

September 2025

Box River News

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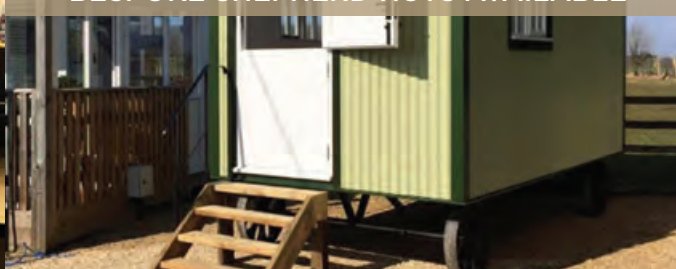
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Taxi To Your GP

Hadleigh Health Centre introduced a free patient taxi service from Boxford to Hadeigh – but their message now is use it or lose it.

As part of the mitigation of problems arising from the closure of the Boxford surgery at the end of June, Hadleigh Health Centre introduced a patient taxi service intended to assist patients with transport problems in getting to the Hadleigh surgery.

As reported on page 7 of the Suffolk Free Press on 31st July the taxi service had not received any uptake in its first month. Whether this was genuinely because it's not required (as was intimated in the article), or because the surgery could have communicated the service's existence slightly better and ensured that its coverage was sufficient to meet patient needs, remains open to debate.

Assuming the former, Hadleigh Health Centre is now threatening to pull the plug on the service unless it can be proved that patients are using it and so have a need for it to continue.

The taxi service is FREE for patients who previously would have walked to the Boxford surgery. It is available for 2 hours between 10am-noon every Tuesday and Wednesday in September.

To book the taxi patients must first arrange an appointment with the Hadleigh surgery for one of those dates and in those times available. If using Anima then write that you need an appointment during those times in the request process. If you are phoning the surgery, mention to the Care Navigator that you need to use the free taxi service so that they can try to find you an appropriate appointment.

Having obtained an appointment within those times and dates you will then need to phone David Willis on **07956 782018** to arrange a taxi.

Alternatively the Boxford Community Car scheme is also available to Boxford and nearby village residents

at cost price but with much wider availability. The car scheme is run by volunteers for residents needing transport for doctor, optician and dental appointments in Hadleigh and for hospital appointments in Bury St. Edmunds, Colchester, Ipswich and sometimes even further afield. It also provides transport for patients with alternative medicine or therapy appointments.

Journeys are charged at 45p per mile. For illustration a return trip from Boxford village centre to Hadleigh Surgery (11 miles total) would cost £4.95. It is available Monday to Friday. For more information please call Jen Eastwood on **01787 211853**.

Volunteer drivers are always needed for the Community Car Service. If you would like to volunteer or need some more information then please get in touch with Jen on the number above.

Box River News

Trudi Wild
Editor

01787 210946

editor@boxrivernews.com

Twin View, 18 Stone Street, Boxford CO10 5NR

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This month's cover image

This month's cover is titled "Sudbury Market" by local artist Eleanor Mills. Eleanor specialises in textiles and a video of the making of this piece can be seen at <http://bit.ly/sudbury-market>. You can find details on Eleanor's upcoming exhibition on p6 later in this issue.

Welcome!

My huge thanks go to everyone who took the time to send in wonderful feedback on last month's new-look issue. It's very much a work in progress so you may see slight changes in style in this and future issues as the kinks get ironed out as a result of your comments. Please do continue to let me know what you think.

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.

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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 October issue is Monday 15th September at midday.

Newton Village Hall Matters

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

Coffee Mornings:

Saturday 27th September
Macmillan Cancer Support
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

Newton Fireside Club

We look forward to seeing everybody after our summer break. We have a varied programme for next term and looking at the dates, it seems that Christmas will be upon us all too soon.

The first meeting is our AGM followed by cheese and wine.

Please bring ideas for activities, speakers and trips as your contribution is vital to ensure we provide activities that you enjoy.

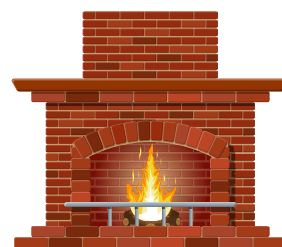
Subs remain at £25 for the term. These can be paid by bank transfer or in cash on the 9th. Hope to see you there.

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.



Boxford WI Update

The Boxford WI Open meeting is on **Wednesday 1st October 2pm - 4pm**

Entertainment will be from the Hadleigh Ukulele Group followed by refreshments and a raffle.

Everyone welcome - non-members £6 cash on the door.

If you are interested in joining Boxford WI why not come along to the village hall on the first Wednesday of the month at 2pm where you will receive a warm welcome.

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

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

For more information please contact our Secretary, Lyn Beer on **07961 357526** or email lyn@the-brook.net.



We held a coffee morning on 26th July following the success of the Open Gardens in June. This was an opportunity to celebrate, share feedback and to thank everyone who opened their gardens and helped on the day. Comments were very positive and everybody had a most enjoyable day. Photographs were on display and the photography competition was judged. The winning picture (right) was sent in by John Roberts who lives in Dunmow. The prize was a Perrywood's gift voucher that was kindly donated by them.

The morning was very well attended. There was a good array of cakes and savouries and our new stock of bric-a-brac was very well received. The proceeds from these and the raffle amounted to over £300. This will be used for posters and printing for next year's event which will take place on **Sunday 14th June 2026**. This is a week earlier but was a popular choice. Needless to say, we will be looking for new gardens to be opened and for volunteers for on the day and to help with the organisation.

Sue & Paul Presland



Sometimes Leaks Are A Good Thing



We are pleased to announce that with the support of local landowners, Reclaim the Rain is very soon installing a network of leaky dams across Boxford's upper surface water catchment. These natural flood management features are installed in the channel of the watercourse and are designed to slow the flow of water through the catchment during storm events, helping to reduce flood risk downstream.

This idea was first put forward by Boxford's Community Working Group during the initial long listing of ideas and we're pleased to be bringing this suggestion to life, alongside the other proposals across the catchment developed in collaboration with the Boxford community.



Leaky dams offer a wide range of benefits. The most notable benefit in respect to Reclaim the Rain's aims is the role to help reduce flood risk downstream by slowing the flow and easing pressure on the natural watercourses and drainage systems. By temporarily holding back water during heavy rainfall, they reduce peak flows. Leaky dams also support water quality by filtering sediment and pollutants, while contributing to ecological health by creating habitats for amphibians, invertebrates, and plants. In addition, they help retain soil moisture during dry periods, which supports vegetation and reduces drought stress in the wider catchment.

To understand the full impact of these installations, we will be carrying out pre- and post-installation monitoring. This will gather data on soil moisture, water quality and ecological changes, allowing us to better measure the benefits of these interventions.

The leaky dams will support our wider proposals across Boxford's catchment, including the restoration of ponds and planted willow trees.

If you would like to learn more or get involved in Reclaim the Rain, please contact us at reclaimtherain@suffolk.gov.uk.

Best Wishes,
Ruby and Sian

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Wednesday, September 10th from 7pm

Open Mic Night - Every 4th Wednesday of the month
Wednesday, August 27th from 7pm
Wednesday, September 24th from 7pm

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

Oktoberfest! - September 19-28
Everyone's favourite lager fest is back! Join us for a great lineup of German & UK festbiers, weizens & more - plus homemade pretzels & special Oktoberfest pizza! Lederhosen & dirndls optional but encouraged!

Street Food
Follow us on Facebook/Instagram for weekly updates!
Wagyu Burgers - Every Friday
Suffolk Spice Fusion - Saturday, Sept 13th
My Thai Chef LM - Saturday Sept 20th
Taqueria La Gringa - Sat Sept 27th

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We're excited to announce a brand new **photography workshop** here at **Mill Tye Gallery** with award-winning London photographer, **Roj Whitelock**.

People & Portraits Making the most of natural light

Date: **Tuesday 28th October**

Time: **9:30am – 1:00pm**

Price: **£78 per person** (includes tea, coffee and refreshments)

This workshop is ideal for beginners to intermediate photographers who want to capture better portraits using natural light — no flash or studio setup required. You'll work with a live model and learn how to see, shape and use natural light to create stunning portrait images. You'll also cover camera settings, posing techniques, and creative ways to modify light with simple tools — all under the expert guidance of Roj in a relaxed, inspiring setting opposite the Mill pond in Mill Tye.

To secure your place, visit:

www.milltyegallery.co.uk/book-online

Spaces are limited and this is a one-off event.



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

Open: Thursday to Sunday
10:30am to 4pm.

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milltyegallery.co.uk

Eddie & Janet Kench

Founder and previous editor of the BRN Eddie Kench and his wife Janet will have their ashes interred at a short ceremony in Boxford Graveyard on 30th August. Please contact Mark Kench on 07941 449 807 if you would like to come and pay your respects to this wonderful couple who were both a core part of Boxford life.



Were You Born In The 50s?

Did you go to Boxford Primary School?

We are organising a reunion!

Come and join us for a catch-up to reminisce about the 'good old days'.

It's on **Saturday October 4th** at the **Fleece Inn, Boxford** (upstairs room) from 7pm.

Please contact Erika or Pauline to register :
erikaandbob@gmail.com
p.tricker@btinternet.com





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An Appliqué Afternoon

Mill Tye Gallery is proud to host the work of BRN Cover artist Eleanor Mills, a Sudbury native, alumna of Thomas Gainsborough School, and recent graduate of Brighton University. In this compelling exhibition, Eleanor reflects on her journey from childhood in a rural town to adulthood as a professional textile artist, and her rediscovery of the local landscape upon returning home.

Eleanor says, "This exhibition reflects my personal journey from my childhood in Sudbury to where I am now, and how I've come to recognise the quiet beauty it holds. The work explores the shift of transitioning into adulthood and the unexpected nostalgia that comes with looking back at the past. I've always been fascinated by the ways textiles can be manipulated and its endless possibilities. I wanted to challenge myself in a professional setting and Peter at Mill Tye Gallery offered me the chance! I used fabrics donated by local mills to highlight the deep connection my family and our amazing community have to Sudbury's silk industry."

An Appliqué Afternoon

A Textiles Exhibition by Eleanor Mills

Opening Saturday 6th September at Mill Tye Gallery

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Boxford's Newest Business Entrepreneur

A young Boxford artist has just started her own business selling cards and tea towels of her original designs.

A keen artist from a young age, Sioned Gold has just completed a Level 3 extended Diploma in Interactive Media and Games Design at Colchester Institute, where she learnt how to design and create video games.

During this course she cultivated her passion for art and started painting using acrylics and creating artwork using other media.



Taking the next step into business

Sioned says, "I have chosen my producers very carefully to make sure that I am being as eco-conscious as possible – so the cards are made from sustainable forests and the tea towels are made of 100% unbleached organic cotton. Both are produced and printed within the UK. This business is a way for me to share my work with the wider world and gain experience in new areas.

I currently sell my products on Etsy:

www.luckylighthouseart.etsy.com however I am hoping to expand and sell my products in local shops as well. If you have any suggestions as to where you would like to see my products, please let me know! My email is: LuckyLighthouseArt@gmail.com"

Sioned has now enrolled on a Foundation



art and design course to further her art and design experience using different tools and techniques and continue her unique creativity.



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The Butcher's Wife

Co-habiting with feral animals

I'm halfway into my summer holidays and like every year, I've settled into a life of not doing much. It's amazing how quickly time goes by when you have nothing to do!

I know I've mentioned (moaned) before about how messy the Butcher and the mini Leeders are, but being at home more has made me notice some of the finer details.

Example one: the Butcher takes his shoes and socks off in the living room. Shoes get left by the couch (annoying) and the socks were put on the side table next to the couch (actually lost for words).

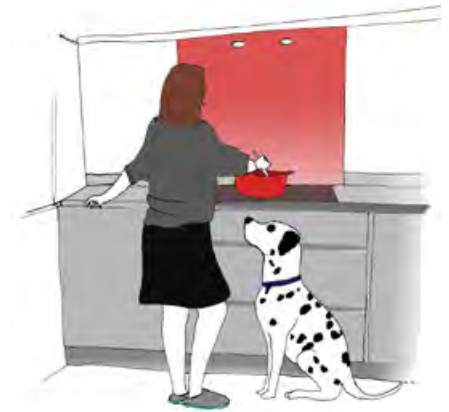
*"The Butcher is smug.
I am annoyed."*

I watched this happen live with my own eyes. A 'conversation' was had and the Butcher decided he was going to see who would break first, me or him. So for the next 3 nights I watched him add that day's dirty socks to this pile. It was painful, and, as much as I tried to stay strong, I broke at day 4 and the socks are now washed and back in the sock drawer. The Butcher is smug. I am annoyed.

Shoe racks and coat hooks are still lost on him. I think I'll have to admit defeat on that. You know what they say, you can't teach an old dog new tricks!

Example two is the youngest of the mini Leeders whose bedroom exuded a weird smell. Not surprising as he's a teenage boy but this was something else. It smelt like something had died.

I braced myself and entered the pit. I found a plate with dried-up chicken stir-fry on his windowsill. We last



had stir-fry 3 weeks before. Why are teenagers so disgusting?

When said teenager decides (is forced) to clean his room, I get half the kitchen back and have a mountain of washing. I did give him a high-five this week as he actually put his dirty plates in the dishwasher instead of leaving them on the side. It's a small step but we are moving in the right direction!

Baked Beans On Toast

This recipe is dedicated to one of my long time readers, who "has been completely spoiled" by his wife. He has everything done for him and admits that he can't cook and has asked that I do a recipe for men like him. So: a recipe for the men who live like kings and have no idea. Apologies to all my other readers, normal recipes will resume next month!

Ingredients

2 slices of bread (3 optional)
1 tin of baked beans
Butter, as per your preference
75g of cheddar cheese, grated (optional)



Method

1. Put the slices of bread in the toaster. If you don't have a toaster, stop now and order a takeaway.
2. Push the button on the toaster down.
3. While the bread is toasting, pour the beans into a small saucepan.
4. Put the saucepan on the hob and turn on to a medium heat. If your hob settings are between 1 and 10, medium would be a 5.
5. Cook the beans, stirring continuously (which means 'all the time') until the sauce thickens and starts to bubble.
6. When the toast pops up, put it on a plate and spread with the butter. If you're awkward like the Butcher, and prefer cold toast, you might need to wait a few minutes before adding the butter.
7. Pour the beans onto the buttered toast and sprinkle with the cheese (if using). Optional 7a, if again you are awkward like the Butcher, put the toast on one plate and the beans on a second plate, to avoid soggy toast.
8. Bon appetit!



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Reflections From The Ministry Team

Dear friends,

I always think that September 1st feels like a second New Year. For many of us it's a time of new beginnings – a new term, a new school, a new college or university place, or



perhaps even a new job. September gets us back into action after the summer break. It's a time for taking stock of where we are and a time for looking forward to plan our next move. September is a season of change and a season of promise.

In church we also sense the change as we come to the last Sundays after Trinity and start planning Harvest Festivals. The Ministry Team, Churchwardens and PCCs are working hard to keep everything ticking over during this period of vacancy in the Benefice. Liz, our Administrator, is very happy to answer any queries you may have about services or church events so please do be in touch with her if necessary. We look forward to your support as we seek to serve our parishes through this time of uncertainty and change.

We all know that change of any sort can be difficult to accept but change can also be good and creative. For many of us our natural reaction is to resist change because it makes us feel uncomfortable or anxious. We would rather stay in the comfort of things that we know than face the challenge of new things beyond our comfort zone. But change can be good for us because it gives us a new and different perspective on life. The challenge of change can give us new energy and purpose as we meet new people or discover new places.

Sadly, it is often fear that holds us back from trying new things – fear of embarrassment or fear of failure because whenever we attempt something new we feel unsure of ourselves and slightly vulnerable. But even if we are not 100% successful in our new venture, we will have learned a good deal about the world and about ourselves. As my mother used to tell me "Better to have tried and failed than not to have tried at all!"

At the heart of our Christian faith is Christ's call for change – a call to human beings to turn away from selfish and aggressive ways and follow Him in the ways of gentleness and peace. Week by week in church we pray for change in our world torn apart by violence, war and poverty. As I write this the situation in Gaza seems unbelievably horrific and the people of Ukraine face heavier bombardment than ever. All around our world people are suffering because of man's inhumanity to man. Suffering that should not be. We pray for reconciliation between nations and for justice and generosity in all those places where there is oppression and pain. Our faith tells us that only by coming under God's gentle rule can our world be a place of peace and justice and beauty for our children.

Hearts and lives are changed when we meet with Jesus in worship and prayer. He gives us courage to face our fears. Jesus frees us from the guilt and anxieties that hold us back and prevent us from living as full a life as we should. He is the Prince of Peace and he alone can give our hearts peace and security when all around us the world is full of trouble and turmoil. Jesus calls us to change - to trust in Him and be gently transformed into the people that God wants us to be – the best that we can be.

So, I wish you a very happy September! May it be for you a time of positive change – new challenges and new adventures. Whatever age we are there is always the opportunity to try something new, make new friends and open our minds to new ideas. The Holy Spirit of change is blowing through our Box River Benefice at the moment and we welcome it prayerfully and hopefully, knowing that we are securely held in Christ's loving arms.

I leave you with this lovely blessing -
May the road rise to meet you,
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of his hand.

*With love in Christ,
Revd Diana*

September

Dates for your diary

Tuesday 2nd 10am

Drop in for Coffee
Mary's House

Friday 5th 10:30am

Coffee Morning
St Lawrence's, Lt Waldingfield

Tuesday 9th 10am

Drop in for Coffee
Mary's House

Saturday 13th 4pm

The Sackville Piano Trio
St Mary's, Boxford

Tuesday 16th 10am

Drop in for Coffee
Mary's House

Wednesday 17th 10am

Coffee Morning
All Saints', Newton Green

Saturday 20th 10am

Coffee Morning
St Mary's, Boxford

Tuesday 23rd 10am

Drop in for Coffee
Mary's House

Tuesday 30th 10am

Drop in for Coffee
Mary's House

Contact Information

Benefice Office

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

01787 828046

email: boxriverbenefice@gmail.com

Freshen Up!

We all love a bit of summer colour but, with Autumn on the way, it's time to give your skin a boost.

September is National Skincare Month. And what better time of year for a refresh than right after a hot sticky summer?!

Medical Microdermabrasion is the ultimate treatment to improve the look and feel of your skin. A painless alternative to chemical peels, it has similarly impressive results.



Microdermabrasion intensively exfoliates, resurfaces and rehydrates the skin using a jet of crystals - stimulating blood flow; leaving you with brighter, tighter, younger-looking skin. And this month, you can save £10 on a treatment.

Medical Microdermabrasion

Freshen up with our classic microdermabrasion facial this month at just £65 (usually £75)*

Call 01787 211 000 for more info

* Offer valid once per person; until 30/09/2025.

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

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



Service Schedule For September 2025

| | | | |
|---|-------|-------------------------------|---------------------------------|
| Wednesday 3 rd September | 10:00 | Communion & Coffee | Mary's House, Boxford |
| Sunday 7 th September Trinity 12 | 09:30 | BCP Mattins | St Lawrence's, Lt Waldingfield |
| | 11:00 | Sunday Eucharist | St Mary's, Boxford |
| Wednesday 10 th September | 10:00 | Communion & Coffee | Mary's House, Boxford |
| Sunday 14 th September Trinity 13 | 09:30 | Sunday Eucharist | St Bartholomew's, Groton |
| | 11:00 | Patronal Eucharist with Choir | St Mary's, Boxford |
| | 17:00 | BCP Evensong | St Mary's, Boxford |
| Wednesday 17 th September | 10:00 | Communion & Coffee | Mary's House, Boxford |
| Sunday 21 st September Trinity 14 Matthew | 09:30 | Sunday Eucharist | St Mary the Virgin, Edwardstone |
| | 11:00 | Sunday Eucharist with Choir | St Mary's, Boxford |
| Wednesday 24 th September | 10:00 | Communion & Coffee | Mary's House, Boxford |
| Sunday 28 th September Trinity 15 | 11:00 | Sunday Eucharist | All Saints', Newton Green |
| | 11:00 | Family 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.

Boxford Calendar 2025!

Have **your** photo of
life in and around Boxford
in next year's calendar

send to:
audrey@a2zriskservices.com
By 30th September 2025



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, 5TH SEPTEMBER
10.30 AM - COFFEE MORNING AT ST LAWRENCE'S, LT WALDINGFIELD

WEDNESDAY, 17TH SEPTEMBER
10.00 AM - COFFEE MORNING AT ALL SAINTS', NEWTON GREEN

SATURDAY, 20TH SEPTEMBER
10.00 AM - COFFEE MORNING AT ST MARY'S, BOXFORD

EVERYONE WELCOME, COME ALONG FOR CUPPA AND A CHAT

Resilience And Radiance In The Box River Benefice

Despite the early rain in August communities across the Box River Benefice came together with genuine warmth to celebrate everything from flowers to fellowship.

Groton's annual Garden Party went ahead with true British resilience. Umbrellas in hand, parishioners and neighbours gathered to enjoy cream teas and good company. The event raised vital funds for St Bartholomew's and we're grateful to the McCorkell family for opening their beautiful garden.

By the time this issue of the BRN comes out St. Bartholomew's Flower Festival will also have happened and we hope to publish some photos of the displays in the October issue of the BRN. The festival's theme was 'Trash & Treasures' and coincided with both flower demonstrations and guided talks and walks.

Little Waldingfield, St Lawrence's Flower Festival is on 30th-31st August, drawing its theme from musical theatre. A riot of colour and creativity is guaranteed! Refreshments and irresistible home-baked cakes will be available. For more information please contact Nancy Roser on **01787 882897** or email nancyroser2004@yahoo.co.uk. We'd be delighted to welcome new arrangements/arrangers of all abilities.

These events not only raise funds to keep our churches open daily for prayer and visitors, but also offer a quiet reminder of the joy found in shared moments and sacred spaces.

Celebrating Harvest Across The Box River Benefice

This autumn our churches come together in gratitude for the gifts of the land and the hands that tend it. Newton hosts a delightful Harvest Cream Tea, Boxford welcomes all to a welcoming Harvest Supper, and each parish will hold its own Harvest Festival service—joyful moments to give thanks and share fellowship.

In our rural benefice harvest is more than tradition - it's a lifeblood. It reminds us of our deep connection to the land, the rhythm of the seasons, and the blessings of community. Whether through farming, gardens, or shared meals we honour the abundance around us and the care we owe creation. Join us in celebration, reflection, and thanksgiving.

Boxford Christmas Tree Festival – Reserve Your Spot!

St Mary's Church, Boxford, will host its annual Christmas Tree Festival on Saturday 6 December. It's a chance to celebrate the season with creativity, community, and a touch of sparkle. Local groups and businesses are warmly invited to reserve a tree or book a stall. Whether you're showcasing your work or simply joining in the festive spirit, we'd love to hear from you. Contact the benefice office to take part.



ALL SAINTS' CHURCH

**HARVEST
CREAM TEA**

**SUNDAY
5th OCTOBER 2025
AT
3.00 PM**

NEWTON GREEN VILLAGE HALL

RAFFLE ON THE DAY

TICKETS ONLY £10

**TO BOOK YOUR TICKET PLEASE
CALL FIONA ON 01787 377630**



**ST MARY'S CHURCH
BOXFORD
HARVEST SUPPER**

**DO COME ALONG AND ENJOY A 2 COURSE
DELICIOUS HOME COOKED SUPPER.
(SUGGESTED DONATION IS £7.50, PAYABLE ON THE DAY)**

**FRIDAY, 10TH OCTOBER
7.00 PM**

**Please contact the Benefice Office
to reserve your place by Thursday, 2nd October
01787 828046
or boxriverbenefice@gmail.com**



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

Kersey Flower & Vegetable Show

Saturday September 13th Kersey Village Hall 2:15pm - 5pm
Refreshments and Tombola. Entrance Adults 50p

Kersey Table Tennis Club

We are a small and friendly club and welcome players of all abilities. The purpose of the club is social and recreational. We do not play competition.

We operate from Kersey village hall on Thursday evenings between 7:30pm and 9:00pm.

Our fees are: Adults £2 for one hour or £3 for the full session. Juniors (under 18) £2 irrespective of duration.

Our next season commences on 11th September 2025 and ends 25th June 2026

Contact Adrian Blyth 01473 827 805 amblyth1@gmail.com

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

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 Gardening Club

Our first meetings for autumn are as follows:

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

Tuesday 21st October at 7:30pm: Update on Benton End by James Horner

We look forward to seeing you at the above events.

All meetings will be at Polstead Village Hall on The Green in Polstead (CO6 5AL). Free to members.

Non-members are welcome £5 (cash or cheque please). Entrance includes a drink and nibbles.

Queries to gardeningclubpolstead@yahoo.com

Polstead Films

The Ballad of Wallis Island

Friday 19th September, Doors open 7pm

POLSTEAD VILLAGE HALL



Starring Tim Key, Carey Mulligan & Tom Basden

An eccentric lottery winner, who lives alone on a remote island, dreams of getting his favourite musicians back together. His fantasy turns into reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island.

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


Little Waldingfield Pop-Up Pubs

Our next 'Pop-Up Pub' night is Friday 26th September from 7:30pm - 11pm. The nights are really relaxed and friendly events in the beautiful setting of the pavilion at the Little Waldingfield Playing Fields, and everyone is welcome to join us for an evening of great company and a range of reasonably-priced drinks (both alcoholic and non) watching the sun set over the countryside.

BOXFORD
GARDENING SOCIETY

GARDEN DESIGN FOR BEGINNERS

Christine Lavelle
from Writtle University College



Tuesday 2nd September 7.30pm
at Boxford Village Hall

FLEECE JAZZ
Stoke-by-Nayland Hotel presents

Sharp Little Bones feat. Tony Kofi
Wednesday 10th September 2025 8pm - Tickets: £20



Sharp Little Bones is a quartet of virtuosos playing brand-new compositions that are tight, energetic, catchy, and melodic.
"Passionate, superb and heartfelt"
– The Guardian

Tony Kofi – Sax
Paul Deats – Piano
Simon Paterson – Acoustic & Electric Bass
Andrew 'Woody' Wood – Drums

Antonio Forcione: Solo Guitar
Wednesday 24th September 2025 8pm - Tickets: £25



"Imagine an Italian hybrid of Michael Hedges, John McLaughlin and Django Reinhardt ... ferocious, rampaging, controlled power, meticulous precision and clarity of expression ... astonishing musical personality"
"It can tug at your heart strings, make your spine tingle with joy or trigger a smile after a hard day's work." - Close-up Culture

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

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.

Lavenham Gardening Club hosts

SUE KENT

Presenter on BBC TV's 'Gardeners' World'

'The quest for easy fruit and vegetable growing'



"I love gardening and do so not only with my small hands but also with my feet due to an upper limb disability. Gardening in Wales for over 30 years I have a knowledge of plants and design ideas to make gardening easy and enjoyable for every age and ability." Sue Kent, <https://www.suekent.com>

LAVENHAM VILLAGE HALL, CO10 9QT
7.00pm WEDS 24th SEPT
Members £15 Non-Members £20
TO BOOK: 01787 247489/01787 311707
(Please note no refunds unless event cancelled)



It's time for a Macmillan Coffee Morning and you're invited

Let's do whatever it takes to support people living with cancer.

Place: Milden Pavillion, Church Road, Milden IP7 7AF
Date: Saturday 27th September 2025
Time: 10am – 12pm
Contact: info@mildenpavillion.co.uk

WORLD'S BIGGEST COFFEE MORNING

MACMILLAN CANCER SUPPORT



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MAC19933

THE FLEECE HOTEL

Charity Quiz

Wed 10th Sep 8pm

Wed 15th Oct 8pm

Wed 12th Nov 8pm

Wed 10th Dec 8pm

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

Up to 6 per team | 01787 211 818 to reserve a table

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.



★ ★ ★ ★ ★

ROUNDERS TOURNAMENT

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

DATE TIME
SAT 06 SEPT 12 - 5PM

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

★ ★ ★

Whist Drive

Boxford Village Hall
Saturday October 11th 2025 at 7pm



Doors open at 6:30pm
£10/person & instruction will be provided
Sandwiches, Cake Tea & Coffee served
at intermission.
There won't be a bar, so you're
welcome to bring your own drinks.

Tickets available at the Boxford Post Office



A fundraising event benefiting the Boxford & District Bowls Club
A Community Athletic Sports Club (CASC)

STAY STEADY & STRONG FALLS PREVENTION CLASSES



Monday 11am
Boxford Village Hall

- Build strength, balance and confidence
- Friendly, welcoming group

Ideal for older adults or those with long-term health conditions

First Class FREE! Only £6 per class after

- Led by qualified instructor
- Fun, safe exercises at your own pace
- Great for improving mobility and reducing falls

📞 **07547 927 238**
✉ **georgina.burr@moveitorloseit.co.uk**
CALL OR EMAIL TO BOOK YOUR PLACE!



Ladies GET INTO GOLF

FREE TASTER LESSON

WEDNESDAY 24th SEPTEMBER 2pm to 3pm
SATURDAY 27th SEPTEMBER 11am to 12noon



ALL EQUIPMENT
PROVIDED, NO DRESS
CODE, JUST TRAINERS
REQUIRED.

TO BOOK YOUR PLACE OR
FOR INFORMATION PLEASE
CONTACT
NEWTON GREEN GOLF CLUB
01787 377217
timcoopergolf@aol.com

HAVE FUN!

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



Pilates Classes

New class starting at Mildenhall, in the Village Hall, **Wednesday 3 September, 5.30pm** - for beginners and those who have done pilates before. Discounted rate of £4 for 50 minute session for first few weeks.

New block of lessons at Polstead Village Hall starting **Wednesday 27 August, 9.30am**, all welcome. £8 for 50 minute session

New block of classes at Edwardstone Village Hall, starting **Wednesday 27 August, 7pm**, LIMITED SPACES. £10 drop in, or £8 if booking a block of classes.

Stretch and Strengthen - GENTLE seated and standing exercise class, FOR ALL AGES. **Thursday, 9.30am**, Leavenheath Village Hall, £7.

Contact Claire for further details: 07772 074 750

Email: clairemortimer3@gmail.com

Brent Eleigh Quiz Night

The Autumn Quiz Night will be on **Saturday 25th October**, 7pm for 7.30pm start.

Once again teams of 6-8 people, £12 per person. There will be donations bar, a raffle, and of course the famous Brent Eleigh meal of chilli and baked potatoes (veggie option available) served in the interval. Quiz maestro Kevin will have the usual mix of difficult, easy (and a few trick) questions. Please join us, get your teams together and have a great fun evening. Even if you don't have your own team just please still come along, there is sure to be one to join!

Please ring Karen on 07946 209103 in advance for catering reasons, but we would really love to see you.

Kersey Autumn Buffet

Kersey Village Hall, **Saturday 18th October**, 7pm till 9:30pm

Come along and enjoy delicious, plentiful homemade food and liquid refreshment at our annual fundraising event.

Wine, beer and soft drinks, tasty salads, salmon, cold meats, homemade quiche, desserts etc. will be served for your enjoyment, with a fun quiz and raffle. Tickets £15 per person. Please contact Natalie Blyth for further information and ticket sales on nablyth@gmail.com or 07487 816 966. Look forward to seeing you there.

Save The Date!

We've got a big date for your diary - the **2025 Edwardstone Christmas Fair**.

It's on **Thursday 6th November and Friday 7th November** and everyone's invited!

There'll be plenty of wonderful stalls for you to do some shopping or enjoy some delicious food and drink. Entrance is free and it's for a great cause - proceeds will go to St Mary the Virgin Church, Edwardstone and Colchester Riding for the Disabled Group.

Look out for more information in next month's edition but, for now, if you have any queries, please contact Diana: dianahawke@btinternet.com

Success After Stroke Craft Fair

Everyone welcome between **10-4pm on Sunday 5th October** at Whatfield Village Hall, Rectory Road, IP7 6QU. There will be a wide range of crafts, gifts, refreshments and a bumper raffle which gets bigger every year!



*The ultimate estate-to-plate
dining experience*

MID-WEEK LUNCH

Monday - Friday, 12pm - 2pm
Two course £25 | Three courses £30

SUNDAY QUIZ

Sunday 14 September 4pm
£100 bar tab, 1st prize
£10 Entry per team. 6 per team.

WILD GAME DINNER

14th November, 7pm, 5 courses with wine

www.thebildestoncrown.com/

Dates for the Diary

Charity Football Tournament

Sunday 7th September
BBQ and outside bar.

Fireworks & Bonfire Night

Saturday 1st November
BBQ, outside bar and live music.

Wednesday Burger Night

Any burger & a selected drink, £18

Sunday Lunch


Sunday means it's time for a roast.
Get ahead and book a table. We get busy!

Last Sunday of the Month Quiz

4pm start. Tables of up to six.



THE LINDSEY ROSE
Est. 1478



**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



MILL TYE
MILL TYE GALLERY
& ARTS CENTRE

Eleanor Mills 'An Appliqué Afternoon' Textile Exhibition September 2025

'An Appliqué Afternoon' is more than an exhibition — it's a celebration of local heritage, personal and artistic growth, and the power of community.

Starts: Saturday 6th September — Ends: Sunday 28th September www.milltyegallery.co.uk

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

THE BOXFORD SOCIETY AUTUMN MEETING
THE WOMEN'S LAND ARMY
IN WW2

Boxford Village Hall
FRIDAY 24th OCTOBER 2025
7.30pm





The Women's Land Army (WLA) made an essential contribution to boosting Britain's food production during the Second World War. At its peak in 1944, there were 80,000 women in the WLA.

Discover more about the fascinating history of the Land Army with our speaker Wendy Shepherd, former teacher, author and Chair of the Fordham History Society.

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

GROTON HISTORY SOCIETY

OCT 03

'Towns and Trade in Medieval Suffolk'

Prof Mark Bailey

Suffolk based Professor of late Medieval History at UEA, Author and Researcher of Medieval History

@ Groton Village Hall: 19:30 - 21:30
£5 entry, includes Glass of Wine

READY FOR A REMATCH...
LEO'S LIONS
SAVE THE DATE



SUNDAY 7TH SEPTEMBER 2025

HALSTEAD FOOTBALL CLUB
CO9 1HR

| | | | |
|------------------------------------|--|---|--------------------------------------|
| Gates Open 11am Kickoff 12pm | Hot Food served from 1pm Fully Licensed Bar | Big Raffle Games Cake stall & More | FREE admission for all the family |
|------------------------------------|--|---|--------------------------------------|

each **IN SUPPORT FOR OUR KCNB1 WARRIOR LEO** 
AND THE AMAZING CHARITIES WHO HELPED HIM



THE BUMBLEBEE CHILDREN'S CHARITY
miracles in movement

THE BRAIN TUMOUR CHARITY | **LIZZIE'S FUND**



GEORGE'S 12 HOUR DRUMATHON
fundraising in memory of Lizzie
Friday 31st October
10am til 10pm Nayland Village Hall

Sessions including:

- 12-2 Lunchtime Jazz & Easy Listening
- 3-5 Kids Workshops
- 6-7 Trick or Treat Hour
- 7 Halloween Rock
- 9-10 The Final Countdown

Join us for jamming throughout the day!

Evening BBQ tickets from <https://naylandevents.org/>

Sponsor George via <https://www.justgiving.com/page/georgesdrumathon>

SPONSOR  **BBQ** 

All proceeds to Lizzie's Fund, on behalf of The Brain Tumour Charity

GROTON-WINTHROP MULBERRY TRUST PRESENTS...

BINGO!

| | | |
|---------------------|-------------------|--------------|
| GROTON VILLAGE HALL | FRIDAY 17TH OCT | TIME TBC |
| LIVE SINGER | CASH PRIZES | TABLE BUFFET |
| BAR (SUBSIDISED!) | EXTRA FUN & GAMES | £22 /HEAD |

SAVE THE DATE!

For more info or to buy tickets, email:
Lisa.hockley1@btinternet.com

French's Care Haven

September Walk

Walk with Lucy, our therapy dog!

SUNDAY, 14th SEPTEMBER at 1:30 PM
 Everyone welcome – No need to bring a dog!

From French's Care Haven
Mannings Farm Barn, Groton, CO10 5EU
£5 per adults – includes hot drink and cakes



- 2–2.5 miles
- approx 1 hour
- Free parking
- All profits go to the care of our rescue animals

Book in advance: frenchs.100club@gmail.com
 Emilie: 07538 925678

Fireworks Lantern Making

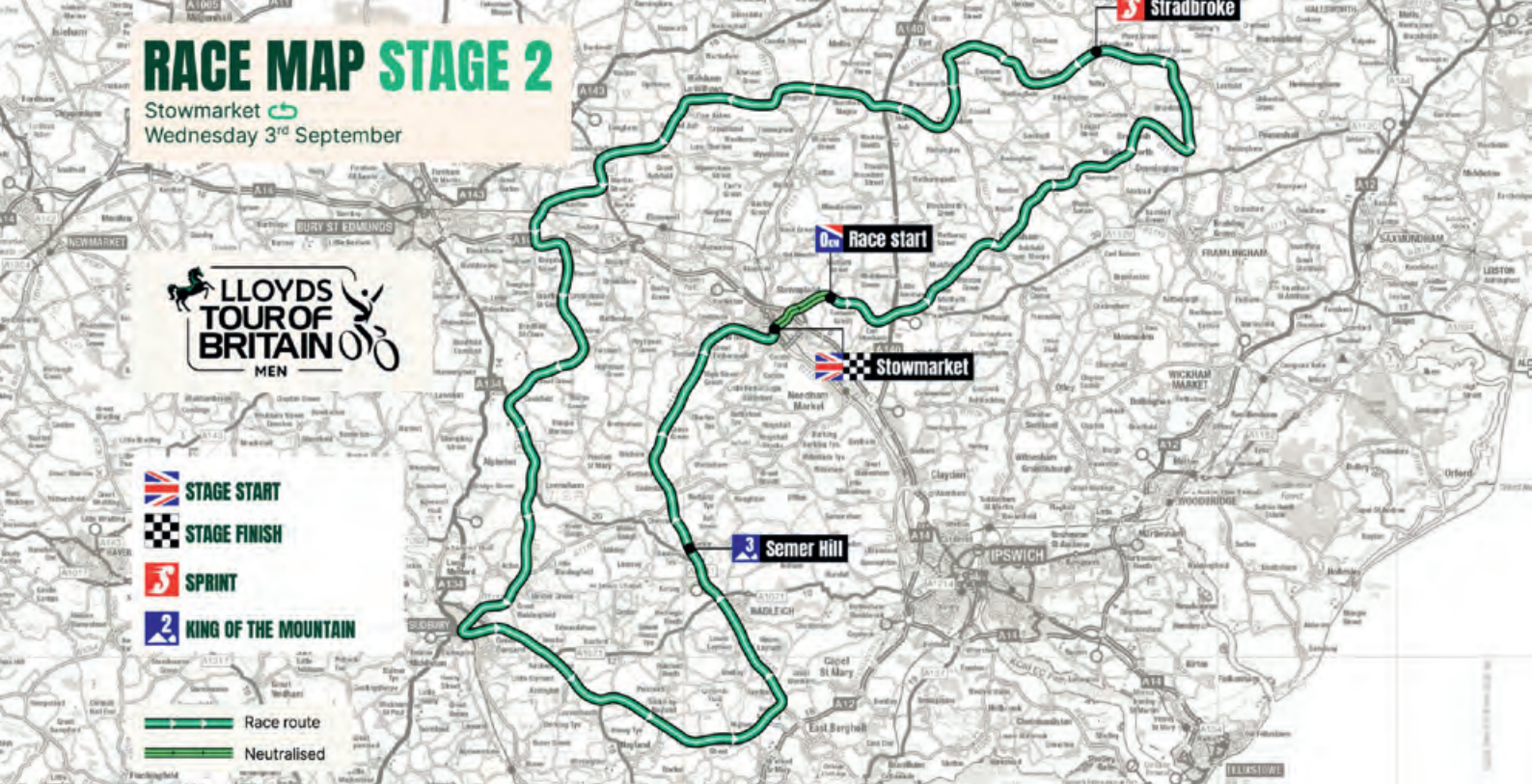
We need volunteers to help

Saturday 25th October
 to Thursday 30th October
 In The Spinney 10am – 4pm





PLEASE BOOK A SESSION – Leave a message
 Contact Mark Miller
 01787 211596 / mark.miller@talktalk.net



Box River Gears Up

The Tour of Britain 2025 is about to start and will be heading through a village near you!

Get ready, cycling enthusiasts! The UK's most prestigious cycling event, the Tour of Britain Men's Race, is once again gracing the beautiful landscapes of Suffolk, bringing with it an electrifying atmosphere and world-class sporting action right to our doorsteps. This year is particularly exciting as it's the first time Suffolk has ever hosted 2 separate stages of the tour and the second stage will be powering through the Box River Benefice's own Newton Green, as well as neighbouring Great Waldingfield and Leavenheath, offering a fantastic opportunity for locals to witness the spectacle up close. The tour's very first designated 'King of the Mountains' climb of the race is also just after Hadleigh at Semer Hill which will be particularly exciting as it's in the closing kilometres of the stage.

This year's Tour of Britain promises another stellar line-up of international talent, ensuring a truly gripping competition. While the final teams and rider rosters are constantly evolving closer to the race date, we can expect to see a mix of established Grand Tour winners, rising stars, and formidable British talents all vying for the coveted OVO Energy green jersey.

Teams will bring their A-game, fielding strong sprinters for the flat stages and powerful climbers for the more undulating terrain. Keep an eye out for riders known for their aggressive attacking styles, as these are often the ones who provide the most exciting moments of the race. Local cycling clubs and enthusiasts will undoubtedly be scrutinizing the start list, eager to see their favourite riders in action and perhaps even spot future champions. The competition will be fierce, with each stage offering different challenges and opportunities for riders to make their mark.

Make sure to mark your calendars for **Wednesday 3rd September** to cheer on the riders as they speed through Great Waldingfield, Newton Green and Leavenheath. It's an unmissable event that showcases the best of cycling and the vibrant spirit of our local community. For more information on road closures and specific timings, please visit the official Tour of Britain website at www.britishcycling.org.uk/tourofbritain or check local council announcements at www.babergh.gov.uk/w/the-tour-of-britain.

Quick Facts

Race Distance: Approximately 1,150km (715 miles) over 8 stages. Stage 2 is 173.7km long.

Total Ascent: Over 15,000 metres of climbing throughout the race.

Winners: Past champions include Bradley Wiggins, Mathieu van der Poel, and Wout van Aert.

Stage 2 Highlight: Newton Green and Leavenheath will be key points in Stage 2, offering excellent viewing opportunities for spectators.

Fan Favourite: the UK's largest free-to-spectate live sporting event, reaching 15 million viewers.

Global Reach: Broadcast in over 120 countries, reaching a huge international audience.

Local Business: 2017's Tour of Britain brought in over £3.5million in a fantastic boost to the local Suffolk economy.



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Hadleigh Patient Participation Group

Vaccinations are due for several different groups. Young Mums - it's never too late to protect your offspring from measles, mumps and rubella all of which are on the increase. Adults please check if you are eligible for Covid and 'flu boosters by visiting: www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them. Patients will be invited for their vaxs via Anima. Those who do not have an Anima account will be phoned. Please do not to call Reception requesting a vaccine until you have been invited. However, if you have not been offered an appointment by 1st October then please call.



- **Covid & 'Flu:** These will take place on **Saturday 4th and 18th October** for 75's and over plus the clinically vulnerable.
- **MMR** (measles, mumps & rubella) -for babies upwards.
- **MenACWY, MMR and HPV** - for students starting university

Anima Registration: Are you putting off registering with the practice's online triage system Anima? If you are, 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 have no digital access or you encounter any problems **you can still telephone the surgery**, a care navigator will help you.

Anima for Working People: The 4am rumour persists in spite of our best efforts. This crack of dawn booking time is designed to accommodate working folks who are unable to go online when working. It is not necessary to set your alarm for this ungodly hour as **all** requests will be triaged by the surgery when they open. Once the surgery has no more routine appointments you will not be able to complete a request, please submit the following day or if you have an urgent need please contact the surgery by phone.

Anima for Carers & Dependants: Carers and dependants take note you can now request an appointment on behalf of another patient via the website. There is no need to log into an account or register.

IT Help: Once a month 'Communities Together' offer helpful IT advice in the upstairs room of the Hadleigh Library. The next session will take place on **Tuesday 2nd September** from 10am to 12noon. Booking is essential as places are limited. Contact Tracey **01449 707031** info@communitiestogether-ea.org

Boxford Taxi Service: BOXFORD PATIENTS PLEASE TAKE NOTE .There is a FREE return taxi service available for you if you have an appointment at the Health Centre. This useful, convenient service is strictly for patients who would have traditionally walked to the Boxford surgery but now have to travel to Hadleigh. Please use it or lose it. The service will be available on the following days in September between 10am and 12noon.

Tuesdays: 2nd, 9th, 16th, 23rd & 30th and Wednesdays: 3rd, 10th, 17th & 24th

To book call David Willis **07956 782 018**.

The Boxford Community Car Scheme is still available and not confined to taking patients to Hadleigh Health Centre.



Prescription Collection Machine: Good news for internal dispensing patients.



The impressive dispensing machine in the shadow of the surgery is for use 24/7 by our dispensing patients who usually collect their prescription from the inside dispensary. Eligible patients will be invited to sign up for this prescription collection machine. This is an optional service designed to speed up the prescription collection process. Certain exclusions apply such as controlled drugs, fridge lines and large bags. The dispensary staff will be able to provide more details so speak to one of them when you next visit.

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

Did You Know?

There is free parking for patients outside the health centre.

The patient car park is for the convenience of patients with an appointment. If you are visiting the area for any other reason please avoid using these dedicated spaces

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 in the **Toppesfield Hall** parking area.

Blue badge holders do not have to pay but must clearly display their badge.

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

Taxi for Boxford Patients

David Willis

☎ 07956 782 018

Vaccination Details

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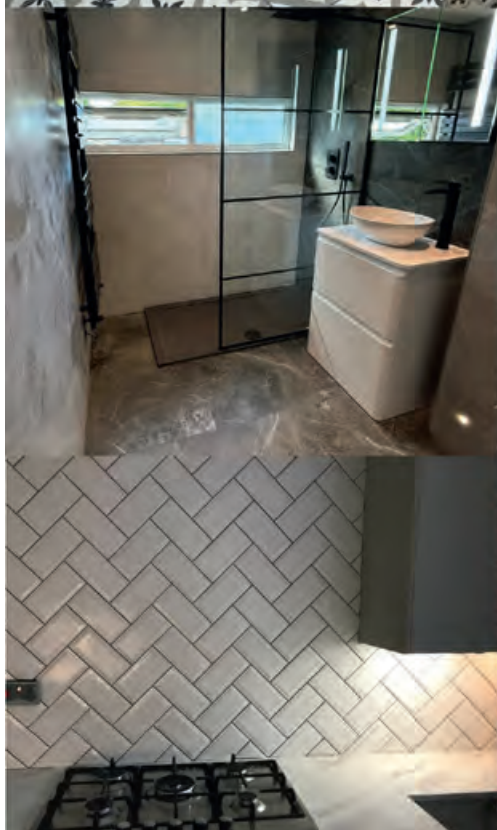
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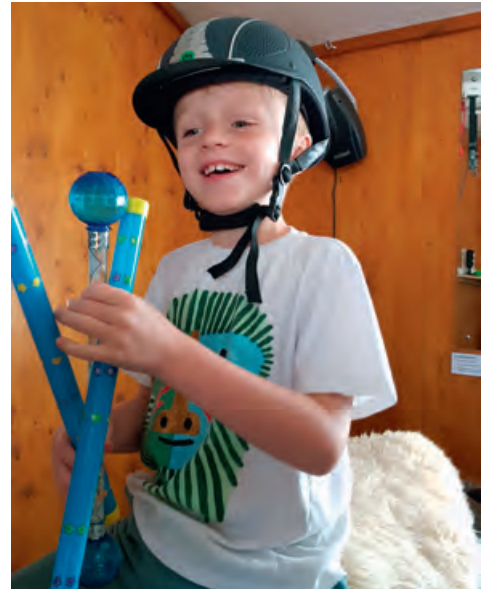
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Life At The Shelley Centre

Happy welcomes and bittersweet goodbyes

It won't be long before the new term begins with new riders and new volunteers joining us. We've also got new horses on trial to add to the hardworking team of various sized ponies and horses. The photo above shows Thomas, Cookie and our newest member Taric, a lovely natured 13.2hh, cob who joined us at the start of the summer and is now a valued member of the team.

Our returning riders can be a bit apprehensive after the long summer break, especially when we have to put them onto a new pony either because they've grown too tall or their original ride is no longer with us. And of course, it takes a while for new riders to get used to the ponies, helpers and all we do. Some will be reluctant to even get near a pony initially, and that's where Ebony, the mechanical horse, assists in preparing for riding a real pony. But with lots of help from all the wonderful volunteers, everyone who comes to Shelley gets lots out of their experience and most make significant improvements to their confidence, health and enjoyment.

Above left : Thomas, Cookie and our newest horse Taric

Above right: Freddie on Ebony

Sadly, in order for there to be vacancies it means the loss of another rider, as was the case with Freddie, one of our young Wednesday morning riders (photo above). Patricia, his coach, had this to say

"Freddie came to the Shelley Centre in April 2024 at the age of six and a half years. He had a diagnosis of autism, was non-verbal and could become anxious in some circumstances, for example if he had to wait to start his ride. We started him on Ebony, the mechanical horse, adding a short ride on a pony. He took time to settle and gradually became calmer with the motion of the horse and activities which caught his attention. Each week we introduced a small change, adding a new person to the team, encouraging him to support himself, taking him out on a hack after his Ebony session. We found the things that stimulated him and made him happy which he indicated by humming and singing and he loved listening to the bird song. Freddie became more confident, sometimes able to wait, made choices and take part in activities at his level. His posture on the pony was excellent and he was able to stay on for longer rides. After a time he began to relate to the team as individuals and enjoyed playing with them - it was a joy to see his progress!

Sadly we had to say 'goodbye' to

Freddie as he and his family were moving away this summer. We will miss him and his family who were very supportive of everything we did and delighted in his progress. We gave him a framed photo of himself with the 'biggest smile' as a memento. He was delighted with this and held onto it giving his helpers a hug in thanks. When you see such progress in a rider over a relatively short time it brings home to you all the benefits and therapy of Shelley and how it can affect the whole family as well as the team of helpers. We wish Freddie and his family all the best for their new life!"

All our work relies on volunteers, and we are rather short of help with many of our therapy sessions. We usually need three helpers for every rider so if you are friendly, like animals, are willing to learn and you could commit to a minimum of half a day a week (just during term time), we'd love to hear from you. Get in touch and come and visit to see what we do.

As with any charity we need to keep raising funds. Our next event is a **Fun Dog Show on Sunday 7th September** at The Shelley Centre, IP7 5QY. 11am-4pm. Everyone welcome!

www.shelleyrda.com





Land Girls

*From the Boxford Society archive:
Boxford remembers our Women's Land Army girls*

The Women's Land Army (WLA) was a British civilian organisation established during both World Wars to address agricultural labour shortages caused by men serving in the military and the shortage of food due to reduced imports. Women in the WLA (known as 'Land Girls') worked on farms, taking on tasks such as ploughing, planting, and harvesting crops, as well as tending livestock. The WLA was initially created in 1917 during World War I and revived in 1939 for World War II. The Leavenheath base serving Boxford opened in 1942. Nationally 80,000 young women were employed at any one time, one third coming from industrial towns with little or no experience of the countryside. It was disbanded in 1950 well after the end of the war.

There are still a very small number of women in Suffolk who were Land Army Girls during WWII still with us today. There were many more when

the Boxford Archive was established and this is their story, seen particularly through the eyes of Phyllis Rose in about 2012.

Some of the 70 or so girls were stationed at the Leavenheath hostel off Plough Lane, next to the site where the Stoke-by Nayland Golf Course is situated today. They met local boys, married them and, in some cases, settled down in Boxford and surrounding villages. At their marriages they took on local surnames for example Alden (of Assington), Clackson (Winnie), Foster (Irene), Rose (Phyllis), Rule (Hilda), Sargeant (Eileen), Smith (Kathy), Tricker (Masie), Turner (Daphne) and Warden (Doreen).

Not only did the girls contribute to feeding the nation during the hard war years, but they also joined in other local activities you would expect for teenagers and 20 year olds. Although many came with no knowledge of the countryside, they

quickly adapted to the harsh work and enjoyed themselves when they could. We see them using talent they brought with them when they appeared in the Boxford 1943 'Wings For Victory' concert organised by the very community spirited Fred Wheeler. Land Girls Dorothy Chalkley, Phyllis Brown, Margaret Mottram, Audrey Thompson, Joan Challenger, Irene Fines and Betty Baker all performed, singing, tap dancing, impersonating and exhibiting the popular jitterbug dance of the day. Miss Hilda Harding (WLA, who later became Mrs Archie Rule) was the accompanist. No doubt they attracted a lot of attention from both our villagers and the nearby Sudbury USA Air Force base, which also played a huge part in the 'Wings for Victory' fund raising. They appeared 'by the kind permission of the Hostel Warden, Miss Whip' (Yes, really!) She had a stern regime and kept everyone in line and on task, kept



them safe and occasionally handed out punishments. One day a group were sent to Assington to dig carrots in the snow. The ground was so frozen they could not get them out. They decided to walk back to the hostel calling at the pub on the way. When they got back Miss Whip locked them in the hostel and they lost a day's pay. It was probably as much about the pub visit as the carrots! Miss Whip and her assistant probably had their work cut out with over 70 young women full of energy and spirit and away from home.

It was not always unpleasant work, though much of it was, and Robert Arbib describes lovelier days in his book. *'Here We Are Together'*, a notebook of an American Soldier in Britain. He writes about his daily army business driving a truck though this part of Suffolk with his service partner Earl.

"Then to Newton Green, where there was a tiny golf course and an inn called 'The Saracens Head'. Then straight along the road past the farm where the beautiful girl with the blue eyes lived, past the farm where the tall, blond girl worked, and on to Sudbury. Do you remember Earl, the first time we made that trip, and how the Land Army Girls waved to us from the apple orchard, and from their ladders in the plum trees? The trees were ripe in September, and we were tempted to stop and talk, and take an apple or two. But we never did. We saw the orchard ripen, we watched the girls slowly move across it each day and finally harvest it. ... And how we watched the people, through the seasons, harvest and plough, and sow and plant and reap ... and the landscape turn from green to gold to brown ... the wheat cut and then stacked, and



then threshed with the farm girls and the school boys and the old men all working.....".

He helps paint a picture of the times when the villagers, older men, youths and local women all pulled together with the Land Army Girls to provide food for the nation.

Opposite: This shows the range of work clothes the girls wore. Field work required hard wearing dungarees, hob nailed boots and for some, hair protection often in a turban, the field fashion of the day. A good strong belt to hold up ample trousers for those not in dungarees was wise, while those in jodhpur type trousers probably worked with horses.

Above left: Hostel Staff: Miss Whip the Warden, the house warden, 2 cooks and the handyman in front of the Leavenheath hostel. The water tower in the background is the only surviving part of the old building and has been incorporated into the new build of Eco-lodges at the Stoke-by-Nayland Hotel.

Above: Peggy Weir, the forewoman, voting for Victory, Delia Caxton and their friend who knows how to make the best of work wear for a photo! Their exuberance shines through.

Left: Eileen Sargeant (née Staley) and Doreen Ingleston during the summer wearing sandals, resting their feet after work in hob-nailed boots. Eileen is the BRN Editor Trudi's grandmother.



The WLA girls were also able to enjoy themselves off duty to a degree, but the doors to the hostel were locked at 11pm - although not all were deterred by this! There were weekly dances at American air bases like Acton (Sudbury), Whatfield and Raydon and Colchester Army barracks, but these were the only official late nights. The girls were very keen on these events and on one occasion the lorry sent to transport them to Raydon dance overturned. They all climbed out and waited for a second lorry sent to collect them, ignoring their bruises in favour of a bit of excitement and socialising, rather than returning to the hostel. They also used the cinema in Sudbury, the bus to Colchester and the local pubs for a drink.

The memories of Phyllis Rose born 1923, who sadly died here in 2019, were very vivid and much recorded. She arrived at the camp aged 17. Phyllis came from Yorkshire where her family were evacuees from London. She had earlier volunteered to be a rat catcher which brought a 3 pence bonus to the basic WLA pay of 21 shillings a week (£1.05) for every tail the catcher presented. The rats were called 'Hitler's little helpers' because of the damage they did to crops and stored grain. Phyllis was declared too small and accepted a job on the farms where outer uniform, hob nail boots and food were supplied. They bought their own toiletries and underwear. Her experience of country life, like so many of the girls, was limited but she like most adapted and enjoyed it. The first few days were hard but friendships soon formed. Phyllis missed the home cooking though and got a shock the first night when fatty meat was accompanied by potatoes with the eyes still in them and lumpy gravy. She did not like vegetables either so she cried, but managed to eat the dessert! They had hard wooden

beds with 'biscuit' mattresses (3 sections of thin hard mattress to arrange down the bed and pile neatly the next morning), so bed was not something to look forward to. Warmth was provided by central stoves that they huddled around to keep warm. Days would begin with a bell at 6am and they would work until 8pm in summer. This was also the bell that rang for 'nit' checks, a real event of the past! However, familiarity eventually made things seem

better, and relationships, camaraderie and patriotism became important.

Phyllis helped with ploughing, leading two Shire horses, while local farm hand 'Lo' Tricker operated the plough. She learned to drive a tractor and got over her first shock of cows and first sight of horses. Jobs were varied for the girls depending on the farm they were sent to, the seasons and their developing skills. Cecil Lock of Leavenheath, having worked on farms from the age of 13, supervised the placement of the detachments of WLA girls and prisoners of war. His memory of the girls was that they were smart, uncomplaining, always smiling and could do the work as well as the men, if not better.

All was not lost if you really did not like the land work. After the first month of bitter cold field work, Winnie, who later married Boxford man Claude Clackson, moved to the kitchens where she was much happier. Hilda Harding also married a Boxford man, Archie Rule, and loved her time as a tractor driver. She really enjoyed ploughing and seeing the change in

the landscape colour as she turned it with her plough. The girls' view of Cecil Lock was that he was very fair and placid and never made a girl do things she could not



manage. They were happy to work for him.

Other discomforts were the sore hands that were not used to harsh field work, blistered feet in their hob nailed boots, body aches from the bending and lifting, the long days in winter





and the longer 14hrs in summer in all weathers. Sugar beet was hand pulled, mangolds for cattle feed too. There were ditches to be cleared and tangled hedges to cut back. Phyllis found the painting of the ram's chests with dye before they were to mate with the ewes quite a challenge, as they had to be caught and then held still for a few minutes while they daubed the ram's chest. Sometimes accidents occurred and Phyllis and her friend Kathleen both got wounds while cutting sugar beet. Phyllis had taken the end of her finger off while Kathleen's was a deep cut. They were bandaged up and went straight back to the job. Phyllis also fell from a wagon while stacking wheat sheaves. As Phyllis said, "You did not have time off" and it was a few weeks later that she discovered she had a dislocated shoulder resulting in a deformed bone for the rest of her life.

In 1946 Phyllis married Percy Rose who had worked for the War Agricultural Committee that employed the WLA girls. Her bridesmaid was her WLA friend Kathy Jackson who married Stan Smith of The White Hart (brother of Tornado). Phyllis, like a number of Land Army girls married to Boxford

men, spent the rest of her life in the village.

In 2008 the Labour government awarded a medal to all living WLA women in recognition of their efforts during WWII and the years after the end of the war when Britain was still trying to recover and move away from the need to ration certain foodstuffs. The 'Lumber Jills' of the Women's Timber Corps were similarly awarded. Unfortunately by this time many had died and others were in their 80's or older. Why had it taken so long for their vital and invaluable contribution to the war effort to be recognised?

If you have enjoyed this article the Boxford Society's meeting at 7:30pm Friday 24th October at the Village Hall is a fascinating talk by Wendy Shepherd, a local expert on all aspects of the Women's Land Army. All visitors are welcome £5 at the door, Boxford Society members free.

Tina Loose



Pictures opposite clockwise from top: Girls in work wear. Hilda Rule (née Harding) on the left with Olive Warner and others. Let us know if you know who they are.

The national Women's Land Army and Women's Timber Corps memorial unveiled October 2014 at The National Memorial Arboretum, Staffordshire. Staffordshire Women's Food and Farming Union were inspired to bring this project to fruition.

Phyllis on a tractor. Having learned to drive a tractor Phyllis continued to do so on Delton's farm after the war.

Above left: Eileen Sargeant (née Staley), away from her Yorkshire home, new job, new dungarees and needing to get to learn to get to grips with the livestock!

Above right: The local WLA working with heavy horses. Although the farms had some tractors, there was a shortage of mechanical equipment so horses still did much of the heavy work bringing in root crops, the harvest and also ploughing.

Left: Cecil Lock foreman with former Land Army charges Phyllis Rose, Winnie Clarkson and Hilda Rule in 1998.



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Email: footpathexplorers@gmail.com

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French's Care Haven

Firstly I would like to thank all who came along to our lovely open day, we had a good turn out and those of all ages seem to have enjoyed their time at the farm, meeting the animals, being given a guided tour, the children's games and grooming and eating food from our BBQ and cake stall.

A big thank you to our helpers on that day; Sharon, Ashleigh, Brian, Pamela, Graham, Laura, Adi, Tracey, Emilie, Marc and of course we must

say thank you to our chef Dr John Flather and our other two maintenance helpers Paul and Richard, who helped John with the food. It was lovely to meet lots of new people and I hope you will come again. Plus a big thank you to a couple who set up a regular donation and the lady who made a donation on the day, we would not be able to continue helping these rescued animals if it was not for kind people like yourselves, along with our much appreciated and valued regular monthly sponsors.

We have two nice photos, one of a lady in a wheelchair who fell in love with our horse Ethel and Val with her grandchildren who met dear little Lady our pony.



Our next fund raising event will be our local dog walk on **Sunday 14th September at 1.30pm**, Lucy our therapy dog will be joining us. Everyone is welcome, there is no need to bring a dog, if you don't have one come along and walk with us. £5 per adult, which includes hot drinks and cake after the walk. Keep an eye out for our poster.

Another date for your diary is our yearly Fish and Chip Quiz Night on **25th October** at the Ansell centre in Hadleigh. Our quiz night's are very well attended and enjoyed by all each year. You don't have to be good at quizzes, just come and have some fun with us and if you do not have a full team or there are only a couple of you, do not worry, you can join some others on their tables, as everyone is welcome. More information on this will be in the next issue and look out for our poster.

If you would like to become part of our small team and volunteer at our animal rescue, or help with our fund raising events, please get in touch.

My contact details are: Jann: **07747 755 556** jann.turner@hotmail.co.uk

www.frenchscarehaven.org.uk

Madrigalia News

We're enjoying a busy year in the choir singing for local events, and learning new songs to add to our expanding repertoire seems to keep the grey cells active.

On Thursday 14th August we joined with 'Melody of Harps' to give a lunchtime recital at the Sudbury Arts Centre. Lunchtime concerts in the Summer have been a feature there for many years, and performers give their services freely to raise funds for the centre.

We had a large and very appreciative audience which in such a lovely venue seemed to bring out the best in all of us, singers & players alike, & it was a joyous occasion.



Our next singing date is on Sunday **24th August from 2pm - 4pm** when we're providing background music at Groton Church as it celebrates its Flower Festival over the 3 day Bank Holiday weekend.

Our next concert is at **7:30pm on Saturday 27th September at The Hive in Sudbury**. Tickets are £10. Doors open at 7pm and there is a bar which will be serving before the concert and during the interval. Do come and support us and The Hive for what should be a lovely evening.

Sue Price

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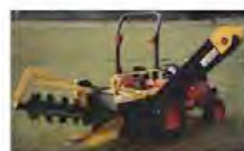
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A Day in the Life of a Vet

Dr Jess takes us behind the scenes at The Hadleigh Vets

Every day at The Hadleigh Vets brings something new - some joy, some worry, and always a deep sense of privilege to care for the animals who mean so much to their families. Today was no exception!

The day begins with a full slate of appointments. First through the door is a young Labrador, tail wagging and asking for treats from our team. He's been limping for a couple of months so today he's booked in for a CT scan. Given his age and breed, I suspect elbow dysplasia - a condition that can cause chronic pain if left untreated. His owner has been understandably worried; I reassure her that the scan will help us plan the best treatment.

Next, a concerned owner brings in their cat who has been vomiting and refusing food. I find signs of abdominal discomfort. We discuss possible causes from dietary indiscretion to more serious gastrointestinal issues. I take a blood sample to run in our in-house laboratory and make his owner a cup of tea while they wait for results.

A cheerful Spaniel arrives with a persistent cough after a recent holiday. I examine him in the car park to minimise the risk of spreading infection - kennel cough was high on my list. I provide treatment and advice, reassuring his owner that he should improve over the next few days.

A couple of routine vaccinations round off the morning. It's always a pleasure to see healthy pets and help keep them that way.

Surgery begins with a laparoscopic spay on a Hungarian Vizsla. This minimally invasive procedure allows for quicker recovery and less discomfort than the traditional method. My nurse monitors her anaesthetic throughout, and our patient is soon back in her kennel enjoying a well-earned breakfast.

Next is a Springer Spaniel with a painful tooth root abscess. Dental disease is common and can be very uncomfortable. I perform a full mouth exam and dental x-rays before extracting the affected tooth. He will feel much better very soon!

Meanwhile, our nurses have the Labrador's CT scan underway.

Each procedure requires precision and care, and our team works hard to ensure every patient receives the highest standard of treatment.

After lunch, I spend time calling owners with lab results, checking in on patients from the previous day, and responding to advice calls. One involves discussing surgery for a dog needing a nasty lump removing next week. Her owners and I talk through the plan, risks, and recovery expectations.

Post-operative check-ups follow. One dog had a grass seed removed from his foot last week and is healing well. Another, a terrier, comes in with an itchy ear - I diagnose an infection and provide fast-acting treatment to be applied at home.

Unfortunately, the Labrador's CT

results confirm elbow dysplasia. I sit down with his owner to discuss options: surgery, or conservative management with options of stem cell therapy, medications and physiotherapy. He leaves with a wagging tail and a plan in place.

Just as the day is winding down, an emergency arrives - a dog stung by a bee. She is covered in hives and has severe swelling around her face and neck. My nurse and I act quickly, administering intravenous treatment for anaphylaxis. She responds well and is hospitalised until she is stable, and her swelling is reduced.

At the end of the day, we tidy up, review notes, and prepare for tomorrow. It's been a day of diagnostics, surgery, follow-ups, and a dramatic emergency. Through it all, we see the deep bond between pets and their people, one we are honoured to support.

It is a great privilege to care for your pets, and we never take that trust for granted. Whether they're bounding through puppyhood, settling into their golden years, or facing unexpected health challenges, we're always here to support, treat, and offer advice at every stage of their life. Thank you for letting us be part of their journey.

Dr. Jessica Hudson BVMedSci (Hons) BVM BVS (Hons) BSAVA PGcertSAECC MRCVS
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Walpole Old Chapel

Little Waldingfield History Society welcomed back Miriam Stead to talk about Walpole Old Chapel and its fascinating history

Walpole Old Chapel in Halesworth is one of the oldest non-conformist chapels in England. The farmhouse from which the Walpole Old Chapel was created was first used as a congregational chapel in 1649, the same year that Charles I lost his head. It remained this way until 1689, when it was leased by the local Independent (or congregational) movement, and extended to create a larger space for worship. It has one of the finest meeting house interiors in England, vividly conveying the atmospheric setting of 17th and 18th century dissenting worship. The interior, still largely preserved from the late 18th and early 19th centuries, now offers a glimpse into the setting of dissenting worship during that era.

Its history is tied to the Puritan Interregnum when ministers held office as parish priests but followed independent (non-conformist) practices, including no surplice, no sign of the cross, and no kneeling, emphasizing preaching. The chapel formally closed in 1970, later acquired by the Historic Chapels Trust in 1995. It is currently cared for by the Friends of Walpole Old Chapel. It is one of

the oldest non-conformist chapels in the country and is Grade II* listed, but sadly is on the Buildings at Risk register. Funding to maintain the building has recently been reduced, so a group of local friends and volunteers have elected to take over ownership to avoid it crumbling into dereliction.

At first glance the building appears to be an attractive 16th century Suffolk farmhouse in a lovely agricultural setting, but a closer look reveals its story.

A non-conformist meeting house was created from this domestic farm building in the middle of the 17th century, during a time of great religious repression. Suffolk non-conformists transformed the farmhouse into a simple but dramatic religious building, radically different from the established churches from which they had broken away.

From the exterior, the timber-framed and plastered building with double plain-tiled roof still looks much like the house it originally was despite its later adaptation. In contrast, the interior reveals a different story. Befitting the beliefs of its congregation, the chapel is unadorned: no altar, no sign of the

cross, no ceremonial - just simple and bare. Ceilings were removed and the roof span widened, supported with lofty wooden columns. Galleries built from the discarded timbers seated hundreds, with sightlines converging on the central canopied pulpit. From this commanding position, ministers read from the Bible and preached the lessons learned from it, their sermons illuminated by the light of the tall round-headed windows on either side. Various furnishings were later added, such as the 18th century pine box pews, but the sense of history and the puritan atmosphere remains today: quiet, undemonstrative, deeply peaceful.

The building has been part of the village of Walpole for over 400 years and was a place of worship for nearly 300. It is also one of the most threatened types of building in England as many have been damaged by unsympathetic conversion or the removal of fittings. The chapel remains a place of worship and religious ceremony, including marriages, baptisms and funerals and is now one of the few places locally licensed for same sex weddings. It continues to be



a meeting place for the community, somewhere to share memories and commemorate events. The chapel continues to play an important role in the religious, social and cultural life of the community, and there are still people living locally who worshipped until its formal closure. It now also plays host to a diverse programme of social, creative and educational events, enabling people of all ages to come together in an atmospheric setting. In recent years there has been a lively programme of musical and literary performance from early music to youth group choirs, spoken word to operatic arias which has involved local and internationally-acclaimed artists. In keeping with the importance non-conformists placed on preaching, the spoken word continues to resonate in the chapel today, from poetry to author-readings of contemporary classics.

We were very much impressed with Miriam's talk, especially its depth on the background subject of non-conformists and there were many questions at its conclusion.
www.walpoleoldchapel.org

Andy Sheppard



Opposite page:
Walpole Old Chapel looking exactly like a farmhouse

Left from top:
This image clearly shows the extensive alterations made to the original farmhouse

Interior view showing ceiling support, galleries and one of the round headed windows

View showing the central pulpit flanked by two massive round headed windows

Above:
External view of the two round headed windows flanking the central pulpit

Next LWHS Talks

Wednesday 17th September

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.

Wednesday 15th October

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.

Afternoon Tea At Hollow Trees Farm

We're excited to share that our Café has started offering Afternoon Tea from 2.30-4.30pm each day this month!



It's the perfect way to unwind and enjoy a delicious spread of freshly baked scones, homemade cakes, sweet treats, savoury bites, and delicate finger sandwiches - all made with a focus on our own and locally sourced produce.

You can choose to pair it with a pot of tea or a cafetière of coffee, or, for something a little more indulgent, opt for our Sparkling Afternoon Tea.

Whether you're celebrating a special occasion or simply fancy a relaxing afternoon, it's a treat worth trying. We look forward to welcoming you soon!

www.hollowtrees.co.uk

Readers' Letters

Dear Editor,

Congratulations, on the 'new look' Box River News! Sixty-four pages, a brilliant new layout, and full colour throughout. It must now be the best community magazine in Suffolk. Well done!

David Lamming

Dear Editor,

I notice that Hadleigh Surgery are now blaming patients for not using the free taxi service they neglected to tell us existed. Excuse us for not being telepathic, but perhaps the practice could consider sending out text messages to all patients about it, like they did with the useless pharmacy dispensing machine that doesn't even work for my large prescription?

Name and address withheld



PrintEast Print Fair

Local artists launch inaugural print fair to celebrate Suffolk's printmaking scene

Five Suffolk-based artists have joined forces to set up the county's first ever print fair.

PrintEast will take place at the Athenaeum in Bury St Edmunds on **4th October 2025**, showcasing the area's burgeoning printmaking community.

Emerging and established artists from the local area and further afield will have the opportunity to exhibit their hand-made designs whilst printmaking studios will show equipment and demonstrate a diverse range of creative techniques.

"Printmaking is very much alive and kicking in Suffolk," explains printmaker Marta Dyer-Smith who lives in Bury St Edmunds and is one of the five artists organising PrintEast. *"There are local print studios, art students, printmakers, and people interested in buying affordable prints, but there isn't a big event that brings everything – and everyone – together."*

Through PrintEast, we're creating an ecosystem where creativity, business and community engagement can thrive. It's an excellent way to build printmaking connections and swap

"Printmaking is very much alive and kicking in Suffolk"

ideas while fostering the growth of independent artists and businesses."

Along with Marta, printmakers Jane Hunter from Mersea Island, Helen Maxfield based in Needham Market, Evelyn Polk who lives in Bury St Edmunds and Jacqueline Robins from Sudbury have organised PrintEast.

Printmaker and painter Jane Hunter says: *"Print designs and illustrations are a great way to have contemporary, original art in your home at affordable prices. And printmaking itself is a really inspirational process – there are so many variables to explore. We want people to come to PrintEast and be inspired to give it a try."*

Artists from all over the UK have applied and 2 local printmaking studios, Gainsborough's House and Curwen Print are participating. All of

the fair's stall slots have been fully taken so it promises to be busy.

The event is designed to be an immersive experience, going beyond the traditional art gallery setting, where creativity, business, and community engagement flourish.

The Athenaeum, Angel Hill, Bury St Edmunds, IP33 1LU
4th October 10am - 4:30pm
www.instagram.com/printeast2025/



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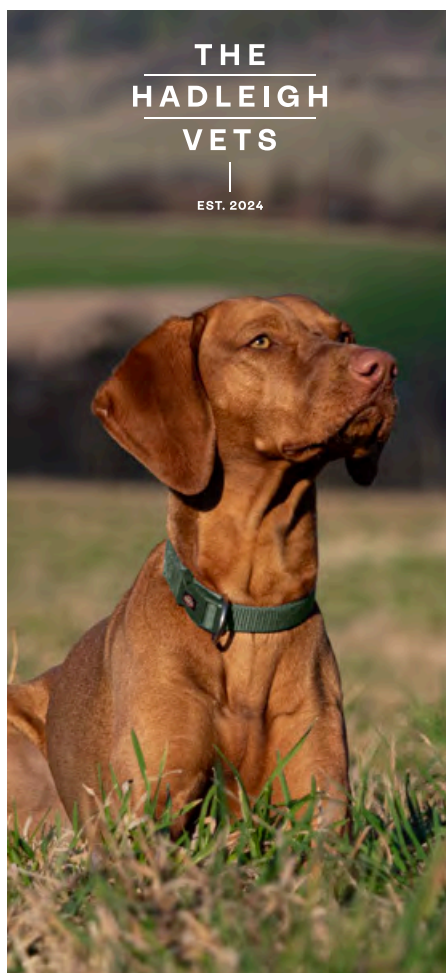
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Back To You

Back to normality... September's not just a return for the kids!

It's the season of new pencil cases and the quiet return of routine. Even if your school-run days are behind you, there's still something about this time of year that whispers, "Right then, back to it" and while the world might try to tempt you with detoxes, 30-day-shred plans, or celery juice, what if this year... you didn't?

What if, instead of reinventing yourself, you just came back to the version of you who feels calm, capable, and comfortable in her own skin?

Because for many women, especially in midlife, September feels like a true reset. Summer has been glorious/messy/exhausting (delete as applicable!), and now it's time to gently press refresh. Not with punishment or pressure but with something that feels like you again.

So many of the women I work with say, "I just want to feel like myself again." Not some perfect, past-tense version, just the woman who had more energy, more confidence, and a bit of breathing space between responsibilities.

That feeling doesn't come from six sessions a week or meal plans written by people who've never had to cook with one hand while sorting the kids' homework with the other. It starts

with a tiny shift in mindset - deciding you are worth showing up for. You don't need motivation. You need momentum. That gentle snowball effect that happens when you take one small action and let it roll.

Try this:

- Book a class (even if you've not moved in weeks/months/years!)
- Prep a meal you enjoy (not just what the family will eat)
- Learn to say NO to plans or people that drain you or yes to something that makes you happy
- You don't need to overhaul your whole life. You just need to begin.

Midlife comes with a lot. Hormones, homes, caring roles, career shifts, big birthdays, changing bodies, and that sneaky voice in your head saying, "You need to get fit/ lose weight/ improve mobility."

Here's your reminder: you're not lazy, unmotivated, or broken. You're tired. And stretched. And doing the best you can. You deserve support that meets you where you are, not where Instagram says you should be!

That's why **BossBody** exists. It's not about punishing your body into submission. It's about rebuilding your strength, confidence and habits one

kind, consistent step at a time.

If your brain's stuck in all-or-nothing mode — all kale or all cake, all HIIT or all hibernation, it's time for something new.

What if the win isn't "smashing it", it's simply showing up?

At **BossBody**, we work with women who want real-life results, but don't want to spend their lives chasing perfection. Our classes are friendly, welcoming, and designed to build strength that carries into everything else you do.

We even offer a **free 7-day trial**, so you can come try us out with zero pressure. No diet talk. No mirrors. No shouty instructors. Just real movement with real women.

Love Tracey

BossBody Fitness & Pilates – Hadleigh
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This September, don't start over.

Start back — to you.

You're still in there.

She's just been busy!

Let's help her feel strong again.



The Glow Pro

National Skincare Awareness Month



One minute it's June, and the next you're digging out your coat. But as the air turns crisp and you retire your flip-flops, September brings more than just a wardrobe shift.... It's National

Skincare Awareness Month (not that I ever needed an excuse!).

What I love most about skincare is that there's always something new to discover. So, think of this month as your annual glow-up, because radiant skin never goes out of season.

Hydrate & Pay Attention

Skincare isn't just about fancy products and flawless selfies; it's about caring for one of your body's hardest-working organs. Our skin protects us around the clock, but do you give it the attention it deserves?

With the seasonal shift underway, now is the perfect time to make full-body moisturising a daily ritual. Not only does it keep your skin soft and supple, but it also gives you a moment to notice any new moles, bumps, or changes early on.

Get to Know Your Skin Type

Our skin is a reflection of life's changes, whether it's age, hormones, stress, or even your sleep habits. So, if your usual products suddenly stop working, don't be too quick to banish them to the back of the cupboard. Instead, take a moment to get back in sync with your skin's needs. Are you getting enough quality sleep? Is your skin oilier than usual? Drier? More reactive?

Just like we trade salads for hearty meals when autumn rolls in, our skincare routines need to evolve too.



Ingredient of the Month

National Skincare Awareness Month also means taking a moment to celebrate those powerhouse

ingredients that deserve a place in your routine, and this month, it's all about Vitamin C. A staple in the skincare world, Vitamin C is renowned for its ability to revive dull complexions, even out skin tone, support collagen production, and defend against environmental stressors.

In other words? You can expect glowier, firmer, and more even skin.

To kickstart your Vitamin C journey, enjoy £10 off our professional-grade product this month (now £55!).

Buff Away the Blah

As the weather turns grey and miserable – ahem, I mean autumnal – your skin might start feeling dry, tight, and a little blah. Just like the fallen leaves piling up under trees, dead skin cells build up on the surface.

For a complexion that doesn't fade with the sunshine, consider introducing gentle exfoliation, which reveals brighter skin underneath.

And whilst you're at it, swap out



those lightweight gels for creamier moisturisers. Your skin will happily drink it up!



Nourish From the Inside

Skincare isn't just about what you put on your body, it's also about what you sip and snack. Antioxidant-rich foods like leafy greens, avocados, and walnuts work quietly behind the scenes to combat inflammation.

And let's not forget water, which is one of the simplest (and cheapest) ways to hydrate your skin from the inside out. This becomes even more important as we age and natural moisture levels drop. So, if there's one takeaway to remember, it's to drink plenty of the clear stuff!

SPF Never Takes a Break

Obviously, I couldn't let National Skincare Awareness Month pass without mentioning SPF!

So, whether you're chasing little ones at the playground, savouring a quiet lunch break, or sneaking away for a spontaneous trip after the back-to-school rush, one essential should always be within reach: sun protection.

Today's formulas are a far cry from the chalky past - take Heliocare Invisible Spray, for example. It's completely hassle-free and lives up to its name with an invisible finish. Applying this SPF feels almost as refreshing as that first sip of your morning coffee.



Heléna

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Ellen's Story: Why I Chose To Volunteer With Home-Start Suffolk

In 2019, Ellen was a content, married mum with a two year old son. But when she gave birth to her second child, that all changed and family life became unrecognisable. Thankfully Home-Start Suffolk was there to offer support. Ellen now kindly shares her very personal story with others.



"After having my first child, I thought I was a natural parent, I had always felt confident in my ability and had good mental health. I knew what I was doing and really felt like my son was thriving.

Then it all changed after I gave birth to my daughter. I was 28 weeks pregnant and I had to isolate due to Covid-19 restrictions. I was petrified to leave the house. Then came the birth. I had to stay on my own in the hospital while my husband waited in the car, until the moment I went into surgery. There were multiple complications causing internal bleeding and I had to have a blood transfusion.

All of this was going on and I still didn't even know what my baby looked like. I asked the doctor if I was going to die.

Once we were home, we were on our own. I didn't know what to do. I didn't want my new baby on me due to my wounds. I didn't want to breast feed. I was struggling with the emotions of having a newborn and a two and a half year old.

When my baby was eight weeks old, I was on the phone to the health visitor and I just broke down. I didn't want to harm myself or my children, but I thought if I didn't wake up, it wouldn't have bothered me. The health visitor advised me to call the GP who diagnosed me with post-natal anxiety, post-natal depression and PTSD.

I never left the house with my daughter. I could never soothe her, so I stayed at home, all day, every day. Then one day I saw online a new free group Home-Start Suffolk were running at a local family hub which you had to book onto each week. I thought if I booked onto it, I would have to make myself go.

I went to my local Home-Start Suffolk group every week. That was the real pivotal moment where I could see the benefit to my baby. We were bonding and I could see in that environment my baby was thriving. It literally became our favourite time of the week.

Weeks later, one of the Home-Start Suffolk Family Coordinators mentioned volunteering opportunities to me. I looked into it and signed up to offer telephone and group support. I saw so much of myself in the parents I was supporting that I decided I wanted to help them more through home-visiting as well, so I took the additional training. Volunteering helped me boost confidence in my own abilities and to put myself out there and learn new skills.

I then applied for a job at Home-Start Suffolk as Volunteer Recruitment Officer, which is the role I hold now at the charity. I have a passion for recruiting other volunteers to support mums like me. Without that simple act of going to that group, I don't know where my life would have taken me".

If Ellen's story has inspired you to find out more about volunteering with Home-Start Suffolk, please visit www.homestartsuffolk.org or make an enquiry by calling 01473 621104. It will be Ellen that you will speak to!

Natural Boxford

The Jewel in Boxford's Wildlife Crown – Part 3

I promised in part one I'd write about isolated islands and the butterfly effect but didn't quite get there last month, so I'll start there this time.

A great deal of current nature recovery initiatives and projects have a landscape-wide focus. The following is from the *Connecting Constable and Gainsborough Country Landscape Recovery Project*:

"The goal is to create a wilder environment in which wildlife can move across the landscape including an expansive network of farmland enhanced for nature. This will include:

- *habitat corridors encompassing woodland, scrub, grassland, and ponds*
- *wildlife-friendly farmland landscapes*
- *well-managed ancient and secondary woodlands*
- *natural heritage features.*"

We are accustomed to visiting nature reserves, know about sites of special scientific interest, are aware that in tiny patches of remaining woodland we may be lucky enough to hear a nightingale, or find a rare tree. We value these places, and can feel that we are 'getting out into nature' in them in a way that is more embracing than walking along footpaths between cropped fields, or along

roads, where the human and intense agricultural presence is always there. However, there is increasing realisation that these isolated pockets are not only not enough, but are not sustainable.

Island extinction is a very real phenomenon. At first, species that are isolated on an 'island' (a particular patch of land from which they cannot spread out) might be healthy, and sometimes evolve into sub-species. Over time, though, these populations inevitably decline, even to extinction, due to there being nowhere within reach that they can expand into for food or next generations' territories, alongside a limited gene pool leading to weakness and debility. In another great book *"The Song of the Dodo – Island Biogeography in an age of Extinctions"* by David Quammen, he sums things up thus:

"An ecosystem is a tapestry of species and relationships. Chop away a section, isolate that section, and there arises the problem of unravelling."

In Norfolk and Suffolk, 75% of important wildlife habitats are isolated patches that need connecting to allow the life within them to endure and thrive. This is where the creation of nature corridors, and

the management of agricultural land in a wildlife friendly way comes in. Animals and birds need their own 'paths and highways' – which look very different to ours e.g. hedges, rivers, tree canopy, grassland tracks... Every time a new road is built it cuts off wildlife. Every new building development destroys habitat – some that may have taken centuries to evolve and simply cannot be 'recreated' elsewhere. Biodiversity

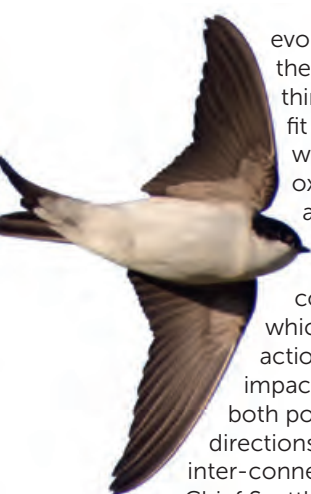


Chinese Water Deer

Chinese water deer, aka 'Vampire Deer' (!) are the only deer species in Britain to not have antlers. Instead the males have large canine teeth that can grow up to 6cm in length and are used to fight off other males that enter their territory.

In fact, Chinese Water Deer are a non-native species, introduced in the 1870s to zoos, with escapees becoming established in the 1920s.

Now in decline in China, the UK has over 10% of the global population and water deer are repatriated back to China to replenish stock there.



evolves in place and is the variety of all living things and how they fit together in the web of life, bringing oxygen, water, food and countless other benefits. Biodiversity is robust when conditions prevail which support it: small actions can have huge impacts on the whole, in both positive and negative directions as everything is inter-connected.

Chief Seattle, in 1854, made the following statement:

"The earth does not belong to man; man belongs to the earth. All things are connected... What befalls the earth befalls the sons of the earth. Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web, he does to himself."

So, here in Boxford we are blessed with many local farmers already keenly engaged in changing how they use and manage their land to help wildlife populations whilst still producing good quality natural food for us. We also have many private land owners and residents dedicating areas to wildlife

friendly meadows, woodland, and natural river courses, as well as

gardening in harmony with nature. Primrose Wood, The Spinney, Groton Croft, the Croft footpath, the Butcher's Lane pastures, the Fishing Pond area, Groton Wood and all the Box tributaries surround and feed in to Boxford Village. Historically the ford over the river Box was an important human gathering and crossing place as it continues to be so to this day - it is also important that our animal friends are able to traverse through the village safely.

There is an unsung area right in the middle of the village which acts both as a valuable corridor between many of those locations above, and as a rich habitat in itself. It is bordered by the river on the south-west edge of the Causeway, the bypass, Stone Street Road and the school playing field... it is what I call *Stone Street Road Central Meadow* and I believe it is the jewel in the centre of our wildlife crown. In the column to the right is a list of just some of the species that have been observed on and near this patch in the last four years - what an amazing richness! Surely this is to be treasured? Some of them live, eat, sleep and raise their young on this patch of land, others pass through finding food and shelter as they go, yet others are food themselves for those who hunt on land, in the sky and the water.

So, what might appear to be a fairly unremarkable piece of land, can actually be teeming with life if we stop and look, and be playing a crucial part in the revival of nature our own healthy lives depend on.

Much love,
Louise, on behalf of
Natural Boxford



A Treasure Trove

An incredible number of species have been observed in Boxford's Water Meadow habitat. More notable ones include:

Mammals

- Water Vole
- Field Vole
- Otter
- Chinese Water Deer (*pictured*)
- Stoat
- Badger (*pictured*)

Reptiles & Amphibians

- Grass Snake
- Common Lizard
- Common Frog (*pictured*)
- Common Toad

Fish

- European Eel (*pictured*)
- Stickleback
- Brown Trout

Birds of Prey & Owls

- Red Kite
- Buzzard
- Sparrowhawk
- Barn Owl
- Tawny Owl
- Little Owl

Wading & Water Birds

- Kingfisher (*pictured*)
- Egret
- Heron
- Moorhen

Other Birds

- Cuckoo
- Swift
- House Martin (*pictured*)
- Flycatcher
- Grey Wagtail
- Yellow Wagtail
- Tree Creeper
- Greater Spotted Woodpecker
- Green Woodpecker
- Long-Tailed Tit
- Song Thrush
- Black Cap
- Chiffchaff
- White Throat

Insects

- Various Dragonflies & Damselflies
- Mayflies
- Butterflies - Fritillaries, Painted Lady, Brimstone, Orange Tip, Peacock (*pictured*), Red Admiral, Tortoiseshell
- Moths - many species of moths including: Buff Tip (*pictured*), Poplar Hawk Moth, Dark Arches, Smoky Wainscot
- Bees - numerous species of Bumble Bees and Solitary Bees





The Battle Of Britain

Groton History Society looks at a pivotal moment in British history

September 1940, 85 years ago this month, was arguably the moment that Britain, and its Empire, faced its greatest fear of invasion, defeat and subjugation. Not unfamiliar with prior actual or feared historic invasions of our realm, from Roman, Angle, Saxon, Viking, Norman, Spanish, Dutch and French, at the time it was felt to be more existential and evil.

Sept 3rd 1939: Britain declares War on Germany after Germany failed to stop its invasion of Poland. The

British Expeditionary Force (BEF) was deployed to France later in the month.

May 26th 1940: In full retreat the BEF starts its legendary evacuation from the Dunkirk beaches, codename Operation Dynamo. By this stage the BEF comprised about 390,000 men.

June 4th 1940: The last men of the BEF are evacuated from the beaches. 338,000 British and French soldiers made it home, to fight again.

At this time, anti-invasion plans escalated. Coastal defences were

ramped up, including along the Suffolk and Essex coastline which was deemed a serious invasion risk, being the shortest route from occupied Holland if Hitler chose that option over Kent. The Luftwaffe bombing raids increased in intensity,

targeting air defence facilities. Air supremacy would be vital for a German invasion to be successful. Without which it could be too risky.

Sept 7th: The Luftwaffe launches a 'Blitz' campaign against major British cities, London, Southampton, Bristol, Cardiff, Liverpool and Manchester. East Anglia continued to experience Luftwaffe bombing raids on its airfields as well as its ports and cities, but not in the same scale as this new 'Blitz' approach.

Sept 15th: The day that will forever be called 'Battle of Britain' Day. This day would be the 'make or break' day



Above: Scramble! 1940

Left: Big Wing Leader Douglas Bader lifts his wooden legs into the cockpit.

Opposite: Visibly exhausted 23 year old pilot Brian Lane after nearly 30 hours of dog fighting - a typical story in September 1940

He was later lost, missing in action, over the North Sea in Dec 1942. His body was never found.

of our defence against the threat of invasion (Operation Sealion) and Nazi occupation or subjugation.

11:00am - the first of 4 waves of 250 German bombers is detected, heading for London. The RAF scrambled across Kent and Sussex.

11:22am - Douglas Badar, with his 'Big Wing', comprising 19, 242, 302, 310 and 611 Squadrons, take off from Duxford, heading for the Kent skies.

A constant repeat of scramble, find the German bombers and fighter escorts, attack, hopefully survive, return to base, refuel, scramble back into the air to start again. This cycle, for those who survived each iteration, continued all day. Exhaustion and adrenalin were conjoined twins.

By the end of this single day, the peak of German force to date, approximately 1,500 German sorties, a mix of small and medium bombers alongside ME 109 fighter escorts were launched at our defences and our nerves, in multiple waves of 250 at a time. RAF claims of downing 176 German aircraft was somewhat over estimated. The actual losses are more like 61 aircraft lost, though the split between bombers and fighters are not known. The aircraft losses were not the main issue facing the Germans at the end of the day. More significantly was the loss of airmen. The actual loss was 93 airmen. This was unaffordable. As was the case in the Battle of the Atlantic in 1943, the loss of experienced crews was unsustainable. The Kriegsmarine did not learn from the Luftwaffe's experience here. To lend perspective, at the peak of the 'Battle of Britain', only about 97 RAF fighters engaged the Luftwaffe over Kent on September 15th. RAF actual losses were 31 aircraft and 16 airmen.



Why is this day so important?

17th Sept 1940 (2 days later) was the designated day for the launch of Operation Sealion - the invasion of Britain.

As we know, this was cancelled after the losses and the failure to capture the skies above the south east of England. Whilst the threat of invasion continued, the lack of air supremacy, made it far too risky. German focus was turned to other operations, with Britain effectively pinned in its island, the Atlantic War would take up the cudgel to starve us into submission instead.

This was a crucial month in our history. For 'What If?' enthusiasts it does raise the obvious question.... What would have happened if we had lost the skies on Sept 15th? Ja?

For better and more detailed reading of the Battle of Britain, see 'The Narrow Margin' by Derek Wood. This was in last month's list of books to read. Or get the DVD out of the old film!

Nigel Chapman
nigeljchap@gmail.com

Upcoming Events

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

Friday 3rd October

Mark is a very popular speaker, so we are really looking forward to his talk.

Mark is the Professor of Later Medieval History at the University of East Anglia, and in 2019 delivered the prestigious Ford Lectures in British History at the University of Oxford. He lives in Suffolk, and has written and lectured extensively on the county's medieval history.

December: We are looking to hold a less formal session, maybe featuring the Groton 'Greatest Person of all Time in History' competition. We will also be holding a raffle and of course, celebrating history with some free glasses of wine! I will confirm the date as soon as possible.



Recommended Reading, Listening & Viewing

'Empires of the Dead' by David Crane.

How one man's vision led to the creation of WW1's War Graves.



'The Eagle and the Hart' by Helen Castor.

The story of Richard II and Henry IV.



'Was Richard II really a Tyrant?' Watch this **History Extra Podcast on YouTube** with the authors Dan Jones and Helen Castor. If you don't read her book above, watch or listen to this instead. Helen Castor knows her stuff!

'Born to be King?' Is the accompanying episode from Dan Jones and Helen Castor as they anatomise Henry IV

'Peter the Great': **The Rise of Russia (Part 1 of 2)** from **The Rest is History podcast team**. 'Great'? Not a word I would use alongside his name, to be honest. Horrible man! This 2 part series and the follow on 'Peter the Great' series about the Great Northern War, go some way to explain Putin today, as a keen student of Peter.

'Burma '45 series' from the 'We Have Ways of Making You Talk' podcast team of Al Murray and James Holland. The pursuit and defeat of the Imperial Japanese forces in Burma. Brilliant insight into the forgotten victory of the Burma Campaign, following near defeat in 1943/4.

'Battle of Britain 85th Memorial Day' at IWM Duxford. The only place to see the Big Wing of Spitfires and Hurricanes anywhere. Great day out with much, much more to see.

Once again, many thanks to those who have emailed me with suggestions and recommendations. Keep them coming!

If you want to nominate a person in history for the Groton 'Greatest All Time (GOAT)' award in December, please send me an email with your suggestion and a bit of a 'why' so I can investigate further. This person should have a lasting effect on the World we live in today ideally, though an effect more local is perfectly fine too. Are you thinking Julius Ceasar, Alexander, Leonardo da Vinci, Napoleon.... Who do you think?



Notes From A Beekeeper's Diary

The industrialisation of honey bees

Every year we read in newspapers, magazines and internet feeds how honeybees are in dangerous decline. Armchair eco-warriors take up their pens as overnight experts, and gardening articles appear full of recommended bee-friendly plants and shrubs, as often as not sandwiched between other items promoting gaudy hybridised varieties that are of no benefit to pollinating insects whatsoever.

So are bees under threat or are journalists just filling empty column inches and looking for attention seeking headlines?

Certainly bees can have a tough life. In the USA commercial beekeepers depend on pollinating fees for over half their income. The year starts early for their bees. After over-wintering in warmer states such as Arizona, in January they are transported in huge numbers the 700 miles to California for pollinating fruit and nut trees.

This is a massive undertaking. For instance over one million acres of the Californian Central Valley are dedicated to growing almonds, accounting for 80 percent of worldwide production. With two honeybee hives per acre, transporting over two million colonies requires convoys of huge flatbed trucks. That's just for almonds, similar numbers are needed for other trees.

The bees have no time to rest after pollinating the orchards of California. Next stop are the apple orchards of Washington State, 800 miles to the North, followed by a 3,000 mile journey cross-country to New York.

US mortality rates of honeybees through colony collapse have in the past been sustainable at 30-40%. Over

more recent years losses of 50% began to cause concern. 2024/25 saw losses of 60%. At that rate numbers cannot be maintained and hundreds of thousands of jobs could be at risk as well as billions of dollars' worth of agricultural output. Could the same thing happen in other countries? Is the end of the road in sight for the honeybee?

Probably not. Over 100 million years ago the Earth was largely covered in warm tropical swamps, inhabited by large sauropods. This was a time when insect pollination began to replace plant propagation by wind-blown spores leading to a massive explosion of plant diversity. The earliest evidence of pollinating insects dates from this time, a tiny ancestor of the honeybee trapped in a drop of tree resin and subsequently encased in amber. Much more exciting than the *Diplodocus*, the fossilised remains clearly show not only an outlined wing but also a long, hairy leg, already evolved to collect and transport pollen.

Other fossil remains chart the evolution and spread of the honeybee. Some fifty million years and several mass-extinctions later another insect passed away in what is now Western Germany, subsequently identified as a honeybee. The American native honeybee became extinct around fourteen million years ago. In Europe they thrived, although forced to migrate South when a sheet of ice a mile deep spread across much of the northern hemisphere during the last Ice Age.

It is estimated that over 99 percent of species that once flourished on Earth have ceased to exist, even before mankind appeared on the

Did you know?

Honeybees evolved around 124 million years ago co-existing with dinosaurs. Modern humans (*Homo sapiens*) have only existed for around 300,000 years.

In 2024/2025 over 1.7 million honeybee colonies (60%+) died in the USA, the worst mass die-off in US agricultural history.

By way of contrast, in 2024/25 UK has around 250,000 honeybee colonies in total, down from its peak in 1945 at 450,000.

India has the most colonies of any country (12 million), followed by China (9 million) and Turkey (8 million). Spain has the most colonies of all the European countries at approx 3 million colonies, more than the USA.

scene. Meteor strikes, earthquakes and volcanic eruptions all brought about massive and sudden climate change and swift extinctions, but the honeybee somehow survived.

It helps of course that honeybees are mobile, so can relocate to less hostile areas and adapt their life cycle to suit local conditions. Originating from semi-tropical climates where year-round foraging is possible, they have adapted to cope with our own cold, dark winters when nectar is unavailable. It has been said that species survive not because of their superior strength or intelligence, but

because of their ability to adapt to environmental change.

Even so, honeybees are subject to the same pressures of over-population as any other species. Colony collapse in the USA has been blamed on a lack of forage variety, overuse of pesticides and the pressures of frequent transportation over long distances in close proximity to many other bees. Combine these factors and stressed bees become more vulnerable to diseases and parasites.

Twenty odd years ago in London beekeepers were few and far between. Economic factors and television coverage of urban beekeeping brought about a massive increase in the number of beekeepers and colonies, not least because selling honey was promoted as an easy way to make some extra cash (if only that were so!). At the same time companies occupying tall buildings sought to boost their ecological credentials by encouraging would-be beekeepers to establish rooftop apiaries.

Bees thrive in natural surroundings with clean air and water. A combination of over-crowding, inadequate forage and dust and pollution have all contributed to widespread disease and high mortality among London colonies. Rooftop apiaries are now being converted into eco-zones or abandoned altogether. Inexperienced beekeepers are selling off their hives, disillusioned by winter losses and the hard realities of animal husbandry.

Suffolk bees are more fortunate. They still have to deal with unpredictable seasonality, compressed flowering seasons, drought and sudden temperature changes. But they adapt and by and large survive well with mortality rates well below the national average. And they produce some of the best honey you will find anywhere.

Tony Rand

Chris Wright

CHIMNEY SWEEP

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The Blooming Garden

Tree Ferns

I have had my tree fern for about ten years and I love it. There are many different kinds of tree ferns but *Dicksonia antarctica* is the only one that will grow outside in the UK and even then it needs winter protection. It comes from the rain forests of Tasmania. Mine was a generous gift from my son who is crazy about them. Actually, he gave me three but two of them didn't survive their first winter. When you are buying tree ferns get ones with a nice fat trunk as a thick caudex is insulating. It is an anxious time in early spring when you feel around in the crown to see if there are any nice, firm bumps of new fronds. If a tree fern is dead I can't bear to waste that lovely trunk so I gouge out a nice hole and plant a fern in it. I have even planted *Fascicularia bicolor* in a tree fern trunk stump and it looked great; this has the rather inelegant common name of Baboon's Bottom plant.

My son, Bertie, (not the name I gave him but everybody calls him that) has eleven tree ferns. Obviously lack of self control when it comes to acquiring plants is genetic. When he moved to France, he and his lovely wife, Bea sold most of their furniture as the people who bought their houseboat at Pin Mill wanted the whole look; furniture, amazing houseplants and everything. But Bertie would not leave his precious plants in his jetty garden behind, they

are his babies. Actually, one day I will write about this jetty garden because it was fabulous and it had many wonderful ideas for growing a garden entirely in pots. He hired a removal van to take his plants all the way down through France to the Aveyron. Fortunately, this was just before Brexit made it impossible. His tree ferns all survived the journey and are thriving despite the hot summers down there.

I was always envious that Bertie's tree ferns grew faster than mine. But now I have a hosepipe close enough and don't have to run about with watering cans, mine is flourishing too and gets new, beautiful filigree fronds all summer. I give it a weak seaweed feed regularly. So now it is looking very healthy and it still has some coiled up croziers to come. These tightly curled young fronds are sometimes called fiddleheads.

I also have a small tree fern in a pot which has to come into the greenhouse for the winter. I wondered why it has such twisted fronds. Then I learnt that a tree fern has some sort of internal command centre that organises the fronds to get maximum sun. If you move the pot while the fronds are unfurling it gets confused and they grow twisted.

I used to be baffled when I saw sawn off tree fern trunks in garden centres and wondered how they can manage

without roots. And then I learnt that the whole trunk is made out of roots. So they are not actually trees at all. This is why it is important to water the trunk as it is basically a huge root system. You must water the crown too, especially on hot summer days.

I wished I could afford the huge, apparently rootless, tree fern I saw recently in Perrywoods, when I accidentally found myself there on the way to the opticians in Sudbury. But it was £250 and besides I haven't got room.



Bertie's tree ferns are looking very much at home in France. Some of them have sunshades to protect them. I love the jungly effect of the *fatsia* and *tetrapanax*. Bertie loves *Tetrapanax papyrifer* 'Rex' and the huge leaves create lovely shade for the smaller tree ferns. You need space for it though as it does like to go walkabout and you find it sprouting everywhere. In the photograph, you can just see the golden grass *Hakonechloa macra* 'Aureola' in the background. And of course, there is a hammock which is vital for when it's too hot to do anything.



old pigeonier. The view from here is breath-taking.

Winters in the Aveyron can be just as cold as the ones in the UK, so it is necessary to protect the tree ferns just like we do here. Many people just protect the crown, after all the fronds are going to look pretty tatty at the end of the winter anyway. I used to put some of the old fronds in the crown, but loosely as I was always worried in case they rotted. Then I wrapped them up in garden fleece, tied up with string. Nowadays, I buy those fabulous cosy winter plant bags and simply zip it up, a job that takes seconds. Bertie, who tends to anthropomorphise his plants, wraps them up in cosy blankets. I am not sure whether hot water bottles are involved on extra cold nights. I wouldn't be surprised.

Chloris

One of the tree ferns has 'Mind your Own Business', *Soleirolia soleirolii* growing up the trunk. Last time I looked this plant was called *Helxine*. It can be rather a weed but in the right place, where it can't be a nuisance, I think it is lovely. Anyway, it put itself on this tree trunk. Some of the trunks have baby tree ferns growing on them; they are so happy that they seed around. The only other place that I have seen this happening is in the beautiful Dereen Gardens on the Beara peninsula in Ireland.

This article is supposed to be about tree ferns but whilst we are in Bertie and Bea's garden I will show you one of their terraces. This one is next to the

Pictures opposite clockwise from top left: *Dicksonia antarctica* in my Suffolk garden'

Bertie's tree ferns

Tree fern with 'Mind Your Own Business'

Tree fern at Perrywoods Garden Centre

Above from top: *Bertie and Bea's terrace*

Tree ferns with their own sunshades

Kim Wade Hairdressing

Hi, I'm Kim - a freelance hairstylist. I've been working in the hair industry for over 20 years. Until last month I was based in Colchester but have now relocated to Boxford. I wanted a quieter village life for myself and my family. I started my freelance business over a decade ago. People live busy lives, either not having the time or for other reasons not able to visit a salon, so I wanted to make salon hair accessible to everyone. I travel to you in the luxury of your own home or chosen venue.

I was highly recognised in my previous area, being voted North East Essex Hairdresser of the Year 2013 and was in the National Top 50 Mobile Hair Stylists 2024.

I specialise in colour. Being recognised for my talents (coming 3rd in the Paul Mitchell European Colour Challenge and 1st place in Sensus Italian colour competition), I became the face of Sensus throughout 2012. The company used the image I created for the competition in advertising campaigns and at Salon International. I was called 'the color guru' by Hair Magazine and I become an international platform artist for leading hair care brand Paul Mitchell. Teaching colour workshops, I travelled the world learning new techniques and technology to give back and teach other hairdressers. During my time with Paul Mitchell, I worked on the gathering in Las Vegas, being one of only 2 UK hairdressers selected to go. I was featured in hair magazines giving expert tips and doing reader makeovers and restyles.



I have been a finalist in the wedding industry awards & have been featured numerous times in Essex Bride magazine.

I hope to be able to create beautiful hair in Boxford and surrounding villages

I look forward to meeting you soon!

Kim Wade

www.kimwadehairdressing.co.uk
kwadehair@gmail.com

Feedback From James Finch

County Councillor For The
Stour Valley

Suffolk's once-in-a-generation, state-of-the-art fire control room goes live

Delivered in just 18 months, a short timeframe for a project of this scale, the initiative involved building a brand-new contact centre from the ground up, recruiting and training an entirely new team, and implementing bespoke configurations tailored to all the communities in Suffolk.

The new control room, powered by cutting-edge technology from Motorola Solutions, now serves as a future-ready, cloud-enabled hub for managing critical 999 emergency calls across the county.

The decision to invest in a new control room for the county was made in 2023, following recognition that the previous system was no longer fit for purpose. The legacy system's increasing fragility meant the fire service could no longer depend on or guarantee the resilience that Suffolk's communities deserve.

The new control room includes several helpful new features that will support Suffolk Fire and Rescue Service in responding to emergencies more effectively:

- Better preparation for major incidents
- Remote access – Staff can now securely log in to the control system from any location,
- Improved call and data handling – keeping all key information in one place.
- Stronger regional teamwork – working with Hertfordshire and Norfolk fire services,

Improving Suffolk's roads - an update on the summer surface dressing programme

As summer sets in, Suffolk Highways is pleased to announce the successful completion of the first phase of its 2025 surface dressing programme – a vital tool in maintaining and extending the life of our county's roads.

Surface dressing is a cost-effective and efficient method of road maintenance that prolongs the life of existing road surfaces, helping to avoid more disruptive and costly repairs in the future.

The process involves spraying a layer of hot bitumen onto the road, followed by a layer of stone chippings.

These chippings are then rolled into the surface to create a new, textured layer that improves skid resistance and seals the road against water ingress – a major cause of potholes and structural damage over time.

This method enables us to treat a large area quickly and economically. We can typically complete the process within a day, although the road may require a short period of reduced speed limits while the surface beds in.

Since the first phase began in mid-May, we have completed more than 62,000 metres of surface dressing across 50 sites in Suffolk. This is a testament to the hard work of our teams and supply chain partners, many of whom have worked through the night or in high temperatures to keep the programme on track.

One of the most common concerns following surface dressing is the presence of loose chippings. These are a normal and expected part of the process. Although the majority are embedded during rolling, some remain loose and are gradually pressed into the surface by passing traffic.

To ensure safety and protect vehicles, temporary speed limits – usually 20mph – are introduced immediately after dressing. We urge all drivers to adhere to these limits, not only for their own safety but also to prevent vehicle damage and allow the surface to settle properly.

Thank you for your continued patience and cooperation during this period of roadworks. Your support is helping to deliver long-term benefits for communities, businesses and commuters across Suffolk.

New routes announced with Local Authority Bus Grant funding

As with the previous Bus Service Improvement Plan grants covering 2023-25, these routes have all been suggested by the community through the council's 'scheme on a page' initiative.

I'm delighted to announce these new and improved routes for Suffolk. These changes represent the biggest positive change to bus services across the county since 1998 and along with our previous route improvements, show our commitment to supporting local communities and the bus industry. These routes were suggested by the community and we hope to see these services grow passenger numbers over the coming months and years. The majority of the services are expected to start in late August or early September.

Alongside the 2.8m revenue for delivering new or enhanced services, the county council also previously

announced £5.2m of capital funding from the DfT for new and improved bus stops, bus stations, bus priority measures or vehicle upgrades. Members of the community can suggest bus stop improvement projects for consideration at: <https://bit.ly/bus-improvement>

Chambers 90, 91 Ipswich - Hadleigh - Sudbury

New Sunday service plus additional Mon-Sat journeys

Chambers 784 Sudbury - Nayland - Colchester

New Sunday and evening journeys. Daytime Mon-Sat services re-timed to give regular frequency for Stoke by Nayland and Leavenheath. To be linked with 753 for through travel to/from Bury St Edmunds

New Chambers Sudbury Town Service

TBC - will include Tesco, Clermont Ave bus gate, Health Centre - possibly Great Cornard

Chambers 375 Sudbury - Alpheton - Shimpling - Bury St Edmunds

Upgrade from Weds only to run Mon-Sat, route change to cover West Suffolk Hospital

Suffolk's Roman history gains more support from The National Lottery Heritage Fund

Romans Unearthed will offer groundbreaking research on Suffolk's Roman villas, revealing untold stories from nearly 2,000 years ago of how the Romans shaped Suffolk's landscape following the Boudican rebellion in AD60.

Suffolk has at least 65 villa sites in the county, only four of which have been extensively excavated in the 20th century, including by Basil Brown. Very few have been investigated to modern standards. Romans Unearthed will include excavations and surveys on key villa sites which have yet to be fully examined.

The county council has received initial support from The National Lottery Heritage Fund for a one-year development phase, made possible thanks to National Lottery players.

Development funding of £169,830 has been awarded by the Heritage Fund to help SCCAS progress their plans over the next year, which will enable them to apply for a full National Lottery grant at a later date.

All Suffolk food waste to be processed in the county

This will mean a more efficient,

environmentally friendly and cheaper way to deal with Suffolk's food waste, with weekly household kerbside collections beginning in 2026.

Suffolk County Council and Bio Capital have agreed a four-year contract to process food waste at the recently approved anaerobic digestion plant at the Adnams Distribution Centre, in Reydon near Southwold.

Around 31,000 tonnes of household food waste could be sent to the new facility each year, which will be processed to generate green fuel (biomethane), and turned into soil fertiliser – meaning Suffolk's food waste is put to better use.

The food waste has another life, being turned into renewable energy and nutrient-rich digestate that can be used to improve soil health. This will benefit our local farmers by helping to maintain productive, sustainable farmland right here in Suffolk.

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.

Incredible as it may seem, we are now heading out of our summer holiday period and into the autumn season and into winter again. Will we remember our glorious summer weather then? Yes, as I have spent countless hours carrying water to allotment and garden keeping plants and crops alive. While continuous sun is good for holidays, it is bad for farming and good harvests.

The beginnings and continuation of the effects of climate change are well upon us now and the extremes of weather changes will effect the upcoming generations so much harder as time progresses. The present Government's intent to allow local

planners to insist on solar panels on new builds of domestic and business buildings is a good step forward but 10 years too late - that's when BDC fitted them on as many of our council houses as could take them. We did it for public benefit - big developers just do what they want for themselves and shareholders financial gain.

I did manage to get away for a couple of days to attend my favourite music festival, Cropredy in Oxfordshire, brilliant line up again of Blues, Folk and Rock n Roll, also witty comedy and comments from the artists themselves who can be relied upon to get everything in a nutshell and crack it hard. Fantastic music as well including a walk on performance from Robert Plant as a guest with another band. 15,000 audience were thrilled at that, even yours truly got up for a boogie on that one, big advantage having two good working knees now.

Politically we are now in the throes of devolution and are setting in motion along with the county council, our own demise into a unitary set up for the whole of Suffolk.

All of the districts across the new mayoral region of Norfolk and Suffolk want three new unitaries in each county, making 6 in all. This we feel will give best value for money for all of our residents and also best accountability and contact with staff and elected representatives as well. It is so important that parish councillors and every member of the public has a known representative to look after local needs and issues and report back and fight for local issues as they always have done.

The present county council on the other hand, seem to want to carry on regardless of constituents' desires and wishes and want to quash the popular opinion of their residents to try to cling on to power as they always have done. The fact that they are spending money in lobbying residents who don't even have a vote or say in what is going on, is quite pathetic and sickening. One large authority has already failed under their stewardship, so why carry on with another??

That money should be used to put towards setting up the new authorities, or even, wait for it, cutting some of the roadside signage out of the hedgerows and filling in some of the very worst potholes. Not exactly ground breaking is it? Maybe it is for them.

We can but hope that the minister for communities breaks the mould for local government and makes the decision in the district's favour.

The district's motto is **Big Enough to Deliver, Local Enough to Care.**

Great news that the first 2 stages of the Lloyds Tour of Britain cycle race are to take place right here in BaberghMid Suffolk. First day Sept 2nd will be between Southwold and Woodbridge via coastal and inland roads. Then on second stage Wednesday Sept 3rd the cyclists pedal off from Stowmarket, along to Sudbury, then towards Hadleigh and veering off 1071 to take in Semer hill as the king of the mountain climb and back through the villages to Stowmarket for the evening stopover. Find a vantage point and leave the car at home.

Will we get the potholes fixed along the route, to save the dear old county council further embarrassment I wonder?

Reminding all constituents again that we are doing the Tree for life scheme throughout 2025, this enables any parents of a baby born this calendar year to apply to the council for a tree to plant to commemorate the child's birth, they will be given out in early spring ready for planting, either in a private garden or named public place for everyone to enjoy.

Should any family suffer a bereavement during or after the birth of a child, the tree will be presented in memory of that child.

Another big focus for us at the moment is to bring more affordable houses forward into service for our ever-growing homeless list. With the near collapse of the rental market we are struggling to be able to house folks anymore. While plans to end the dreadful Right To Buy scheme are going on to the statute book now, it is once again too little too late and another thing that will come back to haunt us forever. We must now start to build houses for the next generation to gain a foot on the housing ladder and for the older folk to downsize into and have a warm home that they can afford to run and live in. Houses should be homes and a way of keeping family ties together, not just a way of making money.

Enjoy the rest of the holiday and good luck to all students as they move up and along the educational ladder. Start of the new season for the super blues. Come on Town!

If anyone needs help then, catch me when you can, moving a lot quicker now!

Love from Bryn

bryn.hurren@babergh.gov.uk

Tel: 01787 210854

Mobile: 07771 508348

Milden Cricket Club

Milden drop to 6th after a mid-season losing streak

Sadly, Milden were unable to sustain their winning form after their record-breaking win against Hadleigh on 13 July (see August BRN, page 49). Instead, it's a frustrating abandoned game and three defeats to report this month.

The abandoned game was at Long Melford on 20 July. Rain in the morning meant a delayed start, with the match reduced to 32 overs a side. A light shower stopped play after 3.5 overs when Milden were 16 without loss. The captains then agreed to abandon the game - mysteriously to your correspondent (who was scoring) - as there was blue sky on the horizon and later the sun was shining.

The next two home matches - against Woolpit on 27 July and against Worlington on 3 August - resulted in heavy defeats for Milden, by six wickets and 179 runs respectively. Against Woolpit, the top four batsmen could only muster eight runs between them as a disastrous start saw Milden 13 for 4 in the eighth over. A recovery followed, with Milden reaching 126 for 7 from their 40 overs - Felix Elgar top-scoring with 25 not out and your correspondent contributing seven runs in 18 overs before being carried off the field, not out, with a hamstring injury. Replying, Woolpit reached their winning target of 127 in 27.5 overs for the loss of four wickets.

Another poor start on 3 August saw

Milden 16 for four after seven overs, chasing 228 to win. At 5.40 pm, and with the score 24 for 4, a sudden downpour raised the prospect of the game being abandoned but, with the two captains keen to finish the match (unlike the game at Long Melford), the rapid deployment of a cover enabled play to resume 31 minutes later, when only Jim Ferguson (14) reached double figures as Milden were bowled out by Worlington for 48 in 17.2 overs, William Carson finishing with figures of 8-0-29-6.

At Elveden on 10 August, Milden, put in to bat, suffered an early loss when a breakdown in communication led to Dave Willis (who scored 70 when he last opened the batting on 22 June) being run out for a duck. A recovery, led by Alex Lomax (48) and Zaryab Rashid (46), took the score to 120 for 3, but a collapse then saw seven wickets fall for 24 runs to leave Milden all out 144. Replying, Elveden (148 for 3) reached their winning target off 26.3 overs. Only Masaud Shah (1 for 17) and Willis (1 for 15) took a wicket - the other one being a run out.

Milden, who dropped to 6th in Division 5 of the Hunts County Bats Suffolk League, now have a two-weeks break from league cricket before their final four matches of the 2025 campaign - all against teams they defeated earlier in the season.

For fuller reports of Milden's matches, see the sports pages of the *Suffolk Free Press*, published on Thursdays.

Remaining league fixtures (1pm starts in September):

31 August - Haverhill (home)

7 September - Brockley (away)

14 September - Elmswell (home)

21 September - Hadleigh (away)

David Lamming

Left: *Felix Elgar 25 not out 27.7.2025*

Below: *Milden v Worlington 3.8.2025 - removing the cover*



Boxford & District Bowls Club

North Essex County Bowls Federation Finals

On a very wet weekend in July, some of our bowlers were in the finals of this county competition.

Huge congratulations to our Men's 3 Bowl Triples - Steve Marszal, Kevin Colling and Graham Skillen (pictured below), who won their match 18 to 3, against their opponents from Stoke by Clare team. And also huge congratulations to Gillian Barnes who won her match - Ladies Secretaries Singles, 21 to 17.

Our county champions are now off to compete in the national finals at Skegness next week. We wish you all great success.



Photo by Peter Norris

We also had two other of our bowlers in the finals weekend - Mike Billington and Roz Mortlock. They were playing in their respective Champion of Champions match and whilst both played very well, they unfortunately did not win their matches.

NECBF League

Congratulations to our Boxford A Team who came top of the NECBF League Division 2, with an impressive 36 points (runners up were on 29 points) and the best shot difference of the league. Well done team. They will now go up into Division 1.

There are other county finals matches coming up in the next few weeks and we have our Club Finals Day in September - so watch out for the results in the next newsletter.

Roz Mortlock

EDWARDSTONE

Summary of Council Meeting 21ST July 2025

Present

T Wood, R Norman, E Breeds, J Powell,
R Jones (Clerk)

Guests

B Hurren (Babergh Mid-Suffolk District
Council)

Apologies for Absence

M Gibson, L Smyth, J Morgan. In the
absence of M Gibson, T Wood took the
Chair.

Councillor Vacancy/Co-Option of Councillor

J Powell was Co-Opted to the Council.
Nominated by R Norman. Seconded by
E Breeds.

Minutes of the Annual General Meeting of 19 May 2025

Approved Financial Matters:
Statement of Finances & Orders for
Payment and Q1 accounts were
approved. Use of CIL Funding: The
possibility of funding a second
defibrillator had previously been
put forward but the council had not
received any further contact from the
parishioner who had made the request.

Other Financial Matters:

The Clerk explained that the cost
of a Microsoft 365 subscription had
increased from £59.99 to £84.99. As
the subscription covers multi-device
use, it was suggested that the cost be
shared with Groton PC which would
be to the benefit of both councils. It
was agreed that further signatories
for the council's bank account were
needed. E Breeds agreed to be added
to the list of signatories.

Planning Matters

Owners of 5 Mill Green have been
ordered to re-instate a hedge
boundary as per the original planning
application. A target date of October/
November has been given to align with
the planting season.

Highway & Footpath Matters

Footpath Cutting: First cuts completed
on time with a third cut due although
due to the dry weather the grass had
not been growing too much.

Climate Change

Electric Vehicle Charging Points: M
Gibson reported via T Woods that he
was still awaiting a response from SCC.
E Breeds reported that the White Horse
had not been contacted by any other

parties since the siting positions had
been agreed.

Date of next meeting

Monday 22nd September at 7.30pm

Full minutes can be found at:

[http://edwardstonepc.onesuffolk.net/
parish-council/minutes](http://edwardstonepc.onesuffolk.net/parish-council/minutes)

Richard Jones

01473 828246
edwardstoneclerk@outlook.com

BOXFORD

Summary of Council Meeting 22nd July 2025

Election of Chair

Cllr Warren was voted in as Chairman.

Co-Option of Councillors

V. Poole, J. Tolputt and A. Troke were
voted in as new Councillors.

Resignations

It was reported that K. Couling and V
Strafford have formally resigned from
the parish council.

District Council Report

DCllr Hurren's full report can be found
on the BPC website. DCllr Hurren
commented on charging points to
be installed in Boxford and the Local
Government Review.

County Council Report

CCllr Finch's full report can be found
on the BPC website. No further
discussion took place.

Finance

The finance report was accepted
and can be found in full on the BPC
website.

Planning

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

Date of Next Meeting

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

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](http://edwardstonepc.onesuffolk.net/parish-council/minutes)

Groton PC

Clerk: Richard Jones
01473 828246
grotonclerk@yahoo.com
[http://groton.onesuffolk.net/
parish-council/documents](http://groton.onesuffolk.net/parish-council/documents)

Little Walsingham PC

Councillor & Clerk: Chris White
07541 133535
[clerk.littlewalsinghamdpc@
hotmail.co.uk](mailto:clerk.littlewalsinghamdpc@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

Help Your Parish

Parish councils are essential in
ensuring villages thrive by bringing
residents together to achieve common
goals. These groups consist of unpaid
volunteers who dedicate their time
to maintaining essential services and
activities. Their efforts are crucial,
especially as rural areas increasingly
rely on self-sufficiency to provide
transport and home-help services.

With many parish councils actively
seeking new members, please
consider volunteering to bring fresh
ideas and energy to your local area.
This involvement helps strengthen
community bonds and ensures that
essential local functions continue to
operate effectively.

To apply, please contact your parish
council's clerk. Contact details are
above.

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 Friendship Group provides companionship, friendship, and support. It's main aim is for its members to just have fun. Great amounts of conversation and natters take place at the regular meetings over a cuppa and some cake. The BFG have regular talks, excursions, demonstrations, quizzes, bingo sessions, games, and lunch dates.

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) | talktofobs@gmail.com |
| Sunflowers Childcare | Moiria 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 07775 777 598 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 |

AUGUST 2025

| | | |
|-------------------------|--|--------|
| 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 |
| 3 WED | Tour of Britain Gt Waldingfield, Newton & Leavenheath | TBC |
| 6 SAT | Boxford Rounders Tournament Boxford Playing Fields | Noon |
| 7 SUN | Shelley Fun Dog Show Shelley Centre, IP7 5QY | 11-4pm |
| 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 | Kersey Flower & Vegetable Show Kersey Village Hall | 2:15-5pm |
| 13 SAT | The Sackville Piano Trio St Mary's, Boxford | 4pm |
| 14 SUN | French's Dog Walk French's Care Haven, Groton, CO10 5EU | 1:30pm |
| 17 WED | LWHS - HMS Ganges Boys into Men Little Waldingfield Parish Room | 7:30pm |
| 19 FRI | Polstead Films - Ballad of Wallis Island Polstead Village Hall | 7pm |
| 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 |
| 24 WED | Ladies Get Into Golf Taster Session Newton Green Golf Club | 2pm |
| 24 WED | Lavenham Gardening Club - Sue Kent Lavenham Village Hall | 7pm |
| 26 FRI | Boxford Society Old Picture Show Boxford Village Hall | 7:30pm |
| 26 FRI | Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion | 7:30pm |

SEPTEMBER 2025

| | | |
|------------------|--|------------|
| 26 FRI | Boxford Society - Old Picture Show Boxford Village Hall | 7:30pm |
| 27 SAT | Newton Macmillan Coffee Morning Newton Village Hall | 10-11:30am |
| 27 SAT | Milden Macmillan Coffee Morning Milden Pavilion | 10-Noon |
| 27 SAT | Ladies Get Into Golf Taster Session Newton Green Golf Club | 11am |
| 27 SAT | Madrigalia Concert The Hive, Sudbury | 7:30pm |
| 27 SAT | Boxford Market Boxford Village Hall | 10-1pm |

OCTOBER 2025

| | | |
|-------------------------|--|-------------|
| 1 WED | Boxford WI - Hadleigh Ukelele Group Boxford Village Hall | 2pm |
| 3 FRI | Towns & Trade in Medieval Suffolk Groton Village Hall | 7:30-9:30pm |
| 3 SAT | PrintEast Print Fair The Athenaeum, Bury, IP33 1LE | 10-4:30pm |
| 4 SAT | Boxford Primary School Reunion The Fleece, Boxford | 7pm |
| 5 SUN | Success After Stroke Craft Fair Whatfield Village Hall, IP7 6QU | 10-4pm |
| 7 TUE | Fireside Club - Wool Dying Talk Newton Village Hall | 2pm |
| 7 TUE | Boxford Gardening Society - Talk Boxford Village Hall | 7:30pm |
| 11 SAT | Whist Drive Boxford Village Hall | 6:30pm |
| 15 WED | LWHS - Gainsborough's Sudbury Little Waldingfield Parish Room | 7:30pm |
| 15 WED | Charity Quiz Night The Fleece, Boxford | 8pm |
| 17 FRI | BINGO! Groton Village Hall | TBC |
| 18 SAT | Kersey Autumn Buffet Kersey Village Hall | 7pm |
| 21 TUE | Fireside Club - Quiz & Raffle Newton Village Hall | 2pm |
| 24 FRI | Boxford Society - Land Army in WW2 Boxford Village Hall | 7:30pm |
| 25 SAT | Brent Eleigh Quiz Night Brent Eleigh Village Hall | 7pm |
| 25 SAT | French's Fish & Chips & Quiz Night The Ansell Centre, Hadleigh | TBC |
| 25-30 SAT-THU | Lantern Making Workshops Boxford Spinney | 10-4pm |
| 27 MON | Boxford Friendship Group Boxford Village Hall | 2-4pm |

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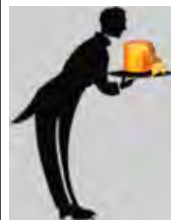
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Charles mobile: **07850 210256**
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email: louise@newmanshall.co.uk

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