



November 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 Fleigh, Great Waldingfield, Hadleigh, Kersey, Lavenham, Leavenheath, Nayland, Polstead, Shelley, Semer, Stoke-by-Nayland, Sudbury and parents of children at Boxford School.

Byron & The Bard is the bookshop around the corner and is here to take the strain off your Christmas shopping.



*"The year end brings no greater pleasure than the opportunity to express to you season's greetings and good wishes. May your holidays and new year be filled with joy".
Charles Dickens (1812 - 1870)*

Byron & The Bard is a rather quirky bookshop that also sells complementary merchandise, housed in Merchants Row in the heart of lovely Lavenham.

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1st - 4th	10.30am - 4.30pm
5th - 6th	10.30am - 8.00pm
7th Dec	10.30am - 4.30pm
8th - 11th	10.30am - 6.00pm
12th - 13th	10.30am - 6.30pm
14th Dec	10.30am - 4.30pm
15th - 19th	10.30am - 8.30pm
20th - 21st	10.00am - 6.30pm
22nd - 24th	10.30am - 6.30pm
Christmas Day & Boxing Day	Closed
27th - 30th	11.00am - 4.30pm
31st/1st & 2nd Jan	Closed

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10am - 2pm

CASH BINGO THUR **20**
7pm

LIVE MUSIC- PAUL STEVEN WOOD SAT **22**
8pm






Contact the White Hart Inn direct on: 01787 211764
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French's Care Haven

On a mission to find a forever home for our rescue family

Time moves on and life changes - that seems to be the case for our animal rescue as we need to look for a new home and move again for the third time as the owners of the land we are on now are looking to relocate.

Our 6 years at Mannings farm barn with the support of the owners has been a nice journey for us so far and we thank them for 6 happy years and wish them well in the future.

We have lots of exciting plans when we find the right place. FCH will continue caring for all of the horses and donkeys that have come to us over the years. We will look to develop and expand our charity to be more involved as a community environment by continuing to support local people when times are challenging for them and giving a purpose to those in need. Working alongside our lovely rescued animals is a wonderful healing method.

Willow Tree Sanctuary must have had a crystal ball as earlier this year they came to visit and loved the work we do along with the excellent care we give our animals. They have granted our charity some money to buy our own land. This money is held in trust and is only to buy land and cannot be used for anything else as they want to help secure our future and stop the overwhelming stress and upheaval of



having to keep relocating from rented land.

We are looking for 20-30 acres of grazing land up to approximately a 10 mile radius around this area including Hadleigh and Polstead. We love the

area and want to keep all our helpers/volunteers and the people we support with us, as well as our local supporters who come to our open days and fund raising events. No two ways about this - we are in a dire situation, as it is difficult to find the right land and the clock is ticking. This is where I need your help. Do you own land and can sell to us? Do you know someone who does and can help? Can you put feelers out for us please and contact me if you have any ideas or know of someone to approach, or if you are in a position to sell.

We will soon be opening a GoFundMe page to try and raise some much needed monies for the move as it is going to be a huge challenge and will need an army of helpers, along with the cost of taking everything down, moving it all and putting it back up. If you can help with any of this please call me and if possible can you share this information and look out for our GoFundMe page when it comes up on our website and Facebook page. I will keep you all updated.

Jann Turner

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www.frenchscarehaven.org.uk

Box River News

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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 December issue is Saturday 15th November at midday.

Newton Village Hall Matters

New member: We are very pleased to welcome Moira Evans onto the VH Committee. She has lots of enthusiasm and good ideas. Watch this space!

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.

To avoid disappointment book early as space is limited.

More details available from Paul or Sue **07881 383 998**. Tickets are selling fast.

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.

Next year's coffee morning dates will be published next month, ready for your new diaries and calenders.

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.

The current Trustees are:

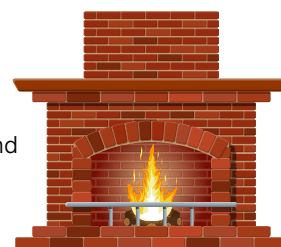
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Moira Evans	Co-opted

Newton Fireside Club

The two sessions this term have been very successful and popular.

On Tuesday 23rd September, 19 members braved the chilly weather to participate in a highly competitive round of Adventure Golf at Joe's Road. Additional holes have been added which increased the pressure. Everyone had a thoroughly enjoyable time and most also partook of refreshments in the café.

Our second session was a talk by Stuart Race from The Wool Patch in Long Melford. Everybody agreed that this was a most interesting talk. Stuart told us how he came to move from teaching into running a wool shop – something of which he had no experience. However, with much research and the help of his loyal 'Knit and Natter' ladies, he has made a huge success of it. As part of the talk, he explained about the process of naturally dying wool with indigo and demonstrated the process. I don't want to give all of Stuart's secrets away, but it was a fascinating process and the results are stunning. I am sure he would welcome a visit to his shop if you would like more information. You can also find out more at the Guildhall in Lavenham.



AUTUMN 2025 PROGRAMME

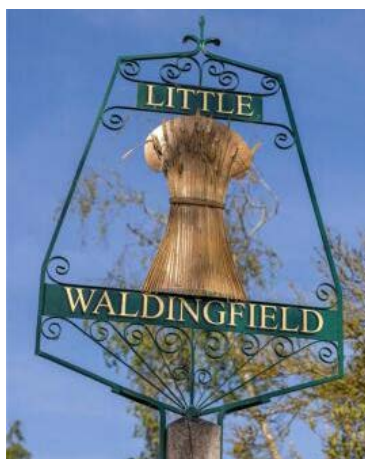
Tuesday 4th November	Homemade Pie Lunch (12:30 for 1pm start)
Tuesday 18th November	Beetle Drive
Tuesday 2nd December	Christmas Crafts with Mince pies & Fizz
Tuesday 16th December	Christmas Lunch at Newton Golf Club (12:30pm)

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

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

A Message from Little Waldingfield Charities

Our constitution allows us to make an annual Christmas donation to the elderly residents within our village. To qualify, you have to be 66 or older before 25th December 2025, be a permanent resident of the village for at least one year and not be in full-time employment.



To be added to the list, please apply before 15th December.

In addition, we are also able to give financial help for other causes such as hospital visits or specialist equipment for additional needs where help is not available elsewhere. We are also here to help assist with the costs of higher education (vocational, university & apprenticeships, for instance books or tools).

All requests are considered, are in the strictest confidence and are not at any stage made public.

To apply for the Christmas donation or any other financial assistance, please contact: Mary **01787 247658** or littlewaldingfieldcharities@gmail.com

Restoring Boxford's Ponds



In October, with the support of local landowners and advice from ecologists, Reclaim the Rain began desilting one of two ponds in Boxford's upper catchment, with the second scheduled for restoration this month.

Over time, ponds naturally accumulate sediment, reducing the mobility of water and for these ponds was limiting their ecological value. By removing this sediment build-up, the ponds have more capacity to store water, enhance the area's pond mosaic, and have the potential to enhance existing biodiversity value in the area. Earlier this year, pollarding and coppicing works were also carried out around the southern and western edges of the ponds to reduce shade across the water bodies, improving the potential for both flora and faunal groups.

Refurbishment of these water bodies provide vital breeding grounds for amphibians, insects, and birds, and contribute to improved water quality by trapping sediment and nutrients. This work complements the leaky dams and other sustainable flood management initiatives already underway in the catchment, forming part of a broader holistic approach to managing water sustainably.

Keep an eye on Reclaim the Rain's socials for more updates or get in touch via reclaimtherain@suffolk.gov.uk

*Best Wishes,
Ruby and Sian*

Match of the (Yester)Day

The photo below, sent in by Andy Sargeant, shows the Boxford Youth Football Team in 1975.

According to a Suffolk Free Press report at the time, their first match of the season ended in a 13-0 defeat to Hadleigh - but every team has to start somewhere!



Back row: J. Powell, Brian Havis, Tom Giles, Gordon Atkinson (manager)

Middle row: Russell Cummings, Stephen Powell, Simon Havis, Tim Boag, Gareth Wagland, Jake Mead, Andy Garvin, Paul Munson, Guy Jordan

Front row: Mark Atkinson, David (Didi) Sampson, Wayne Partridge, Micky Kent, Ricky Leader, Kelly Wagland, Andrew Porter

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Belgian Week! - November 19 - 23rd
 A Belgian beer tap takeover all week long!

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

Acoustic Night - Every 2nd & 4th Wednesdays of the month
 Wednesday, October 22nd from 7pm
 Wednesday, November 12 - CLOSED
 Wednesday, November 26th from 7pm

November Holiday Shut Down
The pub will be closed from Monday Nov 10-18th
Reopening Wednesday Nov 19th from 12pm!

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Boxford Primary School

Football at Boxford Primary School

School value: Perseverance

We had a busy start to this academic year with football fixtures for Key Stage 2. Mr Griffith, P.E Lead, has been busy organising a full programme of sporting fixtures this year alongside local primary schools. Our KS2 boys had a narrow defeat against Great Waldingfield with a 3-2 score at the final whistle. Some lessons have been learnt from this match and the boys look forward to future matches.

Since 2022, Boxford has been passionate about promoting sport for girls. So far this term, the girls have had two matches. They showed immense resilience during their games and they collaborated well as a team. Mr Griffith said, "I believe the success of sport for girls is off the back of the Lionesses with their recent Euros win. We hope to foster their enthusiasm after the England team's recent win. Since 2022, 35 girls have represented the school in our football team. We even have five new starters on the team this year, all from Year 3. We look forward to many more future matches"

European Day of Languages

School value: Creativity and Positivity

The school was awash with colour as we participated in our European Day of Languages. Children were given the opportunity to dress-up in the colours of their favourite country's flag. Pupils were provided passports as they went around the various classes in school. EYFS and KS1 visited Germany, France and Italy. KS2 flew (albeit metaphorically!) to Morocco, Greece, Spain and Scotland. A variety of fun activities were hosted across the school by staff which included spoken language, learning new songs and creating interesting artwork. Our Celebration Assembly showcased the fantastic outcomes from the day's events.

Year 4 trip: West Stow, Bury St. Edmunds

School value: Respect & Responsibility

Year 4 thoroughly enjoyed their trip to West Stow. The day was packed full of interesting activities: exploring the museum, examining artefacts and walking through an Anglo-Saxon village. Children enjoyed observing the roundhouse and it brought their learning in class to life.

Emelia, a Year 4 pupil said, "The roundhouse was really interesting. I enjoyed looking inside them because there were loads of different activities and we could also see how they made their own clothes."

Brooke was also very animated about the trip, "I really enjoyed looking at the pigs when we were walking through the village. They were ambling along and looking for their next meal! I learnt that the Saxons had quite a hard life and we have many things today which didn't exist then. I was surprised that Saxons only lived to 35 years of age."

Would you like a school tour?

If your child is looking to start school in September 2026, or move mid-year, please contact Mrs Clarke in the office on 01787 210332 or email office@boxford.suffolk.sch.uk. We would be more than happy to arrange a school tour for you to see our exciting curriculum.

We look forward to seeing you soon!

Mr. S. Reynolds
Assistant Headteacher



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Citizens Advice

A genuine case from Sudbury and South Suffolk Citizens Advice

A client came in with a query about her mother (in her 90s) who, although in receipt of a disability benefit, lived on her own with no outside assistance. Recently, the mother's disability benefit had been reduced, which surprised the adviser as disability benefits are usually protected.

The adviser asked if any benefit circumstances had recently changed. The daughter replied that she had claimed a carer's allowance for the visits and care she gave to her mother.

The adviser was immediately supplied with the answer. In addition to the mother being in receipt of a disability benefit, she also received a premium almost equal to the value of the disability benefit for demonstrating her independence by caring for herself.

With the daughter claiming a carer's allowance, that independence had been removed and the premium was no longer an entitlement for the mother, but instead formed the daughter's carer's allowance. It wasn't the disability benefit that had been reduced but the independence premium which had been forfeited.

The solution was simple. The mother could continue to claim the premium, but the daughter would have to forfeit the carer's allowance. It was one or the other but not both. Food for thought.

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BOXFORD BOUNTY

Boxford Bounty Winners!

The Boxford Bounty would like to thank the customers of The Fleece, Boxford for drawing the following winners on 5th October 2025:

July - August 2025 Winners		
1 st	£250	Mrs J. Lait
2 nd	£125	Mrs T. Wild
3 rd	£75	B. Phillips
4 th	£50	Mr L. Clarke

Well done to all the winners!

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The Butcher's Wife

Goodbye, my sweet Dixon

This isn't going to be my usual, light-hearted article. Last week our sweet dog, Dixon, was put to sleep.

We got Dixon from a breeder in Darsham when he was 9 weeks old. He was one of two boy puppies left and we chose him because of his lovely white face and solid black ear. Dalmatian fact: a black ear is seen as a defect so he would never have been able to compete in Crufts. His mother was a petite Dalmatian, and his father was absolutely massive and liver-spotted, with the biggest head I'd ever seen. Both dogs had a nice temperament and were friendly, but it soon became apparent that Dixon had not been socialised at all. Wrapped in a blanket on my lap, he spent the 45-minute car journey home shaking and throwing up on me. He was terrified. The vet told me I had about a two-week window to introduce him to as many new people and environments as possible. He hadn't had his vaccinations, so I carried him around with me everywhere – on the school run, to the shops, to the pub. I tried to introduce him to as many different types of people that I could, even once chasing after a man with a beard to come and say hello to my puppy! All of the mini Leeders took him into school as their 'show and tell' and Dixon soon became a firm favourite on the playground.

He was such a sweet puppy and luckily I had three small children who could keep up with his energy. It only took a few days to fully house train him and within a couple of weeks he had learnt how to sit, stay, lay down and even high five! We even managed to teach him to wait until we clapped before eating his food. All my good intentions of not letting him on the sofas or beds soon went out the window. He would come upstairs shortly after we went to bed and stand next to my side of the bed until I gave him permission to come on the bed. While most dogs would curl up at your feet, Dixon liked to lay with his head on the pillow, under the duvet. He was my very own hot water bottle! When the Butcher would get up to go to work, Dixon would hop off my side of the bed and sleep on the Butcher's side, again head on the pillow, tucked in under the duvet. He only ever came up to bed if I was home. If I was out and

everyone else went to bed, he would wait downstairs for me.

Although well trained and sociable, his nervousness never really went away. He was terrified of new floors. When we had a new floor in the kitchen, it took about 3 weeks of coaxing for him to walk across it and to this day, he never placed a paw in the utility room because of the tiled floor. We had issues on walks sometimes too; the bridge at the bottom of Primrose Wood took him some time to get used to. He was also scared of water. He never swam and did everything he could to avoid walking in a puddle. It wasn't just puddles – if I washed my hands and turned to get a towel, he would dart away from the water drops like they were acid. This fear I was actually a bit grateful for – it meant he never really got wet and dirty.

Another one of Dixon's fears was puppies and small dogs. He was always really patient with them but they made him super nervous when they jumped up at him to play. Once, we were walking along the beach at Felixstowe and there was a tiny dog so small that it was about the size of Dixon's head. When it came over to say hello to Dixon he was so scared that all four of his paws came off the ground as he tried to run away!

As he got older, he slowed down and we noticed he was a bit 'creaky' when he walked. Turns out he had quite severe osteoarthritis and a touch of doggy dementia. Medication from the vet helped, and Dixon loved having to take all the pills every day because each one was wrapped in cheese. As time went on it became apparent that he was in a lot of pain and more recently his legs were giving way.

Making the decision to have him put to sleep is hands down the hardest decision I've ever had to make, and I didn't anticipate how losing him would affect me. I knew I would miss him, but I didn't realise I would grieve like I am. The house feels so empty without him. I also think losing a pet is downplayed with the mentality that 'it's just a dog' but he wasn't just a dog, he was *my* dog. He was my favourite thing and watching him take his last breath has absolutely broken my heart.

So this article is dedicated to him and for those of you with pets, give them



an extra big cuddle today. The 10 years we had with Dixon was only a short part of our lives but my God, they were 10 of the best and for that I'm eternally grateful. Rest in peace my puppy boy.

Peanut Butter Dog Treats

Ingredients:

- 330g wholewheat flour
- 1 large egg
- 270g peanut butter
- 227g water
- 2 tbsp local honey

For the Frosting:

- 34g peanut butter
- 1 tbsp honey
- 35g cornstarch
- 3-4tbsps hot water

Method

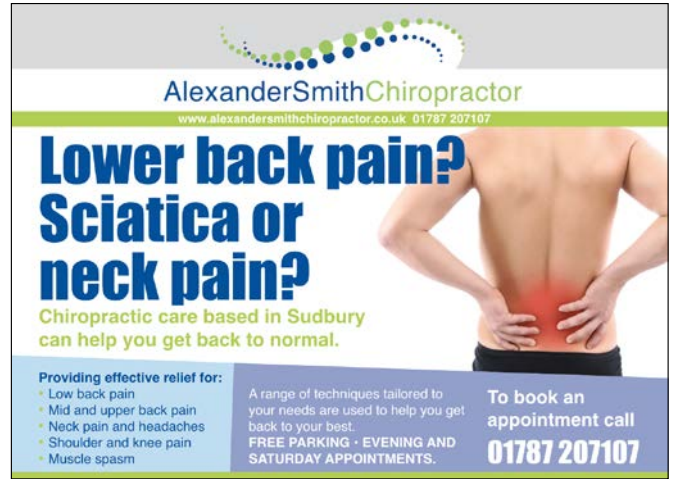
1. Preheat the oven to 190C. Line a baking sheet with parchment paper.
2. In a large bowl, combine the flour and the egg. Add the peanut butter, water and honey and stir until you have a stiff dough that is very firm and sticky.
3. On a lightly floured surface, roll out the dough about half an inch thick and use a cookie cutter to make fun shapes.
4. Bake for 18-20 minutes, until golden. Set aside to cool.
5. To make the frosting, combine the peanut butter and honey in a microwavable bowl, heat in the microwave in 15 second increments, stirring in between, until melted.
6. Add the mixture to the cornstarch and stir until just combined.
7. Slowly add in the water 1 tablespoon at a time until you have reached a consistency that can be piped over each treat.
8. Using a piping bag, pipe designs on top of each treat.



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A. LEEDER

Family Butcher

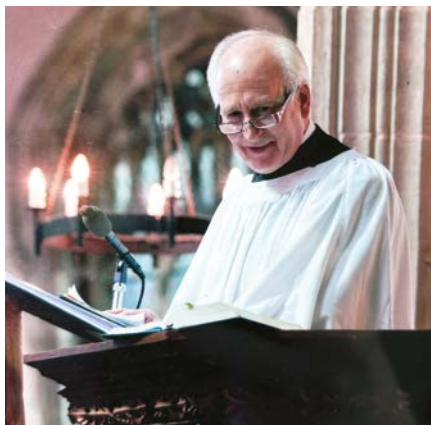
Free local delivery*

- 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



Remember

When I forget where I have left my glasses I tend to get cross with myself until it comes to me where and what I was doing in the last half hour or so and the frustration ebbs when they are re-united again on my nose. But remembrance in particular, is far more serious than that. For example, forgetting a family birthday or the name of a long-standing friend at a party, both of which can lead to embarrassment and/or profuse apologies!

Forgetting bank passcode numbers can be frustrating and sometimes irritating. I suspect most of us have them written down in a safe place.

The Bible has quite a lot to say about the importance of remembering from the promise by God in Genesis 9.15 where He promises Noah that “never again will the waters become a flood to destroy all life.” Each time we see a rainbow in the sky it is our reassurance of that ancient promise. As we gather together in our communities for Remembrance Sunday, I hope the solemn ceremony will not only demonstrate our gratitude to all those who gave their lives so that we could live in peace but show our solidarity with peace-keepers worldwide, today.

My parents met and got married during the war. Both of them were from Northern Ireland but living in Liverpool. Dad was completing his studies and training to become a priest and my mother was finishing her studies and training to be a nurse. My wife’s parents actually met during active service in East India (now Bangladesh) and got married in Chittagong Cathedral on 15th January 1946. We could never get either of

them to describe what they saw and did during the war. Clearly, it was too awful an experience and too difficult to relate that the only way they could cope with the horrors of war was to keep silent.

That raises the question about how we can respond and live, today in the light of their sacrifice, now.

Communities from villages and towns will gather on Remembrance Sunday at War Memorials and quite likely attend the local services to show their gratitude and pray for peace, world-wide. It is an important opportunity and a civic duty on us all.

At the end of a ‘normal’ Church of England service, the Minister or Priest concludes “Go in peace to love and serve the Lord”, to which we respond “in the name of Christ, Amen”. May we all live thankfully and in peace?

David M. J. Ball Esq MBE

David is a Lay Minister in the Church of England, Chairman of Construction Materials Group at SCI, London. He is a Trustee of Faith in Business, a Fellow of the Kirby Laing Centre for Public Theology, Cambridge. He is President-Elect of Sudbury Rotary Club and an Expert Witness in construction disputes. He was Development Director at Westcott House, Cambridge and is a member of the Cambridge Theological Federation.

November

Dates for your diary

Thursday 6th 6pm

Christmas Fair

St Mary the Virgin, Edwardstone

Friday 7th 9am

Christmas Fair

St Mary the Virgin, Edwardstone

Friday 7th 10:30am

Coffee Morning

St Lawrence's, Lt Waldingfield

Tuesday 11th 10am

Drop in for Coffee

Mary's House

Saturday 15th 10am

Coffee Morning

St Mary's, Boxford

Tuesday 18th 10am

Drop in for Coffee

Mary's House

Wednesday 19th 10am

Coffee Morning

All Saints', Newton Green

Tuesday 25th 10am

Drop in for Coffee

Mary's House



LEST WE FORGET

REMEMBRANCE DAY



Sunday 9th November

Remembrance Service, All Saints', Newton

10am - Leaving Church at 10:30 to continue at the War Memorial at 10:50am

Remembrance Service, St Bartholomew's, Groton

10:15am - Leaving Church at 10:40 to continue at the War Memorial at 10:50am

Remembrance Service, St Mary's, Boxford

10:45am - Starting at the War Memorial

Remembrance Service, St Lawrence's, Lt Waldingfield

10:45am — Starting at the War Memorial

Tuesday 11th November

Armistice Day, Act Of Remembrance

St Mary The Virgin, Edwardstone at 10:45am

All-season Waxing

Smooth skin in the summer months is the norm for most of us. But what about when the nights draw in? Surely we don't need to keep waxing all year round?

Actually, research suggests that continuing to wax throughout the year is a good idea: over time, regular waxing leads to finer, sparser hair growth; it makes further waxing less painful and exfoliates dead skin cells. Switching to shaving during the colder months, however, disrupts the hair growth cycle and can lead to ingrown hairs.

So, whether you're new to waxing, or usually just have it done in the summer, there's no doubt that when it comes to hair removal that LASTS, waxing all year round is the best option.



This month, all waxing treatments are 20% off.

Waxing

Save 20% on all waxing this month*

Call 01787 211 000 for more info

* Offer valid once per person; until 30/11/2025.

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

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



Service Schedule for November 2025

Sunday 2nd November <i>4 before Advent All Saints' Sunday</i>	09:30	Sunday Eucharist	St Lawrence's, Lt Waldingfield
	11:00	Sunday Eucharist	St Mary's, Boxford
	16:00	All Souls Evensong	St Mary's, Boxford
Wednesday 3rd November	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 9th November <i>Remembrance Sunday</i>	10:00	Remembrance Service in the Church, leading to the Memorial for 10:50am	All Saints', Newton Green
	10:15	Remembrance Service in the Church, leading to the Memorial for 10:50am	St Bartholomew's, Groton
	10:45	Remembrance Service starting at the Memorial and leading into Church	St Mary's, Boxford
	10:45	Remembrance Service starting at the Memorial and leading into Church	St Lawrence's, Lt Waldingfield
Tuesday 11th November <i>Armistice Day</i>	10:45	Act of Remembrance	Edwardstone War Memorial
Wednesday 12th November	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 16th November <i>2 before Advent</i>	09:30	Sunday Eucharist	St Mary the Virgin, Edwardstone
	11:00	Sunday Eucharist with Choir	St Mary's, Boxford
Wednesday 19th November	10:00	Communion & Coffee	Mary's House, Boxford
Sunday 23rd November <i>Christ the King</i>	11:00	Sunday Eucharist	All Saints', Newton Green
	11:00	Family Eucharist	St Mary's, Boxford
Wednesday 26th November	10:00	Morning Prayer & Coffee	Mary's House, Boxford
Sunday 30th November <i>Advent 1</i>	11:00	Benefice Service	St Mary's, Boxford

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

If you need support, please contact the Benefice Office in the first instance, all enquiries will be treated in confidence and passed on to the appropriate person.



All Souls' Evensong St Mary's Church, Boxford



The commemoration of the faithful departed
2nd November 2025 at 4pm

An opportunity for the whole benefice to remember family and friends who have died.

If you would like a loved one's name read aloud during the service, please contact the benefice office.

boxriverbenefice@gmail.com / 01787 828046

Harvest Thanks

A heartfelt thank you to everyone across the benefice, including the pupils and parents at Boxford Primary School, who gave so generously to our Harvest Festival collections. Your kindness has stocked our food bank shelves with nourishing essentials and comforting treats ready to support individuals and families facing hardship this autumn. Each tin, packet, and thoughtful gift is a reminder of the compassion that binds our communities together. Your donations will make a real difference in the weeks ahead - bringing hope and practical help to those who need it most. Thank you for sharing so abundantly.

All Souls Evensong at St Mary's

Join us at **4pm on Sunday 2nd November at St Mary's, Boxford** for our All Souls Evensong - A Service of Remembrance & Hope, as we gather for a special Evensong to remember those we love but see no longer. This reflective service offers space to name and honour the departed. Whether your loss is recent or long ago you are warmly invited to attend. If you would like a loved one's name read aloud during the service, please contact Liz Potter to add it to the list: boxriverbenefice@gmail.com

Remembrance Sunday

Remembrance Sunday is a moment for the whole community - whether you attend church regularly or not - to come together in honour and reflection. It's a time to pause - to remember those who gave their lives in service, and to acknowledge the cost of peace. Our services will offer space for silence, prayer, and gratitude, with hymns, readings, and scripture that speak of hope and healing. This is not just a church event - it's a shared act of respect and remembrance for all. Everyone is warmly invited to join us as we stand together in unity and reflection.

Volunteers: the Unsung Heroes

As we journey through this time of vacancy in the benefice, we give heartfelt thanks to our incredible volunteers - the quiet heroes who keep our churches running. From flower arrangers, cleaners to coffee makers, food bank helpers, Parochial Church Council members, your dedication behind the scenes is a blessing to us all. You bring warmth, stability, and grace to our worship and community life.

We're always looking for more helping hands. Could you lend your time or talents? Whether big or small, every contribution matters. Your gift of service could make all the difference, please contact Liz at the Benefice Office to find out more.

Join the Festive Fun!

Christmas is coming - and so is a joyful flurry of events across our villages! Come and soak up the seasonal cheer at the Edwardstone Christmas Fair, marvel at the sparkle of the Boxford Christmas Tree Festival, enjoy a cosy cuppa and browse stalls at Newton's Festive Coffee Morning, and raise a glass at Lt Waldingfield's Festive Drinks and Nibbles.

There's something for everyone—laughter, lights, and a warm welcome await. Bring friends, family, and festive spirit as we celebrate together. Let's make this Christmas one to remember across the whole Benefice!

Boxford Calendar 2026 – Now Available!

Celebrate our beautiful village all year round with the new Boxford Calendar, featuring stunning local photography. Proceeds support vital work at St Mary's Church. It's more than a calendar - it's a keepsake of community. Every home should have one! Available from Boxford Stores and Post Office.



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

FRIDAY, 7TH NOVEMBER
10.30 AM - COFFEE MORNING AT ST LAWRENCE'S, LT WALDINGFIELD

SATURDAY, 15TH NOVEMBER
10.00 AM - COFFEE MORNING AT ST MARY'S, BOXFORD

WEDNESDAY, 19TH NOVEMBER
10.00 AM - COFFEE MORNING AT ALL SAINTS', NEWTON

EVERYONE WELCOME, COME ALONG FOR CUPPA AND A CHAT

 **LEST WE FORGET** 
REMEMBRANCE DAY PRAYER

Father of all, remember your holy promise,
and look with love on all your people, living and departed.
On this day we especially ask that you would hold forever
all who have suffered during war, those who returned scarred by
warfare,
those who waited anxiously at home,
and those who returned wounded, and disillusioned;
those who mourned, and those communities that were
diminished and suffered loss.

Remember too those who acted with kindly compassion,
those who bravely risked their own lives for their comrades,
and those who in the aftermath of war, worked tirelessly for a
more peaceful world.

And as you remember them, remember us, O Lord;
grant us peace in our time and a longing for the day when people
of every language, race, and nation will be brought into the unity
of Christ's kingdom.

This we ask in the name of the same Jesus Christ our Lord.
Amen.

Contact Information

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

01787 828046
email: boxriverbenefice@gmail.com



CHRISTMAS TREE FESTIVAL

ST MARY'S CHURCH
BOXFORD

SATURDAY, 6TH DECEMBER

10.00 AM - 3.00 PM

FESTIVE BAKES & CAKES
TEA & COFFEE
MULLED WINE
RAFFLE
MAGDRIGALIA CHOIR SINGING AT MIDDAY
AND SO MUCH MORE

Entry £2.00 per adult, children free includes Children's Trail, Programme & Voting Slip

A CELEBRATION OF CREATIVITY, CONNECTION & CHRISTMAS CHEER
RAISING FUNDS TO SUPPORT ST MARY'S CHURCH





FESTIVE DRINKS & NIBBLES

Friday, 12th December

at

7.00 - 9.00 PM

St Lawrence's Church
Little Waldingfield

£15 per ticket

Available from

Nancy Roser 882897
nancyroser2004@yahoo.co.uk



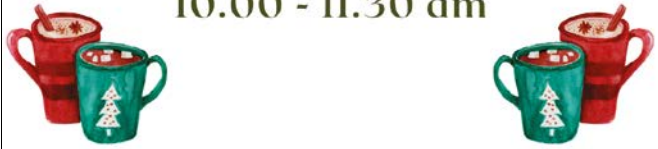


ALL SAINTS' CHURCH NEWTON

CHRISTMAS COFFEE MORNING WITH FESTIVE STALLS

Saturday, 6th December

10.00 - 11.30 am



NEWTON VILLAGE HALL

COFFEE MORNING

SATURDAY 22ND NOVEMBER

10.00 – 11.30

REFRESHMENTS
CAKES
RAFFLE
BRIC – A – BRAC

DONATIONS WOULD
BE MOST WELCOME



Sudbury Dramatic Society present an amateur production of

PLAYHOUSE CREATURES

BY APRIL DE ANGELIS

Here Come The Girls



**11th - 15th November
7.45pm**

This amateur production of "Playhouse Creatures" is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French Ltd.
www.concordtheatricals.co.uk

sudbury dramatic society  **Box Office** 01787 374 745 **Online** www.quaysudbury.com 

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

John Etheridge's Blue Spirits
Wednesday 12th November 2025 8pm - Tickets: £20



A trio that connects with the bluesy, intense side of John's playing. Plenty of swing elements, soulful ballads and fiery funk outings, all presented with warm humour by John.

John Etheridge – Guitars
Pete Whittaker – Organ
George Double – Drums

Derek Nash's Sax Appeal
Wednesday 26th November 2025 8pm - Tickets: £30



Sax Appeal is a unique, multi-award winning band performing diverse compositions and arrangements by Derek.

Derek Nash – Alto Sax
Matt Wates – Alto Sax
Vasilis Xenopoulos – Tenor Sax
Brandon Allen – Tenor Sax
Bob McKay – Baritone Sax
Neil Angille – Keys
Davide Mantovani – Bass
Mike Bradley – 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

IN AID OF ST MARY THE VIRGIN, EDWARDSTONE AND COLCHESTER RIDING FOR THE DISABLED GROUP
RDA

6-7th NOVEMBER FREE ENTRY

Your Christmas starts here!



Edwardstone Christmas Fair 2025

Thursday 6th November
Stalls / Wine & canapés
6pm-9pm

Friday 7th November
Stalls / Tea & coffee
9am-1pm

Edwardstone Church, CO10 5PH

GIFTS ★ HOMEWARES ★ CHRISTMAS DECORATIONS
★ FOOD & DRINK ★ TOMBOLA ★
PLUS: Win an Alan Leeder Christmas turkey!

Christmas Fair
on behalf of the
Stand Up For Suffolk Fund
at
The Guildhall
Hadhleigh 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



Edwardstone Christmas Fair

Get into the Christmas spirit early this year at the Edwardstone Christmas Fair!

Get started on your Christmas shopping and indulge in some delicious food and drink at the fair on **Thursday 6th November 6pm-9pm** and **Friday 7th November 9am-1pm**.

Join us at St Mary the Virgin Church, Edwardstone and enjoy stalls selling a range of unique gifts, homeware and Christmas ideas. It's a perfect opportunity to get ahead of the game and find presents for your loved ones (or yourself!). The assortment of culinary treats available will ensure you're well-fed while you shop too.

There'll also be our fantastic tombola and a chance to win an Alan Leeder Christmas turkey.

Entrance to the fair is free, and all proceeds will go to the church and Colchester Riding for the Disabled Group. The church is well set up to enable card payments but, as there will be collection buckets to boost our charity funds, please remember to bring cash too!

We look forward to seeing you there!



Winstons Wheels

Winstons wheels disabled dog charity will be at the Christmas fayre in the Bull Hotel, Long Melford **Saturday 29th November 11am to 3pm** running their Christmas themed tombola plus Christmas gift ideas and decorations. Please come along and support us. Thank you. Merry Christmas!

MADRIGALIA
Christmas Choral Concert
(with audience carols)
St Mary's Church, Kersey



Thursday December 18th
7:30 p.m
Doors open at 7 p.m

£10 including mince pie and mulled wine
(cash or card) under 16s free
Tickets on the door or in advance from
lindanewbigging@btinternet.com
Or call 07905 731431

Christmas Carols
In the Suffolk Barn



Tuesday 9th December '25, 7pm
£15, including a Mulled Wine

Wattisham Military Wives Christmas Carol Concert

On **Tuesday 9th December** at 7pm there will be a heartwarming evening of festive cheer as the Wattisham Military Wives Choir present their Christmas Carol Concert. Set in Nedging Hall Barn (IP7 7HG) with the log burner ablaze, this special event will be filled with your favourite traditional carols, uplifting choral pieces, and the true spirit of the season. Tickets are £15 - a glass of mulled wine and a mince pie included (Non-alcoholic options available).

The perfect way to kick off your Christmas celebrations. Book early to avoid disappointment!

<https://buytickets.at/nedginghallestate1/1897135>

Chelsworth

Christmas Fair

Saturday 6th Dec

All Saints Church

11am – 3.30pm

Adults £3 – Free parking
Children and Chelsworth residents free
Refreshments
Stalls selling gifts, crafts and foods
Tombola – Raffle

IP7 7HU – On B1115 near Bildeston



GROTON HISTORY SOCIETY

NOV
13





'An Evening with William Clegg'

William Clegg KC

Leading UK & International Barrister, Author
and long time resident of Lavenham

@ Groton Village Hall: 19:30 - 21:30

£5 entry, includes Glass of Wine
(Students free)

Santa is here!

ho ho ho



FRIENDS OF BOXFORD SCHOOL

SANTA RUN

SATURDAY 13TH DECEMBER 2025

Listen out for Father Christmas and his Elves from 3pm
dashing around Boxford, Edwardstone & Groton on his Sleigh.

Track us on our Boxford Facebook page with our latest
location!
Charity number 1037332



Boxford Drama Group
presents
our 2025 panto:



Pinocchio

by Sally Phillips

Boxford Village Hall
December 3rd-6th

Tickets on sale from 1st November
at Boxford Post Office
and online at www.boxforddramagroup.com

Wednesday: £8.00 (no supper)
- curtain up at 6:30pm (early finish, bedtime-friendly!)

Thursday to Saturday: £18.00 including interval supper
- curtain up at 7:30pm

* Email any dietary needs to bdg.catering@tolmedia.uk *

Licensed bar and raffle www.boxforddramagroup.com



Christmas at Hollow Trees Farm

Find everything you need this Christmas at Hollow Trees Farm. We can help you find the perfect Christmas tree to decorate for the season and many festive treats from our Farm Butchers and Farm Made Kitchen – available to order now.

We will also be opening our brand new Christmas Farm Trail experience where you can enjoy a ride on the tinselled trailer to Santa's Festive Village! Head to our website for more details.

www.hollowtrees.co.uk

Polstead Gardening Club

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

Polstead Village Hall on The Green in Polstead (CO6 5AL). Free to members. Non-members are welcome £5 (cash or cheque please). Entrance includes a drink and nibbles.

Queries to gardeningclubpolstead@yahoo.com

Polstead Films

The Ballad of Wallis Island

Friday 21st November, Doors open 7pm

POLSTEAD VILLAGE HALL



"A lovely, off-beat and very British comedy"

"A delight and just the right side of zany"

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

(Apologies for having to postpone our September screening, the release date was changed, but it's a terrific film and worth waiting for.)

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

Little Waldingfield Pop-Up Pubs

Our next 'Pop-Up Pub' night is Friday 28th November 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).

Nayland Choir

Nayland Choir would like to invite you to our Christmas concert 'What Sweeter Music' which will be held on **Sunday 7th December**. We hope to get you in the mood for the Christmas season with a programme of winter and Christmas songs, including pieces by John Rutter and Bob Chilcott.

The concert will take place in Nayland Village Hall (parking available) and our ticket price of £10 (free for under 18s) includes a glass of mulled wine (or soft drink) and a mince pie. Doors open at 3:30pm for a 4pm start.

Visit our website www.naylandchoir.org for further information. Tickets are available from naylandevents.org.

Festive Wine Tasting at Mildenhall Pavilion

**SATURDAY
22ND NOVEMBER**

BAR OPEN 7PM

TASTING AT 7.30PM

Evening hosted by Charles Eaton from Nethergate Wines with 10 wines to complement the festive season, grazing platters, pudding and raffle.

Tickets £20 in aid of Mildenhall Pavilion via www.mildenhallwine.eventbrite.co.uk or visit www.mildenhallpavilion.co.uk
Registered Charity No 304919

THE FLEECE HOTEL

Charity Quiz

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 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



Natural Boxford

Helping wildlife in our gardens over winter

Autumn has arrived in a rush and many of us are turning our attention to seasonal tasks in our gardens, allotments, meadows and fields. There are many things we can do to look after wildlife during the colder months and increase their chances of survival: there are two main areas to address – food and habitat.



Feeding birds:

- Our bird populations are under severe pressure and advice is to feed them all year round: helping them feed their young in springtime; providing food when the dry ground makes foraging harder in summer; building strength as they are moulting in autumn; and getting through the cold weather in winter.
- Make sure feeders are safe from cats. It's been a 'mast' year for fruit and nuts so hopefully the squirrels have plenty of their own stores!
- There are many different foods we can put out to support as wide a variety of birds as possible – there

is a very helpful guide by the RSPCA <https://tinyurl.com/feeding-garden-birds> with suggestions, tips and what to avoid.

- Consider planting berrying and fruiting trees and shrubs such as Malus, Cotoneaster and Pyracantha to provide natural food. We have had flocks of fieldfares and redwings on our yellow fruiting Malus (crabapple)
- When tidying up your garden, leave seedheads standing as they provide food for birds and small mammals, and look beautiful in the frost too.
- Don't forget fresh water – it is essential for birds, keep bowls clean and full and away from predators. Many birds die from diseases every year so washing bowls and feeders regularly with natural soap is vital, and rotating their position also helps.



Feeding pollinators:

Plant some native, reputedly sourced, spring flowering bulbs



Feeding hedgehogs:

Hedgehogs hibernate but can still be about in early winter and may also wake up for brief periods to search for food. Our rural hedgehog numbers are down 70% since around the year 2000 so leave some food under cover at all times. Good quality cat biscuits or special hedgehog food are best – their natural diet is beetles, millipedes and worms.

Feeding badgers:

Brock has had a hard year this year with the soil too hard to grub in to find worms (their staple diet), and, frozen ground in winter is similarly challenging. They will roam into your garden or allotment to find food so leave something for them rather than have them dig up your beds! Good options are windfall apples and pears, cheese and peanuts.

Helping Habitats:

- Melting frozen ponds - if your pond freezes over, melt a hole by placing a pan of hot water on the surface. This

allows entry and exit and keeps the pond healthy for frogs and fish that may be hiding at the bottom, as well as others who may come to drink. Don't crack ice or use anti-freeze!

- Check bonfires before lighting - hedgehogs, frogs and mice like to hibernate in piles of leaves and wood, leave them be if you find them and delay your fire.
- Avoid turning compost - also a winter refuge of frogs, toads, hedgehogs, slowworms and even grass-snakes if you are lucky. Wait until spring when you will also lose less valuable heat from your heap.
- Make a wood pile - put your prunings in a pile in a quiet corner and you will be providing valuable habitat for many friends already mentioned as well as newts and beetles.
- Make a bug hotel - help ladybirds, bees, lacewings and more through the winter
- Put up new and clean out existing bird boxes - make them inviting nest spots and keep them disease free (not necessary for swift boxes - they do it themselves!)
- Make a toad home - toads burrow into the earth or compost to conserve energy over winter. Put a large plant pot over some soft soil with one edge propped up for them to crawl under: they will thank you by eating slugs.
- Leave herbaceous and hollow-stemmed plants unpruned until spring as they provide homes for insects.

These mostly quick and simple ideas can make a difference to the wildlife in your garden and surroundings. I'm going to leave you with one more, rather larger suggestion, which can have a huge positive impact:

Plant a hedge: planting a mixed hedge or shrubby border of traditional hedge species provides year round support for wildlife in the form of shelter, food and nesting spots for birds, insects and mammals. Suitable species include hawthorn, blackthorn, dog rose, field maple, guelder rose, wild honeysuckle and common ivy. Winter is the time to plant so time to start planning now. You will also be rewarded with lovely blossom, aromas and an increased buzz of life.

With thanks to the Wildlife Trusts, Woodland Trust, RHS and RSPCA whose websites are a mine of helpful information to find out more.

Louise, on behalf of
Natural Boxford



Hadleigh Old School

Hadleigh Old School is a multi-faceted events venue at 5 Bridge Street IP7 6BY - with adjacent free car parking next to the Iron Bridge (B1070) crossing the River Brett into Hadleigh. This November 2025 the former Victorian Boys School is transformed into an art gallery for the exhibition 'Drawn To Nature', then in December returning to the guise of a theatre for 'Sherlock Holmes Smells Evil'.



Drawn To Nature showcases the work of professional botanical and wildlife artist Janie Pirie. Janie is known for her meticulously detailed and vibrant works created primarily with coloured pencils. Based on the Essex/Suffolk border, she has received multiple Royal Horticultural Society (RHS) gold medals and is a member of the Society of Botanical Artists. Janie occasionally also works in watercolour and is known for creating striking paintings with a delicate technique and rich colour intensity.

Subject matter includes the produce of her garden such as berries and onions, as well as floral compositions; favourite studies include a glistening bowl of cherries, an opaque hydrangea and knobbly gourds.



Art collectors are welcome to attend the preview at **6pm on Friday 14th November** (please rsvp to hadleigholdschool@gmail.com) - please come early to see over 30 new works of art. The show continues with public opening on **Saturday 15th (10am to 5pm) and Sunday 16th (11am to 4pm)**. This exhibition represents a return to the venue for Janie Pirie - with work offered at a range of sizes: there are pieces that will make ideal Christmas presents or bring the beauty of nature into your home.

There will be an opportunity to meet the artist-in-residence across the weekend, as Janie Pirie creates new work - the specific picture may depend on what produce is in season - as we went to press it was gourds. Janie has also recently completed a major composition including 'Colin' - to find out whom or what Colin is you will have to visit the art gallery in person!

Sherlock Holmes Smells Evil

The Christmas Mystery play by the Common Ground Theatre Company, not a phrase describing one of Sir Arthur Conan Doyle's classic detective stories. The show is a humorous festive mystery where Holmes and Watson investigate happenings at the Queasy Pines Sanatorium, featuring songs, clever staging, and a mysterious one-legged superintendent. It is suitable for ages 8 and up, with a running time of two hours: there is a licensed bar and refreshment service both before the performance (doors open 1 hour before curtain-up i.e. serving from 6.30pm for evening shows and 3pm for matinee) and during the interval. Last year we served special seasonal treats baked by renowned chef Jane Clark, we hope we can tempt you to indulge your palette this Noel.

Showtimes at Hadleigh Old School:
Monday 15th December at 7.30pm,
Tuesday 16th December at 7.30pm,
Wednesday 17th December 4pm & 7.30pm (two performances). Box Office open at:
www.commongroundtc.co.uk or search by venue on Ticketsource

Christmas Fair – Book Signing

In February this year, I was lucky to have my debut novel, *Cloudless*,



published by Fig Tree, an imprint of Penguin Random House. A good chunk of the book was first written a handful of years ago in the Box River Café and so it's wonderful to be returning to the area for the Edwardstone Christmas Fair on the **6th and**

7th November.

Cloudless explores a farming family's agonizing wait for their son to return from Iraq. There's war abroad, but battles at home: obsession, deceit, love and loss. Each family member must grasp at their own tenuous lifeline as they drift further from one another – until, on a cold winter evening, there's a fateful knock at the door that changes everything...

The book's emphasis on landscape, the natural world and small communities was deeply informed by my childhood in rural Suffolk – the long autumnal dog walks, ewes in the fields, the greens of the trees after fresh rain.

I'm looking forward to returning to these roots and will be signing and selling copies of the novel which makes for the perfect, personalised gift for the reader in your life.

There will also be plenty of food and drink, homewares, a tombola, Christmas decorations and gifts galore at the fair – all in aid of the local church (St. Mary The Virgin) and Colchester Riding for the Disabled Group.

Please do come and say hello. It's always a pleasure to meet people and I look forward to sharing festive cheer for some fantastic local causes.

Rupert Dastur

In Good Company

This winter, Mill Tye Gallery is delighted to present *Wendy J. Allen: In Good Company* - an uplifting exhibition celebrating the creativity, community and inspiration fostered by artist and teacher Wendy Allen.



For over seven years, Wendy has shared her knowledge and passion through the gallery's popular art classes and workshops, encouraging students of all ages and abilities to discover the joy of painting and drawing. Now, in a heartfelt tribute to her teaching, the exhibition brings together a selection of Wendy's own works alongside one piece from each of her students, past and present.

The result is a vibrant and diverse collection that not only showcases Wendy's artistic voice, but also tells a bigger story: how creativity flourishes when nurtured, and how the confidence to make art can ripple outwards through a community.

Visitors are warmly invited to a special Preview Day on **Saturday 8th November**, where the exhibition will open with drinks, nibbles and the chance to meet Wendy herself. The artist will be on hand to talk about her work, her teaching, and the stories behind this unique gathering of artworks.

Wendy Allen: In Good Company runs until Wednesday 24th December in the Upstairs Art Studio Gallery at Mill Tye. Admission is free, and all are welcome.

Gallery Opening Hours: Thursday to Sunday, 10:30am - 4pm

Mill Tye Gallery, Great Cornard.
www.milltyegallery.co.uk

Boxford WI Update

Boxford WI held an Open Meeting on 1st October, and were delighted to welcome our Federation President, Maggie Glavin, a visitor from Leavenheath WI and one of the members' husbands to join in the fun.

The *Hadleigh Ukulele Group* (HUG) came along to perform. They provided us with a book of words, and we were invited to sing along to a wide range of songs by bands and singers from the 60s and 70s. We moved seamlessly from *Herman's Hermits* to *John Denver*, *The Beatles* to *Culture*

Club, *Buddy Holly* to *Dusty Springfield*, and many more. Some members even felt inspired to get up to dance during 'Let's Twist Again' to add to the party atmosphere. As usual, there was a delicious tea with homemade cakes and biscuits to sustain us afterwards and I am sure many were humming the tunes on the way home!



Our next meeting is on Wednesday 5th November which will be a Christmas craft afternoon

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.

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

Boxford Gardening Society Update

On 7th October Nick Dunn of Frank P Matthews, tree specialists in Worcestershire, gave an illustrated talk on choosing and pruning the right trees for small gardens. He brought with him some examples of hollies and pines, actually demonstrating pruning whilst talking about them. He listed the best varieties of Acers and Malus for small gardens, trees for best colour in the Autumn and those suitable for growing in pots, recommending a beautiful yellow Magnolia Lois which flowers later and avoids getting frosted.



To join us for our talks, we would welcome you as a guest or make enquiries by email: enquiry.boxfordgardeningssociety@outlook.com



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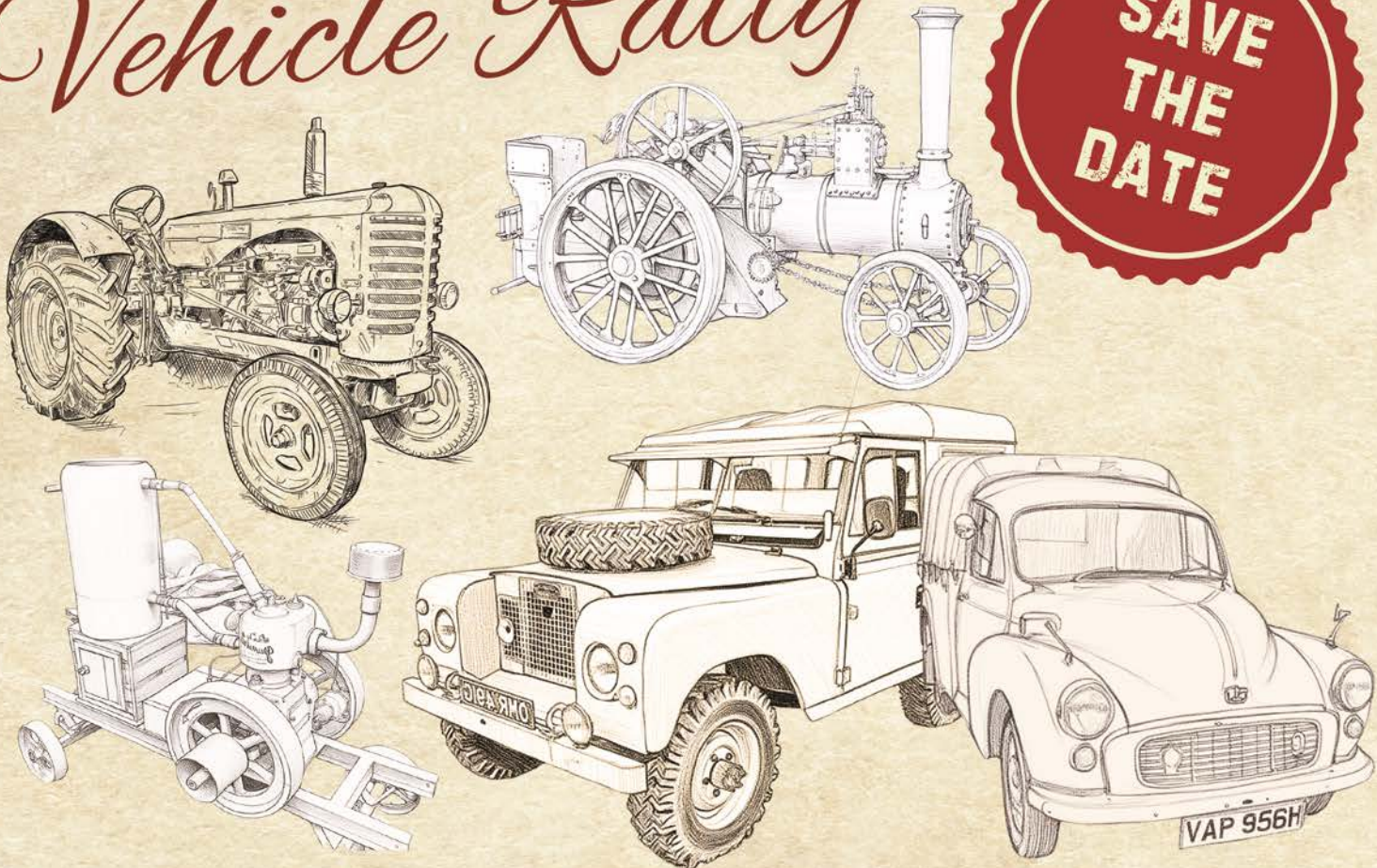
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Boxford School Reunion

The reunion of classmates from Boxford Primary School was a huge success and thoroughly enjoyed by everyone.



The evening was spent looking through old photographs, sharing memories and reminiscing on our idyllic childhoods growing up in Boxford during the 50s and 60s.

A big thank you to Sarah at The Fleece for allowing us to use the upstairs room and to everyone for coming along.

Erika & Pauline





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Wendy J. Allen

‘In Good Company’

Nov/Dec 2025

A celebration of creativity, community and the guiding hand of Wendy Allen. This exhibition features Wendy's own work alongside pieces from her students — a showcase of shared growth, inspiration and the joy of making art together.



Mill Tye Gallery and Art Centre 3 Cornard Mills, Mill Tye, Great Cornard
Sudbury, Suffolk CO10 0GW Visit: www.milltyegallery.co.uk
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Fireworks & Our Furry Friends

Helping our pets through the celebration season

As the nights draw in and the festive season approaches, many of us look forward to the sparkle of fireworks and the joy of community celebrations, but for our pets, this time of year can be unsettling, even frightening. Around two-thirds of dogs react negatively to fireworks and cats and small furries are often just as sensitive, even if they show it in quieter ways.

There can be a wide range of reactions from our pets. Some may be curious or simply startle at the first bang and then settle. Others may become anxious or fearful, hiding away or trembling. In more severe cases, pets can experience vomiting, panting, or even display aggression. Those with underlying medical conditions (such as osteoarthritis or ear problems) may be particularly vulnerable as stress can exacerbate their symptoms of pain or sensory overwhelm. It is heartbreaking to see a beloved companion in distress, but the good news is that there is plenty we can do to help.



In the days leading up to fireworks events preparation is key. If you know your pet struggles with loud noises, start by creating a safe space for them - a cosy den where they can retreat and feel secure. This could be their crate covered with a blanket or even a table draped with a towel to make a safe hideaway. Fill it with comforting items like puzzles or their favourite toys to help distract them. Thunder shirts can also be helpful for dogs, offering gentle physical pressure that many find reassuring.

Calming pheromone sprays or diffusers use natural anxiety-relieving compounds to help to create a more relaxing environment. Make sure they work and are positioned correctly so the pheromone can fill the house effectively. Note that some feline-specific ones need to be plugged in a couple of weeks ahead of time to allow the levels to build up effectively.

We recommend walking dogs earlier in the day, well before fireworks are expected so they are more likely to settle in the evening. Keep cats indoors and lock any cat flaps to prevent escaping. Bring hutches or enclosures inside or turn them around to face a wall and cover with a thick duvet if they cannot be brought in. Make sure your pet's microchip details are up to date just in case they manage to slip out in a moment of panic.

When the fireworks begin your calm presence can make all the difference. Close the curtains and shut doors and windows to help muffle the sounds and block out flashing lights. Playing

music or turning on the TV can provide a comforting background and help mask the noise. Some radio stations also play relaxing music for our pets during the peak firework season.

It is very important to stay calm yourself. Pets are incredibly attuned to our emotions and if we are anxious or tense they are very likely to pick up on it. Your relaxed presence can help them feel more secure even if the world outside feels unpredictable.

If your pet seeks comfort offer it freely. A gentle touch and a soothing voice can go a long way. Equally, if they prefer to hide in their den, let them do so without pressure. Respecting their coping style is a huge part of helping them feel safe.

If your pet has previously shown signs of significant distress (such as shaking, vomiting, or aggression), it is worth speaking to your vet. We can offer tailored advice and can recommend calming supplements or medications that can make a real difference to their wellbeing during this time. These treatments help them feel more in control and less overwhelmed.

Celebration season should be joyful for everyone, and with a little planning and a lot of love, we can make sure our pets feel safe and supported too. We wish you and your furry companions a peaceful and happy celebration season.

*Dr. Jessica Hudson BVMedSci (Hons)
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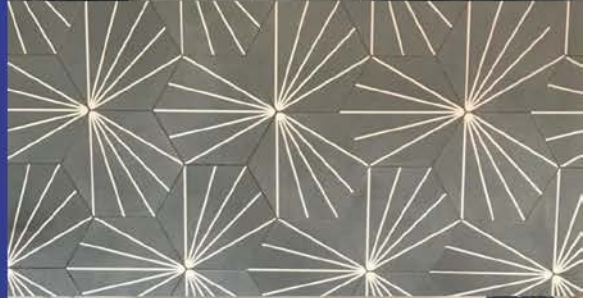
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Life at the Shelley Centre

Helping hands needed

I begin this report of the goings-on at the Shelley Centre with a special announcement: there is a *major* problem brewing. This concerns the number of volunteers who help out at Shelley. The ponies and riders are completely reliant on volunteers to keep the centre running. The centre is a charity with only one employee, our amazing stable manager, Abi. She is supported by the team of volunteers to care for the horses, run the riding sessions and raise funds to keep us going. As time goes by, volunteers do drop out for all sorts of reasons: some move out of the area, some have additional family commitments, others have health problems and so on. Lately, we have lost a number of volunteers, and this is putting pressure on those remaining.

So... will you consider joining our Shelley team? Although experience of working with horses is welcome this is not necessary – many of our volunteers had no previous experience. Full training will be provided, and you will join a team who are great fun and will give you a warm welcome.

The centre provides riding sessions Monday to Friday during school term time with a morning and afternoon slot that volunteers can choose from. If you feel that you would like to find out more and perhaps come along to experience a session and meet the human and horsey team please ring the centre – details can be found below.

The photo of the happy two sisters, Hannah and Arinna on our largest horse, Cali and one of the small ponies, Thomas, illustrates the enjoyment our riders get from their sessions. It would be heart-breaking if we couldn't continue doing this for them due to lack of helpers.

We have recently welcomed two new ponies to the team: Sausage and Tiny Tim. Sausage began life as a show cob. At 16 hands high, this six year old bay gelding will be one of our bigger horses, suitable for our adults and taller children to ride. He has settled in really well and loves attention. He is now being ridden by an able-bodied rider in sessions to get used to all the props and toys we use with our disabled riders. Tiny Tim is a grey roan, 12.2hh cob pony. He has a lovely friendly and inquisitive temperament and is learning how to become more patient when waiting in the yard! He has passed his initial assessment and is beginning to join sessions under supervision. It should not be underestimated how special our RDA horses are – they have



to put up with many different riders and activities, which is why it takes time and patience to introduce new horses into the team.

To remind you, our next fundraising event is the 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

Top left: Sisters Arinna and Hannah enjoying their riding at the Centre.

Top right: New boy, Sausage

Above right: Tiny Tim getting used to RDA sessions



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Gunpowder, Treason & Plot

Groton History Society explores the (almost) explosive story of The Gunpowder Plot.

The story of Guy (Guido) Fawkes attempting to explode 36 barrels of gunpowder under the House of Lords in Westminster is one of the most celebrated political stories in British history, but is the version of the story we've all been taught from school age really what happened, or is there a different truth lurking in the shadows?

In the well-known version, a plucky Catholic brotherhood stealthily plans (and narrowly fails) to blow up Westminster, the King and the entire elite of England, subsequently to suffer horrific brutal execution. This is the traditional story. Guido the Unlucky. A hapless failure we continue to celebrate every year.

The second tale is one of dirty-tricks secret-service operations with the

mastermind security advisor to the King, Robert Cecil, covertly leading a naive band of papist insurrectionists to guaranteed failure to provide King James a vital 'win' in the early days of his reign. In essence, a conspiracy on the conspirators! We'll come back to this version later on.

Firstly, whilst modern history focuses mainly on Guy Fawkes, actually we need to understand the role of a man called Robert Catesby whose plot this was. To do that we need to understand the political context within which the plot was hatched. It all starts with Henry VIII breaking from the Pope's Catholic authority in Rome, driven by succession issues, and the spread of Protestant influence across Northern Europe into England and its establishment. In fairness, Henry VIII was not a rabid Protestant - he just wanted to divorce Catherine of Aragon (who gave birth to a daughter - Mary) so he could marry Anne Boleyn and have another go at obtaining a male heir.

The young Edward VI (from Henry's 3rd wife, Jane Seymour) further

established protestant theology into the Church of England, supported by the powers at his side, albeit in a short reign. His older sister, Bloody Mary (Mary II), of Framlingham fame, lurched violently back to the Catholic Roman Church in her reign, horribly burning approximately 300 prominent Protestants. This strongly and passionately alienated the surviving and strong Protestant community, which was to reassert itself under Elizabeth I's long reign after Mary.

“Every plot needs a pub as its launchpad.”

Elizabeth too was not a religious extremist, preferring rather to merely name herself as the Supreme Governor of the Church of England in the 1559 Act of Supremacy. There was no revengeful retribution à la Mary, Catholics were tolerated to a point

Above: Conspirators of the Gunpowder Plot: (from left to right) Thomas Bates, Robert Winter, Christopher Wright, John Wright, Thomas Percy, Guy Fawkes, Robert Catesby, & Thomas Winter.

but expected to conform, many performing Catholic services secretly. After Elizabeth, in the absence of an heir, the English government looked to James VI of Scotland, son of the ill-fated Catholic Mary Queen of Scots. Keen to secure general support across England, James let everyone think that he was accommodating, *"each new reign is a new world"* in the lead up to his fragile accession. Catholic representation to him returned with 'hopes' - but so did everyone else. And so it was after his coronation, that 'accommodation' began to unravel, especially for the Catholics. This was made clear in his February 1604 declaration that he *"never had any intention of accommodating Catholics"*! He made the laws and penalties for non-compliance tougher. This led to rebellious Catholic whispering, influenced by the 'Cold War' in Europe, where the 'cut off the head' principle was prevalent.

Into all this history and religious melting-pot stood Robert Catesby.

Born into a wealthy old Catholic family he grew up experiencing the anti-Catholicism of Elizabeth's reign. Becoming increasingly radicalised after the death of his Protestant wife (who some believe he married as a cover), he was involved to a lesser extent in the 1601 Earl of Essex's rebellion. His 'small fry' contribution saved him, when it failed, but the Establishment had his name by then.

"They were killed by the same musket ball."

Every plot needs a pub as its launchpad. The *Duck and Drake* inn in London filled this necessity. Catesby, the founder of the plot, was joined by John Wright and Thomas Wintour. Wright was already known by the authorities as a dangerous Catholic. Wintour was Catesby's cousin. Both were to bring their brothers into the plot later.

The next two to join were Guy (Guido) Fawkes and Thomas Percy. Fawkes knew gunpowder from his military service to Catholic Spain in the Dutch Wars, where he earned the nickname 'Guido'. Percy came with an 'elite' network, which could be vital to the plan. He also provided the rental house close to Westminster for the early 'tunnel' attempt and then the final cellar in the basement of the House of Lords. This was to become an easy trace to his involvement.

Despite the necessity for secrecy the band's size grew further. Before long it had gone from 3 to 5, then to 13! The larger size may have been the start of the downfall, as shortly afterwards Lord Monteagle, a Catholic peer who was due to attend the opening of Parliament, received a letter in heavily disguised handwriting that suggested he should avoid attending Parliament. Historians still debate who may have written the letter, but a favourite is Francis Tresham, Monteagle's brother in law and one of the conspirators in the plot.

Monteagle, eager to curry favour with the new King, handed the letter to Robert Cecil, the King's security advisor. King James took this on personally, ordering the basement to be searched... and the rest is history apparently, according to the traditional tale.



So let's take a look at the alternative version of events: Cecil was a rabid anti-Catholic. Church was everything in English society and governance, with the monarch at the head. 'Conformity' was key to civil compliance - religious nationalism in effect. Cecil was an effective spymaster. He had an extensive network of agents (called 'discoverers') to uncover plots - infiltrating, reporting and then suppressing. It is highly likely that Cecil would have found out about the Gunpowder Plot early in its formation. Its band was growing larger than ideal, with the risk of discovery growing accordingly.

A couple of interesting circumstances might lead you to think that there were higher powers at play: the basement cellar where the explosives were stored becoming suddenly and fortuitously available, was owned by Cecil.

Secondly, the date for the opening of Parliament was moved to November 5th. This just happened to be a day that King James believed (and had widely and publicly mentioned) as being a 'lucky' day for him personally.

Thirdly, Thomas Percy was losing his nerve and tried to see Cecil, but Cecil was always away or too busy to see him. Percy gave up and continued with the Plot.

Fourthly, the local loyal forces that surrounded Holbeche House, Stourbridge (the last stand of Catesby and all - bar Fawkes), were there surprisingly quickly on 8th November, as the plotters tried to escape north from London via a series of loyal Catholic staging houses.

Lastly, the failure of the plot and the capture of the plotters was a conveniently great triumph for the nascent reign of King James, and, correspondingly, for Cecil.

Explosive Facts!

36 Barrels of Boom: Scientists have calculated that the excessive amount of gunpowder that Fawkes was hiding would have caused damage up to a third of a mile from the Palace of Westminster!

Gave Their Hiding Place Away: Cornered at Holbeche House, the plotters tried to dry damp gunpowder by the fire - it exploded, injuring several, including Catesby himself.

A Law to Celebrate: After the plot failed, Parliament passed the Observance of 5th November Act (1606) making Bonfire Night legally mandatory for over 250 years.

"Remember, Remember...": The rhyme we chant today was early propaganda - a 1600s warning never to trust a Catholic rebel again.

Penny for the Guy: By the 1800s, children dragged their homemade 'Guys' through the streets asking for "a penny for the Guy".

Still Lighting the Sky: Today, Britain sets off around 20 million fireworks every Bonfire Night - the echo of a plot that never went off.

Catesby and Percy died in a 'Butch Cassidy and the Sundance Kid'-type charge out of Holbeche House, killed by the same musket ball shot. Fawkes was brutally tortured on the rack, on King James's personal order, eventually naming names. Holbeche survivors were taken prisoner. 27th January 1606 held the theatrically-staged Trials. Fawkes was incoherent and totally broken after torture. Verdicts and sentences were quickly issued - a traitor's death: to be hung, drawn and quartered. 3 days later on 30th January 1606 Fawkes spared himself the horrific quartering by jumping off the scaffold and breaking his own neck. The others did not think of that!

So what is the significance of bonfires and why does Guy Fawkes take the blame and become the Bogey Man? Putting aside Bloody Mary's bonfires of Protestants, the good old-fashioned bonfire was a symbol of 'celebration' - the King is saved! The Catholics had been foiled and executed! Rejoice! Society in late 1500s / early 1600s was 'pro King, pro Church (of England) and thus, anti Catholic'. Guy (or *Guido*, if you prefer), was the unlucky loser, the man caught in the act of gunpowder failure, who has lived ever since in the imagination and forever associated with the Gunpowder Plot. Why do we continue to celebrate? I will leave that to you all to answer.

A couple of sidelines.... Ambrose Rookwood, one of the 13 plotters, was a Suffolk man from Staningfield, not that far away from us here. He had a

good stable of horses that would be essential for the plotters. Guy Fawkes, John and Christopher (Kit) Wright were alumni of my old school in York!

Thus, I look forward to the celebrations and the fireworks again this year!

Nigel Chapman
nigelchap@gmail.com



Opposite page: "Guy Fawkes Preparing The Slow Match" by Patten Wilson in 1902.

Above: November 1947 Penny for the Guy

Upcoming Events

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

This should be fascinating! Bill has been a leading and widely respected barrister in the higher courts. He has been involved in some very well known cases both domestically and internationally, crime and finance as well as war crime trials relating to WW2 and the 1990s Bosnian Serbian Balkan War. Bill has lived in Lavenham for over 20 years. I am extremely pleased that Bill has agreed to come along and share his stories with us.



The Story of our Local Castles with PHD Student Arthur Redmonds

Thursday 4th December:

I think this will appeal to many of the BRN diaspora, as Arthur will include Groton, Lindsey and Mildenhall Castles at the core of his talk. Don't you want to know more about these castles? What were they, why here and who built them? Arthur studied at Exeter and is in the very final stages of his PHD on castles' archeology. He is a passionate medievalist and is back in Edwardstone! Come along and support one of our own!



Recommended Reading, Listening & Viewing

'The Death of Democracy, Hitler's Rise to Power' by Benjamin Carter Hett.

A replicable playbook that we are seeing across the pond today. Vital reading if you have any doubt.



'The Nightingale' by Kristin Hannah.

A heart wrenching story of two sisters in occupied France during WW2. A women's story of their choice - survive and protect their family or resist?



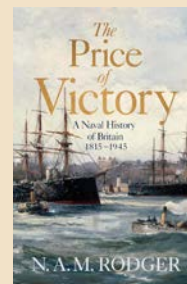
'What we can know' by Ian McEwan.

In the future looking back at what we bequeathed. Fascinating!



'The Price of Victory: A Naval History of Britain 1815-1945' by N A M Rodger.

The 3rd of an amazing trilogy of our esteemed naval history. I have the 2nd volume 'The Command of the Ocean 1649-1815'.



Big volumes but the very best telling of our naval heritage and how we were able to build an empire and keep the balance of power in Europe.

"Louis XVI vs The People" from David Runciman Podcast 'Politics on Trial'. Contrasting the trials of Louis XVI and our own Charles I. Great contrast actually. May feel a bit dry to some.

'Gaza's history' series by the Empire Podcast, with Anita Arnand and William Dalrymple.

All you need to know about the tragic history of Gaza from antiquity onwards. An amazing story.



This Month in the Garden

The Red Squirrel Gardener tells us how to plan, plant & grow through the seasons.

Autumn has truly arrived with some dull, dank, drizzly days but thankfully the stunning colours of tree leaves turning and berries bursting brightens up any, as I call them, 'grey blanket day' when it can feel like a blanket of greyness is smothering our vision. But it's at this time of year a resourceful gardener chooses to clear the decks, prepare and plan for our gardening year ahead and embrace the change of seasons.

Do you wish to become a better gardener? Well if so, let me stop you there and reveal a trade secret, you just have to do it! Even the most experienced and qualified gardener never stops learning and that's the secret to joy and childlike wonderment of this healthiest of pastimes. Why pay to go to the gym when you can exercise in nature, grow food and feel enduring peace within?

If hard graft, long term commitment, unconditional love and devoted care do not put you off and you enjoy being creative, resourceful and outdoors in all weathers then you have all the qualities required to grow into a great gardener.

Happy gardens are like healthy relationships - they'll never be perfect but always a work in progress in order to grow. You need to give to receive and the more effort you put in the greater you'll grow together in harmony throughout the seasons of your life. As the Poet Laureate Alfred Austin wrote "*Show me your garden and I shall tell you what you are*". Your garden is a reflection of your personality traits, character and taste and the values you choose to express. I often describe my love of gardening as painting with plants and imagination.

I've nurtured hundreds of gardens in my horticulturalist career, running my own gardening/garden design business throughout Suffolk, teaching and delivering social and therapeutic horticulture. I've won numerous Royal Horticultural Society medals, Brighton & Sudbury In Bloom Awards and set up and managed community food / therapy/ charity gardens but unbelievably I have yet to have my very own petite allotment! Autumn is the

perfect time to lay the groundwork for future food growing and I'm excited like the eternal ginger tomboy kid in me to build my own haven away from home.

So appropriately, this season is ideal for me to begin my allotmenting journey as in many ways it marks the end of the garden year and heralds the time to start seeking inspiration for nature's new year. Every month I shall share my plot's progress and give you some good growing tips to guide your own garden journeys.

Autumn for gardeners is all about clearing the last of summer harvests, carrying out essential maintenance tasks like pruning, soil improving, plant protection and garden design work. In the trade we often agree it's the busiest time of the year despite belief to the contrary. It is the season



Top left: Allotment pumpkin patch

Top right: Red Squirrel at work

Right: Add a layer of bark chippings to beds for winter protection

Opposite page: Time to get plotting my new micro allotment!



to start planning and plotting the garden for the year ahead and laying fundamental foundations for healthy growth. Not just to make your green space manageable for you, but also to ensure that it is a mentally, physically

and spiritually healthy space for you personally too.

So many of my clients feel overwhelmed by their gardens and I take great pleasure in turning that around by always seeking the positives whilst dealing with any issues in priority order. Methodically dealing with quick easy wins first to fuel motivation and make an instant impact. Two of my core mottos are to 'choose your battles wisely' and 'work with nature, not against it'.

Each month my garden mission is to outline seasonal priorities, provide fun creative projects and share my allotment journey with my local community. To hopefully further inspire you to dare to grow your garden dreams as I do in my everyday life. I also invite readers to ask me gardening related questions and I will endeavour to offer creative cost-effective solutions.

Happy gardening all,

Rachael (aka 'Red Squirrel')

redsquirrelgardensforwellbeing@gmail.com

www.facebook.com/redsquirrelgardens

To-Do in November

- Harvesting the last of summer/autumn food crops, clearing beds, composting crop waste, improving soil with well-rotted manure.
- Plant out Allium crops like onions, shallots, garlic and winter greens under cover/ protection.
- Pruning perennials, shrubs & trees, lifting tender plants and storing.
- Weeding, mulching and turning over compost bays.
- Autumnal planting - renewing decorative containers/hanging baskets/window boxes for display, planting new shrubs, small trees and winter bedding schemes.
- Planting bulbs in ornamental beds and layering in large pots called 'bulb lasagnes' for successional flowering next spring.
- Renewing/repairing and building infrastructure such as raised beds, border edging, tools, sheds, benches, decking, polytunnels/greenhouses.
- Provide water and food sources to support local wildlife - make your garden a haven for all.
- Lawn care - remove pernicious weeds, rake out thatch, aerate & feed, reseeding/returfing, mowing/strimming overgrown areas and wildflower meadows.
- Plot ahead for the future months one season at a time - visualise what do you want to achieve? Measure and map it out. Order seeds and sundries required.



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Boxford's Golden Era

Boxford Society's Tina Loose charts the rise and fall of the medieval cloth trade that once made Boxford prosper

A *wool town* is the name given to towns and villages, particularly in Suffolk and North Essex, that were the centre of the woven cloth industry in the Middle Ages. In the 14th century East Anglia was central to the cloth trade, with towns like Lavenham, Hadleigh and Sudbury becoming prominent wool towns. These towns were centres for spinning, weaving, and finishing cloth. Boxford was also such a centre. The wealth generated from this industry had a significant impact on our region's economy and it became one of the wealthiest parts of England for a while. The whole business was referred to as the cloth trade, a more fitting name than wool trade, because local wool was not used here once the industry expanded, as it was too short and coarse (our sheep were more valuable as meat and their wool was used for poor quality home made cloth and stuffing mattresses). The fine wool for the cloth industry was imported from other parts of Britain and abroad.

Early on in the story, the English wool trade mostly involved the export of best quality raw wool for Europeans to turn into cloth. English high quality wool was exported during the reign of Edward III (he ruled England from 1327 to 1377). He taxed it heavily to finance The Hundred Years' War and in the 1330s he invited Flemish weavers fleeing from Catholic persecution and war to settle in East Anglia and develop the English cloth industry, so

making more in tax from English wool. It is not thought that any Flemish settled in Boxford, but they did in Colchester and Ipswich with their 'bay' and 'say' weaving

(both were types of cloth). They were required to pass their skills on to English craftsmen. Boxford already had good connections with Colchester and Ipswich: Boxford farmers were selling sheep as mutton in Colchester and Boxford folk had links to Ipswich families. Such contact may well have been the means by which Boxford acquired the knowledge and skills to develop its own cloth trade and boost its wealth. As Boxford developed its skills it would have been receiving good quality wool from other parts of England through Colchester and Ipswich ports as well as fuller's earth (a type of clay used to clean and remove lanolin from wool) and dyestuffs from European traders. They in return bought the English cloth. Boxford closely aligned itself with Hadleigh which was also a fast developing cloth town and thus the villages of south Suffolk grew into a tight network.

Increasingly Boxford and Hadleigh looked towards the London cloth market at Blackwell Hall for trading. It had been established at the time Dick Whittington was Lord Mayor. London buyers also came to Suffolk, as is seen in the ledger of the London merchant Thomas Howell, who between 1519

“The wealth of Boxford's clothiers rivalled that of lords and ladies.”

and 1527 bought fabrics in Ipswich, Hadleigh, Bildeston, Boxford, Nayland and Stoke-by-Nayland. This was at the height of Boxford's wealth. By the 1500s cloth exported from East Anglia was going to Portugal, Spain, Iceland, Scandinavia, Russia, the Low Countries (modern-day Netherlands and Belgium), France, Italy and Germany, as well as far as the Levant in the Middle East. In return exotic goods, foods and vital fullers earth were reaching England and the very wealthy in South Suffolk.

So what first hand evidence do we have of this trade in Boxford at its peak? Surprisingly Boxford is blessed with Church Warden's Accounts (CWA) and the years 1530-1561 have been transcribed and edited by Peter Northeast, one of the many scholars who have contributed to our knowledge of the cloth trade. These CWA documents are rare, with few remaining in England. In Suffolk, Bungay has the only other ones for the same period. Our archive also has copies of wills, inventories and the Muster Roll assessments of the wealth of a few of the richest people engaged in the cloth trade at that time. Often there is no mention in wills of their trade equipment, but there is significant detail about money left for the poor, beautification and development of the church and making up the roads.

By this time the rich clothiers had become the employers of the cloth workers. The clothier was central to the industry, acting as a merchant, financier, and manager of the 'putting-out' system that was prevalent in this period. The employees worked in their own homes, usually with their own equipment, but depended for work on a clothier supplying the raw materials and collecting the finished cloth. These poorer cloth workers were less likely to



Left: The carved head of a Clothier high up in Boxford Church.

Opposite page: The sequence from fleece to bale of cloth is illustrated in the beautiful stained glass window in the Church of Notre-Dame in Semur-en-Auxois, France, commissioned in the 15th Century by the local Cloth Merchant Guild. The sequence would have been the same in Boxford. This masterpiece shows the wealth and importance of this trade and the cloth merchants in medieval society. In Boxford they chose to make their mark by increasing the size of the church and building the South Porch.

make wills, so equipment was less frequently recorded. In 1486 one of the most famous clothiers in the area, Thomas Spring II of Lavenham, left the large sum of 100 marks (roughly £67) in his will to be distributed amongst his spinners, fullers and weavers, some of whom lived in Boxford. This is an indication of the extent to which he and other clothiers were coordinating different branches of cloth production in the area.

Boxford's CWA 1530-1561 cross referenced with other evidence of the period tells us that there were about 23 clothiers/cloth makers in Boxford with some of them being very wealthy indeed. Also mentioned are 10 weavers, 5 dyers and 4 shearmen and these must have been well off enough for most to have wills or figure in the Muster Rolls for contributing to Henry VIII's war funds. Many more villagers will have been part time cloth labourers with many too poor to contribute to the King's fund. As a result the numbers employed in cloth work were much higher than the above figures suggest. Babergh's Muster Roll of 1522 recorded Boxford as having 11 clothiers, 37 weavers, 6 shearers and 2 fullers. In addition many Boxford women and children would have been spinning. People were also needed to source the raw wool from growers and provide transport. The majority of people in Boxford would have been dependent on the cloth industry, and involved at the same time with farming and other services (shops like butchers, shoe makers, inns etc.).

Boxford's wealthiest clothier was Thomas Coo, who, in his early years, was tax assessed in Babergh's Muster Roll of 1522, at £7 for lands and £200 for moveables (£250,000 today). Should he be called upon in war by the King, he also had to supply 5 harnesses, 2 bows, 2 sheaves of arrows and 3 bill hooks, so adding to his tax. Lady Peyton, widow of the then Lord of the Manor was only assessed for taxable wealth at £27 and Lord Foorde, gent., was assessed at £17. 6s. 6d. This indicates the extreme wealth of Thomas Coo compared with everyone else. No doubt he went on to become far wealthier by the time he appears in the CWA. When he died he owned a dye house, many properties in Suffolk and elsewhere. It is thought that Ancient House (now 18 Clubs Lane) was his home (although the Great Hall is no longer standing) and 16 the cloth preparation and storage wing. We do not know how many of the cloth making tasks were carried out at Ancient House, but most will have been cottage activities elsewhere in the village. The local cloth towns tended to specialise. Boxford had the most weavers, Lavenham the most clothiers, Long Melford the most fullers and Nayland the most shearmen. All the cloth skills did exist in each community, but there was clearly an exchange of cloth during the production to and from these specialist villages. Not all the woven lengths of cloth produced in Boxford would have been totally started and finished here.



1. The Clothier

These individuals oversaw the entire cloth making process, from purchasing raw materials to selling the finished cloth. Many grew very rich on profits from the industry in the 14th, 15th and the first half of the 16th century. Some were modest tradesmen and others wealthy entrepreneurs.



Many would have owned land and were therefore still overseeing farming in the village and many of their workers would have been part time or seasonal, so they spent the rest of the time on agricultural activities.

A very successful Clothier needed organisational skills to manage the wide range of tasks and people needed to complete the job. Credit was part of the system, so he needed to have a good reputation, though this was not always the case as there are records of Boxford men going to Colchester courts to recover debts from traders. Boxford workers too sometimes rebelled and at one point there was great concern that the "middling" classes got more of the spinning work from their clothier friends than those who desperately needed it. There was intervention to redress this.

The grandfather of Groton's John Winthrop (eventually 1st Governor of Massachusetts) was apprenticed as a fuller, but worked his way up to become a clothier and gentleman of considerable importance in the London business scene of the time. Men like him grew rich and built fine open hall houses from which they conducted business. The remnants of many are to be found in South Suffolk today.

The picture above shows the clothier arriving at his business to inspect production. It is believed that Ancient House, Clubs Lane, off Ellis Street was such a 'factory'. On the left is the loom and a form of spinning wheel on the right. Spinning was done on a variety of instruments, some small to use while walking around and some on various stationary wheels. Many inventories from homes in the years after the decline of Boxford cloth record a 'wheel' in back rooms and sheds. Were these the remains of a family spinning wheel?

2. Farming & Purchasing Raw Wool



The Clothier used a woolman to source the high quality fleece from abroad and from farmers as far away as Lincolnshire, the West Country and Wales.

3. Washing & Picking

Production of cloth started with raw wool. This was washed to remove grease (lanolin) and debris, often in alkaline baths.



4. Carding & Combing

The fibres needed to be graded by length. These were carded into batts using a paddle with short spikes to align shorter wool fibres and make the wool fluffy and light. A comb with long teeth was used to align longer, stronger fibres. Cloth produced from the different length fibres was very different in type and quality.



5. Spinning



The graded raw fibres are spun into yarn, by spinners. This was done using a handheld spindle and distaff, or later the spinning wheel, to create a continuous thread. The spinner would hold the distaff in one hand and the spindle in the other, drawing out a few fibres at a time from the distaff, twisting them with the spindle, and adding the newly formed thread or yarn to the spindle.

6. Dyeing



Dyers coloured the wool using various dyes, often sourced from natural materials. The yarn could be dyed before spinning (the origin of the phrase 'dyed in the wool') or after it became cloth ('dyed in the piece'). Most of it was dyed blue using dried woad leaves from Toulouse and Spain, but a better blue was achieved using indigo, another plant dye. Dyeing took place in 'dye houses'. These were specialised places located next to streams as dyeing requires plenty of water. They also needed various vats, cisterns and vessels. One of Boxford's dye houses was on the site of Peyton House beside the stream next to Fen Street and it was passed on from father to daughter.

7. Weaving

The dyed yarn was woven on looms, either in the weavers' or clothiers' houses. There were laws which limited how many looms could



be in one place, so an ambitious clothier may well have had them sited in several places while smaller businesses had theirs in the home. Local carpenters most likely built the looms. These would have been valuable. Thomas Clerk of Boxford was a weaver who married Isabel, the daughter of a very wealthy cloth maker, John Gawge, which would have elevated his status. Such marriages within the cloth trade were very common in Boxford and surrounding villages. This helped conserve and concentrate the wealth. In 1560 Thomas left his broad looms and his narrow looms to his son Peter. This confirms that 'broad cloths' of two metres wide and 28 metres long were woven as well as 'narrow cloths', which were half a broadcloth.

8. Fulling

Fullers cleansed and thickened the cloth through a process which involved soaking the fabric in a



mixture of hot water, fuller's earth (a special clay), and sometimes urine (the cheapest form of ammonia salts!). The fuller would then stamp upon the cloth (origin of the surname Walker) in this foul smelling mix for three days, sometimes longer in the case of very luxurious cloths. In later years a large wooden hammer powered by a waterwheel was used. Finally, the cloth was washed ready for the next process. Being a fuller was considered to be the lowest job.

'Fulling mills' were located next to streams. Boxford records suggest there was one on the border of Boxford and Groton to the east of Butchers Lane.

9. Tentering



The thickened cloth was taken to a tenter ground to be attached to a wooden tenter frame. These frames had small hooked nails on the top and bottom of the frame so that the cloth could be pulled back into shape. We get the expression 'on tenter hooks' from this operation. The cloth was stretched taut and left to dry. This removed wrinkles and set the fabric's width and squared it up. There was a tenter field off Swan Street roughly where Goodlands is today. It was a large open area and was used as a Camping ground, (camping was an ancient form of football), where some local males broke their legs and even died playing the vicious game.

Occasionally parts of old tenter frames can be seen as reclaimed wood in Tudor houses.

10. Teaseling (Napping)

Workers would stretch the cloth over a bar and brush it with a wooden tool holding multiple teasel heads with hooked spines raising the nap. The teasel's natural, flexible, barbed spines would snag and pull out the loose fibres from the wool. They kept it damp by sprinkling it with water, for if it was dry the teasels could be too rough and ruin the fabric. The teasel used was not the one we usually now see as its spines are too straight.



11. Shearing, Final Brushing & Preparation for Sale

The shearer was the man who finished the cloth ready for market. The sheerman carefully cut away the raised



uneven fibres (nap), close and even with very razor sharp shears. Four Boxford shearmen are recorded in the CWA. One recorded death was as a result of a stomach injury from the shears. The shearer would hang the large length of cloth over a flat board, shearing the nap with a large pair of hand-held shears.

As a final step, brushing removes the fibres that were sheared off, and raises the nap again. He would brush and press it, fold



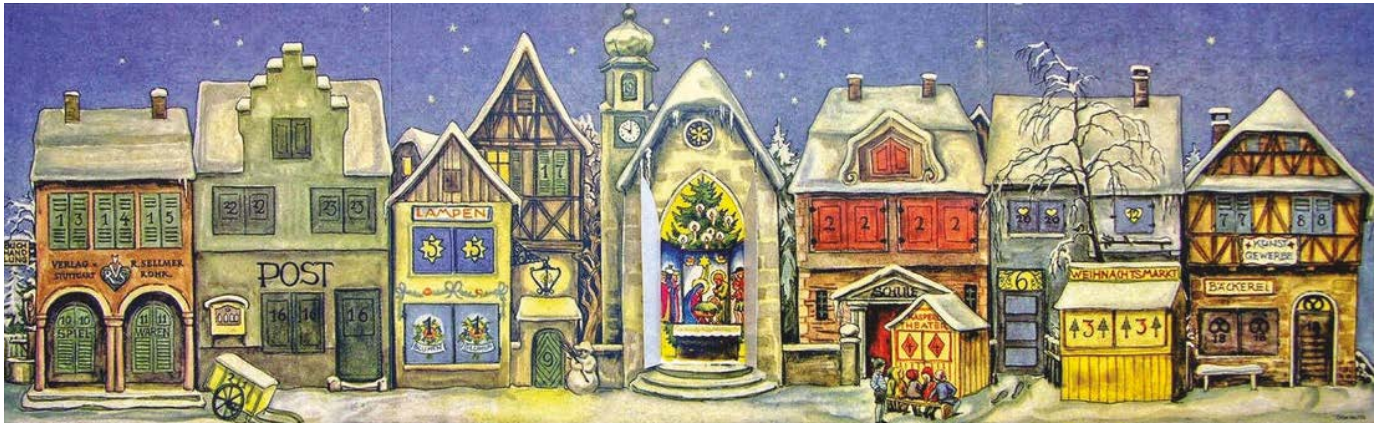
and bale it. It could now be passed back to the clothier.

12. Legal Checks

The clothier would then present it to the local Alnager. He had 3 jobs. He inspected and measured the woollen cloth to ensure it conformed to national legal specifications of quality, shape, and size. He attached a leaden seal to the cloth as proof of its quality and measurement and finally collected the tax on the cloth.

The clothier could now sell the bales of cloth by whatever means suited him. During the 14th C and 15th C it could go to the ports at Ipswich or Colchester for the continental market and later it went via London. This meant transporting the cloths to the ports on very poor roads. Boxford's link with Hadleigh must have helped, as bigger businesses were able to transport their cloth for them. There is no evidence of the use of the River Box for transportation of cloth to Colchester, though we know it was used by the rich Boxford cloth makers to transport expensive French Caen stone via Colchester to build Boxford's new South Porch. Many of Boxford's richest men left money in wills for the upkeep of roads so vital to the trade.

About 200 years after the first group of continental weavers came to England, Queen Elizabeth I in the 1560s invited Dutch and Walloon weavers, who were also fleeing religious persecution, to settle in East Anglia to boost the trade. The South Suffolk wool industry declined when Dutch weavers, who settled nearby in north Essex produced new types of cheaper and more fashionable cloth. The trade here became less profitable and Boxford villagers were left labouring on the land as their main occupation. Boxford's 'Age of the Golden Fleece' was over.



How Many Sleeps Until Christmas?

*Local bookshop **Byron & The Bard** take us on a journey through the history & traditions of Advent*

As many parents the world over will tell you this question seems to be asked more and more often in December as the Great Day draws nearer. However we have much to be grateful for as the questions might come much earlier.

In the first century AD Bishop Perpetuus declared that the Advent fast should be observed from the day after St. Martin's Day (11th November), an ancient feast marking the end of harvest and the start of winter. It would continue until Christmas Day - a period even longer than Lent. Traditions varied

in different parts of Europe but giving up meat, fat and the demon drink was often joined by abstinence from gambling, 'pleasures of the flesh', and - perhaps most surprisingly - getting married.

No one knows precisely when, but

"Butter was banned - so bakers used turnip oil."

not to see the box before Christmas Day and fasting was almost universally observed.

It's believed that sometime during this period Stollen Cake appeared in Germany. It doesn't sound very appetising. Butter was on the banned list so bakers concocted a hard cake made of flour, yeast, water, and turnip oil. It was shaped to resemble Jesus in swaddling clothes.

Yum. Not surprisingly this didn't really take off until an enterprising baker donated money to the church which then granted permission to use butter. The delicious, sweet creation was no doubt developed in rebellion against its unappetising predecessor!

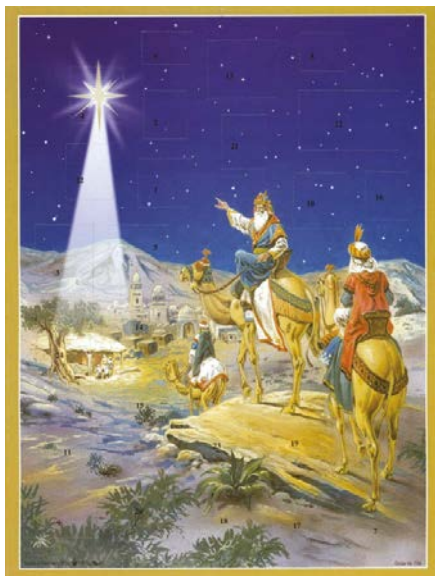


sometime in more recent history (or at least since Lavenham church was built), Advent was recognised by most Christian churches as starting on the last Sunday in November. While advent calendars were a long way off, in some areas of medieval England, advent boxes were created. These were small wooden crates wrapped in cloth which was whipped off to reveal finely dressed dolls representing Jesus and the Virgin Mary. They were decorated with ribbons, flowers and sometimes fruit before being carried around the village where people would pay to view the scene inside the box. In some communities it was unlucky



It's all too easy to forget that Christmas day should be anything but the culmination of the celebrations. It marks the start of feasting, drinking, roistering and general decadence which, until Victorian times, came to

a climax in England on 12th Night and which is still much celebrated in some parts of Europe.



Like many of our beloved Christmas traditions, both advent candles and calendars came from Germany. Advent candles came first in 1839, while the first calendar is believed to have been

made in Munich in 1851 by a mother whose children must have asked "how many sleeps until Christmas" more times than the good fräulein could cope with answering. When should the first door be opened? A conundrum arises because the last Sunday in the month could be on several different dates. Some enterprising soul took the pragmatic view that the first door should be opened on 1st December. The idea then caught on and calendars started to be commercially printed in Germany around 1900.

Sadly, come the 1930s, Hitler and the Nazi party banned the printing of picture calendars and production only resumed in the post-war period, beginning with Stuttgart's Richard Sellmar, who was granted a licence to recommence printing in late 1945.

It's very poignant that printing (a massive pre-war German industry) should recommence with advent calendars for children, which were then exported to the Allied nations, especially the UK and North America. Previously unreported atrocities were coming to light and emotions were running very high. Whether military or

"These calendars offered a spark of hope in a weary, post-war world."

civilian, people were exhausted and it's pretty understandable that these advent calendars with their sparkly, idealistic wintry scenes offered a hint of hope for the future (the very meaning of Advent) and captured the public's imagination.

Byron & The Bard was delighted to discover Richard Sellmar is still in Stuttgart and still printing their wonderful nostalgic Advent calendars 80 years later, including a replica of their very first 1945 Advent Calendar, and is very pleased to be able to offer them for sale to their customers with an RRP of between £9.99 & £17.50.

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HMS Ganges

The making of a sailor: tales from HMS Ganges, Shotley

Little Waldingfield History Society was delighted to welcome John Arben to the Parish Room to give us a personal insight into the Royal Naval Training Establishment in Shotley. He attended there for a year when he was 14 years old. Being a Barnardo boy he really needed and appreciated the structure, discipline, education and learning he acquired there, (though being a 14 year-old possibly didn't think so at the time), which set him up for a 12 year career in the navy and beyond.

The first HMS Ganges was a 74 gun third-rate ship of the line (a 2-decked ship carrying between 64 & 80 guns), the most common line of battle

ship, launched in 1782 at Randall's in Rotherhithe. Its construction was ordered by the British East India Company under the name '*Bengal*', then presented to the Royal Navy who renamed her '*Ganges*'. She was the name ship of her class and saw active service from 1782 to 1811, both in Europe and the West Indies, and in 1787 was the flagship of Rear Admiral Sir Francis Drake. She was present at the 1797 Spithead Review and was present at both of the battles of Copenhagen. Later she was commissioned as a prison ship in 1811 before being broken up in 1816.

The second HMS Ganges was a second rate ship of the line (a powerful 3-deck ship carrying between 90 & 98 guns), though for some reason Ganges only carried 84 guns. It was built in Bombay in 1821. She was built of teak (as oak was unavailable in India) and notable for being



the last wooden sailing ship to serve as a flagship of a Royal Naval fleet. In 1865 she arrived at Devonport, was stripped of guns and converted into a training ship for boys. It was relocated to Falmouth in 1866, remaining there until 1899 when it was transferred to Harwich harbour. HMS Ganges

"They were required to write letters home saying how lovely everything was!"





continued to serve as a boys' training ship in the Stour Estuary until 1905, when the boys relocated ashore to the Royal Naval Training Establishment (RNTE) in Shotley for their training.

In 1906, HMS Ganges was towed to Chatham, renamed *HMS Tenedos III* and used as a Boys' Artificer Training Ship, leaving her figurehead at Shotley. In 1929 she was sold on and finally broken up at Plymouth in 1930.

As laid down in the RN training Regulations in 1905: "in all boys' training establishments a mast should be provided to accustom boys to go aloft". Every morning boys had to climb the ratlines bare-footed, cross the half moon (the lowest platform at a mere 60ft up) and down the other side at top speed for exercise. This practice continued on board H.M.S. Ganges & Ganges II.

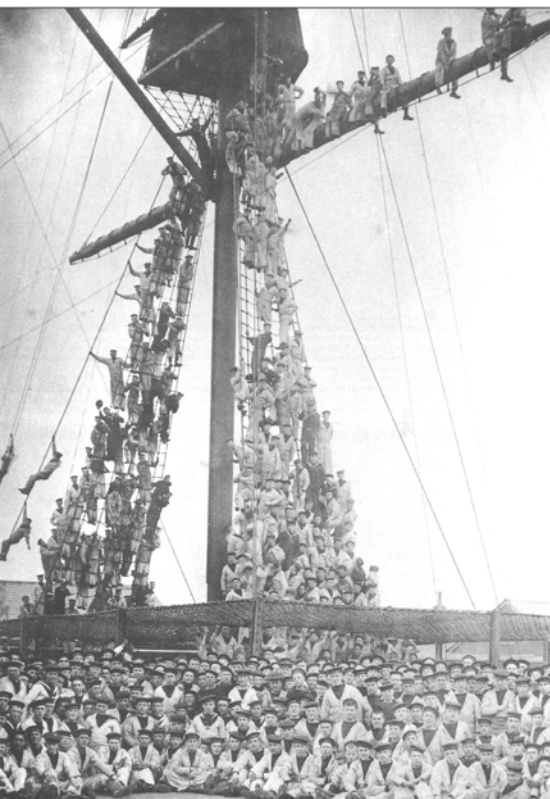
As the Shotley establishment had

no mast of its own, shore-based boys were taken on board one of these ships to carry out such a drill. The Shotley mast was originally some 160ft tall (rivaling Nelson's column) and said to be the foremast from a sloop called *H.M.S. Cordelia*, paid off in Portsmouth in 1900 and towed to Shotley Pier. All that is known with certainty is that the mast was erected at Shotley in 1907. The various sections of the mast (142 feet above ground, 18 feet buried in concrete) had to be manhandled by the boys up Bristol Hill to the parade field, which took five hours.

Once the mast was rigged, Boys ashore started 'Mast class', up one side of the ratlines across the half moon and down the other side at the greatest possible speed. Mast classes continued until 1973, although not always up to the half-moon.

"The Shotley mast stood 142 feet above ground — a towering test of courage and balance."

Initially, there were about 500 boys in training, but by the end of the 1940s, this number increased to 2,000, with around 200 new recruits joining every five weeks for their 12 months' training. Originally this was restricted to seamanship, but in 1911 extended to include signal training and, in the late 1950s, further extended to other branches of the Royal Navy; in 1927 RNTE Shotley was commissioned as HMS Ganges.



Pictures opposite clockwise from top:

Sunday Divisions in 1939

The second HMS Ganges under full sail

The first HMS Ganges at Copenhagen 1801

This page, clockwise from top:

Ganges Figurehead

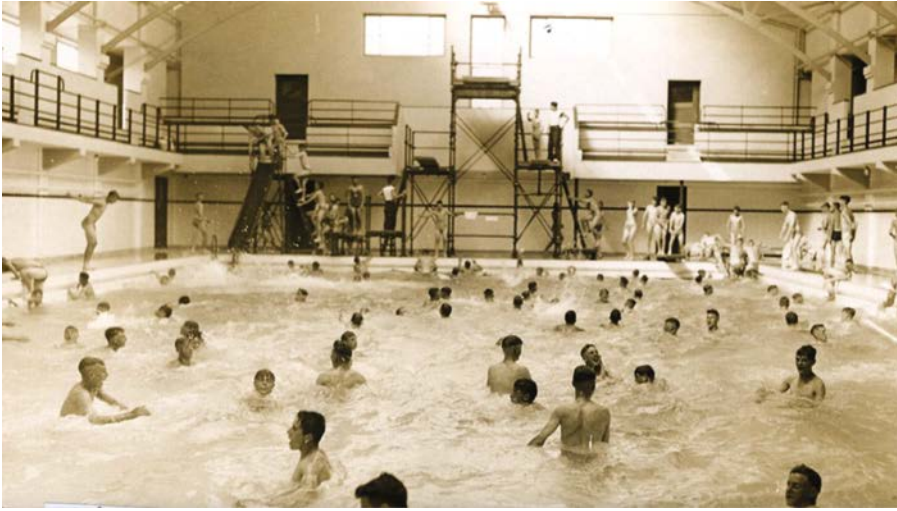
Kit laid out ready for inspection

First mast at Shotley

As many in the audience imagined, John confirmed that a boy's first days could be really dramatic; it was, after all, a completely different way of life which after 12 months would turn them into men. Discipline was harsh, with a variety of punishments for offenders. For example: wires inserted down the centre of canes for extra effect, or running up and down steps with a heavy Lee Enfield rifle above your head, all whilst wearing an oilskin to make you sweat.

On first entry boys were shorn of their locks and then kitted out. They then had to stitch their names in red silk onto every piece of kit. They had to learn how to properly fold each item for storage and once a week lay everything out on the bed and floor for critical inspection. Any who failed this had to redo for a further inspection. If it was still not up to scratch, all his clothes were placed on the parade ground, where the crushers (RN Military Police) would walk all over them - a hideous experience that was repeated seven days on the trot!

Boys were also issued three brushes as part of their kit, two for cleaning



shoes / boots and one for cleaning the mess floors once a fortnight on their knees. They were also required to write letters home saying how lovely everything was!

Each boy had to learn to swim in the Olympic sized pool and dive. As encouragement non-swimmers were simply pushed off the diving board, though mercifully not off the high board. Each boy also had to climb the mast, though not to the very top to the *button* (roughly the size of a

dinner plate) as this was restricted to volunteers only - John noted that such boys were rewarded for their efforts with enough money to buy 4 cigarettes and a ceremonial pin awarded by the Commander.

In 1976 HMS Ganges was decommissioned and closed as a Royal Naval site. The Grade II listed mast was restored in 1988 and newly rebuilt in 2023, standing in what is now a housing development on part of the old Ganges site. HMS Ganges Museum, founded in 1982, is located in the former Engineering School on the foreshore, which is now part of Shotley Marina. It aims to preserve the memory of everyone who trained and served at HMS Ganges after the training ship relocated from Falmouth to Suffolk - somewhere in excess of 160,000 boys. A significant portion of the museum's

collection is comprised of more than 10,000 photographs contributed over the years by those former Ganges Boys and their families.

Readers might enjoy watching two clips on Youtube - the first being a ceremonial clip and the second features John Noakes from Blue Peter attempting (and failing) to get up to the button.

www.tinyurl.com/climb-rigging

www.tinyurl.com/john-noakes-ganges

Andy Sheppard

www.littlewaldingfieldhistorysociety.wordpress.com

Above from left

The Olympic sized swimming pool

1973 - Jnr. Alan Ferguson, button boy for the last annual mast manning ceremony

Next Little Waldingfield History Society Talks:

Royal Connections with Jenny Antill

Wednesday 19th November

Changing relationships between the Royal families of Russia and England from the 11th century to the Russian revolution

The Christmas Season in Folk Songs with Phil Lyons

Wednesday 17th December:

The Essex guitarist specialises in performing traditional British folk songs.

George Wombwell, England's Greatest Showman with Pip Wright

Wednesday 21st January:

The most famous Victorian Showman and Menagerist.



A Dangerous Climb

Sadly on 6th October 1928 one boy suffered a fatal fall from the top of the mast. Alfred Hickman, an orphan and just 15 years old, was 1 of 5 boys attempting to stand on the button (142ft up). He fell and grabbed a rope to restrain his fall but suffered a bad friction burn and released the rope, which by this time had carried him beyond the edge of the safety net. He fell to the ground and died of his injuries. His death was debated in Parliament but the practice of mast-climbing continued until Ganges' closure in 1976.



Hadleigh Patient Participation Group

The column may look the same but the info varies each month so please take time to read on.

Vaccinations: 1,624 vaccinations were given during the first clinic; 817 Covid and 807 'flu. Figures for the second clinic in October were not available when this column went to print.

Not sure if you are eligible?

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



Boxford Community Car Scheme: This service is available for patients needing transport to hospital or health centre appointments. Contact Jen Eastwood on **01787 211853** or jen.eastwood8@gmail.com

Anima Registration: It's never too late. If you still haven't got round to registering with the practice's online triage system, why wait until you 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 Time Change: Please note Anima is now available from 6am each day but as before it is not necessary to set an alarm for that time. All requests will be dealt with when the surgery opens. Patients in the know will tell you how promptly they have been contacted once their request has been submitted.

IT Help: Once a month *Communities Together* offer helpful IT advice in the upstairs room of the Hadleigh Library. The next session will take place on **Tuesday 4th November** from 10am to 12noon. Booking is essential as places are limited. Email info@communitiestogether-ea.org or call Tracey 01449 707031.



Outside Medicine Chest: This impressive machine sited in the patients' car park is there for eligible patients who traditionally collect their medicine from the practice's inside dispensary. This optional service will provide more flexible collection times and hopefully reduce queuing time inside the practice. Certain exclusions apply such as controlled drugs, fridge lines and large bags of medication. If you would like to know more please speak to one of the dispensing staff when you next visit.

Medicine Wastage: Statistics for medicine wastage are mind blowing. A report by the Department of Health estimates that unused medicines cost the NHS around £300 million every year, with an estimated £110 million worth of medicine returned to pharmacies, £90 million worth of unused prescriptions being stored in homes and £50 million worth of medicines disposed of by care homes. The reasons why patients don't take all their medication can vary and audits have shown that around half of all the medication returned had not even been opened. By reducing the amount of medicines being wasted each year, we could increase the available funding for other desperately needed health services. Do you contribute to the statistics by over ordering or hoarding your medication? Please remember to check your medicines before you leave the pharmacy and return any unwanted items. This will go some way to reducing the shameful drain on NHS resources.



Doppler Machines: Happily, these new leg reading machines are in situ so patients will no longer have to travel to Ipswich Hospital for this service. The hope is that the machines will also be used preventatively so that future lower limb problems can be avoided.

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



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.

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

The Glow Pro

Autumn Wellness



Have you been feeling a bit 'meh' lately? Low energy, zero motivation, and stuck in the same old routine...Well, you're probably not imagining it.

Science shows that post-summer blues,

the crisp bite of autumn, and the fading daylight can all take a toll on our mood. But if this feels familiar, don't worry - small changes can make a big difference in reigniting your spark!

Golden Hour



One of the biggest culprits behind that seasonal slump is the drop in sunlight. Where summer spoils us with long, balmy days, alfresco dinners, and packed social calendars, this time of year ushers in a natural pull towards hibernation.

But if you look around, there's something undeniably enchanting about autumn, from the crunch of leaves underfoot to those low-hanging sunsets that seem to set the sky on fire. Take a moment to appreciate the beauty of the changing seasons - it can work wonders for your mood.

Light Up Your Mood

Light therapy (Dermalux LED in clinic) is another way to carve out a little time for yourself - just you, the quiet, and the opportunity to mentally drift off to somewhere tropical. Sounds blissful,



doesn't it? Well, beyond the mood-boosting benefits (which are clinically proven, by the way!), Dermalux also promotes brighter, healthier skin. By helping to reduce inflammation, boost collagen production, and support your skin's natural healing process, you will not only feel better, but you'll look more radiant, too.

Rest is Not Waste



Summer often comes with an unspoken pressure to say 'yes' to everything - after all, who wants to waste a sunny day? But as the weather turns moodier, it's okay if certain plans no longer align with your social battery. That doesn't mean the fun has to stop; it just shifts.

Think gentle beach walks in your wellies, pub lunches by the fire, or guilt-free duvet days with no agenda. Autumn invites us to pause and embrace saying 'no', which is one of the greatest forms of self-care.

Brighten Your Morning

Getting out of bed can feel especially jarring at this time of year. The soft sunlight that once filtered through your curtains has been replaced by the harsh buzz of an alarm, piercing through the darkness. It's hardly the most peaceful start to the day, is it?

One change that's transformed my mornings is switching to a sunrise alarm clock.

It gradually fills the room with warm, natural light, waking you up in a way that feels far more restful and uplifting.

Stay Active & Motivated

Colder days and heartier cravings can make it tempting to retreat into comfort and routine. The effortless movement of summer tends to slip away, giving way to habits that feel a little more sofa-shaped. But staying active doesn't have to mean dragging



yourself to the gym or braving the rain in running shoes.

Whether it's a brisk walk beneath pale grey skies, rolling out a yoga mat for a cosy home routine, or dancing around the kitchen to your favourite playlist, being active boosts your energy, lifts your mood, and helps you feel more grounded.

Find Your Focus

Sometimes, all it takes is setting a few new goals to refresh your mindset.

Break your days or weeks into manageable chunks and think about what you want to achieve. Maybe it's finally trying that hobby you've been curious about, committing to a skincare routine, prioritising time to read, or journaling once a week.

Big or small, setting goals, taking action, and ticking them off can bring a real sense of purpose and direction, helping you move through your days, one step at a time.

The Season of Sparkle

And of course, Christmas! It's just around the corner, bringing twinkling lights to our towns and a touch of magic to every shop window.

At the clinic, we're always among the first to get into the spirit, and we've got plenty of gift ideas to help you do the same.

If you're usually a last-minute panic buyer, why not skip the stress this year and treat someone to the gift of self-care? Or better yet, treat yourself. After all, leaning into the festive cheer is one of the best ways to soak up the joy in the air.

Heléna

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The Blooming Garden

Crazy Plant Lady

My grandmother always used to say that you can tell a lot about what kind of person you are from your garden. Her garden was extremely well maintained, no weed would have dared to show its face. Her dahlias grew in serried rows, her roses were pruned sprayed and bullied into submission. The lawn was weedless and sharply edged. She was a fanatical gardener like me, but a tidy one and her love of plants never got out of control. She believed in discipline and self-denial. As a child I was treated like her plants when I stayed with her. I was fed and watered lavishly but whisked off to the hairdressers if my hair was too long and forbidden to wear jeans or dresses that were too long or too short. I had to walk up and down with a book on my head for my posture. I'm surprised she didn't plant me in the garden and tie me to a bamboo cane.

I shudder to think what my garden says about me. Despite my grandmother's best efforts, my garden would suggest that I am rule-breaking, untidy, undisciplined, self-indulgent and greedy for plants. My garden is so stuffed with plants that they all have to hold their breath; they must feel as if they are on the tube at rush hour.

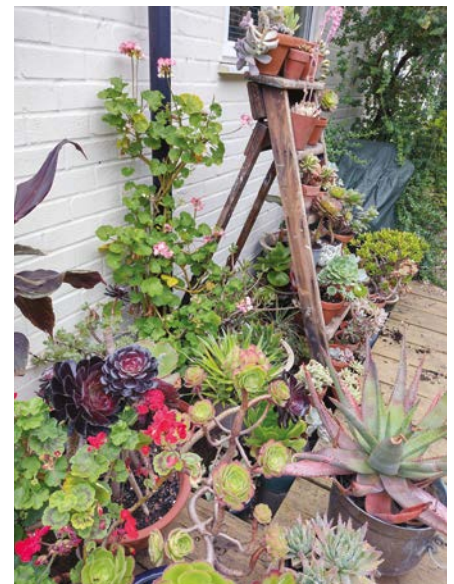
My garden is the horticultural

equivalent of the house of one of those weird, obsessive hoarders, crammed full of stuff, but precious stuff. And that is the way I like it. No neat parterre with box hedges, neatly raked paths and manicured lawns for me. I think lawns are just a waste of plant space and my poor creaky knee bears witness to just how many acres of lawn I have dug up in my life. I know formal gardens with disciplined planting schemes are aesthetically pleasing but they leave me cold. I look at formal gardens and say: "Oh yes, beautiful" and then I yawn. A bit like a Rothko painting, you can't gaze at them for hours. No, I love gardens that are like an intricate tapestry, studded with jewels so you can spend ages discovering more and more treasures. A bit like a Richard Dadd painting, or perhaps that is not a good example as he did all his best work whilst locked up in an insane asylum.

Someone said that a garden full of flowers with no foliage to set them off is like coloured hay. I agree with that - I love foliage too and I do like to create pleasing pictures with structure and texture as well as colour. But a landscape painted with broad strokes and a disciplined palette leaves me cold. I dislike the idea of selecting

plants for their usefulness. I choose plants I love; I am more interested in creating a garden that is like a jewel box full of rare and precious jewels than a landscape by Cézanne.

The trouble is that my jewel box is now full and my poor plants haven't got the room to flourish. Maybe I will have to resort to digging everything up and starting again unless I can think of ways of expanding that don't involve guerrilla planting in my neighbour's



garden. And don't think that I haven't considered it.

I have over a hundred succulents and I don't know how that happened. But a stepladder partially solves the problem. Maybe I will get another one. Or maybe I could get lots of stepladders dotted about the garden connected by planks with plants on them. Because I have pots everywhere. I complain about the wooden decking because it is slippery in winter and a cosy place for rats to hang out. But it is almost entirely covered with pots. I have pots everywhere which is madness for someone who spends four months a year somewhere else.

I do have a greenhouse, but of course it is bursting at the seams. Most plants spend the summer outside but there is nowhere to put my extensive nerine collection so they stay in the greenhouse. They are wonderful in autumn with their jewel like colours but they do take up a lot of room.

And then there is my compulsive taking of cuttings wherever I go and my out of control seed sowing. I don't know what the answer is. The logical one is to stop buying and propagating plants. But like any addict these options are out of the question.



We downsized to a smaller garden as we now have a house and garden in France to care for. Thank goodness, I haven't filled that garden yet but I am working on it. And so far nobody has complained that I have started guerrilla planting in the front and edging my way down the road. And of course I am eyeing up my neighbour's garden.

Chloris

Opposite Clockwise from Top Left:
Overcrowded garden

Too many pots

Secret garden with more pots

Succulents

Above: *Greenhouse full of Neries*

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Feedback From James Finch

Smarter, Simpler Better – ONE Suffolk

One Suffolk plan revealed saving Suffolk £39.4 million a year with more local services

Millions of pounds of public money would be saved and reinvested in frontline services and benefits for the whole of Suffolk, if the Government backs a new plan published Monday 8 September.

The ambitious proposal will see all of Suffolk's six councils abolished and replaced with one new unitary council - which would deliver both local and county-wide services.

The One Suffolk business case demonstrates that a single unitary for Suffolk will save £78.2 million after the first five years, while three councils would cost an eye-watering £145.3 million more than the current two-tier system.

After the first five years, one council would save £39.4 million a year, whereas three would cost £13.1 million more than the current model. The business case is built on rigorous financial analysis of Suffolk-based data conducted by global advisory firm Grant Thornton, rather than generic national modelling.

One Suffolk would have the capacity to create real improvements to council services which would benefit everyone, including:

- Improved financial resilience, enabling the unitary council to free up resources for frontline services and keep council tax as low as possible.
- Harmonising Council Tax to the lowest level across Suffolk. Based on current levels this would result in Band D properties seeing a reduction of £245 in Ipswich, £17 in East Suffolk, £29 in West Suffolk, £19 in Babergh and a freeze in Mid Suffolk.
- A new deal for market towns, including Ipswich, backed by a £40m capital investment fund, and a review of car parking charges and markets conducted in consultation with traders, businesses and representative bodies.
- Empowering communities by offering powers and funding to town and parish councils where these councils express a desire for additional responsibilities. Creating a new town council for Ipswich to enhance democratic representation.

- A proactive and revitalised highways service that says 'yes' more - acting swiftly, communicating clearly and delivering more.
- Creating a unified planning framework that delivers greater consistency, efficiency, and strategic alignment across Suffolk, paired with local planning committees so decisions are made close to home.
- Leveraging technology and innovation to create a modern council prepared for future challenges.
- Building a strong, flourishing, and resilient local economy that serves all residents, businesses, and communities.
- A stronger voice for Suffolk through effective collaboration with the new mayor, focusing on clear investment priorities that maximise benefits.

The One Suffolk campaign engaged communities from across Suffolk, with 8,189 responses to our Residents' Survey. This made it the largest survey response rate for the county council in the past decade.

Immediately after a Full Council meeting, the Council's Cabinet approved the One Suffolk Business Plan on 16 September and submitted it to Government on 26 September. Government Ministers will be then deciding later this year which proposals to put out to public consultation, before making their final decision in early 2026.

This is the Business Case – Executive summary and the full report: www.tinyurl.com/one-suffolk-business-case

Window now open to apply for primary and secondary school places

The deadline for applications to secure a place at a secondary school is Friday 31 October 2025 and for primary school places, including infant and junior schools, the deadline is Thursday 15 January 2026.

All applications received by the relevant closing date are processed at the same time using the schools' oversubscription criteria to prioritise applications when necessary. Late applications are processed after all of those received on time.

Last year, Suffolk County Council received over 14,700 on-time applications for pupils wishing to start at a primary or infant school, or to transfer to a junior school, or into Year 7 at a secondary school from September 2025. 94% of applicants received offers for their first preference school and 98.4% of applicants received an offer for one of their top three preferred schools.

Councillors approve devolution deal, paving the way for major investment for Suffolk

Suffolk County Council's cabinet has voted in favour of creating a new mayoral authority for Norfolk and Suffolk - which will bring £1 billion to the counties in the next 30 years - following overwhelming support from councillors in an extraordinary Full Council meeting on Thursday 2 October.

The new mayoral combined county authority (MCCA) would have access to a starting annual investment fund of £37.4 million - funded by the government. This is in addition to devolved funding from Whitehall to deliver public services.

The investment fund would enable the new mayor to support a wide range of long-term, locally-driven projects that will boost economic growth, improve infrastructure and enhance the quality of life for residents. This could include transport infrastructure, housing and education and skills.

Suffolk Business Board backs devolution as catalyst for growth

The letter outlines the Board's strong belief that devolution will empower local leadership, attract significant investment and drive economic growth across the region.

Suffolk's £21 billion economy is among the best-connected in the UK, home to globally recognised businesses and thousands of ambitious enterprises. The Suffolk Business Board, comprising leaders from key sectors across the region, is spearheading a new economic strategy aimed at accelerating inward investment, job creation and skills development.

The letter states:

"The ambitions and opportunities business can deliver needs the active support of a streamlined governance structure that can help create the conditions for growth. Which is why, as local business leaders, we endorse the proposal to create a Mayoral Combined County Authority across Norfolk and Suffolk – a transformative opportunity to unlock growth, give more power and decision-making authority to local people and shape a more prosperous future for our region."

The letter also underscores the successful track record of collaboration between Suffolk and Norfolk, which has already attracted over £1.3 billion in investment and created and safeguarded more than 15,300 new jobs in recent years.

The full letter from the Chairman, Mark Pendlington can be read here: Open letter from the Suffolk Business Board - www.tinyurl.com/suffolk-business-open-letter

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

Feedback From Bryn Hurren

Babergh District Councillor for Box Vale Ward.

Another 3 days off for yours truly, I went to the Annual Lib Dem conference in Bournemouth which is always a brilliant event and well attended by every one of our 72 MPs, many regional councillors and thousands of our supporters who are members of the national political party.

Bournemouth is a lovely large town with many different cultures who all seem to blend in and work together and the town itself is becoming a very cosmopolitan place with good development amongst all the different cultures to become a good place to live and work.

The conference was one of the best I have been to with a very responsible rousing speech at the end by Sir Ed Davey. Along with such success and growth in our numbers comes a greater responsibility for those in elected positions to behave responsibly towards those that elect us and now towards those that we represent and the country as a whole, unlike some of our present and past elected representatives. We truly are different politically and personally too.

We have become a more and, maybe now, the *only* socialist political party, due to the horrible lurch to the right by others who seem to have forgotten their electorate and what they really stand for, while some just seem to pursue financial gain and sell their beliefs cheaply and their policies to the highest bidder. The massive shift

to the right is also to be feared and will lead the country into an even deeper recession and ridicule from the more responsible national neighbours. I think by the time the next national elections come around, at least two more wheels will have fallen off their wagon and we will see them as they really are: belligerent, bigoted, ever more desperate to gain or cling to power and out for their own self gain. Its happening already. Does a more honest political group with good policies, strong beliefs and ethics stand a chance against such a rabble? Well vote for us and find out.

Everyone's priority has now to be tackling and managing the environmental changes that are well upon us now. The recent news that the planet and our world are heating up with greater speed is truly alarming but to be expected. The hotter we get the hotter it becomes due to wild fires increasing and more CO2 in the atmosphere trapping in yet more heat.

The backtrack on green policies on both sides of the Atlantic and two major war zones in the other side of our planet have not helped either. Despots never care about the rest of mankind.

Ironic indeed that councils across Suffolk held their second COP style event for students, just ahead of world leaders gathering in Brazil for the adult version of this event, COP 30. I am sure that even more dignitaries will gather to emit their own hot air after flying in to travel to the event in fossil fuel-powered vehicles, or in some cases a whole cavalcade.

Doubt that Trump will bother to show up, far too busy creating as much heat as he can in his own patch. Pleased to say that Suffolk students came away from our event with real purpose.

Second priority for all has to be to clean up politics itself, not just the system. I'm thrilled to see that Lady Muck/Mone is to be chased through the court system for the £120million she gained through jumping into the fast lane, encouraged by the then government to bid for supply of goods that neither she nor her husband had any experience of at all, or obviously knew anything about either. Maybe Matt Hancock next for the pathetic Track n Trace efforts costing £44 billion? Planned and engineered in the local pub and slipped into the fast lane and nodded through while proper experienced businesses were sidelined, ignored and frozen out.

Can we ever recover from such blatant greed at our expense? Yes, but it will be hard for the working

population to make that sum up. We are financially bankrupt now, and after Bojo morally bankrupt as well. Tough ask and with an ageing population, will be very difficult, best to go after the perpetrators I think.

Nearer to home the local government review is progressing towards its final conclusion with the district councils final fully-costed submission going to the new communities cabinet member Minister Steve Read, on-time and fully explained for him to make his decision.

It looks good and is very detailed and we hope that he will see the benefits of the Three Unitaries Plan, which will keep democracy local and in touch with the electors and services.

We will know the outcome of his decision in the third week of March 2026 and don't forget the May 26 elections for mayor across Norfolk and Suffolk region. Please try to vote, either by post or on the day in person.

In my own ward, the Woodland Trust has finally obtained the lawful deeds and required documentation to enable them to start planning for the newly acquired Primrose Wood meadow at Goodlands in Boxford and improvements for access and the management thereof. I should be able to reveal them next month. Great acquisition for the village and its inhabitants.

Hopefully a little disabled extension in Edwardstone will have reached its completion then after 2½ years of planning and wrangling. Why are the smallest things the hardest to get finished?

I have recently inspected the new play equipment at Edwardstone's Millennium Green, the new goalposts at Monks Eleigh playing fields and the new veranda and walkway at Mildenhall Pavilion. These have all been beneficiaries of Babergh grant aid, either CIL monies or my locality budget.

Just Groton village to go to now. Also new round of locality budget 25/26 happening now.

Get in touch or speak to your local Parish Council very soon.

On this or any other matter, please get in touch, I am always very keen to hear of local matters or ideas for improvement as well. Contact me on the details below or just catch me on the streets (daytime of course).

All Kindest Wishes,

Bryn

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Notes From a Beekeeper's Diary

Autumn reflections from the apiary

We're well into October now and even though the combine harvesters were busy no more than a week or two ago the spring wheat is already sprouting and growing fast after the recent rain.

Beekeepers do at least have a chance to pause and take a breath now that the surplus honey has been taken from the hives. Also time to look back at the year or at least the six months since the bees came out of their winter slow-down.

Once again it was a year of ups and downs, with the old established order of seasons well and truly disrupted. Sometimes you can read weather patterns from bee behaviour. A sudden but brief flurry of swarms (if that is that the collective noun for swarms) in the first week of April points to a few but late sunny days in March. Few further swarms until early May so April was cool and damp.

The 'June Gap' is well known as a tricky period for the bees as traditional spring flowering is over and summer nectar yet to flow. However this year calm sunny spring days were few and far between, so as temperatures finally started to rise in June plants burst into flower to catch up. For the bees this was bonanza time leading to an unexpected flow of honey in July. So much for the June Gap.

It was also bonanza time for wasps. At first there seemed to be few sightings. But these pests also benefited from the late warm weather and soon became more of a nuisance

than usual for us humans and a real threat for the bees. Beekeepers have a number of strategies to help the bees defend their nests from robbing wasps. But once aware of a possible weakness in a colony's defences they will attack remorselessly and there is little we can do to prevent the eventual collapse.

Queen bees were laying eggs in huge numbers since early spring. Most are destined to become workers, but a small minority will emerge as male drones. Drone cells are normally found around the edges and top of the frames. The pupation time of honey bees varies from 7 or 8 days for a queen, 12 days for a worker and 12 to 15 days for a drone. Drone pupae require larger cells than workers. They make ideal breeding ground for Varroa mites that will feed off the fat in the workers' bodies and weaken them. The workers booted out any remaining drones at the end of the summer. Useless mouths and easily replaced come next spring.

The life cycle of Varroa mites is more weird and wonderful than anything you could imagine, but they have to be controlled. There are no simple remedies but colonies can be treated in the autumn while the bees are still active which at least gives a partial respite over the winter period. One more task to be completed before the end of the beekeeping year.

The mouse guards I fitted during the summer to deter wasps are still in place, and will remain so to prevent

incursion by any passing mice looking for a warm dry space to pass the winter months. Honey bees do not encourage lodgers and most are given short shrift – beat it or accept the consequences. For some strange reason they make an exception of mice. Fair enough but they can make a real mess over the winter months and there will be enough to do next spring without having to clean up after them.

Honey bee colonies are larger now than they were when straw skeps were in use, so beekeepers have to make sure their stores are adequate to get them through the winter. If you see someone queueing at the supermarket with a trolley full of sugar don't assume they have a particularly sweet tooth. More likely it will be a beekeeper stocking up for the winter feed. Granulated sugar is pure sucrose, similar to nectar, and the bees will gorge themselves on it and fill every available cell in the brood box with the surplus.

This year I was determined to make sure that every super was filled with clean frames and wax ready for next spring, and to a large extent I succeeded. All queen excluders have been removed and cleaned of propolis and brace comb. I have even rendered down and filtered wax recovered from honey extraction. Much done and still more to do, but with luck I will be able to put my feet up at least for a few days this side of Christmas.

Tony Rand

BOXFORD

Summary of Council Meeting 23rd September 2025

County Council Report: CCllr Finch's full report can be found on the BPC website. CCllr Finch discussed Devolution and the yellow lines for the village. Cllr Finch also reported that there is no update on the speed limit.

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

Planning: The full Planning details can be seen in the Minutes on the BPC website.

Churchyard Wall: A quote has been received to complete the remainder of the works required on the Churchyard Wall. It was resolved to budget half for next year and half for the following. The PC will look for grants that may be able to contribute to the costs. The clerk will look into whether CIL funds can be used.

Village Bulb Planting: It was suggested that the PC pay to have bulbs planted within the village. The clerk reminded the PC that there is no budget for bulbs planted this year. It was thought that involving the children of the village would be the best way forward. Time is running out to plant bulbs this year so it was suggested to wait until next year to allow for time to organise, rather than rushing in.

Memorial Day Church Service: It has been suggested that the PC purchase a war memorial silhouette for the churchyard at a cost of £175. It was resolved to purchase two silhouettes, one for the churchyard and one for the cemetery. CIL funds can be used for this purchase.

Date of Next Meeting: 28th October 2025 at 7pm in the village hall.

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

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

Zoe Rumsey

01787 739317

clerk@boxford-pc.gov.uk

NEWTON

Summary of Council Meeting 7th October 2025

25/173 Planning

a) The councillors reviewed Planning Application DC/25/03905 1A Links View - Installation of wooden shed in rear garden and resolved that they supported the application.

b) The councillors reviewed Planning Application DC/25/04148 Hollyhocks, Church Road - Demolition of existing rear extension & replacing with a new single storey rear extension, replacement roof to bay window, internal house alterations, extension and new roof to existing garage and a new detached outbuilding and resolved that they supported the application.

c) The councillors reviewed Planning Application DC/25/04149 Hollyhocks, Church Road - Application for Listed Building Consent and resolved that they supported the application.

25/175 Pedestrian crossing

The clerk updated councillors that the SCC Highways works were underway to design and cost the pedestrian crossing and pavement project, which is expected to be completed by early November.

25/176 Neighbourhood Plan

A meeting took place with Chris Bowden on the 29th September 2025 on the options and indicative costs of reviewing the Newton Neighbourhood Plan (NNP) in the absence of a government grant towards the costs. Chris was the planning consultant used by NPC throughout the development of the NNP from 2018 to 2021. The councillors resolved that due to the professionalism he demonstrated throughout the development of the NNP and his knowledge of the key issues that residents had supported in the NNP, they would extend the contract with him to review the NNP. The clerk was asked to request Chris to outline a plan including his costs for the NNP review process.

25/177 Walk of the Parish

The councillors agreed the communication to be circulated to allotment tenants and other residents adjoining the allotment land, explaining when the allotment gates will be padlocked. A padlock key will be given to each allotment tenant.

25/178 Village Hall and Trust updates

Cllr Taylor informed councillors that a review of the works required on trees on the Trust land had commenced. He also indicated that works on the three ponds between the Saracens and Potash are due to commence imminently.

25/179 Questions to the Chair

Cllr Taylor updated councillors that the works in the fields on the northern side of the village related to preparatory works being undertaken on behalf of Anglian Water to provide a new fresh water supply to local villages from Sudbury.

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

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: Mark Freeman

07554 592425

clerk.littlewalingfield@hotmail.co.uk

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

Milden Cricket Club

Milden end their 2025 season with a convincing win at Hadleigh

After the frustration of rain leading to their previous match against Elmswell being abandoned when they were in a winning position, Milden ended a successful season for the club on 21 September by completing the double against Hadleigh Academy with a 5-wickets win at Hadleigh's Friars Road ground. With Elveden losing their final game of the season at Woolpit by just 10 runs, Milden's win lifted them to 3rd spot in Division 5 of the Hunts County Bats Suffolk League, just out of the promotion places and a final position that seemed a remote possibility back in April.



Batting first after winning the toss, Hadleigh reached 45 before losing a wicket. A ball later, 45 for 1 became for 2 as Hadleigh's captain, David Levitt, was bowled by David Willis for a golden duck. N Taylor survived the hat-trick ball and went on to top-score with 37 before being the third of 3 wickets to fall at 99. Thereafter, Harry Alexander (28 n/o) watched wickets fall around him as Hadleigh reached 165 for 9 from their 40 overs. For Milden, not for the first time in 2025, it was the spinners Willis (4 for 39) and Richard Robinson (3 for 45) who did the main damage. In the final 10 overs, Bruce Whitehead was economical with 1 for 14 from his 5 overs.

A century opening partnership of 110 in 17 overs between Alex Cunningham (59) and captain for the day, Alex Lomax (47), paved the way for Milden's win before Lomax fell lbw to Alexander. Cunningham and Willis (25) took Milden to the brink of victory at 161 when Willis was lbw to Taylor with five runs needed. Three more wickets fell for four runs as the batsmen struggled to see the leg-spin lobbs of former Milden bowler Keith Gooderham (3 for 13), bowling from the pavilion end with the setting sun behind him. Nathan Williamson (5 not out) then struck the winning single at 5.35 pm with 7.5 overs to spare.

The win was Milden's eighth in their

16 league matches, with six losses and two matches abandoned. It was a season in which the club benefitted enormously by a number of new members, including Nathan Williamson and several army staff at Wattisham, recruited by Joe Nevitt following a plea for new players on social media in April.



Milden celebrated the season with an Awards Dinner in The Fleece Hotel on 11 October - the first such evening since 2019. In the absence of club chairman, Martin Roffey, club captain Alex Cunningham presented the awards. The batting award went to Alex Lomax, who played in all 16 league games, finishing with 566 runs (including two centuries) at an average of 47.16 and third place in Division 5. David Willis won the bowling award with 29 wickets, also finishing top in the Division 5 bowling table, where Richard Robinson was second with 25. With 189 runs to add to his 29 wickets, David was also voted by club members as Player of the Season. Other awards:

Young player of the year: shared by Jim Ferguson and Akiva Franklyn. Akiva, who scored a century against Hadleigh in July (see August BRN p49) also won the 'Cow Corner' award and the 'Most Ducks' award with three.

Clubman of the Year: Nathan Williamson.

Fielding award: Courtney Spearman.

Most improved player: Joe Nevitt.

Chairman's award: Richard Robinson.

With (so far) no withdrawals from the league and no new teams joining, Milden remain in Division 5 for the 2026 season. Joining them in Division 5 will be Brettenham and Nowton Academy, relegated from Division 4, replacing the two teams promoted to that division, Worlington and Long Melford 2nd XI. The 2026 fixtures should be known following the league's fixture meeting on 26 November.

David Lamming.

Above Left: Milden CC team at Hadleigh on 21st September

Above: David Willis winner of the bowling award 2025

Boxford & District Bowls Club

Some more photos of our winners from the Finals Day on Sunday 14th September. There will be more to come again in the next newsletter.

Congratulations to:



Monday Morning League - Marion Hibben (Capt), Steve Marszal, Yvonne Pears, Sue Warren, Robin Turner, Barry Richell



Ladies 4 Wood Singles - Cynthia Hollingsworth



Ladies 2 Wood Singles - Roz Mortlock



Men's 4 Wood Singles & Club Singles - Steve Marszal

Boxford Rovers

Boxford Rovers' 2025–26 season kicked off in early September with four age-group teams - Under-9s, 11s, 16s, and 18s all competing in the Suffolk Youth League, along with the introduction of the new Saturday morning Mini Kickers sessions. The club is continuing to grow, with a total of 82 registered players across the teams and an additional 10 Minis who are just starting out on their football journey. The Under-18 squad has three new sponsors - *Toucan Investments*, *Hornets Tech*, and *EA Hair* - each proudly featured on the team's shirts and tracksuit tops.

Melvyn Eke 07873 971 701 / m.eke@btinternet.com
www.boxford-rovers-youth.com



Coach Jon Ellis presenting the new kit to the under 18 team.



The U-9 team with manager Dan and coaches Paul & Ash



The U-11 team with manager Colin and coaches Toby & Dan



The Under-16 team



The Under-18 team who play in the Premier League of the Suffolk Youth League

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@boxrivenews.com.

Featured club



Sudbury & District Wargames Club is a friendly wargaming club that meets every Friday from 7-11pm in Newton Village Hall and plays a variety of Wargames, RPGs, and Board games, across all settings. Additionally the club holds large scale Saturday events, including tournaments and participation games. For more details please contact Brian Lawson on 01787 312 160

Scouting

1st Boxford Beaver Scouts	John 07966 690 313
1st Boxford Cub Scouts	Susie 07843 280396
1st Boxford Scouts	David Talbot-Clarke 07946 550519
1st Boxford Explorer Scouts	Neil Barkham 07734 108257
1st Boxford Rainbows	Janice Macmillan 07779 303690
1st Boxford Brownies	Janice Macmillan 07779 303690 janice.macmillan@yahoo.co.uk
1st Boxford Guides	Bethany Ireland bethanyireland11@gmail.com

Children Families & Learning

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

Halls & Facilities to Hire

Boxford Pavilion	Natalie Woods 07772 916 135 nataliewoods25@gmail.com
Boxford Spinney	Mark Miller 01787 211596 www.boxfordspinney.co.uk mark.miller@talktalk.net
Boxford Village Hall	booking@boxfordvillagehall.co.uk
Edwardstone Parish Hall	Daphne Clark 01787 210698 daphne.clark@btopenworld.com
Edwardstone Millennium Green	Marijke Morris 07914 767 013 marijke_e@yahoo.co.uk
Groton Village Hall	Joanna Roberts 07845 940 008 jgant87618@aol.com
Little Waldingfield Parish Room	Sue Bowen 01787 249473 sd.bowen@btopenworld.com
Little Waldingfield Pavilion	Jennie Jordan 07522 352 558 52Jennie1@gmail.com
Marquee Booking	BoxfordMarqueeBooking@gmail.com
Milden Pavilion	Pearl 01449 741 876 info@mildenpavilion.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

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 Fireworks & Lantern Parade Boxford Village Centre	6:30pm
1 SAT	Shelley Quiz Whatfield Village Hall	7:30pm
4 TUE	Fireside Club - Homemade Pie 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 THU	Edwardstone Christmas Fair Edwardstone Church	6-9pm
7 FRI	Edwardstone Christmas Fair Edwardstone Church	9am-1pm
11-15 TUE-SAT	Playhouse Creatures The Quay, Sudbury	7:45pm
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 Festive Evening Market Boxford Village Hall	6-9pm
16 SUN	Craft Fair The White Hart, Boxford	10-2pm
18 TUE	Fireside Club - Beetle Drive Newton Village Hall	2pm
19 WED	LWHS - Royal Connections Little Waldingfield Parish Room	7:30pm
21 FRI	Polstead Films: The Ballad of Wallis Island Polstead Village Hall	7pm
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 Christmas Bingo Hadleigh Football Club	7:30pm

NOVEMBER 2025

24 MON	Boxford Friendship Group Boxford Village Hall	2-4pm
28 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	6:30pm
29 SAT	Christmas Craft Fayre Bull Hotel, Long Melford	11-3pm
29 SAT	Quiz Evening Newton Village Hall	7:30pm

DECEMBER 2025

2 TUE	Fireside Club - Xmas Crafts Newton Village Hall	2pm
3 WED	Boxford WI - Christmas Lunch The Fleece, Boxford	12:30pm
3-6 WED-SAT	BDG: Pinocchio Panto Boxford Village Hall	6pm/7pm
4 THU	GHS: The Story of Our Local Castles Groton Village Hall	7:30pm
5-6 FRI-SAT	Nedging Hall Christmas Fair Nedging Hall, IP7 7HG	TBC
6 SAT	Xmas Coffee Morning & Festive Stalls All Saints', Newton	10-11:30am
6 SAT	Christmas Tree Festival St Mary's Church, Boxford	10-3pm
6 SAT	Cheslworth Christmas Fair All Saint's Church, Chelsworth	11-3:30pm
7 SUN	Nayland Choir 'What Sweeter Music' Nayland Village Hall	3:30pm
9 TUE	Wattisham Military Wives Carol Concert Nedging Hall Barn, IP7 7HG	7-9pm
10 WED	Charity Quiz Night The Fleece, Boxford	8pm
12 FRI	Relaxation & Sound - all welcome Boxford Village Hall	6pm
12 FRI	Festive Drinks & Nibbles St Lawrence's, Little Waldingfield	7-9pm
13 SAT	FOBS Santa Run Boxford, Edwardstone & Groton	TBC
14 SUN	Boxford Christmas Market Boxford Village Hall	10-2pm
16 TUE	Fireside Club - Xmas Lunch Newton Green Golf Club	12:30pm
17 WED	LWHS - Christmas Season in Folk Songs Little Waldingfield Parish Room	7:30pm
18 THU	Madrigalia Christmas Choral Concert St Mary's Church, Kersey	7pm
19 FRI	Little Waldingfield Pop-Up Pub Little Waldingfield Pavilion	6:30pm

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