

MELFORD

Issue 22 October/November 2024

Matters



Melford is a great place to be a dog
Photo: Lisa Tipper

Walk Through History

New walking route
links historic wool towns
and villages

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Shivering in the Dark

Spooky experiences
Scaresville and Halloweenies
return to Kentwell Hall

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Tea and Tiaras

Melford jewellery designer to
preview designs for the latest
Downton Abbey film

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welcome!

Welcome to issue 22 of your village magazine. As you have seen from the cover, there is a bit of a canine theme to this issue, with dogs featuring in the quiz and the business section as well. With Melford being such a great place to be and have a dog, it seemed appropriate to cover this. Have you noticed how many of our lovely teashops and cafes make dogs welcome? At Cafe Hygge



you can even have your dog immortalised on their wall of fame as a 'Hygge Hound', see photograph.

There's plenty of other activity covered in this issue, from a full report on the Clopton Family Association 2024 reunion (p.16) to the great archaeological activity planned for children at our lovely village school (p.17).

Although Christmas seems a long way off, could we invite any Melford businesses planning to offer special Christmas stock or deals to let us know as soon as possible? We would be pleased to list them in the next issue to help promote local festive gift or celebration ideas. 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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Community Matters

Good Neighbours

For anyone who does not know the Good Neighbours, we are a team of volunteers who help others in the village – mainly transport to and from all kinds of medical appointments, for a donation of just 45p per mile to cover transport costs. We can also assist with small jobs in the home (e.g. light bulb changes) or with completion of forms. All our volunteers are DBS cleared and we have liability insurance.



We also run a coffee morning every other Thursday and would love to hear from anyone who could help with driving people to it, baking cakes for it or assisting in running it. Coffee mornings take place at the Old School for about an hour from 10.00am and are a popular slot.

We are always happy to welcome new volunteers on to our rota. Many of our attendees need transport to get them there and more drivers on 'Coffee Morning' duty would greatly assist with managing the medical driving tasks. If you are not able to commit to general driving, just being able to help on a Thursday would be great.

If you would like to find out more, please call 07504 249179, leave your details and we will get back to you. Alternatively, come along on a Thursday, meet the team and have a chat.

We look forward to welcoming new faces – either to help, or just for the social occasion.

Helen Eaton – Chair Long Melford Good Neighbours Scheme

RBL Update

The Melford Branch committee has been in discussions with County and National advisors from the RBL. At our last meeting in June, we agreed to ask the members to vote on the way forward for the RBL building.



The EGM was held at the Bull Hotel, and a total of nine members attended the meeting, five committee members and four members, which was disappointing for such an important issue. We also received eight proxy votes from members who could not attend.

The EGM notice asked members simply to vote either to sell the Cordell Road site or to retain it for RBL purposes.

1. To give consent allowing the RBL to release the site for sale.
2. Retaining the site as a Branch Occupied Building and the conditions we would have to meet to maintain it.

The vote count was as follows:

Option 1 To sell: 15 Votes

Option 2 To retain: 2 Votes

The committee will now move forward with the option to give consent to the RBL to release the Cordell Road site for sale.



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Community Matters

Long Melford WI News

We are delighted to report that our membership numbers are continuing to increase. If you would like to find out what this WI group can offer, please do come along to a meeting! We have a great programme in store in the run-up to Christmas.

- **3rd October**, 7.00pm at the Bull Hotel: local historian, Anne Grimshaw, will give a talk on the role of the horse in transport, industry, agriculture and the military.
- **10th October**, 1.00pm at the Village Hall: 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/coffee and homemade cake.
- **7th November**, 7.00pm at the Bull Hotel: crafting Christmas buttons, an unusual decoration for your Christmas tree.
- **17th November**, a day trip to the Christmas Arts and Craft Fayre at Rougham Barns.

Launch of a New Walking Route

The Wool Towns Walk linking the historic wool towns of Clare, Hadleigh, Lavenham, Long Melford and Sudbury was formally launched in July.

Derek Blake, Chairman of Clare Walkers came up with the idea back in 2017. With the help of Keith Brown, former Chairman of Sudbury Ramblers, it became a reality.



As well as the main wool towns, the route features some of Suffolk and Essex's prettiest villages, such as Boxford, Cavendish, Kersey and the Belchamps.

It is fully way-marked and a set of detailed guides with maps is available on a dedicated website at www.wooltownswalk.co.uk.

The walk can be done in sections and there are four leaflets breaking it into shorter hops. Leaflets will be available in the **Walkers' Hubs** in Hall Street and by the Hare Inn, as well as at Holy Trinity Church.

Community Association

The Community Association has recently conducted a user survey for the village to have its say on the current offerings being provided at the Old School. Survey participants were grateful for the usual yoga, arts and crafts, and community events being offered, and praised the large modern kitchen facilities.



Around half of the participants also requested a wider range of health and fitness (including dance) classes and more art and cultural talks and events, and more than a quarter wanted to see more social events and more family and young person oriented gatherings.

If you have ideas for a new series of classes or one-off events in these categories, please get in touch as we'd love to hear how we can help make your ideas a reality. Similarly, if you'd like to get in touch with the work of the Community Association, please drop us an email at schoolbooking1860@gmail.com.

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Community Matters



Showcase A Spectacular Success

Congratulations to all involved in the first-ever Summer Showcase, which took place throughout the village in August. Many businesses featured an array of special offers, menus and even some demonstrations showing off their wares.

There were free events for families at the Village Hall, run by the church, as well as at the village library. There was also a sale trail raising funds for the cricket club as well as a craft fair at the Bull Hotel and an Olympi'Hens Scavenger Hunt (more Olympi'Hen news below).



Mellow tunes from the live singer at Cafe Hygge helped everyone relax



Stuart from the Woolpatch demonstrates dyeing yarn →

With live music at some of the some of the venues and outdoor cooking in front of others, the perfect weather helped to make the atmosphere celebratory and relaxed. Many businesses reported significantly increased footfall and were pleased to see plenty of new customers as well as loyal existing ones. After such a challenging start to the year for businesses in the village, it was great to see how successful this initiative was; indeed, it went so well that it is rumoured that it may become an annual event, fingers crossed!

Whither the Olympi'Hens Now?

As previously reported, over 90 chickens knitted in bright national colours were sent to Melford by donors worldwide. The birds covered a combined total of 65,405 miles as they flocked into their very own Olympic Village in the window of The Woolpatch in Hall Street. There, they jostled for recognition by wide-eyed passersby who, with noses pressed to the window and cameras at the ready, tried to identify the countries represented and predict the medal haul.

The medal tallies were recorded daily and the chicken whose country had the highest number was placed on the winner's podium, with the appropriate medal around its neck glinting in the sunshine. The overall winner was the USA with 126 medals, followed by China with 91. Great Britain came a creditable seventh.

Excitement over, the flock has now dispersed to homes in the area, where they will take pride of place, secured by voluntary donations to a small farm charity – The Nest in Framlingham, which provides emotional support chickens for children and young adults suffering from mental health issues: <https://www.thenestfarms.org>.

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Scaresville and Halloweenies Return to Kentwell Hall!

Get ready to be spooked and thrilled this Halloween season at Kentwell Hall! Scaresville is back and better than ever, promising an unforgettable immersive experience that will have you screaming and laughing in equal measure.

Scaresville: A Night of Terror

Experience the thrill of Scaresville, where spine-chilling scares await around every corner. Our team of expert scare actors will guide you through a terrifying twilight world, filled with thrills, spills, and heart-pounding scares. This immersive adventure is unlike anything you've experienced before and is sure to leave a lasting impression. From **16th to 26th October** and **28th October to 2nd November**.



Halloweenies: Spooky Fun for the Whole Family

Join us for Halloweenies, a spooktacular event designed for little monsters of all ages! Explore the enchanting grounds of Kentwell Hall and discover a world of Halloween-themed fun. From immersive activities to spooky challenges, there's something for everyone to enjoy. From **27th October to 3rd November**, 10.30am to 4.00pm.

The Kentwell Scream Team

Farmers and Makers Market

The Market will return to its indoor home at the Old School on **5th October** from 10.00am to 2.00pm. There will be a huge range of stalls, including handmade cushions, homeware and kitchen accessories, crochet bags and toys, a variety of local arts and crafts, organic fruit and vegetables, specialist cheese, jams and chutneys, local honey, organic sourdough, artisan brownies and fudge (including vegan), jewellery, crystal accessories and gift boxes, gift cards, wood craft, handmade bath and body products, wax melts, handmade patchwork quilts and bags, and dog blankets. There will even be stained glass items. The list of stallholders may increase: check @connect2arc for updates. This is a lovely opportunity to support our talented local makers and growers, see you there!



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Diary Matters

OCTOBER	TIME	EVENT	VENUE
Wednesday 2nd	9.00am to 3.30pm	Antiques Fair	Village Hall
Thursday 3rd	7.00pm	WI Meeting – ‘The Role of the Horse’ talk by Anne Grimshaw	Bull Hotel
Saturday 5th	10.00am to 2.00pm	My Long Melford Farmers & Makers Market	Old School
	10.00am to 3.30pm	Book Fair	Village Hall
	8.30pm till late	Live Music – John David	Working Men’s Club
Thursday 10th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
	1.00pm	WI Meeting – ‘Organic Farming’ talk by John Pawsey	Village Hall
Friday 11th	7.00pm	Melford Movies – ‘Anatomy of a Fall’	Village Hall
	8.00pm	Folk & Acoustic Club	Cock & Bell
Saturday 12th	1:30 to 3:30pm	Mid Anglia Alpine Garden Society	Village Hall
Wednesday 16th	11.00am to 12 noon	Arts Society Stour Valley – ‘Golden Age of Spanish Painting’	Village Hall
Thursday 17th	7.30 to 9.00pm	LM Historical and Archaeological Society – ‘A Tour of Supernatural Suffolk, Part 2’	Old School
Saturday 19th	10.00am to 12 noon	Flower Workshop – Anne Brown – www.justanneflowers.co.uk	Old School
	6.00pm	Colchester Chamber Choir Concert	Holy Trinity
	7.00pm	Live Music – Martin Weavers	Stoneylands
Wednesday 23rd	10.30am	Film Club – Jane Fonda	Village Hall
Thursday 24th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
	1.45pm	Long Melford Litter Pickers	
Friday 25th	6.00pm	Children’s Halloween Party – pre-booking advised	Stoneylands
Saturday 26th	8.30pm till late	Live Music – Just Duo Us	Working Men’s Club
Sat 26th /Sun 27th	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
Sunday 27th	10.00am	Long Melford Litter Pickers	
NOVEMBER			
Saturday 2nd	10.00am to 2.00pm	My Long Melford Farmers & Makers Market	Old School
	8.30pm till late	Music – Kiss Karaoke	Working Men’s Club
Wednesday 6th	9.00am to 3.30pm	Antiques Fair	Village Hall
Thursday 7th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
	7.00pm	WI Meeting – Crafting Christmas Buttons to make Decorations	Bull Hotel
Friday 8th	7.00pm	Melford Movies – A Man Called Otto	Village Hall
	8.00pm	Folk & Acoustic Club	Cock & Bell
Sat 9th/Sun 10th	10.00am to 4.00pm	Art Exhibition – Class Arts	Old School
Sunday 10th	10.15am	Remembrance Day Parade	Old School Car Park
Wednesday 13th	12 noon to 3.00pm	Arts Society Stour Valley – Special Interest: Modern Sculpture	Village Hall
Saturday 16th	10.00am to 12 noon	Flower Workshop – Anne Brown – www.justanneflowers.co.uk	Old School
	8.30pm till late	Live Music – Rockhouse	Working Men’s Club
Sunday 17th	TBC	WI Day Trip – Rougham Barns Christmas Arts and Craft Fayre	



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

NOVEMBER (CONT.)

Tuesday 19th	2.00pm - 4.00pm	Tea and Tiaras – Downton Abbey jewellery explained	Village Hall
Wednesday 20th	11.00am to 12 noon	Arts Society Stour Valley – History of Royal School of Needlework	Village Hall
Thursday 21st	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
	1.45pm	Long Melford Litter Pickers	
	2.00 to 4.00pm	LM Historical & Archaeological Society – Archive Group	Old School
	7.30pm	LM Historical & Archaeological Society – Towns and Trade in Medieval Suffolk	Old School
Saturday 23rd	10.00am to 3.30pm	Book Fair	Village Hall
Sat 23rd/Sun 24th	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
Sunday 24th	10.00am	Long Melford Litter Pickers	
	10.30am to 12.30pm	Mid Anglia Alpine Garden Society	Village Hall
Wednesday 27th	10.30am	Film Club – Claude Chabrol	Village Hall
Saturday 30th	From 10.00am	Festive Long Melford	Whole village
	10.00am to 2.00pm	My Long Melford Farmers & Makers Market	Old School

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
	1.15pm	Health in Motion – Yoga with Paul – info@health-in-motion.co.uk – 07930 332120
	7.30 to 8.15pm	Pre and postnatal Fitness – JTD_fitness – jo.h.thornley@gmail.com
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 – Arts Society Stour Valley
	10.30am	(4th Wed) Film Club Lectures – www.filmclublectures.co.uk
Thursday	9.45 to 11.30am	Pre and postnatal Fitness (child friendly) – 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 STONEYLANDS (LONG MELFORD COMMUNITY SPORTS TRUST)

Monday	10.00am to 2.00pm	Stour Valley Men's Shed
	7.00 to 10.00pm	Bingo age 18+ all welcome, no need to book
Wednesday	10.00am to 2.00pm	Stour Valley Men's Shed
Thursday	7.00 to 7.50pm	Swing Jive – Complete Beginners – Strictly Swing – Sarah Buldock 07956 614824
	8.00 to 8.50pm	Swing Jive – Improvers
	9.00 to 9.45pm	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
Sunday	7.00 to 7.50pm	Balboa Swing – Strictly Swing – Sarah Buldock 07956 614824
	8.10 to 9.00pm	Collegiate Shag

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

PTO for regular events at the Old School →

Diary Matters

REGULAR EVENTS AT LONG MELFORD OLD SCHOOL COMMUNITY CENTRE

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
	12.30 to 2.30pm	NEW! Creative Writing Classes – Pat McHugh – patm35267@gmail.com
	3.00 to 5.00pm	Friendship Dancers – Robin Hart – 01787 269613
	7.30 to 9.30pm	Silver Band – Mike Murkin – 01787 312605
Thursday	10.00 to 11.30am	(Alternate weeks) Good Neighbours/Friends of LM Library Coffee Morning
	7.00pm	(1st Thurs) Parish Council – Full Meeting including Planning
	7.30 to 9.00pm	(3rd Thurs) LM Historical and Archaeological Society
Friday	1.15 to 2.30pm	Chair Yoga with Kate – katherinebanks79@gmail.com – 07508 148520
	7.00 to 8.00pm	Contemporary Dance – Maddie Cottee – maddiecottee21@gmail.com – 07719 034950

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

Giffords Hall Vineyard

CHRISTMAS FAIR

Saturday 16th November 2024

10am - 4pm

Join us for a mince pie and mulled Rose as we welcome back some of our favourite small businesses as well as some new faces, with plenty of gifts and ideas to help you get a head start on your christmas shopping!

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MELFORD FORGET-ME-NOTS

Holy Trinity Church

Rev. Lawson has recently returned from sabbatical, a full programme of services continues.



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.

Yoga

Clare Turner, one of the resident yoga instructors at the Long Melford Yoga Studio at the Old School, is holding some additional sessions nearby at Waldingfield Village Hall.

The sessions are on **27th October** and **17th November** from 9.30am to 11.00am. Email clareturneryoga@gmail.com for further information or to book.

Melford's lovely Christmas Trees along Little St Mary's and Hall Street are being organised by volunteers again this year and will be put up on **Sunday 17th November**.

Although this sounds early, it is the only available date that ensures they're up in time for Festive Long Melford on 30th November. And it is so cheerful in those dark months when the street is all lit up!

We're looking for volunteers again this year. It's a fun morning with a pint (or something else) at the end for you. Please email lmtrees@outlook.com to offer your help or find out more.



Special Offer for Residents

Would you like a guided tour around Holy Trinity Church?

Melford residents are invited to book a guided tour of our 15th-century church, enjoying history in our midst. Guided tours last about an hour, including Q&A.



Until **31st December 2024**, this costs **just £5 per person** (under-16s free) rather than the usual £8 per person.

Gather a group of 6 to 20 friends or family for a tour. If you're on your own or a couple, we can join you to a bigger group. To arrange, please contact Jonathan Ewbank (jonathanewbank145@gmail.com).

Save the date



Festive Long Melford

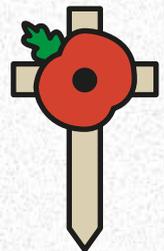
Save the date

This year's Festive Long Melford event will be held on **Saturday 30th November**. Full details will be provided in our next issue, including some great present ideas and fantastic offers.

This is one of the biggest days in Melford's calendar and has something to suit everybody. Make a note in your diary now to ensure you don't miss the fun!

Remembrance Sunday is **10th**

November. The parade will gather at the Old School and, led by a piper, set off at 10.15am, walking towards the church on the path along the Greens. The Salute will be taken on the Green opposite the Black Lion. The service will start at 10.45am – further details will be announced by the church via their social media and newsletter. Following the service, the parade will return to the Old School.





The artists would like to thank everyone for their support at Holy Trinity Church in July, where 95 artworks were sold over the fortnight.

Autumn Exhibition

The Society will return to Bury Cathedral in October for their final exhibition of 2024. The event will run from **3rd to 11th October**, in the South Aisle of the cathedral. Once again, the Society is supporting its chosen charity, St Nicholas Hospice Care, with 20% of all net profits going to this worthwhile cause. Opening times are 9.30am to 5.00pm daily, except on three days: **3rd October** from 1.00pm to 5.00pm, **6th October** from 12noon to 3.15pm and **11th October** from 9.30am to 1.00pm. Admission is free.

Film Club At Long Melford Village Memorial Hall

September saw the beginning of our new season at the village hall. The club meets on the fourth Wednesday of the month to consider the merits of individual film actors, directors, genres such as film noir, and many other film-related topics. It doesn't matter how much knowledge you have about film. The important thing is to bring like-minded people together to form a sociable group.



Here is what you can expect from each meeting:

- an original lecture written each month, covering the subject and illustrated with many film clips;
- a full-length film based on the topic; and
- a discussion group afterwards, over coffee or tea for those who desire it.

Lectures begin at 10.30am. Obviously, you do not have to stay for all three parts of the programme!

All are welcome: new members join on the day and meet other friendly film enthusiasts. Details on pricing and detailed notes on each forthcoming lecture are available on the website filmclublectures.co.uk.

Autumn Season Subjects:

- **25th September:** Ralph Fiennes
- **23rd October:** Jane Fonda
- **27th November:** Claude Chabrol
- **18th December:** Heist Films (Please note this falls on the third Wednesday in December due to Christmas)

The Suffolk Art Society

ART EXHIBITION

at
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Bury St Edmunds

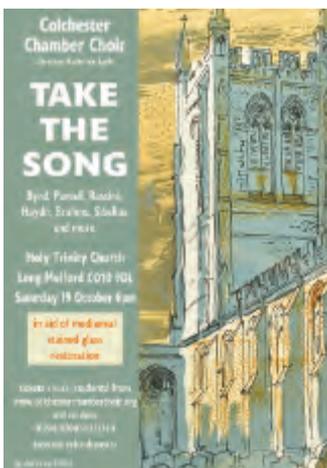
THURSDAY 3RD OCTOBER – FRIDAY 11TH OCTOBER
 Thursday 3rd October 1pm - 5pm
 Friday 4th October - Thursday 10th October 9.30am - 5pm
 Sundays 12 - 3.15pm
 Closing day Friday 11th October 9.30am - 1pm

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Colchester Chamber Choir Concert

Colchester Chamber Choir, which has gained a reputation for high-quality performances all over East Anglia, will give its next concert in Long Melford.



The 28-member choir will perform in the village from 6.00pm on **Saturday 19th October**.

The concert will include work by Byrd, Purcell, Rossini, Brahms, Sibelius and Haydn.

The venue is Holy Trinity Church and proceeds from the concert will go to help conserve the church's nationally important collection of medieval stained glass. Tickets cost £15 (students £5) and are available from colchesterchamberchoir.org or on the door. Wine, beer and soft drinks will be available.

CLASS ARTS LONG MELFORD ART EXHIBITION



SATURDAY 9th NOVEMBER—
SUNDAY 10th NOVEMBER
THE OLD SCHOOL, LONG MELFORD
OPEN 10—4.00
FREE ENTRY

Tea and Tiaras

Did you know that many of the jewels worn by the main characters in Downton Abbey were made in Long Melford? In November, there's a chance to meet the creator and see the jewels for yourself.



Andrew Prince has worked on three seasons of Downton and two of the three film spin-offs. His creations have been worn by Maggie Smith, Elizabeth McGovern, Michelle Dockery and Lily James.

He is offering a sneak preview of his collection for the third and final film – which opens next September – at an afternoon event called 'Tea and Tiaras'. There will also be a raffle with the chance to win one of Andrew's own pieces.

The event takes place at the village hall from 2.00pm to 4.00pm on **Tuesday 19th November**. Tickets cost £15. To book, contact andrewprincejewels@gmail.com. The price includes afternoon tea. Prosecco will also be available. All proceeds go to Holy Trinity's medieval stained glass fund.

Class Arts Autumn Exhibition

Class Arts are delighted to return to the Long Melford Old School on **9th and 10th November**, for their second art exhibition of 2024. This follows on from their highly successful Spring Exhibition at Borley Church.

Ten local artists will be selling cards and affordable paintings. A great opportunity for some Christmas shopping! Entry is free and opening times are from 10.00am to 4.00pm.



Our season got off to a good start with an audience of 47 for our screening of **One Life**, when the raffle raised over £75 for the Storehouse Foodbank.



On **11th October** we will be screening **Anatomy of a Fall** (15). A winner of both BAFTA and Oscar awards for Best Original Screenplay, the film follows Sandra and her partially sighted son Daniel after the discovery of her husband mysteriously dead in the snow below their chalet. She becomes the main suspect, and the subsequent trial exposes the complications of her marriage, with Daniel caught in the middle.

Our film on **8th November** is **A Man Called Otto** (15). Following the loss of his wife, grumpy old man Otto (Tom Hanks) has lost purpose in life and plans to end it all. When a lively family moves in next door, their persistent small kindnesses force Otto to see life differently. As he finds himself unable to resist their charm offensive, a friendship develops that turns his life around.



Screenings are at Long Melford Village Memorial Hall. Doors open at 7.00pm and the film starts at 7.30pm. Entrance is £5 (cash or card). If you would like to join our mailing list, reserve a seat, or join the team, please contact us at melfordmovies@icloud.com.

Reading Quest 2024

We had a fantastic summer at Long Melford Library, with over 50 children taking part in the Reading Quest, setting themselves a series of challenges and tasks focussed on reading.

The Quest ran from July to September. The children who took part had a lot of fun and earned prizes. To round off the summer, we had a party and award ceremony where children received medals and certificates to celebrate their achievement.

Several hundred children also took part in our regular family crafts and activities, making paper kites, magical fairy lanterns and enjoying some science with our brand-new Lego Education sets. If you missed out, look out for more sessions with these sets during school holidays or pop along on a Saturday to enjoy our craft and Lego sessions.

Congratulations to all the children who took part and thank you so much to all the adults who brought them along and encouraged them at home. We are also extremely grateful to our volunteers for over 200 hours of their time and hard work: we wouldn't be able to do this without them! Our

youngest volunteers are 12 years old and it's heartening to hear so many of the Quest participants wanting to volunteer alongside them when they're old enough.

Nick's Picks

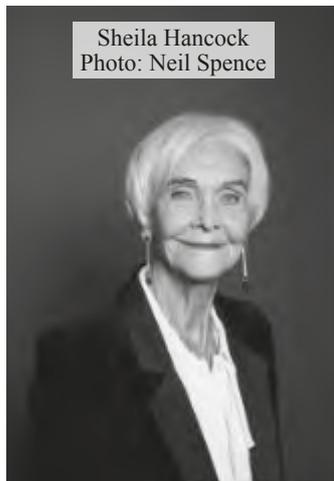
The shorter days may make you long for summer but the clearer, darker nights are an invitation to get outside and look up. *The Art of Stargazing* by scientist and Sky At Night presenter Maggie Aderin-Pocock might be the book to get you started. It outlines the histories of the constellations, depicting them with an overlaid illustration to explain their names. The star map paired with a phone app will make you unstoppable!

Autumn is a great time to feel the pull of the forest as a family. *Forest Craft – A Child's Guide to Whittling in the Woodland* by Richard Irvine has fantastic projects for children to tackle under adult supervision. Whittling wood with a child might not sound relaxing, but once you have made sure that everyone is proceeding safely, you can see the benefits of a calming, meditative and focussed activity.

Both titles are available in print from Suffolk Libraries.

Lavenham Literary Festival

The eighth Lavenham Literary Festival will take place from **Friday 1st to Sunday 3rd November 2024**, with workshops, a festival dinner and guests to suit all literary tastes, including Alan Johnson, former politician and best-selling author in conversation with Lesley Dolphin, Patrick Barkham introducing *The Wild Life of Roger Deakin*, and much-loved actor Sheila Hancock talking about her memoir *Old Rage*.



Sheila Hancock
Photo: Neil Spence

Louis de Bernieres will be discussing his latest novel *Light over Liskeard* with broadcaster Martha Kearney. Ashley Hickson-Lovence, award-winning author of *Your Show* about the Premier League's first black referee, will discuss the power of words through poetry and prose with Melford-based author and publisher Simon Edge.

Tickets are on sale from The Apex, Bury St Edmunds. Further information from www.lavenhamliteraryfestival.co.uk.

The Arts Society Stour Valley

Our new season's programme is both exciting and diverse with something for everyone.

Commencing in September with the first of 10 lectures on subjects ranging from *Painting, The Royal School of Needlework* and *Theatrical Design* to the *Christmas Story from the National Gallery*. Also scheduled are two *Special Interest Events* comprising two one-hour presentations with a buffet lunch. The first, in November, examines *British & Contemporary Sculpture* and the second, in February, covers *Art Nouveau and Art Deco*.

Recently, a visit was organised to Windsor Castle and a *Spring Visit* to the V&A Museum's exhibition of *The Great Mughals: Art, Architecture and Opulence* is in the planning.

Meanwhile, as part of our charitable status, our *Community Arts Projects* continue to thrive with our help. We are currently enabling a local primary school's participation in the national *Primary Steps* programme run by the Royal Ballet. Other projects are under consideration.

Come and join us – we are here for you!



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Heritage Matters

Clopton Family Association 2024 Reunion, Long Melford

At 6.30am on Monday 24th June, a coach left Long Melford to meet and greet the Clopton family members at Heathrow Airport. Hailing from all corners of the USA, 45 descendants of William and Ann (née Booth) Clopton of New Kent County, Virginia, arrived at The Bull Hotel at 5.30pm.



Baked and donated by Tanswell Bakery

After a reception that evening, it was off to bed for a 9.00am start on Tuesday and a trip to Cambridge. In the morning, “free time” to explore the various delights of the city including the Fitzwilliam Museum, colleges, churches, the Botanical Gardens and shops. For the more adventurous, there was punting on the Cam. Then on to The American War Graves Cemetery at Maddingley in the afternoon.

Wednesday and Thursday were the Clopton Heritage days: the former was spent in Long Melford with tours of Holy Trinity Church in the morning, followed by a lunchtime concert, then a visit to Melford Hall and the Heritage Centre in the afternoon. In the evening there was a barbecue meal at Scutchers.

Thursday began with the first part of the Rose Ceremony, during a visit to Hadleigh Guildhall, given to the people of Hadleigh by William Clopton, Lord of Toppesfield Manor in 1438. Then on to St Bartholomew’s Church, Groton, to lay flowers in memory of Thomasine Winthrop (née Clopton), the second wife of John Winthrop, who later became the first Governor of Massachusetts. She died after childbirth and both she and the baby were buried with his first wife in the chancel of the church. A trip to Castlings Hall for lunch followed, another “Clopton” house where Thomasine was born in 1582, before returning to Melford via Lavenham to see St Peter and St Paul’s Church and admire the Clopton D’Ewes memorial brass.

Friday included visits to Sutton Hoo to view the burial mounds, Tranmer House and the museum. Although the Time Team Dig had finished the day before, there was still plenty to see at the dig site and archeologists to talk to. The afternoon was spent in Woodbridge, visiting the Tidemill, Woodbridge Museum and the Long Shed, where a full-size replica of the Anglo-Saxon ship excavated by Basil Brown in 1938/9 is being built.

Saturday morning, following the Clopton Family Association business meeting, was spent in the village and the afternoon at Kentwell Hall, followed by a farewell reception in The Bull in the evening.

The Rose Ceremony was completed during the Sunday Morning service at Holy Trinity with the newly elected President of the CFA, Jim McDaniel, laying the Rose Rent on William Clopton’s tomb. The reunion concluded at 3.00pm with a coach departing The Bull at 3.00pm.

The first reunion in Melford was held in 1984, then every six years since, apart from Covid19 disruptions to the 2020 meeting. As 2024 marked the 40th anniversary, it was decided to hold the reunion this year. The next reunion in Long Melford will be in 2030.



Clopton Family Association Members at Kentwell Hall

Heritage Matters

Junior History Detectives at Long Melford in September 2024

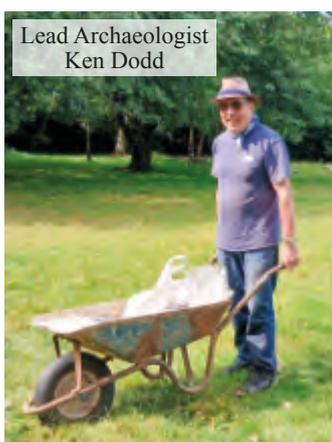
Long Melford Heritage Trust has organised an archaeological excavation experience for 70 children of Long Melford Church of England Primary School. During August, members of the LMHT archaeological team prepared a site in the school grounds, for pupils to excavate from 9th September as part of their Roman Study project.

In recent years, Long Melford Heritage Trust has conducted a series of excavations which, along with research and geophysical surveys, have dramatically changed the understanding of the ancient history of our village.



Lead archaeologist, Kenneth Dodd, explains, “Over this time, we have sought to encourage engagement and participation by the community. We have particularly welcomed site visits by local school children and worked closely with the local primary school”.

Although most archaeology in Long Melford is normally encountered at depth, for practical reasons the children’s excavation is relatively shallow, but prepared in such a way as to replicate the real thing, with layers representing age, along with real artefacts and simulated building features.



Designed to offer an exciting opportunity and a unique experience for the children, the exercise will teach them about archaeological excavations and Roman Long Melford. Members of school staff and LMHT excavators will be available throughout to guide students through the process.

The dig is a collaboration between the school and the school’s Friends (parents), and led by the LMHT team.

Upon completion the children will be invited to attend a presentation based on an interpretation of their findings.

[Ed. – we hope to provide a report of the dig – from the children’s perspective – in our next issue.]

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Camp, Camp, Camp!

With the summer season has come camping season for the Scouts, aged 10 to 14, and as well as our usual exciting range of Thursday evening activities, some of our Scouts have taken part in not one, not two, but three camps this summer.

First, we had the expedition camp where our oldest Scouts had to walk independently a route of approximately 25 km over a day, carrying their own kit and doing all the navigation themselves. Two of the Scouts commented, “The walking itself went very smoothly and we efficiently walked from the Cornard United Car park to the Long Melford scout hut and even got there early allowing us to rest before the next day” (Leo, 14), and “Me and Leo stopped at the church and asked the vicar where the pub that we finish at was. He told us that it was just round the corner and across the road” (Jamie, 12). During the overnight stay, the Scouts also had to cook their own meals, something that was new to most of them and, while it may have taken some time, the result was worth it! One of the Scouts wrote in his write-up, “I really enjoyed the cooking and planning the dinner”.



The second camp in which some of our Scouts took part was actually the Sudbury District Cub Camp, where the Scouts, with their leader, had to run an activity for the Cubs that involved building a giant rope bridge from pioneering poles, ropes and pulleys for the Cubs to cross. The Scouts then had to teach the Cubs how to tie the knots and lashing they had used. It was lovely to see how patient and kind the Scouts were while teaching the Cubs.

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And finally, we had Summer Camp: a four-day camp, where the Scouts enjoyed three days of leader-organised on-camp site activities, such as tunnelling, climbing, abseiling, archery, land-zorbing, inflatable hungry hippos, Cresta runs, bivy-building and nettle-tea brewing, as well as lots of self-organised card games! On the penultimate day we had a day out to Thorpe Park, a new experience for several of the Scouts and, while they didn't all brave the big roller coasters, they all had fun, with the Tidal Wave water ride being a big hit all round.



Guides' Photo Exhibition



This term, 1st Chadbrook Guides are focusing on photography and craft. The Guides spent the summer taking photographs, using new skills and techniques learnt last term including the rule of thirds as well as shadows and reflections. This gained them their photography badge. Guides used their photographs, combining them with new crafting skills, and on a Wednesday evening all the pictures were displayed in a gallery. Everyone who came had a great evening viewing the Guides' (and Leaders') photographs, and enjoying drinks and homemade cakes.

The Guides have also completed their Remembrance window at the Scout and Guide Hut, and plans are underway for our Christmas window, which will be up at the beginning of December.

We will be having a quiz night in December as our fundraising for Switzerland 2025 continues. Look out for information on Facebook!

Guides is open to girls aged 10 to 14. Please contact Rebecca at chadbrookguides@gmail.com.

Fifty years of Back to School



As the young pupils of Long Melford Primary School re-enter the school gates after a long summer, with new backpacks and pencil cases in hand, the school is preparing a series of celebrations to mark 50 years at its Cordell Road site. Later in the year, we hope to host a retrospective, telling stories and showing how education (and fashion) has changed through the decades, and we're also planning a Big Birthday Bash!

If you would like to help celebrate your school's place in the community, or have any photos, keepsakes, or other cherished memories from the 1970s to the 2010s that you'd be happy to share, please get in touch with Friends of Long Melford Primary School at FLuMPS@longmelfordprimaryschool.co.uk.

Parish Council Matters



Additional Speed Indicator location

A speed indicator device (SID) pole has now been installed on Rodbridge Hill by Suffolk County Council's approved contractor. This location will be included on the rota for a SID.

several years, is far bigger than first anticipated, and the repair could not be undertaken. This works order has now been returned to the drainage team for further discussion on when the repairs can be carried out in full.

Clare Lee, Parish Clerk

Country Park Public Toilets

The renovation project is progressing well. However, over the weekend of the August Bank holiday, the public toilets were targeted by criminals and broken into. There was damage to the renovation and Council-owned property was stolen. The police and the Council's insurers have been informed.

Cordell Place Play Area

The Parish Council have now agreed the lease for the play area. Once the lease is signed, the Council will place its order with Playdale, the agreed contractor. The Council will keep residents informed as soon as we are given a start date for the project.

Drainage problems outside the Old School car park

Suffolk County Council carried out preliminary work on the blocked drains outside the Old School car park. The extent of the blockage, which has built up over

<p>Richard Kemp County Councillor 01787 378149 richard.kemp@suffolk.gov.uk</p>
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Business Matters

Seadogs Training

A happy, well-adjusted dog actually enjoys working to please its human. Sheepdog trials exemplify that and so do the hunting, pointing and retrieving tasks of the gun dog. Husband-and-wife team Rob and Julie Palmer have decades of experience with gundogs, first on shoots and similar pursuits, then in training their own dogs and those of their friends.



Ten years ago, they decided to turn a hobby into a business and make their knowledge and expertise available to a wider market. They formed Seadogs Training and run the business alongside Stour Valley Sporting, which provides opportunities to exercise the skills the gundogs learn. After a couple of years they rented a site at the rear of Melford Hall, from which they still deliver a wide variety of training and experiences to their canine friends.

The Seadogs approach to training uses positive reinforcement and reward, though sometimes “NO” is the appropriate word. Any form of harsh punishment is simply prohibited. Dogs need to be trained from an early age. It is both difficult and unfair to expect a dog to learn not to chase other animals when taken out, if that is what they have become used to doing.

Obedience training is therefore best when learned early. The basics of obedience training are the same for pet dogs who are not gundogs, as well as those that work. Long Melford dog owners who would like specialist advice about this are encouraged to speak to an expert. Start by visiting www.seadogstraining.co.uk.



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Business Matters

Lead The Way

Also based in Melford is Lead the Way – Dog Training and Behaviour Management. Sara Oakley, who runs it, has over 15 years' full-time experience and is accredited at the highest level as a Master Dog Trainer with the Guild of Dog Trainers and as a Canine Professional Dog Trainer with the Pet Professional Guild.

Sarah provides one-on-one services at your home as well as group training, and her passion is helping owners understand their dog's needs, signals and the root of their behaviour. She simplifies the mystery of dogs' communication so that owners can empathise, instruct and see clear positive change in their dog's behaviours. Telephone support is provided, with written plans and updates. Her approach is always to go at your dog's pace to set them up for success. Lead the Way provides opportunities to continue practising new behaviours through weekly social groups, social agility and social structured group walks.

Sara runs weekly puppy classes and obedience classes to ensure that you get the best start, to avoid unwanted behaviours and keep your dog social and mentally stimulated throughout its early growing and learning phase, right up to adulthood and beyond.

All Sara's training is force-free and no aggression or gadgets are used. Finding the best solution for the individual dog and owner is key. Choosing a dog trainer can be a bit of a minefield and Sara advises looking for credentials and a proven track record.

Training takes place outside in a secure paddock in Melford and people who wish to view her classes are always welcome. Sara can be contacted on 07909 904357, leadthewaytraining.co.uk and facebook.com/leadthewaytraining.



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Business Matters

The Nethergate Field

Our local brewery and distillery, Nethergate, has recently announced that it has purchased the field which adjoins the current site between Borley Road and Sudbury Road. It's an 8-acre field which will allow the business to be joined to the Country Park. Nethergate hopes that it will improve both the appearance and the facilities of the southern end of the village.



The field is currently designated for agricultural use, and Nethergate plans to cultivate hops and botanicals on part of the land for their beer and spirit production. They are also exploring ways to leverage this new space to benefit both the business and the local community, pending an extension of their existing planning permission.

The brewery is owned by around 100 shareholders, and has just over 900 members, mostly local residents, and is consulting with them and other interested parties about what best to do with the site.

The primary motivation behind the purchase was to address the need for additional parking for visitors to both the brewery and the Country Park, particularly during busy times of the year, such as bank holidays, to prevent any inconvenience.

However, the new space also opens up exciting possibilities for the brewery, including the potential for a new cafe, an expanded shop and visitors' bar, a children's play area, an electric car charging station, and a bottle recycling facility.

When we spoke with Rob Crawford, the General Manager of the brewery, he mentioned that the brewery is currently running out of space for production, warehousing, and parking. He shared that they have ambitious plans to expand the business but are committed to doing so with the support of their Long Melford customers.

"This is a really exciting project for us, and we hope to enhance both the appearance and the facilities of the village, benefiting both the local community and visitors alike," Crawford said.

Mbloc Wins Environmental Award

We at Mbloc are thrilled to announce that we have won The National Construction/Built Environment Champion Award at The Good Small Business Awards held on Thursday 18th July, a testament to our dedication to excellence, innovation, sustainability, efficiency and biodiversity for the build environment sectors.

The Good Small Business Awards celebrates small businesses that make significant contributions to their industries and communities. Winning this award has been a huge achievement, reflecting the hard work, creativity and passion of our entire team.

Committed to pushing the boundaries of what is possible in the construction industry sectors, Mbloc have focused on sustainable practices, innovative solutions to tackle carbon reduction and efficiency and consideration of the bio diverse impact to construction. We plan to continue delivering exceptional projects for housing, health or hospitality, which contribute to better and more sustainable buildings for us all, for the future.

For more information please contact www.mbloc.co.uk.

Darren Howard Mbloc

An advertisement for R.S. Paint & Decoration. The background is a textured, light brown color with a paintbrush stroke effect. At the top, there is a small crown icon above the text "R.S. PAINT & DECORATION" and "PAINTING AND DECORATING SERVICES". Below this, the services "EXTERIOR PAINTING", "INTERIOR DECORATING", and "WALLPAPERING" are listed in large, bold, black capital letters. At the bottom, the website "WWW.RSPAINTEDECORATION.NET" is displayed. Below the website, there are three icons: an envelope for the email address "R.SPAINTEDECORATION@GMAIL.COM", a mobile phone for the number "07555268148", and a location pin for "LONG MELFORD AND SURROUNDING VILLAGES". A paintbrush is visible in the bottom right corner of the advertisement.



The small orchard in the park is growing well and some of the older trees have borne fruit this year, which is a great source of food for the wildlife, and passers-by!

As we approach autumn and winter, the volunteers will be carrying out lots of jobs on the Melford Walk and at the Country Park. If you would like to help at any of our informal sessions, please email me at tipperl@longmelford-pc.gov.uk.

Seasonal News And A Magical Sight

A warm and sunny few months over the summer enticed many visitors to the Country Park and Melford Walk Nature Reserves. I love seeing all ages arrive at the park for the first time, study the park map and then go off on a lovely walk or set up for a picnic.

Some of these visitors may have seen our volunteers, along with help from the Scouts, on one of our many work sessions cutting and raking selected wildflower areas, in preparation for autumn and winter; doing this work on rotation encourages more species to grow each year.

I've thoroughly enjoyed watching the two swan families at the park as they raise their young. I was lucky enough to see a flying lesson the other day – a parent teaching their cygnets to fly was just magical.



On 18th August, a rare sight greeted visitors: mini steam engines congregated at the park after trundling from Sudbury to Melford along the old railway line. This was to mark 159 years elapsed since the first train drove along this section.



Late Summer Update

Our summer displays were planted in early June and we hope they will last well into

October. Certainly the bright red dragon wing begonias have caught the eye and made a splash, bursting forth from complementary orange and yellow bidens, bacopa and sanvitalia.

Looking ahead after a summer of two halves, we have lined up winter displays for planting in late October or early November, including light blue and white pansies as well as some polyanthus. Each display will also feature a mix of grasses and variegated leaf ivy.

And, for the first time, we plan to add spring flowering bulbs, including charming narcissus 'Tête-à-tête' for the bridge and round barrels, and larger daffodils for the big planters.

As always, we would like to thank all of our sponsors, who help make Melford such an attractive village, and special thanks go to this year's corporate supporters who are Pure Elements, East of England Co-op, Gridley's Electricians, The Long Melford Tearoom, Breakout, David Burr, Scutchers, The Black Lion, Bespoke Blinds, as The Hare, Cafe Hygge and The Sewing Kabin. Thanks also to Cllr. John Nunn.

Not forgetting a round of applause to our team of volunteers! Why not get involved? We share our displays around our volunteers, who provide 'TLC' to their allocated barrels, planters etc. Or if you have a tow bar on your car, why not give us a hand with Billy Bowser and help with summer watering? Many hands make light work...

Contact Jonathan Ewbank, Lisa Tipper or our Parish Clerk, Clare Lee. See the Directory (p.30) for details.



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Gardening Matters – Notes from the potting shed

It may seem odd to be focusing on the start of next year's gardening season even before this one has ended, but following the rhythm and cycle of growing plants is the essence of gardening. We make no apology therefore for raising now the jolly issue of next year's Seed Swap. It will return at the beginning of March and now is the perfect time to be saving seed to bring along and swap with your fellow Melford gardeners.

By this time of year, most seeds will be well developed: snipping off a whole seed head and storing it in a paper bag is the best way to avoid unintended scattering of hundreds of fennel seeds for example. Pick a dry day, and just leave the seeds to dry on any kind of paper where the air can reach them, before storing in a labelled airtight container.

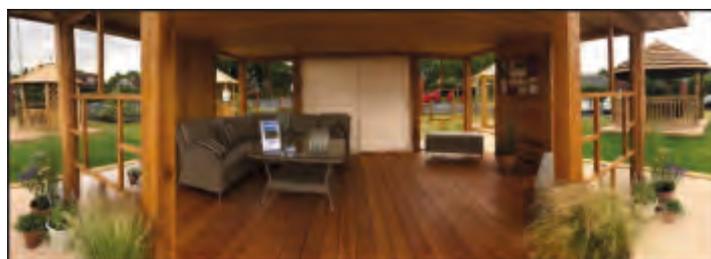
Annuals such as cosmos, nigella, tagetes and poppies are all particularly rich sources of seed for next year. If you are into growing edibles, most herbs and all beans are very easy to gather seeds from. If you have grown anything unusual this year and would like to share that with other gardeners for 2025, please do consider drying off a few seeds and bringing them along in March.

Two other storage-related matters have cropped up lately: if you have grown pumpkins and squashes, do leave them out in the sun for a few weeks before storing them, as we find that they will keep well in a shed up until the end of February if their skins have had that chance to harden off.

The other resource we are often asked about is how best to use leaves that are covering gardens at the moment. We would recommend turning them into leaf mould. It couldn't be simpler to make: just pile the leaves into a pen of chicken wire (or an old compost bag with a few holes in the bottom will do) and keep adding to the heap. They will decompose to a fraction of their original bulk and by next autumn you will have beautiful, crumbly leaf mould which can be used as a growing medium, a mulch or soil improver.

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

Happy Gardening!



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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

Health Matters

Yoga

The Long Melford Yoga Studio at the Old School, home to several yoga instructors and a range of different classes throughout the week, welcomes 'Chair Yoga with Kate' on Fridays from 1.15pm to 2.30pm. This offers another way of benefiting from Yoga, using a chair as a prop. It is ideal for those who need a little extra support during their practice or those with mobility issues or difficulty getting up and down from a mat.

For further information, contact Kate Banks by emailing katherinebanks79@gmail.com or phoning 07508 148520.

Details of all the classes at the Studio can be found on their website www.longmelfordyoga.co.uk.

Another new yoga session has recently started at the Village Hall on Mondays at 1.15pm. Run by Paul of Halstead-based Health in Motion (www.health-in-motion.co.uk), the class promises a friendly, welcoming environment for all levels.

Turn up on the day or contact Paul on 07930 332120 or at info@health-in-motion.co.uk to book.

The Pharmacy Long Melford

The Pharmacy Long Melford is dedicated to providing essential healthcare services to the local community. Their extensive range includes prescription dispensing, medication reviews, and a variety of over-the-counter medicines. They also offer prescription collection from local GP practices and delivery services, and private services such as weight management, travel vaccinations, and much more to support villagers' health needs.

They also provide seasonal flu vaccinations and COVID-19 boosters and participate in the NHS Pharmacy First service, where their pharmacist can treat seven common conditions, ensuring convenient care close to home.

Additionally, they offer blood pressure monitoring, ear micro-suction, and expert advice on managing various health conditions, and are committed to supporting your well-being with professional, friendly service.

Their opening hours are Monday to Friday, 9.00am to 6.00pm, and Saturday, 9.00am to 1.00pm. The Pharmacy Long Melford is closed on Sundays.



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Health Matters

Raising Vibrations

Tina Gore, a holistic-energy practitioner and owner of Raising Vibrations in Long Melford, invites you to relax in order to release energetic blockages in your body – blockages which Tina believes can create all manner of issues, such as pains, illnesses, anxieties, emotional fatigue or triggers, a feeling of ‘being stuck’, etc.

Tina says, “Blocked energies create underlying stress in our bodies; stress that is further compounded by our daily pressures.

Placing our bodies into regular rest and digest allows our innate self-healing to work for us; unhelpful energies will shift to create better health and greater clarity.

Simply by having faith in something, which perhaps we don’t really understand, we can start to really heal ourselves.”

Based in the Beauty Cave in Little St Mary’s, she offers Reiki+ (an amalgamation of her practices) and is starting meditation healing circles at the Bull, on **7th October**. See www.tinagore.com or email welcome@tinagore.com for more information.



Raising Vibrations
Holistic Healing

Are you fed up of feeling ill, anxious, exhausted, uninspired and unenthusiastic? You feel there is too much noise and stress in the world?

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Reiki?
Reiki is a holistic practice that works with your energy to bring about positive change for you. Whether you're new to energy healing or someone who regular partakes, Reiki can offer you the healing and peace you're looking for.

Why Join a Meditation Healing Circle?
Heal from within using the power of collective energy.

Connect with like-minded individuals in a nurturing environment. Cultivate mindfulness and inner peace.

Take a step towards holistic well-being. Our circles are designed to nurture your soul, promote healing, and create a peaceful space for reflection and growth.

Group Reiki given during the second half of the session.

www.tinagore.com
welcome@tinagore.com
07481 562322

No prior experience needed – all levels are welcome!

The Beauty Cave, High Street, Long Melford

Surgery Update

Renovation work is underway at Long Melford and Lavenham surgeries with external roof, facade and landscaping work taking place at both sites. We have had to temporarily halt work on the trees at Long Melford due to birds nesting but will continue once the nests are empty.



David Pannell, Chief Executive, Suffolk GP Fed

Long Melford/Lavenham Surgeries PPG

The PPG continues to meet and work with Unity to ensure the smooth transition for patients and is really pleased at the positive experiences and comments of patients since the change of ownership.

Dr Browning remains with Unity to ensure that the transition proceeds as smoothly as possible. We are aware that change does not happen overnight and a lot of work is going on in the background to integrate systems and records, ensuring that all patients will receive the attention and care that they require. We are glad to see the upgrading of the surgeries at Long Melford and Lavenham, demonstrating a commitment to local face-to-face appointments at both sites.

In the meantime, Dr Cross has decided to move on to pastures new. We wish her well and look forward to meeting her replacement, Dr Rahil Siddique, in due course.

If you are interested in joining us, please do not hesitate to contact me via the practice.

Anne Hinds, Chair of the PPG



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Brain Matters

A Doggy Quiz

Do you know your Azawakh from your Entelbacher? Try our quiz to test your doggy knowledge:



1. Which dog breed has a black tongue?
a. Dachshund, b. Chow Chow, c. Shih Tzu
2. What breed of dog is 'insalata' an anagram of?
3. The Chihuahua is named after a state in which country?
a. Mexico, b. Honduras, c. Argentina



Huskies love to run - but can they really reach over 30 miles per hour?

4. In the famous book by Dodie Smith, how many Dalmatians were there?
5. Which part of the body do dogs mainly sweat from?
a. Nose, b. Ears, c. Paws
6. True or False – a Great Dane named Zeus is the tallest-ever recorded dog in the world?
7. Most people will know the late Queen Elizabeth adored Corgis, but what breed do the King and his wife have two of?
a. Jack Russell Terrier, b. Airedale Terrier, c. Yorkshire Terrier
8. What breed is Snoopy?
a. Beagle, b. Labrador, c. Poodle
9. True or False – a Siberian Husky can typically run at a top speed of 30 miles an hour?
10. Which dog breed 'yodels' instead of barking?
a. Bullmastiff, b. Bearded Collie, c. Basenji

Answers on page 30

If you're into quizzes, check out the Hare Inn, where there's a Quiz Night every Tuesday from 8.00pm.

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Long Melford Cricket Club

LMCC is now 70 years old and we held a celebration to mark the occasion on Sunday 25th August. The event included some fundraising for Chocs for Champs – a charity in aid of young carers – with a 30-over match, smoothly organised by young LMCC member Blake Leonard.



The day, which featured our junior presentation for all age groups, attracted a lot of support: at one point, we had around 200 people in attendance! Richard Kemp gave a brief history of the club from 1954 to 2024, mentioning many names and legends of the club throughout the years.

The club would like to thank Project 7 for helping out all day with the food, and local singer Jade Burgess who provided some excellent entertainment well into the evening. The day was deemed a great success all round.

As the season draws to a close, the club is in a very good position: many new members joined this year and the Saturday First Team is having its best season for several years, under the captaincy of Matt Hoadley.

Winter nets will start again in January at Cornard Sports Centre, before the new season begins next April.



Football and Long Melford Sports Community Trust News

The football season has now begun. Home games take place every Saturday with a 3.00pm kick-off. There are also some midweek games with a 7.45pm kick off. Keep a check on our social media pages for the latest fixtures. Everyone is welcome.

The youth team are busy planning some fundraising events for October and November, including film evenings and a casino night.

The Stour Valley Men's Shed is now a reality, though it is very far from being complete. We are still developing an open community space in which folks can come together to create, converse and connect shoulder to shoulder, on Mondays and Wednesday from 10.00am to 2.00pm.

Contact stourvalleymensshed@gmail.com for further information.

The Long Melford Community Sports Trust are proud to have raised over £200 from their August car boot sale for local charity Chocs for Champs, which collects well-deserved treats for young carers.

Dates for the diary:

We have two live music events planned for Saturday **19th October** and Saturday **14th December**. All welcome, £10 per ticket, no need to book.

We have also planned a children's Halloween party for Friday **25th October** and a children's Christmas party for Friday **20th December**. Tickets go on sale September.

Directory of Clubs and Societies

Group	Contact	Phone/email
Beading (Suffex Bead Club)	Victoria Power	07866 996124
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
Crickets 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.lmcsst@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
Neighbourhood Watch	Stuart Finch	07967 472488
Over Sixties Club	Mrs Albon and Mrs Woodgate	371413/376711
Old School bookings		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	lmmsglettings@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 November** to be included in Issue 23 – December/January.

Quiz Answers

- | | | |
|------------------|---|-----------------------------|
| 1. (b) Chow Chow | 4. 101 Dalmatians | 7. (a) Jack Russell Terrier |
| 2. Alsatian | 5. (c) Paws | 8. (a) Beagle |
| 3. (a) Mexico | 6. True – a whopping 1.046m tall when standing on all fours | 9. True |
| | | 10. (c) Basenji |



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