



Long Melford firefighters helped kids (and some adults!) cool off at Long Melford Village Fete  
Photo: Holly Jones-Warren

## Music and Movement

Welcome to the Elizabeth School of Dance and Happy Second Birthday to the Song Circle

## Summer Showcase

Join in the Fun as Melford's businesses lay on Special Menus, Offers and Entertainment

## Bug Stop Café

Refreshments and nature-related activities at Melford Country Park



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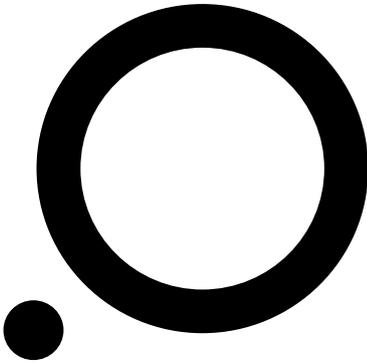


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# welcome!

Welcome to issue 27 of your village magazine. This hectic and hot summer in Melford is whizzing by as each set piece comes along; how did you get on during the fabulous **fete**? It certainly was a warm one but a good time was had by all and we hope you approve of the image on the cover confirming that! There is still much more to enjoy over the coming weeks: please do make sure to note the **Summer Showcase on 16th August** in your diaries. This is the second year in which many businesses throughout the village are putting on special-menu items, discounts and offers of all kinds. It was great fun last year, and you will find information on p.7. There's also an update on the new bottle shop and wine bar, **Gather**, as well as an introduction

to **KLR Beauty and Aesthetics** on p.19. Have you ever passed the village hall on a Monday morning and enjoyed the beautiful singing going on inside? Well, the full story of the **Song Circle** can be found on p.9 with an invitation to join ...

We are grateful to those who contacted us to point out that the flowers on the cover of the last issue were incorrectly labelled and were, in fact, *Fumaria officinalis*. Well spotted and thanks for letting us know: we really do welcome any feedback on anything in the magazine. Please do keep getting in touch at [content@melfordmatters.org.uk](mailto:content@melfordmatters.org.uk)



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## Community Matters



We hope you like our summer plants. Conditions are challenging but we have a great team maintaining and watering. Our summer colours are blue, pink, white and purple, with salvias, upright and trailing geraniums, cupheas, bizzie lizzies, surfinias, lobelias and trailing verbenas.

Many thanks to our 2025/26 planter sponsors: The Black Lion, Scutchers, David Burr, Gridley & Sons, Bespoke Blinds, Breakout, BB Gas Heating and Plumbing, The Long Melford Tea Room, Stour Valley Cabs, Pure Elements, East of England Co-op and Cllr John Nunn. We are also grateful to The Hare, Cherry Lane Garden Centre, Nethergate and The Sewing Kabin and to our long-term supporters – Long Melford Parish Council, Long Melford Open Gardens and the Long Melford Village Memorial Hall.

We started in 2020, so watch out for our five-year anniversary yearbook, on sale locally and through the Parish Council.

Could you help us keep Melford beautiful? WE NEED NEW VOLUNTEERS. The tasks are not time consuming: planting twice yearly and deadheading/maintaining allocated barrels during the year, maybe when passing. To join us, please contact Jonathan Ewbank: [jonathanewbank145@gmail.com](mailto:jonathanewbank145@gmail.com).

### Long Melford Open Gardens

After a successful 2025, enjoying lovely weather and raising about £5,500 for Melford's good causes, Long Melford Open Gardens will be back for 2026. Farley (Breakout) and I received some very useful online feedback regarding next year's event and have decided to keep the day on Bank Holiday Monday, which will fall on 25th May.

We considered running the event every other year but given the amounts we are raising, we will endeavour to go every year. Understandably, some gardeners would like a year off in 2026 so, to meet our target of at least 15 gardens for 2026, we would love a handful of NEW gardens for next year.

Big or small, messy or pristine, it doesn't matter, every garden provides guests with diversity and

colour. It would be fabulous to get some representation from areas of the village that have not yet participated: we feel sure that in the Skylarks, Roman Way or Cordell areas, some hidden gems are hiding behind the houses.

Like every year, we are looking for business sponsorship to contribute towards tickets and advertising – in return, you will receive a nice big advert on each ticket!

**So don't be shy!** Should you wish to sign up for next year, please call The Mill on 01787 378035 or email [contact@themill-longmelford.com](mailto:contact@themill-longmelford.com).

Looking forward to a successful 2026 event!

Paul (The Mill) & Farley (Breakout)

### VE Day Celebrations at the Good Neighbours Coffee Morning

Union Jacks abounded at the Good Neighbours coffee morning as they celebrated VE Day.



## Community Matters



### Long Melford Women's Institute

At an unusual meeting in June, we heard from the Springwood Sun Club, a naturist organisation founded in 1958. The talk was

presented as a news panel interview, in which a member of the club took on the role of a presenter putting forward outdated and sexist views on naturism to six other members. The club has 130 members (there over six million naturists in the UK) who take part in various sports and social activities both at home and abroad. The panel emphasised their belief that naturism provides mental health benefits and confidence in one's appearance and attitude.

### Recipes for success

Summer 2025 sees the launch of the **Long Melford Women's Institute Recipe Book**.

All the recipes in this book are our members' tried and tested favourites, compiled by our current secretary Dawn Power. It includes a wide range of recipes such as *gin and tonic salmon*, *chilli quorn carne* and *cider syllabub trifle*.

We are very grateful to Indigo Ross who kindly printed these books at no cost, meaning monies raised from the sale of this book go towards supporting our chosen charity, which this year is the **1st Chadbrook Guides**.



Please contact [amy@melfordestate.co.uk](mailto:amy@melfordestate.co.uk) if you wish to purchase a copy of the book or come and join us at our meetings, on the first Thursday of the month at the Bull Hotel.

### Upcoming events

In **August**, we will be holding our annual garden party at Melford Hall (members only).

Then on **Thursday 4th September**, at The Bull Hotel, from 7.30pm, there will be a demonstration of how to make stained glass. Come along and make new friends, you will be made welcome.

**MUSIC ON THE GREEN**  
A PARISH COUNCIL RUN EVENT FOR THE COMMUNITY  
**SATURDAY 2<sup>ND</sup> AUGUST**  
**1PM - 8PM**

**OLIVIA ROUTE TOPLESS**  
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## Community Matters

### Neighbourhood Watch

On 9th June, together with the Community Police Team, which is part of Sudbury and Haverhill police, we held a pop-up event outside the Co-op, during which residents were able to raise their concerns. We also highlighted the importance of marking valuables and personal possessions with your postcode, to enable the police to trace these back to you if stolen, and handed out UV marker pen kits.

Speeding through the village, especially late at night and through the early hours, has been an issue raised by many. I'd encourage you to report any examples via the police website [www.suffolk.police.uk](http://www.suffolk.police.uk) and click through to 'Report a Crime'. You can also call 101. Try to include the vehicle description and registration number if possible. The more reports the police receive, the more likely they are to deploy patrols to combat this problem.

And remember: in an emergency, or if you witness a crime being committed, always dial 999.

I'd encourage you to join our Long Melford Neighbourhood Watch Facebook group. We share useful community information as well as any criminal or suspicious activity within the area.

Stay safe, take care, and please look out for each other.



Cllr John Nunn, Stuart Finch and PCSO Hannah Partington

Stuart Finch, Administrator

### Our Special Friends

Our Special Friends is a Suffolk-based charity supporting people who are going through a difficult time in their lives and where animal companionship is crucial to enable them to cope. Our team of employees and volunteers provides support to hundreds of people and animals each week, often in collaboration with other resources in the local community. Every day we are approached by, or on behalf of, people facing all kinds of adversity. Some are desperate not to relinquish their beloved pet and vital source of comfort, stability and normality. Others have loved animals in their lives but now find having their own animal companion is difficult.

We simply could not do our work without the help of our wonderful team of volunteers who support more than 150 people every week. Some give their time on a regular weekly basis, while others help as and when they can. Every hour given to us can make a difference, enhancing the lives of those we are helping. Our volunteers often tell us how much Our Special Friends enriches their lives. If you would like to join our team of special volunteers, we would love to hear from you.

Frances Day, [frances.day@ourspecialfriends.org](mailto:frances.day@ourspecialfriends.org) or call 01284 335351.



## Volunteers needed

### Do you:

- have a friendly dog or cat to take on visits?
- don't have a dog, but would like to help walk one?
- think you could foster a pet with a view to reunite with owner?
- want to support lonely or vulnerable people in West Suffolk?
- have an hour or two to give each week?

If you have answered yes to some of these then we would love to hear from you.

Please contact Frances Day or fill in our volunteer application form online.

[frances.day@ourspecialfriends.org](mailto:frances.day@ourspecialfriends.org)  
or call 01284 335351

[www.ourspecialfriends.org](http://www.ourspecialfriends.org)

## Community Matters

### Summer Showcase 2025

Do save the date of **16th August** when, back for a second year, the **Long Melford Summer Showcase** will be in full swing throughout the village. It is an event for all to visit Melford and take advantage of the one-day only special offers our wonderful businesses have.

There is a wide range of activities and offers up and down the village, including magic and mystery prizes at **Mrs Brow Magician's**, a local seller showcase at **Lotus Cottage Crafts and Antiques**, a special sale rail at **St Nicholas Hospice Boutique** and a 10% discount at the **Clothes Lounge**.

If you're feeling creative, you can try your hand at fabric-dyeing at the **Woolpatch** shop: bring a white item and dye it a lovely shade of blue like they were doing in Lavenham in the 16th century, all in 10 minutes (£5 for small items, £10 for garments)! And make sure to visit the *Summer Craft Fayre* at the **Bull Hotel**, showcasing the work of local crafters. There will also be children's rides at the front of the hotel.

Should anyone start feeling peckish, there is much to choose from. **The Bull Hotel** will be running a BBQ, as will **Clark & Sons Butchers** outside their shop. **Cafe Hygge** will be offering Swedish meatballs and cinnamon buns the size of your head (they completely sold out last year), **Brown Sugar** will be whizzing up milkshakes, there will be ploughman's and local ice cream at **Ivy & Bond's**, and the **Long Melford Tea Room's** menu will feature a British seaside theme.

This is a day to arrive early and finish late, enjoying live music in the village with a drink or two!

Timings vary according to each business, so please check their opening times to avoid missing anything and follow the Long Melford Facebook Page [www.facebook.com/longmelfordsuffolk](http://www.facebook.com/longmelfordsuffolk) to find out exactly who is doing what on the day.



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## Culture Matters

Many thanks to those who came to our *Trailer Night* – we selected a very exciting list of films for the season, beginning on **15th August** with



**Conclave**, a fictional account of the political tussles of the Catholic Church during the selection of a new pope. Following the death of Pope Francis the film became required viewing for real-life cardinals as they prepared to undertake the process to choose his successor. Fine performances from a star-studded cast, including Ralph Fiennes, Stanley Tucci, John Lithgow and Isabella Rossellini, make for a compelling, engaging and thought-provoking film.



Our screening on **12th September** is **Mr Burton**, the moving story of the early life and career of Richie Jenkins, whose schoolteacher and adoptive father Philip Burton recognised and nurtured his acting talent, transforming him into one of the Welsh nation's greatest stars – Richard Burton.

Screenings are held at Long Melford Village Memorial Hall. Doors open at 7.00pm and the film begins at 7.30pm. Entrance £5. To reserve your seat please email [melfordmovies@icloud.com](mailto:melfordmovies@icloud.com).



## Suffolk Community Libraries

It's not too late for your children to join **The Reading Quest** if you haven't signed up yet. Reading Quest is an exciting reading adventure open to all ages and all reading abilities with prizes to earn, books to read, and fun to be had! It ends in September with a party and certificate ceremony for participants.



On **1st June**, the library service in Suffolk transferred back to Suffolk County Council. You may have noticed some small changes to signage, the website etc. but you can still expect the same service from your library! Long Melford Library will remain in the same location, with the same staff and opening hours. And we'll still be offering the same fantastic activities including our **Wordplay** song session for toddlers and babies on Tuesdays at 2.30pm, **Top Time** social group for adults on Wednesdays 2.30pm-4.00pm, and **Family Craft and Lego Club** every Saturday 9.30am-12.30pm.

## Nick's Picks

**Patrick Grant's** book **Less** takes a closer look at how the clothes we wear reflect the way we live and have not only shaped what we value but also the world around us, from environmental damage to complex global supply chains. Why don't we repair more of our clothes? And why are we burning a bin lorry's worth of clothing every minute worldwide? Grant asks us to look with him and rethink our own part in this for the sake of the planet but also to rekindle joy in the small things. His message: buy locally made, buy less, buy better.

In **Destiny Ink: Baking Mix Up** by **Adeola Sokunbi**, Destiny is excited to make a cake, but it doesn't all go to plan. This inspiring chapter book for children 5+ is packed with fun illustrations and sees Destiny work through her disappointment and worries using her sketchbook and finding comfort in her friendships along the way.



### Song Circle

A choir based in Long Melford is celebrating its second birthday by inviting new members to join.

The village's branch of the **Song Circle Ladies' Choir** was set up in 2023 by local singer and

teacher Anna Winton Mills, who thought that the ladies of Long Melford might appreciate the benefits that singing in a choir brings.

In the subsequent two years, she's been overwhelmed by the response: "Sometimes you start a choir in a new location, and it takes a while to take off. Not in Long Melford. Right from the outset, lots of ladies appeared, wanting to sing and/or learn to sing. Long Melford is one of my most active rehearsal groups and it goes from strength to strength."

This might be down to the Song Circle ethos: Anna maintains that anyone can sing and is happy to teach people without any experience. The result is the beautiful three-part harmonies that rang out at the choir's summer concert in All Saints' Church, Lawshall.

The idea of singing harmonies might sound challenging, but it's easier than you might think. Anna says: "I sit the whole choir in a circle so that every member is equal and each can get the attention they deserve. You can also learn and practise at home; our website has dozens of online tutorials for the songs we learn each term. That way you can work at your own pace and rehearse as much as you want.

"I'm particularly proud of the Long Melford group and we're always looking for new members. Each rehearsal group is open, friendly and welcoming, with time for a catch-up with other members over a cuppa. We have other ways to get involved if you want to: social events, fundraisers (we recently sang for 12 hours raising £5,000 for Cancer Research) and opportunities to show off your new passion with three big concerts a year and invitations to perform at events at Christmas and in the summer."

Whether you've never sung or you're a seasoned singer, Song Circle would be glad to welcome you. A new term starts in September, with rehearsals taking place every Monday morning in the village hall. For more details, check our website: [songcircle.co.uk](http://songcircle.co.uk).



### Dance your way to happiness

**Elizabeth School of Dance** is a well-established dance school in Halstead and has been running for over 40 years. The school is now expanding and classes have recently commenced in Long Melford at two venues, The Old School Community Centre and the Primary School.

There is a variety of styles on offer, with classes in Tap, Ballet and Modern for ages 4-11, a teen Contemporary class and two adult classes in Musical Theatre Jazz and Contemporary. Classes are suitable for those who already dance, those wishing to return to dance and complete beginners. Dancing has so many benefits, from keeping fit and keeping the brain active, to boosting your mood and finding new friends. The school offers progression through United Teachers of Dance (UTD) exams in all styles for younger students, and offers many performance opportunities for all ages throughout the year.

Classes are taught by Jo Thornley and Lauren Newstead, who both started their dancing journey with the school. Jo has a Postgraduate Certificate of Education and taught dance at Ormiston Sudbury Academy and to primary students. Lauren has completed her Extended Diploma and currently teaches after-school dance clubs and sports activities. Both hold teaching qualifications with UTD and are excited to continue to spread the love of dance to Long Melford.

Classes are back from the summer break on 16th September and we will be starting preparations for our Junior Show in November.

If you are interested in joining our dance family, please email [info@elizabethschoolofdance.com](mailto:info@elizabethschoolofdance.com) or follow us [@elizabethschoolofdance](https://www.instagram.com/elizabethschoolofdance) on socials.



Lauren Newstead (left) and Jo Thornley (right)

## Diary Matters

JULY	TIME	EVENT	VENUE
Saturday 26th	1.00 to 5.00pm	<b>Barleyfest</b> Summer Festival	Barleycombe Residential Home
AUGUST	TIME	EVENT	VENUE
Friday 1st	7.30 to 10.30pm	<b>Bygones</b> - Beverley Walker – <a href="mailto:beverleyjdring1@gmail.com">beverleyjdring1@gmail.com</a>	Stoneylands Football Club
Saturday 2nd	1.00 to 8.00pm	<b>Music on the Green</b> – event hosted by Parish Council	Top Green
	8.00pm	<b>Live Music</b> – ‘Rockhouse’	Working Men’s Club
Tuesday 5th	9.00am to 3.00pm	<b>Soccer Camp</b> – Ash 07930 829808	Stoneylands Football Club
Wednesday 6th	9.00am to 3.30pm	<b>Antiques Fair</b>	Village Hall
	1.10 to 2.00pm	<b>Melford Music</b>	Holy Trinity Church
	7.00pm	<b>Full Parish Council Meeting</b>	Village Hall
Sunday 10th	10.00am to 4.00pm	<b>Handmade Craft Fair</b> – want a stall? Call 07930 829808	Working Men’s Club
Wednesday 13th	9.00am to 3.00pm	<b>Soccer Camp</b> – Ash 07930 829808	Stoneylands Football Club
	1.10 to 2.00pm	<b>Melford Music</b>	Holy Trinity Church
Thursday 14th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
Friday 15th	6.30pm	<b>Race Night</b> – to book call Ash 07930 829808	Stoneylands Football Club
	7.00pm	<b>Melford Movies</b> – ‘Conclave’	Village Hall
	8.00pm	<b>Folk &amp; Acoustic Club</b>	Cock & Bell
Saturday 16th	All day	<b>Summer Showcase</b> (see page 7)	Whole village
	8.00pm	<b>DJ</b> – ‘PDJ’	Working Men’s Club
	8.00pm	<b>Live Music</b> – ‘Suffolk Slappers’ – £10 entry	Stoneylands Football Club
Monday 18th	9.00am to 3.00pm	<b>Soccer Camp</b> – Ash 07930 829808	Stoneylands Football Club
Wednesday 20th	1.10 to 2.00pm	<b>Melford Music</b>	Holy Trinity Church
Saturday 24th	8.00pm	<b>Live Music</b> – ‘Last Minute Booking’	Working Men’s Club
Wednesday 27th	1.10 to 2.00pm	<b>Melford Music</b>	Holy Trinity Church
Thursday 28th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
Saturday 30th	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School
Sunday 31st	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School
SEPTEMBER			
Wednesday 3rd	9.00am to 3.30pm	<b>Antiques Fair</b>	Village Hall
	7.00pm	<b>Full Parish Council Meeting</b>	Village Hall

## Diary Matters

### SEPTEMBER (CONTINUED)

Thursday 4th	7.15pm	<b>WI Meeting</b> – History and a demonstration of how to make stained glass.	Bull Hotel
Friday 5th	7.30 to 10.30pm	<b>Bygones</b> – Beverley Walker – <a href="mailto:beverleyjdring1@gmail.com">beverleyjdring1@gmail.com</a>	Stoneylands Football Club
Saturday 6th	8.00pm	<b>Live Music</b> – ‘Cakehole Mafia’	Working Men’s Club
Thursday 11th	10.00 to 11.30am	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School
Friday 12th	7.00pm	<b>Melford Movies</b> – ‘Mr Burton’	Village Hall
	8.00pm	<b>Folk &amp; Acoustic Club</b>	Cock & Bell
Saturday 13th	8.00pm	<b>Live 80s Night Music</b> – ‘Back Tracking’ - tickets on Eventbrite	Stoneylands Football Club
Sunday 14th	9.00 to 4.00pm	<b>Wellness Fair</b>	Old School
Wednesday 17th	11.00am to 12 noon	<b>The Arts Society Stour Valley</b> – Sumptuous Veronese	Village Hall
Thursday 18th	7.30pm	<b>LM Historical &amp; Archaeological Society</b> – First meeting of 2025/26 season	Old School
Saturday 20th	7.00pm	<b>Interactive Musicals-themed Drag Quiz</b> – tickets on Eventbrite	Stoneylands Football Club
	8.00pm	<b>Live Music</b> – ‘Oblivious’	Working Men’s Club
Thursday 25th	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 27th	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School
	8.00pm	<b>Live 70s Night Music</b> – ‘7Teeze’ – tickets on Eventbrite	Stoneylands Football Club
Sunday 28th	9.30am to 4.00pm	<b>Antiques &amp; Vintage Fair</b>	Old School
	10.45am	<b>Long Melford Litter Pickers</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
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>

PTO for Regular Events at the Village Hall, Stoneylands and the Library →

## 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:michellecowcher@gmail.com">michellecowcher@gmail.com</a>
	11.30 to 12.30am	<b>Move it or Lose it!</b> Fitness class for over 60s – <a href="mailto:amanda.anderson@moveitorloseit.co.uk">amanda.anderson@moveitorloseit.co.uk</a> – 07921 913 398
	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 12.00 noon	<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	<b>Hula Hooping Class</b> - contact Toyah 07917 610231
	7.00 to 8.00pm	
Wednesday	10.00am to 2.00pm	<b>Stour Valley Men's Shed</b>
Thursday	7.00 to 7.50pm	<b>Strictly Swing</b> – Sarah Buldock 07956 614824
Friday	9.30 to 11.30am	<b>Muddy Bears Stay &amp; Play</b> – <a href="https://bookwhen.com/muddybearsstayandplay">https://bookwhen.com/muddybearsstayandplay</a>
	7.30 to 10.30pm	(First Friday) <b>Bygones</b> – Beverley Walker – <a href="mailto:beverleyjdring1@gmail.com">beverleyjdring1@gmail.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>

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



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.

# MELFORD FORGET-ME-NOTS

Barleycombe Residential Home will be holding their annual **Barleyfest** summer festival on **Saturday 26th July from 1.00pm to 5.00pm**. There'll be live music, the Phoenix marching band, a bouncy castle, face-painting and other children's activities. A BBQ, bar, ice cream van and other food and drink will be available.



For those who enjoy a good quiz, the **Cock and Bell** hold a **Quiz Night every Monday evening**. If Bingo is more your thing, then pop in for their **Wednesday evening Bingo Night**.

## Free Energy Advice

UK Power Networks – the electricity distributor for London, the South, and East of England – has commissioned *We Are Group* to deliver a range of free, high-quality advice services to help individuals and families struggling with fuel poverty, including:

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- Debt advice
- Water efficiency guidance
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Everyone who contacts them receives a personalised, one-to-one appointment to tailor the advice specifically to their situation, ensuring practical, compassionate and actionable help.

Get in touch by calling 01135 184 070 or find out more at <https://wearegroup.com/energyadvice>.

## Pre-loved Sale

Pre-loved Sale on Sunday 14th September 10.00am-12.00pm at Long Melford Village Hall. Free entry for shoppers. Seller tables are £12, and small business tables are £15. These are available to book on <https://bookwhen.com/jtdmumfit> or sellers can book directly with Jo Thornley on 07982 996422. Sellers can sell anything from maternity wear, children's clothes to age 11, good condition items such as clothing, shoes, toys, books and large baby items.

At the Long Melford fete, team leaders Steve and Carolyn Spraggons ran a wheelbarrow raffle for Sudbury District Squirrel Scouts. They would like to thank everyone for their donations, especially for the wheelbarrow! Drawn by Amy Hyde Parker, the raffle was won by Ollie and raised £260, which will be used to support new groups in the Sudbury district.

Don't forget, **Melford Music's** programme of lunchtime recitals continues on **Wednesdays at 1.10pm in Holy Trinity Church**. Performances in August include **Steve Gutman** (Piano) on 6th, the **Boxford Trio** (Flute, Violin, Cello) on 13th, **Stacks of Sax** (Saxophone) on 20th and **Anglia Baroque** on 27th.

*There's still time to visit **Suffolk Art Society's Art Exhibition** which continues at **Holy Trinity Church** until 3rd August. Open daily from 10.00am to 5.30pm (4.00pm on Sunday 3rd). Free admission.*

## Summer Crafts

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## Reflections

### Just Ten

I was put in my place earlier this week. On a day when I had completed my tax return and battled with Church of England bureaucracy, I popped into The Bush in Shimpling for some late evening relief after a meeting. I confess to having a bit of rant about all the rules and regulations in modern life. However, the lady behind the bar asked me what my problem was because “I only had ten!”.

It actually took me a second or two to see the twinkle in her eye, and to realise that she was talking about the Ten Commandments! Perhaps we all need reminding, so here’s a summary of them:

- Worship God not idols.
- Don’t misuse God’s name.
- Have a day of rest.
- Honour your parents.
- Don’t kill.
- Don’t commit adultery.
- Don’t steal.
- Don’t lie.
- Don’t lust.
- Don’t be envious.

Reading through the list, I wonder which ones stand out for you?

Laws are intended to protect the vulnerable, and to encourage loving behaviour and social cohesion; furthermore, they should be applied consistently. Much as laws are important, one does sometimes wonder whether our society is becoming so overwhelmed with rules and regulations that, rather than enabling life to flourish, they risk becoming a miserable burden or even a tool of control.

Jesus summarised the Commandments using just two – love God and love your neighbour. To do this, we do need still to treat the laws of our land with respect wherever possible. Accordingly, I had a coffee (not excessive alcohol!) and after enjoying some conversation, drove home below the speed limit. Given all that is going on in the world at the moment, maybe I should not let myself get so wound up.

Rev. Lawson



### Connect Baby and Toddler Group

Here at Connect we have been so lucky with the weather in recent weeks. The lovely sunshine has meant that we can be outside in the garden, which allows our tots to really get to grips with the ride-on toys, play with the sand and water or whizz down the slides. There has been a real feeling of contentment and bonhomie.

This year, sadly for us, a number of our children have left to start Nursery or Reception Class, so for the first time in many years we have ample space for any new people who wish to join us. We understand that it can be quite daunting visiting somewhere new, especially for first-time parents, but you will find all our volunteers (indeed, the whole group) will give you a warm welcome as well as a drink and a biscuit.

We meet at St Catherine’s Church on Mondays during term-time from 9.30am to 11.15am (£2.00). Term restarts on **8th September 2025**. For more information, please contact Pam at [melfordfamilyworker@gmail.com](mailto:melfordfamilyworker@gmail.com). To see more photos and updated information, like our Facebook page: [www.facebook.com/longmelfordconnect](http://www.facebook.com/longmelfordconnect).



## Culture Matters

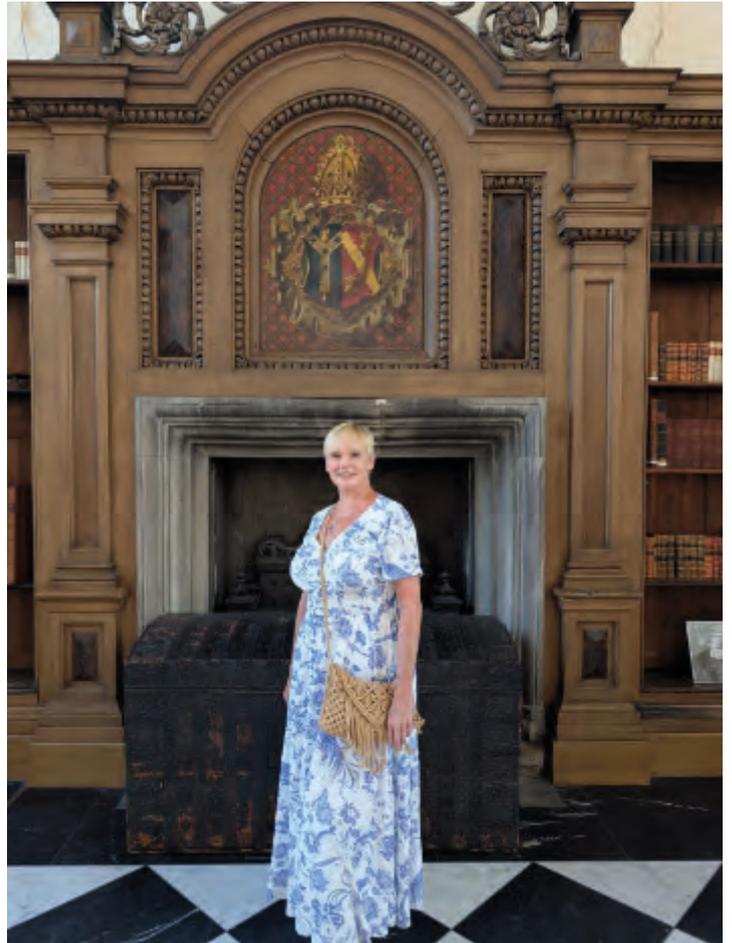
### Royal recognition for Youth Worker

Many congratulations to Pam Tonks who received a commendation from the King recently at Lambeth Palace in recognition of her work with children, youth and families.

Pam said “I was just lucky enough to be invited along with others across the country who work with families, children and youth. We all received a letter of thanks from Buckingham Palace. I can only do what I do because of the volunteers who help me”.



Linda Badger and Pam Tonks with the letter from King Charles



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# Nature Matters



Many thanks to Ann Swan (above) and Jerry Ridout (below) for sending in these photos of local flora and fauna.



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### Bug Stop Café

An exciting new development awaits visitors to the Long Melford Country Park – the Bug Stop Café, which opened on 6th July. This charming little place, a simple container all

decked out in green (the décor has been known to fool a passing damselfly ...) can be found behind the first pond on the left as you drive into the park.

Expect hot and cold drinks, breakfast rolls, cakes and savoury pastries – the perfect picnic food to enjoy whilst visiting the park or grab-and-go options when passing through. Summer opening hours (may vary depending on footfall):

Monday: Closed

Tuesday: 7:30am - 4.00pm

Wednesday: 7:30am - 4.00pm

Thursday: Closed

Friday: 7:30am - 6.00pm

Saturday: 8.00am - 4.00pm

Sunday: 8.00am - 2.00pm

There are not just delicious refreshments available, but also nature-related activities for all. For updates and a full menu, find the Bug Stop Café on Facebook: [www.facebook.com/thebugstopcafe](http://www.facebook.com/thebugstopcafe).



### Stag Night

On a warm, dry evening in May, a few of the Park Friends welcomed a group from Melford Scouts to show them how to make stag beetle habitats. We went to the woods and some of the Scouts were put on digging duty, having to create quite a wide and deep hole, whilst others went looking for suitably thick branches which were lying around the wooded area. Once the holes were deep enough, the branches were stacked vertically into the hole, then secured together by packing the dug earth back in.

It was hard work, but the Scouts got really stuck in and showed some good digging, sawing and searching skills. We ended up with two impressive stag beetle homes and really hope that over the years, these will provide an ideal habitat for this protected species.

The stag beetle larvae depend on old trees and rotting wood to live in and feed on and can take up to six years to develop before they pupate and turn into adults. The adults have a much shorter existence, emerging in May with the sole purpose of mating, before dying in August once the eggs have been laid in a suitable piece of decaying wood. You might see the adults on balmy summer evenings, when the males fly in search of mates. Once the male has found a mate, he displays his famously massive, antler-like jaws to her, and uses them to fight off rival males, in a similar fashion to deer.



## Business Matters



### Wine lovers getting ready for Gather opening

Plans to open Long Melford's newest bottle shop and wine bar have been gaining pace.

Lewis Hadley-Roberts, Mark Smith and Jacqui White have been working hard behind the scenes on their plans for Gather.

"Like all new businesses, not everything has gone exactly to plan," said Jacqui. "We've had a couple of curve balls come our way, but we've navigated around them and we think the end result is going to be even better."

One of these curve balls was a need to change premises, so Gather will now open in the premises adjacent to Eliza's Pantry.

"The new space is bigger than our original site, which means we can stock a wider selection of wines and have more space for people to drop in for a glass or two," said Lewis. "We are still focused on creating a warm and welcoming atmosphere where the people of Long Melford can come together and share their love of good wine."

"We are really pleased with how the fit-out is progressing," added Mark. "It's all starting to come together really well, with just the kind of warm, community space we had envisioned. All going to plan, we will be welcoming our first customers before the end of July."

### Pretty in Pink

A shop in Hall Street has recently had a facelift and recolouring treatment, as *KLR Beauty and Aesthetics* beauty salon prepares to move in. Behind the Suffolk pink shopfront (not to be confused with nearby Brown Sugar Coffee Shop), KLR's owner Kirsty Rolph is transferring her operation from the Beauty Cave in Little St Mary's to the new premises opposite the Bull Hotel.



A qualified and experienced therapist, Kirsty told us, "I've worked in Long Melford for 15 years and I'm so excited to finally take the plunge to expand and open my own salon. I offer a huge range of aesthetics, beauty & holistic treatments including the non-surgical facelift treatments from British brand CACI International."

Full details of the treatments available can be found on the salon's website at [www.klrbeautyandaesthetics.com](http://www.klrbeautyandaesthetics.com). Please call Kirsty on 07983 850130 for more information or to make a booking.



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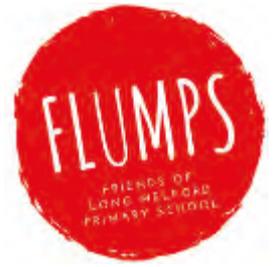
## A Year of Wonderful Achievements at Long Melford Primary School – A Huge FLuMPS Thank You!

As the school gates close for the summer, the Friends of Long Melford Primary School (FLuMPS) want to reflect on an incredibly busy and successful year for our fantastic school. We're overwhelmed by the generosity and dedication shown by everyone who has supported, gifted, built, painted, dug, planted, shared, rallied, sold, and contributed in countless ways. Your efforts make a real difference to our children's learning and school experience and for that, we are so grateful!

This year, FLuMPS has been at the heart of many fantastic initiatives: energetic school discos, seeing our budding entrepreneurs shine at Festive Long Melford – and our incredibly popular raffles, with fantastic prizes donated by local businesses and individuals.

Your support also helped us make important improvements to the school grounds: the restoration and construction of much-needed school benches, the introduction of beautiful planters, outside learning facilities and a new school fence – a major highlight.

One of the proudest moments was the 50th celebration of the new school building, a truly special occasion bringing together current pupils, staff, and many familiar faces from the past five decades.



Throughout the year, our regular Frozen Fridays have been a huge hit, providing a cool treat for the children. Our Uniform Swaps continue to be a fantastic initiative, helping save money while showing our children how to be more sustainable.

Perhaps our greatest achievement has been the creation and official opening of our beautiful new 'Bug & Bloom Nature Classroom' Wildlife Garden. This has been a labour of love, creating a lively habitat and inspiring outdoor learning space complemented by a Bug Trail around the school grounds, which we hope will continue to flourish for the next 50 years and beyond!

None of this would have been possible without our incredible Long Melford community. Every hour volunteered, every cake baked, every item donated, and every ticket bought has contributed to making our school even better.

Thank you, from the bottom of our hearts, for your unwavering support. We wish you all a wonderful summer break and look forward to another successful year when the children return in September!

The FLuMPS Team

*Harriet's*

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## Scouts

This summer term is the time for our Scout sections to be out and about and all of them have been making the most of the weather.

Our Squirrels and Beavers enjoyed a fabulous day out with others from around the county at Africa Alive Conservation Zoo near Lowestoft. They got to enjoy the sights, explore with their friends and play games at this exciting attraction.



In addition, the Beavers have been testing their map-reading skills with an orienteering challenge. They all completed the course with Black Lodge coming home first, winning by a clear nine minutes.

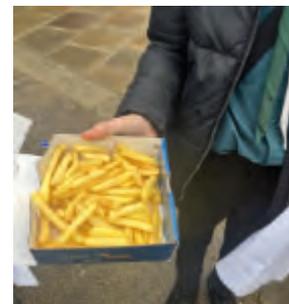
The Cub section has taken advantage of Bradfield Park Scout Campsite and gone to tackle the climbing wall there. Under the safety-conscious, watchful eyes of qualified instructors, they have been able to tackle

their fears head-on and grow in confidence as they push themselves outside their comfort zones.

The Scouts also took to the streets of Sudbury to engage in a chip shop survey. They went to nine establishments and hunted for the very best (in their view) chips to be found in the town.

Based on a possible total score of 440 points, the results were as follows:

- The Codfather – 253
- Direct Pizza – 175
- Domino's – 149
- Dough & Co – 151
- The Gepetto – 173
- Oh My Cod – 298
- Liz's Kebab & Pizza House – 228
- Texas BBQ – 238
- UK Best Kebabs – 202



It was noted that the Scout leaders have decided that they don't need any more chips for a little while.

Finally, we are delighted to report that *1st Long Melford* will be having a group camp in August. A great chance for all sections to enjoy the fundamental elements of scouting. For many this will be their first camp, and we hope that they enjoy it.

We'll report back in the next issue on how they got along.



The Brownies have completed many badges this term and have been working on their first-aid skills and life skills, learning about CPR and what to do in an emergency. Brownies have also learnt some cooking and survival skills, in which they have enjoyed participating.

In June, Long Melford Brownies had an exciting weekend sleepover at the Guide and Scout hut. The Brownies completed their local-history interest badge with an out-of-hours tour of Melford Hall by Lady Hyde Parker. They thoroughly enjoyed their visit and had many interesting questions, especially about the deer heads on the walls. Then, on 12th July, they had great fun participating in the village fete by sharing some songs with the audience, who very much enjoyed joining in.

The Chadbrook Guides, for their part, were lucky enough to have one-week-old pygmy goat kids visit

them. The Guides were able to share cuddles with the goats – some of the Guides were so comfortable that the tiny goats fell asleep. Other activities in which the Guides have taken part in this term include reflecting on their impact on the world and finding out about themselves.



We also had a sleepover, during which the Guides made some important decisions about our trip to Switzerland, including which rook they would like to sleep in and more importantly the food they would like to eat. They also completed team-building activities like putting up a tent only using one hand and making pancakes (using both hands).

Rebecca Cox

## Parish Council Matters



### Music on the Green is back!

Long Melford Parish Council will be hosting this popular event on **Saturday 2nd August** on the Top Green between 1.00pm and 8.00pm. Local bands along with food and drink trucks will fill the Green, and there will be free face painting, a balloonist and a climbing wall for children to enjoy throughout the event. Please do bring along your gazebo and chairs and make a day of it. I have everything covered apart from the weather, so let's hope it is kind to us on the day.

### Recycling update

A new electrical recycling bin is coming to Long Melford. This will be placed next to the bottle bins in the Old School car park and can be used for small electrical items, such as kettles, irons, toasters, etc. As with the clothing and bottle bins, when you notice they are full please do contact me at the Parish Council office on 01787 378084. I will arrange for it to be emptied.

### Playground checks

Councillors Ben Joyce and Scott Powell, village caretaker Ron Poole, and I attended a routine play-inspection course in May, so you may see one of us checking the play equipment for any signs of wear and tear. This will be in addition to the quarterly and annual checks undertaken by a qualified inspector.

Clare Lee, Parish Clerk

**Richard Kemp**

County Councillor

01787 378149

[richard.kemp@suffolk.gov.uk](mailto:richard.kemp@suffolk.gov.uk)

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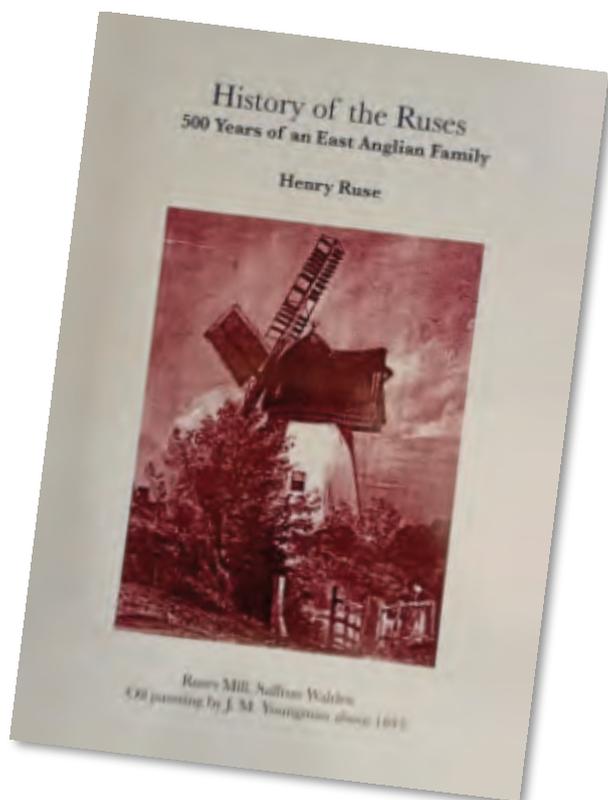
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## Heritage Matters

Since the last edition, **The Long Melford Historical & Archaeological Society** have enjoyed Graham Murchie's talk on 'The Eyes of the Few: Bawdsey Radar Station' – so much in fact, that members have asked if he can visit us again in the future with one of his other talks!

## LONG MELFORD HISTORICAL & ARCHAEOLOGICAL SOCIETY

Our two summer outings have taken place; one was to the aforementioned Bawdsey Radar Station, with free time in Aldeburgh afterwards, and the other to The Guildhall in Bury St Edmunds.



We were saddened by the loss of our vice president, Henry Ruse, who passed away in May. We recall with fondness his contribution to our members' evening in February, when he spoke to us about 'The History of Ruse & Son Butchers in the village'. We are fortunate to have many documents donated by Henry in our archive and a copy of Henry's book, 'History of the Ruses – 500 Years of an East Anglian Family'. Many of these documents are still to be catalogued, so if you're reading this article, you might be able to help us ...

We would like to add some more volunteers to our team, which usually meets on the third Thursday afternoon of the month at the Old School Community Centre. The task involves completing a form for each document/photo/item, powered by the odd cup of tea and biscuit. We would especially welcome someone who would be willing to input the forms on to an Excel spreadsheet. This can be done either at the meetings on our laptop, or at home on your own home computer.

Our new season starts on **18th September 2025**; details of our speakers will be available on our website [lmhas.co.uk](http://lmhas.co.uk) in late August. If you are thinking of becoming a member, the fee is just £12 per year, which includes a membership card, six evening meetings and eligibility for our summer outings.

Please email [lmhas1969@outlook.com](mailto:lmhas1969@outlook.com) if you are interested in joining the archive team or becoming a member of the Society.

### **Sudbury and District Philatelic Society**

The first meeting of the Sudbury and District Philatelic Society was held on 28th August 1965. Over the years Melford men have held office in the Society, including Henry Ruse, Richard Merrit and Les Gardiner. With a Melford treasurer to this day, the link with the village continues.

The Society has continued to prosper and now boasts twenty members and this year a commemorative cover is being produced to celebrate its diamond anniversary. From September to July the Society meets at 7.00pm at Tudor C of E Primary School, Sudbury on the first and third Tuesdays of the month.

The varied programme caters for a wide range of interests including not only stamps but also postcards, Cinderellas (stamps not issued for postal purposes), revenue and local ephemera. New members, especially juniors, are warmly welcomed.

Do you share an interest in postal history and collecting stamps? Whether you are a keen philatelist of many years standing or someone who has a passing interest, why not come along and sample the warmth of their welcome coupled with the common interest in collecting that can be found there?

If you are interested, please contact David Gottessmann, [dgottessmann@netscape.net](mailto:dgottessmann@netscape.net).

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## Gardening Matters – Notes from the Potting Shed



We thought you might like to have an update on the fate of the hotbox we were so excited about earlier this year. There was plentiful salad of all sorts grown in it, outside with no artificial boost to the temperature, harvested from mid-March onwards. It was cleared in early May, then slightly boosted with some additional compost before two melon seedlings were planted. They measured about 15cm in length when they went in, with the glass lid still in use.

As the picture left shows, they have totally filled the space and are now climbing out of the structure and running along the surrounding area. The length of the runners is about 3m from the base of the plant. The largest melon at the time of writing is about 16cm top to bottom and is growing larger every day.

The hotbox seems to have provided ideal growing conditions for these heat-loving plants, although they will need a larger space to fulfil their growing ambitions. If you do decide to create a hotbox for next year, it's clear now that it can be used throughout the growing season, not just to get ahead when the weather is still too cold for outdoor sowings.

When the weather is still so warm, it seems odd to be focussing on spring bulbs, but it is worth thinking about them soon as plenty can be planted in September for a great display next year. Speaking of great displays, it is a good idea to cut the lavender back as soon as it has flowered to maintain a compact shape; avoid cutting into the old wood. There are many seeds to be collected now so that you can share them with fellow Melford gardeners at the 2026 seed swap, so please nip out with your paper bag whenever you have a moment.

We very much hope that your gardening this season is making you feel happy and positive. Please do keep sending your queries and tips in to [gardening@melfordmatters.org.uk](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.

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To book Long Melford Village Memorial Hall for you event visit our website  
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## Health Matters

**Move It or Lose It**, a new fun, friendly fitness class for over 60s, is beginning at the village hall on Tuesdays from **2nd September**. See poster below for details. To book your space contact Amanda on 07921 913398.

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## Quiz Matters

### Harvest Time

The definitions of these harvest-time words have got all jumbled up! Can you match these harvest-related terms with the correct corresponding description in the crops below? **See Answers on Page 30.**

**Sickle**      **Stook**      **Ripe**      **Threshing**      **Yield**  
**Fruiting**      **Harvest Festival**      **Cornucopia**      **Scythe**      **Reaping**

A small bundle of grain stalks, often standing in a field

Fully grown and ready to be harvested

The process of a crop producing fruit

The action of cutting or harvesting grain

A large, overflowing horn, often depicted as a symbol of abundance

A curved, hand-held agricultural tool with a sharp, often serrated, blade used for harvesting crops like grain or grass

The process of separating grains from the straw

A Christian church service held in autumn to give thanks for the harvest

The amount of a crop produced per unit of land area

A tool used for cutting crops like wheat or barley

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## Sport Matters



It's been a busy off-season at **Long Melford FC**, but we are pleased to announce the new senior management team of Rob Fahers and Darren 'Irish' Maccarick have been joined by the vastly experienced Steve Southgate. As well as being Colchester United's longest serving academy coach, Steve has had spells at non-league clubs Tilbury, Southend United and, most recently, Maldon and Tiptree.

The U23s will be headed up by Jordan Wheelans, assisted by Rob Passmore, while the reintroduced Thurlow Nunn U18 side will be headed up by Chris Matthews. There will also be some new faces among players, so stay glued to our socials to get the scoop on them.

At the ground, there has also been a hive of activity, with new hardstanding planned to be installed in the next couple of weeks, as well as a disability and community stand with raised platforms for wheelchair users. We would like to thank Suffolk County Council and Councillor Richard Kemp for their support in this

phase of the club's development, and extend our gratitude to Melford Valley Tandoori and Robby for their sponsorship of the stand.

We had an exciting pre-season, with visits to Stoneylands by Haverhill Rovers on 11th July, Halstead Town on 16th July, Stanway Rovers on 19th July, finishing off with Ipswich Town U23s on 22nd July. The league season begins on Saturday 26th July and we hope to see as many fans as possible to give us a boost as we aim for promotion and an end-of-season trip to Portman Road.

Mick Garbi, Chairman



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## Sport Matters



### Long Melford Cricket Club

LMCC recently hosted a junior Kwik cricket tournament for club members aged nine and under: this was made up of six local teams and involved around 50 young cricketers. It was deemed a great success for the club and we hope to make this an annual event.

This year has seen the long-awaited return of midweek T20, with a league of six teams. The league has been sponsored by LeeStock Music Festival and we hope to have a good turnout of spectators on Finals Day, which is to be held at LMCC on Friday evening 1st August. Project Seven will be supplying the BBQ.

The season was off to a slow start, but by the end of June we started to hold our own in our respective leagues. Notably a magnificent 124 not out by Joshua Burgess against Coggeshall for our 1st XI has been the stand-out performance so far and clinched our first victory of the season.

The 2nd team are also doing well, with good batting performances and particularly more great bowling, featuring a five-wicket haul for the evergreen Martin Maxim. The club has also been well represented with five players playing for the Suffolk over-50s.



Brothers Brett Wright and Nick Wright opening the batting for the Suffolk over-50s against Norfolk.

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## Directory of Clubs and Societies

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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>
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	Sandra Halls and Mary Cook	07722 028753
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
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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 September** to be included in Issue 28 – October/November.

### Quiz Answers

*Cornucopia:* A large, overflowing horn, often depicted as a symbol of abundance.

*Threshing:* The process of separating grains from the straw

*Fruiting:* The process of a crop producing fruit

*Stook:* A bundle of grain stalks, often standing in a field

*Reaping:* The action of cutting or harvesting grain

*Yield:* The amount of a crop produced per unit of land area

*Ripe:* Fully grown and ready to be harvested

*Scythe:* A tool used for cutting crops like wheat or barley

*Harvest Festival:* A Christian church service held in autumn to give thanks for the harvest

*Sickle:* A curved, hand-held agricultural tool with a sharp, often serrated, blade used for harvesting crops like grain or grass

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