

MELFORD

Issue 20 June/July 2024

Matters



A Common Blue Butterfly
Photo: Jerry Ridout

80th Anniversary of D-Day

Long Melford
Remembers and Celebrates
on 6th June

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National Award Nomination

Local building company
Mbloc shortlisted for
'Innovation of the Year' Award

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Melford Surgery Update

After merger with Unity in
Haverhill, practice now managed
by Suffolk GP Federation

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welcome!



Welcome to issue 20 of your village magazine. As you will see from the rest of the issue, it's shaping up to be a busy summer in Melford. There is something for everyone from Open Gardens to the Fair and Circus on the Green and Melford Music's delightful summer programme of Wednesday concerts at Holy Trinity.

In June, the 80th anniversary of D-Day will be celebrated throughout the village. Full details of what is planned can be found on page 4. After some challenging weather over the past few months, we're hoping that the sun shines on Melford for each of the outdoor events.

Also, may we take this opportunity to thank everyone who took the time to give us feedback on the changes to the magazine? We have noted in particular how tricky the picture quiz turned out to be and will bear that in mind next time we compile one! You will see that we have continued the D-Day theme with the quiz in this issue, which is also a bit of a

knotty one. We've included some multiple choice questions as well as answers to one or two which can be found elsewhere in the magazine.

We are starting a regular feature where we aim to look at some local businesses in each issue and would be delighted to hear from anyone who runs a Melford business and would like to be included.

We absolutely welcome all comments on what is in or what you would like to see in the magazine. Please do keep getting in touch with us at content@melfordmatters.org.uk.

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Long Melford Village Memorial Hall

Situated in our beautiful village, the hall is the perfect venue for your event, however large or small. It offers a large function room with a stage area and a fully equipped kitchen. Tables and chairs are available free of charge if you need them and there is a large car park for the use of your guests. Whether your event is a family party, a wedding reception, a fundraising evening, an exercise class, a regular community event or a simple meeting we are sure the Memorial Hall will suit your needs.

	Monday - Thursday	Friday - Sunday
Commercial rate	£16 per hour	£19 per hour
Standard rate	£13 per hour	£16 per hour
Melford resident rate	£10 per hour	£13 per hour

Audio visual equipment available @ £25 per session

To book Long Melford Village Memorial Hall for you event visit our website
<https://www.longmelfordvillagehall.co.uk/how-to-book/>
or call 07379 894325

Community Matters

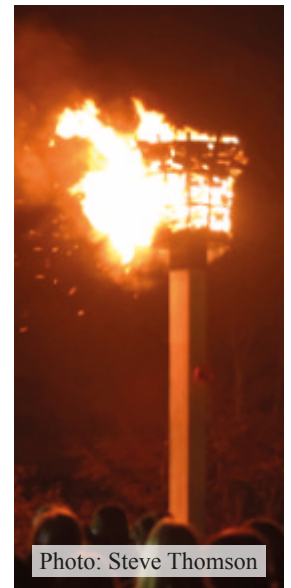


Reliving Memories of World War II in Long Melford

On **6th June** this year there will be commemorative celebrations and events throughout the nation to mark the **80th anniversary of D-Day**, the World War II operation that landed 160,000 troops in northern France to begin the Invasion of Normandy. A number of events and activities will be taking place in Long Melford:

- At **10.00am** Year 6 pupils of Long Melford Primary School will be joining visitors and volunteers at the **Good Neighbours/Friends of Long Melford Library Coffee Morning** (in the Old School) to hear tales of life in Long Melford during the war.
- Then from **10.30am to 4.00pm** there will be a **display of WWII and D-Day articles and photos** at the Old School.
- From **7.00pm**, everyone is invited to come for a **Picnic on the Top Green**.
- At **8.45pm**, Revd Matthew Lawson will lead a **Service of Remembrance** around the Beacon on the Top Green.
- At **9.15pm**, in unison with towns and villages across the UK, the **Beacon Lighting** will begin.

Our aim throughout the day is to bring to life the stories and memories that the people of Long Melford have, through a trail that children and adults alike can enjoy. Wartime was hard for everyone, but there were also beacons of hope, tales of joy and laughter and the village survived, pulled together and shared new experiences.



Do you have memories or memorabilia from that time that you could share? Maybe you have listened to stories from your grandparents of how the village was. This is your opportunity to make sure that these are remembered and kept alive for the next generation. Please contact us via email (communitylmrbl@gmail.com) or feel free to drop letters and photographs into Breakout by 3rd June.

Here Elisabeth Hyde Parker (aunt to Sir William), who was living at The Grange (now Conduit House) during the war due to the Americans taking possession of Melford Hall, remembers D-Day with great pride:

"I was only six and not allowed to leave The Grange, but I remember sitting at the nursery window (above the front door) which is opposite the top gate (now the coach entrance) of Melford Hall. There was a huge fire on the Green to celebrate the success of D-Day, and I remember the men and guards running from the house and park to the Top Green, with petrol cans on their shoulders to add to the fire. The fire was huge and took up most of the Top Green. There were guards on the entrances to the Hall and Park."

Evacuees from the East End of London that had been sent to Melford arrived on a train from Sudbury and a good lady brought them all to Long Melford. The Hyde Parker family took in Kenny, a young boy, and his mother. Kenny stayed with them for quite some time, while his mother went back to London.

"One day, we took him in the horse and cart to Spelthorn and Lineage Wood. Kenny got greatly upset on the journey and when in the wood was terribly distressed. On our return, he seemed fine. When we asked what the matter was, he said that he had never been anywhere without houses before."

Kenny joined the army and when he was 18 returned to Long Melford to visit the Hyde Parkers.

Elisabeth Hyde Parker remembers the American colonel who was living at Melford Hall during the war coming to visit them at Conduit House. He asked for Richard and Elisabeth to come and meet him, and he presented them with popcorn. As soon as he had left, they raced into the kitchen and put it in the frying pan, which caused great excitement, as this was the first time they had ever had popcorn.

"I also remember being offered bananas. At this point in my life, I had only seen cardboard cutouts of bananas hanging in the greengrocers in the village. There was a great feeling of anticipation until the colonel produced a tin box, which contained only dried bananas."

It was a few more years until real bananas made it to Long Melford!

Community Matters

Melford's Circular Walk Leaflets

Back in 2020 a small team from the Parish Council and Neighbourhood Plan Committee designed and created our five circular routes. It's amazing to think we've now had another print run which takes it to 17,500 leaflets!

The walks vary in distance from 1.5 miles to 7 miles, so something to suit all. Each leaflet contains detailed route instructions and also covers particular points of interest along the walks. The walks are sponsored by local businesses and we're delighted that Walk 3 has become 'The Black Lion Walk' and we thank Indigo Ross for sponsoring it up until now.

The walk leaflets are stocked in our three walking hub phone boxes, on Hall Street, outside The Hare Inn and at Bridge Street. They can also be found in Holy



Trinity Church and in addition you can scan the QR codes on the Village Hall or Parish Council websites and download the walks to your phones. It's great seeing so many people clutching a leaflet and enjoying one of the great walks in our village.

Off the Shelf – News from Long Melford Library

Reading Quest

This summer, we're inviting all 2-12 year-olds to take part in our free Reading Quest and try new activities and experiences that remind them of the joy of reading for pleasure. There are plenty of ideas to keep your kids reading and having fun over the summer, from building a reading den, visiting a library in Suffolk you haven't been to before, or recommending a book to someone else!

Whether your child is a reluctant reader or always has their nose in a book, there will be something for everyone. There will, as always, be activities throughout the summer holidays at Long Melford Library, prizes each week, a chance to catch up and chat with our friendly volunteers, and a party to celebrate at the end of the summer. We can't wait!

Nick's Picks

Our friendly Long Melford Library Manager, Nick Castell, shares his book recommendations:

If, like me, you are fascinated by all the tiny creatures that thrive in our gardens, parks and hedgerows, then take a look at **Extraordinary Insects** by Anne Sverdrup-Thygeson. The short chapters are perfect for dipping in and out of. Discover what makes dragonflies the best hunters in the natural world, why male bees never have a father but have a grandfather, and why Beyoncé has a species of horsefly named after her... Sverdrup-Thygeson takes us around the world, looking at the small lifeforms that play a surprisingly big role in complex systems everywhere.

For younger readers, there's a new comic book featuring everyone's favourite half-dog half-man superhero! In **Dog Man: The Scarlet Shedder**, our hero is exiled after being sprayed by a skunk and dipped in tomato juice. He teams up with his former nemesis Petey to save the citizens from a robot apocalypse. Hilarious and exciting, this is the twelfth book in the series by Dav Pilkey.

Both books are available in print from Suffolk Libraries and as eBooks on the Libby app, using your library card.

Is the tide turning in the war on litter?

The Melford litter pickers were delighted to be part of the Keep Britain Tidy 70th Anniversary Spring Clean. They contributed to the grand total of 425,626 sacks of rubbish that were collected throughout the country as part of that initiative.

Ten cigarette butt boxes have been obtained: many thanks to all the businesses who have agreed to have

one outside their premises, including the Co-Op, Budgens, The Swan, The Black Lion and The Cock and Bell. We hope this will help keep the village looking beautiful throughout the summer.

Also, huge thanks to Gareth Scrace from Conceptsigns Ltd. for turning the litter pickers' new slogan into eye-catching signs. Look out for these popping up over the next few weeks!

What's On IN LONG MELFORD 2024

The village hall was buzzing on 17th April as around thirty participants prepared for the inaugural 'What's On In Long Melford'.

This is a new annual event for the village, showcasing all the groups and societies Melford is lucky enough to host.

The event was created to link up groups needing more volunteers and those wanting to find out what's going on locally; everything from bell ringing to a toddler group and a walking club. If you are new to the area, this is a great opportunity to get involved.

Interest was shown in quite a few of the societies present, including the sport clubs, WI and Arts Society. Despite this, sadly the Silver Band went home without the trombone player they were hoping to find!

If your group would like to join us next year, or if you have any suggestions/feedback, please drop us a line at <https://mylongmelford.co.uk/contact-us>.



Village Fete Cancelled

It is with great regret that unfortunately the 2024 village fete due to be held on the 13th of July has to be cancelled.

From October 2023, there has been a considerable amount of rainfall resulting in the fete field being flooded. Although every effort has been made to try and ease the water currently sitting in this field, there is just not enough time to achieve this before the fete.

Unfortunately the weather gods have just not been on our side this year. Our hope is that over the summer we are able to reduce the water retention in this area and the fete will return in 2025, on the 12th July.

We appreciate that this is a huge disappointment to the charities in the village, as we know this is one of the major fundraising events. We are looking at other opportunities that we can give you to ensure that you can achieve your targets.

We look forward to seeing you all in 2025.

Amy Hyde Parker

Working Men's Club Darts

The Brian Stringer Tribute Trophy Darts Match has become an annual event and was held again on 27th April at the Ex-Service & Social Club. There was a fantastic turnout and the night was a great success.

There were a whopping 64 entries and over a total of five rounds lasting about six hours, the match reached a nail-biting finale. Congratulations to the winner, Wayne Bugby, and to the close runner-up, John Farrance.

A total of £1,600 was raised at the event and this amount will be split equally between St Nicholas Hospice and The Brain Tumour Research Charity. We'd like to thank Nethergate Brewery for donating a cask of ale, the proceeds of which went towards the evening's fundraising.

A huge amount of organisation goes into putting on this event and the Club and Brian's family would like to thank everyone who helped out, making it a very enjoyable evening in aid of two worthy causes.

Next year's competition will take place on Saturday 26th April 2025, and everyone is looking forward to another great fundraising evening!



Community Matters

Good Neighbours

The Long Melford Good Neighbours Scheme and Friends of Long Melford Library Coffee Mornings continue to be jolly and sociable sessions for many villagers – both those who make their own way there and others whom the Good Neighbours drivers bring.



On **Thursday 6th June**, we will be joining in with events for D-Day by welcoming children from the primary school. They will be enjoying some wonderful homemade cakes and have the chance to chat with residents about their memories of village life in days gone by.

If you would like to join us, or know of someone in the village who might, please feel free to come on alternate Thursdays in the Old School or give us a ring on 07504 249179 and we will get back to you.

We always love to have new members joining the team for various roles or tasks.

Taste of East Anglia

New Name – Same Great Event and Venue

Following the great success of Taste of Sudbury last year, when it welcomed over 4,000 visitors, the festival returns to Kentwell Hall on **15th June from 10.00am to 5.00pm** (see advert right) with a new name that reflects its substantial expansion.

Justine Paul, a director of Taste of East Anglia, notes “The festival has become a significant event celebrating local food and drink and showcasing many of the best producers from across the region. This, coupled with the fact that our visitors are now travelling from as far as Cambridgeshire, London, Norfolk and Essex, meant that it was time to change the name. We are also thrilled to welcome one of our finest local companies – Mauldons Brewery – as one of the main sponsors.”

“Kentwell Hall is an ideal location, providing free parking and plenty of space for the festival’s wonderful selection of street food, its huge range of artisan food, drink and craft stalls, a fabulous Kitchen Theatre stage (with cooking demos and lots of free tasters!) and a kids tent with free activities. Children can let off steam while parents chill on a picnic rug – all with Kentwell’s stunning Tudor mansion as a backdrop.”

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www.tasteofeastanglia.co.uk

Holy Trinity Matters

THINK again ...

Six years ago, I wrote a short article about emails sent in the heat of the moment. Recently I was reminded of the THINK acronym which I then recommended. After a church service for our district councillors a few weeks ago, many commented on just one of the points in my address: I had referred to the hurt and discouragement people can feel from poisonous social media comments. I was shocked to learn how many councillors have been seriously affected by online abuse. Surely, it cannot be good for those in public service to operate in fear of unreasonable online criticism? Furthermore, it is not only councillors who receive this kind of treatment – many of us know what it feels like.



So, to guide both our emails and social media posts, here it is again ... THINK!

- T** – is it True?
- H** – is it Helpful?
- I** – is it Inspirational? (often the most difficult)
- N** – is it Necessary? (phone calls can be better)
- K** – is it Kind?

This does not mean we have to agree with everyone – in fact respectful debate and disagreement is a healthy thing for society. Nevertheless, Jesus set a high standard of loving our neighbour... even saying that we should pray for our enemies! Part of this is not putting on social media something that we would not say face to face... or indeed before God.

Rev'd Lawson

Fancy a guided tour around our historic church?

The photo below shows a tour group at Holy Trinity Church, which was the starting point of an Easter walk to Bury by Kentwell Hall Tudor volunteers. With them is Holy Trinity guide, David Hamand, who told them about the church, its medieval windows and other treasures, including our special Clopton and Lady Chapels.

Holy Trinity wishes to encourage Melford residents to tour this 15th-century wool church, enjoying history in our midst. Guided tours last approximately one hour, with time for questions. There is a special offer, until 30th September: £5 per person (free for under-16s), rather than the usual £8 per person.

Why not gather together a group of 6 to 20 friends or family? On your own or a couple? Just ask us to join you to a bigger group. To arrange, please contact Jonathan Ewbank (jonathanewbank145@gmail.com).

Although the offer ends on 30th September, tours can be booked after that date.



A Leap of Faith

If, like me, you read through your copy of Melford Matters as soon as it hits your doormat, you might just be in time for the experience of a lifetime. Following last year's successful scaffold and tower tours, Holy Trinity church is aiming higher still – sponsored abseiling!

This three-day event (25th-27th May) is run by 1st Long Melford Scout Group, with proceeds going to the church's fabric and maintenance fund. Participants aged 10 years and above – including our intrepid rector – will experience an adrenaline buzz like no other, combining stunning views of our beautiful village with the thrill of stepping over the edge of the tower and descending nearly 118 feet!

For last-minute bookings, contact Lynda Badger at lyncarvell@hotmail.com. Even if you don't have a head for heights, please come and support these fearless folk. Refreshments will be available on terra firma and for the younger children, a teddy zip wire will allow their favourite furry friend to take part in their own adventure.

If, however, you're reading this at your leisure, having enjoyed the other May Bank Holiday weekend activities in Long Melford – the LeeStock music festival and Open Gardens will also be in full swing – this might explain the bizarre spectacle of people apparently walking down the side of the church tower!

Judi Moss

Holy Trinity Matters

A Memorable Quiz

On Friday 26th April, the Village Hall was absolutely packed for a quiz organised by the Stained Glass

Fundraising Team. We have put together many successful events, but I think that of all of them this was the most joyful. Many thanks to all who came and to those organising behind the

scenes (Deborah, Ian, John, George and Amanda). Together, we raised the roof. It was a truly awesome community event, bringing together people from all parts of the village (and even some foreigners who had travelled to join in with the Long Melford spirit).

Guy Swindells worked his magic on the mic, Simon Edge worked like a computer to tot up the scores and Mary MacDonald, Fiona Swindells and Louise Pollock served up a fabulous meal. We were oversubscribed; if we ever work up the energy to do it again, book early. We also raised nearly £3,000 for the stained glass restoration project. Our next event will be teas at Mansel Hall for Open Gardens on 27th May. See you then!

Sally McDonald

P.S. We need more volunteers: please contact me (sally@legalside.co.uk) if you'd like to join us.



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Melford Music Returns

Melford Music is excited to be back in its 32nd year. We have booked all of our artists and are looking forward to this season's programme and also to the tasty light bites that our ladies prepare!

The season opens on 5th June with Marianne Olyver and her Electric Alchemy, which should be a wonderful start, and the following week we welcome CheGO, the Chelmsford Guitar Orchestra. Other highlights include a recital by international concert pianist Roman Rudnytsky, and music by wind trio Serendipity.

We are so pleased that our Facebook group has grown from just 40 to 170 viewers and that not only are the concerts sponsored by local businesses and the Arts Society Stour Valley, but we also have eight adverts in the programme!

We will be delighted to welcome lots of familiar faces and many new ones every Wednesday this summer, as you enter the historic building of Holy Trinity Church, Long Melford for the recital at 1.10pm.

Jilly Cooper

MELFORD MOVIES

Many thanks to everyone who attended our screening of *Calendar Girls* as part of the Melford WI Ladies Night. The event raised over £350 for St Nicholas Hospice Care. Melford Movies will be returning for another sensational season on the second Friday of each month from August through to March. We will have our usual selection of wine, soft drinks, ice creams and confectionery for you to enjoy before the film starts and during the interval. The proceeds from our fantastic raffle will be donated each month to a different local charity or good cause – thanks to your generosity during the last season we raised over £650.

We're currently drawing up a shortlist of films to include in the programme and on 14th June we will hold our 'Trailer Night': Come along and enjoy a complimentary drink and snacks whilst we show the trailers for our shortlist and vote for your favourites.

If you're interested in joining the team, would like to nominate a good cause for the raffle, have a film suggestion, or would like to join our email list to receive regular reminders for our screenings, please contact us (melfordmovies@icloud.com). We'd love to hear from you.

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Monday 27th May – Saturday 8th June 9am – 6pm
Sunday 9th June 12noon – 4.30pm

FREE ADMISSION

www.suffolkartsociety.co.uk



More Musical Delights

On **Saturday 22nd June at 7.30pm** the **Ely Consort** chamber choir, conducted by **Matthew Rudd**, will be performing a programme of classic and contemporary choral music in Holy Trinity Church. Highlights include music by Bach and Brahms, beautiful compositions by Elaine Hagenberg and Morten Lauridsen, and an entertaining modern piece by Ola Gjeilo.

For Jonathan Dove's incredible modern masterpiece 'The Passing of the Year', the choir will be accompanied by outstanding pianist **Anne Reece** who will also perform some solos to complement the programme.

Tickets are £15 (under-18s free) on the door or in advance from the church shop, Café Hygge and Ivy & Bond. Do head along and enjoy this programme of wonderful music, sung in a stunning venue by a great choir!



MELFORD FORGET-ME-NOTS

Don't forget **Long Melford Open Gardens** on **Monday 27th May**. Tickets can be purchased at any of the participating gardens – look out for the yellow sunflower signs!

On Saturday 31st August, from 1.00pm to 4.00pm, the Barleycombe residential care home on Sudbury Road is holding a 'Barleyfest'.

A fire engine and a police stand will await visitors, who will be able to take a chance on a tombola and a raffle, visit games and craft stalls and Nethergate's bar, and listen to five-piece Sudbury band Route 66 as they play their favourite rock and soul tunes.

If you'd like a stall (the fee is £5), please contact michelle.filmer@lifeways.co.uk or shannon.sainsbury@lifeways.co.uk.

Long Melford Hospital (Almshouse) Vacancy

A residence is available for an elderly person of good character who is in need and who was born in, or is resident in, any of the following parishes: Long Melford, Glemsford, Stanstead, Shimpling, Alpheton, Lavenham, Acton, Chilton or Sudbury.

Preference must be given to elderly men of good character, who are in need and who were born in or who are inhabitants of the area of the Ancient Parish of Long Melford.

Apply for details to **Helen Brabner, Clerk to The Trustees**
email: longmelfordhospital@gmail.com tel: 07920 002057

Reg. Charity No. 242946



Be sure to visit **Nethergate Brewery** on **Saturday 13th July** for some amazing Thai food and noodles.



From **12 noon to 8.00pm** My **Thai Chef Melford** will be cooking up a storm and donating a generous 40% of takings to **St Nicholas Hospice Care**. Not just amazing food but also Thai dance, music, a DJ, beer, spirits and a raffle. Don't miss out!

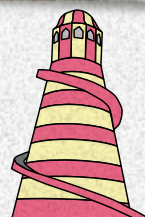


Long Melford Village Memorial Hall AGM

The village hall is a registered charity (number 304917) run by a management committee of volunteers. The charity's **Annual General Meeting** will be held at the hall on **Wednesday 17th July at 7.00pm**. All residents of the parish of Long Melford are invited to attend. As well as hearing about the Committee's activities in 2023/24 and our plans for the future, residents will be able to vote on the appointment of members to the committee and on any other resolutions laid before the meeting.

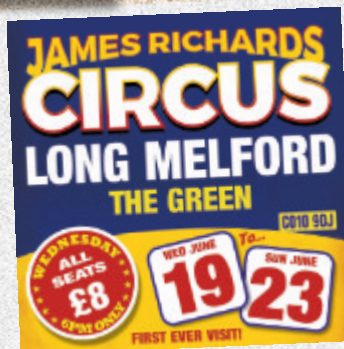
Under the charity's constitution, six local organisations are entitled to appoint members of the committee, and a further five members are elected at the AGM. If you would like to stand for election to help run a busy, thriving village resource for the benefit of your fellow residents, please contact the current chair of the committee, Phil Buck, by emailing chair.lmvmh@gmail.com.

The **Funfair** will be back on the Green from **Thursday 30th May to Sunday 2nd June**.



The **James Richards Circus** will be visiting Long Melford from **19th to 23rd June**. Their Big Top will be on the **Green** where their acts and entertainers (no animals) will deliver their 'very own blend of comedy, thrills, spills and glamour' in performances at

6.00pm Wednesday to Friday, 2.00pm and 5.00pm Saturday and 2.00pm Sunday. Tickets are £8 per person on Wednesday, £9 on Thursday, and thereafter £12 for adults and £10 for children and seniors. See jamesrichardscircus.co.uk for details and to book in advance.



Diary Matters

MAY	TIME	EVENT	VENUE
Sat 25th–Mon 27th		Sponsored abseiling	Holy Trinity
Mon 27th	10.00am to 5.00pm	Long Melford Open Gardens	
Thu 30th–Sun 2nd		Funfair	Upper Green
JUNE			
Saturday 1st	9.00am to 1.00pm	My Long Melford Farmers & Makers Market	Old School
	doors open 7.00pm	Live Music – Pete George – £5 cash entry on door	Stoneylands
Wednesday 5th	9.00am to 3.30pm	Antiques Fair	Village Hall
	1.00pm to 2.00pm	Melford Music	Holy Trinity
Thursday 6th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
	10.30am to 4.00pm	Display of World War II and D-Day Articles and Photos	Old School
	7.00pm	Parish Council – Full Meeting including Planning	Old School
	7.00pm	D-Day Picnic on the Green	Upper Green
	8.45pm	D-Day Service of Remembrance	Upper Green
	9.15pm	D-Day Beacon Lighting	Upper Green
Wednesday 12th	1.00pm to 2.00pm	Melford Music	Holy Trinity
Thursday 13th	7.30 to 9.30pm	LM Women's Institute	Bull Hotel
Friday 14th	8.00pm	Folk & Acoustic Club	Cock & Bell
Saturday 15th	8.30pm till late	Louie's Disco	Working Men's Club
Wed 19th–Sun 23rd	6.00pm	James Richard Circus	Upper Green
Wednesday 19th	11.00am to 12 noon	The Arts Society Stour Valley	Village Hall
	1.00pm to 2.00pm	Melford Music	Holy Trinity
Thursday 20th	10.00am to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
Fri 21st–Sun 23rd	All weekend!	Summer Solstice Festival at Nethergate Brewery & Distillery	Nethergate
Friday 21st	from 7.00pm	Mediumship Evening with Sue Breen	Stoneylands
Saturday 22nd	7.30pm	Ely Consort Chamber Choir	Holy Trinity
Wednesday 26th	1.00pm to 2.00pm	Melford Music	Holy Trinity
Thursday 27th	1.45pm	Long Melford Litter Pickers	
Sat 29th /Sun 30th	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
Sunday 30th	9.00am	Car Boot Sale - 8am sellers £5 for car pitch, £10 for van pitch	Stoneylands
	10.00am	Long Melford Litter Pickers	
JULY			
Wednesday 3rd	9.00am to 3.30pm	Antiques Fair	Village Hall
	1.00pm to 2.00pm	Melford Music	Holy Trinity
Thursday 4th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
	7.00pm	Parish Council – Full Meeting including Planning	Old School
Saturday 6th	9.00am to 1.00pm	My Long Melford Farmers & Makers Market	Old School
Wednesday 10th	1.00pm to 2.00pm	Melford Music	Holy Trinity
Friday 12th	8.00pm	Folk & Acoustic Club	Cock & Bell
Saturday 13th	10am to 3.30pm	Book Fair – Quality second-hand/out of print books	Village Hall
	8.30pm till late	Live Music - Route 66	Working Men's Club
Wednesday 17th	1.00pm to 2.00pm	Melford Music	Holy Trinity
	7.00pm	Village Hall Committee AGM	Village Hall

Diary Matters

JULY (CONT.)

Thursday 18th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
Saturday 20th	2.00pm to 4.30pm	Mid Anglia Alpine Garden Society	Village Hall
	2.00pm to 4.00pm	Flower Workshop - Anne Brown - www.justanneflowers.co.uk	Old School
Wednesday 24th	1.00pm to 2.00pm	Melford Music	Holy Trinity
Thursday 25th	1.45pm	Long Melford Litter Pickers	
Sat 27th/Sun 28th	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
Sunday 28th	10.00am	Long Melford Litter Pickers	
	9.00am	Car Boot Sale - 8am sellers £5 for car pitch, £10 for van pitch	Football Club
Wednesday 31st	1.00pm to 2.00pm	Melford Music	Holy Trinity



Melford Matters is a not-for-profit community initiative funded through advertising and donations. It is produced and distributed by volunteers. Accounting and other support is provided by the Village Hall Committee, but editorial decisions and any opinions expressed are independent of the Committee. The magazine welcomes contributions from everyone in the village. For further information please refer to the Long Melford Village Hall website, longmelfordvillagehall.co.uk/melford-matters, or email us at content@melfordmatters.org.uk, or the advertising team, advertising@melfordmatters.org.uk. Printed by Indigo Ross Design and Print Ltd.

REGULAR EVENTS AT LONG MELFORD VILLAGE MEMORIAL HALL

Monday	9.30 to 10.30am	Strollercise – Marina St Leger – www.strollercise.co.uk – 07917 333712
	11.15am to 12.45pm	Song Circle Choir for Women – Anna – 07957 484812
Tuesday	10.00 to 11.00am	Pilates – Michelle Cowcher – michellecowcher@gmail.com
	2.30 to 4.00pm	(4th Tues) Lecture Series – Suffolk Family History Society (Sudbury)
	6.00 to 8.00pm	Bounce – Jules Cooper – www.bookwhen.com/bouncelongmelford
Wednesday	2.00pm to 4.00pm	(2nd Wed) Tea & Tech – Communities Together East Anglia – 01449 707030
	10.30am to 12.30pm	(3rd Wed) Lecture series – Arts Society of Stour Valley
	10.30am	(4th Wed) Film Club Lectures – www.filmclublectures.co.uk
Thursday	9.45 to 11.30am	Mum & Tot Fitness – JTD_fitness – jo.h.thornley@gmail.com
	2.00 to 4.00pm	(1st and 3rd Thurs) Indoor Kurling – Drop in for a free taster session
	6.00 to 8.00pm	Bounce – Jules Cooper – www.bookwhen.com/bouncelongmelford
Friday	9.30am to 12.00 noon	Baby Ballet – sudbury@babyballet.co.uk – 07580 693747

REGULAR EVENTS AT LONG MELFORD OLD SCHOOL

Daily	See website	Yoga Studio – Clare Turner – www.longmelfordyoga.co.uk – 07377 068885
Monday	Mornings	(1st Mon) Photography Group – Derek Challis – 01787 373738
	12.30 to 2.30pm	Card making – Pauline Andow – 01787 228790
	5.00 to 8.00pm	Slimming World – Vicky Stebbings - vickystebbing@gmail.com
Tuesday	9.00am to 1.00pm	Upbeat (Heart Support Group) – Hilary Neeves – 01359 232678
	1.30 to 4.00pm	U3A Art – Vernon Lever – 01787 310511
	5.45 to 7.15pm	Yoga with Clare Turner – clareturneryoga@gmail.com
	6.00 to 9.00pm	Sophia Paper Kite Yoga – Sophia – 07968 165185
Wednesday	10.00am to 12.30pm	Life Drawing – John Garbett – 01787 378798
	10.00am to 12.30pm	(3rd Wed) Good Grief Bereavement Support – june@ggbereavementsupport.com
	3.00 to 5.00pm	Friendship Dancers – Robin Hart – 01787 269613
	7.30 to 9.30pm	Silver Band – Mike Murkin – 01787 312605
Friday	7.00 to 8.00pm	Contemporary Dance – Maddie Cottee – 07719 034950 – maddiecottee21@gmail.com

PTO for regular events at Stoneylands and at the Library →

Diary Matters

REGULAR EVENTS AT STONEYLANDS (LONG MELFORD COMMUNITY SPORTS TRUST)

Monday	7.00 to 10.00pm	Bingo age 18+ all welcome, no need to book
Wednesday	10.00am	Men's Shed – Colin – sudburymensshed@gmail.com – 07772 870052
Thursday	7.00 to 7.45pm	Strictly Swing – Swing Jive – Complete Beginners – Sarah Buldock 07956 614824
	8.00 to 8.45pm	Strictly Swing – Swing Jive – Improvers – Sarah Buldock 07956 614824
	9.00 to 9.45pm	Strictly Swing – Lindy Bop – Improvers – Sarah Buldock 07956 614824
Friday	7.30 to 10.30pm	(Last Friday) Pete the Feet – 50s music, free jive and stroll tuition – Pete 07974 201878
	8.00 for 8.30pm	(First Friday) Bygones – Beverley Walker – beverleyjdring1@gmail.com
Sat/Sun	Call for details	Colts and Fillies Junior Football – Ian Ambrose – 07970 384576
Sunday	Call for details	LM Veterans Football – Dan Bull – 07925 867247
	8.00am (Sellers) 9.00am (Buyers)	(Last Sunday) Car Boot Sale - £5 cars, £10 vans
	7.00 to 7.50pm	Strictly Swing – Balboa - Sarah Buldock 07956 614824
	8.00 to 8.50pm	Strictly Swing – Collegiate Shag - Sarah Buldock 07956 614824

REGULAR EVENTS AT THE LIBRARY AT ST CATHERINE'S CHURCH

Tuesdays	2.30 to 3.00pm	Wordplay (Tot Rock and Baby Bounce)
Wednesdays	2.30 to 4.00pm	Top Time
Saturdays	9.30am to 12.30pm	Family Crafts and Lego Club

If you would like your activity or event listed here, let us know the details by emailing content@melfordmatters.org.uk. Details for August/September need to reach us by **1st July**.



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Weaving Matters

Let's Get Weaving

As you may know, woven cloth brought enormous wealth to East Anglia in the Middle Ages and Melford is still known today as one of the wool towns. What you may be surprised to learn, however, is that the ancient craft of hand weaving has not died out, it is alive and well and being practised in Long Melford today! The medieval technology which lay behind the village's past prosperity is still being deployed now by Barbara Milligan. She has lived in Melford for over 50 years and for several decades enjoyed a career as a designer in the internationally renowned Sudbury silk industry. Her background in the arts and textile design made her ideally suited to the Gainsborough Silk Weaving Company, whose design director she eventually became. For her current designs, she takes her inspiration from nature where possible, although in her professional life she was working to the client's specification. Fabric she has reproduced to order can be seen in many royal residences to this day, including Windsor Castle and Buckingham Palace. She was pleasantly surprised on a recent visit to Kensington Palace to recognise curtain fabric she had reproduced some years earlier still hanging in one of the state rooms.



Photo: Holly Jones-Warren

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In the early 20th century, the first power looms were introduced but, since her retirement, Barbara has continued to weave her own designs using an antique loom inherited from her mother. This is a wooden construction and relies on manual effort to throw the shuttle across to weave each line of fabric. She says that there is very little to go wrong with it, but it is clearly lovingly cared for. Barbara describes the process as "very hands-on but fascinating". It takes several hours to thread the loom fully before weaving can commence. All-natural fibres are used, including wool from Yorkshire and a range of other yarns sourced from a specialist supplier in London. Apparently, everyone asks how long it takes to produce an item and, as weaving is one of several hobbies, that means that it will take several months to produce enough cloth for, say, a jacket. Her practice is to weave a sample piece of any new design and fabric and assess it before commencing on the larger task of creating a usable



Photo: Holly Jones-Warren

quantity of that design. Her designs are then turned into pashminas, hand towels, table napkins and clothing fabrics. Some yarns are dyed with natural dyes, and all are unique.

Barbara has a most interesting book in the pipeline entitled *Silk: the stuff of legends. A personal journey*. We will let you know as soon as this is available, as it promises to be a fascinating read. It is an amazing thought to realise that the technique and skills employed by Barbara are exactly those in use in Melford 500 years ago.

Nature Matters

Country Park and Melford Walk News

How lucky are we to have two Nature Reserves in Melford! The Melford Walk, former railway line, and the Country Park are both leased to the Parish Council. There's a Nature Reserves Working Group made up of four Parish Councillors and we have a team of volunteers who look after both reserves, following the detailed Management Plans that are in place for each site.

The Country Park is flourishing and over the last few years the recorded breeding bird surveys show a good increase in species and breeding pairs. Our birder experts, Cliff Dark and Jonathan Ewbank, took another eager group round the park early in the morning on the first May Bank Holiday to help identify birds through their song. These sessions have been very popular and a great way of getting people involved in nature.

During the spring and summer months, not a lot of work happens on the reserves, apart from grass cutting, park equipment maintenance and carrying out bird and flora surveys. Most of the hard work goes on in the autumn and winter months, outside the bird breeding season, and we have work sessions getting on with scarifying set-aside areas for wildflowers, ditch maintenance, tree maintenance etc. If you'd like

to join the Park Friends or the Melford Walk Crew, please contact me, as we are always happy to welcome new members. It's an easy pop in/pop out type of volunteering and you don't have to attend all the sessions, just as and when you fancy it.

Little Woodland Tribe nursery is going strong in its third year now at the Park, and it's lovely seeing the children learning in such a natural environment. We love hosting the nursery and I'm sure the parents are very glad to find their children happily tired when they are collected!

An update on Jenny Wren's Café

Due to ill health, Janet Munro had to take the very hard decision to close Jenny Wren's permanently. Janet has delighted so many over the years with her delicious home-baked cakes and scrummy lunches, all delivered with cheer and kindness. Janet made sure she was up bright and early to provide breakfasts for the birdsong walk participants over the last three years as well. We're terribly sorry that the café has closed and wish Janet the very best and a speedy recovery.

We're very pleased that Mr Whippy is in the park every morning, except Wednesdays, providing hot and cold drinks, bakes and of course ice creams!

We hope you continue to enjoy our nature reserves!

Lisa Tipper

Chairman of the Nature Reserves Working Group
tipperl@longmelford-pc.gov.uk



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The Over-60s Club held an Easter Bonnet co





Thanks to the Long Melford Fire Service volunteers for putting up six more swift boxes this year
Photo: Chris Ford

Welcoming Nature into Long Melford

As I write this at the end of April, the first swifts have been seen in Suffolk. These early returning birds will have established nests, either in roof spaces under eaves or in nest boxes provided by caring homeowners. Their young from the previous years will be nesting this year and we're hoping that they will make use of the nearly 80 boxes we have put up in the village in the last two years – six more this year. Sadly, a debate in Parliament to make swift bricks compulsory in new homes was rejected, but there are many swift action groups working with developers.

Swifts' numbers have declined dramatically, partly due to lack of nest sites and partly due to the decline in the insects they feed on. Related species, swallows and house martins are similarly in decline, so if they utilise your house or outbuildings, please welcome them. If you aren't sure which bird it is, look at 'How to identify swifts, swallows and house martins' on www.wildlifetrusts.org. It would be such a shame for our children and grandchildren not to be able to see these high-flying icons of summer.

Those of you over 50 will recall car journeys when the windscreen became covered in insects. This is no longer the case. It's a symptom of the severe decline in insects. In Melford, we are working with Babergh

District Council to try to do something about this. We are creating more wildflower areas and planting trees to support more insects, which in turn should help birds and bats. As you walk around the village this summer, we hope you will enjoy the sight of more wildflowers, more butterflies and the sound of more birdsong.

We need to do surveys each year to establish the range of biodiversity in our nature reserves and other new wildlife areas. If you'd like to join us, we'll be meeting at 7.00pm on Thursday 13th June to do a plant survey along the Melford Walk. No expertise is needed but you will need a smartphone as we use plant identification apps. Please contact me if interested.



Jane Burch
jane_burch@yahoo.co.uk

mpetition which drew some fantastic entries.



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Gardening Matters – Notes from the potting shed

You know how we love to promote cost-effective gardening with this column and this month is no exception. With the cost of all gardening products seeming to go in the wrong direction, please do consider making your own feed for your plants this summer. As plant material decays, it releases its stored nutrients and this process can be harnessed to make feed by steeping the plant material in water.

It really couldn't be simpler: all you need to do is gather a bundle of comfrey leaves (nettles will do just as well) and chop them roughly into a bucket or container with a lid. Cram them in, fill the container to the brim with water and seal with the lid: this is an important element as the fragrance from the decomposing material is not pleasant. Within two to three weeks, you should have a greenish liquid. Discard any remaining leaves and slimy material on to the compost heap, of course, and your feed is ready to use. To avoid overdosing your plants, your feed should be watered down: allow about one jam jar of feed to a watering can of water or a ratio of about 1:10. Comfrey feed is a great source of the three main elements plants require: potassium, nitrogen and phosphorus, all provided organically and at no cost!

The odour from the liquid feed is so strong, however, that we happen to know that there is an experiment underway at the allotments to see whether soaking peas in it before planting will mask the pea smell and fool the mice into leaving them to grow undisturbed. We will report back on whether this technique has been successful in a future issue.

We also had a query about pruning magnolias, one of the most stunning early summer sights in Melford. Our recommendation is to prune in July, taking no more than is necessary. Remove diseased, dead or damaged stems and make sure you cut to a leaf or branch so there are as few open wounds as possible.

By the way, did you realise that you can start planting your potatoes for Christmas from July onwards? Shocking as it seems to mention Christmas now, varieties like Nicola or Maris Piper planted in mid-summer should be absolutely perfect for any mid-winter feast.

Please do keep sending your queries and tips in to gardening@melfordmatters.org.uk.

Happy Gardening!



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Business Matters

Welcome to a new business

In May, Melford welcomed Holly Bullock Hair Studio to the building which was once the Cross Keys pub and, more recently, a salon. Holly is Melford born and bred and began her hairdressing career with an apprenticeship in the village, followed by training at the L'Oréal Academy in London. Now a global ambassador for a UK-based colour house (NXT Hair), she has undertaken extensive promotional work for them and taught hair colour masterclasses to train other hairdressers. At the new salon, there will be a wide range on offer including cutting, hair extensions, keratin smoothing treatments and Holly specialises in blonding, balayage and colour services. She says that "there really is no better reward than someone leaving your chair, feeling happier and more confident than they did when they arrived." Holly's salon has a warm and welcoming ambience with a homely but professional feel, so that clients can feel relaxed as they are pampered and treat themselves. Holly is thrilled to have an opportunity to establish a business in her home village and Melford Matters wishes her great success with her new venture.



Mbloc gets shortlisted!

Innovative local building company Mbloc has been nominated in the 'Innovation of the Year' category by the national Modern Methods of Construction Awards, underscoring its commitment to inventive, sustainable solutions and excellence in quality and durability.

The fruit of over three decades in the construction industry with Long Melford-based Maple Building Services, the Mbloc concept stemmed from a deep understanding of traditional and emerging construction methods, and a keen awareness of the global challenges ahead.

Showcased on the acclaimed Grand Designs TV series, Mbloc's advanced building concept has gained

widespread attention for its forward-thinking ethos, which emphasises versatility, sustainability and a dedication to the environment, and allows construction in once-unsuitable areas.

By prioritising alternative materials, energy-efficient design principles, and renewable energy sources, the company minimises its projects' environmental impact.

Mbloc's eco-friendly, fully insulated buildings use materials such as steel frames and timber panels in a simplified manner, resulting in low running costs and an A-rated energy SAP calculation. Company founder Darren Howard hopes that with its unique concept and growing accolades, Mbloc will help guide the industry towards a greener future.



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Business Matters

Long Melford has a well-deserved reputation as an attractive destination. Our village is famous for its two stately homes, the many lovely places to stay or just eat, and a plethora of independent shops and galleries. Residents, of course, also benefit from this wide range of visitor services.

Less obvious to the casual visitor is that the village supports much more commerce than can be seen even if one walks the length of one of the most desirable villages in Britain. Loads of local people run successful businesses without a shop or office frontage. The diversity of services provided in this way is astounding. Here are just two examples of the many that we found following our appeal in issue 19.

The Master Builder – Brickology All Craft

Jeff Salmon, the founder and operator of Brickology All Craft, started out in the building industry as a 16-year-old before gaining City and Guilds Craft certificates in both brickwork and Advanced Craft and setting up his own business. Over 40 years, he has won awards for his work from both the Brick Development Association and the National Federation of Building Trade Employers. With long experience and a huge range of jobs and tasks under his belt, Jeff can handle any 'brickology' job.

A Long Melford resident for 20 years, Jeff has customers both local and far afield. The majority of his clients are homeowners, though he also has commercial customers.

Is 'brickology' a science, an art or a craft? Look through the photos on his website (<https://www.brickologyallcraft.co.uk/>) and judge for yourself. There is much design expertise on show, as well as construction ability.



Brickology All Craft undertake landscaping, patio/paving and bespoke brickwork – including pizza ovens!

The Artist and Maker – Edd Terran

Edd is a local artist who from a very early age developed a passion for art. Having won a place at the Southend School of Art, he dedicated three years to studying fine art, history of art, painting and drawing, calligraphy, photography, sculpture and graphics.

After a career in graphic design, working for advertising agencies and design studios, he launched his own design and film studios based in Long Melford, where he and his family made their home. These studios offered a variety of creative opportunities; designing campaigns, organising and directing photography, filming all over the country, painting theatre backdrops, and designing and building of film sets.

Volunteering for Suffolk WildLife Trust led him to become a craft woodworker and to a commission to help produce a gold-medal winning stand at the Chelsea Flower Show. An accomplished artist, Edd paints land- and seascape, still life, life size portraits and miniatures in a variety of styles.

He also runs regular art classes in Long Melford and a beginners' course to improve visual skills and teach drawing and painting in oils.



Visit Edd's website (eddterran.co.uk) to find out more about his work.

There are many local businesses looking for your support that market through the internet as well as, or instead of, having a high street presence. If you too have a product or service to market, remember the potential customers in your community. As well as a website, you need a social media presence (on Facebook or Instagram, for example) to promote locally.



Choccy, our Reading Dog

We are pleased to introduce you to Long Melford Church of England Primary School's newest member, Choccy!

"I usually don't like reading but when I'm reading to the dog it's better."
Malala Class (Year 4) Pupil

A brand new 'Reading2Dog' programme using our trained volunteer, Anna, and her companion dog Choccy, is now helping our children to improve their literacy, confidence and communication skills, and to increase feelings of well-being through a dog-therapy visit.



Reading to a dog appears to produce a more confident child and can help support well-being, self-esteem and school attendance. The dog provides comfort, encourages positive behaviour, motivates speech and inspires children to have fun.

"I felt excited when I knew he was coming." Malala Class (Year 4) Pupil

The programme also offers, where appropriate, informal coaching for children on how to respect and care for companion animals and be safe and less fearful when around unknown dogs.

This is an enjoyable opportunity for the children and something they can regularly look forward to. Choccy has had a calming effect on our children because he will listen to them read without being judgemental or critical.

Mrs Woolmer, our Headteacher, said, "Some of our children have benefited greatly from developing their confidence whilst reading with Choccy. We are really pleased that he and Anna have been able to join our team."

Long Melford Church of England Nursery and Reception classes are now giving tours to people who are interested in applying for a place for their children at the school during 2024 and 2025.

If you would like to come and have a look round the school, please contact the School Office on 01787 379929 or email office@longmelfordprimaryschool.co.uk.

Amanda Woolmer

New Sensory Equipment for LMPS

Friends of Long Melford Primary School (FLUMPS) were delighted to donate two new sensory 'light tables' to Long Melford Primary School recently. Clare Gordon, Chair of FLUMPS, said, "We hope these tables will enrich educational experiences and create opportunities for Long Melford's young students to thrive for many years to come".

The donation was made possible thanks to the support of the LMPS community, who have helped raise over £2,000 this school year through events such as the Autumn Fete, the enchanting Santa's Grotto during Festive Long Melford, and some lively school discos in October and February which added excitement to our calendar!

But our mission doesn't stop here. On 25th and 26th May we are running the ever-popular Family Area at LeeStock – an event that brings together music, laughter, and memories for all ages – and on 27th May we'll be serving delicious cakes and refreshing beverages on the Little Green (aka Policeman's Green) as part of the village Open Gardens event. Please come and say hello!

None of this would be possible without your help. Whether through volunteering your time, offering resources or providing sponsorship, every contribution makes a meaningful impact on the success of our events. Together, we can continue to make a difference in the lives of our children and the future of our community.

Thank you for being an integral part of our journey.



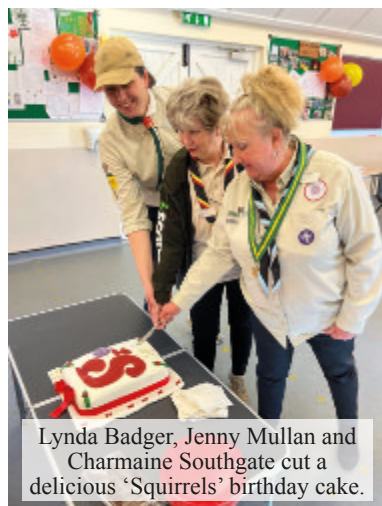
Saint George's Day Parade

Scouting returned on 15th April and we held a lovely celebration for Squirrel Scouts on their first day back, Friday 19th April, in honour of the group's second anniversary. It seems like only yesterday that we started, but our inaugural meeting took place on 1st April 2022!

There was another celebration on Sunday 21st April, when we held an afternoon parade in honour of St George's Day. This traditional occasion is one of a

limited number of events at which the entire scouting district, including Sudbury, Bures and Haverhill, gets together. Following the marching band at a stately pace, with Scout leader Graham Souch carrying the Union Flag, the Melford Scouts including the Squirrels led the parade.

During a service at Holy Trinity Church, several awards were presented and, although attendance was not as numerous as last year, all the Scouts impressed with their impeccable behaviour.



Lynda Badger, Jenny Mullan and Charmaine Southgate cut a delicious 'Squirrels' birthday cake.



18 young Squirrels played balance games, painted clay squirrels, modelled play dough and did colouring. Everyone had animal balloons and enjoyed some cake!



The Beavers ready to begin the St George's Day Parade



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Long Melford Heritage Centre – from the Iron Age to the 21st century

Since opening in 2012, the Heritage Centre has gone from strength to strength and in 2021 it was registered as a charitable trust (charity number 1196173). Located in the Long Melford Village Memorial Hall premises, the Centre has many artefacts and memorabilia on display alongside interesting information about Melford's past – from evidence of Iron Age settlement through to the village's contemporary history. If you're interested in the village's past, it's well worth a visit. It's open to the general public from April through to October on Wednesday (10.00am to 4.00pm), Saturday (10.00am to 4.00pm) and Sunday (12.00pm to 4.00pm). Entrance is free.

The Trust has recently been making much of its documentary collection available on its website (<https://melfordheritage.org.uk>). As well as a large collection of old photographs and postcards of the village, there are biographies and trees for over 350 Melford families from the early 19th century through to the Second World War, plus the personal memories of village life from long-standing Melford residents, and even sound recordings of interviews with locals dating back to 1972.

Particularly poignant, given the forthcoming 80th anniversary of Operation Neptune (the D-Day landings), is the Roll of Honour listing the 16 people from Melford who died in active service during the Second World War (on top of over 150 who died in the Great War). The Veterans' Gallery has photographs of 280 men and women who served in the armed forces. Other photo galleries include images of the Home Guard and Melford Volunteers.

Long Melford Home Guard on exercises



The Trust doesn't just display exhibits – it is actively involved in researching the village's history and collecting and preserving its heritage, for example undertaking archaeological surveys and digs, and communicating those activities through talks and presentations. If you'd like to support them in their work, by volunteering or by making a donation, please contact them by emailing enquiries@melfordheritage.org.uk.

Parish Council Matters

Parking Bollards

Phase 2 of the Parish Council's replacement of the wooden parking posts started the week commencing 7th May. This was later than we'd first advertised and was down to the Council's approved Highways contractor being delayed on other contracts due to the adverse weather over the last few months.

Country Park Toilet Renovation

The Council will soon be able to review and decide on a contractor to carry out the much-needed Country Park toilet renovation. This is another project the Council will be pleased to deliver, as the park is used by numerous visitors.

Cordell Road Play Area

For those of you who were unable to attend the 'What's On?' event (see p.6) or the Parish Assembly on 17th April, the Parish Council is now waiting on Babergh District Council's legal department to send a draft lease over for the Council to review and sign. This is the last piece in the jigsaw and, once the Parish Council are in possession of the lease for the play area, I can then place the order for the new equipment and move this project forward.

Litter Bins – You asked, we listened!

The Parish Council acknowledged that several, more prominent, bins in the village require more frequent emptying. Therefore, nine litter bins will be emptied twice weekly. The Council is hoping that some of the businesses that specifically benefit from these bins being outside their premises will help keep costs down and sponsor a bin.

Did you know that the annual cost of emptying all 41 litter bins and 15 dog waste bins in Long Melford is £3,864? Please do be mindful when placing litter in the bins and if the bin is full, could you put it in another bin or take it home with you to dispose of.

Let's help keep Melford litter free for all to enjoy.

Clare Lee, Parish Clerk



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Dr David Brandon, Clinical Lead, Unity Healthcare



David Pannell, Chief Executive, Suffolk GP Federation

As you may have heard, on 1st April the Long Melford and Lavenham surgery merged with Unity in Haverhill. The surgery is now managed by Suffolk GP Federation and I am the Clinical Lead for the combined practice. Recently, I had the pleasure of meeting the Long Melford Patient Participation Group along with the GP Federation's Chief Executive, David Pannell. This article is a summary of what David and I said at the meeting.

Who Are We?

Suffolk GP Federation is a community interest not-for-profit healthcare provider. We are owned by the GP practices in Suffolk. We run a range of clinical services including podiatry and GP Out of Hours. The Federation also manage Unity Healthcare, which is a large GP practice in Haverhill. Like Long Melford, Unity has faced many challenges but is now stable and is rated by the Care Quality Commission as Good.

Why Merge Long Melford/Lavenham and Unity?

General practice is under well-publicised pressures, including a shortage of GPs. Long Melford had specific challenges and could not continue as it was:

1. Dr Browning has indicated that he plans to retire and Dr Cross did not want to run the practice on her own. The practice was unable to recruit additional GP partners and no neighbouring practice wished to merge.
2. Well-publicised issues arose with the Care Quality Commission.
3. A gap existed between income from NHS and costs of running practice.

We agreed that the only way of retaining services was by a merger. The plan was to implement this later in

the year. However, in order to give certainty to staff, we accelerated the timetable.

Our Progress So Far

The practices formally merged on 1st April and are now known as Unity Healthcare. We have a combined senior clinical leadership team including Dr Browning under a single Care Quality Commission registration.

Crucially, we have now merged the two clinical systems, which allows the practice to operate as a single organisation and one team. We have already started to use new technology: for example new patients can register online via our automated system.

The Plan Going Forward

Although we have a significant list of actions, some things will not change. Most importantly, we will retain provision of services at Long Melford and Lavenham, and patients will not be expected to travel to Haverhill (and vice versa). However, over time some things will need to change. We will work with the Patient Participation Group before this happens. Any change will be communicated in advance.

The way services are delivered will evolve in the future. We can now offer blood tests at both surgeries and we plan to broaden the practice team to include greater use of pharmacists, paramedics and other roles.

In the future, we intend to work with your Patient Participation Group to expand the use of eConsult as the way to access services. We also want to expand the number of GP trainees in the surgery as they often stay when qualified. Finally, we will be starting improvement works to both buildings in the next few weeks, including (in Long Melford) fitting a defibrillator provided by the Parish Council.

We realise change is difficult, but a merger was the only option available to retain services at Long Melford and Lavenham. We have pledged to work closely with the Patient Participation Group and will communicate changes openly and honestly. Looking forward, the merged Unity will be much stronger and sustainable in very difficult times for Suffolk general practice.

Dr David Brandon

[Ed: More news in the next issue of the magazine.]

Health Matters

Patient Participation Group Welcomes New Practice

The PPG met with the new practice setup, Unity Trust. Unity Trust is owned by the GP Federation, a not-for-profit organisation.

The meeting was extremely positive, and we are looking forward to assisting in the rollout of innovative changes and enhanced services. Nothing will be changing immediately, and we have been assured that any changes will be for the benefit of the community and with the recognition of an older demographic in this area. The first task is to ensure that systems are integrated.

Please rest assured that both sites will remain open. Indeed, it is the Trusts' intention to upgrade the buildings in due course.

The PPG are pleased to be working with the new team.

Anne Hinds, PPG Chair

Brain Matters

A D-Day Quiz



1. What does the first D in D-Day stand for?
a) Deadline, b) Day, c) Dover
2. What was the Allies' campaign, that included D-Day, more commonly known as?
3. What was the official code name for the D-Day landings?
a) Operation Mincemeat, b) Operation Neptune, c) Operation Overlord
4. Injured airmen and troops from the D-Day landings, and prisoners of war, were treated at a nearby hospital. What was the hospital called? a) The 136th Station Hospital, b) H-Hospital, c) The Melford Station Hospital
5. This hospital was located between Long Melford and which other nearby village?
6. On what day of the week did D-Day take place?
7. Which two of these names are NOT D-Day landing beaches?
a) Gold, b) Silver, c) Juno, d) Omaha, e) Utah f) Sword, g) Sabre
8. Roughly how many allied troops landed in Normandy on D-Day?
a) 60,000, b) 160,000 c) 600,000
9. In 1944, whose orchestra briefly visited the aforementioned hospital on the outskirts of Long Melford, to play to injured airmen, staff and invited local people?
10. What was the originally planned date for the landings?

Answers on page 30.



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Sport Matters

Long Melford Cricket Club

The new season has just begun, despite one of the wettest winters ever leaving ground preparation very late. LMCC 1st XI have had a great start to the season, winning the first three games and losing one game to the weather.

LMCC played host to a Suffolk v Norfolk under-15 girls' match on Bank Holiday Monday 6th May. Suffolk, captained by LMCC's very own Lexi, did very well, bowling Norfolk out for just 112 but this was only part of the battle, with Suffolk finding themselves on 24 for 4 before the rain fell and the match was abandoned.



Adult members of the new women's softball team celebrate a great evening's training with a glass of Prosecco

In addition to the four adult teams (two playing on Saturday and two on Sunday, new members always welcome), the juniors – boys and girls up to 15 – are training every Thursday evening. Also on Thursdays, LMCC's first-ever women and girls' softball section, which has just been launched, meet at 6.00pm throughout the summer. Their first evening had a good turnout of nine, who all thoroughly enjoyed themselves and some also shared a glass or two of prosecco afterwards!

Over the next few months, the club is having two great outings: its annual visit to Newmarket racecourse on Friday 12th July, and a trip to the Test Match at the Oval in September.

Whether you are playing or lending support, why not come down to Meeting Field and enjoy some cricket as well as some Nethergate ales at the same time.

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LONG MELFORD AND
SURROUNDING VILLAGES



Sport Matters



What a Ball!

Long Melford's Youth Football Club are celebrating a sell-out performance at their Charity Ball. A big thank you to all those that helped to raise vital funds for sports equipment.

During the winter, 169 children have enjoyed playing football, developing their skills and confidence. Two new Under-7 and Under-8 teams will feature next season.

The Senior Club's Under-23 team, under the management of Lee Greenwood, came second in their league, while the first team, who play in the Thurlow Nunn Premier Division, finished a creditable 15th in the league. Following the retirement of First Team Manager Dave Hennessey, the Club have announced the appointment of **Liam Joyce** to the role. Chairman Geoff Thomas said "his experience coaching with the likes of Braintree Town and AFC Sudbury, his player connections, and his development plans were key features in his appointment."

Students from West Suffolk College have been coming to Skyline Stoneylands Stadium every week as part of their pathway to adulthood learning programme. They have completed a wide range of maintenance tasks, improving their confidence and skills. Matchday Facilities Manager Jordon Maynard said, "Seeing the students' faces glow has been so inspiring".

From June to September, we hold a car boot sale on the last Sunday of every month. Sellers arrive at 8.00am and buyers from 9.00am. Each pitch costs £5 per car and £10 per van, no need to book.



Chairman Geoff Thomas with new First Team Manager Liam Joyce

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Directory of Clubs and Societies

Group	Contact	Phone/email
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Beaver Scouts	Carolyn Spraggons	carolyn.spraggons@suffolkscouts.org.uk
Chadbrook Guides	Rebecca Cox	chadbrookguides@gmail.com
Coffee & Cake @ St Catherine's	Margaret Taylor	01787 880875
Connect Toddler Group	Pam Tonks	07890 880976
Cricket Club	Ivan Newman	07944 893167
Folk and Acoustic Club	Pauline O'Brien	poboap123@gmail.com
Football Club	Richard Kemp	01787 378149
Friends of LM Church Building Fund	Richard Michette	01787 377164
Friends of Long Melford Library	Nick Castell	help@suffolklibraries.co.uk
Good Neighbours' Scheme	Helen Eaton	07504 249179
Historical and Archaeological Society	Ian Sandham	07586 354414 Lmhas1969@outlook.com
Holy Trinity and St Catherine's Church	Rev. Matthew Lawson	01787 310845
Keep Fit	Heather Mahony	01449 736662
Long Melford Community Sports Trust	Peter Turner	01787 468536
Long Melford Cub Scouts	David Lawrance	melford.cubs@suffolkscouts.org.uk
Long Melford Group Scout Leader	Stephen Spraggons	melfordgsl@aol.com
Long Melford Museum and Heritage Centre	John Nunn	01787 313496
Long Melford Litter Pickers	Claire Hargreaves	07899 696491
Long Melford Photographic Group	Derek Challis	01787 373738
Long Melford CE Primary School	Mrs Woolmer	01787 379929
Long Melford Scout Group Waiting List	Carolyn Spraggons	carolyn.spraggons@suffolkscouts.org.uk
Long Melford Squirrel Scouts	Lynda Badger	lyncarvell@hotmail.com
Long Melford Walking Group	Mike Turner	07733 102229
Long Melford Poppies (Women's Institute)	Amy Hyde Parker	amy@melfordestate.co.uk
Melford Music	John Watts	01787 310373
Neighbourhood Watch	Stuart Finch	07967 472488
Over Sixties Club	Mrs Albon and Mrs Woodgate	371413/376711
Old School bookings	Rosey Eade	schoolbooking1860@gmail.com
Parish Recorder	Geoff Randall	07519 626842 Melfordparishrecorder@hotmail.com
Project Seven	Andrew Hagger	07980 526067
Royal British Legion	John Nunn	nunnjohn@btinternet.com
Scout and Guide HQ bookings	Vicki Ramdhanie	lmsglettings@gmail.com
Silver Band	Mike Murkin	01787 312605
The Arts Society Stour Valley	John Ashton	07899 872222
Upbeat Heart Support	Hilary Neeves	01359 232678
Village Hall bookings	lettings.longmelfordvillagehall@hotmail.com	07379 894325

Please notify us of any additions or changes by emailing content@melfordmatters.org.uk. Amendments must be received by **1st July** to be included in Issue 21 – August/September.

Quiz Answers

- | | | |
|---|---|---|
| <p>1. c) Day (no, it's not a typo!) The name D-Day has been used for many military operations, but it is now firmly associated with the landings on 6th June 1944.</p> <p>2. Invasion of Normandy</p> | <p>3. b) Operation Neptune (Mincemeat and Overlord were real code names for other operations)</p> <p>4. a) The 136th Station Hospital moved from Massachusetts to Bull Lane in August 1942.</p> | <p>5. Acton</p> <p>6. Tuesday</p> <p>7. b) Silver and g) Sabre</p> <p>8. b) 160,000</p> <p>9. Glenn Miller</p> <p>10. 5th June 1944. Bad weather pushed it back by a day.</p> |
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