort) on Keeper's Lane, in Leavenheath, a beautifully located venue with ample parking.

Gigs are held on the second and fourth Wednesday of each month, with a few exceptions. The hotel offers a package for an overnight stay for two with breakfast with two tickets to the gig from £129. Further details may be found with our advert for this month's performances which appears in this issue on page 15.

Jazz at the Fleece was started in February 1993. The club's original venue was situated in the function room of The Fleece Hotel, a beautiful timbered pub in Boxford. Since 2009, we have been at the Stoke by Nayland hotel, where we have been made very welcome and have been provided with a space so perfect that it could have been built just for us.

Fleece Jazz is run by an association of people interested in jazz who volunteer their time and take no fees from the club. The club itself is a non-

profit organisation and receives no subsidies. Instead, it is the people who come to listen to some of the best jazz available in the country who pay for the musicians and the running costs through ticket sales.

Jazz at the Fleece is a known and respected name in the jazz world, presenting not only the very best British artists but also many touring American and European musicians. We do not have the space to list all the wonderful musicians we have had the pleasure of presenting over the years but here are just a few: *Stan Tracey, Peter King, Andy Shepherd, John Dankworth, Martin Taylor, Dave Newton, Alan Barnes, Ian Shaw, Claire Martin, Bobby Wellins, Jim Mullen, John Etheridge, Martin Drew, Tina May, Barbara Thompson, Scott Hamilton, Stacey Kent, Elaine Delmar, Marion Montgomery, Dave Green, Mornington Lockett, Mari Wilson, Spike Robinson, Guy Barker, Norma Winstone, Michael Garrick, Jacqui Dankworth, Sarah Jane Morris, Jamie Cullum, Barb Jungr and Kyle Eastwood.*

The club has an excellent reputation with all the musicians who appear, and many have said that it is their favourite venue. This could be because we treat them well but also because our audience come to listen. They also

have a whole lot of fun at the same time. In 2009, we were very proud to receive The All-Party Parliamentary Jazz Appreciation Group (the Jazz Oscars) 'Venue of the Year' award. We sincerely hope to continue doing what we love to do for some years to come.

www.fleecejazz.org.uk



Pictures from top left:

Saxophonist Tony Kofi in 'Jazz Africa' 10/4/24.

Noel McCalla of 'Some Kinda Wonderful' 21/1/24

Harpist Alina Bzhezshinska in 'Bzhezshinska/Kofi/Prime' 23/4/25

Above: 'Cannonball & Nat' A tribute to the Adderley brothers 24/1/24

QUOVE ACCOUNTING

Creative **Accounting.**
Dynamic **Accounting.**
Efficient **Accounting.**
Innovative **Accounting.**
Positive **Accounting.**

Contact us

hello@quove.co.uk
01284 845120
quove.co.uk

3 Brickfields
Business Park,
Woolpit

Flexible Accounting.

For business
and personal
accounting
solutions.



**sunflowers
Childcare**

An independent setting
within Boxford Primary school

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

Term time opening hours:
Monday - Thursday: 7.30am - 6.00pm
Friday: 7.30am - 5.00pm
Set Pre-school sessions from 9.00am - 3.30pm

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


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

**15 and 30 hours Early years
government entitlement sessions available**

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

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

**Ofsted**
Good
Provider

**NRHP**

Elaine Carpenter

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

HYPNOTHERAPY

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

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

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

Now available at KERSEY MILL & BOXFORD

Phone: 01787 210 601
Mobile: 07929 744 072

MATTOCK MOTORS LTD

CALAIS STREET FARM, CALAIS STREET, BOXFORD



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

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

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

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

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

ONE CALL AWAY
TELEPHONE
01787 211394



Agent Zo

Little Waldingfield History Society welcomed back Clare Mulley to talk about the almost unbelievable story of Elżbieta Zawacka, who during the Second World War became Agent Zo, a Polish Freedom Fighter.

Clare told us that Elżbieta Zawacka was born in 1909 in the city of Toruń, a part of Poland which had been under Prussian control, then later Germany, for nearly a century. At the end of the Great War, the area was reclaimed by Poland, but in September 1939 Germany and the Soviet Union invaded the country; in October Zawacka joined the underground resistance, specifically the Silesian branch of the Union of Armed Struggle under the nom de guerre Zelma, which she later changed to Zo.

She built an intelligence network, mostly of women, to cover an area the size of Wales. As Clare then said, her blonde hair and perfect German made her an ideal candidate to act as its main

courier, smuggling microfilms packed with military information hidden in objects such as toothpaste tins, keys and cigarette lighters. Ironically this was often into Berlin, which though incredibly dangerous was the fastest way to get the information to the West.

In May 1942 Zo's network was infiltrated by the Nazis and Gestapo officers were soon in hot pursuit. At one point, Clare said that Zo had to leap from the door of a moving train to evade an officer who had joined her in her carriage. With her intelligence network compromised and her name and face now known to the Germans, she was handed a new mission.

Zo was assigned by the commander of Poland's Home Army, Gen



Stefan Rowecki, as his personal representative, and instructed to cross occupied Europe to pass orders to the country's government-in-exile in London.

Departing in February 1943, the journey first took her back to Berlin and then on to Paris, where she feared the worst when her fake but really excellent identity papers were confiscated by a hotel clerk. Clare told us that Zo 'knows they think there's something up,' but when the papers were returned to her the next morning, she was told "What wonderful papers, we kept them to compare against a possible forgery".

Needing to reach Gibraltar to catch a troopship to Britain, Zo next hid herself inside a secretly adapted water tender on a steam train used by French politician (and Nazi collaborator) Pierre Laval. This took her to the Pyrenees, almost drowning her in the process, from where she trekked across the mountain range into Spain, where again she was nearly captured. At one point, Clare told us that Zo was thrown out of a hotel window by her guide, in order to shake off two German officers who had picked up her resistance companions. She was later shot at as she crossed the frozen mountain passes.

Zo finally boarded a ship to Liverpool, where she was immediately picked up by MI6 and taken to its

south London base amid fears that she was an enemy agent. Papers held by the National Archives show this questioning was seemingly done in the most British way possible - one of the very first memos in the file is from her interrogating officer, who just says rather apologetically that "she (Zo) was rather reluctant to pass information on to me".

She moved to a hotel in Piccadilly to join up with the Polish authorities, who were bemused by the arrival of someone who had gained legendary status but was also a woman. As Clare said, they didn't know whether to salute her or to bow and kiss her hand.

As a courier Zo had witnessed first-hand the risks that members of the resistance took when smuggling intelligence across Europe and, in her usual forthright fashion, she set out to inform the Polish leaders of their ignorance: "I started to point out their mistakes and am quite direct in these matters" she later recorded.

Clare then told us that the matter of greatest importance to Zo was a mission given to her by Gen Rowecki, to secure from Poland's government-in-exile the same legal military rights for women in the Home Army as male soldiers had. Women had no military rank, so if caught, would be summarily shot as spies. Poland's Home Army was the largest resistance force in occupied Europe, but with many men stuck



Pictures opposite from top:

A young Elżbieta Zawacka.

A hollow key – film would be tightly wound around the pin & then inserted into the main body

Above: Zo, as seen on her student pass

Below: Polish resistance women – Zawacka is in the centre.





overseas, there was a desperate need to recruit as many women as possible, and for them to have military ranks.

As Clare said, women without rank can't discipline soldiers and can't give orders; they can only ask politely, and that's not the way an army runs. The Polish government-in-exile just didn't believe women should be given military legal status, so Zo was branded a *'Captain in a skirt'* and a *'militant female dictator'* as she confronted those in charge in London. Despite this, she drafted a legal decree on women's military status that became law and would prove lifesaving the following year.

Zo was determined to return to fight in her homeland, and joining up with Poland's elite paratrooper unit in Britain, known as the Cichociemni or Silent Unseen, made this possible. During the war, several UK stately homes were requisitioned as training camps and Zo was sent to Audley End House, in Essex, to brief the troops about how to remain unnoticed in occupied Poland. It was also where she began her own training, and on 9

September 1943 she became one of only 316 Cichociemni (out of some 2,500 recruits) to be flown home; she was also the only person to parachute from Britain to Nazi-occupied Poland in a dress, because she was the only woman to do it.

Back on home soil, Zo's underground work continued, but it would be her influence during the Warsaw Uprising, a rebellion launched against the Nazis on 1 August 1944, that proved most significant. Polish fighters finally surrendered after 63 days of brutal combat, which left some 200,000 people dead. Zo's work to gain military status for female soldiers spared countless women the fate of being executed or sent to concentration camps. Previously, when the Nazis captured women involved in resistance, they were considered as bandits or commandos, and Hitler has issued a Commando Order (after a raid on the Channel Islands) which said that anyone found fighting not in uniform would be shot without trial.

Recent estimates by Poland's Warsaw Uprising Museum suggest

up to 12,000 women took part, and as they now had protections under the Geneva Convention, this meant this was the only time that Nazi Germany set up prisoner-of-war just camps for women - Zo managed to sneak away from her captors to continue her resistance work.

Along with many other resistance fighters considered a threat by the Soviet-backed communist authorities who took power in Poland as the war ended, Zo was arrested, tortured and sentenced to 10 years in jail. Released after six years, she remained closely watched, her wartime heroics kept hidden by those in charge. In secret, Zo managed to collect the resistance stories of women who had served in the war, which were eventually used to create a museum in her hometown of Toruń.



Zo died aged 99 in January 2009, becoming only the second woman to attain the status of brigadier general in the Polish Army, a rank conferred upon her in the years after the communist government fell.

As a result of her daring and courageous exploits during the war, Elżbieta Zawacka was awarded many decorations, as follows:

-  Order of the White Eagle (1995)
-  Silver Cross of Order of Virtuti Militari, twice (10 September 1943, 2 October 1944)
-  Commander's Cross with Star of the Order of Polonia Restituta (1993)
-  Officer's Cross of the Order of Polonia Restituta (1990)
-  Cross of Valour, five times (1941, 1942, 1943)
-  Golden Cross of Merit with Swords (1944)
-  Cross of Freedom and Solidarity (posthumously, 2017)
-  Army Medal, four times (1970)
-  Cross of the Home Army (1970)
-  Cross of Combat Action of the Polish Armed Forces in the West (1991)
-  Medal Pro Memoria (2005)

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

Andy Sheppard

Pictures opposite clockwise from top left:

Fighting during the Warsaw Uprising

Elżbieta Zawacka in 1984

Clare Mulley with Elżbieta Zawacka

Mural depicting Zawacka on the side of the communist-era apartment block where she lived in Toruń

Next Little Waldingfield History Society Talks:

7th Sept John Arbon

HMS Ganges - Boys into Men

Tens of thousands of boys were trained at the Shotley Gate establishment & then went on to serve in the Royal Navy; come and hear snapshots from their lives.

15th Oct Ashley Cooper

Thomas Gainsborough's Sudbury, Life and World, an illustrated talk.

Sudbury's most famous son, but what was the town like when he was born and brought up? Ashley explores the town of his birth, his life and the world in which he lived.



Chris Wright

CHIMNEY SWEEP

☎ 07500 046 899

✉ Enquiries@SFSsuffolk.co.uk




**WOOD BURNERS
OPEN FIRES**

**STOVE PARTS &
MAINTENANCE**

**BIRD GUARDS &
NEST REMOVAL**

FULLY
TRAINED
& INSURED





Ipswich Veterinary Centre



For a professional caring service

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



An Independent Veterinary Practice with a personal approach

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

Tel: 01473 555 000

enquiries@ipswichvetcentre.co.uk

www.ipswichvetcentre.co.uk

1 Donald Mackintosh Way, Ipswich, Suffolk IP8 3SU

BOWER HOUSE FARM

Visit to Bower House Farm, Polstead

Monks Eleigh Wildlife Group guided tour



On Saturday 14th June fourteen members of Monks Eleigh Wildlife Group were taken on a guided tour of Bower House Farm, Polstead.

Alan and Sue Keeble, enthusiastic conservationists, own the 800 acre farm that spans three parishes: Polstead, Boxford and Kersey.

Dormouse recorder and expert Sue Morgan started with an illustrated talk because the farm is one of the few sites in Suffolk that hosts a thriving population of this rare mammal. The fields have broad hedges and wide headlands that connect five areas of woodland, some ancient, to prevent



fragmentation, thereby creating corridors for the dormice.

The woodland manager, Guy Singleton, who accompanied us on our walk explained that part of his work is to control grey squirrels and to keep deer numbers at a sustainable level. Four species of deer have been identified on the site. Some, like red deer, just passing through. His distant dream would be to introduce red squirrels to the farm!

Ecologist and tree expert, Chris Jones, who joined us as well, pointed



out veteran oaks, a rare wild service tree and wild pear. Black poplars are a planned new addition to the woodland.

Our attention was drawn to dormouse boxes, coppiced hazel, where dormice like to hibernate under the multiple trunks and overhead branch connections that provide high runways.

Local honey producers *Number Eighteen Honey* manage beehives on the site which judging by the number of supers (i.e. boxes where the bees store their honey), are very productive. Their presence on the farm provides a boost to the pollination efforts of the plentiful wild insect populations. We heard many birds and spotted lots of butterflies and numerous bumble bees, particularly on the brambles in the broad hedgerows.

Alan and Sue are passionate about running their farm in a way that supports nature. The highly successful, inspiring and uplifting morning was completed with Sue serving refreshments in the barn.

As a thank you we made donations that Alan and Sue will give to the Polstead Church fund.

Thank you Bryan for organising this visit.

Jenny Maynard

Above: *Dormouse Box*

Opposite clockwise from top:
Monks Eleigh Wildlife Group with Alan Keeble and the tour guides at Bower House Farm

Chris Jones, ecologist and tree expert

Guy Singleton, Wood Manager in front of a rare Wild Service Tree



The Hazel Dormouse

Under-appreciated and under threat

The Hazel Dormouse (*Muscardinus avellanarius*), a charming and elusive nocturnal rodent, is a true indicator species of healthy woodland and hedgerow habitats. True to its name ('dormouse' derives from the French word '*dormir*', meaning '*to sleep*'), these cute animals spend a huge amount of time sleeping, sometimes up to two-thirds of the year either hibernating or in a state of torpor!

Sadly, across the United Kingdom these endearing creatures are facing a severe decline and have been declared a protected species. Their appearance, characterised by their golden-brown fur, large black eyes, and bushy tails, belies the serious threats they face.

The primary reason its endangered status is habitat loss. Traditional woodland management practices, such as coppicing, which created diverse and structurally rich habitats, have largely ceased. Modern forestry often favours monoculture plantations or clear-felling, which removes the varied undergrowth and shrub layers essential for dormouse survival.

Hedgerows, which act as vital corridors connecting fragmented woodland patches, have been extensively removed or poorly managed. Dormice rarely touch the ground, relying on continuous arboreal or shrubby pathways for foraging. Without these connections, isolated populations become vulnerable to inbreeding and are unable to recover from local extinctions.

Climate change also plays a significant role. Warm winters disrupt their hibernation cycle, causing them to wake too early when food sources are scarce. Conversely, unseasonably cold springs limit the availability of their early-season food, such as flowers and

insects which they need after emerging from hibernation. Extreme weather events, such as prolonged droughts or heavy rainfall can also affect food availability and breeding success.

Predation pressure from increasing populations of grey squirrels (who will eat dormice as well as out-compete them for hazelnuts), owls, badgers and domestic cats exacerbate the challenges. Pesticides can also cause lower numbers of insects for prey.

Suffolk, with its rich history of agricultural land use and scattered woodlands, has seen a worrying decline in its hazel dormouse populations. While historical records indicate their presence across the county, recent surveys suggest a significant contraction of their range and dormice numbers have declined by a huge 52% between 2009 and 2018.

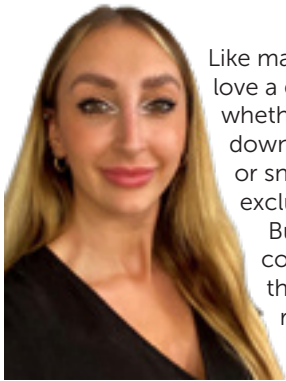
Conservation efforts in Suffolk are crucial. Local wildlife groups and conservation organisations are working to identify remaining populations and implement targeted strategies. This often involves habitat restoration, such as the planting of new hedgerows and the management of existing woodlands to create the diverse structure that dormice require.

The hazel dormouse is a testament to the intricate web of life within our ecosystems. Their survival is not just about saving one species, it's about preserving the health and biodiversity of our woodlands and hedgerows.

Continued collaborative efforts between conservation organisations, landowners and the public are essential to ensure that this enchanting creature continues to thrive in Suffolk and beyond for generations to come.

The Glow Pro

Let's Talk About Innovative Skincare



Like many of us, I love a good bargain, whether it's hunting down discount codes or snapping up exclusive offers. But when it comes to skincare that works, I'd rather invest once than waste money twice.

That's why this month, I'm shining the spotlight on Cantabria Labs, the creators of our professional skincare range, **ALLSKIN|MED**, to show you exactly why their products are worth every penny!



At our clinic, where medical expertise guides every decision, we hold the products we use to the highest standards.

So, Cantabria Lab's recent win as "Best Spanish Laboratory" at the 2025 ELLE International Beauty Awards is more than just a title - it's a testament to the exceptional quality behind their formulations.

And I can assure you, these awards are not just marketing hype. Since their launch in 2013, the ELLE International Beauty Awards have become a trusted industry benchmark, with experts across the field testing and voting on the most innovative products. Considering the incredible results we've seen firsthand with ASM, this win comes as no surprise!

Thinking Of Trying ASM?

These four reasons might just convince you

Science That Shows on Your Skin

What we (and our clients) love most about ASM is that it's so much more



than just pretty packaging.

These formulas are backed by science, featuring clinically proven ingredients that deliver visible results.

With this range, the products last, and the results build over time - it's a win-win for your skin and bank account!

Clinic-Level Results at Home

If you've ever had a professional facial, you'll know that irresistibly soft, post-treatment glow. And with ASM, those results don't have to stop at the clinic door. This range is designed to enhance the results and longevity of your treatment from the comfort of home, working quietly (and effectively) behind the scenes.

Trusted by Experts, Loved by Skin

There's a reason dermatologists swear by ASM, and that's because it delivers consistent, reliable results.

Whilst it's easy to be swayed by glorious scents and trending buzzwords, this range keeps the focus where it matters, which is efficacy.

Every formula is developed with unique skin concerns in mind, so you'll find something that feels like it was made just for you.

Resilient Skin Starts at the Foundation

When we're introducing the range to skincare newbies, we like to compare it to building a house (bear with me on this one)! Before you



start decorating, you need a solid foundation, and that's exactly what ASM delivers. These products work across multiple layers to create a strong, healthy base. So, whether you're applying makeup or investing in professional treatments, your skin will respond (and look better) when that foundation is in place.

Heléna

office@suffolkmedicalclinic.co.uk

01787 211 000



Beauty Postbag

Thank you for your questions and comments for this month's Q&A! Our chosen question is:

"I already get professional facials, do I really need a skincare routine at home as well?"

We get asked this question a lot, and the short answer is: yes! Think of clinic treatments like intense workouts for your skin - they give you a powerful boost, but your routine at home helps maintain and build on those results each day. Together, they create the perfect combination for supple and more radiant skin.

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

JARVIS

BUILDING CONTRACTORS LTD

T: 01787 211839
M: 07823 776005



E: info@jarvisbuildingcontractorsltd.co.uk

FOR ALL TYPES OF BUILDING AND LANDSCAPING NEEDS

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

jarvisbuildingcontractorsltd.co.uk

JARVIS

HUTMAKERS LTD

T: 01787 211839
M: 07823 776005



BESPOKE SHEPHERD HUTS AVAILABLE

E: info@jarvishutmakersltd.co.uk

Contact us today to discuss your project and see how Jarvis Hutmakers can help you create the perfect outdoor space for your home in Suffolk or Essex. Let us turn your dreams into reality with our affordable, quick installation, and high-quality huts and shepherd huts garden rooms.

Book your appointment to visit our Show Hut
Ramblers, Bulmer Lane, Groton
Sudbury, Suffolk CO10 5EZ
jarvishutmakersltd.co.uk

Proud Sponsors of



YOU COULD BE THE HERO NEXT DOOR

3PR First Responders urgently needs new volunteers

All training and equipment is provided
For more information please contact
Rich Wild: 01787 210946 or office@boxfordresponders.com

NHS
East of England
Ambulance Service
NHS Trust



www.boxfordsuffolk.com/3PR

MICROPLANT

08703 210256 / 07850 210256

E-mail: charles@microplant.net
Website: www.microplant.net

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

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



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



Natural Boxford

The Jewel in Boxford's Wildlife Crown – Part 2



I am currently re-reading one of Robert Macfarlane's fabulous books, *The Wild Places*, relating his exploration to uncover whether there are still truly wild places left in the British Isles – one of the most densely populated and intensively farmed areas of the world. At the outset, his vision of 'wildness' was large scale – thinking of areas of land where nature is mostly left to its own devices and there is little evidence of human interference. On the periphery of our islands and in the heights he did discover a handful of such places; and, he realised that nature can also manifest its abundance and rich variety in the smallest of places – such as the mini-ecosystem within a gryke in a limestone pavement. This can sound quite positive, but underneath it lies the

fact that the vast majority of our landscape is thoroughly denatured.

The UK now has nearly 70 million people living on 93,000 square miles of land. Very little of our landmass is more

than 5 miles away from the nearest road – those roads divide the countryside up into tiny portions of land where our human footprint isolates, traps and pushes wildlife to the very margins of existence. The loss of ancient woodland, heathland, lowland pasture, hedgerows, peatbogs, water meadows, ponds and natural watercourses, limestone pavements and moors to building, roads, industrialised agriculture and resource extraction since 1930 is well documented. Dozens of species vanished, with hundreds more being brought to the point of extinction. Large scale destruction had already started well prior to the 30s of course with population increases in previous centuries, the introduction of and then shifts in land ownership, and the extremes of 'resource' extraction from the earth that came with the Industrial Revolution.

We know all this, what is done is done, and there is little to be gained from apportioning blame. We have not had a mainstream tradition of thinking far ahead in terms of the effects of our actions unlike some indigenous cultures who make decisions based on imagining repercussions for the next seven generations.

Nature is in control, and will always rebalance of its own accord when we

tip things too far off: those moments can come with heavy cost – including to human life. How much better is the option where we take action to remedy and change, rather than intransigence that inevitably leads to disaster. Thankfully, there is now widespread recognition, including political and economic, that ecosystem collapse is both a possibility and reality and nature recovery is vital. The latest UK Government State of Nature report highlights these areas:

Improve the quality of our protected sites on land and at sea.

Create more, bigger and messier places for wildlife.

Reducing pollution on land (notably pesticides and excess fertilisers) and reducing the pressure on marine environments.





Targeted species recovery action.

The 2021 Environment Act's aim of halting the decline of nature in England (we are in the bottom 10% globally for biodiversity loss) has resulted in Local Nature Recovery Strategies being developed across the country. Suffolk and Norfolk are working together on this (www.nsnrp.org/local-nature-recovery-strategy-lnrs) in consultation with the wildlife trusts and community groups to ensure local knowledge is included.

They name these benefits of nature recovery: pollinating food crops; filtering air and water; healthy soils; reducing flooding; cooling urban

areas; supporting physical and mental wellbeing; and, capturing carbon – stating that “our economy and society thrive when nature is strong and healthy”. This county level project is in its infancy but there are other more advanced initiatives already taking place in Suffolk.

Farmers in many areas are working together in clusters as part of the Landscape Recovery Scheme funded by DEFRA, in collaboration with the Suffolk Wildlife Trust and the Suffolk Farming and Wildlife Advisory Group. These long term and large scale projects focus on habitat restoration and changes in land use and management to bring positive environmental change as well as benefits to communities. Local to us, the ‘Connecting Constable and Gainsborough Country’ Landscape Recovery Project with the Stour Valley, and Wool Towns Farm Clusters is a pilot scheme which aims to enhance and connect wildlife habitats across farmlands in the project area - which extends through the Stour, Brett, and Box valleys. They put forward this beautiful vision:

“Imagine the Suffolk-Essex border 30 years from now. A rich mosaic of productive farmland, seamlessly woven

together with woodland, wild scrub, and rivers. A landscape buzzing with life, ponds glistening in field corners and purring turtle doves in patches of scrub. Farmers are thriving, the locals are enjoying tree-filled spaces and everything down the pub is locally produced.”

The Essex and Suffolk Rivers Trust are working with the Environment Agency and local groups to restore the health of our rivers. The Suffolk Food Partnership has just been accepted as part of the Sustainable Food Places network to work towards more local food, and better prospects for farmers and wildlife alike. Many local villages and towns have environment and ecology groups all having a positive impact and contributing to greater change together.

Next time I will say more about those isolated islands and the need for connectivity, and how apparently small actions are crucial and can have huge positive knock on effect, together with focusing right in to where Boxford fits in all of this.

Much love,
Louise, on behalf of
Natural Boxford



The Red House

— RESIDENTIAL HOME —

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

Contact Us

Meadow Lane, Sudbury, Suffolk, CO10 2TD
Telephone: 01787 372948
www.redhousesudbury.co.uk



Our Lads In Gallipoli

Groton History Society looks back to 1915, 110 years ago when brave local men paid the ultimate sacrifice at Gallipoli

Following last month's brief look at the 1945 General Election and the defeat of Winston Churchill by Clement Attlee, I thought I would link both these pivotal prime ministers to the Box River area. The link is Gallipoli. Not many people know this, apart from Michael Caine, but Gallipoli was not just about the ANZACs. There was also a significant British involvement.

It was Churchill's strategic idea, in his then role as First Lord of the Admiralty. His idea was for the British Navy to sail up the Dardanelles Straits and threaten Constantinople (now Istanbul), forcing Turkey to sue for peace. This would

open up a south eastern Balkan front against Austria, Germany's key ally. The recent late-1914 entrenched warfare and stalemate on the Western Front required such a strategic move, according to Churchill.

Churchill initially viewed this as wholly a British navy operation, with limited army engineer involvement to destroy the coastal batteries protecting the Straits. This quickly proved unworkable and it became clear that a broader infantry involvement would be required. Lord Kitchener was not really supportive, viewing the Western Front as the priority. Despite this a combined

force of Australian, New Zealand and British divisions were deployed to the operation. The Suffolk Regiment, supplied the 1/5th Battalion, a territorial battalion.

Designated as the 1/5th Battalion in 1908 as part of Lord Haldane's territorial scheme, volunteers were recruited across the county. "C" Company was centred on Hadleigh and

Bildeston, "D" Company on Sudbury, Long Melford and Bures. It is in these companies that volunteers from our local area were recruited. Volunteers would in 1914 have to volunteer for overseas service. 72% did so. The remaining provided home defence.

Their sister 1/4th Battalion was posted to Western Europe in late 1914, deemed to be an honour. The 1/5th continued training around Colchester and Bury St Edmunds, pending assignment to follow the 1/4ths. Wilfred Griggs, Harry Rice and Maurice Hills, all of Groton & Boxford, were part of 1/5th Suffolk Battalion, training and waiting for deployment. George Marshall and Thomas Chaplin of Newton, were with 1st Essex. Both Battalions were part of the 54th Division. Henry Gant, born in Groton, was waiting with the 9th West Yorks.

The infantry operation commenced in April 1915, quickly bogging down into trench warfare and predictably high casualties from very strong



Above: Sulva Bay, Gallipoli in 1915

Left: Map of the Dardanelles Strait, showing Sulva Bay

Ottoman defence networks, akin to the recent developments on the Western Front. The 1st Essex were deployed in this first phase. George Marshall and Thomas Chaplin were both killed in action on 6th August, having landed on 24th April.

Fresh divisions were required and on 29th July 1915, the 1/5ths started their deployment via Liverpool. The 'Aquitania' transported the battalion through dangerous waters, with serious risk of submarine attacks, passing Gibraltar on 2nd August, arriving at Mudros harbour (Lemnos Island) on 6th August. 3 days on board ship in the harbour... waiting. Transferred onto smaller vessels they arrived at Sulva Bay on the afternoon of 10th August. Quickly moving forward to the front line trenches, into rugged scrub, devoid of fresh water, fiercely hot, the Suffolk lads must have wondered 'this is not like home'.

The order came to advance on 12th August, the attack scheduled for 4pm. After only a short distance the 1/5th came under the most destructive fire from the concealed enemy, Brutal machine gun and artillery fire rained down from front and flank. The 1/5th made 1500 yards. Sadly, Wilfred Griggs and Harry Rice were killed during this attack. Maurice Hills survived it. Harry Rice was designated as killed in action on 21st August but a delay in records and the only action being on the 12th, means he was killed on 12th alongside Wilfred. Two sons of Groton lost two days after landing at Sulva bay, Gallipoli.

The Gallipoli campaign continued, immortalised in the film 'Gallipoli', with continued appalling casualties and ultimately defeat and withdrawal. Sadly Henry Gant was killed in action on

9th November, just weeks before the eventual withdrawal, serving with the 9th West Yorks.

Churchill took a lot of blame for this disaster, which very nearly ended his political career. It would be unfair to allocate the majority of the blame to Churchill. There was some good thought in a strategy to remove Turkey from the war. It had suffered badly during the earlier Balkan Wars at the hands of Serbia and was deemed a weak link in the Axis Alliance. One can see the thought pattern. The issue was the lack of a coordinated naval / land 'plan' and the lack of support from Kitchener, as well as the overall command position being overly delegatory, where stronger direction would be required. It was a gamble. Gambles were to be associated with Churchill, warmongering too. This served him well in 1940 and stood against him in July 1945, as we saw last month.

Strangely, Clement Attlee served at Gallipoli as a young officer. He thought Churchill's plan was a good plan that was let down by the overall command. He remained a strong supporter of Churchill afterwards, eventually helping Churchill to his greatest role in 1940, and then, removing him from it 5 years later.

So, Wilfred, Harry, George, Thomas and Henry paid the ultimate sacrifice for this gamble. Maurice survived Gallipoli and went on to survive the war itself.

If anyone has any more information on local men who also served at Gallipoli please email me so I can follow up with you.

Nigel Chapman
nigeljchap@gmail.com

Upcoming Events

'Towns and Trade in Medieval Suffolk' with Prof Mark Bailey.

Friday 3rd October

Mark is very popular here and we welcome all to hear his talk on this fascinating aspect of our local history.

We are developing some ideas for parallel 'discussion' sessions, probably smaller in attendance and possibly at different venues. These would focus on a theme, event or person in history, would be led by one of us and probably include some reading/listening/viewing ideas for attendees to indulge in before such sessions.

I am sure a glass of wine will be part of the discussion session! If you are interested in these parallel sessions and or have some suggested topics for such, please email me and we can discuss further. I am happy to do the research, if you have the topic idea, but don't have the time to research etc.



Recommended Reading, Listening & Viewing

'A Place of Greater Safety' by Hilary Mantel. A lesser known but very well regarded novel centred around the key characters of the French Revolution.



'The Narrow Margin' by Derek Wood. The definitive story of the Battle of Britain. Also **'Attack Warning Red' by Derek Wood**, if you can find it. A very detailed history of the Royal Observer Corps.



'Revolutionary Spring: Fighting for a New World in 1848-1849' by Christopher Clark. The story of 'liberal' and 'radical' revolution and the counter revolutions across Europe, from Denmark to Poland to Austria and Italy, including France and Germany, resulting in 'liberal wins' and 'radical' defeats. Quite a tumultuous couple of years. Very well told story.



'Life and Fate' by Vasily Grossman. As heard and adapted on BBC R4. War and Peace equivalent 20th Century epic!



'Politically - Postwar' Podcast series on BBC R4 / BBC Sounds. A series of 8 x 14 minute episodes exploring the seismic event of July 1945: the General Election. Easy to listen to and very well told assessment of Churchill's defeat... as discussed last month in this article.

'Jane Austin: Rise of a Genius' on BBC iPlayer. Excellent biography of one of our greatest authors, full of insight into life and history in late 18th, early 19th centuries, especially a woman's place in it. Fascinating!

As always I would like to thank those who have sent me their recommendations (I could not have read, listened and watched all of these myself! But I will be adding them to my 'list'). Some great topics as always! Such diverse historical interest. This is the joy of this page.

Once again, please send me your recommendations and also your suggestions for 'discussion' sessions and other topics to focus on in this article next time. A key event on September in history that is worth a bit of a deeper dive? Let me know your thoughts.



birds, feed on wasps and hornets as well as bees, and their numbers are insufficient to be considered anything more than a negligible threat. Still, with rising temperatures who knows what the future may bring?

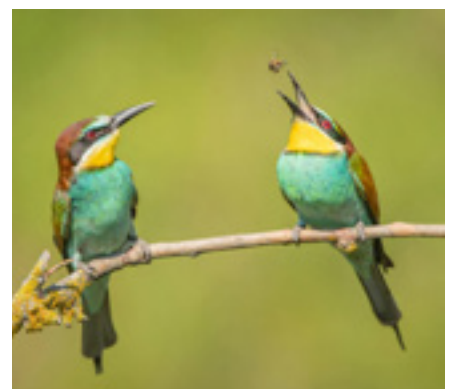
More serious is the Asian hornet. Smaller than the European hornet and less colourful, they are now well established in the EU, are a major problem in the Channel Islands, and have already been spotted in the UK. The first Asian hornet identified in England was spotted in Lancashire a few years ago. It had arrived in a consignment of cauliflowers imported from France by a farmer whose own stock was running low.

As the name suggests the Asian hornet is native to the Far East. They are carnivorous and their diet includes the honeybee (as well as most other insects). Characteristically they will take up post close to a hive entrance, and pluck returning honeybees out of the air. After taking the poor bee back to its perch the hornet bites off its head. One hornet can take up to 50 bees in one day. A nest will destroy a bee colony in a few days.

Asian hornets were well known in France before any action was taken to control them. After five years beekeepers started to complain that colony losses were becoming unsustainable but by then it was too late to impose any form of quarantine. In the EU Asian hornets are now so well established that commercial beekeepers have been put out of business by their predations.

In the UK both the beekeeping fraternity and DEFRA are on high alert over the potential threat of the Asian hornet. They are vicious and dangerous insects and wherever found nests are destroyed with specialist equipment. There have been a number of campaigns to alert the public to the danger. Even so, numbers though still small are increasing year by year. Let's just hope bee-eaters develop a taste for the Asian hornet!

Tony Rand



Notes From a Beekeeper's Diary

The Jaspers have arrived

It's summertime and the season to enjoy the great outdoors with al fresco meals, picnics or just chilling out in the shade with a book and something cool in a glass. It's also the season for wasps and since the beginning of July these pests have been showing up in increasing numbers. Indeed at the time of writing it's hard to keep them away from the lunch table or drowning in whatever we poured hopefully just for ourselves.

For honeybees wasps are a far worse danger. Desperate for sugar and carbohydrate to sustain energy, these brutes of the insect world are merciless in their attacks. Large bee colonies can usually put up a strong enough fight to keep them out of the hive. A medium sized colony could be touch and go. A small colony or even a developing swarm stands little chance. Wasps will bully their way past defending bees and gorge on the honey stores inside the brood comb. Deprived of honey the nurse bees stand little chance of feeding the young brood, and the colony is doomed.

Beekeepers do what they can to help the bees defend their nests. We can reduce the size of the entrance so the bees have a smaller point to defend, but wasps will still try to force their way in even when the resulting access is barely large enough for one insect at a time to go through. It is possible to save a colony by moving the hive to another location, but wasps are past

masters in finding vulnerable sources of sugar.

Other strategies include hanging an artificial wasp nest close to the hive, the theory being that wasps are territorial and so will avoid encroaching on airspace already occupied by other wasps. Some people swear by them. Others say they are a waste of time. My own experiences are mixed.

Strong colonies recognise potential robbers and wasps by their erratic flight path as they weave back and forth looking for an opportunity to enter the hive. If a wasp lands in the entrance one of the guard bees reacts immediately. It is a fight to the death. Stings come into play. The loser suffers instant paralysis. If the wasp comes out on top it still stands little chance. Other bees have been alerted. The fight is fast and furious and ultimately fatal.

Smaller or less aggressive colonies put up token resistance but after a while they throw in the towel so the wasps continue their deadly work unimpeded.

Wasps are not the bees' only predator. Migratory bee eating birds are native to North Africa and some parts of the European continent but rarely seen in England. However, in 2022 a flock of bee-eaters were photographed near Pixey Green, in Suffolk no less, and nesting pairs successfully raised brood in a disused quarry near Trimmingham, Norfolk last year. They are beautifully coloured

Milden Cricket Club

Milden in 2nd spot after record-breaking home win against Hadleigh Academy

Centuries for Alex Lomax (118 - his second of the summer after his 123 not out against Elveden) and Akiva Franklyn (109) in a total of 344 for 6 were the highlights of the match on 13 July in which records tumbled as Milden beat Hadleigh Academy (135 for 8) by 209 runs.



Pictures from top:

Alex Lomax (118) v Hadleigh

Akiva Franklyn - just dismissed for 109 v Hadleigh

Their 3rd wicket partnership of 208 was also a record for the club. Franklyn, who came in at 73 for 2 and scored his runs off 69 balls, was particularly brutal, striking 12 fours and six sixes before he was bowled by Will Lowe to the penultimate ball of the innings. Replying, Hadleigh struggled to 71 for 7 in the 21st over, but a stubborn 55 not out in 117 balls and 149 minutes by opener Will Lowe in partnership, first with Keith Gooderham (13) and then Johnno Johnson (8 not out), took the final score to 135 for 8 from 40 overs when their innings closed at 8.06 pm – the latest finish this year. Jim Ferguson was the pick

of the Milden bowlers with four wickets, all bowled, and final figures of 10-4-25-4: David Willis was equally economical with 2 for 21.

Prior to this emphatic win, Milden suffered two defeats, by two wickets away at Worlington (the division leaders) on 22 June, and by 41 runs at home to Long Melford on 29 June, but on both occasions picking up valuable bonus points. Scores: Milden 210 for 9 (Cunningham 44, Willis 70); Worlington 214 for 8 (Robinson 3-46). Long Melford 184 (Willis 3-26, Robinson 3-68, Jim Ferguson 2-23); Milden 143 (Franklyn 42).

The win on 13 July lifted Milden to second spot in the Division 5 table, behind Worlington, at the mid-point of the season, and in a promotion position as the club look forward to the second half of the season, playing the return fixtures.

August fixtures (1.30 pm starts):

3rd August Milden v Worlington
10th August Elveden v Milden
31st August Milden v Haverhill

David Lamming

Sudbury v Frinton

On Saturday Sudbury's third team suffered their first defeat when using Boxford's playing fields as their home ground, going down to a comprehensive ten-wicket loss to Frinton-on-Sea's third eleven.

Sudbury won the toss and chose to bat first on the hottest day of the season so far, with the players grateful for the cooling effects of a light breeze.

The home side's innings began promisingly, with an opening stand of 84 between Will Amos and Oliver Bradbury. Accurate bowling from Frinton's spinners, Helliwell and Lord, meant that the visiting side nevertheless retained control of the scoring and the loss of Bradbury for 24 revealed Sudbury's depleted batting resources. Amos's 50 was the main contribution to a total of 114 all out, with Helliwell bowling 12 overs for just 16 runs and Lord finishing with figures of 5 for 35.

A spirited effort from Sudbury with the ball might, on another day, have yielded better returns – particularly for the threatening Tullin – but, as it

was, sensible batting from Cooper, with 52, and Vine, with 39, saw Frinton comfortably to the total in the 29th over of a possible 45 without losing a wicket.

Defeat leaves Sudbury tenth of the twelve teams in division seven of the Two Counties league. With four sides to be relegated, they will be hoping for a rapid improvement in their fortunes as the season continues.

Next match held at Boxford is on the 26th July, Sudbury v Elmstead at 1pm

Charles Thomas – Team Captain

Boxford & District Bowls Club

Bowls England, Ladies Hadleigh Cup

The Boxford Ladies team played several matches in this knock-out competition since the season started and won through to the Finals on Saturday 5th July. It was a very close match with Boxford leading for the early ends, but then Beccles came back. After the first two rinks finished, Boxford were ahead by one shot, but Beccles prevailed on the final triples to win by just 2 shots. Congratulations to our team on the day for putting up such a fantastic performance, and huge commiserations that it did not result in a win. And congratulations to all our lady bowlers who played in the earlier rounds but not on Finals Day - without you, we would not have been in the finals. A great team effort. Let's hope we do as well next year - and maybe even better!



We also have lots of Boxford bowlers in different competitions - so good luck to you all in the coming weeks. More on this in the next newsletter.

Roz Mortlock



The Blooming Garden

Late Flowering Clematis

The garden can look a little dull and tired by the end of July and into August. Now that lily beetles, those awful vampires in red jackets, have made lily growing so problematic, we are left with a garden that fails to excite. Maybe you have plenty of colour but there is nothing to make the pulse race. But the late flowering clematis can be the answer. Christopher Lloyd said: “every gardener loves clematis, I have yet to meet the man or woman who was not attracted to them”.

Large flowered early summer clematis are gorgeous but they can be tricky and suffer from sudden and unaccountable wilt. The late flowering tribe of viticella clematis are fabulous, the flowers are smaller but there are loads of them. You cut them right back in late winter because they bloom on new growth so they fit easily into most schemes. They are good mixers and enjoy the company of other plants and because you are going to cut them back you can let them romp away as exuberantly as they like. I remember years ago visiting John Treasure's garden at Tenbury Wells in Worcestershire, it was a revelation. He grew clematis up trees, through shrubs, over perennials; everything in the garden was clothed and carpeted with clematis. Up until then I had grown them up a wall or a pergola but I had never thought of using them in this way. You can let your imagination run free throwing these carpets of jewel-like colours over your tired and

dried up late summer garden.

The original *Clematis viticella* has been around for a long time, in Elizabethan times it was known as Virgin's Bower. It hails from southern Europe and is found in parts of the Middle East too. I was surprised to learn that two of the main early breeders were French. Victor Lemoine was responsible for many vitellas as well as being famous for lilacs. This being the case I am baffled why it is so difficult to find clematis for sale in the part of France where I garden. The gorgeous 'Madame Julia Correvon' was bred by another French breeder, Francisque Morel in 1900 and lost for years only to be discovered and reintroduced by Christopher Lloyd. Its rich, red blooms go on for ages. It has large flowers for a viticella but that is because it has *Clematis* 'Ville de Lyon' in its breeding and this is large red clematis. The blooms start out open but as they age the tepals develop a twist so you get a glimpse of the paler colour underneath. It may sound messy but it is charming. It is one of the earliest flowering clematis. For a big pop of colour I grow it with *Clematis* 'Tie Dye' which has purple and white marbled flowers.

If double clematis appeal to you then the fabulous *Clematis* 'Purpurea Flore Pleno' is divine with masses of dusky pink flowers. I wouldn't be without this one. I like to grow it with *Clematis viticella* 'I am Lady Q' because the rosy colour picks up the edges of the white and pink flowers. There is a similar one called 'I am Lady J' which is edged with purple instead of pink. I grow this with *Clematis* 'Etoile Violette' which is gorgeous with velvety purple flowers.



I like to grow two contrasting colours together or ones that are similar with different shaped flowers. *Clematis* 'Betty Corning' is a treasure with lovely pagoda shaped bells and I think it looks fabulous with the dark velvety flowers of *Clematis* 'Dark Eyes'.

As well as lovely *Clematis viticella*, *texensis* varieties are late flowering and very pretty with their pitcher shaped flowers. They come from Texas as the name suggests. My favourites



all have royal or aristocratic names. I grew 'Princess Kate' with 'Prince William' and the two looked wonderful together although Kate always did better than William. My favourite is 'Princess Diana'; she is a lovely shade of pink with large flowers. I also grow *Clematis viticella* 'Prince Charles' but not together with 'Princess Diana' obviously. But 'Prince Charles' is a great favourite of mine with masses of lilac blue flowers. He would probably look good growing with his grandmother, *Clematis texensis* 'The Queen Mother'.



Clematis are best planted in the autumn. Plant them 4-6" deeper than they are in the pot so that part of the stem is buried and make sure you plant them in cool rich soil. They like their roots in the shade and the flowers in the sun. The best way to keep them flourishing is to water in dry weather and to feed them.

Chloris

Pictures opposite clockwise from top left: *Clematis* 'Madame Julie Correvon'

Clematis 'Purpurea Flore Pleno' with *Clematis* 'I am Lady Q'

Clematis 'Princess Diana'

Clematis 'Etoile Violette'.

Above from top: *Clematis* 'Betty Corning' with *Clematis* 'Dark Eyes'

Clematis 'The Queen Mother'

Boxford Friendship Group Update

Half of 2025 gone already! Talk about the roaring Twenties!

The BFG have been very busy enjoying ourselves as usual. We started off sedately at our January meeting where we met for a gentle game of bingo just to get us warmed up and recover from all that turkey and tinsel. February arrived and we were treated to a very enlightened talk from Richard Gates, a long standing Samaritan volunteer, who is based in London for his duties. Richard is easy to listen to, and his enthusiasm for his role shines through and we admired his devotion to his cause.

March rolled in and we couldn't go for long without having Jayne Foster back to see us, to celebrate Spring flowers, cracking her jokes and as always beautiful arrangements assembled at the meeting by Jayne.

At some point between March and April, sorry I'm getting hazy thinking about it, some of us, unwisely signed up for the Fleece Charity Quiz and an amazing donation was made to the BFG, thank you to everyone who donated. I say hazy, as I have to add that the standard is set quite high in the quiz, and part of our donation came about because we came last! And yet we are returning in July (madness has set in) to have another go at improving our position in the league. Although taxing, it's good fun and an excellent way to raise money for good causes.

In March a quick trip to Hollow Trees for our members was fitted in, where we enjoyed a really tasty lunch.

The BFG was 3 years old in April and at our AGM we celebrated a special birthday for one of our enthusiastic members Ethel, who was 100 years of age. Unfortunately Ethel couldn't attend, but we kept her in our thoughts, and looked back at 1925, the events, celebs and fashions.

May started off our Musical Extravaganza! Being entertained by the joyful *Stoke Singers*, led by Emma Bishton - a very talented musician and

singer who runs numerous local choirs, one of which is *The Unscene Singers*, a choir for visually impaired people, and we were able to make a donation to this worthy group. To quote Ella Fitzgerald, "*The only thing better than singing is more singing*".

June! Somehow we managed to fit in a sumptuous garden party, hosted by Claudine and Colin Parr in their beautiful garden. A very genteel affair, best hats on parade, sun shining, cake and more cake, with the occasional cups of tea and Pimms of course. Boxford's take on Buckingham Palace! Thank you so much Claudine and Colin, who I think are still probably recovering from our visit.

Yet one more event followed at the end of the same week, a concert presented by the BFG and St Mary's Church, performed by the outstanding *Wattisham Military Wives Choir* (pic below) with soothing and upbeat singing, a stunning performance. Thank you to all who helped to make the evening so successful. We raised an amazing £270 for *Service Dogs UK*, who match up rescue dogs with service veterans and emergency support workers, who suffer with Post Traumatic Stress Disorder. Thank you to Richard in the post office - master ticket salesman. Thank you to Boxford Stores, the Fleece, The White Hart, Leeders and Box River Cafe for kindly donating raffle prizes.

In July, we'll be entertained by the *The Shanty Folk*, another talented group who raise a lot of money for local charities. We are so lucky to be surrounded by such talent.

As ever thanks to all our BFG members who keep on turning up and supporting our group, to the brilliant committee and our sterling knitters and crochet ladies who continue to make their lovely blankets for palliative care patients. Thank you girls.

Phew that's it for now Folks! Still a few more months to go!

Alison



Feedback from James Finch

County Councillor for the
Stour Valley

£8m funding for Bus Service improvements

The funding from the Department of Transport's Local Authority Bus Grant can be used to create new bus services or enhance existing routes. Following on from previous grants from the Department for Transport to improve bus services, totalling £3.7m of revenue funding between 2023 and 2025, the new grant which has been allocated for 2025/26 comprises of:

- £2,805,076 revenue for delivering new or enhanced services.
- £5,229,805 capital for new and improved bus stops, bus stations, bus priority measures or vehicle upgrades.

This money will enable Suffolk County Council to invest up to £5 million in capital projects to increase bus priority on congested streets, make improvements to bus stops and gain a better understanding of the journeys people are taking, paving the way for more innovative fare offers in the future. The council also plans to upgrade the current Real Time Passenger Information system, giving live updates on when buses will arrive at stops across the county.

The remaining £2.8 million will be spent supporting the existing services on the county's bus network and working with bus companies to finalise a number of route improvements and new services, set to launch later this year.

The previous funding has created and enhanced more than 15 routes across the county, through the council's Bus Service Improvement Programme (BSIP). These included the first Sunday and evening service between Sudbury and Bury St Edmunds for more than 20 years and direct links from Haverhill and Mildenhall to the West Suffolk Hospital.

Council reorganisation affects us all - so have your say today

A new survey giving residents the opportunity to shape the future of councils and public services in Suffolk has been launched. It's part of the Government plan to reshape and streamline councils in Suffolk to save money, reduce confusion and improve public services for residents.

Councillor Richard Rout, Suffolk County Council's cabinet member for devolution, local government reform and NSIPs, said:

"It's fairly well known that we strongly

believe that replacing Suffolk's six local authorities with a single new council would be smarter, simpler and better for our county.

We've arrived where we have because early figures show it's the only way to save money, improve services and keep your council tax as low as possible. But that doesn't mean our proposal is the finished product.

We want our plan to improve residents' connection with their local council and we'd like their help to ensure that's the case. A key part of this work is finding out what people think about the state of local government in Suffolk – and what their hopes are for the future. After all, it's their council tax and services so what they think is vitally important.

This survey will help us to develop our plan so that we can be confident it addresses the issues that matter most to you. I'd therefore encourage all Suffolk residents to take a moment to have their say."

The survey only takes about 10 minutes to complete, and can be done at www.suffolk.gov.uk/devolution, by emailing devolution@suffolk.gov.uk or by calling **0345 603 1842** where a member of Suffolk County Council's customer services team can help residents to complete the survey.

The survey is open for eight weeks – until **4 August 2025**.

Suffolk challenges Government on Planning reform at a National Infrastructure Conference

The Council and other speakers raised concerns that proposed changes to the Nationally Significant Infrastructure Projects (NSIP) regime were not suitably robust to manage the significant changes which NSIPs can bring to host communities, particularly with the proposed replacement of a statutory duty for pre-submission consultation with statutory guidance.

Councillor Richard Rout, Suffolk County Council's Cabinet Member for Devolution, Local Government Reform and NSIPs, said:

"I'm proud that Suffolk County Council continues to lead the way with its NSIP expertise and influence and can bring together colleagues and speakers from around the country.

Suffolk has one of the greatest concentrations of NSIPs in the UK, and for me it's important to ensure that local communities are considered first-and-foremost by local authorities, project promoters and government.

Today there were some robust discussions around government's proposals to scrap the statutory duty to consult for NSIPs. This is something that the county council fundamentally disagrees with – our communities need

more and better consultation, not less. We welcome any opportunity to further engage with Government to share our expertise as to what meaningful engagement should look like."

Delegates from across the country attended the Conference to hear speakers from the Ministry of Housing, Communities and Local Government, legal experts, and industry leaders discussing the emerging Planning and Infrastructure Bill, effective communication with project promoters, and the importance of local impact reports.

The conference further cemented Suffolk County Council's recognised role as a Centre of Excellence for NSIPs for its expertise when engaging with projects, such as Sizewell C, the Gull Wing, National Grid upgrades, solar farms and offshore wind farms.

Following the success of this year's conference, it will take place again in June 2026.

Set Sail on a Journey Through Suffolk's Maritime Past with Suffolk Archives

Running from 27 June to 27 September at The Hold in Ipswich, the exhibition explores Suffolk's deep connections to the sea from smuggling and sea rescues to shipbuilding, coastal communities, and historic ports. This free exhibition features fascinating contributions from local museums and organisations including the Felixstowe and Offshore Radio Group, Ipswich School, East Anglian Traditional Arts Centre, Lowestoft Maritime Museum, and the RNLI Archives. It is supported by Associated British Ports.

To accompany the exhibition, Suffolk Archives has launched a packed programme of talks, walks, workshops, and family events offering something for curious minds of all ages. Young explorers can dive into storytelling adventures with The Yarnsmith of Norwich, Grethe Jensen, and Hannah Brailsford, who will bring to life tales of sea monsters, pirates, treasure and more.

Virtual Fostering and Adoption Sessions for the Stour Valley

Fostering is a flexible role with options for short term care from a weekend a month to longer term opportunities, all providing life-changing support for local children.

If you want to find out more about what it's like to foster or adopt with us, please call a member of the team on **01473 264800**

James Finch
james.finch@suffolk.gov.uk
Tel: 01206 263649
Mobile: 07545 423796

Feedback from Bryn Hurren

Babergh District Councillor for Box Vale Ward.

It seems unbelievable that I am now writing my BRN piece for August. It seems as I get older the world spins faster. It is not really that, I hope. I feel that as I am the sort of individual who is a hard taskmaster upon myself and likes to do everything I promise and try to get others to do the same, I just cram a lot into every day.

So as the nights are pulling in a little and we are now nearer next Christmas than the last, I had better get cracking with all I have to do. Twelve weeks into living with my new replacement knee, I am almost pain-free now and able to sleep at night which is a great relief and a real joy after so much angst for the past six years.

I love August because as well as being my birth month, it is also the time I try to take my annual day off work and travel down to the fantastic Cropredy Music Festival in the valleys and beside the canals of Oxfordshire. All sold out again but I got my ticket early. It is so important to have a small break from the long weeks of work and all the council duties that come with the role of being an elected District Councillor for six villages.

I will in fact be the very last person to have this role, as we are now consulting on our own demise and what will follow in its place. The proposed mayor across both Norfolk and Suffolk as one region could be a complete dog's dinner (or breakfast maybe). It would be better to have these counties competing against each other rather than throwing them together in an effort to make bigger regions to save national government time.

Putting county and district functions together should be a good thing and if done in the correct way could give the electorate good service and contact with staff and the local councillor, as Babergh has always endeavoured to do.

The county stance is that they want one council for the whole of Suffolk's one and a half million people and carry on regardless running it which must not be allowed to happen. Suffolk deserves better.

All the districts across Suffolk and Norfolk want 3 unitary councils across each county to feed into the new region to give accountability, value for money, good services to constituents and contact with their local elected

representative.

The national government of the day also has to realise and acknowledge that local government needs proper funding from a central pot, not shifting the financial burden on to the local population through local taxes that go up by 5% every year. Many people are really hurting now - we are not all well-off living in the countryside in the villages, hamlets and small towns that make up the Babergh region. We need to be respected and valued more economically. We all have a role to play and not just treated as fodder for raising taxes.

We must learn to accept and raise taxes in other ways. Polluters should pay for the environmental damage that they cause, and that's not just those who drive private cars and those that work in the transport and distribution industries, they are caned enough. We have to move taxes onto those that make untold billions from fossil fuels and jollying around in the sky. One overseas holiday per year is acceptable maybe but any more is criminal and should now be taxed very heavily. Cycling and walking holidays are great fun in the British regions and good for fitness as well.

Talking of which it has just been announced that the Tour of Britain men's cycle race will be coming to our part of Suffolk again this year and in fact the first stage on **Tuesday 2nd September** will be held between Woodbridge and Southwold and the next day starting and finishing in Stowmarket, taking in many villages across our region along the way, great to watch if you can find a good vantage point. The full route will be announced and promoted very soon, you can find it at: www.britishcycling.org.uk/tourofbritain/men/route

Great news that the Post Office are now consulting and seeking our views on their own future and it would be good if as many people as possible could respond in a positive way and continue to use these much needed facilities. We still have working Post Offices in Boxford, Monks Eleigh, Stoke by Nayland and Polstead - all attached to village shops which also provide a valuable service and manned by dedicated staff. They are not just there for us to send our mistaken purchases back to where they came from, they provide banking services and a range of methods of paying bills and obtaining other financial services that are invaluable to private individuals and businesses.

We have a chance now to build them up more and secure their future for our villages.

Another long standing local institution is the horticultural show held in Assington, where I live on Sunday August 17th. The schedule of classes can be found on the village website and we welcome entries from a 15 mile radius as well as from the village itself. Exhibits on show from 2pm. Come for tea, coffee and a look around. It has been a struggle this year to raise good crops for show with such a hot summer so far and a terrible lack of rainfall, so the competition is wide open for all-comers.

The word is that by the end of July we will be facing a hosepipe ban here in South Suffolk and possible rationing as well if it does not rain soon. We will have to now love every drop, although Anglian Water who coined that phrase, do not always do that themselves. Another stark reminder of the way that our climate is now changing ever faster and we are getting deeper into something that will change all our lives drastically, without doing much about it. The next generation will inherit a world and planet that we have not looked after as we should have done.

Keep well and cool if you can, get in touch if you have a problem or need council help.

Contact me on the details below or just run now after me in the street!

Love from Bryn
bryn.hurren@babergh.gov.uk
Tel: 01787 210854
Mobile: 07771 508348



P.S. Readers might be amused to see what I found when I opened my shed the other day - my brand new boots had been turned into a fully-furnished wasp apartment block, complete with thousands of angry stripey residents all (not-so-politely) declining to vacate the aforementioned footwear. I'm taking it as a sign that my feet don't smell!

NEWTON

Summary of Council Meeting 18th June 2025

25/110 Pedestrian crossing

SCC Highways Engineer Darren Smith updated councillors on his investigations on the need for a pedestrian crossing in Newton. He explained that whilst the evidence from the traffic survey strongly supported the need for a signalised crossing rather than a zebra crossing, the survey of pedestrians actually crossing the road did not support the need. He was aware that the number of pedestrians currently crossing the road was suppressed by the dangers faced in crossing the road. For the suppressed demand to be measured, SCC has asked NPC to survey its residents on the potential use of a crossing should it be installed in the village.

Once the feedback from the survey is analysed by SCC, they will decide if the project should proceed to a design and costing stage. The design would consider the desire line for the crossing, kerbing, electrical supply and the pavement for the Green.

It was agreed that NPC would consult with each household in the village between 1st and 15th July and then forward the responses to SCC Highways.

25/116 Parish Survey

The councillors reviewed a parish survey considering the decision to conduct a pedestrian crossing survey in July. They agreed to delay the parish survey until more is known on the outcome of the pedestrian crossing project, being undertaken by SCC Highways.

25/117 Neighbourhood Plan

Cllrs Evers and Presland updated councillors that they had been discussing the NP Working Party format with local residents. The clerk updated councillors that the Ministry of Housing, Communities and Local Government has decided, as a result of the government's spending review, that there will not be commissioning new planning support services for 2025 onwards for Neighbourhood Plans. This means that there will not be any grant available for Newton to review its NP. For 2024 / 25 the grant for NPC would have been worth £18,000 towards its costs as it is planning to allocate sites within the revised plan. Allocating sites would necessitate a

Strategic Environmental Assessment being undertaken on the allocated sites, which would additionally cost in the region of £25,000.

The clerk was asked to discuss NPC's options for developing a NP with Babergh and NPC's planning consultant Chris Bowden, in order to show a proposed plan and costing for the project at the August meeting.

NEWTON

Summary of Council Meeting 9th July 2025

25/133 Planning

a. A planning application had been received since the agenda was posted requiring a response before the next scheduled meeting. Councillors considered planning application DC/25/03010 1A Links View - Erection of a garage/workshop and resolved by a majority to object to the planning application on the following grounds:

i. It does not comply with policy NNP Newt 1 as the councillors consider that the proposal for 3 spaces covered by a roof does not reflect the character of the surrounding area. Links View has integral garages with up to 2 car spaces, none of which are at the front of the property. Elsewhere in the village, this type of building at the front of properties, has a maximum of 2 car spaces.

ii. The councillors consider that the scale and mass of the building is an overdevelopment of the site and not in keeping with the properties that surround the site, which is contrary to policy NNP Newt 3 2b.

25/135 Pedestrian crossing

The councillors were pleased with the responses received to date on the pedestrian crossing survey. Councillors agreed to remind residents of the survey before its closure on 15th July 2025.

25/136 Neighbourhood Plan

The clerk updated councillors with his progress in trying to seek funding towards the costs of reviewing the neighbourhood plan:

- He had spoken to Babergh's Paul Bryant who confirmed that BDC councillors are looking at ways to help the funding situation, but he was not hopeful that Babergh

can help to any great degree. NPC has registered its commitment to reviewing the NNP with Babergh.

- Our own district councillor has no further update on any plans Babergh has to help the situation.
- South Suffolk MP James Cartledge's recent newsletter did not offer any options to fill the hole created by the government's grant withdrawal.

The councillors resolved to adopt the Terms of Reference for the NP Working Party and to proceed with recruiting members for the group. The planned public presentation for September is to be deferred to a later date.

25/139 Parish Infrastructure Investment Plan (PIIP)

The councillors reviewed the amendments made to the PIIP and resolved its adoption.

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

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

Dave Crimmin CILCA, PIALC, PSLCC

01787 375085
clerk@newton-pc.gov.uk

BOXFORD

Summary of Council Meeting 24th June 2025

Election of Chair:

Cllr Strafford was voted in as Chairman.

Matters Arising from the Minutes:

Parking, Church Street – double yellow lines will be installed at the pinch-point.

Public Forum

The meeting was advised that the cricket season will now progress following the ground being approved from recent matches played. Cllr Strafford offered thanks to the team involved.

A volunteer from the bus group informed the meeting that the 1 hour bus service will return to coincide with the Sudbury to Marks Tey train service and to Hadleigh. There will also be

a 3 times Sunday service to Ipswich coming soon.

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.

Cemetery & Churchyard

The churchyard wall repair is confirmed and new traffic control firm is in place. Notice has been submitted to BRN. Leaflets will also be posted to all residents in Church Street.

Public Realm

Safety notices have been installed around the pond at The Croft.

The volunteer group have replaced the plants in the planters on the bridge railings and have finished the museum in the Old Gaol.

Bell House Clearance

It was agreed that Bell House should be opened to the public for anyone to look at historic items that can be suggested for keeping, prior to clearing. The Boxford Society will also be invited.

Members Reports

It was advised that the permissive footpath on Stone Street will no longer be open to the public. An alternative path was suggested. The owner will be contacted.

The meeting was advised that an application has been made to BDC for the surgery building to be listed as a community asset. The PC fully supported the application.

Planning

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

Date of Next Meeting

22nd July 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

GROTON

Summary of Council Meeting 2nd July 2025

Present: Piers Roberts, Sarah McGrath, Nigel Chapman, Catherine Hearn, Richard Jones (Clerk)

Apologies for absence: A Dixon-Smith

Co-Option of Councillor: C Britten was co-opted to the council. Proposed by N Chapman. Seconded by S McGrath.

Groton Traffic Assessment Funding:

An application to BDC for funding has been refused. It was difficult to see where funding could come from unless a local benefactor(s) could be found.

Financial Matters: The statement of finances and orders for payment and Q1 accounts were approved.

Planning matters:

Planning Applications received: DC/25/02587 - 1 Castlings Heath. Householder application - Erection of a single storey monopitch front extension incorporating a new entrance. First floor side extension with underparker/ carport. Single storey rear dual pitch roof extension. The council agreed to support the application as it had done with a similar one nearby. However, councillors were mindful of the comments made by occupiers of neighbouring properties and agreed that these should be taken into account by the district council.

DC/25/02594 - Crown House Groton Street - Application for Listed Building Consent - Replacement of windows, remove partition wall. The council had no objection to this application.

Groton People and Places Update:

There had been no progress from BDC.

Highway and Footpath Matters: First footpath cut carried out at the end of May.

Previous road treatment in Castlings Heath was breaking up and melting causing damage to tyres. The clerk to report to SCC.

Village Hall Matters: C Hearn reported that S Watkins had stepped down from the committee and been replaced by Colin Britten. A sub-group has been set up to manage the work being discussed with the aim to get a full survey done in order to prepare a funding bid.

Future Agenda items/Any Other

Business: N Chapman to continue to reach out to the community through the available local channels for help to fund the traffic calming signs and land to site a play area.

Date of next meeting: Wednesday 2 September at 7.00pm

Full minutes can be found at: <http://groton.onesuffolk.net/parish-council/documents/>

Richard Jones

01473 828246

grotonclerk@yahoo.com

Parish Council Contact Details

Boxford PC

Clerk: Zoe Rumsey

01787 739317

clerk@boxford-pc.gov.uk

<http://boxford-pc.gov.uk>

Edwardstone PC

Clerk: Richard Jones

01473 828246

edwardstoneclerk@outlook.com

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

Groton PC

Clerk: Richard Jones

01473 828246

grotonclerk@yahoo.com

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

Little Waldingfield PC

Councillor & Clerk: Chris White

07541 133535

clerk.littlewaldingfieldpc@hotmail.co.uk

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

Newton PC

Dave Crimmin PSLCC

01787 375085

clerk@newton-pc.gov.uk

www.newton.onesuffolk.net

Volunteers Make Our Villages Thrive!

Most of the clubs and organisations listed in these pages are run by volunteers — people who generously give their time and energy to make our community a richer, more vibrant place to live.

Whether it's a local sports team, gardening group, village hall, or charity initiative, these groups rely on the goodwill and dedication of people just like you.

Could you lend a hand?

Even a small commitment can make a big difference. Volunteering is a great way to meet new people, learn new skills, and feel more connected to your community. It's rewarding, sociable, and more often than not a lot of fun!

If there's a club or group that interests you, why not reach out and see how you could help? They'd be delighted to hear from you.

Together, we can keep our villages vibrant, welcoming, and full of life.

Additions or Corrections

This guide aims to be a comprehensive list of all groups and organisations within the benefice, so if you know of a group that isn't listed here, have a change of contact details or notice a mistake, please get in touch with the editor at editor@boxrivernews.com.

Featured Club



Boxford Bike Club is a large and friendly club that offers rides of various types most weekends throughout the year as well as special events such as the famous Boxford Tornado Sportive.

Scouting

1st Boxford Beaver Scouts	John 07966 690 313
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 boxford-suffolk.secure-dbprimary.com office@boxford.suffolk.sch.uk
Friends of Boxford School (FoBS)	talktofofs@gmail.com
Sunflowers Childcare	Moira Grant 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 916 135 nataliewoods25@gmail.com
Boxford Spinney	Mark Miller 01787 211596 www.boxfordspinney.co.uk mark.miller@talktalk.net
Boxford Village Hall	booking@boxfordvillagehall.co.uk
Edwardstone Parish Hall	Daphne Clark 01787 210698 daphne.clark@btopenworld.com
Edwardstone Millennium Green	Marijke Morris 07914 767 013 marijke_e@yahoo.co.uk
Groton Village Hall	Joanna Roberts 07845 940 008 jgant87618@aol.com
Little Waldingfield Parish Room	Sue Bowen 01787 249473 sd.bowen@btopenworld.com
Little Waldingfield Pavilion	Jennie Jordan 07522 352 558 52Jennie1@gmail.com
Marquee Booking	BoxfordMarqueeBooking@gmail.com
Milden Pavilion	Pearl 01449 741 876 info@mildenvillagehall.co.uk
Newton Village Hall	Alan Vince 07955 199 000

Clubs & Groups

Boxford Bellringers	Richard Gates 01787 210432
Boxford Bible Study Group	Peter & Margaret 01787 211077
Boxford Bike Club	Kevin Bridge 07876 798 617 www.boxfordbikeclub.co.uk
Boxford Bowls Club	Lea Blackham 01787 210313
Boxford Carpet Bowls	David Warren 01787 211067
Boxford Drama Group	Janice Macmillan 07779 303 690 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 971 701 m.eke@btinternet.com www.boxford-rovers-youth.com
Boxford Tennis Social	Sue Moore 07808 481 447
Boxford WI	Lyn Beer 07961 357 526
Fleece Jazz	David Gasson 01787 210796
Highway 12 Western Dance	Chris 01787 371006
Little Waldingfield History Society	Diana Langford 01787 248298 dianalangford765@gmail.com
Little Waldingfield Over 60s & Friendship Club	Tricia Eddington 01787 247932
Local History Recorders	Edwardstone Daphne Clark 01787 210698 daphne.clark@btopenworld.com Groton Joanna Roberts 01787 210619 jgant87618@aol.com
Madrigalia Choir	Sue Price 01787 210913
Milden Cricket Club	Richard Robinson 07807 229447 or David Lamming 07968 791 135
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	Moir Evans 01787 374652
Pilates (Edwardstone)	Claire 07772 074 750

Clubs & Groups

Primrose Wood Volunteers	Evan Flockhart 07968 336 883 obliquewoodland@protonmail.com
Swing Jive & Lindy Hop Dance	Sarah Boldock 07956 614 824
Yoga (Boxford)	Marianne Marshall 01787 210323
Yoga Paper Kite (Newton)	Sophie 01787 313662
Yoga with Lindsey (Newton)	Lindsey 07971 800 540

Charities

Boxford & Groton United Charities	Guy Godfrey 01787 211378
Edwardstone Millennium Green Trust	Marijke Morris 07914 767 013 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 733 934 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 352 558 52Jennie1@gmail.com

JULY 2025

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 - Summer Outing TBC	2pm
13 WED	Charity Quiz Night The Fleece, Boxford	8pm
17 SUN	Assington Horticultural Show Assington Village Hall	2pm
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
31 SUN	RBL VJ80 Commemoration Nayland Village Hall	5:30pm

SEPTEMBER 2025

2 TUE	Boxford Gardening Society - Talk Boxford Village Hall	7:30pm
3 WED	Boxford WI - Medical Detection Dogs Boxford Village Hall	2pm
6 SAT	Boxford Rounders Tournament Boxford Playing Fields	Noon
9 TUE	Fireside Club - AGM Cheese & Wine Newton Village Hall	2pm
10 WED	Charity Quiz Night The Fleece, Boxford	8pm
12 FRI	Relaxation & Sound - all welcome Boxford Village Hall	6pm
13 SAT	Winston's Wheels Table Top Sale Newton Village Hall	10-3pm
13 SAT	The Sackville Piano Trio St Mary's, Boxford	4pm
17 WED	LWHS - HMS Ganges Boys into Men Little Waldingfield Parish Room	7:30pm
20 SAT	Quiz Night Little Waldingfield Parish Room	7:30pm
22 MON	Boxford Friendship Group Boxford Village Hall	2-4pm
23 TUE	Fireside Club - Crazy Golf Joes Road	2pm
26 FRI	Boxford Society Old Picture Show Boxford Village Hall	7:30pm
27 SAT	Village Hall Coffee Morning Newton Village Hall	10-11:30am
27 SAT	Boxford Market Boxford Village Hall	10-1pm
29 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	7:30pm

MEMORIALS

LUXSTONE

WE HAND CARVE
ANYTHING IN STONE

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

Stour Valley Business Centre, Brundon Lane,
Sudbury, Suffolk CO10 7GB
Tel 01787 3711570 E mail info@neilluxton.co.uk
www.neilluxton.co.uk



Gary Jarvis

Paper Hanger and Interior Decorator

01787 211471 or 07733 325669

A Tennent Electrical

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

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

N D Rose

Int/Ext Decorating

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

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



TRACEY PARR
Independent Travel Agent
07747 608 509

tracey@boxrivertravelboutique.co.uk



Seasoned Firewood & Woodchip For Sale By the load

01787 319200



We carry out all aspects
of tree works
SUFFOLK TREE SERVICES
www.suffolktreeservices.co.uk

Darren Howe - Qualified Carpenter & Joiner

All Aspects of Carpentry Undertaken

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

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



Kirkham Sheidow Architects



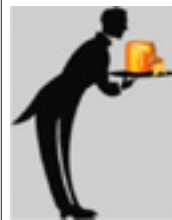
Boxford 01787 211670
design@kirkhamsheidow.co.uk
www.kirkhamsheidow.co.uk



**AUTOMOTIVE SECURITY
SOLUTIONS**

MOBILE FITTING IN SUFFOLK
CONTACT JAMES ON
01473 675148
07749 192947
INFO@JBAUTOWERX.COM
WWW.JBAUTOWERX.COM

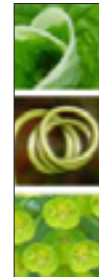
- THATCHAM APPROVED TRACKERS & IMMOBILISERS
- VAN ALARMS
- MOTORHOME & CARAVAN SECURITY
- DASHCAMS
- APPLE/ANDROID CARPLAY



Topcoat

Painting & decorating
Interior & exterior

For free quote
call David on
07519 589256



Green Eye Gardens

Garden design, creative planting & landscaping

Francesca Green
Tel: (01787) 210507

www.greeneyegardendesign.co.uk
info@greeneyegardendesign.co.uk



Cass White Upholstery

Traditional & Modern

www.casswhiteupholstery.com

07759 924 209
casswhite@live.com

Hadleigh Hairloom

78 - 80 High Street, Hadleigh
01473 822191

Walk-in Family Salon

Catering to the entire family's hairdressing needs
* Easy Access * Family Friendly * Free Wi-Fi *
Comfortable Waiting Area with Toys and TV.
Monday Wednesday & Friday: 9 - 5.30
Tuesday 9 - 7.00 * Thursday 9 - 8.00 *
Saturday 8.30 - 4.00



JPS Timber

Suppliers of:

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

07970 559 251

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

-PJH-

Property Maintenance

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

www.pjhpropertymaintenance.co.uk
pjhpropertymaintenance337@gmail.com

6 Hadleigh Road, Boxford,
Sudbury CO10 5JH

TELEPHONE: 01787 212366

CARPETS - VINYL - WOOD LIONEL HATCH FLOORS

Your local professional,
personal, competitively priced
flooring service

Call Lionel Today

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

BUSINESS OWNER?

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

01787 210946
editor@boxrivernews.com

Bed & Breakfast

Newmans Hall Farm
www.newmanshall.co.uk

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

Monks Eleigh Road
Little Waldingfield
Sudbury, Suffolk
CO10 0SY

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

email: louise@newmanshall.co.uk

Services Directory

DCM ELECTRICS

Working and testing for electrical safety

Highest quality electrical service
with 40 years experience

DAREN: 07951 990327

DAREN.DCM@GMAIL.COM

3 Castlings Heath, Groton, CO10 5EU



Your Local Insurance Broker Is
Here For You

Coversure Sudbury

CALL US: 01787 374 857

VISIT US: coversure.co.uk/sudbury

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

For business. For family. For you.

Deeks Bespoke

Kitchens and Bedrooms

tel: 07969 524 124

email: deeksbespoke@gmail.com



OPTIMUM

Architecture Ltd

Architectural Services

Including Listed and Low

Energy Buildings

01206 262697



www.optimum-architecture.co.uk

Qualified Foot Health Professional

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

Tel: 01787 211345

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

ROBSON THATCHING

FREE ADVICE
RE-THATCHES
PATCHING
REPAIRS

Over 25 years experience

56c High Street, Lavenham

01787 247 964 or 07443 596 757

philiprobson2011@hotmail.co.uk

PADDOCK AND MEADOW CUTTING & HARROWING SERVICE

Small Tractor 6' Topper
12' Grass Harrow

01787 210842

Amanda Hollingworth Counsellor

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

COSRT Accredited Psychosexual Therapist

COSRT Accredited Clinical Supervisor

UKCP & BUPA Registered Psychotherapist

contact: **01473 824663** or

ac.hollingworth@gmail.com

SJ Hurrell Plumbing & Heating

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

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

07970 163084 • 01787249081

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



C D Lawson

Building & Hard Landscaping
01787 211429 mobile: 07730885019

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

Professional and Reliable service
at competitive rates

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

W.A. Deacon FUNERAL SERVICES

24 HOUR
TELEPHONE SERVICE

01787 248282 & 01787 248147

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

INDEPENDENT FAMILY COMPANY



ESTABLISHED 1952

Ken Grime & Son Ltd Electrical Contractors

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

Office Tel: **01787 373 558**

Ken Mobile: **07702 358 802**

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

D MAY

Plumbing & Heating

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



S B Electrical

For all your electrical work

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

01787 247043

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

Boxford Lane Joinery

With the benefit of over 40 Years experience

Specialist Manufacturers
and Installers of Bespoke:

Kitchens

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

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

email: BoxfordLaneJoinery@gmail.com

SAM'S K9 Services

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

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

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

Whether you need help as a first time puppy owner, or your dog is showing signs of aggression or you need help with training problems such as lead pulling
please call me on 07939 563 282



KJ Garden & Home Services



**Gardening, Landscaping and
General Household & Garden Repairs**

**General Gardening & Mowing
Landscaping & Carpentry
Decking & Pergolas
Garden & Household Repairs
Painting & Decorating**

Fully Insured No job to small

✉ karlandjoshservices@gmail.com

☎ **07787 241425 / 07599 484 655**

FIREWOOD

**BARN STORED DRY LOGS
VARIOUS LOAD SIZES AVAILABLE**

**OR KILN DRIED LOG NETS
AT £15 EACH**

Delivery available on minimum of 6 nets

KINDLING

Contact Carol Abbot
**01473 829 130 or
mobile 07768 795 981**

BUSINESS OWNER?

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

01787 210946

editor@boxrivernews.com



**COMMAND
PEST
CONTROL**
Established 1986



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

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

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

Call (01787) 248049

www.commandpestcontrol.co.uk

M.D.MILLS

(BUILDING CONTRACTORS) LTD

All types of building work undertaken including:

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

For a free no obligation estimate
please call:

01787 373085

www.mdmills.co.uk



PAUL MACHIN GARDEN SERVICES

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

Grass scarification.

General garden maintenance,
hedge cutting, tree pruning.

Garden rubbish clearance

Patio, path and driveway cleaning.

Garden plant watering service.

Environment agency waste carriers
licence held and fully insured

07854 725777

paulsgm@gmail.com



@paulmachingardenservices



**WHITWELL
SERVICES**

**For all your
Home Heating & Plumbing Needs**

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

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

To Contact us:

Tel: **01787 210277**

Email: enquiries@whitwellservices.co.uk

Web: www.whitwellservices.co.uk

LAWNS FIELDS AND GARDENS

Established 1991



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

FOR A FREE QUOTE RING MARTIN ON
07932 477152

Scents Of Life



Essential Oil support
for all areas of health

Transformative Sound Immersions
Fully qualified healing practitioner

louisecarpenter@proton.me
01787 211862

Antique Renovations



Expert restorers of
fine antiques & interior woodwork

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

CARPENTRY & JOINERY

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

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

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

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

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

BUSINESS OWNER?

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

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

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

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

01787 210946
editor@boxrivernews.com



LOUISE'S
Mobile Hairdressing

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

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

Please call Louise to book an
appointment

07970 704 823



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

Appointments available Monday - Saturday

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

Tree Surgeon



Blake Tree Care

Providing excellence in:

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

Free Consultation for Small and Large Jobs

Public Liability Insurance

M: 07515 288736

O: 01787 228341

info@blaketreecare.co.uk

www.blaketreecare.co.uk



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

GARDEN WORK

TREES & HEDGES

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

01473 829130 or
mobile 07768 795981

Suffolk Medical & Beauty Clinic

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



www.suffolkmedicalclinic.co.uk

6 Broad Street, Boxford
01787 211000

H Byham & Son Ltd Ballingdon Dairy, Sudbury

Deliveries of Dairy Produce and Goods
to Boxford and
Surrounding Villages

Tel: 01787 372526



FORMERLY 'NAILS BY GRACE'

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

www.beauty-bygrace.co.uk

07484 648932

AK SMITH PLASTERING

Established 1986

CEILINGS, WALLS, FLOORS
LIME PLASTERING
PLASTER BOARDING, COVING

NO JOB TOO SMALL

MOBILE: 07808 027 116

Based in Assington



Email:

aksmithplastering@hotmail.co.uk

Web: www.aksmithplastering.com



STIRLING

PAINTERS &
DECORATORS

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

TEL: 01255 688104

MOBILE: 07866 734519



The Local Self Storage Company

For all domestic and business needs

See website for details

www.boxstore.co.uk

or phone 01787 210350

Get your business seen

Effective advertising:
editor@boxrivernews.com

HOWARD WATTS

Automotive



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

01787 210318

07836 353537

www.howardwatts.co.uk
office@howardwatts.co.uk

P.D. Garner Plastering Services

Telephone: 01206 262207

Mobile: 07976 246713

13 Elmtree Lane, Leavenheath, Colchester CO6 4UL

Colne Valley Windows

Your local double glazing company

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

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



To arrange a free quotation
please call us on 01787 827382

Web: www.colnevalleywindows.co.uk
Email: info@colnevalleywindows.co.uk

Certified Company 36650

Nº 18 HONEY

LOCAL SUFFOLK HONEY

100% pure honey, straight from hive to jar.
Made by our happy bees from
local wildflowers right here in Boxford.
Available to buy online or direct from the
driveway, cash and card payments accepted.

BBKA-registered swarm collectors

18 STONE ST. BOXFORD CO10 5NR

01787 210 946 / 07919 902 437

www.numbereighteensuffolk.com

buzz@numbereighteensuffolk.com



MINIWASTE LIMITED

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

Tel: 01787 378811

e mail: info@miniwaste.co.uk

Website: www.miniwaste.co.uk

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:



**MINIMUM
FUNDRAISING
TARGET £50**



**REGISTER
TODAY**

For more information please visit:
homestartinsuffolk.org

Registered Charity No. 1105001