

October 2025

Box River News

Boxford • Edwardstone • Groton • Little Waldingfield • Newton Green



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

K WILLIS BUILDERS

All types of building work undertaken

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

Telephone: 07771 638 398 / 01787 586 031

kwillisbuild@hotmail.com



S B Electrical



For all your electrical work

⚡ large or small ⚡

Free Estimates ☒ A Member of NAPIT® ☒

Electrical Certificates Issued ☒

Part 'P' Registered ☒ Insurance Backed Guarantee ☒

Tel: 01787 247043

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



SUFFOLK GATES

GATES OF DISTINCTION



TIMBER GATE MANUFACTURES

and installers also offering our own in-house gate automation service.



CALL US ON 01284 388388

team@suffolksgates.co.uk

www.suffolksgates.co.uk



**SUFFOLK
AUTOMATED GATES**

AUTOMATING THE EVERYDAY

FAMILY RUN BUSINESS OF THREE GENERATIONS IN SUFFOLK

*Open
every day*



WHITE HART INN
BROAD STREET, BOXFORD

*What's on
October*

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

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

BAR MEALS
EVERY LUNCH TIME 12noon - 2:30pm
MON, TUE & WEDS EVENINGS 5pm - 8pm

FRANK'S KITCHEN
Open Thurs, Fri & Sat evenings 5pm - 8pm

FUNCTION ROOM
IDEAL FOR MEETINGS OR
VARIOUS CLUB HIRE

MAISON GLORIA APARTMENT
SLEEPS UP TO 8 AIRBNB



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

CARS & CAMERAS SUN
10am - 2pm **5**

KARAOKE NIGHT SAT
8pm - 11pm **11**

**LIVE MUSIC-
MILLIE KIRKPATRICK** SAT
8pm **18**

CASH BINGO THUR
7pm **23**

Contact the White Hart Inn direct on: 01787 211764

Follow us on Facebook: The White Hart Inn - Boxford

Boxford Churchyard Wall

After a few years delay the repair of the first section of the churchyard wall has been completed by MHM Landscapes. The work involved replacing damaged bricks, removing old mortar and repointing with lime-based mortar and stabilising the coping stones, all of which was completed ahead of schedule. Matt and George have done an excellent job. The wall now looks great and their work will ensure that an important village asset is preserved for future generations.



Job done! Matt Hacking-Mondelli & David Warren

Unfortunately, a lorry collided with the wall on the day it was finished. The damage was slight and Matt was able to repair it straight away. Thank you, Matt, for your quick response. The remaining section of the wall, from the double gates to the school boundary, will be repaired next year during the summer school holidays. This work is likely to take a bit longer, 2 to 3 weeks, but should not require any traffic control.

David Warren
Boxford Parish Council

Tour of Britain Whizzes Through

Despite poor weather, the 2025 Tour of Britain Men's Race brought an electrifying atmosphere to the Box River Benefice as stage 2 of the race powered through Newton Green as well as the neighbouring villages of Great Walmingfield and Leavenheath. Whilst a torrential downpour had a dampening effect on the number of spectators coming out to cheer the riders through, the conditions in the middle third proved to be a real test of these athletes' strength and endurance and it proved to be a particularly thrilling stage.

The sun broke out again after the peloton left the benefice and, by the time they reached Kersey, conditions had improved significantly. In the final sprint, Olav Kooij (Team Visma | Lease a Bike) secured his second consecutive victory of the tour by winning the stage. This triumph, his sixth across the 2023 and 2025 tours, moved him up to fourth on the all-time list of Tour of Britain stage winners. Tom Crabbe (Team Flanders – Baloise) finished second, and Sam Watson (INEOS Grenadiers) came in third. The stage saw a breakaway group, including Rafael Reis, Andreas Stokbro, Harthijs De Vries, and Baptiste Veistroffer, establish a lead, with Stokbro taking maximum points at the Intermediate Sprint and the

King of the Mountains point at Semer Hill, earning him the lead in the King of the Mountains competition. Despite a valiant effort, the escapees were caught just three kilometers from the finish as the sprint trains began to wind up.

Stage 2 was approximately 169.3kms long (just over 100 miles) and with another four stages to go there was everything to race for. The stage was notable for some contentious moments during sprint finish, where some riders felt that others had crossed the line unfairly or impeded their progress. This led to protests from certain teams, although the race jury upheld the results.

At the end of the entire 886km (550 miles) tour, Romain Grégoire (Groupama-FDJ) won the General Classification in a total time of 19 hours, 31 minutes and 23 seconds, marking his first ever major stage race victory. At just 22 years old, Grégoire is considered one of the rising stars in professional cycling. With the top three riders finishing within an amazing four seconds of each other, it just goes to show the incredibly competitive nature of this race.



Photo: David Lamming

Box River News

Trudi Wild
Editor

01787 210946

editor@boxrivernews.com

Twin View, 18 Stone Street, Boxford CO10 5NR

 www.boxfordsuffolk.com/box-river-news

 www.facebook.com/BoxRiverNews

 www.instagram.com/BoxRiverNews

Get Involved!

We love sharing local stories from around the benefice. If you have news, events, or even an opinion on village life, please get in touch!

We're so grateful for the support of our readers and advertisers - you help make the Box River News a true reflection of our community.

Advertisers

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

The copy deadline for the November issue is Wednesday 15th October at midday.

Newton Village Hall Matters

Quiz evening: We are holding another quiz evening on Saturday 29th November in the village hall at 7.30pm. Tickets are £12 per person and include a substantial ploughman's supper.

Teams of 6 are needed and please bring your own drinks and glasses. There will be a raffle and donations for this would be most welcome. Proceeds are divided between the Newton Village Hall and All Saints Church.

Book early to avoid disappointment as space is limited. More details available from Paul or Sue **07881 383 998**.

Coffee Mornings: Our last coffee morning of the year is on **Saturday 22nd November** from 10 - 11:30am with the raffle being called at about 11:15

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.

Newton Green Trust

On the 9th September the trustees welcomed fellow villagers to a meeting where the restoration of several ponds around the village green was discussed.

The work links closely to the Newton Neighbourhood Plan priorities. A very experienced contractor will be carrying out the work during the appropriate time frames as advised by FWAG (Farming & Wildlife Advisory Group). We are looking forward to seeing this project come to fruition over the following months to enhance the local environment.

Newton Fireside Club

The start of term was on 9th September and it was our AGM. There was feedback on last year, discussions about possible future activities and outings, and a roundup of our finances.

Last year we spent slightly more than we took in subs, but there was additional income from our coffee morning and the occasional raffle. Also, we purchased two gazebos to make our outdoor events more comfortable. There was some discussion on how we might spend the proceeds from the Open Gardens, but no decision was made. The meeting was followed by cheese and wine, which was gratefully received, and there was plenty of time for a catch up.

We are always happy to welcome new members from the village or surrounding areas. Although traditionally this was a club for the over 60s, our age profile has lowered and anyone of any age is welcome. The first session is usually free, depending on the activity, so you can come along and see what we're all about.

Our next session is the talk by Lavender Blue on 7th October, which should be very interesting. Non-members are very welcome to attend for £5 which includes a drink and cake. No need to book, just come along at 2pm.

AUTUMN 2025 PROGRAMME

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 2pm unless otherwise stated and anyone is welcome. Subs for members are £25 this term and must be paid in advance. This includes refreshments, activities and subsidised events. Non-members are welcome to come along to any session. The fee will be between £5 and £10 depending on the activity. We are excited to say that we now have a card reader, so payments can be made by debit card.

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

The William Alston Charity

The William Alston Charity (also known as the 'Alston and Plampin Charity' or 'The Newton Charities') was established on the 1st February 1564 when William Alston bequeathed a yearly sum of ten shillings to the poor of Newton.

In 1822, Robert and John Plampin gave a yearly sum of sixteen shillings and six pence, also to the poor of Newton.

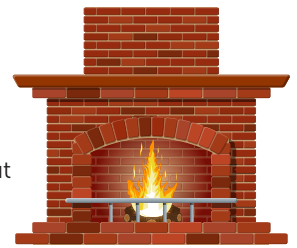
These are held in a COIF fund, which is established under the Charities Act 1993 (now Charities Act 2011) to manage charities' investments. These funds generate small dividends each year and this, along with donations, are used for the day to day running of the charity. The capital has been added to over the years, usually through a bequest from the will of somebody who lived in the village. Three trustees manage the charity on behalf of the Parish Council.

The distribution of funds has changed a lot over the years. Although there is little real poverty in the village, the tradition is perpetuated by giving cards and small gifts to villagers who are poorly, have suffered a bereavement or just need a 'cuddle' from the village. We know that these small gestures are really appreciated by the recipients and this is a such a lovely tradition to uphold. We need your help to let us know who you feel deserves recognition for these or any other reasons.

The trustees are about to meet to discuss the distribution of gifts at Christmas. We give small cash gifts to deserving members of the village each year. We also contribute to and manage the distribution of festive gifts and food parcels along with the parish council and the trust. Again this is a long-standing tradition and we need your help to identify anyone who might benefit from these gifts. Please do contact me or any of the other trustees.

Many thanks

Sue Presland (07881 383 998), Janet Taylor, Liza Devlin - Trustees



Slowing the Flow in Boxford



Following on from our feature in last month's BRN, we're pleased to share that with the continued support of our Community Working Group and landowners in the area, that the installation of leaky dams in Boxford's surface water catchment is now complete.

Leaky dams are a natural flood management measure designed to slow the flow of water during a storm event, providing flood resilience to properties downstream:



The picture above shows one of four leaky dams delivered by Reclaim the Rain and the Water Management Alliance in Boxford's upper surface water catchment.

To capture the benefits of the leaky dams, we will be carrying out monitoring over the coming months. This includes water sampling to test several water quality parameters such as sediment and temperature. We will also be monitoring soil moisture using probes installed near the dams to assess the changes over time.

If you'd like to read more about the benefits of leaky dams, please read our September update on page 5 of the Box River News, or head over to our social media channels to see more images. You can always contact us at reclaimtherain@suffolk.gov.uk. 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

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

Opening Hours
Monday & Tuesday - Closed
Wednesday - Sunday from 12pm

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

Oktoberfest - September 19-28
German & UK Festbiers, food specials & more!

Autumn Cider Festival - October 24th - November 2nd
Our annual celebration of the apple (& pear!)

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

Acoustic Night - Every 2nd Wednesday of the month
Wednesday, October 8th from 7pm

Open Mic Night - Every 4th Wednesday of the month
Wednesday, September 24th from 7pm
Wednesday, October 22nd from 7pm

Street Food
Follow us on Facebook/Instagram for weekly updates!
Wagyu Burgers - Every Friday
Tasty Turk - Saturday Oct 11th & 18th
Savannah Smoke - Saturday Oct 25th
My Thai Chef LM - Saturday Nov 1st

@edwardstonewh www.edwardstonewhitehorse.co.uk

John Murray Whitwell

John passed away in Ipswich Hospital on the 10th September, aged 79 years, after a short battle with cancer.

John, our much loved father and grandfather (Pops), started Whitwell Services in 1979 and worked right up until a year ago. 45 years of hard work and dedication alongside his son Luke, who joined him in 1999.

The funeral service is to take place at St Mary's Church, Boxford on Friday 26th September at 2pm followed by a private burial in St Mary the Virgin Churchyard, Edwardstone.

John's wishes were for a happy, colourful funeral, so please dress accordingly. Family flowers only.

Donations, if desired, made payable to Sue Ryder, may be sent to R Gwinnell & Sons, 32 High Street, Hadleigh, IP7 5AP or via John's online tribute page <https://johnwhitwell.muchloved.com>

Boxford & Groton United Charities

The Trustees of Boxford and Groton United Charities will be meeting on the 24th November and invite applications for grant aid from residents living in the three parishes of Boxford, Groton and Edwardstone, for educational, medical, and general charitable purposes. Applications from organisations serving the above area are also invited and should be made in writing to *Guy Godfray, Clerk to the Trustees, 17 Swan Street, Boxford, Sudbury CO10 5NZ*. Closing date for applications Friday 21st November.

Registered Charity Number: 207861

On the Buses

Since September 1st the number 50 (a new number dedicated to the Sudbury-Boxford-Hadleigh route) has been running six days a week Monday to Saturday with a much improved frequency as you will see from the new timetable below.

The opportunity to ride on the 50 for work, shopping, leisure or onward journeys has been considerably enhanced. Further improvements in rail connectivity to and from Sudbury are being sought; already, for example, you could use the 0905 arriving Sudbury 0920 and catch the 0926 to Marks Tey and London by moving swiftly from the bus station to the train! And you could return from Liverpool Street on the 1602 or the 1702 and be in Sudbury

at 1720 or 1820 respectively, in good time to catch the 1730 or 1830 bus to Boxford / Hadleigh.

There are so many good reasons for using buses and all forms of mass transportation. Such travel is an affordable and stress-free alternative to driving, saving money on fuel, maintenance and parking costs and is a greener choice reducing carbon footprints and traffic congestion. Non car owners rely on a good service.

We will periodically produce examples of possible journeys originating on the number 50 buses in Boxford, which now also enjoys a Sunday service direct to Ipswich and Sudbury.

Don't let the buses run empty, we must keep the service. Get on the buses!

The Bus Team



Sudbury ► Boxford ► Hadleigh

Mondays to Saturdays excluding bank holidays

	Code	MF	Sat	S-Hol											S-Hol	S-Hol		
Sudbury, Bus Station [C]	0700	0710	0820	0926	1026	1126	1226	1326	1426	1526	1626	1730	1830					
Newton Green, Saracens Head	0707	0717	0827	0933	1033	1133	1233	1333	1433	1533	1633	1737	1837					
Boxford, Fleece	0714	0724	0834	0940	1040	1140	1240	1340	1440	1540	1640	1744	1844					
Bower House Tye, Brewers Arms	0718	0728	0838	0944	1044	1144	1244	1344	1444	1544	1644	1748	1848					
Hadleigh, Bus Station	0728	0738	0848	0953	1053	1153	1253	1353	1453	1553	1653	1757	1857					

Codes

S-Hol	Saturdays and Monday to Friday School Holidays only
MF	Mondays to Fridays only
Sat	Saturdays only
Sch	school days only
Hol	Monday to Friday School Holidays only

Hadleigh ► Boxford ► Sudbury

Mondays to Saturdays excluding bank holidays

	Code	Sch	Hol	Sat	Sch	S-Hol											Sch	S-Hol	S-Hol
Hadleigh, Bus Station [A]	0715	0730	0745		0853	0955	1055	1155	1255	1355	1455	1455	1555	1655	1800	1900			
Bower House Tye, Brewers Arms	0723	0738	0753		0901	1003	1103	1203	1303	1403	1503	1503	1603	1703	1808	1908			
Boxford, Fleece	0728	0743	0757	0905	0905	1007	1107	1207	1307	1407	1507	1507	1607	1707	1812	1912			
Newton Green, Rectory Road	0735	0750	0804	0912	0912	1014	1114	1214	1314	1414	1514	1514	1614	1715	1819	1919			
Great Cornard, The Drift											1520								
Sudbury, Bus Station	0747	0800	0812	0920	0920	1022	1122	1222	1322	1422		1522	1622	1724	1827	1927			



SCAN HERE
FOR THE TIMETABLE
AND LIVE UPDATES

Sudbury ► Boxford ► Hadleigh ► Ipswich

Sundays

Sudbury, Bus Station [C]	0830	1130	1430	1730	Ipswich, Old Cattle Market Bus Station [L]	1015	1315	1615		
Great Cornard, Queensway	0835	1135	1435	1735	Ipswich, Rail Station	1020	1320	1620		
Great Cornard, Chelsworth Avenue	0838	1138	1438	1738	Ipswich, Hadleigh Rd, Sainsburys	1026	1326	1626		
Newton Green, Saracens Head	0843	1143	1443	1743	Sproughton, roundabout	1030	1330	1630		
Boxford, The Fleece	0850	1150	1450	1750	Hintlesham, The George	1035	1335	1635		
Bowers House Tye, Brewers Arms	0854	1154	1454	1754	Hadleigh, Bus Station [A] Arr	1045	1345	1645		
Hadleigh, Bus Station [B] Arr	0903	1203	1503	1803	Hadleigh, Bus Station [A] Dep	0815	1050	1350	1650	1805
Hadleigh, Bus Station [B] Dep	0907	1207	1507		Bowers House Tye, Brewers Arms	0823	1058	1358	1658	1813
Hintlesham, The George	0917	1217	1517		Boxford, The Fleece	0827	1102	1402	1702	1817
Sproughton, roundabout	0922	1222	1522		Newton Green, Rectory Road	0834	1109	1409	1709	1824
Ipswich, Hadleigh Rd Sainsburys	0925	1225	1525		Great Cornard, Rede Way	0840	1115	1415	1715	1830
Ipswich, Rail Station	0929	1229	1529		Great Cornard, Queensway	0842	1117	1417	1717	1832
Ipswich, Old Cattle Market Bus Station	0935	1235	1535		Sudbury, Bus Station	0848	1123	1423	1723	1838

Edwardstone Almshouses and Other Charities

The trustees of Edwardstone Charities meet on a regular basis, or when occasion demands. The purpose of the Charities is to help when hardship, distress or a special need affects the residents of Edwardstone. There are four trustees who administer the charity **in confidence**.

We try to help those who:

- Are ill at home or in hospital
- Care for and to visit the sick away from home and/or housebound
- Need extra/emergency funding during severe circumstances
- Need assistance with educational costs/equipment
- Need assistance to seek employment
- Are in need or experiencing hardship

If you, or someone you know, needs financial assistance, please apply in writing to the clerk.

All enquiries are dealt with in strictest confidence.

Nick Raymond Clerk/Treasurer:

Moat Cottage, Mill Green

01787 210461

ncraymond@hotmail.co.uk

Citizens Advice

This is a real case which an adviser from Sudbury and South Suffolk Citizens Advice dealt with recently. We are only a phone call away!

The client, age 65, was clearly distressed and showed the adviser a letter she had received from the Pension Service informing her that she was not entitled to a state pension because she had less than 10 years of National Insurance contributions.

It transpired that she had been working for a relative's business for the majority of her working life, believing that her National Insurance contributions were being deducted from her employee income. It appears that this was not the case and that the relative had failed to safeguard her state pension entitlement by processing her National Insurance. The relative had since died.

At this stage the client believed that she faced retirement without a regular income, but the adviser assured the client that this was not so.

The client, in the absence of a state pension entitlement, would become entitled to Pension Credit of (at the time) a weekly value of £217. Her rent would be paid via housing benefit and her council tax paid via council tax support entitlements.

Additionally, a Winter Fuel Payment of £200 would be paid and a Warm Homes Discount of £150 deducted from her electricity usage.

Also, she would be entitled to a Cold Weather Payment of £25 a week, subject to winter weather temperatures.

The client was, understandably, delighted!

Citizens Advice

01787 321400

www.citizensadvice.org.uk

**citizens
advice**



Are you looking to make a difference?

Become a volunteer and help change lives

At Home-Start Suffolk, we believe families should have the right support at the right time, giving children the best start in life.

As a volunteer you can help us ensure families and children are given the support they need to thrive. Your volunteering journey will offer a rewarding experience where you can learn new skills and meet new people, all while contributing to your local community. Your time and kindness could make a big difference to Suffolk families.

FULL TRAINING PROVIDED

Contact us today to find out more



homestartinsuffolk.org

01473 621104

volunteer@homestartinsuffolk.org

**HOME
START**
Suffolk

**THE
LIME PLACE
SUFFOLK**

**TRADITIONAL
BUILDING MATERIALS
IN ONE PLACE**

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

THE PLACE FOR:

 **SAINT-ASTIER**
LIME, LESTER, EXCELLENCE

 **ANGLIA
LIME**
—HAYES & WATKINS—

 **Ingilby**
—HAYES & WATKINS—

**THE
LIME PLACE
PRE-BLENDED**

 **therma
fleece**
Therma Fleece Ltd

 **3ou**
3ou Ltd

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



The Butcher's Wife

Finders keepers, losers weepers

One thing I always forget to do is check the pockets when I'm doing the washing. This has been my downfall on numerous occasions. The washing machine gets blocked, bleeps excessively loud (so aggressive!), won't drain and effectively holds my wet washing prisoner. I can't count the times we've called an engineer out to unblock it. The first few times was uneventful, a couple of stray coins, the odd hairband here and there, and a whole load of lint was the culprit. Engineer man didn't say much, just unblocked it and left me with a pile of gooey stuff. It was the third or fourth time when the same engineer came out that I got a lecture about emptying pockets before I put the clothes in. I explained to him that I didn't have time (in all honesty, I cannot be bothered). His suggestion was to get the Butcher and mini Leeders to empty their pockets before they went in the wash basket. Um, excuse me sir, have you met the people that live in this house?! The fact that clothes even get to the basket is a miracle on its own and actually took years of training (ongoing, in the Butcher's case). I also pointed out that if everyone started emptying their pockets there wouldn't be a need to call him i.e., he won't get paid. He was not amused and

seemed to take it very personally that my machine kept getting blocked. I watched carefully how he unblocked it so that I could do it myself if (when) it happened again.

A few months later my time had come! Machine starts bleeping at me again (why is it so aggressive?) and won't drain. I removed the front cover and unscrewed the plug 'thing' (I don't know the technical term, obviously). What I didn't foresee was a whole load's worth of water pouring out onto the floor. Anyway, after the tsunami I managed to unblock the drain, and it was all working again! Since then, it's a job I have to do on a regular basis. I like to think any money I find is a bonus just for me for doing the washing. I'm always excited to see what the culprit is and to date the most extravagant item I've removed was a pair of nail scissors!

Back in the early days of A Leeder Butchers, the Butcher and co used to wear white coats. I hated having to wash them; they always came out really creased and were made of the type of material that is averse to a hot iron. It was a full work-out to get them looking half-decent. I took them out of the machine once and couldn't work out what had happened. They (and the inside of the machine) was covered



in what I can only describe as brown, stringy tissue. It was everywhere. Turns out the Butcher had brought home a steak to cook, it was in a plastic bag in his coat pocket. I hadn't checked the pocket and washed, and *cooked* the steak in the washing machine. Oddly, the Butcher didn't eat it.

Another time I put the coats in the machine, it started filling up with water and suddenly the Butcher screamed for me to turn it off. The week's cash takings were in his pocket (this was when notes were still made of paper). Luckily, I managed to get the door open before the money disintegrated like a steak. The Butcher started harping on about emptying pockets... he'd get on well with the engineer.

Chicken Schnitzel – in the Airfryer!

This recipe is from Jamie Oliver's 'Easy Air Fryer' book – I've put the full recipe here but as you will see, I changed it a bit to account for our taste.

Ingredients

2 x 150g skinless chicken breasts
2 tbsp flour
2 eggs
1 tbsp sun-dried tomato paste
100g stale white bread (or ready made breadcrumbs)
2 anchovy fillets in oil
½ lemon


Method

1. Slice chicken breasts horizontally (the Butcher can do this for you), then open each one out like a book. Bash and flatten between two sheets of greaseproof paper to ½ cm thick then dust with flour.
2. Beat 1 egg and the tomato paste in a bowl, season well. In a food processor blitz the bread with 1 tbsp olive oil into fine crumbs. Spread onto a plate.
3. Preheat air fryer to 200C. Dip the chicken into egg mix, then press into breadcrumbs to coat.
4. Spritz one piece of chicken with oil, place in the airfryer and cook for 4 mins at 200C, or until golden. Flip and cook for 3 mins, then flip again, crack 1 egg onto the top, and cook for a final 5 mins (I wasn't sure about the egg on top, it sounded weird, so I left this bit out).
5. Plate up, then finely slice the anchovy lengthways and lay over the schnitzel (again I left this bit out because anchovy is gross). Serve with a lemon wedge.



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

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



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

Lower back pain? Sciatica or neck pain?


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

Providing effective relief for:

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

A range of techniques tailored to
your needs are used to help you get
back to your best.
**FREE PARKING - EVENING AND
SATURDAY APPOINTMENTS.**

To book an
appointment call
01787 207107




TRAILER SALES & HIRE

ROB@1STOPTRAILERS.CO.UK | 07974 189 647 | 07850 554 776

TICKNER TRAILERS	BATESON TRAILERS	WOODFORD TRAILERS	MAYPOLE TRAILERS	TRAILER HIRE
------------------	------------------	-------------------	------------------	--------------

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

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

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

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

SUFFOLK TREE SERVICES LTD

For All Aspects of Tree Works Including:

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

We offer a complete and professional service
Established over 30 years

We are a local, friendly and experienced company

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

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




A. LEEDER

Family Butcher

Free local delivery*

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

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

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






Reflections from the Ministry Team

Dear friends,

A couple of weeks ago I was driving home from Church (reminiscing about my recent summer holiday) and I noticed some of the leaves



beginning to change colour on the trees which line Newton Green golf course. By the time you read this, many more will have joined them. "That's it" I thought, "summer's over". It does sometimes seem as if this time of year is just one long slippery slope as various events both sacred and secular (Harvest, Last Night of the Proms, the beginning of 'Strictly' etc.) lead us downhill all the way to Chr.... well, let's not think about that just yet!

It's all too easy, especially, at this time of year to feel the pressure to rush from one event to the next, constantly being pushed on to the next thing, the next season, the next celebration or commemoration without ever getting any sort of benefit or pleasure from what we are doing. But we are reminded that there is value and importance in every season – the writer of Ecclesiastes in the Bible said that "To everything, there is a season, and a time for every purpose under heaven." There is joy and discovery in every time and blessings to be found if only we are able to take the time to look for them.

At this time of year the Church celebrates Harvest. Traditionally this was a time when all those who had been involved in getting the harvest in would gather in Church with some of the produce, to give thanks to God that the harvest was safely stored away in barns ready for the onset of harsher weather. These days the number of people actually involved in getting the harvest in is far fewer, many of our churches (especially those in urban areas) are many miles from the nearest field and most of our produce, as far as we're concerned, comes from a supermarket rather than a barn. Added to that, doing it in October makes less sense as many combine harvesters were busy in June!

But Harvest is still a really important season. It reminds us that, for all the

modern technology, there are still people whom we rely on to get our food, that they need our prayers now just as much as they ever did and, most importantly, that God is the ultimate source of everything we have, not least the produce on our supermarket shelves and dining tables. We, no less than our ancestors of hundreds of years ago, are reliant on God's generosity for the food that we eat and it's important to pause and say "thank you". It's also a great time to be reminded of those traditional bits of Church life that many of us enjoy, the fruit and flowers, harvest loaves and the wonderful harvest hymns 'Come ye thankful people, come' and 'We plough the fields and scatter'. Not to mention some of the modern favourites as the children in our schools sing about 'Cauliflowers fluffy and cabbages green' and the 'Big red combine harvester'!

There are Harvest celebrations in all five of our churches. Details on p13 – it would be lovely to welcome you.

The Church's worship is based around seasons. We decorate the church in different ways, wear different colours to lead worship, sing hymns and read Bible readings appropriate to the season. In addition to a yearly cycle beginning at Advent we keep a weekly one with the main act of worship on Sunday morning leading on to other services during the week, and even a daily one revolving around morning and evening prayers with different prayers set for times of the day. It reminds us of the Church's monastic origins and of those today who live by a monastic rule of life either in religious communities or by keeping a rule alongside their everyday life. Regular times of prayer ask us the question "What have you done since last time?" "How have you used the time that God has given you today?".

The Psalmist in Psalm 90 says "So teach us to count our days that we may gain a wise heart." Every day is precious, a gift from God to be used wisely and with care because we will never get this day again. Always rushing to the next thing risks wasting the time we've been given. Slow down, take each day as it comes and rejoice in the gifts that God has given you.

*Wishing you every blessing,
Fr. James*

October

Dates for your diary

Friday 3rd 10:30am

Coffee Morning

St Lawrence's, Lt Waldingfield

Sunday 5th 3pm

Harvest Cream Tea

Newton Village Hall

Tuesday 7th 10am

Drop in for Coffee

Mary's House

Friday 10th 7pm

Harvest Supper

St Mary's, Boxford

Tuesday 14th 10am

Drop in for Coffee

Mary's House

Wednesday 15th 10am

Coffee Morning

All Saints', Newton Green

Saturday 18th 10am

Coffee Morning

St Mary's, Boxford

Tuesday 21st 10am

Drop in for Coffee

Mary's House

Tuesday 28th 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

And, Relax...

Silly season is over. And before the next one begins, there's time to take a breath.

And what better way to chill out this month, than with a heavenly, Suffolk Med massage?!

Choose from our therapeutic **Deep Tissue**; gentle **Swedish** or our intensely relaxing **Lava Stone** massages.

Or try our new **Leg & Foot** massage, which relieves muscle soreness, promotes better sleep, improves circulation and, as our



very own Jenny reports, is 'just incredibly relaxing'. Add in the optional extra of aromatherapy oil to either de-stress or energise and you'll be feeling like a new person. **And this month, all massage is 10% off!**

October Massage

Save 10% on all massage this month*

Call 01787 211 000 for more info

* Offer valid once per person; until 31/10/2025.

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

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



Service Schedule for October 2025

Wednesday 1 st October	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 5 th October Trinity 16	09:30	Harvest Festival	St Lawrence's, Lt Waldingfield
	11:00	Sunday Eucharist	St Mary's, Boxford
Wednesday 8 th October	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 12 th October Trinity 17 Prisons Sunday	09:30	Harvest Festival	St Bartholomew's, Groton
	11:00	Harvest Festival with Choir	St Mary's, Boxford
	17:00	BCP Evensong	St Mary's, Boxford
Wednesday 15 th October	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 19 th October Trinity 18	09:30	Harvest Festival	St Mary the Virgin, Edwardstone
	11:00	Sunday Eucharist with Choir	St Mary's, Boxford
Wednesday 22 nd October	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 26 th October Last Sunday after Trinity	11:00	Sunday Eucharist	All Saints', Newton Green
	11:00	Family Service	St Mary's, Boxford
Wednesday 29 th October	10:00	Communion & Coffee	Mary's House, Boxford

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

BOXRIVER BENEFICE

COFFEE MORNINGS

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

FRIDAY, 3RD OCTOBER

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

WEDNESDAY, 15TH OCTOBER

10.00 AM - COFFEE MORNING AT ALL SAINTS', NEWTON

SATURDAY, 18TH OCTOBER

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

EVERYONE WELCOME, COME ALONG FOR CUPPA AND A CHAT

*Christmas
in the Benefice!*

Save the Dates

Christmas is always a joyful and celebratory time in the Benefice and this year will be no exception.
More information will follow in future editions of the Box River News but in the meantime,
pop these dates in your diaries:

6th & 7th November
Christmas Fair, St Mary the Virgin, Edwardstone

6th December
Christmas Tree Festival & Fayre, St Mary's, Boxford

12th December
*Festive Drinks and Nibbles, St Lawrence's,
Little Waldingfield*

Light Up St Mary's Boxford

On the 8th September, St Mary's Church was lit up in memory of Phyllis Rose on what would have been her birthday. Our thoughts and prayers are with her family and friends.

If you would like further information about Lighting Up St Mary's Church in "Memory of a Loved one or In Celebration of an Anniversary, Birthday or Special Occasion", please contact the Benefice Office for further information.

Thank You from Groton Church

Groton Church want to thank everyone for coming to the Garden Party at Diana, Juliana & Jo's. It was a damp afternoon but we all enjoyed the games, raffle, tombola and especially the cream scones and cakes. Thank you to the hosts and helpers who made the afternoon a success.

Another event was the Flower Festival with treasure hunt, raffle, Trash & Treasure stalls and of course the wonderful teas, coffees and cakes which were available all weekend. A really big thank-you



to all the helpers. The theme was Trash & Treasure, treasure being the beauty of flowers and the natural world while the trash reflected negative things in our world: rubbish and pollution, destruction of the environment etc. Many thanks to all the local people who let me loose into their gardens - Jane, Louise & Dedham Flower Co at Polstead. Thank you to all the arrangers who took on the challenge and showed so much imagination.

Finally, much gratitude goes to all who visited our wonderful church during the festival. And well done to Lesley and her team who ran a cake stall in aid of Alzheimer's Society, we are all so glad you did well.

Prisons Week 12th – 18th October

This October marks the 50th anniversary of Prisons Week - a time when churches across the UK join in prayer for all those affected by the criminal justice system. Inspired by 2 Timothy 2:9, "God's word is not chained," this year's theme reminds us that no wall, no sentence, no sorrow can block the reach of God's grace.

Throughout the week, we will reflect on powerful testimonies-from prison chaplains and governors to former prisoners, victims, and family members. Each story bears witness to transformation, healing, and the quiet strength of faith in places often marked by pain and isolation. We will be praying for:

- Those in prison and their families
- Victims of crime and those who mourn
- Staff, chaplains, and volunteers
- Judges, magistrates, and decision-makers
- Children and loved ones affected by imprisonment

As a benefice we give thanks for the hope that breaks chains, and we ask how we might be part of God's work of restoration - through prayer, compassion, and action.

For further information, please visit www.prisonsworld.org

ALL SAINTS' CHURCH
HARVEST CREAM TEA
SUNDAY
5th OCTOBER 2025
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

HARVEST SERVICES AT A GLANCE
ALLELUIA, ALLELUIA.
LIFT UP YOUR EYES, AND SEE THAT THE FIELDS ARE RIPE FOR HARVESTING.
GATHER THE FRUIT FOR ETERNAL LIFE. CF JOHN 4.35,36

HARVEST FESTIVAL
SUNDAY, 28 TH SEPTEMBER, 11.00 AM
ALL SAINTS', NEWTON GREEN
HARVEST FESTIVAL
SUNDAY, 5 TH OCTOBER, 9.30 AM
ST LAWRENCE'S, LITTLE WALDINGFIELD
HARVEST FESTIVAL
SUNDAY, 12 TH OCTOBER, 9.30 AM
ST BARTHOLOMEW'S, GROTON
HARVEST FESTIVAL WITH CHOIR
SUNDAY, 12 TH OCTOBER, 11.00 AM
ST MARY'S, BOXFORD
HARVEST FESTIVAL
SUNDAY, 19 TH OCTOBER, 9.30 AM
ST MARY THE VIRGIN, EDWARDSTONE

Donations of non-perishable goods for our Food Bank
at St Mary's, Boxford will be gratefully received.

Saturday evening
CONCERTS

at Joy Abbot Hall in the Hive Community Hub
School Street, Sudbury CO10 2HA

27 September 2025
from 7:30 until 9:30pm
Doors open at 7pm - Licensed bar



Madrigalia
"Music for an Autumn Evening"

This programme will embrace a varied mix of music taken from all genres from madrigals to present day, both a cappella and accompanied. Everyone will hear songs they recognise, though there will be some slightly unusual choir items. Most of our songs are arranged especially for the choir but our repertoire also includes some original compositions written specially for Madrigalia by Gareth Price.

Accompanist Jill Garret is a well-known local musician with many talents, not just as a regular choir accompanist. Jill teaches, plays cello in orchestras and also the harp in a local ensemble.


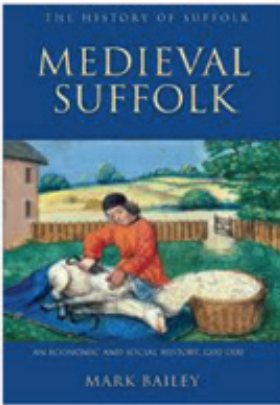
Tickets for all concerts (cash please): £15 per adult

Available from Sudbury Town Hall Tourist Office,
Friars Clinic (Friars Street), Pedlars (39 King Street) and on the door.

Funds are being raised for renovation of and repairs to the Hive Community Hub.
Hive thanks volunteers from the Rotary Club of Sudbury for helping with these events.

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

Songs for St Nic's

An evening of folk songs and shanties to benefit
St Nicholas Hospice Care,
at The Hunter Club, Bury St Edmunds.




Sound Tradition ShantyFolk

Friday 17th October 2025
7.30pm (doors 7.00pm)
Tickets £16 (including a £1 booking fee)



Tickets available from
The Hunter Club
www.hunterclub.org.uk

Sponsored by:






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.

BOXFORD
GARDENING SOCIETY

Ornamental Trees for Gardens A Dynamic Approach

Nick Dunn - Our Star Speaker for 2025



Tuesday 7th October 7.30pm

at Boxford Village Hall



Fleece Jazz at
Stoke-by-Nayland Hotel presents

Zoe Schwarz Blue Commotion

Wednesday 8th October 2025 8pm - Tickets: £20



With a strong foothold in both jazz and blues, the live set swings beautifully no matter what the groove, combining influences from Nina Simone, Billie Holiday to more contemporary

Zoe Schwarz – Vocals
Rob Koral – Guitars
Pete Whittaker – Organ
Eddie John – Drums

Josephine Davies' "Weatherwards"

Wednesday 22nd October 2025 8pm - Tickets: £20



"As ever, Davies eschews overblown histrionics in favour of fluency and creative imagination, both of which she excels in . . . sophisticated compositions brought to life by assured improvisation." *JAZZWISE*

Josephine Davies – Tenor Sax, Soprano Sax
Alcyona Mick – Piano
Dave Whitford – Bass
James Maddren – Drums

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

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

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

*Friends of Fleece Jazz discount

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

Whist Drive

Boxford Village Hall

Saturday October 11th 2025 at 7pm



Doors open at 6:30 pm

£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)

NEWTON VILLAGE HALL

COFFEE MORNING
SATURDAY 22ND NOVEMBER
10.00 – 11.30

REFRESHMENTS
CAKES
RAFFLE
BRIC – A – BRAC

DONATIONS WOULD
BE MOST WELCOME

Nayland with Wissington Community Council's

BONFIRE AND FIREWORKS

NOVEMBER 5TH

NAYLAND VILLAGE HALL
Limited parking in village - Please walk if you can
Disabled parking only at Village Hall CO6 4JH

TICKETS IN ADVANCE from www.naylandevents.org
★ Adults £8 - Children £3 - Family £18 ★
Tickets on gate (subject to availability): Adults £10 - Children £5

★ HOT DOGS ★ SOFT DRINKS ★ MULLED WINE ★
BEER ★ FISH & CHIPS ★ ICE CREAM ★ CHILDREN'S TREATS
available from 6pm
★ Display by Firework Crazy ★
STARTS 7pm
★ GUY & BONFIRE after Fireworks ★
www.naylandcommunitycouncil.org.uk

THE FLEECE HOTEL

Charity Quiz

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.

**Free
Entry**

Siam Hall
SPÖÖKY PUMPKINS
PICK YOUR OWN

PICK YOUR OWN PUMPKINS

Opening dates - October 2025
Sat 11th & Sun 12th
Sat 18th & Sun 19th
Sat 25th every day to Fri 31st

Pumpkins
priced by size
£1-£7

**No
Booking**

Cafe and BBQ open all day
Coffee, tea, hot choc & cakes
Burgers, hot dogs, chips
Bring your own picnic

**Open
10 - 4**



Where to find us:
Siam Hall, Boxford, Sudbury, CO10 5LA
W3W - ///mammoths.pasting.mysteries
www.siamhallpumpkins.co.uk



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

Please contact Erika or Pauline to register :

erikaandbob@gmail.com / p.tricker@btinternet.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 a 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.

Burger & Pint

The Bildeston Crown continues Burger & Pint for £15

After winning Best Suffolk Pub at the Velvet Magazine Awards on 9th June, The Crown expanded its offering with a beer garden and a Burger & Pint offering. They are now bringing the Burger & Pint deal inside for the cooler months. Enjoy a burger and a pint for £15 between 2pm and 6pm on Saturdays.



Charles Buckle, Managing Director of Nedging Hall Estate, points out: *"We want that warm buzz about the place as folk laugh, drink and relax in their village pub. We're striving to be that place that everyone wants to come to for a celebration, but we also want to be the first-place locals think of to pop in to for a quick supper on a midweek evening."*

There's a real buzz about the place and with a brilliant team in place, The Crown is looking forward to a winter of fabulous food, cosy lunches and roaring fires. As the Eat Game Pub of the Year, their Wild Game Evening on the 14th November looks set to be a popular one. Join them for a supper with game from the estate alongside expertly paired wines. You can look forward to a five-course feast with wine pairing.

Success After Stroke Craft Fair

The annual Charity Craft Fair returns to Whatfield on

October 5th with a wide range of crafts, gifts, refreshments and a bumper raffle which gets bigger every year! Don't miss this great opportunity to shop early for Christmas, enjoy a tasty bacon roll and homemade cake, maybe win a prize and help support a very worthwhile cause.

All proceeds will go to Success After Stroke, a local charity established 25 years ago to support those who have suffered a life changing crisis.

SAS provides speech and language, physio and wellbeing therapists to help stroke survivors rebuild their lives and regain their confidence.

SAS receives no official funding and relies entirely upon donations and fundraising events such as the Craft Fair.

Everyone welcome between **10-4pm on Sunday 5th October** at Whatfield Village Hall, Rectory Road, IP7 6QU.

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.

Halloween!

We are excited to announce *Halloween 2025* as we approach the spookiest time of the year! Our monster bugs will be taking over Hollow Trees Farm - tickets available from Friday 24th October to Sunday 2nd November.

Join us and explore our brand new Haunted Village, ride the Bug Barrel Train, race the Creepy Caterpillar Sledges, and many more scary surprises! And don't forget to visit all your farm favourites!

Book your tickets now through our website. Prebooked tickets are £10 per person, 2 years and under free.

www.hollowtrees.co.uk

Polstead Films

Butch Cassidy and the Sundance Kid

Friday 24th October, Doors open 7pm

POLSTEAD VILLAGE HALL

Starring Robert Redford, Paul Newman, and Katharine Ross

The multiple Oscar-winning film, set in 1890s' Wyoming, is a true story of fast draws and wild rides, a battle with posses, train and bank robberies and a remarkable friendship. It paired Paul Newman and Robert Redford to magical effect and remains undeniably one of the most entertaining westerns to date.

We're showing this as an homage to Robert Redford who died on September 16th - "one of the lions has passed".

Tickets £5. Email: polsteadfilms@gmail.com to reserve. The film starts at 7:30pm.

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




THE CROWN
 BILDESTON

The ultimate estate-to-plate dining experience

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

WILD GAME DINNER
 14th November, 7pm, 5 courses with wine

CHRISTMAS PARTIES
Christmas Party menu
 with all the trimmings
 from December 1st - 24th

www.thebildestoncrown.com/

MAULDONS
- Suffolk -
 SERVING PUBS ACROSS EAST ANGLIA


SILVER ADDER
PALE ALE
4.2% VOL

SUFFOLK'S ZESTY PALE ALE


BLACK ADDER
BITTER STOUT
5.2% VOL


WHITE ADDER
ORIGINAL IPA
4.5% VOL


SUFFOLK PRIDE
AMBER ALE
4.8% VOL



MOLE TRAP
BEST BITTER
5.8% VOL

BUY ONLINE AT MAULDONS.CO.UK

13 Church Field Rd, Sudbury CO10 2YA
 01787 311055 | www.mauldons.co.uk





Christmas Fair
 on behalf of the
Stand Up For Suffolk Fund
 at
The Guildhall
 Hadleigh IP7 5DH
Friday 21st November
 4pm - 8pm
Saturday 22nd November
 10am-4pm
Stalls, Tombola & Festive Cheer
 Carol singing by Hadleigh Community Choir
 on Friday 21st November
Admission £5


MILL TYE
 GALLERY & ARTS CENTRE

Starts: Saturday 4th October — Ends: Sunday 26th October
www.milltyegallery.co.uk

Halima Washington-Dixon
'Under Suffolk Skies'
October 2025

Inspired by the serene beauty of her surroundings, 'Under Suffolk Skies' captures golden wheat fields, vast skies, and the idyllic charm of the countryside. Immerse yourself in Halima's celebration of nature and experience its evocative essence through her art.



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.**



Nedging Hall Christmas Fair

Nedging Hall will host their first Christmas Fair on **Friday 5th & Saturday 6th December**. They already have lots of fabulous brands signed up, so make sure it's in your diary. More details to follow...

Boxford Village Hall Turns 100 in 2026

A Year of Celebrations Ahead!

In 2026, Boxford Village Hall will be celebrating a very special milestone - its 100th birthday! For a whole century, the hall has stood at the heart of our community, hosting everything from family gatherings and drama productions to local village groups and parties.

To mark the occasion we are planning a year-long programme of celebrations with events for all ages to enjoy. Highlights will include a lively Summer Party, a glittering 1920s-themed New Year's Eve celebration and we'll be partnering with Boxford Drama Group for a special performance as part of the festivities.

There will be plenty of opportunities for everyone in the village to join in, whether it's dancing, enjoying good food and company, or simply coming along to share in the fun.

We'll be sharing more details in the New Year so keep an eye out for updates. In the meantime we would like to thank you all for your support of the Village Hall over the years. It has been your love for the space that have kept it alive for 100 years and we can't wait to celebrate this historic milestone with you in 2026!

Great Acton Book Sale

Saturday 25th October, 10am – 2pm. All Saints Church, Acton, near Sudbury. CO10 0BA. Free Entry.

1000s of books at bargain prices. Popular Fiction, Classics, Non-fiction, War, History, Biography, Gardening, Hobbies, Children's, Collectibles and Retro. Contactless card payments and cash accepted. All profits to Acton Church.

Festive Wine Tasting at Milden

Saturday 22nd November. Join us at Milden Pavilion for an evening hosted by Charles Eaton of Nethergate Wines, where you'll have the opportunity to taste up to 10 exquisite wines, carefully selected to complement the festive season.

Enjoy a relaxed atmosphere with grazing platters served throughout the evening, and to finish on a sweet note, indulge in a pudding paired with a luxurious dessert wine.

The licensed bar opens at 7pm and the tasting commences at 7:30pm with a sparkling wine. During the evening you will have the opportunity to win a magnum of wine in our raffle. Tickets are £20 and proceeds are in aid of Milden Pavilion, to support this vital community facility.

Please email info@mildenpavilion.co.uk or phone 01787 248145 to secure your tickets. Information can also be found at www.mildenpavilion.co.uk. Whether you're planning your Christmas wine list or just love a good glass of something special, this is an event not to miss! Orders on the night will be delivered locally for free in good time for the festive season.

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

Polstead Gardening Club

Our next meetings this autumn are as follows:

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

Tuesday 18th November at 7:30pm: Wildflowers & Orchids of the Countryside by Photographer Roger Hance

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

Little Waldingfield Pop-Up Pubs

Our next 'Pop-Up Pub' night is Friday 31st October from 6:30pm - 10:30pm. 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).

GROTON WINTHROP MULBERRY TRUST PRESENTS.

BINGO!

GROTON VILLAGE HALL	FRIDAY 17TH OCT	7PM FOR 7:30PM START
LIVE SINGER	CASH PRIZES	TABLE BUFFET
BAR (SUBSIDISED!)	EXTRA FUN & GAMES	£22 /HEAD INC BUFFET & BINGO

SAVE THE DATE!

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

FRENCH'S CARE HAVEN - Charity Number: 1156954

QUIZ NIGHT ?

LICENCED BAR 🍷 - RAFFLE 🎟

Sat. 25th Oct
Doors open at 7pm
Quiz start at 7:30pm

ANSELL CENTRE
Hadleigh, IP7 5DL
£18 pp
incl Fish & Chips*

Email: frenchs.100club@gmail.com
Or call Sharon: 07999051401
Bookings by 18th Oct

*VEGETARIAN OPTION FROM TUDOR FISH & CHIPS SHOP

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



Night Shadows

Why black cats get an unfair deal at Halloween

Halloween approaches - the spooky season steeped in mystery, folklore, and ancient traditions. Among the most enduring symbols of this mystical time are black cats, often depicted alongside witches, their silhouettes adding an air of enchantment and intrigue. But what is the true origin of this captivating association, and why have these sleek, dark-furred felines become so inextricably linked with the supernatural?

The roots of this connection stretch back centuries, intertwining with ancient beliefs and the evolution of Halloween itself. Originally, Halloween traces its origins to *Samhain*, an ancient Celtic festival marking the end of summer and the harvest, and the beginning of the dark, cold winter. It was believed that on Samhain, the boundary between the living and the dead blurred, allowing spirits to cross over. Animals, particularly cats, with their nocturnal habits and mysterious demeanour, were often seen as creatures that could traverse the liminal spaces between worlds.

The association of cats with the supernatural deepened significantly during the Middle Ages in Europe. Cats, especially black ones, became entangled in the widespread fear and persecution of witches. In the 13th century, an official church document, *'Vox in Rama'* issued by Pope Gregory IX, mentioned the use of black cats in satanic rituals, based on the *dubious*

testimony of Konrad de Marburg, the head inquisitor - a terrifying and cruel man responsible for much torture and execution. The papal decree fuelled the Inquisition's purpose and led to church-sanctioned witch hunts, perhaps unfairly solidifying the black cat's ominous reputation.

Witches, perceived as evil beings by early Christians, were believed to have *"familiars"* - supernatural creatures, often animals, that assisted them in their magical practices. Cats, with their independent nature and ability to stealthily navigate the night unseen, were frequently cast in this role.

The affection between a woman and her cat was sometimes viewed as 'diabolical', leading to the suspicion that an old woman with cats was likely a witch - a connection that led to many cats being killed by folk whipped into hysteria by witch hunts. This fear was exacerbated by the view that cats, like the women accused of witchcraft, were seen to be disrespectful of authority, a trait not tolerated by the church.

The notion that witches could transform into their animal familiars, particularly black cats, further cemented their place in folklore and superstition. Over time, these superstitions led to the belief that a black cat crossing one's path could bring bad luck, signify a witch's familiar on a harmful mission, or even be the

devil itself in disguise.

In modern times, while the sinister reputation of black cats has largely faded, their iconic status during Halloween remains. They are celebrated as symbols of mystery and magic, their imagery adorning decorations, costumes, and merchandise, evoking a playful yet spooky ambiance.

"cats... were seen to be disrespectful of authority."

Many animal shelters even observe National Black Cat Day on October 27th to celebrate these monochrome moggies and highlight the fact that black cats often take longer to rehome, in part due to lingering superstitions. Despite the historical fears, black cats are, in reality, just as loving and sweet as any other cat.

The black cat stands as a potent reminder of a rich tapestry of folklore and history, a creature that has captivated human imagination for centuries, embodying both fear and fascination. They are a testament to the enduring power of stories and the captivating allure of the unknown that makes Halloween such a unique and fun celebration.



HOLLOWEEN 2025
MONSTER BUGS.
FRIDAY 24TH OCT - SUNDAY 2ND NOV
 Animals to feed and all the usual Farm Trail favourites plus...

Explore the crazy Haunted Village
 Ride the Bug Barrel Train
 Scale the Spiders Straw Stack
 Race the Caterpillars Sledges
 & lots more Monster Bug surprises!

HOT & COLD FOOD AVAILABLE

PRE BOOKED TICKETS
£10 PER PERSON
2 YEARS & UNDER FREE

SCAN TO BOOK ONLINE


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



R&R
GARDEN MACHINERY

Bell Tack Works, Middleton Road
Sudbury CO10 7LJ
01787 375 194
07483 143 555
info@rnrgardenmachinery.co.uk

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

AUTHORISED DEALER FOR:

Milwaukee **COBRA** **EGO**
POWER SYSTEM

Homefire
THE HEART OF YOUR HOME

Masport

SNAPPER
— LEGENDARY —

ECHO

EXCLUSIVE BRN READERS' OFFER

5% OFF EVERYTHING*

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



Elaine Carpenter

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

HYPNOTHERAPY

Negative emotions such as anxiety and depression can overwhelm us by rippling out and affecting our whole lives

Hypnotherapy can help you discover how to use the power of your mind to free yourself from fear and gain control back of your life.

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

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

Now available at KERSEY MILL & BOXFORD

Phone: 01787 210 601

Mobile: 07929 744 072

MARY - ANNE
MORRISON
MILLINERY



07850 571879

www.mamorrison.co.uk hats@mamorrison.co.uk

WELL HIDDEN, WORTH FINDING

DOVE BARN is a beautifully restored, timber framed barn.

The ideal venue for smaller weddings, parties or wakes.

Two inter-connecting barns & a sunny terrace.

For more information: www.dovebarn.com

T: 01376-561448 or E: adam@dovebarn.com



DOVE BARN

DOVE BARN - CASTLINGS HALL, GROTON, SUDBURY, SUFFOLK, CO10 5ET.

JARVIS
BUILDING CONTRACTORS LTD

T: 01787 211839
M: 07823 776005



E: info@jarvisbuildingcontractorsltd.co.uk

FOR ALL TYPES OF BUILDING AND
LANDSCAPING NEEDS

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

jarvisbuildingcontractorsltd.co.uk

JARVIS
HUTMAKERS LTD

T: 01787 211839
M: 07823 776005



BESPOKE SHEPHERD HUTS AVAILABLE

E: info@jarvishutmakersltd.co.uk

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

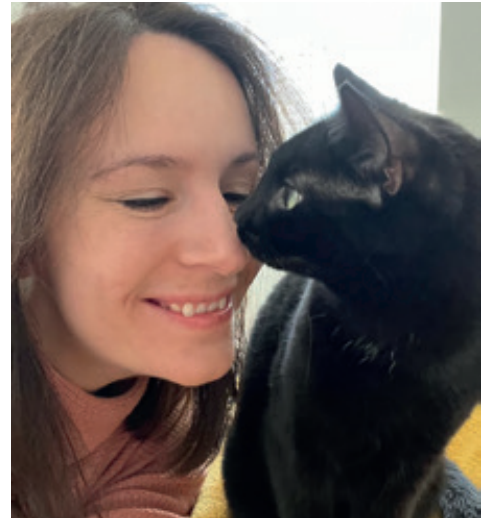
Book your appointment
to visit our Show Hut

Ramblers, Bulmer Lane, Groton
Sudbury, Suffolk CO10 5EZ

jarvishutmakersltd.co.uk

Proud Sponsors of





The Healing Power of Pets

How pets boost our physical and mental health

There is undoubtedly a profound bond between people and our pets. Have you ever felt your spirit lift as a wagging tail greets you at the door, or a cat curls up beside you after a long day? These moments of connection are not just love – they are medicine.

As a veterinary surgeon, I see every day how deeply people care for their pets. And science now confirms what us pet lovers have long suspected; our furry family members are good for both our body and mind.

Let me start with our hearts. Research shows that pet owners have improved cardiovascular health. Having a pet can lower blood pressure and support healthier cholesterol levels. One long-term study found that dog owners had a 21% lower risk of serious heart conditions over 12 years compared to non-owners. That is not just impressive – it is life changing!

Why the boost? Because pets get us moving. Dog owners, for example, walk more regularly and are more likely to meet that magic number of 150 minutes of moderate exercise per week, providing a significant boost to our heart health. It is not just about the steps, it is also about consistency, meaning we still lace up our boots even on the chilliest of mornings.

And it is not just dogs – cat cuddles, horse riding (and even watching fish swim!), can lower heart rate and blood pressure.

The mental health benefits of pet ownership are just as powerful. In

today's fast-paced world, stress and loneliness are all too common. Pets offer a gentle antidote. Studies show that interacting with animals can lower cortisol (the 'stress' hormone) levels and increase oxytocin (the 'feel-good' hormone), promoting bonding and relaxation.

For those living with anxiety, depression, or PTSD, pets can offer emotional stability, increased confidence and a greater sense of purpose. Animal based therapy is now widely used in clinical settings to reduce pain perception and improve emotional well-being. Even schools and universities are embracing therapy animals to help students manage stress and improve focus.

For families, pets can be the quiet heroes. Children who grow up with animals can have stronger immune systems and lower risks of allergies. Beyond the physical, children also learn empathy, responsibility, and emotional regulation – skills that serve them well into adulthood. In our practice, we have seen how pets help children navigate with anxiety, grief and big life changes with comfort that words cannot provide.

Pets do not just connect us to ourselves – they connect us to each other. A recent study suggested 40% of dog owners make new friends through their pets. Whether it is chatting with fellow dog walkers or attending pet-friendly events, animals help us connect.

In fact, pet ownership has been shown to be linked with stronger neighbourhood attachments and a greater sense of belonging and social capital. In a world where loneliness is increasingly common, that connection means more than ever. Economists have even tried to put a number on it – and found that the emotional value of pet ownership is comparable to that of marriage!

At The Hadleigh Vets, we are proud to support the health of both pets and the people who love them. The science is clear: pets enrich our lives in ways that go far beyond companionship. Pets help us move more, stress less, and connect deeply with ourselves, our families, and our communities. They give us routine, responsibility, and a reason to get up in the morning.

For many, pets are no longer just companions. They are cherished family members, woven into every aspect of our daily lives, celebrations, and quiet moments, offering their unconditional love.

So next time your dog nudges you for a walk or your cat finds the perfect spot on your lap, take a moment to appreciate the quiet magic of that bond. It is not just love – it is medicine.

*Dr. Jessica Hudson BVMedSci (Hons)
BVM BVS (Hons) BSAVA PGcertSAECC
MRCVS
<https://www.thehadleighvets.com>*

GB Wall & Floor Tiling

Free Professional Quotation

Contact Gary Now: 07596 390 495

GARYBOOTHFLOORING1@OUTLOOK.COM

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

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

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

Covering all of Essex and Suffolk

• OAP discounts • NHS discounts • Military discounts

Trade discount offered to purchase tiles.



Life at the Shelley Centre

There is a definite autumn chill in the air and the welcome rain, after the long hot summer, has at last meant the horses have some fresh green grass. Their coats are growing and we will soon have to clip them and put rugs on so they are nice and clean when we want to use them for riding. The paddocks have had manure spread on them to ensure good grass next year and our new field shelter, partly funded by Babergh District Council is up, ready to protect the horses from the worst of our weather.

The term has started well, beginning with a general assessment of all our riders to ensure we are giving them the right therapy and that they are riding a suitable pony. Not only is the size of the pony important but its pace and temperament need to be matched to the capabilities of the rider. In some cases better and safer riding can be had by using the mechanical horse, Ebony, with some of our riders even preferring Ebony to a 'live' mount.

Whatever we are doing, safety is paramount, not just for the riders but also for the volunteers who help them and of course, our precious horses. Over the past few months we have all had training to remind us about working safely with horses and our riders and help to better understand how to help both remain balanced and comfortable.



Autumn brings with it lots of fundraising activities, which started with our fun dog show in September. There were lots of entries and we raised over £900. The photo shows one of our volunteers, Louise, in the fancy dress class with stable dog, Jax, doing their best to look like Jeremy Clarkson!

Our next two events are:

Who Wants to be a Millionaire Quiz on **1st November** at Whatfield Village Hall, 7:30pm. Light supper included.

Christmas Bingo on **22nd November** at Hadleigh Football Club, 7:30pm.

Details on our website. Tickets available from <https://the-shelley-centre-for-therapeutic-riding.sumupstore.com>

If you aren't able to come to our fundraising events but would like to support us whilst you are buying things from some of your favourite stores, download and sign up to Easy Funding, www.easyfundraising.org.uk, and search for The Shelley Centre for Therapeutic Riding.

www.shelleyrda.com



Under Suffolk Skies

This October, the Mill Tye Gallery opens its doors to *Under Suffolk Skies*, an exhibition that celebrates the quiet drama and natural beauty of our county through the eyes of painter Halima Washington-Dixon.

Living and working in Great Cornard, Halima draws daily inspiration from the fields, skies and shifting light of Suffolk's landscape. Her new collection captures the golden wheat swaying in late summer, the vastness of open skies, and the gentle poetry found in



the everyday countryside scenes that surround us. Each canvas feels like a moment suspended in time - rooted in place, yet universal in its sense of calm.

As part of the exhibition, Halima is also offering visitors the chance to experience her process first-hand. On Thursday 9th October, she will lead a one-day workshop, *Under Suffolk Skies: Painting in Oils*, guiding participants through the bold, textured techniques that give her work such depth and vitality. Places are limited, and early booking is advised via the gallery website. www.milltyegallery.co.uk/book-online

The exhibition opens with a special preview on Saturday 4th October (10:30am - 6pm), where visitors are invited to enjoy drinks and nibbles while meeting the artist and exploring her latest work. *Under Suffolk Skies* continues until Sunday 26th October.

Mill Tye Gallery is open Thursday to Sunday, 10:30 am - 4 pm, with free admission and parking.

More details can be found at www.milltyegallery.co.uk

Polstead Art Competition

Sunday August 3rd dawned over the rolling Polstead landscape, rain threatened, but that didn't dampen the painters with 17 participants and a promise of a cream tea! When finished, painting commenced. After 3 hours it was brushes down. Standards were very high, here are the worthy winners, Ian Couldrey, Coral Davies and the winner Lynne Campen.





Boxford Village Hall

*From the **Boxford Society** archive: A celebration of the building of Boxford Village Hall 100 years ago.*

In December 2026 it will be 100 years since Boxford Village Hall was opened with great ceremony and after a massive effort by villagers to raise the necessary funds. It has stood the test of time well, given this was then a very low income community which meant that cost-cutting construction was inevitable. Villagers subscribed at one penny a brick! The full and final invoice from Walter Bloss Kingsbury, the master builder in Swan Street, totalled £610! This would be £47,648.00 in today's money, which shows what a considerable sum it was for the committee to raise in those days.

Everything was itemised down to the last nail. For example, labour cost £219/8/4, timber £113/8/9, nails and screws £2/11/0, chimney pots at 8 shillings (40p). Bricks were listed at only £85/1/4, and it is believed that many were obtained from the demolition of the Union Workhouse at Semer in 1923, of which Boxford had been a member, presumably therefore at very low cost. Mr Kingsbury also charged the committee £2/16 for being in attendance at the opening ceremony.

The first informal meeting to discuss the building of a village hall took place at the Old Grammar School House, School Hill, on 2nd February 1925 at the invitation of Sir William Brunyate. He said that since his return to the village he had found widespread feeling in favour and gave reasons for preferring a more permanent

building rather than a wooden shed. The leading figures of the village were there, including Rev W S Andrew, Rector of Boxford St Mary's, and Rev G Harding, Congregational Minister Swan Street Chapel, Charles and Mrs Kemball and Walter Bloss Kingsbury builders, V Pettitt Headmaster, A W Riddelsdell shopkeeper, Newton S Rule bus company, Miss Mann of Kendrick House (Dr Mann's daughter), Mrs Thompson of Knollgate (Dr Thompson's wife), Dr Trumann and 7 others. Those present fully supported Sir William's proposals. Sir William offered £100 and his wife £25 to start the subscriptions. It was agreed a public meeting would be needed, since the entire village would need to be involved. A committee was formed to obtain estimates and promises of £235 in total were made by those present.

A second meeting of the group took place a week later on 9th February 1925. A plan for a hall 80ft long was presented showing a room 65ft long by 20ft wide that could be divided in two with a partition, a stage and a small recreation room behind it. Mr Kingsbury estimated the cost at £650 plus £50 for the land and £100 for furnishings, making a total cost of £800. An additional £400 was to be raised across the village by subscriptions and by offering a brick for a penny, and the rest could then be borrowed. The first site suggested was on the east side of Swan Street next to the Old Post Office, end on to

the street (This site, still then in Groton parish, was probably Edward's shop which had just been pulled down). Groton Women's Institute had already shown some interest in joining the hall scheme, but they later went on to buy their own wooden hut from Colchester barracks which is still in use today.

The Chairman, William Edwin Brunyate, was born the second son of the Rev. Wesley Brunyate, of Landsdown, Bath, and Anne Tombleson. He was educated at Kingswood School, Bath, and Trinity College, Cambridge, where he gained a Bachelor of Arts in 1888 and Master of Arts in 1892. He was an exceptional mathematician and won major prizes. William was called to the bar at Lincoln's Inn in 1894 and he married an American, Bertha Maud Vipond, in 1896. This must have seemed quite

Pictured above The village hall in 1927, soon after completion. Note the temporary fencing beside the steps to keep people off the new grass and Boxford Village Hall today.

Opposite page: An old newspaper cutting showing some of the Village Hall Committee celebrating £500 raised at the 1926 Fete. Sir William Brunyate, Mr Val Pettitt, Headmaster and teacher Miss Brimblecombe. Maypole dancing by the village children.

an exotic pedigree to the inhabitants of Boxford when he first moved here sometime after 1901. The Brunyates bought the Old Grammar School House on School Hill. Sir William was then away for long periods overseas with his wife. The house was looked after for him by William Munson and his wife Bertha.

William Brunyate joined the UK government service in Egypt, then a British Protectorate, in 1898 as legal adviser to the Ministry of Justice, ultimately serving 23 years. In 1907 he was made a Knight Commander of the Order of St. Michael and St. George, awarded for overseas service. By 1919, Sir William was so despised in Egypt for promoting conversion of the protectorate into something akin to colonial rule that he was assessed as an assassination risk. Having fallen ill, Brunyate was replaced later that year and retired from the English civil service in 1920. He was then appointed to the University of Hong Kong as Second Vice Chancellor and arrived in Hong Kong in January 1921. It was in a state of serious financial uncertainty, so he spent his three years there attempting to shore up its meagre resources - good experience for his later fundraising role here. Though he achieved some considerable success, he was regarded as *'rigid, remote and forbidding, and lacking the tact and urbanity of manner demanded of the post'*. He left there in February 1924, returning to Boxford.

Whatever his faults, Sir William was the prime mover and active Chairman and Treasurer of the village hall for more than a decade from 1924. In the village he was greatly respected and seen as a benefactor. He

was certainly somewhat eccentric and it is said he sometimes wore three hats inside one another with 2 or 3 coats. However, he never failed to raise his hat(s) to all the ladies, both rich and poor. His wife, Lady Brunyate, was disabled by the 1920s and she and Mrs Thompson of Knollgate would travel together to church in their three wheel basket chairs, sweeping all before them. George Whymark (Von Whymark's father) was employed by his lordship as gardener and chauffeur. He said Sir William always insisted on being driven 50 miles to Cambridge to catch the train to London, rather than using Sudbury or Colchester. Kenny King recounted this dialogue between them when the dog died: *"Bury the dog Whymark!" "And the basket, Sir?" "Stupid, stupid, Whymark, I told you to bury the dog."*

The minute book records that the next formal meeting was on 18th May 1925. Many of the same Committee were present and it was once again chaired by Sir William. Mr Valentine Stebbing Pettitt, Headmaster of Boxford School was appointed Hon. Secretary and the minutes suddenly became much more legible! Subscription promises had reached £328 and it was now agreed that the hall should be sited on Stone Street Road in the Rectory Plantation on a corner of Rectory Park, where it is today. It was agreed that Mr Walter Bloss Kingsbury should be the builder at 'cost; plus 7.5% profit. There was to be an appeal for voluntary workers and subscriptions were raised by named individuals in each street in the village.

On the 30th August 1925 detailed plans were submitted by Mr Kingsbury and an estimate for construction costs not exceeding £580. These were agreed and site clearance was to begin immediately.

A local newspaper cutting from

Some members of the first committee



Clockwise from top left:

Sir William Brunyate 1867-1943, Chairman.
Rev. William Shaw Andrew Rector 1919-1932, Trustee.
Walter Bloss Kingsbury in 1950, builder.
Mr V. Pettitt in 1923, Headmaster, Boxford School
Mr Charles Kemball and Mrs Kemball, builder and undertaker.

June 1926 records that a fete was held at Knollgate to raise more funds and to celebrate having reached a total of £500 towards the building. By October 1926 promises totalled £599. Five dozen cups and saucers had been donated and 2 dozen bridge tables and a piano were to be purchased. The committee applied for a license for Dramatic Entertainment and wrote a constitution. The building was insured for £700 and contents for £200. Only £25 had been paid for the purchase of the site.

On 12th November 1926 the trust deed was signed, approach steps from the street built and a concert



with a play and dancing were agreed for the opening. At the meeting on 10th December it was agreed that The Hon. Mrs Charles Stirling of Roper's Hall, Bures (she regularly presided at the Boxford Petty Sessions at the Magistrates Court at our Police Station) should be asked to officiate at the opening, supported by the Chairman and fellow trustees, Rev W S Andrew, Rector, and Rev G Harding, Congregational Minister. The Lord Lieutenant of Suffolk, Sir Courtenay Warner, regrettably had another engagement in London that day.

By now subscriptions of £602 had been received. Workmen were to be invited to the opening and the concert. It was agreed that the West Suffolk Education Committee could hire the hall for a Domestic Subjects class at 10 shillings (25p) a week, plus 5 shillings per week for storage of stoves and equipment. Charges were fixed as follows: for a political meeting, hall 7/6, plus 2/6 for heating and lighting, 2/6 for the caretaker; for a children's party hall free, otherwise charges the same. The third room was to be the 'ladies room', containing appliances needed for providing refreshments of course.

At the opening ceremony on 15th December 1926, Sir William is reported as saying that *"the subscription list contained instances of remarkable generosity"*. Some of the contributions he was almost reluctant to take; and he said that it was a very remarkable effort on the part of the village. The project, of course, had met with criticism. One was that they should not build the hall without tenders. If, however, any of them knew anything about building



halls elsewhere they would feel certain that they were under a deep obligation to Mr Kingsbury for turning them out such a magnificent hall. Had they have put it out to tender it would certainly have cost more.

One thing the committee had insisted upon was that the hall should be built

by Boxford men. It was a tribute to their craftsmanship and to the interest the men took in their work. There was some criticism that they had been too ambitious, but all he could say was that, if they had had a wooden hut, the contrast between it and their beautiful church opposite would have been terrible. He had been talking to a man who had been secretary to a wooden hut, and he told him that in ten years Boxford would have saved in



Left: A 1933 school cookery class which used the suitably equipped village hall. **Back Row:** Eileen Carpenter, Mary Rule, Una Tricker, Doris Griggs, Violet Whymark, Doris Meekings, Joan Martin, Doris King, Joyce King, Barbara Raynham. **Middle Row:** Miss Rogers, Miss Dunphy, Miss Owen, Mrs Dansie, Miss Purdy. **Front Row:** Queenie King, Eva Humphrey, Ada Hills, Joy Hills, Joan Smith.

Above from top: Homefield Christmas Party, Boxford Village Hall 1951. A lot of very happy people.

Dance at the village hall 1952. Reason for this event not known.

repairs what extra the place had cost to build in brick. The only extravagance was the gable over the front door (£15 to £20 extra). In future the committee would be chosen by every villager over 18 at an annual meeting.

Mrs Stirling said she had not seen a hall as nice as this and an old tarred black hut would have been shame in such a beautiful village. With Mr Kingsbury's help the village had built a fine hall. The 'capital' concert which followed ended with a "*clever little farce*" - '*The Spare Room*' performed by the headmaster, Mr Val Pettit, with two ladies and two gentlemen.

The Entertainments Subcommittee ensured that the hall was well used from its opening onwards. Events in the first year 1927-28: Dances 27, Country Dancing 6, Table Tennis 7, Badminton 22, Women's Socials 10, Cinema 26, Cookery classes, Whist drive and many others including "political". No dancing was allowed in Holy Week!

The cinema set up by Mr Ellenger from Ipswich ran on Tuesday evenings for many years and the tie rod across the ceiling was an ongoing problem even then. The West Suffolk County Library set up shelves with book loans and was open twice weekly. Women's Afternoon 'Socials' ran fortnightly for many years too, with attendances averaging 70, as did 'Small Practice Dances' every week. As well as frequent one-off dance events, 'Big Dances' were organised every second Wednesday of every month with a regular band. At one point the committee even insisted that a saxophonist be added to the band. No smoking was allowed and there was much debate about whether dancing should be allowed with special permission to continue until 1am. In October 1927 it was decided to put up notices "*forbidding men dancing together, and dancers from doing the Charleston during other dances*". It appears Boxford had not entirely entered the Roaring Twenties and the Jazz Age! In 1928-9 twenty four social evenings were held with an average of forty present, perhaps surprisingly, mainly young men. These were largely games and discussion evenings with billiards, darts, rings and table tennis competitions. In that year the hall was used on 170 occasions.

As far as we know the hall was well-



used thereafter for a whole range of events, although perhaps dancing lost some of it's appeal by the 1960s and was replaced by more fashionable entertainments. Despite being built of brick, the hall did require frequent and costly maintenance and it still does today. In 1983 it was decided to renovate and extend it, building onto both ends and onto the back, to give us the Village Hall with the facilities we appreciate today. It doubled the capacity of the hall and provided a new kitchen, committee room and cloakrooms. We must all continue to give our full support to the committee as the villagers did 100 years ago.

Our grateful thanks to Veronica Hobbs for saving the minute books from the skip and donating them to the Boxford Society Archive. Our thanks too for all the hard work of the Chairman and Committee of Boxford Village Hall who look after it so well on behalf of us all.

Roger Loose

Above from top: Village hall renovation and extension in progress 1983. Both end rooms and cloakrooms were added and the front entrance re-located to its present position

The village hall extension was completed at a cost £32,500. £10,000 was contributed by individuals and Boxford organisations and £7,000 by Babergh District Council. Once again, W B Kingsbury's builders provided help and support.

Ready for the opening ceremony on Saturday December 3rd 1983. The photo shows the boys and girls of the Youth Training Scheme, who were praised for their quality of workmanship by the Village Hall Committee Chairman, Mrs Olive Tarbet.

BOXFORD VILLAGE HALL



1926 - 2026

Get ready to celebrate our Birthday through 2026!

PLANNED EVENTS WILL INCLUDE

- 1920's Fancy Dress New Years Eve Party
December 31st 2026
- Boxford Drama Group 1920's themed show
Planned for April 2026
 - An afternoon Tea Dance
 - Summer Party for all the family
and more...



DETAILS IN THE BOX RIVER NEWS IN THE NEW YEAR



1



2



3



4



5



6



8



9



10



7



11

Little Waldingfield's Flower Festival

What a show (well, 18 shows, actually)! Our visitors followed the Yellow Brick Road into the church, and found themselves surrounded by colourful and inspired flower arrangements on the theme of musicals.

The atmosphere was fantastic and the imagination and creativity on display was impressive and drew many compliments. A big thank you to everyone involved for their untiring contribution and support. We have a wonderful community spirit here in Little Waldingfield. Our appreciative visitors made it all worthwhile and we raised a record-breaking £2,085.60 to boost church funds. A fantastic and rewarding effort from all involved; a successful and joyous weekend.

Fran Gregor-Smith

Photo captions:

1: Follow the Yellow Brick Road

2: Jenny, Di and Diana making flower baskets to sell

3: Visitors admiring the displays

4: Tricia Eddington selling jams, chutneys, etc.

5: Jesus Christ Superstar

6: Phantom of the Opera

7: Oklahoma

8: Joseph and the Amazing Technicolour Dreamcoat

9: The Sound of Music

10: Frozen

11: Alice in Wonderland (The Mad Hatter's Tea Party)

12: Moulin Rouge & My Fair Lady



12



Welcome Bishop Joanne

Introducing our new Bishop of St Edmundsbury and Ipswich

We may still be waiting to learn the name of the next Archbishop of Canterbury, but we do now know who is to succeed Martin Seeley (who retired at the end of February) as our bishop here in Suffolk. It is the Rt Revd Dr Joanne Grenfell, until recently area Bishop of Stepney in the Diocese of London. Her 'confirmation of election' took place on 5th September at St Mary-le-Bow Church in London.

A few months ago I wrote about the confidential process for choosing our next bishop (see May BRN p27). The Crown Nominations Commission (CNC), the body charged with the responsibility of choosing a person to nominate for the prime minister to submit to the King for approval, met at end of April to interview candidates. No one who is interviewed applies for the post; each person interviewed was among those who had been invited to join a discernment process. As one of the six diocesan members of the

CNC (chaired by the Archbishop of York, Stephen Cottrell), I had a vote in the decision, but was committed not to disclose it ahead of the formal announcement from 10 Downing Street. That came two months later, on Friday 27 June, with the news that the King had approved the nomination of Joanne Grenfell.

The 'Confirmation of Election' – an ancient ceremony, rooted in mediaeval law, in the Vicar-General's court (see photo showing Tim Briden bewigged, along with, standing, the diocesan registrar, Kevin Wilson, who acted as proctor) – took place in the context of an act of worship, with a reading (Colossians 3, 12-17) and hymns chosen by Bishop Joanne. After the formal ceremony, the Bishop of London, the Rt Revd Sarah Mullally, who led the service, read the 'Charge' to the new bishop – in effect a 'manifesto' of the challenges facing her in her new role, based on the 'Statement of Needs' drafted by the diocesan Vacancy in See Committee.

Bishop Joanne plans to move into the Bishop's House in Ipswich at the end of October. However, she won't start a public role until she is installed as diocesan bishop in a service at St Edmundsbury Cathedral. The date for this cannot be set until the new

bishop has paid 'homage' to the King (this is the established Church of England!), a date for which is awaited from Buckingham Palace. Meanwhile, Bishop Joanne has said:

"In the midst of the curiously historic Anglican legal aspects of the ceremony, I was asked to express my own willingness to say yes to my election as Bishop of St Edmundsbury and Ipswich, and to make my declaration and oaths under God. I was asked to commit to being your servant and pastor. I can't think of a greater responsibility. I chose the hymns and the reading because I wanted to try to express something of the kind of ministry that I hope we will share. The reading from Colossians 3 reminded us that in the love of Christ we are to be clothed "with compassion, kindness, humility, gentleness and patience." And the words of Ruth Duck's hymn, "As a fire is meant for burning", direct us as members of Christ's Church to learn, teach, and walk together, as we "build a bridge of care" with our neighbours across the nations. These are themes that are dear to my heart and badly needed, both locally and globally."

For an account of the service visit the diocesan website: www.tinyurl.com/bishop-confirm

David Lamming



Spend the season with us...

From winter breaks to Christmas feasts,
we're ready when you are.

Let us take care of everything this Christmas. Chestnut pubs with rooms have got you covered with everything you could possibly need, from festive menus and Christmas Day lunch to cosy stays and Christmas parties.



The Crown, Stoke-by-Nayland | The Angel, Stoke-by-Nayland
The Anchor, Nayland | The Red Lion, East Bergholt

chestnutgroup.co.uk | [@chestnutcraftedhospitality](https://www.instagram.com/chestnutcraftedhospitality)

QUOVE ACCOUNTING

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

Contact us

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

3 Brickfields
Business Park,
Woolpit

Flexible Accounting.

For business
and personal
accounting
solutions.



MICROPLANT

08703 210256 / 07850 210256

E-mail: charles@microplant.net

Website: www.microplant.net

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

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



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



THE HADLEIGH VETS

EST. 2024



Hadleigh's Independent Veterinary Practice

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

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



Crockatt Road, Hadleigh IP7 6RH
01473 598400

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





The Midnight Scroll

What Midlife Women Are Really Googling (and Why It Matters)

Go on, admit it - you've done it. That late-night scroll, lying in bed with your phone dangerously hovering above your face, typing:

"Why am I so tired all the time at 53?"

Or maybe:

"Best way to lose belly fat after menopause."

And if you're anything like the rest of us, you've also googled:

"What is peri-menopause and how do I know if I'm in it?"

"Why do my knees creak?"

"Can you tone your arms after 40?"

"Will two biscuits ruin everything?"
(Answer: no. And if they're the last two in the packet it's your duty to finish them!)

The truth? Midlife women aren't just searching for workouts or recipes. We're searching for energy, confidence, and a version of ourselves that doesn't feel so... knackered.

"Why am I so bloated?"

Usually asked after eating something innocent like a chickpea!

Try this: slow down, chew properly, and remember - bloating is not a failing. It's natural. It's air. It will pass (hopefully when you are alone!).

"How to lose weight after 50"

Often typed while squeezing into post-holiday jeans.

Try this: stop chasing 'weight loss' and focus on 'strength gain.' Strong women sleep better, snack less, and carry all the shopping in one trip.

"Best exercise for menopause belly"

Translation: *"I want my trousers to fit, but I'm not doing burpees."*

Try this: strength training, walking, decent sleep, plus Pilates for posture and core.

"I feel flat. How do I get my spark back?"

The real one.

Try this: move, laugh, do something just for you. And start something new - not because you should, but because you can.

These searches aren't silly. They're tiny acts of self-care. They say: *"I want to feel better - but I don't know where to start."*

That's where community comes in. A space where you don't need to explain why you're tired, or why your knees click, or why you cried watching a dog being rescued in a Facebook video! You just show up. And we begin from there.

Ready to feel more like yourself again?

At BossBody, we help midlife women feel stronger, move better, and laugh while doing it. Small-group strength, Pilates, and mobility - all supportive, all fun.

BossBody Fitness & Pilates – Hadleigh
www.bossbody.co.uk · 07485 457221



BossBody
Fitness
FOR WOMEN

**YOU DONT NEED A BIG GYM
TO FEEL STRONG AGAIN.**

- ✓ **SMALL CLASSES**
- ✓ **1:1 PT**
- ✓ **YOGA & PILATES**
- ✓ **STRENGTH & MOBILITY**
- ✓ **WELLBEING**



07485 457221



help@bossbodyfitness.org



www.bossbodytransformation.com

**SCAN FOR YOUR
FREE 7-DAY TRIAL!**





Notes from a Beekeeper's Diary

Brother Adam, bee fever, and the enduring mysteries of the hive

Around about the turn of the last century British beekeepers began to notice the loss of unprecedented numbers of bee colonies. This was attributed to "Isle of Wight disease", first noted in Derbyshire but particularly prevalent on the Isle of Wight. The outbreak lasted into the

1920s and was considered to be the result of an epidemic of one or more honeybee gut parasites. Eventually the epidemic died out of its own accord.

Around about the same time a German-born Benedictine monk in Devon called Karl Kehrle had taken charge of the monastery apiary. He found that 30 out of the 46 colonies in his care had expired. 'Brother Adam', as he was then known, had been sent to England when he was eleven years old to alleviate health problems. He was taken in by the abbey monks and subsequently took holy orders.

Determined to find a solution to these colony losses, he travelled far and wide in search of queens and drones he could use for breeding a new strain of bees resistant to the Isle of Wight disease. In 1925 he established a beekeeping station in an isolated area of Dartmoor where he could manage crossbreeding between bees from different regions.

At the age of 93 he resigned as abbey beekeeper, after achieving international recognition as one of the foremost

authorities on honeybee husbandry. His work is now carried on in breeding stations in many parts of the world, but alas no longer on Dartmoor.

While it may seem strange at first sight that a person should dedicate his whole life to the wellbeing of honeybees, he was by no means the first to fall for their attraction. From the Roman poet Virgil, the architect Christopher Wren to allegedly the current royal family and other so-called celebrities, beekeeping has grown from a subject of genuine scientific enquiry to a badge of general correctness. At the same time over 30,000 souls in the UK are actively engaged in beekeeping for recreational rather than financial motivation or self-promotion.

To quote Robert (Bert) Manley, a contemporary of Brother Adam: *"Bee fever: a form of insanity from which you never really recover"* which probably explains why any beekeeper when prompted will bore you senseless with tales of beekeeping. So what is it about honeybees and



beekeeping which so fascinates us beekeepers?

Honeybees are one of the very few species of wild creature that allow close examination and observation in their natural state with relative impunity. Sure, you can see lions and elephants in safari game parks, but you have to stay on your side of the mini-bus windows, and the hectic pursuit from one spotted creature to another hardly provides time for more than a click of the camera shutter. Hardly close examination or prolonged observation.

Honeybees on the other hand allow us to open their nests, check the occupants, introduce new members and generally do everything that would make a house-guest unpopular, all without complaint.

“Do ley lines really exist? Is dowsing for water just a load of nonsense?”

And they are genuinely wild animals. They are free to come and go, gather their own food, rear their young and maintain their own nests without encumbrance or interference. We provide them with convenient sites to build their nests. We even put out empty hives in the hope that they might appeal sufficiently to a passing swarm scout as a suitable place to build a nest for a new colony. Their choice.

And the more experience a beekeeper has the more questions arise. What causes this? What causes that? Why did one colony do so much better than another? Why has an aggressive colony suddenly become calm and peaceful?

As a beekeeper you can come up with your own theories. Alternatively, there is no shortage of books or learned scientific studies to be consulted, along with an ever-expanding portfolio of YouTube videos. Searching for a simple answer can be dangerous and can lead to stray thoughts. Can bees navigate by the sun on cloudy days because their eyes polarise light waves, or do they orientate themselves with the Earth's magnetic fields? If so, how do they cope with high-tension electricity wires? Or maybe they follow ley lines. Do ley lines really exist? Is dowsing for water just a load of nonsense? That's how your mind can wander when you should be concentrating on driving home after an apiary visit!

Some beekeepers even cast doubt on the conclusion that Isle of Wight disease was caused by massive infestations of the acarine or nosema intestinal mite, a widespread theory at the time that set the direction of Brother Adam's lifetime work. And if so why weren't bees in wild nests affected? At that time beekeepers were switching from old fashioned straw skep hives to wooden frames and boxes, so the technology was new and required different methods and practices that were neither fully understood nor widely followed. Other causes could be rooted in the mass conscriptions of the first world war, leading to hives unattended for several years.

Even so, Buckfast bees are still prized today for their temperament, productivity and disease resistance, so the work of Brother Adam was never in vain. And the bees will continue to guard their secrets for as long as they have in the past.

Tony Rand



**sunflowers
Childcare**

**An independent setting
within Boxford Primary school**

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

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

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

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

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

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

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



MATTOCK MOTORS LTD

CALAIS STREET FARM, CALAIS STREET, BOXFORD



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

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

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

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

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

**ONE CALL AWAY
TELEPHONE**

01787 211394

Hadleigh Patient Participation Group

Vaccinations: Not sure if you are eligible? www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them

- Covid and 'Flu' - these will take place on **Saturday 4th and 18th October** for 75's and over plus the clinically vulnerable. Eligible patients have been invited for their vacs via Anima. Those who do not have an Anima account will be called. If you have not been offered an appointment by **1st October** then please call the practice.
- MMR measles, mumps & rubella - young mums, it's never too late to protect your offspring from measles, mumps and rubella all of which are on the increase.
- MenACWY, MMR and HPV for new university students

Vaccination Volunteers: Please remember ushers inside and car park attendants outside the practice on jabbing days are all volunteers. They are there to support clinical personnel who have also given up their Saturdays to keep patients safe.

Free Parking for Patients: 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. However, should you have a genuine reason to visit the health centre and the patient car park is full, you can register your car inside the waiting area and that will give you two hours free parking at the nearby Toppesfield Hall parking area. Blue badge holders do not have to pay but must clearly display their badge.

Anima Registration: Have you got round to registering with the practice's online triage system Anima? If not, why wait until you become unwell and need to use it? You can register via one of the following websites . www.hadleighhealth.co.uk/anima or www.nhs.uk/nhs-app

If you have no digital access or you encounter any problems you can still telephone the surgery, a care navigator will help you. **01473 822 961**

Anima for Working People: Hopefully, patients are no longer setting their alarms for 4am in order to book an appointment. This is not necessary as all requests will be triaged by the surgery when they open. This crack of dawn booking time is designed to accommodate working folks who are unable to go online when working. Once the surgery has no more routine appointments you will not be able to complete a request. You can either 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.

IT Help: Once a month 'Communities Together' offer helpful IT advice in the upstairs room of Hadleigh Library. The next session will take place on **Tuesday 7th October** from 10am to 12noon. Booking is essential as places are limited. Contact Tracey **01449 707031** info@communitiestogether-ea.org

Boxford Taxi Service: The taxi service from Boxford was implemented after the closure of the branch at the end of June, following an application to the Charitable Trust. This has been operational throughout July, August and September. The use of this service has been reviewed after the three months and unfortunately, due to no uptake, it has been agreed to cease this service early at the end of September.

Boxford Community Car Scheme is still available but not confined to taking patients to the health centre. Contact information opposite.

Prescription Collection Machine: Good news for internal dispensing patients.

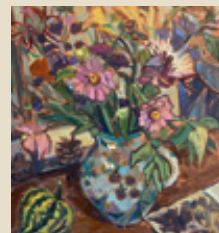


The impressive dispensing machine in the shadow of the surgery is for use 24/7 by our dispensing patients who usually collect their prescription from the inside dispensary. Eligible patients will be invited to sign up for this prescription collection machine. This is an optional service designed to speed 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.

Art on the walls

Our thanks to Julia Dawson for allowing her colourful work to be displayed and enjoyed by all who have visited the Practice these past few weeks.

Dominica Yannaghas has kindly agreed to grace the walls with her artwork. If you would like to exhibit your work please contact Jan Devey for details. See below for details.



All pictures are for sale with a percentage of the sale price going to the practice's charitable trust.

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

🌐 www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them



Farming for Nature

Stour Valley Farmer Cluster comes to Bower House Farm, Polstead

The Stour Valley Farmer Cluster (SVFC) is a group of 34 farmers whose land mirrors that of the Dedham Vale AONB/ National Landscape and its proposed extension upstream. The SVFC was formed seven years ago to promote conservation and biodiversity on a landscape scale. The farmers, and their supporters from organisations like the Environment Agency, the Suffolk Wildlife Trust, the National Trust, and the Dedham Vale Team meet four times a year, for what they call 'Inspire' sessions. The purpose of these sessions is to visit a farm or estate to see what that particular farmer has been doing to promote biodiversity on his or her patch.

On this occasion, the group came to the 800-acre Bower House Farm to hear about Alan Keeble's work over 22 years in tending to a beautiful but also

productive farm, and to see the work of the family, and their team on helping preserve the elusive and endangered Hazel Dormouse. Ecologist Zoe Keeble Goldsmith, who has shown huge commitment in monitoring the population for 14 years, gave a very interesting talk, and the group saw some of the 50 dormouse boxes in Stony Down's ancient woodland.

We were also accompanied by Guy Singleton, Woodland Manager at Bower House, who spoke about grey squirrel and deer control and coppicing, all of which are vital to conserving healthy woodland habitat and to the survival of dormice. Arborist Chris Jones pointed out some interesting trees and explained the difference between veteran trees and ancient trees and told us of their huge importance in supporting biodiversity.

We also visited an apiary that local honey company *Number Eighteen* manage on the estate. Whilst it produces a good crop of honey, it is crucially important for the pollination of many of the crops on the land. In addition we enjoyed walking through green lanes with the tall wide hedges so vital for wildlife connectivity.

The SVFC farmers are members of a larger 20-year Landscape Recovery project called 'Connecting Constable and Gainsborough Country', which is in its development phase. The principal themes of this project are already happening at Bower House Farm, leaving the visiting farmers with much food for thought after what proved to be a very inspiring afternoon indeed.

*Geoffrey Probert (SVFC Lead Farmer)
& Susie Wooderson (SVFC Secretary)*



Photos above from left:
Green Lanes.

A dormouse nest.

Ecologist Zoe Keeble Goldsmith holding a dormouse in torpor.

Left: *SVFC group photo*



Natural Boxford

A massive community effort to control Himalayan Balsam and bring biodiversity back to the River Box

Great Progress clearing the Himalayan Balsam from the River Box!

Himalayan Balsam is an invasive plant, brought to this country by Victorian plant hunters, that now grows along most rivers in the UK. It is a large, annual plant, growing to 2.5m or more with large serrated, pointed leaves: it produces pink flowers from June and seed pods from July. When the pods mature, they explode and can scatter seeds up to 7m from the plant promoting rapid spreading, especially

when the seeds land in water and are transported downstream populating other areas in the river catchment. They also spread via animal fur and wellies.

Himalayan Balsam outcompetes native plants which provide natural resources for our pollinators, and leads to a loss of biodiversity where it is present. Its shallow root systems weaken river bank structures which can lead to erosion and collapse and increased flooding when higher winter water levels meet the bare earth left when the plants die back. Himalayan Balsam was listed in 2017 under the Wildlife and Countryside Act of 1981 section 14 meaning it is against the law to plant it intentionally or to allow its spread into wild areas. The plants do not survive winters and the seeds are only viable in the soil for one to two years so if the plant is removed each year, it can be eradicated over 3 to 5 years. The most effective means of controlling it is to

pull it out and leave it to dry out off the ground. If roots are accidentally left in the ground, or left in contact with the ground, it will regrow and potentially flower and seed, so several visits to each site are required through the summer to control regrowth and late germinating plants.

“When the pods mature, they explode and can scatter seeds up to 7 metres”

After a mapping project in 2024 to see how much Balsam there was in the River Box, Natural Boxford volunteers discovered that the source of the Balsam appeared in two tributaries of the river: in Primrose Wood on the main river and in the Spinney on the tributary that comes down from the Spong and Groton.

Our plan for 2025 was to try and



Fish Quiz!



We have continued carrying out our monthly water quality tests, and Riverfly surveys and in our most recent sample were treated to observing some little fish – do you know what they are?

control the Balsam in these two areas and, time and capacity permitting, remove it from the centre of the village. We did a further mapping exercise in May to confirm the thickest areas of germinating plants and started our campaign on the 12th June. We have had 12 volunteers helping out over the year and to date a total of 172 hours has been spent successfully controlling the Balsam on both tributaries and in the centre of the village. It has been good fun as well as significantly physical work – we have felt some muscles and been stuck in bogs, as well as seeing some beautiful areas we might otherwise not have done. We hope to do a couple more monitoring sessions before the winter arrives. In addition, volunteers from Natural Boxford also spent a day downstream of the Wash clearing Balsam with the Essex and Suffolk Rivers Trust.

Huge thanks to all the landowners and householders who either took up the challenge of controlling the Balsam on their land or invited us in to do it on their behalf. We will not know until next year how much impact we have made but we are optimistic that we will not be dealing with the many thousands of plants we have pulled out this year.

For 2026 our plan is to repeat this year's control on the tributaries of the river including the Spinney and Primrose Wood and the centre of the

village and additionally to extend our activities across the by-pass and down to the Wash.

If you are a householder or land owner and you have Himalayan Balsam on your land and would appreciate it being cleared by Natural Boxford volunteers, please email louisecarpenter@proton.me or if you fancy joining us next year please do get in touch.

*Jono West, on behalf of
Natural Boxford*



Readers' Letters

Dear Editor,

Reading the June BRN I was surprised that 3 letters were published with parking complaints about the Bowls Club, and was concerned as to why the dynamic in the village has changed in the last 12 months, as bowls members have been parking their cars in the village for over 50 years with no complaints.

It was alarming that you printed a photo of one of our bowls member's car which was parked legally and safely opposite the Fleece, you can often see other cars similarly parked in the same space.

I am writing now because last week I saw a belligerent individual come out of the White Hart to verbally abuse, threaten and swear at one of our members for parking in the village.

As you can appreciate most of our members are in their 70s and 80s and are now somewhat concerned.

When the new surface for the path for the Croft was installed the Club immediately asked our members to use it and park up at the playing fields.

Unfortunately this track is not fit for purpose, as the gravel is loose and uneven in places - this makes pulling a heavy bowls bag very difficult and tiring and also very damaging to the wheels of said bags, resulting in broken wheels!

I personally am frequently down at the bowls club cutting the green and now I very rarely see young mothers pushing their pushchairs up the track, and only those with large wheels seem to manage - another case where the new surface has made matters worse.

There have been many occasions when I have driven into the village and found parking difficult but not impossible and I know for a fact the

Bowls Club was closed at that time.

Boxford is now becoming a victim of its own success, with more people visiting the village and I find it disappointing that you published letters making the bowls club the whipping boy for all our parking problems.

Are we soon to see letters complaining about the activity of our two excellent public houses which are attracting large numbers of visitors to the village. I hope not as it is a joy now to see both pubs prospering.

I hope you publish this letter with the wish that it may help to defuse the tension within the village about the bowls club.

There has been talk about a possible car park down near the school which would certainly alleviate the parking concerns if it is built.

I have been asked by my wife to request that my name is withheld as she is very concerned about me putting my head above the parapet and attracting unwelcome attention.

It is a pity that things have come to this stage.

Name withheld at writer's request

Dear Editor,

I would like to add a thank you to residents of Little Waldingfield for their patience and understanding from the slight disruption, and also surrounding villages, including Lavenham and Bildeston, for their generosity on our most recent vehicle run that was raising funds for Cancer Research UK.

This was our 2nd year of the road run on September 6th with 102 vehicles and with a vintage working day on Sunday 7th we have raised £5,000 with £530 of that from a street collection.

Hayley Pusey

Priory Vintage & Historic Vehicle Run





Halloween

Groton History Society looks at the spookiest time of year.

The roots and origin of Halloween are believed to have been a Celtic festival in ancient Britain and Ireland, called *Samhain*. The start of winter, the return of herds from pasture and the renewal of land tenures combined at this point. It also corresponded with the belief that the previous year's deceased now journeyed to the underworld. Fires, masks, ghouls, witches and evil spirits featured. The conquering Romans merged this local festival with their own '*Feralia*', which reflected on the passing of their dead, as well as celebrating Pomona, the goddess of the harvest.

Pope Boniface IV, in the 7th century CE, made 'holy' the evening before All Saints Day and All Souls Day (1st & 2nd November), the evening becoming 'hallowed' - thus 'Halloween'. It became both a religious and secular festival. The secular 'Halloween' festival survived the Protestant Reformation in Britain. However, the largely eastern England puritan migration to America in the late 16th / early 17th centuries tended to forbid Halloween. By the 1800s harvest festivals started to include aspects of the Halloween festival. In the 19th century, further

migration resuscitated Halloween itself and by the 20th century, it had become one of the principle holidays in America. Having lived in America I can vouch for the enthusiasm for it!

So, where does the orange-faced pumpkin come into this story? The origin is Irish, based on the legend of *Stingy Jack*. The myth has it that Jack had tricked the Devil for his own financial gain and when he died God didn't let him into Heaven and the Devil would not let him into Hell - in effect he was in 'eternal purgatory'. He was thus left to spend eternity wandering around the Earth. People started to create evil-looking faces out of turnips, which would probably have been swedes, to scare away the wandering Jack. These became Jack O' Lanterns.

The 19th century Irish migration to America would have taken the Jack O' Lantern to the New World and the incorporation of the locally grown pumpkins for these 'lanterns'. It was bigger, softer and therefore easier to carve, grown widely and also became associated with George Washington's 1789 American Thanksgiving celebrations, especially the eating of a pumpkin pie. I always assumed that

pumpkin pie was an American creation. Actually, it derived from France before becoming popular in England and then heading state-side. Known in Tudor times as the '*Pompion*', recipes for pumpkin pie were included in the 1675 cookbook "*The Gentlewoman's Companion*" by Hannah Wooley. I think I prefer the name '*Pompion Pie*'!

Over time, other customs crept in and stuck around, some of which sound very familiar today. In medieval Britain there was a tradition called '*souling*' where the poor would go from door to door offering prayers for the dead in return for little cakes, rather charmingly called '*soul cakes*'. I can't help but think this sounds suspiciously like the early stages of trick-or-treating! In Scotland and Ireland, children would '*guise*' themselves in costumes and perform songs or tell a joke for a small reward. When you see kids in skeleton outfits running up and down the street today, they are actually carrying on

Above: *Stingy Jack from an old Irish tale that explains the origin of the Jack-o'-Lantern*



something with very old roots.

And of course, there has always been the spooky side of it all. People once used Halloween as a chance to dabble in ghost stories, fortune-telling and even games to predict the future. Apple bobbing, for example, wasn't just a bit of messy fun - it was tied to finding out who you might marry! Imagine balancing over a bucket of water with that thought in mind. It

makes me smile to think how these little customs have transformed over time, but at the heart of it, Halloween has always been about gathering together, sharing food, and maybe enjoying a bit of a fright along the way. No wonder it still captures our imagination every October.

Nigel Chapman
nigelichap@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.



An evening with William (Bill) Clegg KC Thursday 13th November

Bill is a very well known barrister, called to the Bar in 1972 and gaining his Silk in 1991, who has been involved in many well known cases, including the Jill Dando and Rachel Nickel cases. He also was involved in the very first WW2 War Crime case in Britain, as well as assisting in War Crime cases in The Hague, following on from the 1990s Balkan Conflict. Bill has lived in Lavenham, Suffolk for over 20 years. We are delighted that Bill has agreed to come and share his stories about some fascinating legal histories.



Thursday 3rd December: Please hold this in your diary for our Xmas event.

We look forward to seeing you at our upcoming events. Don't forget you get a free glass of wine with your £5 entry fee! Where else is that a thing?!

As I mentioned last month, please let me have your suggestions for 'The Greatest of All Time (GOAT)'. Which person has had the greatest impact then and legacy now? Who do you think should be the winner?

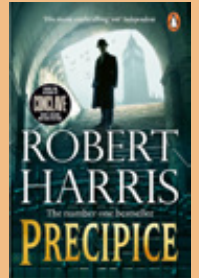
Additionally we are looking to start parallel discussion events, especially (but definitely not limited to) on some military history topics, for example; "Why did England win all the greatest battles yet lost the 100 Years War?" or "Who were the most over rated and under rated monarchs of England or Great Britain?"

If any of these interest you or you have another suggestion let me know!

Recommended Reading, Listening & Viewing

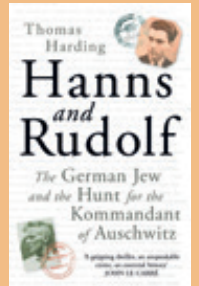
'Precipice' by Robert Harris.

Summer 1914 and with the prospect of Europe at War, Prime Minister Hubert Asquith dalliances with a 26 year old aristocratic socialite. Is it a love affair? Is it distracting the British Prime Minister, is he sharing secrets and or is she influencing the gravest decision he had to take? A mix of fact and fiction told brilliantly. I want to do a talk on this 'decision' at some point next year.



'Hanns and Rudolf' by Thomas Harding.

The hunt for Rudolf Hoss, Commandant of Auschwitz Concentration Camp. Hanns Alexander fled Germany in 1930s, becoming a lead investigator in the first British War



Crimes Investigation Team. We will explore later war crime cases with Bill Clegg on 13th December.

'Mary, Queen of Scots' Podcast series from **The Rest is History podcast team**. This is next on my list to listen to. Tragic story with inevitable ending, yet a classic story of 'rivalry' at the top.

'Convoy!' Podcast series from **'We Have Ways of Making You Talk'** team. This is the story of Convoy HX231 in April 1943, based on a book by Peter Gretton, the convoy Commander, who describes this ordeal from New York to Liverpool, cross referencing events with Kriegsmarine archive details.

'Nazis, U Boats and the Battle of the Atlantic' on **iPlayer**. As much a story about Londonderry with its pivotal central role and marine archaeology, as a recounting of this defining battle.

As always, many thanks to those who have responded with suggestions and recommendations above. Keep them coming!

The Glow Pro

From sun spots to thread veins – why autumn is perfect for IPL laser



With sun-kissed tans fading and knitwear making a comeback, autumn is the perfect time to turn your attention to your skin - especially after a summer of sunshine, SPF slip-ups, and a little indulgence!

One of our go-to treatments to zap away stubborn imperfections is IPL (Intense Pulsed Light).

It's a brilliant all-rounder for tackling a range of concerns, and there's no better time to restore your complexion than during the cosy season.

Why We Love IPL

Unlike other lasers, IPL uses pulses of broad-spectrum light, allowing it to address multiple skin issues in a single session.

We use the Lumenis Quantum system, which delivers results with real precision. It's especially effective at calming rosacea, fading pigmentation, and softening the appearance of thread veins. It even gives your collagen a gentle nudge, helping skin look firmer over time.

If you have rosacea or are prone to redness, we recommend pairing treatments with Heliocare A-R Emulsion SPF (£35 in clinic). This lovely, gentle formula offers high-level UV protection while helping to soothe sensitive skin.



Say Goodbye to Age Spots

One of the most common concerns we see post-summer is age spots (aka sun spots). These stubborn patches tend to pop up where the sun hits most – especially the backs of hands,

which are often neglected when applying SPF!

What starts as a cute little freckle can gradually become something much less desirable. And sure, makeup can help blur these on your face, but hands? Not so easily. IPL works its magic by breaking down excess pigment beneath the skin's surface, resulting in skin so clear you won't need a filter.



How the Sun Leaves Its Mark

Sun damage doesn't always show up as obvious spots - it can also appear as uneven texture and that frustrating loss of radiance. Whether it's from long days in the garden, beach breaks, or those times you 'definitely meant' to wear SPF, signs of sun exposure have a way of creeping in.

The good news? It's never too late to hit reset.

For a powerhouse duo to enhance skin clarity, we recommend combining IPL treatments with the ALLSKIN|MED Pigment Control Serum (£75 in clinic).



Smooth, Clear... and Hair-Free Too?

That's right! The benefits of IPL don't stop at treating pigmentation and

redness. With just a quick flick of the settings (okay, it's a bit more technical than that), the same machine can combat unwanted hair too.

The colder months are the perfect window for hair removal, giving your skin plenty of time to get silky-smooth before summer rolls back around.



Results That Last

Results with IPL are impressive and long-lasting, but since our skin naturally changes, new blemishes may crop up here and there. That's where top-up sessions come in, which are an easy and effective way to maintain your newfound glow.

With less sun around (a tan is a definite no-no for this treatment), now's the time to give your skin the fresh start it deserves.



To get in touch and book a consultation:

office@suffolkmedicalclinic.co.uk
01787 211 000

Heléna





Moving?
Call us on **01787 377489**

Todds Removals
a Todd Storage
a reliable local service you can trust

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


www.todds-removals.co.uk

Bates Wells & Braithwaite

Expert legal help for business and for individuals...

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

Bates Wells & Braithwaite Solicitors

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



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

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

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



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



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

SN Stoke by Nayland
RESORT

SAVOUR LUNCH WITH A VIEW

1 COURSE - £16.00 • 2 COURSES - £22.00 • 3 COURSES - £28.00

Take a well-deserved break with our delicious new set lunch menu, served Monday to Saturday from 12:00pm to 3:00pm.

Whether you choose to dine with stunning lakeside views in the Lakes Restaurant, or unwind fireside in our cosy Orchard Lounge, it's the perfect way to make your midday special. Flavourful dishes, beautiful surroundings, and a warm welcome await.



Scan the QR code to view the menu and book your table.





The Blooming Garden

At home in France

Four years ago we bought a house in France where we spend as much time as the rules of Brexit allow. Actually, to say we bought a house is an exaggeration, it was in fact a ruin, or a heap of stones, as one friend called it. But although nobody had lived here in living memory, the 'heap of stones' has been standing here for hundreds of years so I don't think it is going anywhere any time soon.

This was originally two houses. You can see the steps covered in ivy on the

top house going up to the living room. Here the family would live and sleep. The livestock would live on the ground floor and the top floor was for the storage of hay.

This is what the house looked like last summer. The steps on the left lead to the kitchen. I have now made a surreptitious start on the front although I am not supposed to make this into a garden as it belongs to the commune. I hope nobody notices that I have terraced it and planted an

ancient olive tree. The round slate roof tiles in this part of France are called *lauzes*. We are still waiting for our roof to be repaired.

Looking back I can see why friends thought we were quite mad. It took two years to make it habitable which is very quick for France. There was no electricity, running water or drainage. In the meantime we learnt a lot of detailed technical French which I hope we never have need for again. If you ever need a sewer laid in France just ask me. Me and my friend, Monsieur Poux will soon sort you out. (I was sorry to find out that you have to pronounce the x at the end of Monsieur Poux's name. At first I thought it was the best case of nominative determinism that I have come across.) If you need *une demande d'accordement* for electricity, followed by *une proposition d'accordement*, followed by *une attestation de conformité* which takes months to achieve, and endless hours on the phone, don't come to me. I'm



Above: *The house before and after.*

Left: *Before shots of the garden wilderness*

still suffering from PTSD from the whole process. We stayed here for the first time two years ago and water miraculously flowed out of the shiny new taps, flushes worked and lights came on at the flick of a switch. It all seemed like magic which we achieved after months of muttering spells, curses and incantations.

At last I could set about making a garden out of the wilderness. The garden seems to have been used as a rubbish tip for centuries and broken glass and other rubbish is a hazard everywhere. I got people to strim it and, as the whole garden is on a steep slope I had terraces made. The whole garden is full of stones so there is an endless supply. In fact in order to plant anything I need a pick axe to make a hole. As I am away for weeks at a time I covered the garden with a membrane and gravel.

As you can see we had a hand rail made for the steep steps going up to the top level as we are both very clumsy. The red post you can see at the top of the steps is for the hammocks which are attached to the shady corner of the house. There are wonderful views from the bench up here.

There is not a great deal of room for planting large trees and shrubs so I have planted one *Albizia julibrissin* as a friend gave me a seedling. I chose a fig, 'Noire de Caromb', because the description of the fruit sounded delicious. I have since found out that this fig is more suitable for large gardens so I may dig it up and keep it in a pot to restrict the roots. I have two pomegranates, one is purely



ornamental with orange and white flowers that look like carnations. The other has flowered this year and has fruit.

As we are not here all the time I planted several foliage plants so that there is always something of interest. Ferns, grasses, heuchera, fatsia and a couple of nandinas always look good and Acer 'Emerald Lace' is lovely. I have two crepe myrtles, *Lagerstroemia indica*, one with black leaves called 'Black Diamond'. These are both full of bloom in September when we are always in France. I don't know why you don't see them in the UK as they seem to be hardy. But they do need plenty of sun to bloom well.

On the top level is an olive tree and a bigger one now sits in the front. I have planted just French roses. The one I am delighted with in late summer is named after a French chef, 'Reine Sammut'. It always seems to be in bloom when we come in the spring and it is still in bloom in late summer. I don't know whether it has had a rest when we are not here.

Near the house I have planted herbs and everywhere I have lavender, sedums, gaura, agastache, salvias and other plants to attract pollinators. I have never seen so many different kinds of bees and butterflies including Provencal fritillaries and swallowtails.

Buying plants here in France is challenging if you like anything unusual. There are nurseries that grow their own plants but the range is very limited and the labelling leaves a lot to be desired. Still I am gradually filling up the garden. Today, I bought a variegated *Arundo donax* which is called Canne de Provence in French. I also bought a ginger lily, *Hedychium gardnerianum*. The lady at the nursery insisted on calling it 'une longose' so

Left: The new terraces with *Lagerstroemia indica*

Below: The rose 'Reine Sammut'



we had a little disagreement about names. I am not going to waste my time learning French vernacular names for plants when we have an excellent international language. Besides, I have nobody to discuss plants with here, as French people seem to have no interest in gardening unless it involves vegetables.

Chloris

Boxford WI Update

Boxford WI had a very interesting speaker, John Cameron from the Medical Detection Dogs. We also met Yoda a 2 year old Labrador who was just finishing his training to become a medical detection dog.

Medical Alert Assistance dogs are trained to detect the tiniest smells associated with diseases like cancer, Parkinson's. PoTS and bacterial infections. They support people with complex health conditions when they are in danger of having a potentially life-threatening medical event so they can take the necessary action and prevent hospital admission.

For the latest news and up-to-date information on their work and research please visit their website:

www.medicaldetectiondogs.org.uk.



Our next meeting is on Wednesday 1st October and will host the Hadleigh Ukulele Group for an afternoon of music and singalong.

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

Once you are a member you will be able to enjoy the following interest groups which we hold on a regular basis: Dining Divas (lunch group), Chatterbox (afternoon with tea and cake), Knit and Natter, Book club, Women who wander (walking group June – September)

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

Milden Cricket Club

Two wins put Milden in 4th position

A comprehensive nine wickets trouncing of Haverhill at home followed, a week later, by a one wicket win in a nail-biting finish at Brockley, have seen Milden climb to 4th position in Division 5 of the Hunts County Bats Suffolk League.

In contrast to the match against Hadleigh on 13 July, which lasted the full 80 overs and did not finish until 8:06pm, Milden raced to their victory target of 65 in just 40 minutes against Haverhill on 31 August, the game finishing at 4:32pm. Jonny Arnold (1 for 19) struck in the first over, bowling Haverhill skipper Dave Hammond for nought, but it was Joe Smith, bowling spin, who did the most damage, taking 5 for just 11 in 9 overs - ably supported by Richard Robinson (2 for 20) and Dave Willis (2 for 12) - as the visitors were bowled out for 64 in 26.4 overs. With five Haverhill batsmen recording ducks, only two batsmen reached double figures. For Milden, Alex Cunningham fell in the second over, caught for 5 at leg slip, but Alex Lomax (40 not out, including nine 4s) and Nathan Williamson (18 not out) saw Milden to victory in 10.4 overs without further loss.

Milden followed up their win against Haverhill with a much narrower victory at Brockley's delightful rural ground on 7 September. Four Brockley batsmen scored 20 plus in their 152 total, but extras top-scored with 29. For Milden, it was Richard Robinson's turn to take a 'five-for' with 5-38 from his ten overs. In reply, Milden were stumbling at 79 for 5 when Lomax (33) was bowled by Sean Fawcett, but a 6th wicket partnership of 50 between Zaryab Rashid (22) and Ed Jackson (13), swung the game in Milden's favour. Rashid was then the first of three wickets for Jack Newdick (3 for 17), returning for a second spell, and when Robinson was bowled by Owen Lawrence at 145,



a tense finish was ensured. Willis (5 not out) and Jonny Arnold (0 not out) saw Milden over the line at 153 for 9, courtesy of a no ball and seven wides. In total, Brockley conceded 39 wides, with 73 extras (47.7% of the runs) the overall top scorer in the Milden innings.

Milden's bid for a third successive win, at home to Elmswell, was thwarted when the forecast rain arrived on schedule at 4.23 pm. The match was abandoned a few minutes later with Milden (then 119-2 from 16.4 overs) requiring another 34 runs to win. Asked to bat first after losing the toss, Elmswell raced to 94 for 1 at 7.5 runs an over as Joel Sandringham (73, including 6 sixes) hit the opening bowlers all round the ground, but when he was caught by Cunningham at long on, attempting yet another six, the scoring rate slowed, with only 58 more runs added to leave the visitors all out 152 in 28 overs. Willis (4 for 14) was the pick of the bowlers and there were two wickets each for Felix Elgar, Alex Ward and Dan Moase, plus three catches for wicket-keeper Williamson, in a good Milden fielding performance. Cunningham (19) and Lomax (62 not out, including 11 fours) rushed to 77 in ten overs in an effort to beat the rain and, after Cunningham was bowled with the rain clouds approaching, Williamson (13) hit two huge sixes before being caught with the score 106. In the next over Akiva Franklyn hit ten in four balls, but in vain as the persistent rain then drove the players off.

The resulting draw is discounted for league table purposes, so Milden's 4th position (with one match to go, away at Hadleigh) is unaffected. For Alex Lomax, his 62 took him to 500 runs for the season (519 at an average of 47.18), and Dave Willis's 4-14 sees him as the leading

bowler in Division 5 with 25 wickets (average 10.00).

Prior to the three league games, Milden lost a friendly match against Cam Kerala CC on 17 July by 174 runs. Scores: Cam Kerala 295; Milden 121

David Lamming.

Left: Kieran Bourke bowled first ball by Joe Smith on 31 August

Below Left: Nathan Williamson hitting a six against Elmswell on 14 September

Sudbury Cricket at Boxford

On Saturday 30 August Sudbury's third eleven gained a valuable win in their battle to stay in Division Seven of the Two Counties league, with victory over fellow strugglers Witham.

After rain the previous day, Boxford's team of ground staff had worked wonders to ensure the game could go ahead. Asked to bat first on an inevitably damp wicket, Witham began positively with the dangerous Headley pulling emphatically. Headley was, nevertheless, struggling against Sudbury's opening bowler Bradbury and his dismissal - bowled on 20 - possibly represented the decisive moment of the game. Despite a cultured 37 from opener Aaditya Rakesh, Witham began to struggle against the experience of Simmons and Halliday. Off spinner Simmons finished with figures of 5-35 from eleven overs, including two well judged catches in the outfield from Ashton Platt, as the away side reached 158-9 from their 40 overs.

Sudbury's innings started disappointingly with the early loss of the important wicket of Thorogood - Sudbury's centurion in the fixture



between the sides earlier in the season. Witham's youthful seam attack found sufficient encouragement in the wicket that determined and careful batting was required from Shropshire and Ray in building a second wicket stand of 76. When Ray was dismissed unfortunately for 31 -the ball, played defensively, rolled back onto his stumps- the outcome of the game was still unclear. With the weather closing in, three further wickets fell to the leg spin of Rakesh as Sudbury sought quick runs, so that the home side found themselves on 133-5 with the possibility of victory -and crucial league points- keeping both sides on the field as the rain worsened and then eased. In the end, decisive strokes from Shropshire in an unbeaten 70 saw Sudbury home with six overs to spare. A margin perhaps not reflecting fully the closeness of the game.

With two games left to play, Sudbury remain bottom of the division, but forty points remain available and their next match is against Ipswich seconds, who they beat earlier in the year. The game against Witham was the last for the summer with Boxford's playing fields acting as home ground for the Sudbury side.

I and the Sudbury 3rd XI wish to say a very big thank you to Colin Parr, Colin Bullock, David Burden and Kevin Couling for watering through the hot summer and becoming a master of the lawn mowers and the roller! You all set out to recover the square and revive cricket in Boxford. As far as Sudbury 3rd XI is concerned, you achieved it. Hosting us at Boxford for our games this year, not only for your efforts with the square but also for making us feel so welcome. It has been very much appreciated. We are hoping to be able to use Boxford again next year. Once again, thank you for this season. Good luck with your ongoing renovation projects over the winter and hopefully we'll see you next year for more matches.

Charles Thomas – Team Captain



Photo: Kevin Couling

Boxford & District Bowls Club

It's been a busy few weeks at our Bowls Club. Firstly, a big thank you to our social committee who organised an excellent club BBQ in August: some fun bowls games, a great BBQ cooked by A Leeder Butchers and sunny weather! A fun afternoon - thank you.

Next, our club were asked to host the finals of the Durham Cup, a competition that has been going on all season for clubs in the Essex/ Suffolk area. The finalists were Castle Hedingham and Great Cornard which proved to be a very close match with Great Cornard winning by just a few points. The social committee were busy catering this event and the grass maintenance team had made sure the green was looking good and playing well. It was a perfect summer's day and we had many compliments about both green and catering. Thanks to everyone involved in making this such an excellent event, even though none of our players were playing!

Now for some bowling results!

Millennium Cup

Our Blue Team were in the finals of the Millennium Cup again this year. Being in the finals for this cup is a huge achievement with teams competing against each other from various bowls clubs around Essex and Suffolk. So to get to the finals again this year is just excellent. The Blues were playing Bocking at Mistley Bowls Club. Both teams played well (despite having to abandon play for a while due to a thunderstorm and torrential rain) but Bocking just edged ahead and won the game. Commiserations to the team - you all played so well over the season.

Club Finals Day

On Sunday 14th September, we had our club's Finals Day. Over the season we have been playing against each other in different matches to try and reach the finals - and you never know who might make it to the finals. A lot of time goes into organising these matches throughout the season and then juggling and organising schedules for play on the day (not only players but also markers for matches). So a huge thanks to Kevin Colling for all his hard work to make the day run smoothly. Also thanks to our markers, without whom we could not have easily played the matches. Congratulations to the winners and commiserations to the runners up - there were some very, very close matches.

Well played everyone!

Some of our winners below - there are too many to put them all in this month so look out in the next issue to see more



*Handicap Singles Winner
Peter Norris*



*Over 60s Singles Winner
Steve Marszal*



*Mixed Pairs Winners
Mike and Gill Billington*



*President's Cup Winner
Steve Marszal*

Feedback From James Finch

County Councillor For The Stour Valley

Smarter, Simpler Better – ONE Suffolk

What is happening? The Government is asking councils in Suffolk to simplify. There are currently six councils, leading to confusion, waste and duplication. Instead, Suffolk County Council is proposing a new single council which will be responsible for both county wide and local services.

- New district and borough council boundary proposals mean 3 councils and 3 sets of salaries
- District and borough councils' new boundary proposals criticised as costly and unworkable
- Creating 3 new councils in Suffolk would lead to increased costs and carry safeguarding risks – more cost to set up, a post code lottery for essential services.

Therefore, one new unitary council for Suffolk is the best for the county overall. One Suffolk would replace all of the current county, district and borough councils resulting in a better use of public money.

What would change? A single council means:

- Simpler and better services which are easier to contact and better co-ordinated
- Clear accountability, no more confusion about who does what
- Safer, more joined up services
- Stronger local voice for communities
- Better leadership for Suffolk
- Greater value for money
- Keeping council tax as low as possible.

From Parish Pews to Pixels

More than 400 years of the county's rich historical heritage is now at your fingertips. Millions of records dating back to 1538 are now available online in Suffolk for the first time, with more additional local interest records to follow.

Records digitised include full-colour, high-quality digital images of parish registers from across the Diocese of St Edmundsbury and Ipswich. They include key historical moments like the 1776 baptism of the artist John Constable and the 1846 burial of abolitionist Thomas Clarkson.

Until now, these baptism, marriage, confirmation, and burial records were only available on microfiche or in-person. Access will be free at The Hold in Ipswich – the home of Suffolk

Archives and at Suffolk Community Libraries. Viewing from home will require an Ancestry subscription. Royalties will be used to support archive services.

The project has helped preserve fragile historic documents by reducing wear and tear. Suffolk Archives were also able to carry out conservation checks during the scanning process.

This project is a fantastic step forward in making Suffolk's rich history more accessible. Whether you're overseas, have mobility challenges, or simply prefer to research from home, these records are now just a click away.

Guide published to support developers in Suffolk

Suffolk County Council has updated its 'Developers Guide to Infrastructure Contributions in Suffolk', following a consultation over the summer. It has been updated and redesigned in line with the feedback and takes account of legislative and policy changes. The guide is there to support developers appreciate the myriad ways which a new project will affect local communities and its financial implications on local authorities.

The guide sets out what developers should consider, including financial contributions, to help reduce the impact of new projects on communities and the county council. For example, new housing would have a knock-on effect on things like the local environment, education, waste services, local amenities, highways, and flooding, and therefore cost implications for local authorities. The 'Developers Guide to Infrastructure Contributions in Suffolk' can be found on the Suffolk County Council website.

Council remains opposed to Norwich Tilbury pylon project, as application is submitted

Primarily, the county council maintains that offshore and undergrounding solutions should be priorities for the scheme, not 114 miles of pylons cutting through countryside, sensitive landscapes and communities in Norfolk, Suffolk, and Essex.

Previously, SCC has formally and strongly requested that National Grid pauses the Norwich to Tilbury proposals, to allow for effective consideration of offshore alternatives.

When the full details of National Grid's application are published next month, we hope they reflect many of the concerns raised by us, and local communities, from consultations and discussions.

The application for the Development Consent Order - essentially planning permission - was submitted to the

Planning Inspectorate (PINS) by National Grid on Friday 29 August.

PINS has 28 days to determine whether or not to accept the application. Should it be accepted, full details of the project will then be published, with the six-month Examination period likely to begin in early 2026. If consent was then granted, construction could begin in 2027.

New and Improved bus services coming to Suffolk this month

Further to my article last month, these routes have all been suggested by the community through the council's 'scheme on a page' initiative and have been funded through the 2025/26 Local Authority Bus Grant from Department for Transport.

These are the new local routes and changes of Bus numbers launched as from 31st August 2025

Chambers 90, 91 now 50

Ipswich - Hadleigh - Sudbury

New Sunday service plus additional Mon-Sat journeys

Chambers 84, 753, 784, now 43/X43

Bury St Edmunds - Sicklesmere - Lavenham - Acton - Sudbury - Great Cornard - Leavenheath - Stoke-by-Nayland - Nayland - Colchester

New Sunday and evening journeys for Sudbury - Colchester section. Daytime Mon-Sat services retimed to give better frequency for Stoke By Nayland and Leavenheath. All journeys via West Suffolk and Colchester hospitals.

Chambers 49

Acton Lane (near Health Centre) - Tesco - Chaucer Avenue bus gate - Town Centre

New Sudbury town service.

Chambers 375, now 45

Sudbury - Alpheton - Shimpling - Bury St Edmunds

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

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.

While I write this report on Sunday 14th September at 5:30pm having just been driven in from a 6 hour stint on the allotment, planting spring crops and harvesting the summer ones, I am aware that it is almost dark, and heavy rain is lashing against the office window. What has happened to autumn? Summer appears to have gone straight into winter. We used to get seasons, now we just get weather, often accompanied by continuous gusty or indeed strong wind, so different from when I was a young lad on the farm. Very hard also for our farming community in my local area who work tirelessly at producing our food and managing the countryside for all our benefits. Long may the farms remain in the hands of those that know what they are doing and that they be allowed to stay in charge of their farms and pass them on to the next generation without interference and interruption, using them as a tax raising exercise is futile, unhelpful for the industry and will drive the industry into the hands of investment companies and as a green tax dodge for polluting companies to offset their polluting practices. This of course will ultimately lead to shortages of local, home-grown food, the cost of which will be felt by us all. Wake up Labour government.

Growing our own food just gets more difficult, but as an allotment holder I have probably had my best year ever with good crops of vegetables and fruits alike despite the scorching sun and prolonged drought. Thankfully I now have two working and pain-free knees. After living on brilliant crops of chard, beans, plums and apples, despite the wind incurred, we move on to filling our freezers for the winter and now on to wine making, currently we have 4 gallons of plum in bottles followed by 5 gallons of apple in demijohns and the same amount as cider in the bucket and 2 gallons of wine from our own vines fermenting as I write this article. Should see us through to about 2029. 2025 has indeed been a very good year.

The mist is at last beginning to clear on the government's plans for future local government to be delivered from one single tier and not two separate authorities as of now.

This is a big change for all of us and the trick will be to do it at the present

cost and to be more effective at it. The district plan is to do this as 3 unitary authorities across Suffolk which will give good value for money with strict controls and contact with a good councillor to represent you (who hopefully is not politically constrained and has the guts to fight for local services and people).

The joint districts' proposal will be voted on in Babergh by its elected councillors at its Tuesday September 23rd meeting at Endeavour House, 5:30 start. If passed by your elected councillors it will be presented to government on 26th September and consulted on during November and December 2025 with the government decision published in March 2026.

We then move on to the devolution initiative with mayorial elections on May 6th 2026.

Everyone of age will have a vote on this day to elect a mayor for all of Norfolk and Suffolk and may God help us and the new mayor as well. Not a natural union but it could be a success if we avoid career politicians spouting the usual rhetoric. We need a dedicated individual with vision and a very good sense of humour. Step forward Ed Sheeran, Maggie Hambling, Twiggy or Mark Murphy!

So sad and sickening to witness the horrific antics of the far-right extremists on the streets of our capital city and other places amongst all our beautiful monuments and culture, fuelled by the dreadful Tommy Robinson, Farage, Tice, the dregs of the last government and all the usual suspects. They do not speak in my name, or anyone else's with a degree of decency.

Just imagine what all the men and women who laid down their lives to keep us free from tyranny and the Nazi jack boot would think to us now, senseless vandalism for no purpose. Shame on them and their followers, backers and shady bankrollers. Our poor once great country, now on its financial knees after 10 years of mismanagement, does not need this.

Locally I have good progress in all that I am trying to achieve for my constituents across my six parishes. For instance, new mini goalposts for Monks Leigh Playing field which I am confident will be well used and will complement all the other equipment installed there last summer. Also the Millennium Green in Edwardstone is the recipient of Babergh funding and after the next improvement with additional equipment will be a good place for young and old alike (with a visit to The White Horse an essential excursion as well).

Hopefully some good progress soon with the developer at Goodlands, Boxford to enable the gated footway and other enhancements to at last take place. Really good scheme this.

I hope every business in my ward thrives and continues to trade well and prosper, supported of course by all of us shopping locally as much and as often as possible.

I will take my 2nd and 3rd days of annual leave towards the end of September to attend the national Lib Dem conference in Bournemouth where we will gather and unite once again to debate and set our policies for our next year. With success and progression comes responsibility and a duty to represent all our residents with good hard work and representation. No frills about us, just a will to free up yet more badly represented constituencies. We are winning more seats from all our normal lost-in-space opponents and continue to beat off the aggressions, total incompetence, wild claims and nutty inaccuracies of Reform.

Long may that continue, and I still have faith that our electorate will see the wood for the trees and once we get through this hiatus and get the country and ourselves back towards a progressive stable government. Something that we have not seen for many, many years.

Whatever one's political stance, we should all get behind a democratically elected government who are doing their best to clean up the mess (literally with the sewage crisis) left behind. While this lot have made some terrible blunders and enacted some bad legislation, most of what has been done is needed to make this country a fairer place to live in. We at least have some hope now.

Fantastic result for the superblues last Friday, first match I had been able to attend. Maybe I was a lucky charm for them - better try to get to every match now. Five brilliant goals certainly lifted the crowd's spirits and hopefully a large section of Suffolk too.

If any locals can get a ticket to an upcoming match don't forget there is a supporters' bus that stops at Boxford and other places which has spare seats available and will drop you off and pick you up from just outside the turnstiles. Ten quid door to door, well almost.

If anyone needs their councillor, contact me on the details below or just try running after me.

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

Ipswich Veterinary Centre

For a professional caring service

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



An Independent Veterinary Practice
with a personal approach

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

Tel: **01473 555 000**

enquiries@ipswichvetcentre.co.uk
www.ipswichvetcentre.co.uk

1 Donald Mackintosh Way, Ipswich, Suffolk IP8 3SU

Chris Wright CHIMNEY SWEEP



☎ **07500 046 899**

✉ Enquiries@SFSsuffolk.co.uk



**WOOD BURNERS
OPEN FIRES**

**STOVE PARTS &
MAINTENANCE**

**BIRD GUARDS &
NEST REMOVAL**



**FULLY
TRAINED
& INSURED**



The Red House

— RESIDENTIAL HOME —

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

Contact Us

Meadow Lane, Sudbury, Suffolk, CO10 2TD

Telephone: 01787 372948

www.redhousesudbury.co.uk

NEWTON

Summary of Council Meeting 10th September 2025

25/149 Public Participation

Mr Barnes presented to the councillors his proposal to develop 9 dwellings between Manders and 1 Assington Road. He indicated that the development would include two pairs of affordable semi-detached dwellings, a pond and a zebra crossing. The councillors and residents present asked several questions; access to and from the site, the biodiversity net gain of the development, the Manders business car parking requirement, whether the site was in the existing settlement boundary, whether the proposal conformed to Newton's Neighbourhood Plan (NNP) and how the proposals had been communicated to adjoining residents. Mr Barnes confirmed that only the owner of the land was aware of the proposal until NPC were notified last week via the District Councillor. The Chairman thanked Mr Barnes for his attendance and mentioned that if any formal planning application was submitted for the scheme, NPC would review its merits and its conformity with the NNP.

25/155 Pedestrian crossing

The councillors were pleased with the news that following the pedestrian crossing feasibility study, Suffolk Highways were now proceeding with the design and costing stage of the project. Suffolk Highways expect to have the design and costs back to NPC by early November.

25/156 Parish Survey

The councillors agreed to defer a

decision on the date of the next parish survey, until the pedestrian crossing design and cost are known.

25/157 Neighbourhood Plan

The councillors reviewed the option of a meeting with Chris Bowden to discuss the options open to them to review the Newton's Neighbourhood Plan and they resolved to hold a Zoom meeting with him at a cost of £250.

25/161 Walk of the Parish

Cllrs Bower and Taylor will repair the benches by the war memorial. Cllr Presland still has the tree plaques which are awaiting refurbishment. Cllr Presland will liaise with the clerk to issue keys to allotment holders and install locks on the allotment gates.

25/163 Village Hall and Trust updates

Cllr Schwenk updated councillors that the committee are now looking at the refurbishment of the committee room and toilets and that a new committee member is expected to join in December. Cllr Taylor informed councillors that the trust is arranging for the ponds around the Green to be maintained before the end of February 2026 and for the trees on the trust's land to be reviewed by Suffolk Tree Services over the winter.

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

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

Dave Crimmin CiLCA, PIALC, PSLCC

01787 375085
clerk@newton-pc.gov.uk

Parish Council Contact Details

Boxford PC

Clerk: Zoe Rumsey
01787 739317
clerk@boxford-pc.gov.uk
<http://boxford-pc.gov.uk>

Edwardstone PC

Clerk: Richard Jones
01473 828246
edwardstoneclerk@outlook.com
<http://edwardstonepc.onesuffolk.net/parish-council/minutes>

Groton PC

Clerk: Richard Jones
01473 828246
grotonclerk@yahoo.com
<http://groton.onesuffolk.net/parish-council/documents>

Little Waldingfield PC

Councillor & Clerk: Chris White
07541 133535
clerk.littlewalingfieldpc@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



Gary Jarvis
Paper Hanger and Interior Decorator
01787 211471 or 07733 325669



MEMORIALS
LUXSTONE
WE HAND CARVE
ANYTHING IN STONE
Memorials, standard and bespoke
Carving - Stone Signs - Nameplates
Letter Cutting and Carving Courses
Stour Valley Business Centre, Brundon Lane,
Sudbury, Suffolk CO10 7GB
Tel 01787 371570 E mail info@neilluxton.co.uk
www.neilluxton.co.uk

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@boxriversnews.com.

Featured club



Boxford Rovers Youth FC has been running since 1977. Teams range from Minis (5yrs+) through to U18's. The club's ethos is that playing football is greatly beneficial to children and gives them confidence and self belief in an encouraging and safe environment.

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	Alison Barlow 07765 401 952 crossways.jemali@gmail.com
Edwardstone 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	Nick Moore 07977 241229
Lt Waldingfield Playing Field	Jennie Jordan 07522 352 558 52Jennie1@gmail.com

OCTOBER 2025

1 WED	Boxford WI - Hadleigh Ukelele Group Boxford Village Hall	2pm
3 FRI	GHS: Towns & Trade in Medieval Suffolk Groton Village Hall	7:30pm
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
11 SAT	Milden CC Annual Awards Dinner The Fleece, Boxford	7:30pm
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	7pm
17 FRI	Shanty Folk - Songs For St Nic's The Hunter Club, Bury IP33 3PH	7pm
18 SAT	Kersey Autumn Buffet Kersey Village Hall	7pm
21 TUE	Fireside Club - Quiz & Raffle Newton Village Hall	2pm
21 TUE	Polstead Gardening Club - James Horner Polstead Village Hall	7:30pm
24 FRI	Polstead Films: 'Butch Cassidy...' Polstead Village Hall	7pm
24 FRI	Boxford Society - Land Army in WW2 Boxford Village Hall	7:30pm
25 SAT	Acton Book Sale All Saints' Church, Acton CO10 0BA	10-2pm
25 SAT	French's Quiz Night Ansell Centre, Hadleigh IP7 5DL	7pm
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
31 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	6:30pm

NOVEMBER 2025

1 SAT	Boxford Firewords & Lantern Parade Boxford Village Centre	6:30pm
1 SAT	Shelley Quiz Whatfield Village Hall	7:30pm
4 TUE	Fireside Club - Lunch Newton Village Hall	12:30pm
5 WED	Boxford WI - Christmas Craft Afternoon Boxford Village Hall	2pm
5 WED	Nayland Bonfire & Fireworks Nayland Village Hall	6pm
6-7 THU-FRI	Edwardstone Christmas Fair Edwardstone Church	TBC
12 WED	Charity Quiz Night The Fleece, Boxford	8pm
13 THU	GHS: An Evening With William Clegg KC Groton Village Hall	7:30pm
15 SAT	Boxford Night Market Boxford Village Hall	6-9pm
18 TUE	Fireside Club - Beetle Drive Newton Village Hall	2pm
19 WED	LWHS - Royal Connections Little Waldingfield Parish Room	7:30pm
21 FRI	FFTMC Christmas Fair The Guildhall, Hadleigh IP7 5DN	4-8pm
22 SAT	FFTMC Christmas Fair The Guildhall, Hadleigh IP7 5DN	10-4pm
22 SAT	Newton Village Hall Coffee Morning Newton Village Hall	10-11:30am
22 SAT	Festive Wine Tasting Milden Pavilion	7pm
22 SAT	Shelley Centre Xmas Bingo Hadleigh Football Club	7:30pm
24 MON	Boxford Friendship Group Boxford Village Hall	2-4pm
28 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	6:30pm

DECEMBER 2025

2 TUE	Fireside Club - Xmas Crafts Newton Village Hall	2pm
3-6 WED-SAT	BDG: Pinocchio Panto Boxford Village Hall	6pm/7pm
5-6 FRI-SAT	Nedging Christmas Fair Nedging Hall	TBC
10 WED	Charity Quiz Night The Fleece, Boxford	8pm
12 FRI	Relaxation & Sound - all welcome Boxford Village Hall	6pm

A Tennent Electrical

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

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

N D Rose

Int/Ext Decorating

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

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

HEDGEROW MANAGEMENT

Hedgelaying, Coppicing and Native Planting



Agricultural
and
Domestic

Traditional management for gappy or overstood hedges
Work completed to DEFRA grant schemes standard at competitive rates

Joe Robson, Lavenham
☎ **07846 944 582** ✉ joe.sutcliffe9@hotmail.co.uk

Seasoned Firewood & Woodchip For Sale By the load

01787 319200



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

Darren Howe - Qualified Carpenter & Joiner

All Aspects of Carpentry Undertaken

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

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

BILL PLANT DRIVING SCHOOL

National Driving School winner 2023 & 2024
National Experience, Local Knowledge
Learn to drive with the UK's No. 1 Driving School
Covering Sudbury, Hadleigh, Bury St Edmunds,
Ipswich, Colchester and surrounding villages
www.billplant.co.uk/learn ☎ **0330 555 2254**



**AUTOMOTIVE SECURITY
SOLUTIONS**

MOBILE FITTING IN SUFFOLK
CONTACT JAMES ON
01473 875148
07740 192947
INFO@JBAUTOWERX.COM
WWW.JBAUTOWERX.COM

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



Topcoat

Painting & decorating
Interior & exterior

For free quote
call David on
07519 589256



TRACEY PARR
Independent Travel Agent
07747 608 509

tracey@boxrivertravelboutique.co.uk



Kirkham Sheidow Architects



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

Hadleigh Hairloom

78 - 80 High Street, Hadleigh
01473 822191

Walk-in Family Salon

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

-PJH-

Property Maintenance

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

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

6 Hadleigh Road, Boxford,
Sudbury CO10 5JH

TELEPHONE: **01787 212366**



Green Eye Gardens

Garden design, creative planting & landscaping



Francesca Green

Tel: (01787) 210507 / 07768 960 402



www.greeneyegardendesign.co.uk

info@greeneyegardendesign.co.uk



JPS Timber

Suppliers of:

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

07970 559 251

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

Bed & Breakfast

Newmans Hall Farm
www.newmanshall.co.uk

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

Monks Eleigh Road
Little Waldingfield
Sudbury, Suffolk
CO10 0SY

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

email: louise@newmanshall.co.uk



Cass White Upholstery

Traditional & Modern

www.casswhiteupholstery.com

07759 924 209
casswhite@live.com

DCM ELECTRICS

Working and testing for electrical safety

Highest quality electrical service
with 40 years experience

DAREN: 07951 990327

DAREN.DCM@GMAIL.COM

3 Castlings Heath, Groton, CO10 5EU



Your Local Insurance Broker Is
Here For You

Coversure Sudbury

CALL US: 01787 374 857

VISIT US: coversure.co.uk/sudbury

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

For business. For family. For you.

Deeks Bespoke

Kitchens and Bedrooms

tel: 07969 524 124

email: deeksbespoke@gmail.com



OPTIMUM

Architecture Ltd

Architectural Services

Including Listed and Low

Energy Buildings

01206 262697



www.optimum-architecture.co.uk

Qualified Foot Health Professional

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

Tel: 01787 211345

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

ROBSON THATCHING

FREE ADVICE
RE-THATCHES
PATCHING
REPAIRS

Over 25 years experience

56c High Street, Lavenham

01787 247 964 or 07443 596 757

philiprobson2011@hotmail.co.uk

PADDOCK AND MEADOW CUTTING & HARROWING SERVICE

Small Tractor 6' Topper
12' Grass Harrow

01787 210842

Amanda Hollingworth Counsellor

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

COSRT Accredited Psychosexual Therapist

COSRT Accredited Clinical Supervisor

UKCP & BUPA Registered Psychotherapist

contact: **01473 824663** or

ac.hollingworth@gmail.com

SJ Hurrell Plumbing & Heating

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

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

07970 163084 • 01787249081

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



C D Lawson

Building & Hard Landscaping
01787 211429 mobile: 07730885019

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

Professional and Reliable service
at competitive rates

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

W.A. Deacon FUNERAL SERVICES

24 HOUR
TELEPHONE SERVICE

01787 248282 & 01787 248147

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

INDEPENDENT FAMILY COMPANY



ESTABLISHED 1952

Ken Grime & Son Ltd Electrical Contractors

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

Office Tel: **01787 373 558**

Ken Mobile: **07702 358 802**

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

D MAY

Plumbing & Heating

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

S B Electrical

For all your electrical work

⚡ large or small ⚡

Free Estimates ☒ A Member of NAPIT® ☒
Electrical Certificates Issued ☒
Part 'P' Registered ☒ Insurance Backed Guarantee ☒

Tel: 01787 247043

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

Boxford Lane Joinery

With the benefit of over 40 Years experience

Specialist Manufacturers
and Installers of Bespoke:

Kitchens

Wardrobes and Household Furniture

Staircases • Architectural Joinery

Windows, Doors and Conservatories.

All finished/Sprayed/Polished

in House if required.

A full fitting and Carpentry service
is also available.

Contact: Greg Deeks: 01206 263525

or mobile: 07977 738 649

or Brett Deeks: 07969 524 124

email: BoxfordLaneJoinery@gmail.com

SAM'S K9 Services

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

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

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

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

please call me on 07939 563 282

KJ Garden & Home Services

Gardening, Landscaping and
General Household & Garden Repairs

General Gardening & Mowing

Landscaping & Carpentry

Decking & Pergolas

Garden & Household Repairs

Painting & Decorating

Fully Insured No job too small

✉ karlandjoshservices@gmail.com

☎ 07787 241425 / 07599 484 655

FIREWOOD

BARN STORED DRY LOGS
VARIOUS LOAD SIZES AVAILABLE

OR KILN DRIED LOG NETS
AT £15 EACH

Delivery available on minimum of 6 nets

KINDLING

Contact Carol Abbot
01473 829 130 or
mobile 07768 795 981

BUSINESS OWNER?

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

01787 210946

editor@boxrivernews.com



**COMMAND
PEST
CONTROL**
Established 1986



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

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

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

Call (01787) 248049

www.commandpestcontrol.co.uk

M.D.MILLS

(BUILDING CONTRACTORS) LTD

All types of building work undertaken including:

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

For a free no obligation estimate
please call:

01787 373085

www.mdmills.co.uk



PAUL MACHIN GARDEN SERVICES

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

Grass scarification.

General garden maintenance,

hedge cutting, tree pruning.

Garden rubbish clearance

Patio, path and driveway cleaning.

Garden plant watering service.

Environment agency waste carriers
licence held and fully insured

07854 725777

paulsgm@gmail.com



@paulmachin gardenservices



**WHITWELL
SERVICES**

For all your
Home Heating & Plumbing Needs

Established in 1979

Oil Boiler Servicing, Repair & Installation,

Oil Tank Fitting,

Renewable Energy Installation

Gas Safety Registered.

We offer a unique

Design & Installation service for

Bathrooms, Kitchens, Renovations and

New Build Projects.

To Contact us:

Tel: 01787 210277

Email: enquiries@whitwellservices.co.uk

Web: www.whitwellservices.co.uk

LAWNS FIELDS AND GARDENS

Established 1991



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

FOR A FREE QUOTE RING MARTIN ON
07932 477152

Scents Of Life



Essential Oil support
for all areas of health

Transformative Sound Immersions
Fully qualified healing practitioner

louisecarpenter@proton.me
01787 211862

Antique Renovations



**Expert restorers of
fine antiques & interior woodwork**

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

CARPETS - VINYL - WOOD LIONEL HATCH FLOORS

Your local professional,
personal, competitively priced
flooring service

Call Lionel Today

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

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

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

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

Get your business seen

Effective advertising:
editor@boxrivernews.com



LOUISE'S
Mobile Hairdressing

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

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

Please call Louise to book an
appointment

07970 704 823

Sudbury Physiotherapy Centre & Complementary Health

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

Appointments available Monday - Saturday

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

Tree Surgeon



Blake Tree Care

Providing excellence in:

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

Free Consultation for Small and Large Jobs

Public Liability Insurance

M: 07515 288736

O: 01787 228341

info@blaketreecare.co.uk

www.blaketreecare.co.uk



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

GARDEN WORK

TREES & HEDGES

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

01473 829130 or
mobile 07768 795981

Suffolk Medical & Beauty Clinic

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



www.suffolkmedicalclinic.co.uk

6 Broad Street, Boxford
01787 211000

H Byham & Son Ltd Ballingdon Dairy, Sudbury

Deliveries of Dairy Produce and Goods
to Boxford and
Surrounding Villages

Tel: 01787 372526



FORMERLY 'NAILS BY GRACE'

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

www.beauty-bygrace.co.uk

07484 648932



WALNUT PLUMBING SERVICES
 Your local, friendly
 heating & plumbing company

safe

A full range of domestic plumbing needs provided, including:

- Gas boiler services
- Gas boiler breakdown & repairs
- Gas boiler installations

Free quotes available and emergency call outs
 Colin Humphreys: **07894 433 167**
walnutplumbingservices@gmail.com

AK SMITH PLASTERING

Established 1986

CEILINGS, WALLS, FLOORS
 LIME PLASTERING
 PLASTER BOARDING, COVING

NO JOB TOO SMALL

MOBILE: **07808 027 116**

Based in Assington



Email:

aksmithplastering@hotmail.co.uk

Web: www.aksmithplastering.com



STIRLING

PAINTERS &
DECORATORS

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

TEL: **01255 688104**

MOBILE: **07866 734519**



The Local Self Storage Company

For all domestic and business needs

See website for details

www.boxstore.co.uk

or phone **01787 210350**

HOWARD WATTS

Automotive



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

01787 210318

07836 353537

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

BUSINESS OWNER?

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

01787 210946

editor@boxrivernews.com

P.D. Garner Plastering Services

Telephone: **01206 262207**

Mobile: **07976 246713**

13 Elmtree Lane, Leavenheath, Colchester CO6 4UL

Colne Valley Windows

Your local double glazing company

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

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



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

Web: www.colnevalleywindows.co.uk

Email: info@colnevalleywindows.co.uk

Certified Company 36650

Nº 18 HONEY

LOCAL SUFFOLK HONEY

100% pure honey, straight from hive to jar.

Made by our happy bees from
 local wildflowers right here in Boxford.
 Available to buy online or direct from the
 driveway, cash and card payments accepted.

BBKA-registered swarm collectors

18 STONE ST. BOXFORD CO10 5NR

01787 210 946 / 07919 902 437

www.numbereighteensuffolk.com

buzz@numbereighteensuffolk.com



MINI WASTE LIMITED

2, 3, 4, 6, 8, 10 & 12 YARD SKIPS FOR HIRE

16, 20 & 40 YARD RO/RO FOR HIRE

Tel: **01787 378811**

e mail: info@miniwaste.co.uk

Website: www.miniwaste.co.uk



BOXFORD COMMUNITY COUNCIL

BOXFORD FIREWORKS

Sat 1st November

LANTERN PARADE

6.30 from the village

**Fireworks 7.45 on
The Playing Fields**

Tickets in advance

Adults £6.00

Children £4.00

Tickets on the gate

Adults £7.00

Children £5.00



SUPPORTING COMMUNITY ACTIVITIES IN
BOXFORD, EDWARDSTONE
AND GROTON

Charity Number:304862