

MELFORD

Issue 21 August/September 2024

Matters



Long Melford Cricket Club
Photo: Holly Jones-Warren

Tower Abseiling

Over 140 participate in Scout-led fundraiser at Holy Trinity

Pages 4 and 20

Melford Olympi-Hens

Dozens of knitted Olympi-Hens flock to Woolpatch window

Page 16

Self-care and Wellness

Seasonal wellbeing talk and Melford's "Ask A Therapist"

Page 26

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ART EXHIBITION

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at **St Peter and St Paul's Church, Lavenham**

FREE ENTRY



welcome!

Welcome to issue 21 of your village magazine. It goes without saying that the rest of the summer in Melford is packed with interesting and varied events. A particularly exciting new initiative in the village is the Long Melford Summer Showcase on **17th August** in which many of our precious local businesses will be playing their part. There will be something for everyone; full details can be found on page 6. This is definitely one not to miss!

Wasn't the beacon lighting at the end of the D-Day commemorations spectacular? Do look out for the account of the day and some great pictures on page 4. Speaking of pictures, thanks very much to everyone who responded to the appeal by the Long Melford Historical & Archaeological Society to name

the postmen in the photograph in issue 19. Your response has enabled three of them to be identified. There is a new challenge from LMHAS in this issue on page 19, can you help again? Also, several interesting local businesses are featured in this issue which are well worth knowing about, see pages 16/17. There's some great information about various wellbeing events on pages 26/27.

If you're looking for something uplifting and relaxing, don't forget that the Wednesday lunchtime concerts put on by Melford Music continue in Holy Trinity throughout August, see page 13.

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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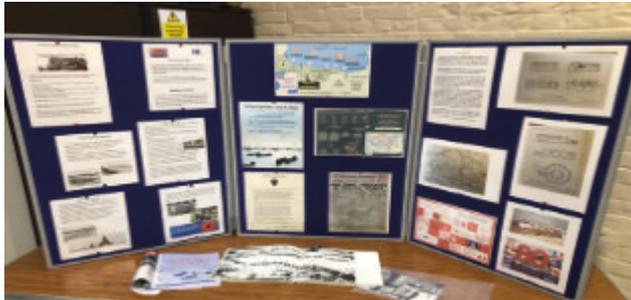
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Community Matters

D-Day 80th Anniversary Commemorations

We held a D-Day commemorative display at the Old School Community Centre with tales and memories of life in Melford during the build-up and the operation itself. A range of military hardware, wartime and military banknotes and newspaper reports were also on view. Years 5 and 6 children from the Primary School met with people from the Good Neighbours Coffee Morning to listen to their stories. The children loved looking at the various guns and trying on the British or German helmets.



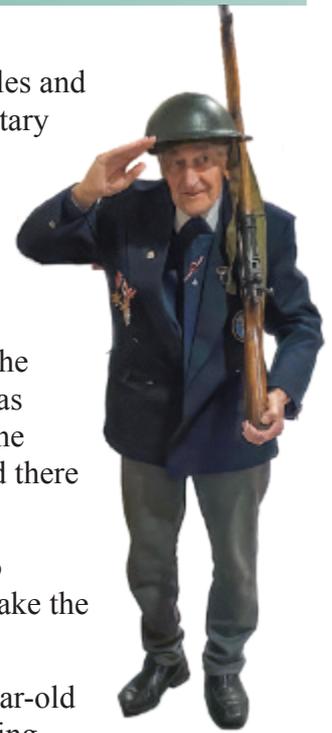
One story featured a surprise visit to Melford Hall, by King George VI, in the days leading up to D-Day. The visit was kept secret, and he was able to boost the morale of the British soldiers stationed there while they waited to go to France.

A big thank you goes out to those who provided the displays and helped to make the day a success.

The highlight was a visit from a 98-year-old Melford veteran who served on a landing craft shuttling back and forth on D-Day itself. He proudly wore his Légion d'Honneur medal, received three years ago.



The day was rounded off with a very well-attended service of commemoration on the Upper Green, conducted by Rev Lawson and featuring the Holy Trinity choir. The lighting of the beacon by Lady Hyde Parker was a spectacular finale to a memorable event!



Cordell Road RBL Site

An informative meeting was held recently with RBL county officers and officials from the RBL Property and Trust Teams to discuss the future of the site.

The branch committee members were advised of the process should we wish to keep the site, and of what activities could continue. Also, what would happen should the site be offered for sale.

Discussions revolved around two options:

1. Retaining the site as a 'Branch Occupied Building' and the conditions we would have to meet to maintain it. They stressed that the site is mainly for RBL purposes and not for the local community, so the social club will not re-open.
2. To give consent allowing the RBL to release the site for sale. The branch would be able to claim for transitional funding to finance its future, holding meetings elsewhere.

To ensure that the members of the branch decide the site's future, they will be invited to a members-only Extraordinary General Meeting (EGM) in August. The process will be fully explained, giving members an opportunity to comment and to vote on either of the two options above.



Community Matters

What's Up (and then Down) at Holy Trinity? ...

Late May Bank Holiday weekend saw Holy Trinity Church experience a very strange phenomenon – people appearing to descend spontaneously from the church tower in their droves! Thankfully, it wasn't a collective bout of May madness but a very energetic and well-sponsored fundraising event, professionally run by 1st Long Melford Scout Group (see p.20), and requiring nine months of extensive planning to get off the ground (no pun intended!).

A succession of 140 brave souls willing to climb the dizzying 128 spiral tower steps before stepping backwards from the 118ft tower was a sight to behold. Age was no barrier to this extraordinary event – participants ranged from 9 years upwards, and at the other end of the scale a handful of very sprightly septuagenarians!



A brave soul steps over the edge



No sign of initial nerves (or abject terror) for Rev. Lawson

Abseilers took part individually or in groups, such as Slimming World who were the first to descend, several employees from Harmonize Care in Hall Street, some folks from Connect Toddler Group and a jolly group who were simply doing it as part of a bucket-list challenge. Not forgetting Holy Trinity's own Rector Matthew Lawson with various family members. Despite initial feelings of intense nervousness (or perhaps abject terror?), once back on terra firma it was smiles all round, although the jury is still out as to whether that was sheer relief from touchdown or a jubilant feeling of immense personal achievement!

There was a great festive atmosphere and the delicious cakes and refreshments kept on coming, prompting many a happy conversation between participants, supporters and the general public wandering past. Several festival goers to Kentwell Hall, enjoying the fun at Lee

Stock, spotted the comings and goings from their tents, turned up to enquire what was happening and ended up deciding to give it a go themselves.

The three-day event raised just over £15,000 with some donations still trickling in. All proceeds are going to Holy Trinity's fund for fabric and maintenance. All in all, it was an amazing achievement by everyone who took part, following an extraordinary weekend of sun, fun and laughter.



Smiles all round on terra firma

Men's Shed goes from strength to strength

You may recall that a few months ago we mentioned that Liz Malvisi, who chairs Babergh District Council (as well as Melford Parish Council), had chosen Stour Valley Men's Shed as her charity for the year. After several successful fundraising events, Cllr Malvisi recently presented a cheque for £3,280 to Men's Shed chairman, Adrian Beckham. The charity supports men's mental health and provides a social venue for them to meet and undertake a range of activities. Cllr Malvisi commented, "The Stour Valley Men's Shed is going from strength to strength, but there is still a lot to do, like making it watertight for this winter, which is why I hope the funds raised will go some way toward that goal". She thanked local residents for their generous support of the fundraising initiatives. Men's Shed meets at Stoneylands (Long Melford Community Sports Trust) from 10.00am to 2.00pm on Mondays and Wednesdays, see diary on p.12 for contact details.



Community Matters



Don't miss the amazing array of special offers and attractions at Melford's first-ever **Summer Showcase** on Saturday 17th August. **The Bull Hotel** is hosting a craft fair with music in the courtyard, as well as a scavenger hunt and BBQ. **Messy Church** will be laying on crafting and fun at the Village Hall and, if you enjoy Lego, make sure to visit the Library as the **Lego Inventor's Club** will be there. **Model Behaviour** will be holding airbrush demonstrations with question-and-answer sessions.

The **Antiques, Interiors & Lifestyle Centre** will be hosting a 'meet the dealers' and free valuations event. Valuations will take place from 11.00am to 3.00pm (advance booking available), with the possibility of arranging sale of items if desired. Both **Nutmeg** and **The Clothes Lounge** will have a super offer of 10% off all sales and at **The Woolpatch**, you'll be able to see famous Lavenham Blue yarn being dyed.

Throughout Hall Street and Little St Mary's, many shops and cafés will be running special offers. Look out for the posters in the village and shop windows to find out all the special deals the cafés will be doing. To add to the party mood, you can feast on delicious street food from **Clark & Son** and the **My Thai Chef** truck will be back in the village. The **Cock & Bell** will be serving their famous hog roast and, with live music at several of the pubs, the atmosphere will be fantastic.

Be sure to visit the **Cricket Club** where the Second XI are playing and pick up a 'Sale Trail' map to guide you through the village to numerous outdoor stalls which will be popping up for the day. If you wish to take part in the Sale Trail raising funds for LMCC, please contact Shelley at jsjdavey27@gmail.com.

This is the programme at the time of going to press but other businesses are likely to join in so keep an eye out for publicity. With something for everyone, this is a great opportunity to support our wonderful local businesses and have a sparkling summer celebration in Melford – see you there!

Long Melford WI News

A lot has been happening at the WI! In April, we attended the "What's on in Long Melford" event showcasing the various groups in the village and helped Melford Movies put on a showing of the film *Calendar Girls*, before inviting potential new members to our June meeting for a few games of bingo and to learn more about the WI. What an entertaining evening it was, with much laughter, chatting and new friendships made. A few days later, some of the group sailed to the Henny Swan for lunch on board the boat from The Granary in Sudbury. A good time was had by all.

For our July meeting, we are planning a "Speed Getting to Know You" event: we will move around the room chatting to a different person for one minute each time so that we can all get to know each other a bit better. A little like speed-dating but not as daunting! On the **8th of August** we will be holding the annual WI Garden Party at Melford Hall, hosted by Lady Hyde Parker. Those attending in their summer finery can look forward to an afternoon tea party, including homemade cakes, served outdoors (weather permitting) with music and lawn games.

Upcoming meetings:

- **5th September** at The Bull Hotel from 7.30pm: 'The Bronze Horseman', a talk by Jennifer Antill with tales about Peter the Great, Tsar of Russia from 1682 and how he founded the city of St Petersburg.
- **10th October** at The Village Hall starting at 1.00pm: an open meeting with a talk about organic farming by John Pawsey from Shimpling, providing an insight into the journey of turning a large farm into an organic site. Please email amy@melfordestate.co.uk to reserve your place. This event is also open to men. Cost will be £5 for non-WI members including tea or coffee and homemade cake.

A poster for the Suffolk Art Society Art Exhibition. The text reads: 'The Suffolk Art Society ART EXHIBITION at The Lady Chapel, Holy Trinity Church LONG MELFORD'. Below the text is a colorful illustration of a brown dog running across a field with a large moon in the sky. At the bottom, it says: 'FRIDAY 19TH JULY – SUNDAY 4TH AUGUST OPEN DAILY 10AM - 5.30PM EXCEPT Friday 19th July 1.30pm - 5.30pm Sunday 4th Aug 10am - 4pm FREE ADMISSION'. There is a small logo for the Suffolk Art Society at the bottom right.

Bus Service Extended

Long Melford residents can now travel by bus between Sudbury and Bury St Edmunds later in the evening and on Sundays. The new timetable for Route 753, operated by Hedingham and Chambers, includes two new evening services Monday to Saturday, and four new services on Sundays and Bank Holidays – the first Sunday service for many years.

After starting in Sudbury, the route calls at Long Melford, Acton, Great Waldingfield, Lavenham, Stanningfield, Sicklesmere and West Suffolk Hospital. It arrives in Bury St Edmunds an hour after leaving Melford. Return services retrace the route and continue to Sudbury bus station.



Route 753 Additional Services

	Mon. to Sat. evenings		Sundays and Bank Holidays			
Sudbury	1830	2110	0830	1050	1350	1615
Long Melford	1840	2120	0840	1100	1400	1625
Acton	1847	2127	0847	1107	1407	1632
Great Waldingfield	1850	2130	0850	1110	1410	1635
Lavenham	1901	2141	0901	1121	1421	1646
Stanningfield	1916	2156	0916	1136	1436	1701
Sicklesmere	1924	2204	0924	1144	1444	1709
W. Suffolk Hospital	1931	2211	0931	1151	1451	1716
Bury St Edmunds	1938	2218	0938	1158	1458	1723
Bury St Edmunds	1945	2230	0945	1210	1510	1730
W. Suffolk Hospital	1950	2237	0950	1215	1515	1735
Sicklesmere	1957	2247	0957	1223	1523	1743
Stanningfield	2003	2253	1003	1228	1528	1748
Lavenham	2015	2308	1015	1240	1540	1800
Great Waldingfield	2024	2318	1024	1249	1549	1809
Acton	2026	2320	1026	1253	1553	1813
Long Melford	2033	2326	1033	1258	1558	1818
Sudbury	2040	2338	1040	1305	1605	1825

With fares currently capped at £2 each way, the services provide new opportunities to use the bus to commute for work, for medical appointments or to see loved ones in hospital, to visit a neighbouring village for Sunday lunch, to enjoy an evening out in Bury St Edmunds, or for young people to meet up with friends in Sudbury.

The existing daytime services on route 753 continue, and Hedingham and Chambers also operate other routes which serve the village – for full details see www.hedinghamandchambers.co.uk. In addition, Melford-based coach company Felix provides the 716 circular service (£1.40 each way, £2.60 return) to Sudbury, which runs on weekdays broadly every half-hour. The full timetable can be found at www.felixcoaches.co.uk.

Summer at the Black Lion

Cyril and his team at the Black Lion have got some great offers and events this summer for residents to enjoy.



If you're a Melford resident, you can get 20% off all your food and drink on the last Tuesday of every month. Just bring some proof of Long Melford residency, such as a utility bill.

On Wednesday evenings, you can enjoy two courses and a glass of wine for £30.

If you like steak and wine, simply order two steaks on a Thursday evening and you can get 50% off any bottle of wine.

There will also be a Friday Summer BBQ in the beautiful walled garden – the menu caters for everyone and includes vegan and vegetarian choices.

Edd Terran Art Exhibition and Residency

The very talented Melford artist, Edd Terran, has a show at the Black Lion and will be at his easel in the lounge area, explaining how and what he loves painting, on Thursdays 25th July, 26th September and 14th November from 10.00am to 4.00pm. Entry is free.

Nick's Picks

Our monthly book group read *The Island of Missing Trees* by Elif Shafak, and



we recommend it to you! At first glance, it's a classic story of forbidden love as two teenagers, one Greek and one Turkish, meet in Cyprus. But the story carries across decades of pain and loss, renewal and forgiveness, with a fig tree bearing witness to all. A hopeful and human story that uses roots, transplantation, and grafting to show that regeneration and peace are inevitable and worth searching out, even as war, destruction and darkness seems to reign.

And for younger readers, *How Do Meerkats Order Pizza* by Brooke Barker. We love a funny factbook and this one is stuffed with colourful pictures and jokes. Readers are introduced to inspiring scientists and the weird things they've discovered about a particular creature. Young and old will find themselves chuckling and it's sure to spark an extra curiosity in anybody interested in nature, science, or animals. And it answers the age-old question: does your dog know when you're smiling?

Both books are available in print and as an eBook from Suffolk Libraries.

Community Matters

Barleyfest returns!

On 31st August from 1 o'clock till 4.00pm, Barleycombe residential care home will be hosting "Barleyfest". A fire engine and police stand will greet visitors, who will be able to take a chance on the tombola and raffle, and visit some great stalls offering games and crafts. We'll have a BBQ, ice creams, candyfloss, cakes and refreshments, children will get a chance to clamber on the firetruck (as long as the Fire Service aren't called out on a job) and Nethergate will be providing an excellent bar. All this and more will be happening to the sounds of Sudbury's five-piece band Route 66 playing their favourite rock and soul tunes.

If you would like to book a craft stall at only £5, please contact michelle.filmer@lifeways.co.uk or shannon.sainsbury@lifeways.co.uk.

We'd be very grateful for tombola and raffle prizes, which can be dropped off at the home anytime.

We hope to see you all there for another fantastic Barleyfest. Last year was such fun and we're sure this year will be even better!



Barleycombe residents enjoying last year's event



One of the largest pubs in the village, the George & Dragon is a Suffolk coaching inn boasting a walled beer garden to the rear and plenty of seating at the front. The menu features local farm-sourced produce, there are guest ales on offer, and every Wednesday from 6.00pm to 9.00pm, the 'George' hosts an authentic Greek Night.

Weekdays from 12 noon to 3.00pm, senior citizens can also take advantage of a discount lunchtime offer.

For music lovers, Fridays are dedicated to karaoke, from 8.00pm till late, and on the first Saturday of the month the pub welcomes a live band from 9.00pm till late. There's also a pool table and live sports showing on large TV screens.

Charlie and his team will be sure to welcome you!



Claire Jobyn
ELEMENTAL WITCH

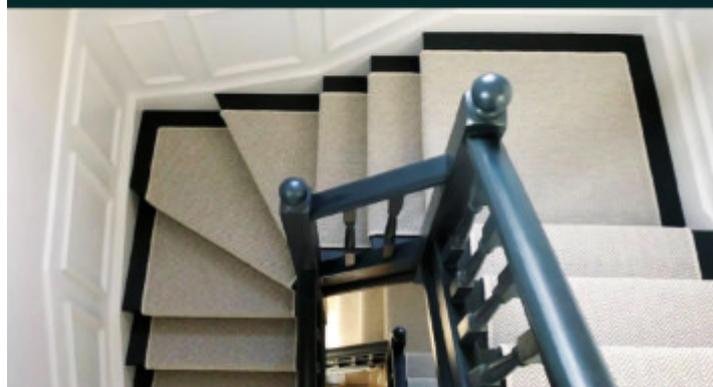
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MELFORD FORGET-ME-NOTS

Holy Trinity Church

Rev. Lawson is on sabbatical, but a full programme of services continues – see right.

For our 4 o'clock community with family-friendly services and events almost every Sunday at 4.00pm, contact Nicky on chadbrooklightwave@gmail.com or 07938 681319.

For further information on our toddler and youth groups, please contact Pam on melfordfamilyworker@gmail.com or 07890 880976.

For more details or any questions, please contact Vicky on chadbrookoffice@gmail.com or 07804 558160.

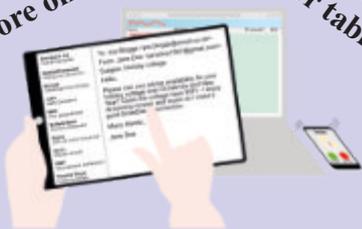
Sudbury Sings Community Choir

Join us and experience the joy of singing an eclectic mix of Jazz and Show tunes, Pop and Old Classics with friends, old and new.

There are no auditions and you don't have to read music. Tuesdays, 7.00pm to 9.00pm in Sudbury. Contact Carolyn Cocksedge: cocksedge.sudburysings@gmail.com

Would you like to do more online?

Need help with a phone, laptop or tablet?



Do you feel excluded from accessing goods or services online?

We can help! Book into a monthly Digital Workshop where a team of volunteers will provide hands-on help focussed on the skills you want to learn, such as emailing, video calling or shopping online. We meet from 2.00pm to 4.00pm on the second Wednesday of each month. Tea, coffee and biscuits provided!

To book a place on our next session, contact Tracey on 01449 707030 or email(!) info@communitiestogether-ea.org



Church Services



August

Sun 4 th	9.00am	Alpheton	Communion
	10.30am	Melford	Family Service
	6.30pm	Melford	Choral Evensong
Sun 11 th	10.30am	Melford	Communion
	4.00pm	Lawshall	Reflection & Prayer
Sun 18 th	9.00am	Shimpling	Communion
	10.30am	Melford	Communion
Sun 25 th	10.30am	Melford	Communion
	6.30pm	Lawshall	Evening Communion

September

Sun 1 st	9.00am	Alpheton	Communion
	10.30am	Melford	Family Service
	6.30pm	Melford	Choral Evensong
Sun 8 th	10.30am	Melford	Communion
	4.00pm	Lawshall	Café Church
Sun 15 th	9.00am	Shimpling	Communion
	10.30am	Melford	Communion
	4.00pm	Melford Country Park	Wild Church *
Sun 22 nd	10.30am	Melford	Communion
	4.00pm	Lawshall	Pub Social at The Swan *
Sun 29 th	10.30am	Melford	Communion
	4.00pm	Melford	Shine Informal Worship
	6.30pm	Lawshall	Evening Communion

...and at Holy Trinity Long Melford **every Sunday at 10.30am** (Google 'Holy Trinity Long Melford Facebook' for **livestream**).

* If weather warning Wild Church will swap with the Pub Social at the Swan Inn Lawshall.

For the most up to date information please check the diary of the Long Melford Website or look at the Holy Trinity Long Melford website diary (bottom left of homepage).

Our third **Wellness Fair** will be on Sunday 8th September at the **Old School, Long Melford** from **9.30am to 3.30pm**. Entrance £2, Under-16s free.

50 local traders and holistic therapists will be set up over 4 rooms, plus a home-cooked vegetarian kitchen, serving delicious hot food, salads and homemade cakes.

Contact Clare Turner, clareturneryoga@gmail.com

The **Farmers and Makers Market** will continue in August and September on an al fresco basis on the green outside the Old School featuring core stalls. It will return to full strength indoors in October.



On **Thursday 15th August** at **7.15pm**, Charlie Wilson, an instructor for the Sudbury Air Cadets, will be giving a short talk on the history of the **Sudbury Drill Hall** in war and peace.

The talk will take place in the Drill Hall, Gainsborough Street, Sudbury, CO10 2EU.

Refreshments will be provided and donations are welcome – all proceeds to 2470 (Sudbury) Air Cadets.

The History of Sudbury Drill Hall

Join us for a short talk on the history of this iconic building in times of war and peace.



Thursday 15th August, 7:15pm.
The Drill Hall, Gainsborough Street, Sudbury, CO10 2EU

Tea and coffee. Donations welcome - all proceeds to 2470 (Sudbury) Air Cadets

Diary Matters

JULY	TIME	EVENT	VENUE
19th July to 4th August	10.00am to 3.30pm	Suffolk Art Society Art Exhibition	Lady Chapel, Holy Trinity
AUGUST			
Thursday 1st	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
Saturday 3rd	10.00am to 1.00pm	My Long Melford Farmers & Makers Market	Near Old School
	Doors open 7.00pm	Live Music – Pete George – £5 cash entry on door	Stoneylands
Wednesday 7th	9.00am to 3.30pm	Antiques Fair	Village Hall
	1.00pm to 2.00pm	Melford Music	Holy Trinity
Friday 9th	7.00pm	Melford Movies – ‘One Life’	Village Hall
Friday 9th	8.00pm	Folk & Acoustic Club	Cock & Bell
Wednesday 14th	1.00pm to 2.00pm	Melford Music	Holy Trinity
Thursday 15th	10.00am to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
Saturday 17th	All day	Summer Showcase	Whole Village
Wednesday 21st	1.00pm to 2.00pm	Melford Music	Holy Trinity
Thursday 22nd	1.45pm	Long Melford Litter Pickers	
Saturday 24th	8.30pm till late	Live Band – Suffolk Beat	Working Men’s Club
Sat 24th /Sun 25th	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
Sunday 25th	9.00am	Car Boot Sale (8.00am sellers – car pitch £5, van pitch £10)	Stoneylands
	10.00am	Long Melford Litter Pickers	
Wednesday 28th	1.00pm to 2.00pm	Melford Music	Holy Trinity
Thursday 29th	10.00am to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
Friday 30th	2.45pm	Talk on Nutrition – Fiona Berry	Old School
Saturday 31st	1.00pm to 4.00pm	‘Barleyfest’ – Summer Festival	Barleycombe
SEPTEMBER			
Wednesday 4th	9.00am to 3.30pm	Antiques Fair	Village Hall
Thursday 5th	7.00pm	Parish Council – Full Meeting including Planning	Old School
	7.30pm	LM Women’s Institute Meeting	Bull Hotel
Saturday 7th	10.00am to 1.00pm	My Long Melford Farmers & Makers Market	Near Old School
Sunday 8th	9.30am to 3.30pm	Wellness Fair	Old School
Thursday 12th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
Friday 13th	7.00pm	Melford Movies – ‘The Great Escaper’	Village Hall
	8.00pm	Folk & Acoustic Club	Cock & Bell
Saturday 14th	8.30am to 11.00am	Auction – Viewing Only	Old School
Sunday 15th	11.00am	Auction – Sales begin	Old School



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.

Diary Matters

SEPTEMBER (CONT.)

Wednesday 18th	11.00am to 12 noon	The Arts Society Stour Valley – ‘Painting is Dead... Long Live Photography’	Village Hall
Thursday 19th	2.00 to 4.00pm	LM Historical & Archaeological Society Archive Group	Old School
Thursday 19th	7.30pm	LM Historical & Archaeological Society Meeting	Old School
Saturday 21st	10.00am to 12 noon	Flower Workshop – Anne Brown www.justanneflowers.co.uk	Old School
	8.30pm till late	Live Music – The Good, The Bad, The Ugly and Jim	Working Men’s Club
Wednesday 25th	7.00pm	Mediumship Evening	Football Club
Thursday 26th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
Thursday 26th	10.00am to 4.00pm	Edd Terran – Meet The Artist	Black Lion
Thursday 26th	1.45pm	Long Melford Litter Pickers	
Friday 27th	7.00pm	Quiz Night	Football Club
Friday 27th	7.00pm	Kernos Fundraiser Quiz & Supper Night	Village Hall
Sat 28th/Sun 29th	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
Sunday 29th	10.00am	Long Melford Litter Pickers	

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) Digital Workshop – Communities Together East Anglia – 01449 707030
	10.30am to 12.30pm	(3rd Wed) Lecture series – The Arts Society 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.longmelfordvoga.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 – clareturnervoga@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

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
Monday and Wednesday	10.00am	Men's Shed – Adrian Beckham, Adrian.beckhambooks@gmail.com 07584 662155
Thursday	7.00 to 7.45pm	Strictly Swing – Swing Jive – Complete Beginners – Sarah Buldock 07956 614824
(No Swing in	8.00 to 8.45pm	Strictly Swing – Swing Jive – Improvers
August)	9.00 to 9.45pm	Strictly Swing – Lindy Bop – Improvers
Friday	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

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 October/November need to reach us by **1st September**.



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Melford Music Season Continues

This has been a superb Melford Music season. We enjoyed an exciting start in June, with Marianne Olyver and Lizzie Gutteridge, then in July heard the Rock Choir, which attracted an audience of some 300 music lovers. Over the weeks we featured fabulous accordion and vocals, music from Columbia with cello and harp, then Tom Cogan on the organ on 24th July and on the last day of the month a piano recital.

August begins with a wind trio by Serendipity, then the following week Rachel Breeze will be singing 'Songs from the Shows'. The final two programmes will feature Ahmed Dickinson on Spanish guitar and the Chris Allard and Sam Plackett Duo on jazz guitar.



Audiences have been good, the artists have excelled themselves and we extend our grateful thanks to David who arranges our bookings, and to all our sponsors for their splendid support in our 32nd year.

Jilly Cooper



Suffolk Art Society

Suffolk Art Society are delighted to return to Long Melford for their **Summer Exhibition**. The event will be held in the **Lady Chapel of Holy Trinity Church** from **Friday 19th July to Sunday 4th August** and will be open daily **between 10.00am and 5.30pm**. Around 60 Suffolk artists will be taking part, including seven new members who were accepted after the recent Selection Day.

The exhibition is held in support of **St Nicholas Hospice Care** and donations are welcome. In addition, 20% net profit from the exhibition will be given to this very worthy cause. And don't forget to vote for your favourite painting!

MELFORD MOVIES

Many thanks to everyone who came to our Trailer Night in June to help us select a fabulous collection of films for our 2024-2025 season, which returns to the Village Hall on the second Friday of each month from August through to March 2025.

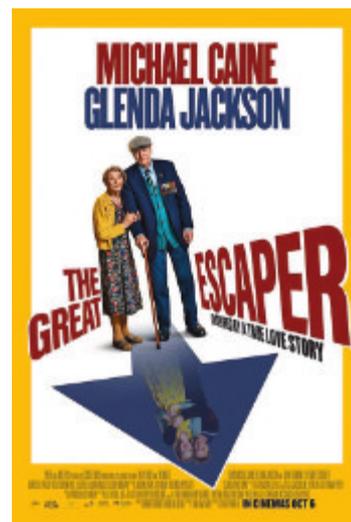


The programme opens with films showcasing two of Britain's finest and longest serving actors:

On **9th August**, **Sir Anthony Hopkins** stars in **One Life** (12A), the true story of Sir Nicholas Winton, who in 1939 helped to rescue over 600 Czechoslovakian children from Nazi Germany and oversaw their placement in homes and hostels across the UK.



Our film on **13th September**, **The Great Escaper** (12A), features **Sir Michael Caine** as an 89-year-old World War II veteran who escapes the confines of his nursing home and heads to Normandy to attend the 70th anniversary commemorations of D-Day.



The hall is wheelchair friendly and equipped with a hearing loop. Where possible, films are shown with subtitles. Doors open at 7.00pm and the film starts at 7.30pm. Entrance is £5 (cash or card). Drinks, snacks, and ice creams are available before the screening begins and during the interval. We hold a raffle in support of a different local good cause each month. If you would like to join our mailing list, reserve a seat, or join the team, please contact us at melfordmovies@icloud.com.

Parish Council Matters

Long Melford Country Park

The Parish Council have agreed to award the toilet renovation project to SM2 Construction Ltd, a local Suffolk business. The work will commence at the start of August and will hopefully finish by mid-September. Portaloos will be available for the duration of the works.

More Country Park News

The Parish Council agreed to support the Local Nature Reserve working group’s application for grants from Babergh District Council to assist with the proposed projects of converting the container into an educational space, creating a small jetty over the dipping pond and laying a disability accessible pathway.

Additional Grass Cutting, Cordell Place Football Field

With the agreement of Babergh District Council, the Parish Council will fund additional grass cutting of the football field during the summer months. Babergh will continue to cut it every five weeks as part of their grass cutting programme.

Neighbourhood Plan Committee Meeting

The meeting took place at the end of May and the Council have agreed to the committee preparing for Babergh District Council’s next round of site consultations. This will include the committee members reviewing the coalescence policy for protection of the Sudbury and Long Melford gap to prevent unrestricted urban sprawl, along with the allocation and need for an improved medical centre, primary school and further sites for nature conservation.

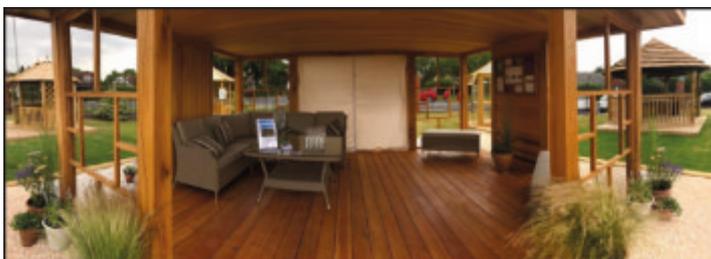
Committees and Working Groups

In May the Council held their annual Parish Meeting – the meeting concentrates mainly on the Council’s general “housekeeping”, which is required to keep us in check! Part of this is allocating members to committees and working groups. The Council have agreed the groups and elected members to them. They are:

- The Finance and Infrastructure Committee
- The Personnel and Governance Committee
- The Neighbourhood Plan Committee
- The Traffic and Parking Working Group
- The Melford in Bloom Working Group
- The Local Nature Reserve Working Group



Clare Lee, Parish Clerk



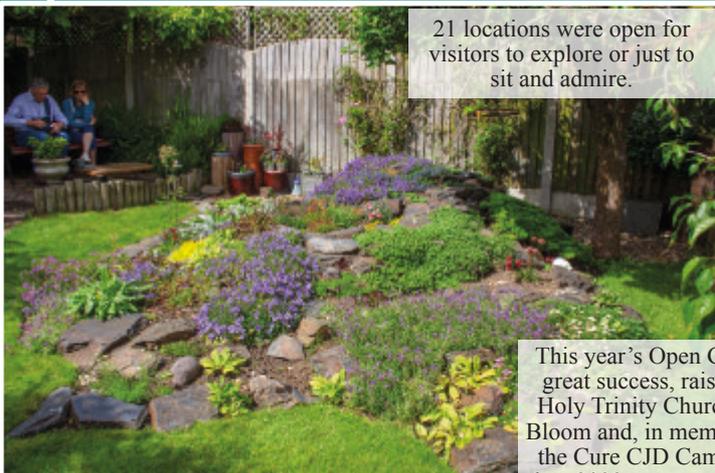
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JNA	Individual approach to suit all needs	A# B#
JNB	£17 for 30 mins	
JNC	Please call on 07899 696491	[Redacted]

Open Gardens Matters



21 locations were open for visitors to explore or just to sit and admire.



With so many gardens to visit, there were plenty of opportunities to stop and chat whilst enjoying some refreshments.

This year's Open Gardens was another great success, raising over £6,800 for Holy Trinity Church, Long Melford in Bloom and, in memory of Robert Clubb, the Cure CJD Campaign. This is more than 2023 as our expenses were covered thanks to our wonderful sponsors Brown Sugar, Ivy & Bond, Bespoke Blinds & Curtains and The Mill! Photos kindly supplied by local young photographer Blake Leonard.



Several gardens offered plants for sale for those wanting to put new-found inspiration into action in their own gardens.



In spite of the cool and wet spring, some fabulous blooms were on display.

Thank you to everyone involved, it was a fantastic day – see you same Bank Holiday Monday in 2025!



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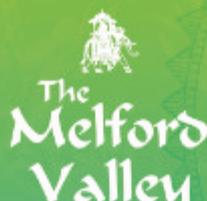
In January 1839 Photography was introduced in Paris with the painter Delaroché exclaiming “from today painting is dead!” However, the invention of photography gave rise to a fascinating dialogue between both art forms. In fact, it transformed and influenced the use, purpose and aesthetic of painting.

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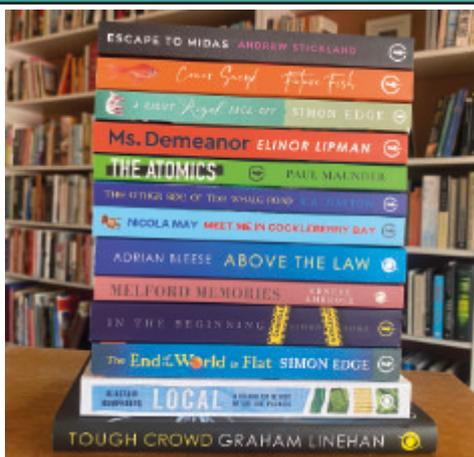
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Eye Books

The small publisher Eye Books was a virtual company long before Covid made it fashionable. I have colleagues in Buckinghamshire and India, but most of the editorial work takes place at my house here in Long Melford.



The business started off focusing on travel/adventure memoirs, but nowadays we're much broader in scope. Nicola May's romantic comedy *The Corner Shop in Cockleberry Bay* was Amazon's third-best-selling novel in 2019. Alastair Humphreys nature book *Local* is currently on the longlist for the Wainwright Prize, and the memoir *Tough Crowd* by *Father Ted* creator Graham Linehan was a *Sunday Times* bestseller. In 2022 we were the regional winner of Small Publisher of the Year at the British Book Awards.

Eye Books has published all six of my own novels, including *The End of the World is Flat* and *In the Beginning*, which the biologist Richard Dawkins recently called "a magnificent pair of coruscating satires on currently trendy anti-science lunacy". But I also acquire and edit other people's work, and it has been a joy to discover new Suffolk authors and get them into print. K.A. Hayton's *The Other Side of the Whale Road* – a time-travel adventure for young adults about St Edmund – was shortlisted for the East Anglian Book Awards and the New Angle Prize, while the atmospheric literary novel *Sea Defences*, by Hilary Taylor from Great Waldingfield, was this year shortlisted for the prestigious Paul Torday Award.

We've also flown the flag for the village by publishing an anniversary edition of Ernest Ambrose's *Melford Memories* plus the *Long Melford Stained Glass Colouring Book*.

We're offering 30% off all our books to Melford Matters readers until the end of the year – browse at www.eye-books.com and use the code MELFORD at the



checkout. Before you buy, you may also like to drop me a line at simon@eye-books.com: if I have the book in stock, I'll drop it round to you so you don't have to pay postage. How's that for the personal touch?

Simon Edge

Olympi-Hens Flock to Melford

Chickens from all over the world, wearing their national colours, will be landing at The Woolpatch in Hall Street, to represent their country in an Olympic window display from 26th July. Some 80 knitted chooks, from places as far afield as Bolivia, Brazil and Benin, will arrive flat-packed, ready to be stuffed and sewn up, to add to those created by local crafters.

The latest in a series of window displays enchanting passers-by, this is the brainchild of Stuart Race, former teacher of Drama and Art, who has run the shop since 2016. His monthly YouTube blog inspired followers to create chickens using specialty yarn, or just odds and ends found in a cupboard, to represent the flags of different countries competing in the Olympics.



Stuart, who enjoys putting a unique spin on current events with his window displays, is passionate about wool and even dyes his own "Lavenham Blue" yarn – a great draw for tourists, perplexed as to why they need to buy Lavenham Blue in Long Melford.

If the very thought of knitting conjures up memories of shapeless, half-finished jumpers, awkward needles and frustratingly dropped stitches – think again. Crafts such as knitting and crochet are fast gaining in

Hip Hip Hooray!

Many congratulations to the team at Breakout for their recent success in securing three business awards. Breakout won Rural StartUp of the Year, and Business, Consulting & Management StartUp of the Year at the 2024 East of England StartUp Awards. This is in addition to winning Business Hero of the Year at the Suffolk Small Business Awards. Farley Boxall, founder of Breakout said, "We are so proud to just be recognised from such a small area so to win not one but



popularity, helped along by celebrities such as Tom Daley, the Olympic diver, seen knitting between dives. Technology has pushed the boundaries with new aids, less cumbersome needles, online tutorials and downloadable patterns. Busy people with complex lives find it very therapeutic to engage in these crafts year-round, not just when days are short and nights long.



...ing to assemble ahead of the
Inset: the UK representative.

Weekly “Knit & Natter” groups have sprung up everywhere, including here in Long Melford, providing conversation, coffee and biscuits, much laughter and advice. It is a weekly dose of “Me Time” with like-minded people, leaving worries at the door – you can’t count stitches or remember the row

you are on while thinking of something else – there lies much unpicking!

At The Woolpatch there are a number of popular small group sessions. With no set formula, members just turn up, bringing whatever they are working on to discuss, or embark on a new project which could be poppies, frogs, a garment, or even an Olympic chicken!

Remember to check out the Olympic Country Chicken medal tally in The Woolpatch window as the Olympiads compete in Paris. Be careful though – you might just get hooked!



three awards is absolutely amazing. We are a small team of three who work so hard to help other local businesses, these awards mean the world to us – we will be celebrating for a while!”

Breakout offers a co-working space and works with many local businesses providing support, advice and training in social media, bookkeeping, IT and other areas as well as organising great events in Melford including the monthly Farmers and Makers Market.

Aubelle Flowers

When you need to buy flowers, do you know exactly what you want? If you need advice, call Aubelle Flowers and Lifestyle.



Amanda Leeks, who owns Aubelle, worked for 13 years in the special-education sector, but after redundancy brought that to an end, was reviewing her skills and options when friends said, “You’d make a great florist”. Unaware how much her love of gardening and flower arranging had been noticed by others, Amanda was at first reluctant but then thought, “Why not?”. She retrained in floristry at the prestigious Cambridge Flower School.

Last autumn, Amanda opened Aubelle at her home at Duntons Farm Barn in Bridge Street, Long Melford, having rejected a high street presence in view of prohibitive retail rents and rates. From the barn, she uses her unique mix of an empathetic approach to customers, innate design skills and floristry know-how to provide an unusual and caring service to clients.



Using two preferred wholesalers who are both in the East of England, Amanda explores the needs and preferences of her clients and, where appropriate, the recipient. She then supplies an appropriate and appealing arrangement, whatever the situation or event. Working from a lovely rural location has allowed Amanda to extend her expertise into dried as well as fresh flowers and to offer experience days, classes and parties from her workshop, themed around floristry and rural crafts.

You might have seen Amanda and her flowers at the recent Open Gardens event in Melford, or at one of the monthly farmers and makers markets. You can find Aubelle on Facebook or Instagram, or call 07780 720857 for a chat.

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Heritage Matters



Can you help us to tell their story?

Thank you to everyone that responded to our Archive Group request for help in the April/May edition. We now have three of the six names of the Long Melford postmen featured: Nobby Clark, Harry John Polley and James Harold Hickford.

Can you help us to tell this story?

This time, we would like your help with this image. Do you know the name of the young boy, or can you identify the building in the background?

Can you help our Society?

We also need your help with a much more important matter. The **Long Melford Historical and Archaeological Society** has been running since 1969, but after 55 years, our future is in jeopardy. We are in urgent need of committee members and volunteers to take on non-committee roles, which we have been unable to fill from our membership. One person has been covering five roles for the last few years but



has reached breaking point. Within the village, we hope that there are five people who can spare the time to take on one of the following roles: Secretary, Membership Secretary, Programme Secretary, Website/Email Administrator and the most important of all, Refreshments Officer!

We have a maximum of four committee meetings a year and our six evening meetings are held on the third Thursday of the month at the Old School Community Centre. Our new season starts on the **19th September** and everything is in place for the forthcoming year, so if you take on one of the roles, you will have a gentle introduction as to what is involved. Please contact the Society by email: lmhas1969@outlook.com or call Julie Thomson on 01787 375329 to find out more and rest assured, full training will be provided.

New members and visitors are always welcome to attend our meetings. Details of our speakers and outings for 2024/2025 will be available on our website (LMHAS.co.uk) in late August.

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A Busy Summer for the Scouts

It has been a busy time for Scouts and their leaders. In June, 11 Squirrels and 15 Beavers, aged between 4 and 8 years, had a great day at the Country Park, doing a slack line, bug-hunting, den-building, making journey sticks as memories of the day and lots more, before hiking back to HQ for supper. At the end of the month, the Beavers enjoyed great team-building activities such as bell-boating on Lackford Lakes, a 24-hour sleepover, hiking, backwoods cooking, and building a ballista!



The Beavers prepare for bell-boating on Lackford Lakes

The highlight of early summer was the spectacular abseiling at Holy Trinity Church. This amazing cross-community event was run by 1st Long Melford Scout group in aid of Holy Trinity Church, which hosted and funded it. The church is not only a centre of worship but a vital element of the community, frequently used by

Long Melford Primary School for large school events, services and assemblies, and serving as a host for the entire district for St George's Day parade and services, so raising funds (over £15,000!) was a great pleasure for the Scouts.



"I was the first Scout leader to do it. Glad I did. Very chilly up there. Hardest bit was putting total trust on that rope and leaning back then stepping over the edge!"

Of the many plucky abseilers, the first Scout Leader to step over the edge was Carolyn Spraggon. All the Scouts Leaders, in particular Graham Souch and Hayley Habel, deserve a mention for their incredible hard work providing a ground crew to support the County Climbing Team over the three days of the event. Lynda Badger and Hayley also received the Commissioners' Commendation Award in recognition of their hard work.

The Scouts will be back to do some more abseiling with other sections around the district in the autumn.

Parents wishing to enrol their children in Scouts (10-14), Cubs (8-10), Beavers (6-8) or Squirrels (4-6) are welcome to get in touch: lynda.badger@suffolkscouts.org.uk.



Photo: MCJ Editing



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Guides

It has been an exciting few months for 1st Chadbrook Guides. We have taken part in a division trip to Jimmy's farm with Rainbows, Brownies and Guides from all units between Haverhill and Hadleigh. The polar bears were a particular highlight of that excellent outing. The summer has brought many fundraising events for our big trip to Switzerland, including a quiz night, which was lots of fun, summer fetes, cake sales, and penny collecting.

One of our Guides gained their Gold Award – one of the highest awards given at each level of Guiding – completing the last section at our amazing Guide camp, which was held at an activity centre. The girls had great fun on the water, completing high challenges, personal challenges and forging lovely friendships and memories.

The autumn term will include another fabulous fundraising evening (open to the public) on 9th October, 7.00pm to 8.15pm, at the Guide and Scout Hut. This will be a photography display evening with the Guides showing their photos in creative unique ways, and selling homemade cakes, teas and coffees.

If you are interested in Rainbows, Brownies or Guides, please see girlguiding.org.uk for more information.

School's Half-century

Thanks to the success of our events at LeeStock and Open Gardens, we are thrilled to announce that we exceeded our £5,000 fundraising target, and we hope the Village Fun Day will add to that total.



We are also excited to celebrate the 50th anniversary of our beloved local school this September. This milestone marks five decades of commitment to education and community.

We warmly invite alumni, current students, families, and community members to join our celebrations. If you have photos or cherished memories from your time at the school, we would love to hear from you! Please contact us at flumps@longmelfordprimaryschool.co.uk to share your contributions, which will help make our anniversary events even more special.

Keep an eye out for announcements about our upcoming celebrations, which promise to be memorable and enjoyable. Thank you to everyone who has supported the school over the years. Here's to another 50 years of excellence and community spirit!

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Melford in Bloom Matters

Melford is Blooming!

Our summer plants are here. The theme is red, orange and yellow and after a wet and cool start the weather has finally changed to help enhance the colours!

The barrels have dragon wing begonias and trailing red geraniums, plus orange bidens and yellow bacopa. The bridge also includes yellow sanvitalia. Our hanging baskets have colourful calibrachoa and trailing begonias. Watch out for our special displays such as the cart and root cutter on Rodbridge Hill, the memorial to the late Brian Stringer behind the fire station and the bicycle outside Tanswells Bakery.

We also have new sponsorship plaques on our wooden planters, which will include colourful summer plants mixed in between the perennial shrubs that are there for year-round leaf colour. Thanks to the local businesses sponsoring these planters: **Bespoke Blinds, The Black Lion, Breakout, Carter Jonas, David Burr, East of England Co-op, Gridleys, The Long Melford Tea Room, Pure Elements and Scutchers.**

We've received a wonderful donation from Open Gardens and we also thank our ongoing business supporters: **Clark's Butchers, The Hare, Cafe Hygge, KHA, The Sewing Kabin, Long Melford Fire Station, the Village Hall, Tanswells Bakery** and the **Parish Council**, which set up Long Melford in Bloom in the first place and provides funding and support each year. Thanks also to our hard-working volunteer team who tend the plants, dead-head furiously and help us with extra watering in hot weather, and to the **Constitution Hill** nursery team who have supplied our plants since we began five years ago.

Jonathan Ewbank

jonathanewbank145@gmail.com



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SUMMER BBQ

Fridays, 5pm to 8.30pm

Join us every Friday evening, all summer long, for our Summer BBQ.

Relax in our walled garden and tuck into barbecued favourites, from lemon & herb chicken burgers to wild boar and apple sausages, sides and small plates, with fresh salads and chilled drinks.

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Our Long Melford locals can enjoy 20% off food and drink, every last Tuesday of the month - all day long!

Please bring proof of your Long Melford residence.

See our menus or reserve a table over on our website.

theblacklionlongmelford.com

[@theblacklionlongmelford](https://www.instagram.com/theblacklionlongmelford)

Nature Matters

Country Park and Melford Walk News

There's a group of volunteers that work pretty hard on our two Local Nature Reserves and they aren't just doing things like mowing paths, creating ditches, creating wildflower areas and general maintenance.

We're lucky to have two bird experts who, for the last three years, have carried out breeding bird surveys at the Country Park. At the end of the breeding season, the results are sent to Suffolk Wildlife Trust and SCC for their ecological records and a results board is produced for the Country Park. Some highlights this year include having two healthy mute swan families and reed warblers breeding on all three pits. We've also had bullfinches, grey wagtails, treecreepers, long-tailed tits, blue tits, great tits, marsh tits, goldfinches, blackcaps, chiffchaffs, song thrushes, goldcrests and it's been great to have greenfinches back at the park after a few years of absence.



Both Nature Reserves have been awash with many new species of wildflowers. This year's been great for orchids: I have spotted bee and pyramidal orchids not only in the reserves, but also around the village in some quite surprising spaces. Bee orchids may only flower once in their lifetime, which explains their appearance in large numbers in some years and disappearance in others. The seeds germinate in the spring and can take as long as six years before they reach a flowering stage. This year's very wet and warmish spring must have been the perfect mix.

I have spotted some other lovely wildflowers such as corncockles, ox-eye daisies, agrimony, meadow vetchling, forget-me-not and little robin. I use PlantNet, a plant identification app, to help me learn the names. Over the last two years volunteers, including the Scouts, have helped carry out plant surveys of the Melford Walk.

At the end of the summer we'll have some work sessions to mow and scarify the wildflower areas – if you'd like to help us on any of these sessions email me tipperl@longmelford-pc.gov.uk.

Thanks to Katie McSweeney for these photographs of some of the wild flowers in and around Melford.



Gardening Matters – Notes from the potting shed

By some margin, the question we have been asked most often this season is how to tackle this year's vastly increased slug population in Melford. With the unusually high levels of rainfall we have had over the past year, the problem has multiplied and the mild temperatures have provided ideal breeding conditions. There is a school of thought that slugs should no longer be considered as pests and we must just all learn to live together. In theory, this may appeal, but it can still be desperately disappointing to see nothing left but tiny stumps of recently planted seedlings and so we thought it is worth looking at protective steps you might consider, without resorting to chemicals.

If you can fit in any size pond in your garden, that should attract frogs and toads which will happily munch on a slug. Slugs are uncomfortable crossing any surface that is not smooth, so judicious use of grit, broken egg shells and sharp sand can be very effective. If you are a hosta lover (and who wouldn't be?) surrounding them with a ring of sharp sand can keep them totally protected until it gets washed away. Another barrier which works is copper tape around the rim of pots containing plants slugs might otherwise feast on.

You could also try a slug pub by sinking a small clean container in the ground slightly and filling it with lager. A yoghurt pot is ideal. The yeast smell attracts the slugs and you can then remove them from the trap as you wish.

Garlic spray on plants repels slugs and this can be made by brewing up a bulb of garlic in a pint of water for about quarter of an hour. Keep the infused water and dilute it down by using about one tablespoon to four pints of water to spray your plants.

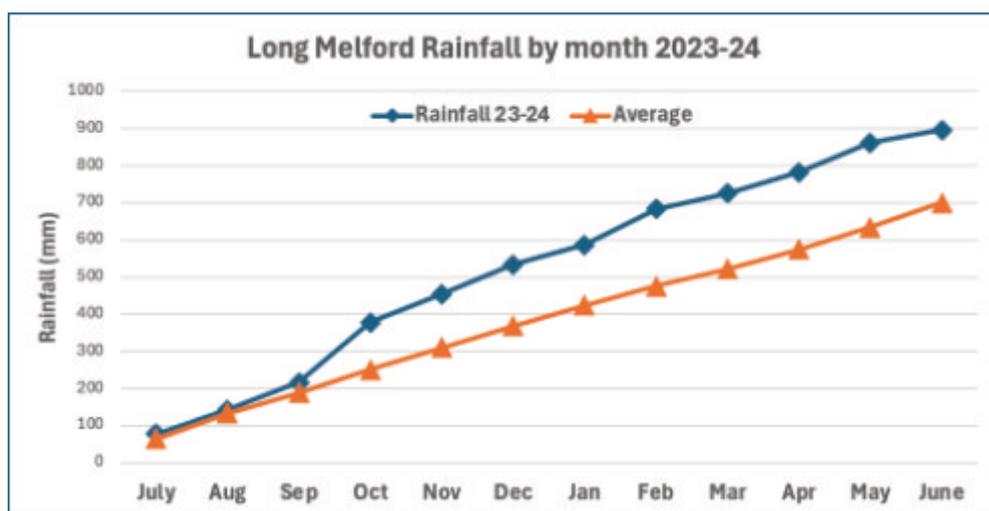
The final suggestion we have is to include plants which the slugs are not keen on; these include salvia, roses, euphorbia, lavender, foxgloves and nepeta (catmint).

If you have any other top tips for managing this perennial issue, we'd love to hear from you!

We very much hope that your gardening this season is making you feel happy and positive.

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

Happy Gardening!



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.

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Health Matters

Surgery Merger Update

The merger of Long Melford and Lavenham surgeries with Unity in Haverhill is now largely complete. The two clinical systems have come together, which means that we can now work as a single team across our three sites, making both practices more robust and sustainable.

One example of how this helps is the way we will support patients with a long-term condition. Each site will operate in the same manner, with a central team organising the recall process. This involves several thousand patients and is complex to get right.

We now have a card machine in the Long Melford dispensary, which has been much requested by our patients. A machine is on order for Lavenham.

Building works began in June at Long Melford. Although most of this is internal, there will be a scaffolding tower to fix the roof and we will be cutting back the trees. We will update you when works at Lavenham are due to start.



David Pannell,
Chief Executive,
Suffolk GP Federation



It's the Berries

Fiona Berry brings seasonal wellbeing to Long Melford with nutritional therapy business www.itstheberries.co.uk.

Fiona has been featured in The Guardian and Telegraph Travel for her wellness retreats in 2023. Her business is now based in Sudbury and she'll be bringing seasonal living to Long Melford **Friday 30th August at 2.45pm** at The Old School.



Join Fiona for a 45-minute talk on how to prepare the mind and body as we shift seasons and move into the cooler months of the year, with a special focus on autumn. Fiona will share ways to support your wellbeing and take a look at which seasonal ingredients can support your immune system and gut health so that you can live life feeling your best all year round.

Light refreshments and healthy seasonal bites will be provided, tickets are a cost of £10 and spaces are limited. To reserve a spot email: hello@itstheberries.co.uk



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Health Matters

Melford's 'Ask a Therapist'

In the hustle and bustle of modern life, amidst the constant demands of work, relationships, and societal expectations, our mental wellbeing often takes a backseat. Yet, nurturing our mental health is paramount for leading a fulfilling and balanced life. With the pressures on us all today, taking care of ourselves becomes even more important.

I am the practice manager for the Centre of Clinical Hypnosis and Counselling. We have dedicated over two decades to the skill of healing and guiding individuals towards mental wellbeing and have been fortunate enough to have been based in fantastic Long Melford for over a decade. With a seasoned counsellor, a hypnotherapist and a life coach, we try to blend expertise with empathy, offering a holistic approach to mental wellness.

Mental wellbeing encompasses more than just the absence of mental illness; it embraces a state of flourishing where individuals can realise their potential, cope with the normal stresses of life, work productively, and contribute to their communities. Self-care is not selfish; it is a vital component of mental wellbeing. Engaging in activities that nourish the mind, body, and soul is essential for maintaining balance and vitality. This may include regular exercise, adequate sleep, nutritious eating, and leisure pursuits. Setting boundaries and saying no when necessary is also crucial for safeguarding one's mental health.

We are fortunate to live in this rural location with easy access to nature. Nature has a profound healing



power that can rejuvenate the spirit and soothe the mind. Spending time outdoors can replenish our energy reserves and foster a sense of interconnectedness with the natural world, offering solace during challenging times. Indeed, 'walk and talk' sessions where therapeutic sessions are carried out while walking in nature are becoming more common.

Rural communities tend to have one big advantage over urban situations in that there is often a much greater sense of community. People are much more aware of their neighbours and more likely to notice any different behaviours. The downside of this is the stigma surrounding mental health problems. In close-knit settings, privacy can be limited, and individuals may fear being judged. As advocates of mental wellness, we hope that in future everyone will be able to talk about mental problems as easily as we would a cold or cough.

Susan Banks MA, DCH, DHP, Dip.
Couns, MBACP
www.cch-hypnosis.com



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Brain Matters

A Sports Quiz

With the Summer Olympics, Euros, T20 World Cup and Wimbledon all competing for our attention recently, we thought it was time for a Sports Quiz:



1. Which country has won the most all-time Summer Olympic Games medals?
a) USA, b) Kenya, c) Jamaica
2. In cricket, it's the T20 world cup. What does the T stand for?
a) Twenty, b) Two, c) Tricky
3. Who is England's leading scorer in the Euros?
a) David Beckham, b) Harry Kane, c) Alan Shearer
4. Most people would already know that the first modern international Summer Olympic Games were held in Athens. But do you know what year?
a) 1866, b) 1896, c) 1901
5. Who is the captain of this year's England T20 World Cup team?
a) Adil Rashid, b) Jos Butler, c) Jonny Bairstow
6. Who won the last Euros tournament in 2020?
a) Italy, b) France, c) Poland
7. Swedish shooter Oscar Swahn won the Olympic gold in the 100m running deer double shots team event at the 1920 Antwerp Olympics. He is the oldest champion. How old was he when he won his medal?
a) 60, b) 72, c) 84
8. In case of a tie in cricket's T20 tournament, both teams play a single, additional over of six balls to determine the winner of the match. The highest number of runs on that over wins. What is this tie-breaking solution called?
a) Bowl-out, b) Run chase, c) Super over
9. Who are the only 2024-25 Premier League team to NOT have a single player in the Euros tournament this summer?
a) Ipswich Town, b) Bournemouth, c) Leicester City
10. "Citius, Altius, Fortius" is the official motto of the summer olympics. What does it mean in English?
a) Leap, Run, Fight, b) Faster, Higher, Stronger, c) Conformation, Aptitude, Form

Answers on page 30

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Sport Matters

Long Melford Cricket Club

Melford 1st Team have been in good form this season finding themselves second in the Two Counties League Division 3 at the half-way point after a convincing home win against rivals Sudbury 2nds. The 2nd Team are also doing well and are hovering around mid-table at the half-way point.



The club reaches the milestone of 70 years this year having been re-formed in 1954 and we intend to celebrate this by holding a charity match during the day for Chocs for Champs charity followed by an evening of celebration; we will have a band and a marquee up. All of the village are welcome so come down and help us celebrate this milestone.

The club is having an artificial strip laid on the side of the cricket square in September at the end of the season. This is because of the number of junior games we now have at the club and it will also be used for the ladies' games in 2025.

The club is in a good position and we are going from strength to strength both on and off the field so why not come down and support your local cricket club as we head towards the end of the season.

Football

Students from West Suffolk College have been spending most Fridays at Stonylands as part of their 'Pathway to Adulthood' course. They have been keen to learn new skills and completed several maintenance tasks from painting pitch-side railings to cleaning the spectators stand. They have all thoroughly enjoyed the experience and, despite the very changeable weather, shown great commitment. They will be guests of the football club at the first home match of the season, as a way of expressing our appreciation of their efforts.

The Long Melford Community Sports Trust is based at the Skyline Network Stadium, Stonylands, whose clubhouse, The Melford, is an excellent modern facility with disabled access and a large free visitor car park. Available for hire for a variety of different

functions, it offers a large room welcoming up to 120 people and the smaller Bradbury Room holding up to 20 people, as well as a staffed licensed bar and a kitchen.

Email events.lmcst@gmail.com or find us on Facebook [@Long Melford Community Sports Trust](#) at [Skyline Network Stadium](#). A like and follow is always appreciated!

Richard Kemp

County Councillor

01787 378149

richard.kemp@suffolk.gov.uk

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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	Laura Murton	events.lmcst@gmail.com
Long Melford Cub Scouts	David Lawrance	melford.cubs@suffolkscouts.org.uk
Long Melford Group Scout Leader	Stephen Spraggons	melfordgsl@aol.com
Long Melford in Bloom	Jonathan Ewbank	07931 925420 / jonathanewbank145@gmail.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
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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 September** to be included in Issue 22 – October/November.

Quiz Answers

- | | | |
|--------------------|------------------|---------------------------------|
| 1. a) USA | 4. b) 1896 | 8. c) Super over |
| 2. a) Twenty | 5. b) Jos Butler | 9. a) Ipswich Town |
| 3. c) Alan Shearer | 6. a) Italy | 10. b) Faster, Higher, Stronger |
| | 7. b) 72 | |



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