



The Old School Community Centre  
Photo: Holly Jones-Warren

## Online Safety

Tips and tricks to avoid falling prey to hackers, malware, online scams and fraudsters

## Old School Tie

Learn about the history of the Old School Community Centre and its current activities

## GP Surgery Update

Read about Unity Healthcare's plans to improve the service at the Surgery

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Howlett of Lavenham, Sudbury Road, Lavenham, Sudbury, Suffolk CO10 9PJ

# welcome!

Welcome to issue 24 of your village magazine. As you will see from the cover image, we are focussing on the history of the Old School, see pp.16/17, and have details of some intriguing new sessions on offer there this year. It's a major resource for our lovely village, so do take a moment to check out the wide range of activities available.

This issue marks the end of the first year for the current team producing your magazine and we just wanted to thank everyone who has supported MM enterprises in so many ways. We could not produce this without our many talented contributors, and the magazine reaches every household in the village thanks to the dedication of our all-weather team of intrepid deliverers.

So from all of us to all of you, a huge thank you! We are (inevitably) on the lookout for extra help, see p.9 for an appeal regarding deliveries.

We are also aware that there is much photographic talent in our village which we would be delighted to showcase, particularly with our cover images. If you have pictures of Melford of any kind which might be suitable, please do get in touch at [photos@melfordmatters.org.uk](mailto:photos@melfordmatters.org.uk). We would be particularly grateful for Spring images of the village to use on the cover of issue 25.

Also, we genuinely mean it when we invite feedback and really do 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](mailto:content@melfordmatters.org.uk).



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## Community Matters

### Long Melford Neighbourhood Watch



Just some information on who we are and what we do ...

We set this group up nearly five years ago, predominantly for the residents and businesses of the village, as a platform to share information and advise of any criminal or suspicious activity.

Social media is a powerful vehicle, and news travels fast! We also promote and encourage communicating to our neighbours and friends, some of whom do not have access to the social media channels.

**We strongly advise you to report any incidents to the police by ringing 101, or online. If a crime is actually being committed, ring 999.**

We currently have over 800 members, and are always keen for more people to join: you can find us by searching LMNHW on Facebook.

Let's make our village a safer place to live and work, and most importantly let's look after each other.

Stuart – Admin LMNHW

### Good Neighbours Needs Volunteers

Do you enjoy meeting people in the village? Do you like driving? Can you spare a few hours occasionally, as and when required?

If you answered “yes” to all the above, we would love to hear from you.

Good Neighbours exists in Long Melford to support locals.

Tasks include taking people to various medical appointments, for example seeing a doctor, a dentist or an optician.

Recently we have found that hospital appointments have not just been to Bury St Edmunds, but also to Ipswich, Colchester, Addenbrookes, etc.

Users are requested to donate 45 pence per mile for the journey, to help the driver cover their vehicle costs.



Clients call with requests a few days before and are allocated by one of our organisers. There is no commitment for a volunteer to do a fixed number of hours or trips: you just say “yes” or “no” each time according to your availability.

If you are interested in joining our team and helping, please call 07504 249179, leave your details and we will get back to you. We look forward to hearing from you.

Helen Eaton Chair LMGNS

### LONG MELFORD HISTORICAL & ARCHAEOLOGICAL SOCIETY

Everyone in the Society is looking forward to the traditional members' night, which takes place on **Thursday 20th February**. Three members will each be presenting a history-themed short talk.

Then on **20th March**, Janette Robinson will be captivating us with her talk ‘Graveyards: The Story Behind the Stones.’

Visitors are very welcome to attend; it's £3 for the evening, which includes the talk, refreshments and the chance to find out more about Suffolk's history in the historical setting of The Old School Community Centre. Meetings take place in the Tolchard room and start at 7.30pm.

Please contact [lmhas1969@outlook.com](mailto:lmhas1969@outlook.com) or call our Chairman, Ian Sandham, on 07586 354414, for further information.

## Community Matters

### Good Grief Drop-in Bereavement Support

What we offer is a safe place to nurture your grief, no matter how long it has been since the death of your person. You can drop in at any point between 10.00am and 12.30pm, as there is no set agenda, and stay as long as is right for you.

We are a group of people who are all experiencing something similar and can offer understanding, insight, mutual support and friendship without judgement or pressure in a casual, unstructured manner. We share and explore our thoughts, feelings and struggles through the rollercoaster journey that is grief. We glean what we can from each other's trajectory, gaining strength and belief that you can get through it. There is no obligation to speak, it is perfectly alright just to listen if that is what is right for you.

Grief can be a long and arduous road which can test you to your limits in so many ways, and just as you think you are stepping forward, another tsunami of emotion hits and knocks you right over again. Knowing that you are not the only one affected this way can really help: sometimes understanding other people's journeys can give you some hope that there will be light at the end of the tunnel.

If you are struggling, you don't need to be alone with it. Good Grief runs every third Wednesday of the month at the Old School, Long Melford. Come along and pop in.

Contact [june@ggbereavementsupport.com](mailto:june@ggbereavementsupport.com).



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**CONTACT INFO**  
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## Community Matters

### Village Hall Goes *Hyperfast*

The members of the management committee of the village hall are delighted to announce that the building now offers free *Hyperfast* WiFi for hirers and their guests and clients. This 'Community Hub' service is supplied by internet provider Gigaclear.

Phil Buck, Chair of the Village Hall Committee notes, "Like many in the village, our previous broadband service was limited by the old copper cable from the street cabinet to the hall, meaning our download speeds were rarely better than 40Mbps. We now have download speeds of over 900Mbps."

With so many people carrying WiFi-connected devices (eg. mobile phones, tablets, laptops), the improved speeds will ensure a robust, reliable, fast internet connectivity even for events with a large attendance.



### Learn how to improve your home WiFi coverage and speeds

Frustrated with poor wireless coverage in your home? To mark the installation at the hall, Gigaclear will be hosting a workshop on how to diagnose your in-home connectivity issues and improve your WiFi coverage and speeds. The workshop will be held at the Village Hall on **Wednesday 12th February between 6.30pm and 8.30pm**. Regardless of your broadband provider, come along to find out more!

### Long Melford WI

We have a packed programme for 2025, with extra events planned as well as our usual monthly meetings:

- On **Thursday 6th February, at The Bull Hotel, 7.15pm**: a collective ideas evening held to select a charity to which we will donate this year. We will also vote on our choice of the WI Resolutions.
- On **Sunday 2nd March, at The Village Hall, 12 noon to 2.00pm**: an open meeting supporting Angela Rippon's 'Let's Dance' initiative. Come along and learn a burlesque routine, have some gentle exercise, have fun and raise money for our nominated charity. Refreshments provided after the dancing.
- On **Thursday 6th March, at The Bull Hotel, 7.15pm**: Who Do You Think You Are? Let's find out where we all originally came from.
- On **Friday 14th March**: Bury St Edmunds Ghost Walk, followed by jacket potatoes with chilli in Alpheton Village Hall.

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# Online Safety Matters

## Avoid Cyber Scams

It's all too easy to be tricked into giving away valuable information online. Breakout have provided the information below to help us all stay safe whilst using the internet:

**Viruses** – Computer programs with malicious intent.



- Your standard built-in virus scanner is sufficient and free.
- Only download, run and install software that you know to be safe, from trusted companies and sources.

**Spyware and Adware** – Fake pop-ups and adverts asking you to login or call someone.



- Keep your computer software up to date.
- Free online games from random sources are the biggest threat for this type of issue, so never click on these. Remember: it's free for a reason ...
- If you feel your security may have been compromised or you just want to check, then download and install Malware Bytes: <https://www.malwarebytes.com> install and run a scan. This will remove any adware/spyware. This is free but trusted!

**Phishing** – Attempts to try and trick you into sharing your information.



- Check email addresses on emails which have links to click. If unsure, do not click!
- Ignore all messages, even from friends, which include videos and links.
- Do not use the same username and password for everything and turn on two-factor authentication for everything you can!

**Confidence Tricks (Scams)**



- Ignore unexpected calls from callers claiming to be from your bank and the police. If there is a genuine problem, the police will visit you and the banks rarely call. If unsure, hang up and call the number on the back of your bank card.

**Ideas to stay secure:**



1. Have a 'password book' for passwords and keep it safe. Writing everything down is not a bad thing ... and ensures you have everything in one place.
2. If you are unsure of anything, contact someone to double check! Don't click / answer or reply and never send anyone your personal details.
3. Use a call minder and only speak to people you know on a landline. Do not give any information out to any callers.
4. Do not share bank or card details with anyone you do not know or trust.

**For further help:**

The Citizens Advice Consumer Service can provide advice and support regarding all kinds of scams. Contact their Consumer Helpline on 0808 223 1133 or access their guidance at:

<https://www.citizensadvice.org.uk/consumer/scams/what-to-do-if-youve-been-scammed/>.

For some hands-on practical assistance on how to use devices, you are welcome to attend the free Digital Workshops, which take place on the second Wednesday of each month at the village hall. Call *Communities Together East Anglia* on 01449 707030 to book a place.

# MELFORD FORGET-ME-NOTS

## Civic Service

The Chair of Babergh District Council, Councillor Elisabeth Malvisi, has great pleasure in inviting you to attend her **Civic Service** at Holy Trinity Church, Long Melford on **Sunday 2nd March 2025 at 2.30pm**. Civic guests and local Brownies, Beavers and Squirrels are invited to meet at the Lady Chapel no later than 2.15pm, to take part in the procession to the church at 2.25pm. Refreshments will be provided after the service. Councillor Malvisi hopes that you will be able to join her for the afternoon.

Note: Long Melford Rural District Council was one of five rural district councils which merged to become Babergh District Council in 1974. This is etched onto the Babergh Chair's chain of office badge which was created in Long Melford.

## Long Melford Open Gardens

Monday May 26th, 10.00am - 4.00pm

### More gardens needed!

Do you want to take part in this year's event?

We need a few more gardens for the event to continue its success; 100% of proceeds go to good causes including Holy Trinity Church and Long Melford in Bloom. Last year we made over £6,000. Let's make this year bigger and better!

It is a great day and very rewarding! We accept all gardens, big or small. But we can't do it without you!

We are also looking for local sponsors to cover tickets and advertising.

Please call **The Mill** on **01787 378035**.

## Save the Date:

6th April	Wellness Fair
24-25th May	Leestock
26th May	Open Gardens
27th May-1st June	Funfair
14th June	Taste of East Anglia
12th July	Village fete
26th July	Barleyfest
16th August	Summer Showcase
October	Scaresville
29th November	Festive Long Melford

## WARM SPACES

From November 2024 to March 2025, **The Mill** will be open every **Wednesday** between **1.30pm and 4.00pm** for Melford residents who would like free coffee/tea and biscuits and a chance to meet and chat with others. There is no charge, just enjoy a warm space with some relaxing music too! Please book in advance by calling 01787 378035.

**IVY & BOND** Team Room is offering a warm space between **10.00am and 11.30am** every **Monday** through the colder months. Free tea, coffee and biscuits will be available.

**Long Melford Library** is providing a warm space with free hot drinks on **Tuesdays and Wednesdays 10.00am-1.00pm, 2.00pm-5.00pm** and **Saturdays 9.00am-1.00pm**. No need to participate in an activity, simply come in and escape the cold and enjoy the company of others.



**Can you Help?** Melford Matters magazine is produced and distributed entirely by volunteers. Since our first issue, the circulation has increased from 1,900 to almost 2,100. We'd consequently love to have more people to help with distribution, initially as a reserve to cover absences, and then to take over a round. If you are able to give up an hour or so every other month to deliver the magazine to your neighbours please contact the distribution organiser, Stuart Palmer on [stuartpalmer@hotmail.com](mailto:stuartpalmer@hotmail.com).

## Diary Matters

FEBRUARY	TIME	EVENT	VENUE
Wednesday 5th	9.00am to 3.30pm	<b>Antiques Fair</b>	Village Hall
	7.00pm	<b>Full Parish Council Meeting</b> – N.B. new venue and day	Village Hall
Thursday 6th	12.00 noon to 3.00pm	<b>The Arts Society Stour Valley Special Interest Event</b> – ‘From Art Nouveau to Art Deco’	Village Hall
	7.15pm	WI Meeting (see p.4)	Bull Hotel
Saturday 8th	8.00pm	<b>Live Music</b> - Rankin 2 Tone (Ska music)	Working Men's Club
Wednesday 12th	6.30 to 8.30pm	<b>Home Connectivity/ WiFi workshop</b> – Gigaclear (see p.6)	Village Hall
Thursday 13th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
Friday 14th	7.00pm	<b>Melford Movies</b> – What’s Love Got To Do With It?	Village Hall
	8.00pm	<b>Folk &amp; Acoustic Club</b>	Cock & Bell
Wednesday 19th	11.00am to 12 noon	<b>The Arts Society Stour Valley</b> – ‘George Villiers, Duke of Buckingham’	Village Hall
Thursday 20th	1.45pm	<b>Long Melford Litter Pickers</b>	
	7.30pm	<b>LM Historical &amp; Archaeological Society</b> – Members’ Evening Short talks by members	Old School
Friday 21st	7.30pm	<b>LM Heritage Trust Open Evening and Talk</b> (see p.19)	Village Hall
	9.00am to 3.00pm	<b>Gibbs Sports Coaching Football Camp</b>	Stoneylands
Saturday 22nd	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School
	8.00pm	<b>Karaoke</b>	Working Men's Club
Sunday 23rd	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School
	10.00am	<b>Long Melford Litter Pickers</b>	
Thursday 27th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
MARCH 2025			
Saturday 1st	10.00am to 12 noon	<b>Seed Swap</b> (see p.25)	Village Hall
	8.00pm	<b>Live Music</b> – Medicine	Working Men's Club
Sunday 2nd	12 noon to 2.00pm	<b>Long Melford WI</b> – “Let’s Dance” (see p.4)	Village Hall
	2.30pm	<b>Babergh District Council's Civic Service</b> (see p.9)	Holy Trinity
Wednesday 5th	9.00am to 3.30pm	<b>Antiques Fair</b>	Village Hall
	7.00pm	<b>Full Parish Council Meeting</b> – N.B. new venue and day	Village Hall
Thursday 6th	7.15pm	<b>Long Melford WI Meeting</b> (see p.4)	Bull Hotel
Saturday 8th	7.30pm	<b>Race Night</b>	Working Men's Club



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](http://longmelfordvillagehall.co.uk/melford-matters), or email us at [content@melfordmatters.org.uk](mailto:content@melfordmatters.org.uk), or the advertising team, [advertising@melfordmatters.org.uk](mailto:advertising@melfordmatters.org.uk). Printed by Indigo Ross Design and Print Ltd.

# Diary Matters

## MARCH 2025

Thursday 13th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
Friday 14th	7.00pm	<b>Melford Movies – The Miracle Club</b>	Village Hall
	8.00pm	<b>Folk &amp; Acoustic Club</b>	Cock & Bell
Saturday 15th	6.00pm	<b>St Patrick Day's celebrations</b>	Stoneylands
Wednesday 19th	11.00am to 12 noon	<b>The Arts Society Stour Valley – ‘The Mayan Civilisation of Central America’</b>	Village Hall
Thursday 20th	1.45pm	<b>Long Melford Litter Pickers</b>	
Saturday 22nd	9.30am to 3.00pm	<b>Book Fair</b>	Village Hall
	8.00pm	<b>Live Music – The Good, The Bad, The Ugly and Jim</b>	Working Men's Club
Sunday 23rd	10.00am	<b>Long Melford Litter Pickers</b>	
Thursday 27th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
	7.30pm	<b>LM Historical &amp; Archaeological Society – ‘Graveyards: the stories behind the stones’</b>	Old School
Sat 29th/Sun 30th	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School

If you would like your activity or event listed here, let us know the details by emailing [content@melfordmatters.org.uk](mailto:content@melfordmatters.org.uk). Details for April/May need to reach us by **1st March**.

<b>REGULAR EVENTS AT LONG MELFORD VILLAGE MEMORIAL HALL</b>			
Monday	9.30 to 10.30am	<b>Strollercise – Marina St Leger – <a href="http://www.strollercise.co.uk">www.strollercise.co.uk</a> – 07917 333712</b>	
	11.15am to 12.45pm	<b>Song Circle Choir for Women – Anna – 07957 484812</b>	
	1.15pm	<b>Health in Motion – Yoga with Paul – <a href="mailto:info@health-in-motion.co.uk">info@health-in-motion.co.uk</a> – 07930 332120</b>	
Tuesday	10.00 to 11.00am	<b>Pilates – Michelle Cowcher – <a href="mailto:michellecowcher@gmail.com">michellecowcher@gmail.com</a></b>	
	2.30 to 4.00pm	<b>(4th Tues) Lecture Series – Suffolk Family History Society (Sudbury)</b>	
	6.00 to 8.00pm	<b>Bounce – Jules Cooper – <a href="http://www.bookwhen.com/bouncelongmelford">www.bookwhen.com/bouncelongmelford</a></b>	
Wednesday	7.00pm	<b>(1st Wed) Long Melford Parish Council – Full meeting</b>	
	2.00 to 4.00pm	<b>(2nd Wed) Digital Workshop – Communities Together East Anglia – 01449 707030</b>	
	10.30am to 12.30pm	<b>(3rd Wed) Lecture series – Arts Society Stour Valley</b>	
	10.30am	<b>(4th Wed) Film Club Lectures – <a href="http://www.filmclublectures.co.uk">www.filmclublectures.co.uk</a></b>	
Thursday	9.45 to 11.30am	<b>Pre and postnatal Fitness (child friendly) – JTD_fitness – <a href="mailto:jo.h.thornley@gmail.com">jo.h.thornley@gmail.com</a></b>	
	2.00 to 4.00pm	<b>(1st and 3rd Thurs) Indoor Kurling – Drop in for a free taster session</b>	
	6.00 to 8.00pm	<b>Bounce – Jules Cooper – <a href="http://www.bookwhen.com/bouncelongmelford">www.bookwhen.com/bouncelongmelford</a></b>	
Friday	9.30am to 12.00noon	<b>Baby Ballet – <a href="mailto:sudbury@babyballet.co.uk">sudbury@babyballet.co.uk</a> – 07580 693747</b>	
<b>REGULAR EVENTS AT STONEYLANDS (LONG MELFORD COMMUNITY SPORTS TRUST)</b>			
Monday	10.00am to 2.00pm	<b>Stour Valley Men's Shed</b>	
	7.00 to 10.00pm	<b>Bingo – age 18+ all welcome, no need to book</b>	
Wednesday	10.00am to 2.00pm	<b>Stour Valley Men's Shed</b>	
Thursday	7.00 to 7.50pm	<b>Swing Jive – Complete Beginners – Strictly Swing – Sarah Buldock 07956 614824</b>	
	8.00 to 8.50pm	<b>Swing Jive – Improvers</b>	
	9.00 to 9.45pm	<b>Lindy Bop – Improvers</b>	
Friday	9.30 to 11.30am	<b>Muddy Bears Stay &amp; Play – <a href="https://bookwhen.com/muddybearsstayandplay">https://bookwhen.com/muddybearsstayandplay</a></b>	
	8.00 for 8.30pm	<b>(First Friday) Bygones – Beverley Walker – <a href="mailto:beverleyjdring1@gmail.com">beverleyjdring1@gmail.com</a></b>	
Sat/Sun		<b>Colts and Fillies Junior Football – Ian Ambrose – 07970 384576</b>	
Sunday	Call for details	<b>LM Veterans Football – Dan Bull – 07925 867247</b>	
	7.00 to 7.50pm	<b>Balboa Swing – Strictly Swing – Sarah Buldock 07956 614824</b>	
	8.10 to 9.00pm	<b>Collegiate Shag</b>	

PTO for Regular Events at the Library and the Old School Community Centre →

## Diary Matters

### REGULAR EVENTS AT THE LIBRARY AT ST CATHERINE'S CHURCH

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

### REGULAR EVENTS AT LONG MELFORD OLD SCHOOL COMMUNITY CENTRE

Daily	See website	<b>Yoga Studio</b> – Clare Turner – <a href="http://www.longmelfordyoga.co.uk">www.longmelfordyoga.co.uk</a> – 07377 068885
Monday	Mornings	(1st Mon) <b>Photography Group</b> – Derek Challis – 01787 373738
	12.30 to 2.30pm	<b>Card making</b> – Pauline Andow – 01787 228790
	5.00 to 8.00pm	<b>Slimming World</b> – Vicky Stebbings - <a href="mailto:vickystebbing@gmail.com">vickystebbing@gmail.com</a>
Tuesday	9.00am to 1.00pm	<b>Upbeat (Heart Support Group)</b> – Hilary Neeves – 01359 232678
	1.30 to 4.00pm	<b>U3A Art</b> – Vernon Lever – 01787 310511
	5.45 to 7.15pm	<b>Yoga with Clare Turner</b> – <a href="mailto:clareturneryoga@gmail.com">clareturneryoga@gmail.com</a>
	6.00 to 9.00pm	<b>Sophia Paper Kite Yoga</b> – Sophia – 07968 165185
Wednesday	10.00am to 12.30pm	<b>Life Drawing</b> – John Garbett – 01787 378798
	10.00am to 12.30pm	(3rd Wed) <b>Good Grief Bereavement Support</b> – <a href="mailto:june@ggbereavementsupport.com">june@ggbereavementsupport.com</a>
	11.15am to 12.15pm	<b>Keep Fit Laban Dance Class (50+)</b> – 07856 080344 – <a href="mailto:sheather.mahony@btinternet.com">sheather.mahony@btinternet.com</a>
	12.30 to 2.30pm	<b>NEW! Creative Writing Classes</b> – Pat McHugh – <a href="mailto:patm35267@gmail.com">patm35267@gmail.com</a>
	3.00 to 5.00pm	<b>Friendship Dancers</b> – Robin Hart – 01787 269613
Thursday	7.30 to 9.30pm	<b>Silver Band</b> – Mike Murkin – 01787 312605
	10.00 to 11.30am	(Alternate weeks) <b>Good Neighbours/Friends of LM Library Coffee Morning</b>
	5.00 to 8.00pm	<b>NEW! Bored Meeting</b> - play board games £3 per session
Friday	7.30 to 9.00pm	(3rd Thurs) <b>LM Historical and Archaeological Society</b>
	10.00am to 12 noon	(2nd and 4th Fri) <b>NEW! Poetry Group</b> - <a href="mailto:evale@icloud.com">evale@icloud.com</a>
	1.15 to 2.30pm	<b>Chair Yoga with Kate</b> – <a href="mailto:katherinebanks79@gmail.com">katherinebanks79@gmail.com</a> – 07508 148520
	7.00 to 8.00pm	<b>Contemporary Dance</b> – Maddie Cottee – <a href="mailto:maddiecottee21@gmail.com">maddiecottee21@gmail.com</a> – 07719 034950

LONG MELFORD COMMUNITY ASSOCIATION  
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## MELFORD MOVIES

On **14th February** – St Valentines Day – our screening is (with intended irony) **What's Love Got To Do With It** (12A). Not the Tina Turner biopic, but rather a romantic comedy starring Lily James as Zoe, an award-winning filmmaker whose dating app delivers an endless stream of Mr Wrongs. Her neighbour's arranged marriage to a bright and beautiful bride from Pakistan challenges Zoe's view of how to find lasting love in today's world.

Our final screening for our 2024-25 Season, on **14th**

**March**, is **The Miracle Club** (12A). With an impressive cast list including Maggie Smith, Laura Linney and Kathy Bates, the film tells the story of a group of women from rural Ireland who win a pilgrimage to the French town of Lourdes.

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](mailto:melfordmovies@icloud.com).



## SUFFOLK LIBRARIES

### Family Crafts and Lego Club at the Library

Do you and your family enjoy being creative? If so, you might be interested in the free activities that take place in the library. Every Saturday from 9.30am to 12.30pm, we offer Family Crafts and Lego Club. Our crafts are aimed at 5-13 year olds, but we usually have a simpler version for younger children. Crafts are a great way to learn about the world, celebrate something you love, or create something you can gift to someone. Our Lego Club gives you a chance to build something from your imagination or complete one of our set challenges. We even hold special Lego sessions during the school holidays with Lego Education kits! Our lovely team of volunteers will make you feel at home but we encourage you to bring the whole family – it's not unusual for us to have three or four generations from the same family taking part!

### Nick's Picks

Vaseem Khan's latest offering, *City of Destruction*, is a well-paced crime thriller centred around a political assassination plot in 1950s Bombay. We're given the chance to look at some of the tensions of post-independence India as well as the personal dilemmas of Detective Persis Wadia, whilst enjoying a story full of intrigue and twists.

We've enjoyed seeing so many children borrowing and getting excited about *An Anthology of Fungi* by Ali Ashby, which was published last autumn. Although helpful for identification, this book is so much more than that! You'll learn about a glow-in-the-dark fungus in Australia, learn to decode clues about different species from their shapes, and discover the habitats and hosts where you would find them. And you'll be blown away when you learn that lichen is actually a friendship between algae and fungi!

Both books are available in print from Suffolk Libraries.

## Festive Long Melford Matters

**Festive Long Melford**  
Saturday 30th November 2024 10am - 4pm

A huge thank you to everyone for coming to Festive Long Melford this Christmas.

It was a great success for the businesses, local organisations and residents with a fantastic footfall throughout the day.

Feedback from everyone has been positive and we are now looking to 2025. If anyone has any contacts or would like to have their business involved next year please get in touch at:

[longmelfordeventsteam@gmail.com](mailto:longmelfordeventsteam@gmail.com)

We are particularly looking for more Christmas-specific businesses including food, gifts and entertainment.

Long Melford Events Team



### A Festive Success!

Long Melford was full of festive cheer on Saturday 30th November, as we all came together for the much-anticipated annual Festive Long Melford Christmas Fair. Hosted by the Long Melford Events Team, this was a wonderful celebration of community spirit and seasonal joy.

The village hall was at the heart of the Friends of Long Melford Primary School's (FLuMPS) festivities, where children delighted in meeting Father Christmas. (cont. →)



The Village Hall was buzzing with activity



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## Festive FLuMPS Matters

Visitors flocked to the bustling raffle stall, indulged in merry treats such as our Christmas and sticky toffee puddings, and explored an array of goodies from Barleycombe.

Messy Church added to the fun with festive-themed crafts that captivated both children and adults. The event's highlight was undoubtedly the Enterprise Initiative, where budding entrepreneurs from Years 1 to 6 ran their stalls. The children's creativity and effort shone through as they sold handcrafted items and organised fun games for visitors, earning praise for their dedication and teamwork.

Thanks to the incredible generosity and support of the Long Melford community, Long Melford Primary School staff, pupils and FLuMPS raised over £2,000 for Long Melford Primary School. These funds will go directly towards enhancing the school's resources and opportunities for the children.



Few could resist a Hot Chocolate Reindeer Cone



Hand-crafted Greetings Cards

FLuMPS would like to extend heartfelt thanks to everyone who contributed, from the volunteers who helped organise the event to those who donated raffle prizes and toys and, of course, all who came along to join in the fun. This remarkable achievement is a testament to the power of community, and we look forward to making next year's fair even more magical.

Speaking of the future, 2025 promises to be a year to remember! With exciting plans for the 50th anniversary of our 'new' school building, Leestock, Melford Open Gardens, and plenty of fundraising events, there's so much to look forward to.

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Favourite of King James 1 and Chief Minister to Charles I, this talk throws light on the life and possessions of a beautiful man who surrounded himself with beautiful things.

**(March) The Mayan Civilisation of Central America**  
The Maya lived in Central America 2,500 years before being conquered by the Spaniards in 1528. In addition to vast monuments, they produced many items of great beauty and developed a sophisticated calendar. Recent advances in deciphering their hieroglyphic script enable us to understand their achievements more fully.

**Contact:** [info@tasstourvalley.org.uk](mailto:info@tasstourvalley.org.uk) quoting **MM22** or simply scan the QR code which will take you direct to our website:  
[www.tasstourvalley.org.uk](http://www.tasstourvalley.org.uk)

## Old School Matters

If such a thing as Leavers' Hoodies had existed in the time of the Tudors, then the John Mills Boys School 'Class of 1495' may have been the first to get the Melford logo stitched on their garments.

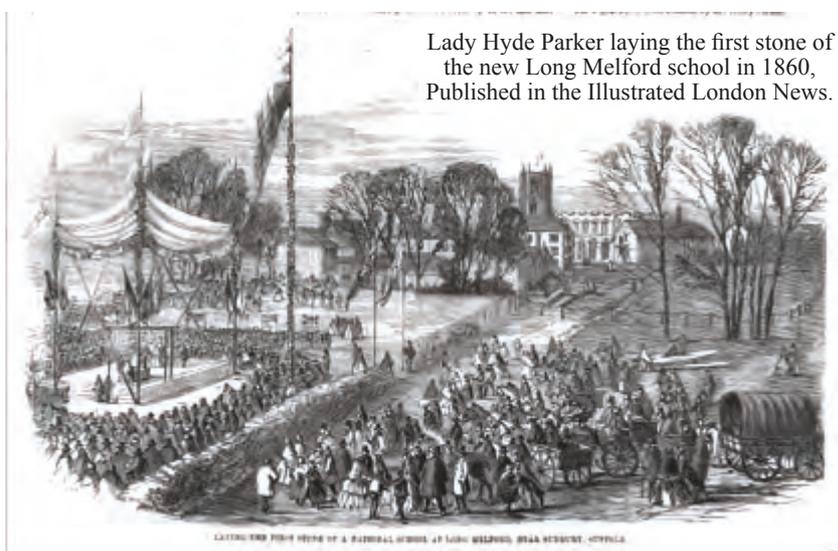
In the following years, a range of establishments – including an Anglican 'National School', a non-denominational 'British School', three Sunday schools, and five dame schools – sought to educate the young minds of Melford.

In the late 1850s, such was the demand for learning in the village that a new elementary school was deemed necessary. Suitable sites were considered and, when land on the village green was favoured over a plot on what is now Cordell Road and granted to the Parish by the Hyde Parker family, architects were commissioned and plans drawn.



Original plans of Long Melford village school with annotations from the then Lady Hyde Parker

The Hyde Parker legacy did not stop there: the then Lady Hyde Parker was known to have taken a keen interest in the design of the building, even updating the facade and adding the turrets that echo those of Melford Hall opposite. And so it was that she was rewarded with the honour of laying the first stone of the new Long Melford school on Friday 27th April 1860, with large crowds and the London press gathering to celebrate the occasion.



Lady Hyde Parker laying the first stone of the new Long Melford school in 1860, Published in the Illustrated London News.

With various Acts of Parliament in the 1880s and 1890s, education became free – having previously cost around a penny a week – and compulsory for those between the ages of 5 and 12 years. In 1895, the school was further enlarged to accommodate the 405 boys and girls taking lessons.

Ernest Ambrose, a pupil at around this time who later wrote the seminal 'Melford Memories', described the school as having a "comfortable family feeling" where "all belonged to one another". He said teachers had good knowledge of their students' home lives as there were no cars and all lived in

## Old School Matters



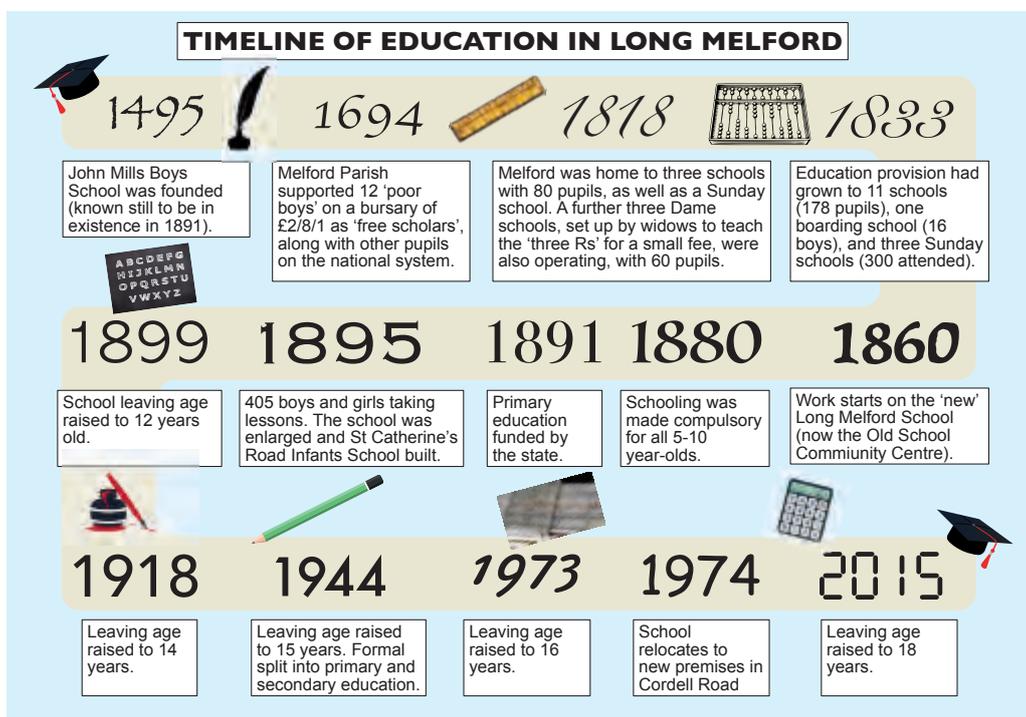
Long Melford School Class Photo taken 1907

close proximity, that classroom squeaks of pencil on slate were enough to make one squirm, and unruly behaviour was typically punished with “hands on head”.

Even in those days, the school had a life beyond the classroom, and evenings included Penny Readings, usually conducted by one of the reverend’s “charming daughters”, who would read Dickens and the like for the older folk in the village and make a space for the sharing of the “latest bits of village gossip over a dish and tea”.

Fast forward to the early 1970s and, with a post-war population boom and further rises in the school leaving age, the children of Melford were outgrowing their old school. The final bell tolled at the end of the 1973/4 school year. Fifty years on whole generations of Melford children have grown up on the Cordell Road campus, learning a national curriculum introduced in 1988.

So, what to do with the school with no students? That was the question of the Long Melford Community Council who set about securing the historic building for the village. And, with backing from the Parish Council, a monthly village lottery, countless table sales, annual fetes, a 50-hour pool marathon at the Cock and Bell and ‘Miss Long Melford’ contests, enough money was raised to secure the £55,000 purchase of what is now the Grade II listed building known as The Old School Community Centre.



And a good job too, as without these efforts it would not be available to those many organisations and residents of Long Melford and surrounding villages that use it today. The Old School hosts around 350 hours of community-enriching activities every month. Nine regular yoga instructors run up to 16 different classes every week and there is something different to choose from every day. Locals can keep in shape at our HIIT Classes, Slimming World, or Upbeat Heart Health. Beyond the stretch of a yoga mat, those with an arty disposition might find their fix with U3A Art, Life Drawing classes, a Modern Poetry Group, or by joining the Silver Band. If you like board games, we now offer a new weekly ‘Bored Games’ event: choose from our selection or bring your own favourite! Or, if you just need a neighbour to lean on or a friendly face, then Good Neighbours, Good Grief, or our Friendship Dancers may be what you’re looking for. Full details of this incredible programme of activities can be found on p.12.

“I have held yoga classes at The Old School for around four years now. It has everything you need and the rooms are warm and cosy. It is very welcoming and the perfect place to teach in a village location”.  
Clare Turner, Yoga Instructor, Tuesday and Wednesday.

With a large well-equipped kitchen, free Wi-Fi, accessible facilities, and five large, well-heated rooms to hire, The Old School remains the warm and welcoming space that Ernest Ambrose once knew. Though, today, “hands on head” is entirely optional.

**CAN YOU HELP?** We’re looking for more information on Chamberlin, Tolchard, Hurst, Partridge and Fox, the teachers who gave their names to our rooms. If you have any details, please contact [schoolbooking1860@gmail.com](mailto:schoolbooking1860@gmail.com).

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## Heritage Matters

### Long Melford Heritage Trust Update

Fresh from our attendance at the Council for British Archaeology's Awards in Cardiff, we feel that now is a good time to look back at the work of the Heritage Trust over the past year. Our engagement with the primary school and their associate school in Hartest was a great success and we will be looking to develop these links still further and perhaps enthuse a new group of local archaeologists and historians.

We might not think of our village as being a tourist hotspot, but reading the visitors' book in the Heritage Centre reveals that we have people coming here from literally all over the world. Last year (2024) saw a visit to the village by The Clopton Association from the United States but we also had people coming from Australia, New Zealand, Canada and Japan, as well as from several European countries and many other counties in the UK. The comments they left were extremely positive and a testament to the hard work of the relatively small number of volunteers who run the centre.

The Trust will be holding an **Open Evening** in the village hall on **Friday 21st February at 7.30pm**. During the evening, there will be a chance to watch Anglia Television's feature on last year's Archaeological Experience at Long Melford C of E Primary School. Extensive displays will include some amazing finds from both recent excavations and metal detector surveys in the Long Melford area. The highlight of the evening will be **TAKEN 2**: a two-part presentation (with intermission) telling the fascinating story of the kidnap of two iconic women from history. A tale that involves archaeology, art and oodles of intrigue! Please arrive early, as there will be lots to see. Tickets will be available on the door; visit our website [www.melfordheritage.org.uk](http://www.melfordheritage.org.uk) for details.

This year, we will be re-opening on Saturday 5th April, then every Wednesday, Saturday and Sunday until 29th October. Further information about our work can be found on our website at [www.melfordheritage.org.uk](http://www.melfordheritage.org.uk).



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## Reflections

### Wallace and Gromit

Much as I enjoyed watching *Gavin and Stacey* at Christmas, I laughed even more watching *Wallace & Gromit's 'Vengeance most Fowl'*. I loved its Britishness – for example the jokes about the Yorkshire and Lancashire border; I delighted in its ridiculousness, as when the racing canal boats are being outpaced by a granny; and I appreciated the tongue-in-cheek references to various action movies.

At one level the plot was very simple – Wallace and Gromit rescue the situation when robotic garden gnomes get nefariously programmed into ‘evil mode’. But there were more subtle philosophical perspectives too. For instance, rather than merely coming out as pro- or anti-technology (and particularly for or



against artificial intelligence), we are led to understand that the intent of the user is more important than the technology itself.

Furthermore, despite Wallace’s love of technology, he ends up affirming that his relationship with his (admittedly amazing) dog is ultimately worth more than the benefits technology can bring.

At a time when some fear the dehumanising effects of AI, let us be reminded that there will always be something special about us simply because we are human, made in God’s image as spiritual as well as physical beings, and morally accountable accordingly. Indeed, I hope that when we finally meet our maker we will hear him say the equivalent of, ‘Well done lad’.

Rev. Lawson

## Parish Council Matters

### Cordell Place Play Area

This play-area renovation project is progressing well. The installation of all the new equipment is now in place. The fencing-in of the toddler play area, and the new play-equipment surfacing, should have been laid in the first couple of weeks in January, weather permitting. I appreciate this project has been talked and talked about for many years, but now I hope that finally, the children and visitors of Long Melford will have a play area to be proud of.



### Rapid Car-charging Point

The Council understand the inconvenience of not having any working EV charging points in the village at the present time. The Council are working with a new company – ElectRoad – to install one rapid charging point in the Old School car park. Due to delays with receiving the draft lease in time, the current charging points were switched off: with new government legislation introduced in November 2024, the existing ones were no longer compliant. The Council are working hard to have a new charging point installed as soon as possible.

Clare Lee, Parish Clerk

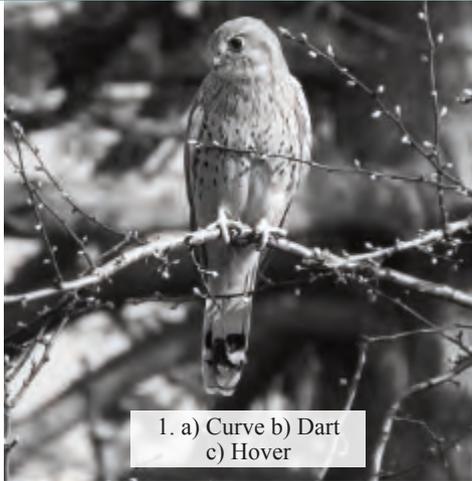
## Quiz Matters

### Quiz

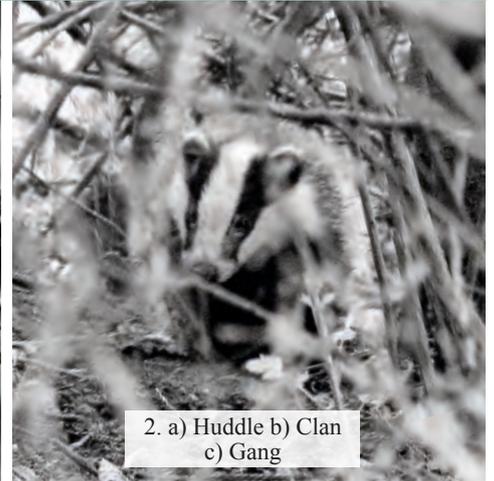
Do you know your herds from your hordes? Have a look at the pictures and see how many collective nouns you know for these birds and animals, all spotted in and around Melford.

(Photos by Holly Jones-Warren)

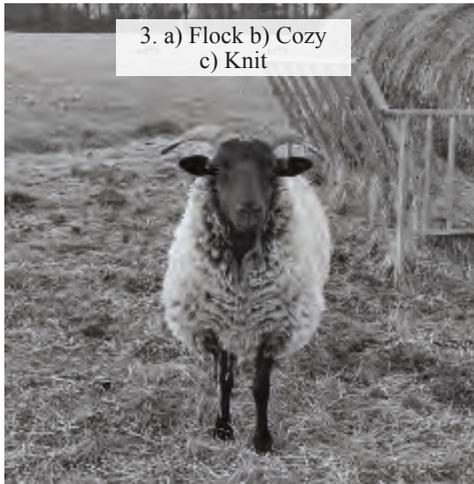
See Answers on Page 30.



1. a) Curve b) Dart  
c) Hover



2. a) Huddle b) Clan  
c) Gang



3. a) Flock b) Cozy  
c) Knit



4. a) Preen b) Show  
c) Ostentation



5. a) Breast b) Round  
c) Flutter



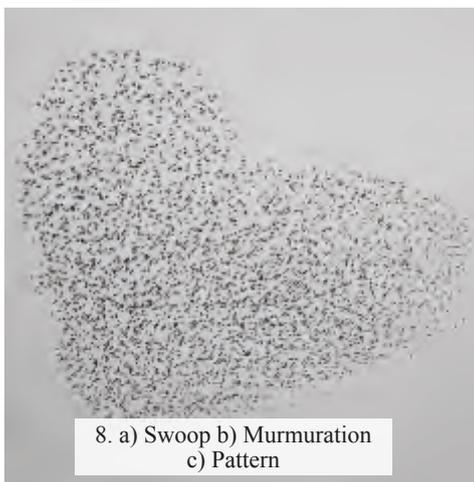
6. a) Bloom b) Loveliness  
c) Flit



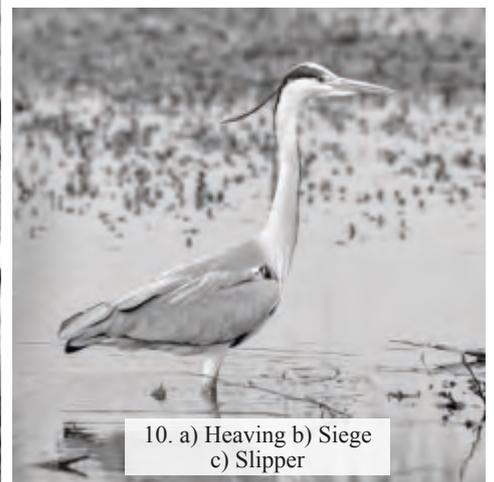
9. a) Loft b) Troop c) Gaggle



7. a) Cluster b) Mirage  
c) Flash



8. a) Swoop b) Murmuration  
c) Pattern



10. a) Heaving b) Siege  
c) Slipper

## Business Matters

### Suffolk Creative Spaces

Liam Gardner, one of the “Breakout Besties”, was bemoaning the fact that businesses like his had to travel to London or perhaps Norwich, to find a “full content studio” where they could bring together all aspects of content creation for podcasters and other online influencers.

When Farley Boxall of Breakout heard about plans for the change of use at Robins Row (the insurance offices in Hall Street), she and Liam did some market research, resulting in the establishment of Suffolk Creative Spaces, and the setting-up of video, audio and photography studios as well as meeting and training facilities in this well-known building.

From these offices, Creative Spaces invite photographers, videographers, audio experts, podcasters and design specialists to network and use the dedicated production facilities on offer.

Users can bring their own equipment if they prefer and all can benefit from the specialist expertise on hand at what is a valuable resource for the creative sector in Suffolk.

Early adopters include photographers who have visited from as far afield as Woodbridge. This facility is not aimed at those who can post content via their mobiles from home: rather, it supports the online marketing activities of Suffolk businesses.

Liam and Farley offer and will develop training courses for businesses which, together with studio work, aim to bring trade into Long Melford. Creative Spaces uses the [mylongmelford.co.uk](http://mylongmelford.co.uk) website to advertise places in the village to eat and stay. Those resources, and lovely Long Melford itself, are very important to the marketing of this new and very modern venture. Full information about the services and facilities can be found at [suffolkcreativespaces.co.uk](http://suffolkcreativespaces.co.uk).



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## Parish Recorder Matters

### News from our Parish Recorder

I'm not sure about you but 2024 seems to have flown by. It seems like only yesterday that I was writing a summary of last year's recording activity. As the years go by, it gets ever more difficult to think of different ways to record village life. Several of the activities and events that take place in Long Melford are steeped in tradition and have been happening for several years. Recording them, whilst enjoyable, does mean a lot of repetition in the annual report.

I have spoken with numerous recorders across Suffolk and discussed ways in which our reports can reflect the changing times we live in. Some record the changing prices that restaurants and pubs charge and include copies of menus to reflect evolving tastes, whilst other recorders take large numbers of photographs to leave a pictorial record of village life.

These different ways to record and report village life got me thinking about what I could do differently this year. The decline of printed media has made the keeping of scrapbooks redundant (something I used to enjoy doing as a boy), but just because printed media is in decline doesn't mean people aren't hungry for local news. When people want to know the latest gossip there's only one place they turn to ... Facebook!

For 2024, I decided to capture a year in Long Melford as seen through the eyes of the residents and visitors who frequent the village Facebook page. By the way, all names have been redacted so people can sleep easy at night! Thankfully, the Long Melford Facebook page is well moderated and used as a force for good. Poor car parking remains a constant theme, although posts have declined since the new parking bollards were installed. And at Christmas, there would have been several disappointed children were it not for the power of Facebook and its ability to reunite people with parcels delivered to the wrong addresses. A lot of posts are from people who have recently moved to Long Melford, and I still find the amount of help and advice people are willing to offer heartwarming.

Unfortunately, 2024 witnessed the loss of the 'Big Night Out', which caused much consternation amongst residents. On a brighter note, in 2024, Long Melford hosted the International Reunion of the Clopton Family Association for the first time in 10 years. Between June 24th and 30th, over 50 descendants of the Clopton Family met in the village for a series of planned activities and events. I, like many others, was completely unaware of the visit and only realised what was going on when I found myself in conversation with a group of the visitors in one of the village tea rooms!

All that's left to say is thank you to everyone who lives in and visits Long Melford. Special thanks go to the volunteers who keep our village and country park looking so beautiful throughout the year.

Geoff Randall, Long Melford Parish Recorder





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## Gardening Matters – Notes from the Potting Shed

We are once again doing our bit in Melford to revive the old tradition of swapping seeds. National Seed Swap day for 2025 is 25 January but we are having our annual seed extravaganza on **Saturday 1st March 2025 from 10.00am to 12.00pm** in the village hall.

We are delighted to confirm that members of the Melford Walk Crew, the Park Friends, Melford in Bloom and the organisers of Open Gardens will also be there. Members of each group would be pleased to talk about their respective activities in the village and see whether you might be tempted to join in with any of them.

The seed swap is a lovely opportunity to catch up with fellow local gardeners or just come in for a cuppa and cake. Back by popular demand, we also have the gardening-themed tombola, not to be missed! If you don't have any saved or spare seeds, please do come along anyway: we have hundreds of packets of seeds available, and plenty more will arrive on the day. You are very welcome to help yourself to whatever you like from our huge selection and make a small donation. We also offer an extensive choice of herb seeds, practically every type of vegetable seed you can think of, as well as an enormous range of ornamentals. Some are saved from 2024 successes and some are spare commercially prepared packets. Just come and see what you fancy growing for 2025.

In addition to indoor seed-catalogue browsing, worthwhile February outdoor gardening jobs include cutting back ornamental grasses, vigorous pruning of buddleias and dividing clumps of herbaceous perennials to make new plants for free. Your fruit bushes will be pleased with a potash feed at this time of year and roses and other flowering shrubs will certainly benefit from a sprinkle of slow-release fertiliser at the base. This is also a good time to lift, divide and transplant clumps of snowdrops and aconites, which most friends and neighbours would be delighted to take off your hands if you can't find space for more in your own garden!

Meanwhile, let's look forward to another wonderful display of spring bulbs, heralding a great year of colour and beauty in our lovely village.

Please do keep sending your queries and tips in to [gardening@melfordmatters.org.uk](mailto: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.

	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 your event visit our website  
<https://www.longmelfordvillagehall.co.uk/how-to-book/>  
or call 07379 894325

### Unity Healthcare Launches New Remote Site

This month, Unity Healthcare is opening a new, purposefully designed remote site to improve the way in which requests and queries are managed across the practice.

As a newly merged organisation covering a wider area and serving more patients, this central hub will play a key role in coordinating patient care more effectively. It is expected to make things run more smoothly and ensure fairer access to services for all our patients – goals that we have been striving towards since the beginning of the merger.

We've recently received feedback from some patients highlighting concerns around accessibility and response times – areas we recognised might be difficult to manage consistently without the introduction of a new operating model. By centralising and streamlining certain processes, the practice aims to address these issues by providing quicker, more consistent responses. And whilst the way that patients contact and interact with the practice will remain the same, these internal changes should improve the overall experience for everyone. Some adjustments may be necessary as the new model is implemented, but immediate improvements are expected, along with longer-term benefits, particularly in areas such as staff recruitment and retention, which will help us to deliver a high standard of care.

We've been keeping our Patient Participation Group (PPG) informed about these changes and the anticipated positive impact, and we'll continue working closely with them and listening to patient feedback to ensure our decisions are in line with what matters most to our patients. In addition, local workshops will be held for patients interested in learning more about how eConsult works and how it can improve access to healthcare services. For those with questions about the system, information will be available to explain how it benefits both patients and the practice. Further updates will be shared through surgery communications.

We hope that our patients will share our view that this development is an exciting milestone, and an important step forward in working towards improving the care and services we can offer.

*Aimee Longfoot*



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## A Fond Farewell and a New Beginning

This term, 1st Long Melford Scout Group has seen Carolyn and Stephen Spraggons (aka Gold & Brown Beaver) step down from their roles in the beaver section after over 24 years. Their hard work and dedication to the young people of Long Melford have seen more than one generation begin their journeys in Scouting, and learn many life lessons along the way.

There have been countless camps offering adventurous activities and teaching essential camp skills that will serve them well not only in their Scouting lives, but also in the wider world. Boating, archery and climbing are just a few of the challenges that have been offered to the intrepid section of Beavers. And the many trips to attractions near and far have been able to offer exciting opportunities and new perspectives for the young people.

Carolyn's tenacity helped in no small part to fund the building of the Scout hut that we use today as our base of operations, and Stephen has assisted the group in his service as Group Scout Leader for many years.



Carolyn gets to grips with a tortoise

Recently, Carolyn had helped with the formation of our newest and youngest section, the Squirrels, so that more children can enjoy the wonderful experiences and opportunities that Scouting has to offer.

Whilst they have stepped away from the Long Melford group, they have not given up on Scouting entirely and will be joining the District team, where Carolyn and Stephen's years of experience will benefit many other groups in the Sudbury district and give an even wider set of young people the chance to grow and learn.

All the leaders, trustees and young people in 1st Long Melford Scout Group wish to send their deepest thanks for all that Carolyn and Stephen have done and wish them the very best as they embark on a new journey in Scouting.

Anyone who would like to consider becoming a Scout leader in any section is welcome to get in touch with the Group Lead Volunteer, Lynda Badger ([lynda.badger@suffolkscouts.org.uk](mailto:lynda.badger@suffolkscouts.org.uk)), for more details or just to have a chat. You do not need to have a child in Scouts or any prior experience, simply a drive to offer young people the best opportunities you can, whether that is by leading them directly or helping with the day-to-day running of the group. Whatever your skills, you would be most welcome and we would love to hear from you.



All over the world February 22nd is a big day in the Girlguiding calendar, as we celebrate 'World Thinking Day'. This day was chosen as our international day of friendship because it is the birthday of the most significant figures in the movement: Olave Baden-Powell, the first World Chief Guide, and Robert Baden-Powell, founder of the Boy Scout Movement. Each year since 1926, millions of girls worldwide take part in a day when all Girlguiding members think of each other and celebrate their sisters everywhere. The day also offers a chance to learn and take action on global issues by supporting local communities, alongside fundraising to support over 10 million members around the world.

This year's theme is 'Our Story', which will give the Guides the chance to reflect on the symbolism and values of WAGGGS (World Association of Girl Guides and Girl Scouts) and explore what it has meant to be a member of Girlguiding over the years. We will be travelling into the past, exploring the present day, and looking towards the future.

This term has also seen the return of Brownies to Long Melford and we have spaces available for girls aged 7 to 10 yrs. We meet on a Tuesday during term time, from 6.00pm to 7.30pm. Please contact Rebecca for more information at [longmelfordbrownies@gmail.com](mailto:longmelfordbrownies@gmail.com).



Robert and Olave Baden-Powell

## Sport Matters



### Long Melford Cricket Club – Pitchside Advertising Opportunity

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If this sounds like the perfect opportunity for your business, contact Jason Wade at 07506 974362 or email [chairmanlmcc@outlook.com](mailto:chairmanlmcc@outlook.com).

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## Sport Matters

### Long Melford Football Club

On 14th December, in the Thurlow Nunn South League, Long Melford Under-23s pitted themselves against AFC Sudbury Under-23s. Forty-nine people turned up to watch.

This was a first-class game between two evenly balanced teams, and probably the outcome was about the right result. The visitors took the lead after 14 minutes when Sonny Percival got on the end of a free kick to score from close range. Two minutes into the second half and Melford were level: a brilliant



The magnificent Melford Under-23s, with Manager Lee Greenwood and assistant Lisa Bearne, celebrate with a Christmas dinner at the George and Dragon Hotel with mine host Charlie

30-yard run by Thom Chance saw him live up to his name and convert from four yards, giving Stefan Robson in the Sudbury goal no hope of a save. Chances came at both ends but were not converted. Against the run of play, Sudbury took the lead, when Melford keeper Frazer Foy tried a short pass in his own penalty area, but George Lamb intercepted to score from three yards, for what was an early Christmas gift for Sudbury. Deservedly, Melford levelled on 79 minutes with Thom Chance running from the halfway line to fire home. Another high calibre goal from Thom Chance! The game ended in a 2-all draw. The Melford Man of the Match award went to Jack Utting on his first game since returning to LMFC.



Overall, however, it has been a difficult season for LMFC First Team, with the departure of first team manager, Liam Joyce. Liam has been replaced by Rob Fayers and Darren Thomas, who are well known at LMFC. It is hoped that more local players will attend trials in 2025: local means better team spirit and it is hoped that this will help to improve results and rescue Melford from the relegation zone.

### GEOFF THOMAS, RIP

Long Melford Football Club are very saddened to announce the death of their esteemed Chairman, Geoff Thomas, who after a short illness died on Monday 13th January 2025. The Club offer their sincere condolences and best wishes to all his family.

In the short term, Club Secretary Russell Meekings and Club Hon. President Richard Kemp will take over the many roles served by Geoff Thomas.

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Group	Contact	Phone/email
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Beaver Scouts	Lynda Badger	<a href="mailto:lynda.badger@suffolkscouts.org.uk">lynda.badger@suffolkscouts.org.uk</a> / 07540 889754
Chadbrook Guides	Rebecca Cox	<a href="mailto:chadbrookguides@gmail.com">chadbrookguides@gmail.com</a>
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	<a href="mailto:poboap123@gmail.com">poboap123@gmail.com</a>
Football Club	Richard Kemp	01787 378149
Friends of LM Church Building Fund	Richard Michette	01787 377164
Friends of Long Melford Library	Nick Castell	<a href="mailto:help@suffolklibraries.co.uk">help@suffolklibraries.co.uk</a>
Good Neighbours' Scheme	Helen Eaton	07504 249179
Historical and Archaeological Society	Ian Sandham	<a href="mailto:Lmhas1969@outlook.com">Lmhas1969@outlook.com</a> / 07586 354414
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	<a href="mailto:events.lmct@gmail.com">events.lmct@gmail.com</a>
Long Melford Cub Scouts	David Lawrance	<a href="mailto:melford.cubs@suffolkscouts.org.uk">melford.cubs@suffolkscouts.org.uk</a>
Long Melford Group Lead Volunteer	Lynda Badger	<a href="mailto:lynda.badger@suffolkscouts.org.uk">lynda.badger@suffolkscouts.org.uk</a> / 07540 889754
Long Melford in Bloom	Jonathan Ewbank	<a href="mailto:jonathanewbank145@gmail.com">jonathanewbank145@gmail.com</a> / 07931 925420
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	Lynda Badger	<a href="mailto:lynda.badger@suffolkscouts.org.uk">lynda.badger@suffolkscouts.org.uk</a> / 07540 889754
Long Melford Squirrel Scouts	Jonathan Coote	<a href="mailto:jonathancoote82@hotmail.com">jonathancoote82@hotmail.com</a>
Long Melford Walking Group	Mike Turner	07733 102229
Long Melford Women's Institute	Amy Hyde Parker	<a href="mailto:amy@melfordestate.co.uk">amy@melfordestate.co.uk</a>
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		<a href="mailto:schoolbooking1860@gmail.com">schoolbooking1860@gmail.com</a>
Parish Recorder	Geoff Randall	07519 626842 <a href="mailto:Melfordparishrecorder@hotmail.com">Melfordparishrecorder@hotmail.com</a>
Project Seven	Andrew Hagger	07980 526067
Royal British Legion	Amy Hyde Parker	<a href="mailto:amy@melfordestate.co.uk">amy@melfordestate.co.uk</a>
Scout and Guide HQ bookings	Vicki Ramdhanie	<a href="mailto:lmsglettings@gmail.com">lmsglettings@gmail.com</a>
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		<a href="mailto:lettings.longmelfordvillagehall@hotmail.com">lettings.longmelfordvillagehall@hotmail.com</a> 07379 894325

Please notify us of any additions or changes by emailing [content@melfordmatters.org.uk](mailto:content@melfordmatters.org.uk). Amendments must be received by **1st March** to be included in Issue 25 – April/May.

### Quiz Answers

- c) A hover (also flight or soar) of kestrels
- b) A clan of badgers
- a) A flock of sheep

- c) An ostentation (also pride or muster) of peacocks
- b) A round of robins
- b) A loveliness of ladybirds
- a) A cluster of dragonflies

- b) A murmuration of starlings
- b) A troop (also flock) of ostriches
- b) A siege (also glean or sedge) of herons



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