

# MELFORD

Issue 25 April/May 2025

# Matters



Horses on the Kentwell Estate  
Photo: Michelle Watts

## Out and About

Open Gardens, Music on the Green, Easter Beer Festival and more!

Pages 4, 7 and 8

## Stained Glass Rescue

Restoration reaches the half-way mark with another precious panel completed

Page 15

## Movers and Shakers

Interiors specialist Little Gems and wine bar Gather open in Melford.

Pages 22 and 23



Design



Print



Online



Packaging



ANNIVERSARY  
EST. 1995

# indigo ross

Your Online, In Print, Digital Playground

## Elevate your business today with Indigo Ross

At Indigo Ross, we believe your business deserves to **stand out** and be remembered. We offer comprehensive design, print, web and packaging solutions for both local and national companies.



Whether you need branding, brochures, WordPress websites or printing services, our expert team is here to help you break away from the ordinary and make a **lasting impression**.

01787 880 260 | [hello@indigross.co.uk](mailto:hello@indigross.co.uk) Spectrum House, Woodhall Business Park  
[indigross.co.uk](http://indigross.co.uk) Sudbury, Suffolk CO10 1WH

• 50 DISHES • AWARD WINNING •

100% FRESH LOCAL BRITISH MEAT • GLUTEN FREE NANS

100% NUT FREE • DAIRY FREE • VEGAN • 50 DISHES

**Sunday Buffet**  
12pm - 5pm

**£11.95**

**Sunday Night Taster Menu**  
Unlimited tapas dishes  
6pm to 8pm

**£18.95**

Hall Street, Long Melford  
01787 311518 / 310079  
[www.melfordvalley.com](http://www.melfordvalley.com)

CHILDREN UNDER 5 EAT FREE

THERAPY COACHING TRAINING SELF

**Katrina Love BSc(Hon)**  
**Psychotherapeutic**  
**Counselling**

**Qualified Trauma Therapist**  
**and Mindset Coach**

**is now practising from**  
**Long Melford**

**07747 345384**

---

**WWW.LIFECHECK.LOVE**

# welcome!

Welcome to issue 25 of your village magazine. In this issue, there is a celebration of the huge range of activities going on in our lovely village. You can find out how wild birds are being helped and nurtured in the Country Park and along the Melford Walk, and how you can join a great Dawn Chorus Walk in May (see p.17), there is an update on the vital work restoring the medieval stained glass at Holy Trinity (see p.15) as well as an open invitation to join the walking group and/or litter pickers (p.4).

May we offer our congratulations to the Long Melford Primary School for securing their Ofsted rating of 'Good' (p.21)? Now that spring is here, outdoor activities seem much more appealing and don't forget Open

Gardens is coming up on Monday 26th May (see p.7), a delightful day in the village's calendar, not to be missed.

We are delighted to be using a photograph sent in by Michelle Watts for the cover and hope readers will keep sending in their images (in portrait orientation) by email to [photos@melfordmatters.org.uk](mailto:photos@melfordmatters.org.uk). We welcome all comments on what is in or what you would like to see in the magazine. Please get in touch at [content@melfordmatters.org.uk](mailto:content@melfordmatters.org.uk).

Lastly, may we take this opportunity to apologise to anyone who was confused as a result of our error in the advertisement on page 26 of our previous issue? We are pleased to confirm that Elizabeth Gibson, chiropodist, is based at the Beauty Cave and can be contacted on 07798 806184, full details on page 26.



A Nordic inspired cafe  
in the heart of Long Melford

Southdown House  
Hall Street  
Long Melford  
CO10 9JL  
01787 829952



Mon - Sat  
8.30am - 4.30pm  
(Closed Sunday)

## Scutchers

LONG MELFORD

Outstanding, independent,  
family run restaurant  
for over 30 years



### Opening times

Thursday, Friday and Saturday  
12noon to 2pm (last orders) 6.30pm to 9pm (last orders)

Westgate St, Long Melford, Tel: 01787 310200

[www.scutchers.com](http://www.scutchers.com)

### Easter Beer Festival, 17th to 21st April

Nethergate Brewery of Long Melford is gearing up for its biggest Easter Beer Festival yet. Running across the Easter Bank Holiday weekend, the festival will feature over 30 outstanding beers and ciders, a fantastic lineup of local street food vendors, and live music throughout the weekend in the brewery's taproom and beer garden.



This year, with expanded parking, a larger beer tent and even more covered seating, visitors can relax and enjoy the festival whatever the weather. Entry remains completely free, and the event is family friendly, making it a great day out for all.

For those keen to get a first taste, an exclusive members' preview evening will take place on Wednesday 16th April.

With an even bigger selection of beer, more space to enjoy it, and a brilliant festival atmosphere, this is set to be Nethergate's best Easter Beer Festival yet! Visit <https://nethergate.co.uk/events/> for more information.



**LONG MELFORD GOOD NEIGHBOURS SCHEME**

**WE NEED YOU**

Could you spare some time to help our local organisation?

Our team of volunteers assist adult residents of Long Melford Parish with...

- Befriending**  
A friendly chat
- Driving to health related appointments**  
(A donation is requested for fuel costs)
- Helping with simple jobs**  
Shopping - Changing - groceries - Walking a dog - & much more

All volunteers are DBS checked  
Please contact the Long Melford Good Neighbours Scheme on 07504 249179

**Call 07504 249179**

### Good Neighbours

We have recently welcomed some new members to the volunteer team – but we always have room for more.

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

There is no commitment to do a set number of hours/trips/etc. – just say ‘Yes’ or ‘No’ each time according to your own availability.

### Long Melford Walking Group

The Long Melford walking group is an informal and sociable body that goes out occasionally midweek and/or weekends. We rarely walk in the pouring rain if we can avoid it. It's free and there is no obligation. Walks are escorted and cover between 4 and 15 miles in Suffolk or further afield. Routes and timings are explained on our WhatsApp group and there is normally a ‘bail out’ option and a pub stop somewhere.

If you want to explore the paths and woods around us but want the security of a group, this might suit you. There are no designated first aiders so you are responsible for your own safety and well-being. Contact Mike Turner on 07733 102229 for more information.

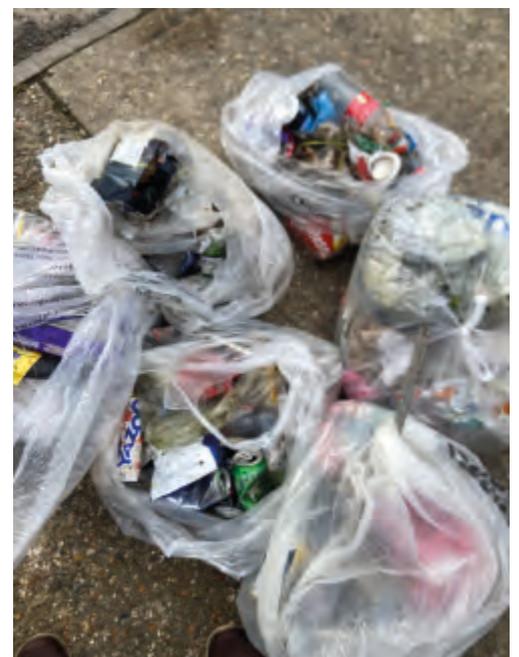
### Litter Picking update

Have you ever wondered who those high-vis folk are, wandering around the village with bin bags blowing about? Well, wonder no more, it's the Long Melford Litter Pickers!

We meet twice a month for about an hour to pick up litter from all parts of the village and, crucially, to have a good catch-up while we do it. There's generally between six and ten of us and we collect as much as we can carry.

We go in the morning on the last Sunday of every month and on a Thursday afternoon; dates for that vary. Details are always in the Melford Matters diary and we would be delighted if anyone else would like to join us.

It's a great way to meet people whilst doing something for our lovely village. Litter pickers, bags and high-vis jackets are all provided. Contact Claire for details on 07899 696491.





This summer will mark our sixth year and this season's colour scheme is pink, white and purple. We have nearly 100 barrels, baskets and planters in the village centre, entry points and various mini greens.

In 2024, we enjoyed spectacular begonias. This year, our barrels will be filled with standing and trailing geraniums, busy lizzies, verbenas and cuphea. There will be pink and white surfinias in the hanging baskets and the bridge will have salvias, lobelia, trailing geraniums, verbenas and busy lizzies.

We would like to extend our thanks for support in 2024 to all our wonderful volunteers and to Long Melford Parish Council, the Village Hall, The Hare, Cherry Lane Garden Centre, The Black Lion, Scutchers, Bespoke Blinds, Breakout, the Long Melford Tea Room, David Burr, Carter Jonas, Gridleys Electricians, Pure Elements, Café Hygge, The Sewing Kabin, The Co-op, Nethergate and Councillors Nunn and Malvisi. And Long Melford Open Gardens again provided fantastic support!

Our summer plants should be in place from late May.

Jonathan Ewbank



The 2024 begonia displays were spectacular  
Photo: Teresa Poole



### Community Association Annual General Meeting 31st March

The Long Melford Community Association, which runs the Old School Community Centre, is hosting its Annual General Meeting on 31st March. Come along to share your views on how this space can serve your community.

Better still, given that a couple of long-standing members of the committee are stepping back this year, there is an opportunity for new members to help further develop the Old School. Members typically give 5-10 hours per month, including a one-hour meeting every second month.

The AGM will be held at The Old School Community Centre, at 7.00pm on Monday 31st March 2025.

### BRIAN STRINGER'S TRIBUTE TROPHY DARTS MATCH

In aid of St Nicholas Hospice and Brain Tumour research.

This Darts match will be held in memory of Brian, to help raise money for two amazing causes.

This event will be held on Saturday 26th of April 2025.  
@5pm

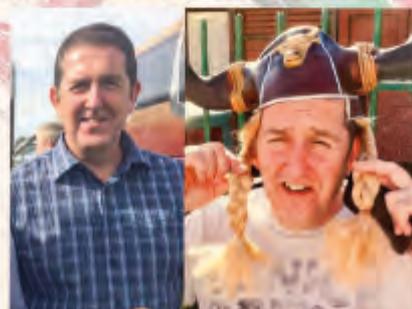
501x3 Flying Start.

£5 Entry fee to be purchased in advance at Long Melford Working Men's Club.

(All money from entries will be split between these two charities).

Telephone and email contacts must be left on purchase of entry tickets.

Cut off date for this event will be Friday 18th of April.  
(No entries will be accepted after this date).





## WI News

At the February meeting the group voted to support and raise funds for the local guiding unit, 1st Chadbrook Guides, as it was felt that our goals were similar –

have fun, make new friends, learn new skills, campaign to give females a voice and be part of a movement.

### Upcoming events:

- On **Thursday 3rd April, at The Bull Hotel, 7.15pm: an Easter Quiz Night.** How much do you really know about Easter? Easter Egg prizes for the winners.
- On **Friday 11th April, at the Village Hall, 6.30pm to 10.00pm: Film Night – Made in Dagenham.** Non-members and gentlemen welcome to attend. Cost of £7 includes a glass of prosecco and refreshments. In aid of the 1st Chadbrook Guides.
- On **Wednesday 16th April: afternoon visit to tour the factory of GCB Cocoa UK Ltd.** Fully booked.
- On **Thursday 1st May, at The Bull Hotel, 7.15pm: AGM** – with much socialising and refreshments.

We meet on the first Thursday of each month and your first monthly meeting is free.

## Empowering the Village Hall

The first few weeks of 2025 have proven to be very dull and drab, but the Trustees of the Village Hall are particularly hopeful of a bright and sunny spring and summer, as the Hall is now equipped with a solar-electricity generation and battery storage system.



As a result of the continued increase in energy costs over recent years, the Hall's annual electricity bill has doubled to nearly £4,000, prompting the Trustees to consider the installation of solar panels on the roof of the building. After obtaining quotations from several suppliers, an application for grant funding was made to Babergh District Council. In January, a grant of £9,414 (50% of the project cost) was offered, funded from the UK Government Shared Prosperity Fund – but with a condition that the works had to be completed by 1st March 2025!

Thanks to the hard work of the installers, **Empowered Energy Services**, and their flexibility in working around the many occasions when the Hall was in use, the project was completed ahead of schedule on Tuesday 24th February with the minimum disruption to our hirers. It is hoped that the solar panels will generate 7,500kWh of electricity per annum, with an associated carbon reduction of over 1,500Kg, and will more than halve the Hall's annual electricity bill.

The Village Hall is a charity (charity number 304917) run by a committee of volunteers as a venue for events of all kinds – sales, fairs, markets, parties, meetings, exercise classes and other forms of recreation and leisure-time occupation. If you'd like to hire the Hall, please contact our lettings co-ordinator by email at [lettings.longmelfordvillagehall@hotmail.com](mailto:lettings.longmelfordvillagehall@hotmail.com). We aim to reply as soon as possible but please allow up to three days for us to get back to you.



## 2025 Long Melford Open Gardens

All welcome, tickets available  
from the gardens on the day -  
look out for the yellow signs!

*Bank  
Holiday  
Monday  
26th May  
10am-4pm*



### Long Melford Open Gardens

Showcasing what the village has to offer, Long Melford Open Gardens is the first major event of the year. Gardeners have been really busy, fastidiously planting, weeding and trimming for the charity event. With over 20 gardens on display, we are hoping the weather will be kind to us as ticket holders visit some of the hidden green gems behind the houses!

We have some lovely new gardens this year, as well as the tried and tested. Melford Hall will be opening their gardens for the event, in addition to Holy Trinity Church with its well-tended roses. Many gardens will be serving refreshments: these will be listed on the map.

Why not grab a ticket from one of the retailers across the village and join in on Monday 26th May? All proceeds are donated to charity, so dig deep, and a big thanks to all our sponsors this year! Adults: £7.50, children: free.

## *The Kelvedon Singers*

*At Holy Trinity Church, Long Melford, CO10 9DT.*

**Saturday 12<sup>th</sup> April 2025 at 6.30pm**

Conducted by Christopher Phelps

Accompanied on the organ by Nigel Brown



**Franz Schubert**  
Mass in E flat

**Wolfgang Amadeus Mozart**  
Requiem



Tickets £15 including Interval refreshments

from Sarah Phillips: 01376 561719 or [Sarahphillips365@outlook.com](mailto:Sarahphillips365@outlook.com)

[www.kelvedonsingers.org.uk](http://www.kelvedonsingers.org.uk)

## Culture Matters



On 8th November 2024, we held a Festival of Remembrance in Clare Parish Church, which was attended by more than 200 people, whose generosity enabled donations of £100 to Clare church and £450 to the RBL Poppy Appeal. Over the festive period, we also undertook several carol-playing jobs and, of course, our annual Christmas Concert in the Village Hall. This made possible a donation of £400 to Prostate Cancer UK.

In 2025, we will celebrate the 135th anniversary of the founding of the band and to mark this, we are planning a free concert on the village green on 13th July – come and bring a picnic!

Forthcoming bookings include:

- 21st June at 13.00 Clare Town Crier Festival
- 5th July at 14.00 (Time TBC) Great Cornard Fete
- 12th July at 12.00 noon (Time TBC) Long Melford Fete
- 13th July at 14.00 Long Melford Green

Although the band is strong in most sections we would welcome a B<sup>b</sup> bass player along with tenor and bass trombonists.

Mike Murkin, Long Melford Silver Band



## SUFFOLK LIBRARIES

### Friends of the Library Spring Fair

Join us for the Friends of Long Melford Library Spring Fair on Saturday 10th May, 10am to 12.00 noon. As usual you can stock up on beautiful locally grown plants including hostas, hardy geraniums and some herbs and vegetables. There will also be a huge selection of delicious jams and preserves, including the jumbleberry jam featured in the Daily Telegraph last year! Our mouthwatering choice of home-made cakes, biscuits and pies will be available in varying sizes so you don't need to worry about buying too much. Or too little! There'll be a raffle drawn at the end of the fair and an exciting opportunity for families to win a Lego kit. All funds raised will support your local library.

The fair takes place at Long Melford Library, St Catherine's Church, Long Melford CO10 9JU.

### Nick's Picks

Sarah Raven's *A Year Full of Pots* is full of inspiration, with ideas for every month of the year, exploring form and colour to enable anyone to create dazzling containers of all sizes and for every season. The book explores sowing methods and planting techniques step by step, and discusses how to get the best from your pot displays: where to place them, how to look after them, and when to refresh. Your garden, courtyard or windowsill will be a paradise in no time.

The final book in *The Breakfast Club Adventures* by Marcus Rashford is out in April! We've loved these books, so far from just another celebrity cash-in. This story cleverly explores bullying through a story of vengeful goblins. There's just enough football for lovers of the beautiful game but not enough to put off those who aren't interested.

Both books are available in print from Suffolk Libraries.

# MELFORD FORGET-ME-NOTS

This year's **St George's Day Parade** will be taking place on **27th April 2025**. Sudbury District Council will be providing the staff to oversee the road closures, which are likely to affect local traffic between **1st Long Melford Scout and Guide HQ** and **Holy Trinity Church** during the times of 2.30 and 4.30pm. Traffic will only be halted for the parade to pass on the way to and from the Church to minimise disruption as much as possible.

**Suffolk & Essex Small Animal Welfare (SESAW)** is closed and in the process of winding down. They need to trace anyone fostering a SESAW animal. If you are one of their foster carers and have not yet been contacted, please text or phone 07720 079370 as soon as possible and ideally by **31st March 2025**.

The **LeeStock Festival** returns to **Kentwell Hall** on the weekend of 24th and 25th May. Tickets still available as we go to press.

On **Monday 12th May**, **Sudbury Flower Club** will be holding a **Celebration Evening** to mark their 70th birthday, to include a demonstration of flower arrangement, refreshments and birthday cake.

The event is at the **Stevenson Centre** in Great Cornard. Doors open at 7pm. Tickets £9 payable on the door. **All welcome**.

If you would like additional information about this event or want to find out more about the Club please email [sudburyflowerclub@gmail.com](mailto:sudburyflowerclub@gmail.com) or call 07598319918.

A poem sent to us by Long Melford resident **Tony Read**:

"I love the village where I live  
Long Melford has so much to give  
Pubs and shops and tea rooms galore  
Timbered houses and so much more  
A country park and lots of walks  
A history club that gives you talks  
Two Tudor halls to explore  
The famous church and one thing more  
The village green where you can rest  
Enjoy the view it is the best  
So if you're passing stop a while  
I'm sure Long Melford will make you smile"

We couldn't agree more, Tony.

A reminder about the **Wellness Fair** to be held at the Old School Community Centre on **Sunday 6th April**, from 9.00am to 4.00pm.

**The Fun Fair will be back on the Upper Green from Thursday 29th May to Sunday 1st June.**

**More Things to do in April and May ...**

**Melford Hall** re-opens to visitors on **2nd April**. They have a range of events lined up including their **Easter Adventure Trail** (9th-13th and 16th-21st April) which offers a selection of fun and creative activities in the parkland and additional games in the formal garden.

**Kentwell Hall** will have their usual full programme of events – **Easter Family Days**, **Tudor-themed events** for Easter and May Day, and their '**Through The Ages**' event at the end of May. They have activity and scavenger hunt sheets for children and their families, and their tearoom is open for delicious homemade treats.

## Diary Matters

APRIL	TIME	EVENT	VENUE
Wednesday 2nd	9.00am to 3.30pm	<b>Antiques Fair</b>	Village Hall
	7.00pm	<b>Full Parish Council Meeting</b>	Village Hall
	7.15pm	<b>WI Meeting – Easter Quiz</b>	Bull Hotel
Saturday 5th	7.00pm	<b>Country Night</b> (£10 on the door)	Stoneylands Football Club
	8.00pm	<b>Karaoke</b>	Working Men's Club
Sunday 6th	9.00am to 4.00pm	<b>Wellness Fair</b>	Old School
Thursday 10th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
Friday 11th	8.00am to 4.30pm	<b>Soccer Camp</b> – contact Ash 07930 829808	Stoneylands Football Club
	6.30pm	<b>WI Melford Movies Night</b> – ‘Made in Dagenham’	Village Hall
	8.00pm	<b>Folk &amp; Acoustic Club</b>	Cock & Bell
Saturday 12th	9.00am to 12 noon	<b>Flower Arranging</b>	Old School
	12.30 to 3.30pm		
Tuesday 15th	8.00am to 4.30pm	<b>Soccer Camp</b> – contact Ash 07930 829808	Stoneylands Football Club
Wednesday 16th	11.00am to 12 noon	<b>The Arts Society Stour Valley</b> – ‘An Italian St. George in England’	Village Hall
Thursday 17th	7.30pm	<b>LM Historical &amp; Archaeological Society</b> (see p. 19)	Old School
Friday 18th to Monday 21st		<b>Nethergate Easter Beer Festival</b>	Nethergate
Saturday 19th	8.00pm	<b>Live Music - Dranjo</b>	Working Men's Club
Wednesday 23rd	7.00pm	<b>St George's Day celebrations</b> – free entry, bar open for refreshments	Stoneylands Football Club
Thursday 24th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
	1.45pm	<b>Long Melford Litter Pickers</b>	
Saturday 26th	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School
	5.00pm	<b>Charity Darts Tournament</b>	Working Men's Club
Sunday 27th	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School
	10.00am	<b>Long Melford Litter Pickers</b>	
	2.30 to 4.30pm	<b>St. George's Day Parade and Church Service</b>	
<b>MAY</b>			
Thursday 1st	7.15pm	<b>Long Melford WI Meeting</b> – social evening	Bull Hotel
Saturday 3rd	7.00pm	<b>Charity Ball</b> – contact Chris 07885 366412 for tickets	Stoneylands Football Club
Sunday 4th	9.00am to 8.00pm	<b>Children With Cancer Charity Football Match Day</b>	Stoneylands Football Club
Monday 5th	6.30 to 8.00am	<b>Dawn Chorus Birdsong Walk</b>	Country Park
Wednesday 7th	9.00am to 3.30pm	<b>Antiques Fair</b>	Village Hall
	7.00pm	<b>Full Parish Council Meeting</b>	Village Hall
Thursday 8th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
Friday 9th	8.00pm	<b>Folk &amp; Acoustic Club</b>	Cock & Bell
Saturday 10th	10.00am to 12 noon	<b>Library Spring Fair</b>	St. Catherines
	12 noon to 5.00pm	<b>Five-a-side Football Tournament</b>	Stoneylands Football Club
		<b>Handmade Crafts Market</b>	Old School
	8.00pm	<b>Live Music</b> – Suffolk Slappers	Working Men's Club

## Diary Matters

### MAY

Sunday 11th	10.00am to 4.00pm	<b>Model Railway Exhibition</b> in aid of Chadbrook Guides	Village Hall
Saturday 17th	10.00am to 3.30pm	<b>Book Fair</b>	Village Hall
	10.00am to 11.00pm	<b>Charity Football Event</b>	Stoneylands Football Club
Wednesday 21st	11.00am to 12 noon	<b>The Arts Society Stour Valley</b> – ‘Dress Code - 10 Iconic Dresses in Art’	Village Hall
Thursday 22nd	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
Sat 24th/Sun 25th	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School
		<b>Leestock Music Festival</b>	Kentwell Hall grounds
Sunday 25th	10.00am	<b>Long Melford Litter Pickers</b>	
Monday 26th	10.00am to 4.00pm	<b>Open Gardens</b>	Throughout the village
Thursday 29th	1.45pm	<b>Long Melford Litter Pickers</b>	
Saturday 31st	2.00 to 11.00pm	<b>Football Presentation Event</b>	Stoneylands Football Club
		<b>Flower Arranging</b>	Old School

### 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
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 12.15am	<b>Keep Fit Laban Dance Class (50+)</b> – 07856 080344 – <a href="mailto:sheather.mahony@btinternet.com">sheather.mahony@btinternet.com</a>
	3.00 to 5.00pm	<b>Friendship Dancers</b> – Robin Hart – 01787 269613
	7.30 to 9.30pm	<b>Silver Band</b> – Mike Murkin – 01787 312605
Thursday	7.30 to 9.00pm	(3rd Thurs) <b>LM Historical and Archaeological Society</b>
Friday	10.00am to 12 noon	(2nd and 4th Fri) <b>NEW! Poetry Group</b> - <a href="mailto:evale@icloud.com">evale@icloud.com</a>

### 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>

PTO for Regular Events at the Village Hall and Stoneylands →

## Diary Matters

### REGULAR EVENTS AT LONG MELFORD VILLAGE MEMORIAL HALL

Monday	9.30 to 10.30am	<b>Strollercise</b> – Marina St Leger – <a href="http://www.strollercise.co.uk">www.strollercise.co.uk</a> – 07917 333712
	11.15am to 12.45pm	<b>Song Circle Choir for Women</b> – Anna – 07957 484812
	1.15pm	<b>Health in Motion – Yoga with Paul</b> – <a href="mailto:info@health-in-motion.co.uk">info@health-in-motion.co.uk</a> – 07930 332120
Tuesday	10.00 to 11.00am	<b>Pilates</b> – Michelle Cowcher – <a href="mailto:michellegowcher@gmail.com">michellegowcher@gmail.com</a>
	2.30 to 4.00pm	(4th Tues) <b>Lecture Series</b> – Suffolk Family History Society (Sudbury)
	6.00 to 8.00pm	<b>Bounce</b> – Jules Cooper – <a href="http://www.bookwhen.com/bouncelongmelford">www.bookwhen.com/bouncelongmelford</a>
Wednesday	7.00pm	(1st Wed) <b>Long Melford Parish Council</b> – Full meeting
	2.00 to 4.00pm	(2nd Wed) <b>Digital Workshop</b> – Communities Together East Anglia – 01449 707030
	10.30am to 12.30pm	(3rd Wed) <b>Lecture series</b> – Arts Society Stour Valley
	10.30am	(4th Wed) <b>Film Club Lectures</b> – <a href="http://www.filmclublectures.co.uk">www.filmclublectures.co.uk</a>
Thursday	9.45 to 11.30am	<b>Pre and postnatal Fitness (child friendly)</b> – JTD_fitness – <a href="mailto:jo.h.thornley@gmail.com">jo.h.thornley@gmail.com</a>
	2.00 to 4.00pm	(1st and 3rd Thurs) <b>Indoor Kurling</b> – Drop in for a free taster session
	6.00 to 8.00pm	<b>Bounce</b> – Jules Cooper – <a href="http://www.bookwhen.com/bouncelongmelford">www.bookwhen.com/bouncelongmelford</a>
Friday	9.30am to 12.00noon	<b>Baby Ballet</b> – <a href="mailto:sudbury@babyballet.co.uk">sudbury@babyballet.co.uk</a> – 07580 693747

### REGULAR EVENTS AT STONEYLANDS (LONG MELFORD COMMUNITY SPORTS TRUST)

Monday	10.00am to 2.00pm	<b>Stour Valley Men's Shed</b>
	7.00 to 10.00pm	<b>Bingo</b> – age 18+ all welcome, no need to book
Tuesday	1.30 to 2.30pm	<b>Seated Exercise</b> - contact Jane 07944 919328
	6.00 to 7.00pm 7.00 to 8.00pm	<b>Hula Hooping Class</b> - contact Toyah 07917 610231
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</b> – Sarah Buldock 07956 614824
	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</b> – <a href="https://bookwhen.com/muddybearsstayandplay">https://bookwhen.com/muddybearsstayandplay</a>
	8.00 for 8.30pm	(First Friday) <b>Bygones</b> – Beverley Walker – <a href="mailto:beverleyjdring1@gmail.com">beverleyjdring1@gmail.com</a>
Sunday	7.00 to 7.50pm	<b>Balboa Swing – Strictly Swing</b> – Sarah Buldock 07956 614824
	8.10 to 9.00pm	<b>Collegiate Shag</b>

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 June/July need to reach us by **1st May**.



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.

## Parish Council Matters



### Long Melford Neighbourhood Plan

The Parish Council have begun to review the adopted Neighbourhood Plan to ensure its compliance with local and national policies due to the recent Government legislation changes. Do you have a legal or planning background? The Neighbourhood Plan Committee, appointed by the Council, would welcome the assistance of local residents in this area. The Council recognises your time may be limited so you would only need to attend meetings specific to the matter to hand.

### Cordell Place Play Area

The play area is open! With spring now upon us, the newly seeded grass will soon repair. A BIG thank you to the young and the old for your patience during the project. We now have a wonderful play area for toddlers to young adults, which I hope will bring enjoyment to all for many, many years to come.

Clare Lee, Parish Clerk

### A New Parish Councillor

At its February meeting the Parish Council unanimously voted to co-opt Ruth Hendry to fill a vacancy. Ruth writes:

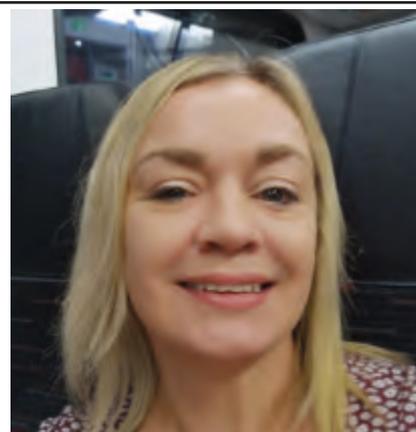
‘My name is Ruth Hendry and I am your new parish councillor, having recently been co-opted on to Long Melford Parish Council. In December 2023, I moved to the Skylark Estate where I live with my daughter and French bulldog, Molly. I have always lived in the Sudbury area and some of you may remember me from my years behind the bar at the Bull Hotel!

I work as a self-employed bookkeeper and I am also the District Councillor for Great Cornard ward and currently Vice-chair of Babergh District Council.

I am passionate about nature and feel very lucky to have such beautiful walks on my doorstep. I’m a regular visitor to Long Melford Country Park and I’m looking forward to getting out and about more now the weather is improving.

It is a challenging time for all councils facing limited resources and increasing housing targets, but I am looking forward to working with my colleagues in the Parish Council, where we will all be fighting to ensure Long Melford remains the vibrant, welcoming, attractive village that we know and love.

I can be contacted at [hendryr@longmelford-pc.gov.uk](mailto:hendryr@longmelford-pc.gov.uk), or come and say hello if you see me out and about!’



**Richard Kemp**  
County Councillor  
01787 378149  
[richard.kemp@suffolk.gov.uk](mailto:richard.kemp@suffolk.gov.uk)

**Adam Kemp**  
Independent Financial Adviser  
BA Hons, Dip PFS, Cert CII (MP & ER)  
Pension, investment, mortgage, protection and equity release advice.  
Please contact for free initial consultation:  
01284 724013 (option 7) or 07988 961240  
[adam.kemp@amas.co.uk](mailto:adam.kemp@amas.co.uk)



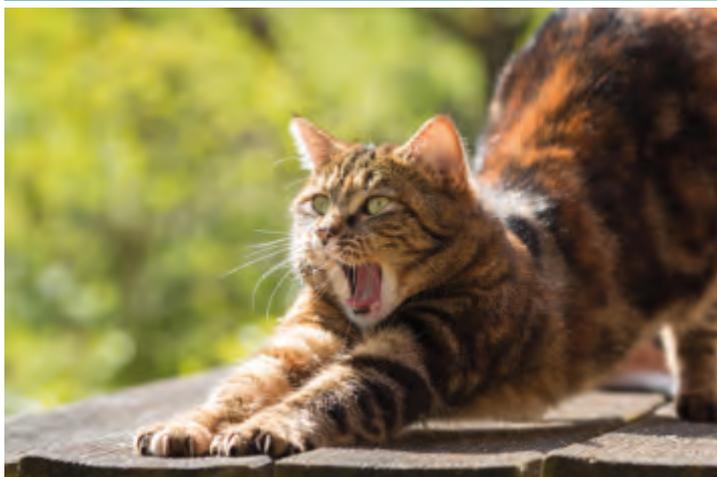
**Steve White**  
**Electrical Services**

**Part P Domestic Installer**

**Fully qualified, insured and guaranteed**

- Extra sockets/lights
- Fuse board changes
- Electric Showers
- Fault finding/repairs
- Outside power to garden/garage
- Immersion Heaters

**FREE ESTIMATES**  
**01787 281254 or 07920 841041**



### Feeling the 'Stretch'

The charming and restful opening sequence of the 1970s children's TV programme 'Bagpuss' sees the toy animals waking up and stretching in the old bric-a-brac shop where they live.

However, the term 'stretch' is not so readily associated with rest these days. For example, families are 'stretched' as typically both parents must work full-time to make ends meet. Those in many vocational professions are 'stretched' – demand and bureaucracy increase whilst resources seem increasingly scarce. In recent decades the 'stretch' between the elites and normal people, and even between the boomers and generation Z, is palpable.

And yet I am regularly impressed by the responsible and caring way in which so many 'stretched' people in our community live.

Nevertheless, many of us are wondering 'what can be done?'. Increasingly I believe that social transformation will involve some kind of spiritual awakening. I am often inspired by Victorian social reformers such as Wilberforce who, because of his faith, not only helped to abolish slavery, but sought more generally to 'make goodness fashionable'. In so doing, he encouraged the bridging of the 'stretched gap' between the 'haves' and the 'have nots'.

This Easter, many will reflect on the one who was literally stretched to death on the cross. Christians around the world will celebrate the fact that somehow, through Jesus's forgiveness and sacrifice, glorious new life, hope, joy, and reconciliation broke out. I pray that all of us, whatever our race or creed, can get a taste of the divine power which transforms 'stretch' into a more hopeful future ... and maybe even a bit of Bagpuss-like rest!

Rev. Matthew Lawson



### Holy Week in Long Melford

<b>Sun 13<sup>th</sup> Apr</b> 10.30am 4.00pm	<b>PALM SUNDAY</b> Holy Communion with Passion Reading at Long Melford Family Palm Sunday Parade with Donkey (Lawshall Church)
<b>Thurs 17<sup>th</sup> Apr</b> 7.00pm	<b>MAUNDY THURSDAY</b> Meal & Communion at Holy Trinity **
<b>Fri 18<sup>th</sup> Apr</b> 12.00pm 2.00pm	<b>GOOD FRIDAY</b> Walk with the Cross from St Catherine's to Holy Trinity Devotional Service at Holy Trinity
<b>Sat 19<sup>th</sup> Apr</b> 8.30pm	<b>EASTER EVE</b> Service of Light at Holy Trinity
<b>Sun 20<sup>th</sup> Apr</b> 10.30am	<b>EASTER DAY</b> Easter Celebration with Crafts and Egg Hunt

\*\* For catering please let Vicky know if you would like attend on 07804 558160 or [chadbrookoffice@gmail.com](mailto:chadbrookoffice@gmail.com)

[www.longmelfordchurch.com](http://www.longmelfordchurch.com)

## Holy Trinity Matters

Having begun work in 2020 to conserve our church's nationally important collection of medieval stained glass, we're now halfway there: of the eight windows in question, the fourth one is now finished and back in its place.



The team prepare to reinstall the latest conserved window

Most English medieval stained glass was destroyed in the Reformation and the Civil War, but Long Melford's is a very rare survival. In recent decades, however, it has suffered badly from pollution and moisture damage, so we're having it conserved by specialists at Canterbury Cathedral, at a cost of nearly £1 million.

Most of the money we've spent so far came from a major bequest from an American descendant of John Clopton (the 15th-century founder of the church) and from village resident Bernie Hood, in memory of his wife Joy.

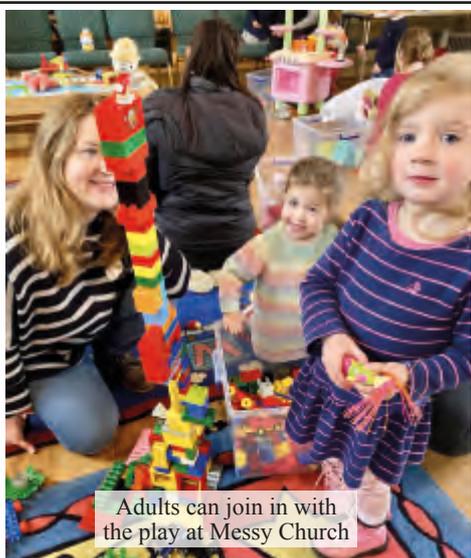
But we've also netted a substantial sum through fund-raising events, including the hugely successful bingo night hosted for us by our friends at the Black Lion in January. We hope to hold another one later in the year. We're also planning a repeat of last year's uproarious quiz night, this time in the church itself, on 11th July. Do come: every penny helps as we embark on the second half of this project.



Under reflected light, the need for restoration and cleaning is obvious.



The same scene after restoration by the team in Canterbury. The figure in the picture is John Denston, who married John Clopton's sister Catherine.



Adults can join in with the play at Messy Church

### Families, Children and Youth

Holy Trinity church works hard to provide fun for families and children of all ages, with several groups:

#### Connect Baby and Toddler group

On Mondays from 9.00 to 11.00am at St Catherine's Church, Connect welcomes parents, grandparents and carers to our lovely group each Monday morning in term time. It's a great place to make friends and share experiences or just grab five minutes' peace with a drink you haven't had to make! After play we share a story, sing songs and get the parachute out for a dance around (mainly the children!). £2 per adult.

#### Messy Church

Messy Church is a great free event for all the family. We are often based at the primary school or The Rectory field but you will also find us at different events in the community. We love it when the adults get as involved in the making as the children! We do not have set times, so please check at the church or enquire via Pam on the email address below.

#### Fusion Youth Group (and Fusion Plus)

Fusion meets once a month on a Friday at St Catherine's Church. We've been so busy that we're starting Fusion Plus, a new group for older members which will meet at The Rectory.

For more information on any of the above, please contact Pam at [melfordfamilyworker@gmail.com](mailto:melfordfamilyworker@gmail.com).



Fusion Youth Group

### Breeding birds at our Nature Reserves

Since 2021 the park volunteers have put up more than 60 bird boxes in the Country Park and along the Melford Walk (former railway line). Many of these are fashioned from recycled wood, such as old pallets, and the majority of the small boxes are made to attract blue and great tits. We have a few other specialist boxes in the hope of attracting spotted flycatchers, robins, treecreepers and woodpeckers.



A bird box fashioned from an old bread bin.

Each January the boxes are cleaned out, repaired, and checked for usage. In 2024, 66% of the tit boxes were occupied in the park and 80% were occupied along the railway walk.

We continue to add more boxes to the Country Park every year: a further seven were added this year and there is still room for lots more.

Along with the small boxes we have also put up six barn owl boxes, four in the Country Park and two in the churchyard at Holy Trinity. Each year we check and clean out the boxes outside the breeding season (all perfectly legal if you are worried or concerned). They often get used by squirrels and stock doves, so need emptying out. This year, we were really pleased to find that one of the boxes had all the evidence to indicate that we had breeding barn owls in 2023. We are hopeful they will return this year.

We keep tabs on the breeding patterns and numbers in the Country Park via a survey conducted each year between April and June. We started in 2021 and by 2024 the numbers of several breeding birds had risen sharply: Wren numbers doubled in this time to 21 breeding pairs and we also saw decent rises with blackbird, blue tit, song thrush and goldfinch. We've also enjoyed several sightings of bullfinches in the park and believe at least one pair is breeding.

Each year we also welcome summer visitors, many of which fly in from Europe and Africa, choosing to raise their young in Long Melford. Since 2021, the notable increases of breeding summer visitors have been with chiffchaff and reed warblers, the latter breeding in the reeds on all three main water pits in 2024. (cont. →)



## DAWN CHORUS WALK AT THE COUNTRY PARK

### Bank Holiday Monday 5<sup>th</sup> May



Would you like to join a dawn chorus walk round the park led by local bird experts, and learn to identify birds by sight & sound and enjoy the park as the sun comes up?

Starting at 6.30 am and finishing at 8 am.

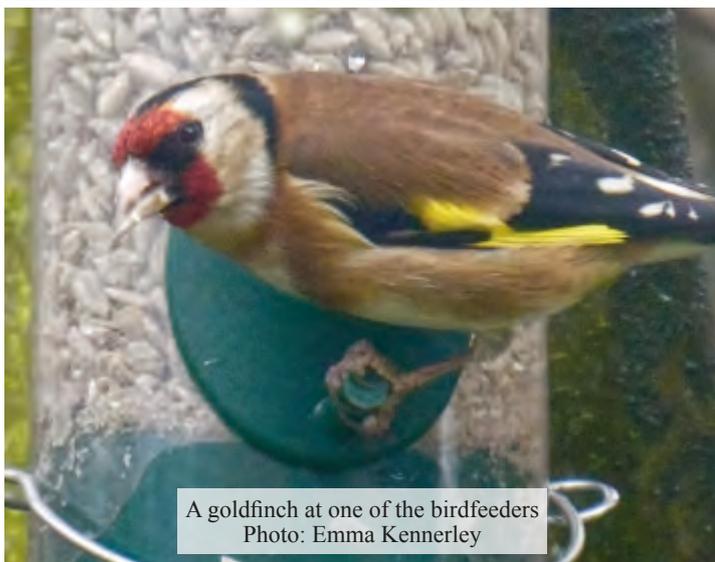


This guided, educational walk is only £6 and all the proceeds go towards the Park. Spaces are limited to 18 people, so booking and payment upfront is required.

Email [cliffdark@gmail.com](mailto:cliffdark@gmail.com) to book your place



## Country Park Matters



A goldfinch at one of the birdfeeders  
Photo: Emma Kennerley

If you'd like to spend an enjoyable early morning listening to birdsong and learning to recognise which birds have which particular song, why not join us on a Dawn Chorus Walk on Bank Holiday Monday 5th May from 6.30am. We meet at the Country Park and by the end of the walk you'll be sure to have seen and heard lots of species of birds. Spaces are limited so please book ahead (see poster for details).

Cliff Dark and Jonathan Ewbank



THE ARTS  
SOCIETY  
STOUR VALLEY

### COMBINE CULTURE AND COFFEE WITH FRIENDS

on the 3rd Wednesday of each month at 11 a.m  
in the Village Hall (opp The Bull Hotel)

#### WEDNESDAYS 16 APRIL / 21 MAY 2025

(April) **An Italian Saint George in England.  
Pietro Torrigiano and Henry VII's Lady Chapel**

The Italian Renaissance artist asked to create a magnificent tomb for his father. Examine the difference between English and Italian Renaissance styles and the masterpiece Torrigiano crafted.

(May) **Dress Codes – Ten Iconic Dresses in Art**

Ten iconic dresses within 10 famous portraits from the 19th & 20th centuries which have shocked and delighted in equal measure. From Whistler to Sargent to Leighton and Klimt, every picture tells a story as does every dress!

Contact: [info@tasstourvalley.org.uk](mailto:info@tasstourvalley.org.uk)  
quoting **MM23** or simply scan the  
QR code which will take you direct to  
our website:  
[www.tasstourvalley.org.uk](http://www.tasstourvalley.org.uk)



The Suffolk Art Society

# ART EXHIBITION

at

The Church of St Peter & St Paul  
**LAVENHAM**



Saturday 24th May 1pm – 5.30pm, Sundays 12noon – 5.30pm  
Monday 26th May - Saturday 7th June 9am - 5.30pm  
Sunday 8th June 12noon – 4.30pm

**FREE ADMISSION**

[www.suffolkartsociety.co.uk](http://www.suffolkartsociety.co.uk)



**IN Flooring**  
Fitting Specialists



We supply and install a variety of Carpet, Laminate, Vinyl,  
LVTs and more. For more information, free sample service  
and quotation please contact Nick: 07599161874



# LOCAL PROFESSIONAL PAINTER & DECORATOR



Skilled in All Aspects of Decorating,  
Home Repairs & Improvements

Residential & Commercial Decorator

*"I can't praise Mark enough, amazing level of work, extremely reasonable price, he's a nice guy, reliable & professional."*

OVER 30  
YEARS  
EXPERIENCE

Scan the QR code for more Reviews & Photos



CALL MARK BROWN

07980 601 997



CLEMENTS CHIMNEY SWEEP  
AND STOVE INSTALLER

[ClementsChimneySweeps@outlook.com](mailto:ClementsChimneySweeps@outlook.com)

07810616837



SERVICES INCLUDE

- Chimney Sweeping
- Stoves Installed
- Chimney Pots
- Bird guards



Proud members of  
**Checkatrade.com**  
Where reputation matters



## Heritage Matters

The Long Melford Historical & Archaeological Society had a very successful 'Members Night' on 20th February 2025, with 41 members and visitors in attendance at the Old School Community Centre for three talks. We heard from Anne Grimshaw with 'Sudbury's Saddest Sunday', Simon Edge with an update on the Holy Trinity medieval stained glass conservation project and 'The History of Ruse & Son Butchers' in the village, from our vice-president Henry Ruse.

The Archive Catalogue spreadsheet that we mentioned in our last article has been popular, as evidenced by lots of visits to our website [lmhas.co.uk](http://lmhas.co.uk). Having enjoyed 'Old School Matters' in the Jan/Feb edition, we thought you might like to see this recently catalogued copy illustration of another proposal for the original building of the old school. In addition, we have a copy of a suggested internal layout, which included a room just for girls' and infants' bonnets!



Our next meeting takes place on Thursday 17th April 2025 and this will be our AGM – but don't let that put you off coming as it only takes about 15 minutes! We are looking forward to welcoming Graham Murchie, with his talk 'The Eyes of the Few: Bawdsey Radar Station' in advance of our group visit there in May 2025. If you would like to hear him speak, visitors are very welcome to attend (£3). Please arrive ready for a 7.30pm start at the Tolchard Room and enjoy the talk and free refreshments afterwards.

Finally, before our AGM we would dearly love to find someone to take on the volunteer roles of Website/Email Administrator and of Refreshments Officer. Both positions take up very little time, but this would be a big help to our small but perfectly formed committee! Please contact [lmhas1969@outlook.com](mailto:lmhas1969@outlook.com) or call 01787 375329.

**Christopher**  
THE LOCKSMITH

ARE YOUR LOCKS BEHAVING BADLY?

We Value Old Fashioned Customer Service  
A Local Trusted Family Business Since 1989

- Specialist in UPVC & Wooden Doors
- No Call Out Charge
- No Fix No Fee
- All Work Fully Guaranteed
- 10% Senior Citizen Discount

For More Advice & Help Call Christopher:  
**07772 111 222**  
[www.christopherthelocksmith.co.uk](http://www.christopherthelocksmith.co.uk)

Steve Hall  
Your Local  
OvenGleamer

Would you like your Oven, Range or AGA Gleamed?

- Full Strip Down Clean
- Inclusive Pricing
- Fully Qualified & Insured
- Easy Call, Quote & Book
- All Makes & Models
- Safe For Children/Pets
- Safe For Asthmatics
- COVID SAFE CLEANING
- All Work Backed By Our Satisfaction Guarantee

Call Now: **01787 852112**  
[www.ovengleamers.com](http://www.ovengleamers.com)  
Ovens | Ranges | AGAs | Hobs | Extractors | BBQs

## Challenges and Adventures for Scouts of All Ages

As spring gets underway, 1st Long Melford Scout group are taking advantage of the warmer weather to enjoy a great programme of activities both challenging and adventurous.

- **Squirrels** are looking into the nature around us as our world wakes up from winter. They are doing their bit for the birds by making feeders and going on a mini-hike to look out for the birds and other creatures around us.
- **Beavers** have been learning vital camp skills from our Scout leaders on how to put up tents, and tackling the climbing wall with our District climbing team.
- **Cubs** are making the most of the lighter, warmer evenings with a classic session of campfires, games and smores. A firm favourite across all our sections!
- **Scouts** have been teaming up with other Scouts in the area and heading off to a nearby campsite for games and activities and have some really exciting new experiences for their section on the horizon.

The 1st Long Melford are also proud to have taken part in the wonderful civic service held by Councillor Liz Malvisi on 2nd March, where she demonstrated her passion for building community of young and old alike.

Of course let us not forget that Long Melford will be host to the St George's Day parade on Sunday 27th April where Scout groups from all over the Sudbury District will march proudly through our village to Holy Trinity Church for a special service. Our hearts are lifted to see so many young people and their families come to our wonderful village to take part in this and many visitors tell us year after year that the Long Melford Scouts are such warm and welcoming hosts.



### Chadbrook Guides

This term we welcomed four new Guides to our unit. We have had a quiz night and visited the local Co-op to donate to the food bank, and continued with our selection of activities from cooking to DIY. A sleepover is planned for May and we have another charity model railway exhibition on the 11th May at Long Melford Village Hall, 10.00am to 4.00pm, with a total of 14 layouts. Cost: £3.00 per adult, and £1.00 per Child.

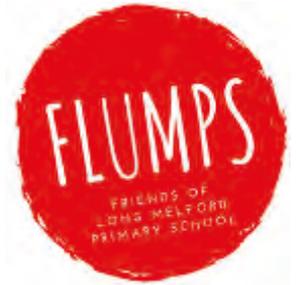
And looking forward to later in the summer, we are counting down the days until our Switzerland adventure in July. All the participants are really looking forward to this!

### Long Melford Brownies

Having reopened the Long Melford Brownie Unit after Christmas with only two Brownies, we now have 16 Brownies. We have already had a 'Pack Holiday' where the Brownies stayed over for two nights in the Guide and Scout Hut. We had a lot of fun taking part in crafts, games, cooking and a night hunt for some nocturnal animals.

## Exciting Events with FLuMPS in 2025!

FLuMPS has an exciting year ahead, packed with fantastic events for the whole community.



- Coming up soon, we have the **School Easter Disco**, our **Easter Reading Challenge** and **Break the Rules Day** – all guaranteed to be lots of fun.
- Over the May Bank Holiday, we're thrilled to be involved again with **Long Melford Open Gardens** on **Monday 26th May**.
- This summer, we're celebrating 50 years of our new school building, with a **Week of Celebration** commencing on **30th June** and a special **50th Celebration Party** hosted at the new school on **4th July**.
- Finally, don't forget the **Long Melford Fete on 12th July**. FLuMPS will be holding a raffle and we'd love donations for prizes. If you can help please email us at [flumps@longmelfordprimaryschool.co.uk](mailto:flumps@longmelfordprimaryschool.co.uk).

Every penny raised supports the school, helping us fund a new school fence and improvements to enhance outdoor learning. Thank you for your continued support – see you at the events!



### Long Melford Church of England Primary School Ofsted Report

On 10th and 11th December 2024, Long Melford Church of England Primary School had an Ofsted Inspection which concluded that the school continues to be a 'Good School'.

The report of the inspection recognised Long Melford as a warm and inclusive school, where pupils behave well and feel happy and safe. Whilst having access to 'a treasure trove of clubs and activities', it went on to say how our pupils benefit from a wealth of experiences that prepare them for life beyond school.

Long Melford school was described as a 'hub of learning and purposeful activity', where pupils find classroom environments stimulating and the learning they undertake engaging. Staff are caring, but have high expectations for pupils' achievement and support them in learning from a challenging and interesting curriculum that prepares them well for secondary education.

We are extremely pleased with our inspection. The whole report can be read at <https://www.longmelfordprimaryschool.co.uk/ofsted-and-performance-data/>



**Farm Shop, Cafe & Salon open 6 days a week**  
**Cafe booking recommended**  
**Salon by appointment**  
**Closed Mondays**



[www.willowtreefarmshop.co.uk](http://www.willowtreefarmshop.co.uk) 01787 280341

Willow Tree Farm Shop & Cafe | Lower Road | Glemsford | CO10 7QU



## Business Matters

### Little Gems Interiors

Little Gems Interiors, the beloved Suffolk boutique and creative hub, is moving with exciting plans to grow the business further over the coming months. After six successful years in Assington, Little Gems Interiors will relocate to Long Melford.

Owner Lynn Williamott explained that the move to our picturesque village offers many opportunities to expand and diversify, bringing even more unique interior, gift and clothing lines to customers, as well as an exciting programme of creative workshops.

Lynn said, “This move marks a significant milestone for Little Gems Interiors. We have been searching for the perfect location to grow and evolve our business, and we are delighted to have found it in Long Melford. This new space will not only allow us to expand our boutique offerings but also enhance our creative centre and workshop programmes”.

Creativity has always been an important part of Little Gems, which is a stockist for the covetable Annie Sloan Chalk Paint range. The new premises provides plenty of space for ever-popular upcycling workshops with even more opportunities for inspiration and hands-on experiences in interior design and crafting.

Little Gems Interiors also has plans to diversify its offerings further, ensuring that the business continues to evolve in line with customer needs and trends.

The team can't wait to welcome both long-standing and new customers to the new location in Little St Mary's, Long Melford. Open Tuesday to Sunday from 9.30am to 4.30pm.



### Brown Sugar moves home

Have you noticed the delightful pale pink premises at Bank House? Brown Sugar has moved there after 18 months on the other side of the road, in the middle of the village.

Having fulfilled a long-held ambition to open a coffee shop, Rachael Brown realised that she needed more space in which to serve her baked treats, which are all created on the premises.

She offers scrumptious cinnamon buns and brownies amongst other sweet treats and a delicious range of savoury items too. Ingredients are locally sourced wherever possible including coffee from Crude in Bury St Edmunds. All dietary requirements are catered for, so everyone should be able to find something to tempt them in Rachael's stylish new premises. Dogs are welcome too.

More information is available by searching online for 'Brown Sugar Long Melford' via Facebook.

## Business Matters

### Mellow Salon has a new home

Jess Davies and her team have moved to new premises next door to their old location to provide more space and comfort for clients and make the most of the lovely bright window. The team of five stylists offers a full range of hair services and Leah also provides nail treatments. The talented apprentice, Grace, is always looking for models to help her achieve her qualification. There is the exciting option of a new lay-down Head Spa bed with heat and massage to maximise relaxation for their clients.

Jess and the team aim to provide a space where everyone feels happy and relaxed. They are delighted to see other businesses expanding too and new enterprises coming into the village. They are very grateful for all the positive feedback people have given them about their new professional home. Further information can be found on Facebook or on their website at [mellowsalon.co.uk](http://mellowsalon.co.uk).



### Time to Gather for a Glass?

Plans are afoot for an exciting new business catering to the wine lovers of Long Melford.

Pending licensing approval, Gather will open for business in April in the premises previously occupied by the Brown Sugar café, adjoining the Cracked Nut Deli. It will combine a wine shop with a small area to sit in for a quiet glass of wine with a selection of cheese and charcuterie.

Gather is the brainchild of locals Lewis Hadley-Roberts, Mark Smith and Jacqui White.

“We are looking to create a welcoming space for wine lovers who want to buy a bottle to take away, or to meet up with friends for a drink”, said Lewis. “We will offer a carefully curated selection of wines, served up by friendly faces happy to help with suggestions and advice.”

“As Melford locals, community is really important to us and – as the name suggests – what we really want to do is bring people together over a shared love of good wine,” said Mark. “We aren’t about pomp and pretentiousness and long-winded wine talk – it’s just a cosy space for good wines and good times.”

### 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

THE  
**LIME PLACE**  
SUFFOLK

# TRADITIONAL BUILDING MATERIALS IN ONE PLACE

WIDE RANGE OF NON-HYDRAULIC AND HYDRAULIC LIMES, QUICKLIME, LATHS,  
INSULATION, PLASTERS, MORTARS AND RENDERS.

THE PLACE FOR:



**Ingilby**  
—Family of Paint Makers—



TEL: 01787 464560 | MOB: 07710 094485 | EMAIL: [ASK@THELIMEPLACE.CO.UK](mailto:ASK@THELIMEPLACE.CO.UK)  
PLACE FARM BARN, LISTON, SUDBURY CO10 7HR | [W3W: VERB.SHAKY.DRIVER](http://W3W: VERB.SHAKY.DRIVER)



## So Landscapes

Our 5★ reviewed company offers bespoke, high quality, reliable services catering for all budgets. Enhance your property's value and enjoy the beautiful weather with family & friends – or even just for some much-needed self-care.

Take action now by giving us a call to book your free quotation.

Phone:

**01787 828949**

or

**07590 111025**



**WATSONS**  
PLANTS

Watsons Plants is bursting with a beautiful array of perennial plants. The quality of our plants is second to none and we are confident they will be thriving in your garden for years to come. We have a substantial choice of quality shrubs and garden plants at hugely competitive prices. For the discerning gardener or enthusiastic beginner, we have something for everyone.

Louise Watson 07952 638016  
Chris Watson 07941 640560

Watsons Plants Ltd, Bury Road  
Depden, Bury St Edmunds  
Suffolk, IP29 4BU  
[enquiries@watsonsplants.co.uk](mailto:enquiries@watsonsplants.co.uk)  
[watsonsplants.co.uk](http://watsonsplants.co.uk)



## Mark's Garden Services

*For all your gardening needs!*

Grass cutting | Weeding | Pruning | Spraying  
Hedge Cutting | Tree Maintenance | Pressure washing

Weekly/fortnightly, tailored to your needs

Overgrown gardens tidied and cleared.  
All garden work considered

Contact Mark

Tel: 07966631729

Email: [gardenservicesbymark@gmail.com](mailto:gardenservicesbymark@gmail.com)

## Gardening Matters – Notes from the Potting Shed

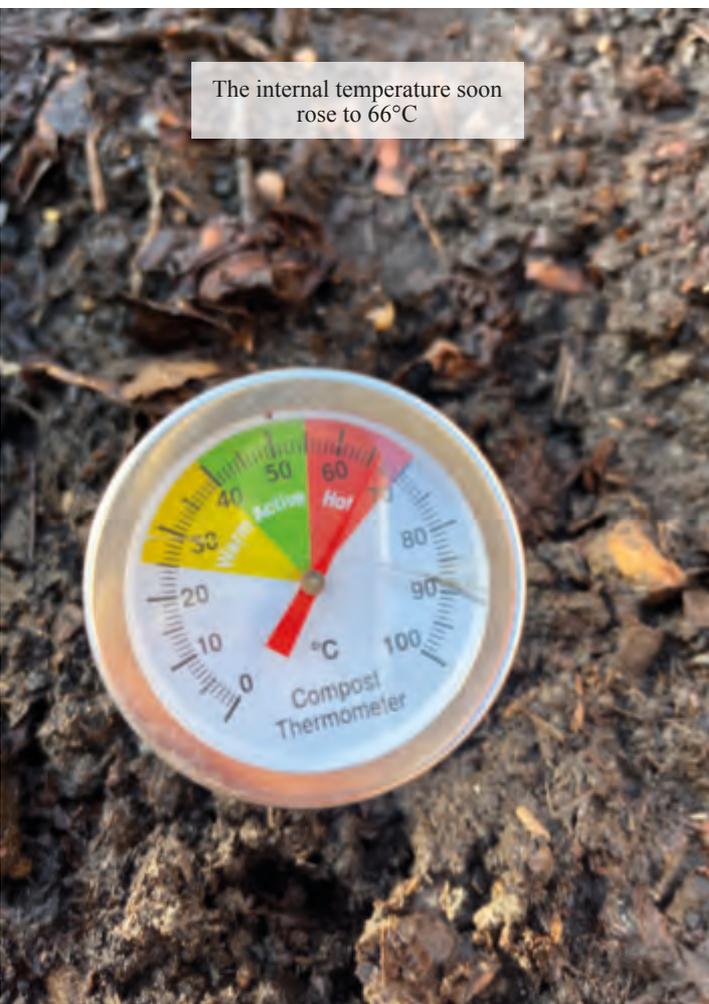
This year at the allotments, we have been experimenting with a hotbox. This is a technique recorded by the Romans and prized by the Victorians where the heat generated from decomposing material is captured and used to promote early germination.

As you can see from the image (right), a structure which is approximately one cubic metre was created using old double glazing sheets. In fact, any firm material can be used for the sides, such as hardboard or tin sheeting.

The structure was then lined with cardboard and filled to the brim with straw from the local stables. The manure and ammonia contained within this promote very rapid decomposition.

The box was filled on 24th January, when the temperature of the straw was 9°C. Within two days, it was up to 25°C and on 30th January it had achieved 66°C. The straw level was dropping by about 2 cm a day as the material below decomposed.

This was then covered with a thick layer of cardboard and about 12 cm depth of leaf mould, soil and compost. It was then sown with radish, mustard, rocket, beetroot, lettuce, spicy leaves and carrot seeds.



Germination began within 48 hours and all types of seed had begun to germinate within five days. The external temperature was several degrees below zero most nights whilst this was happening and the daytime temperatures were mostly in low single figures.

Within three weeks of sowing, most seedlings produced their true leaves and the first harvest of fully developed salad was made in mid-March. The results could be even more impressive if the hotbox were situated in a greenhouse or polytunnel so that the ambient temperature remained higher. We will keep you posted on how things develop but, so far, so good.

Two other things to mention here: first, many thanks to everyone who supported the Seed Swap by donating, swapping, drinking coffee and having a go on the tombola. Secondly, a quick reminder that there will be a huge selection of perennials, herbs, edibles and shrubs available at the Library Spring Fair on Saturday 10th May from 10.00am to 12.00 noon, as well as over 20 different varieties of hosta. They usually sell out early so don't be late ...

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

**Happy Gardening!**



### Unity Healthcare Launches New Remote Site

We are pleased that Unity Healthcare, of which Long Melford and Lavenham are part, has now opened its Remote Access Hub. This addresses the acute shortage of space at all of our sites and streamlines patient phone and eConsult access. The Hub occupies one floor of a repurposed office building in the centre of Haverhill.

The Hub receives eConsults and phone calls from all patients, speed-triages them and either resolves remotely or arranges face-to-face appointments in one of Unity's three sites. On opening day, it managed 509 patient contacts, and the response to the changes from staff and patients so far is very positive.

One of our aims is to 'reimagine' the general-practice working environment and to make it more attractive for our staff to work in. There is lots of space including breakout areas for catch-ups, two rest areas and meeting rooms. It was designed to have a modern look and feel, including table football and bean bags.

Aimee Longfoot



Staff at the new Remote Access Hub handle incoming phone calls and eConsult enquiries, freeing up space at the surgeries.



## Chiropodist

**Established & locally based** (Alpheton)

- Quality foot care
- Caring service tailored to your individual needs
- Expert advice
- Experienced with additional nursing qualification

*If you are unsure as to whether chiropody is for you, please do not hesitate to contact me.*

**Elizabeth Gibson** MSSCh MBChA  
Health & Care Professions Council Registered  
• Reg. No. CH20192



**CLINIC**  
*The Beauty Cave*  
Little St Mary's  
Long Melford, CO10 9HY  
M: 07798 806184

**HOME VISITING PRACTICE**  
Long Melford & surrounding villages.  
T: 01284 827380

## Quiz Matters

### The Merry Month of May

1. In Roman mythology, after which goddess is the month of May named?  
a) Maia, b) Diana, c) Ceres
2. What is the traditional birthstone for people born in May?  
a) Topaz, b) Emerald, c) Diamond
3. Which famous boxer was born on 17th May?  
a) Muhammad Ali, b) Anthony Joshua, c) Rocky Marciano
4. Which major film festival takes place on the French Riviera in May?  
a) The Cairns Film Festival,  
b) The Alliance Française Film Festival,  
c) The Cannes Film Festival
5. What is the flower most associated with the month of May?  
a) Lily, b) Daffodil, c) Rose
6. We have two bank holidays in May. The first is known as May Day and traditionally involves feasting and maypole dancing. When did May Day become a bank holiday?  
a) 1962, b) 1978, c) 1980
7. What is the ceremonial folk dance of maypole dancing celebrating?  
a) Remembrance of its origins in community gatherings, b) The end of fasting after indulgence at Easter, c) The arrival of spring and a symbol of fertility
8. If somebody says “May the Fourth be with you”, of which film are they probably a fan?  
a) Doctor Who, b) Star Trek, c) Star Wars
9. Sailors and others facing danger on the high seas started using the French term for “help me”, “m’aider”, but nuances in language meant that a universally understood signal was needed. The French expression “m’aider” became “Mayday” in 1923, when coined by a British radio officer at Croydon Airport. It was adopted as the standard signal for distress, but when?  
a) 1917, b) 1927, c) 1939
10. Which famous singing competition is always held in May?  
a) The Eurovision Song Contest,  
b) Nashville Star, c) The Masked Singer

**See Answers on Page 30.**

This year is the 80th anniversary of the official end of the war in Europe on 8th May 1945. The photo below (kindly supplied by Long Melford Heritage Trust) shows the children of Long Melford celebrating V.E. Day outside The Nookery (now called Jenkins) in Hall Street.



## Sport Matters



### Long Melford Cricket Club

After a long, dark and cold winter, the sound of ball on willow can be heard again at Meeting Field, with the new season starting on Easter Saturday 19th April.

This year, the club is again running four adult teams and three junior teams. Our nets are available to adults on Tuesday evenings and juniors on Thursday evenings. All newcomers are very welcome.

The club has secured sponsorship with local businesses over the winter, with a new main club sponsor: Nethergate Brewery's name will be all over our training gear in 2025, further cementing what is already a great relationship between the two organisations.

Other local businesses that have supported the club this year include Brown Sugar Tea Rooms in the high street and Lake View Lodges Long Melford. Your support is much appreciated! We pride ourselves on championing local trade in the area through social media etc. so if you have a local business and wish to be involved, please contact Chairman Jason Wade on 07506 974362 or through our website: [longmelfordcricketclub.co.uk](http://longmelfordcricketclub.co.uk).



### NEED A PLUMBER?



### A P PLUMBING

Professional service with  
over 40 years' experience

All plumbing work  
undertaken

Suffolk and all surrounding  
areas

Free estimates - call today

01787 282826 07940 516199

[poultonplumbing123@gmail.com](mailto:poultonplumbing123@gmail.com)

3, The Old Orchard, Glemsford,  
Sudbury, CO10 7SX



## Creative Scapes

All Aspects of Landscaping.

Patios - Driveways - Fencing

Turfing - Sheds & Summerhouses

Garden Clearance & Digger Work



Email - [creativescapes23@gmail.com](mailto:creativescapes23@gmail.com)

Phone - 07432 693433



### Long Melford Football Club

Melford have struggled on the field of play and at the time of writing (28/2/25) seem doomed to relegation to Division 1 of the Thurlow Nunn League.

The Premier Division of the Thurlow Nunn League in a way replicates the Premier Division of English Football: those with better financial resources top the League whilst those with limited finances dwell in its lower reaches.

The Under-23s have had a variable season under manager Lee Greenwood. They narrowly lost the Chell Semi Final at Melford the other Wednesday to Brantham, 4 – 3 in a penalty shoot-out. Again LMFC are on the lookout for new players for next season. The Club has a very thriving Youth Section from toddlers up to Under-18s. New players for next season welcome.

After Geoff Thomas, Chairman of the Club, died suddenly, his son Darren Thomas, who was joint manager of the first team with Rob Fayers, resigned for family reasons.

For the rest of the season Rob Fayers will manage the team, assisted by Jon Brown and new goalkeeper coach “Irish” McCarrick, who has vast experience in the game with such clubs as Celtic, Oxford and WBA.

On the administration front, the club structure is being examined under new management, which includes Club Chairman Mick Garbi, Club Secretary Russell Meekings, Honorary Treasurer Adam Kemp, Ground and Facilities Kevin Hurley MRICS and Club Hon. Life President Richard Kemp. Further management committee members will be appointed.

The club is already looking to the next season, with an emphasis on trying to recruit local players. It is never too early to make your interest known: just phone Club President Richard Kemp 01787 378 149. We have many sponsorship opportunities at the club (we need you please). Contact Richard Kemp on 01787 378 149. We also need volunteers on match days.



THE HOSPITAL OF THE HOLY AND BLESSED TRINITY, LONG MELFORD, CO10 9DL



#### Almshouse Vacancies

Two almshouse residences are available in The Hospital of the Holy and Blessed Trinity, Long Melford.

The iconic building sits at the top of the green.

The centrally heated bedsit and flat are for a single occupants only, both ground floor, with showers and fitted kitchens.

Residents are required to pay a monthly contribution towards the cost of maintaining the property as well as all utility bills (except gas heating and hot water) and Council Tax.

Criteria for consideration as a resident are:

- not less than 60 years of age
- resident in the Parish of Long Melford or surrounding parish villages for at least 5 years
  - or have strong connections to the village
  - In financial, housing and social need
- No significant debts (credit cards, loans or other)
  - Able to live independently
  - Keen to contribute to the community
  - Have the right to live in the UK

Please note: No smoking permitted. No pets.

For further details and application forms please apply to:

Email: [longmelfordhospital@gmail.com](mailto:longmelfordhospital@gmail.com)

Or by post to: Mrs Helen Brabner, Clerk,  
22 Chadburn Road, CO10 9EE



Based in Long Melford, BB Plumbing and Heating are Gas Safe registered and available for all plumbing and gas work in your home.

From small to large maintenance jobs, Gas Safe Landlord certificates, full system installation and heating power flushing.



Tel: 07894 856 366



BB Plumbing and Heating



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

## Directory of Clubs and Societies

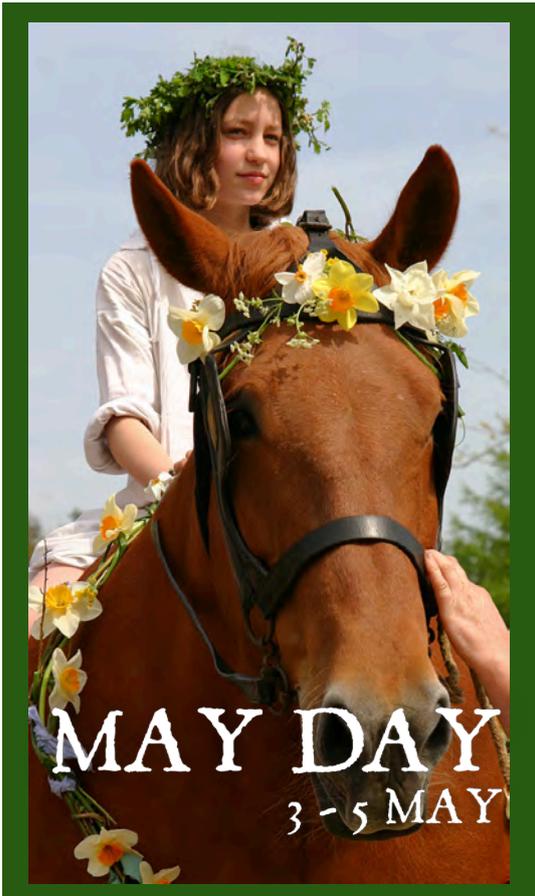
Group	Contact	Phone/email
Beading (Suffex Bead Club)	Victoria Power	07866 996124
Beaver Scouts	Lynda Badger	<a href="mailto:lynda.badger@suffolkscouts.org.uk">lynda.badger@suffolkscouts.org.uk</a> / 07540 889754
Chadbrook Guides	Rebecca Cox	<a href="mailto:chadbrookguides@gmail.com">chadbrookguides@gmail.com</a>
Connect Toddler Group	Pam Tonks	07890 880976
Cricket 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.lmcsst@gmail.com">events.lmcsst@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 May** to be included in Issue 26 – June/July.

### Quiz Answers

- |                                  |   |                                    |
|----------------------------------|---|------------------------------------|
| 1. a) Maia, goddess of fertility | 5. a) Lily  | 8. c) Star Wars                    |
| 2. b) Emerald                    | 6. b) 1978  | 9. b) 1927                         |
| 3. a) Muhammad Ali               | 7. c) The arrival of spring and its symbol of fertility | 10. a) The Eurovision Song Contest |
| 4. c) The Cannes Film Festival   |   |                                    |

# KENTWELL



Experience the magic of history at Kentwell Hall, where Tudor traditions come to life!

**Easter at Kentwell**

Meet the Tudors, see traditional baking, and enjoy family-friendly activities and egg-cellent games.

**May Day Celebrations**

See the crowning of the May Queen, enjoy the procession, and celebrate the arrival of spring with music and merriment.

**House, Gardens & Farm open on selected dates throughout the summer.**

**For more information, prices and booking visit - [kentwell.co.uk](http://kentwell.co.uk)**



**HOWLETT**  
OF LAVENHAM

EST 1958

## The Convenient Main Dealer Alternative

- Appointments available daily
- Digital service records updated
- Manufacturer's warranties maintained
- Visit our **NEW** facility with expanded service & repair capabilities

**PLUS**

- Tyre, wheel alignment & battery centre
- Air conditioning recharge & repairs - ALL TYPES
- Intelligent diagnosis & problem solving

**T: 01787 247228**

**E: [sales@howlett-garage.co.uk](mailto:sales@howlett-garage.co.uk)  
[service@howlett-garage.co.uk](mailto:service@howlett-garage.co.uk)**



**VISIT OUR WEBSITE**  
[WWW.HOWLETT-GARAGE.CO.UK](http://WWW.HOWLETT-GARAGE.CO.UK) or scan the QR code



what3words:  
**paddle.restores.adjusted**



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



Motability



## TGA Mobility

### Keep moving, your way.

At TGA, we believe that when it's hard to move, you needn't stop living. For over 30 years, we've committed ourselves to providing mobility products of the highest standard to help our customers not just get by, but thrive.

As a local business, we offer a friendly, personal service, and specialise in helping our customers to find the perfect product to suit their individual needs. With a range of daily living aids, wheelchairs, mobility scooters, rise and recline chairs, and much more to choose from, we can supply everything you need to enjoy independent living at home.

Visit our mobility showroom based in Sudbury, Suffolk with our helpful advisors in-store or give us a call to arrange a free home demonstration.

[tgamobility.co.uk](https://www.tgamobility.co.uk) | [info@tgamobility.co.uk](mailto:info@tgamobility.co.uk) | 01787 728331

