

MELFORD

Issue 31 April/May 2026

Matters



Photo: Jerry Ridout

Neighbourhood Plan Review

Latest news on future housing
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welcome!

Welcome to issue 31 of your village magazine. Melford Matters has just celebrated its fifth birthday and the whole team wanted to take this opportunity to say again how grateful we are to everyone who makes it happen. We could not produce it without the lovely pictures and fascinating, varied copy you provide.

The army of deliverers ensures that every household in Melford receives a copy and that has been quite a feat over the soggy season we have just experienced. We appreciate each and every one of you and are always pleased to hear from anyone new who would like to be involved in any way.

We also want to renew our plea for feedback on anything you see in the magazine and anything we are not covering which you would like us to.

In this issue we are delighted to cover two new businesses in the village on p.18 and wish them every success. There is a great sense of new momentum in many areas of village life and reports from FLuMPs on p.28, the library on p.10 and Melford in Bloom on p.23 will all make you smile. Hope to see many of you at Open Gardens on 25th May.

Don't forget the full magazine – in colour throughout – is available online at longmelfordvillagehall.co.uk/melford-matters (or scan the QR code below). If you know someone who would like to read the content but is not based in Melford, please let them know about the digital version.

We welcome and value all comments on the magazine and its contents. Please do get in touch at content@melfordmatters.org.uk.



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workshops in our creative centre

Community Matters



This year, Long Melford WI chose to donate to **Petals**, a charity that supports parents through pregnancy and baby loss with free specialist counselling.

Upcoming Events:

- **Thursday 2nd April**
We will be taking part in a *Tap Dance Workshop* led by Jo Thornley. We will start in The Bull at 7.15pm, then move to the village hall from 8.30pm to tap dance the night away.
- **Friday 17th April**
Our annual film night at the village hall will feature '*Hidden Figures*' (details on poster right). Tickets cost £7 including a glass of prosecco and ice cream. Monies raised will be donated to the Petals charity. All welcome including men. Doors open at 7.00pm for 7.30pm film start. If you wish to reserve seats, please contact melfordmovies@icloud.com.
- **Thursday 7th May**
We will commence with the *AGM*, which will be followed by a *Clothing Exchange* evening. Bring along any good but unwanted clothing to be displayed on rails. If you buy anything, please make a donation to Petals.

Meetings are held in The Bull Hotel from 7.15pm, come along and try us out. The meetings are fun, friendly and you will be made welcome.

We also have a coffee morning group, two book clubs, a supper club, a craft group, a social pour group and a walking group – lots of ways to meet up with your WI friends.

Considering joining Long Melford WI? Contact amy@melfordestate.co.uk for more information.

New Age Kurling

The recent Winter Olympics generated new interest in the sport of curling. If you were fascinated by the strategy and tactics of the game, but intimidated by 19kg weight of the stones, then **New Age Kurling** might be for you. There's no ice to slip on, as the game is played on any large, flat surface using lightweight 'stones' running on ball bearings and 'pushers' are used so there's no need to bend down to launch the stones.

New Age Kurling runs at the village hall on the first and third Thursday of every month, from 2.00pm to 4.00pm. There's no membership fee; just turn up on the day for a charge of £3 which includes tea and biscuits in the break. First session is free!



Long Melford WI theWI INSPIRING WOMEN Annual Film Night

in aid of

Petals
The Baby Loss Counselling Charity

@petalscharity
www.petalscharity.org
Registered Charity Number: 1150375



Friday 17th April

 **Long Melford Village Memorial Hall**
Doors Open: 7pm – Film Starts: 7.30pm
£7 including a glass of prosecco
melfordmovies@icloud.com
www.longmelfordvillagehall.co.uk/melford-movies/



Community Matters

Annual Charity Darts Competition

Hello everyone! It's getting to that time of year again. We are starting to organise the fourth annual Brian's Tribute Trophy Darts match, to be held on 26th April at the Long Melford Working Men's Club in memory of my much-missed dad Brian Stringer. For the last three years, we've had an amazing turnout and have managed to raise a brilliant amount of money for two wonderful charities: St Nicholas Hospice Care and Brain Tumour Research.

This spring we will be holding a raffle at the event, with all the proceeds again being split equally between these two organisations. Donations are greatly appreciated and can be dropped off at either The Long Melford Working Men's Club during opening hours or at 'Iona', Hall Street, Long Melford, CO10.

We are hoping to see many of you for this fun-filled night. It doesn't matter if you're a novice or a seasoned darts player, all are welcome. It is a brilliant night, filled with laughs to remember an amazing man!

Rachel Stringer

**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 25th of April 2026.
@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 17th of April.
(No entries will be accepted after this date).



Why the bells will be ringing on 9th April

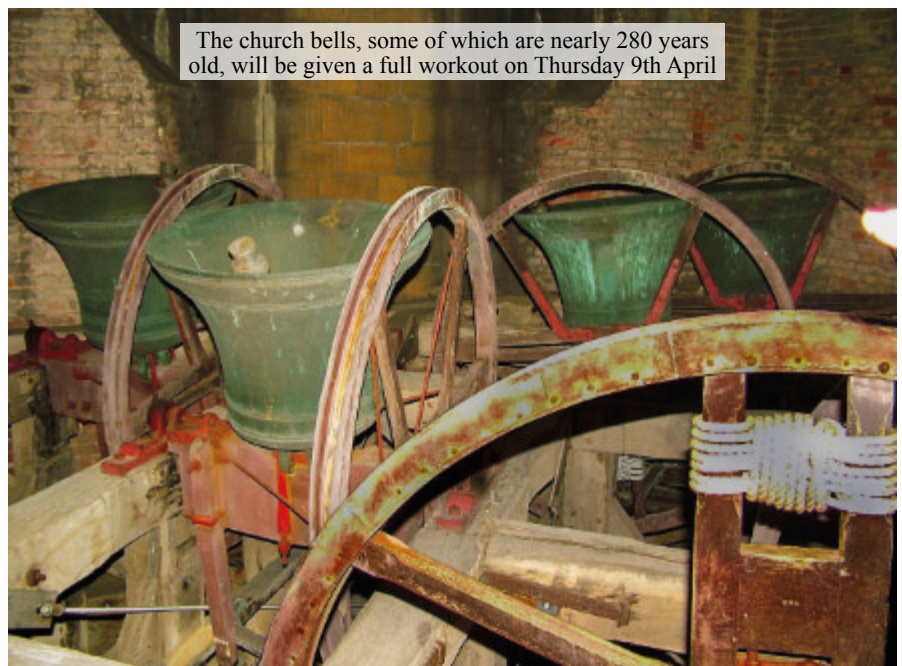
On Thursday 9th April 2026, residents of Long Melford may notice the bells of Holy Trinity Church ringing for an extended period. Members of the Suffolk Guild of Ringers will be attempting to ring a full peal — a significant and traditional achievement in the art of church bell ringing.

A full peal involves ringing more than 5,000 different bell changes continuously, without repetition or breaks. If successful, the ringing will last approximately three hours and fifteen minutes. This requires great concentration, teamwork and stamina from the ringers, and is recognised nationally as a notable accomplishment.

Peals are an important part of England's bell-ringing heritage and are often rung to mark special occasions or to celebrate the skill of local ringing communities. The ringers appreciate the patience and understanding of local residents and hope the sound of the bells will be enjoyed as part of Long Melford's rich church and community life.

For any further information, please contact Tower Captain Linda Goodban

Tel 07786 151650 / email:
linda@rodbridge.com



Community Matters

Spring starts at The Old School

As the first signs of spring appear around the Green, The Old School Community Centre feels quietly in step with the season – a place where new beginnings unfold at every stage of life.

At the start of the week, the cheerful hum of **Bumblebees** fills the building with song, chatter and the patter of small feet. This much-loved parent and toddler group offers a warm space to play and connect, with toys, simple crafts and favourite nursery rhymes shared in a friendly circle.

On Wednesday afternoons, the **Elizabeth School of Dance** welcomes children aged 4-11 for tap, ballet and modern. Under the guidance of Lauren, Jo and Jess, warm-ups and whole-class routines build coordination and self-belief while friendships form between children from different schools. With opportunities to take exams and perform in local shows, pupils don't just learn steps, they grow in confidence as they see their progress unfold.

For adults, **Lost Wax Casting Workshops** offer a hands-on afternoon where beginners carve and shape wax into a unique ring design, later cast and polished into a silver piece to treasure.

Meanwhile **Keep Active Keep Fit**, Jane's seated exercise class, blends gentle cardio, balance and strength work at an individual pace. Many participants stay for tea and conversation afterwards.

These classes reflect what The Old School does best – a genuine welcome and a place where community blossoms. Bumblebees runs on Tuesdays 11.00am-12.00 noon, Dance on Wednesdays from 4.45pm, Keep Active Keep Fit on Tuesdays at 1.30pm and the Lost Wax Workshops begin March 1st and 8th (1.00-4.00pm). Free trials are available for many sessions.



BUMBLEBEES

SENSORY AND MESSY PLAY

Join us for our weekly sensory and messy play classes, designed for babies and children aged 12 weeks to 4 years! Each session features a fun new theme, packed with engaging sensory stations, textures, colours and creative messy fun. Our classes support early development, encourage curiosity and offer a relaxed, welcoming space for little ones to explore at their own pace. Come play, learn and make memories – mess included!

Mondays – Acton Village Hall

Tuesdays – Long Melford Old School

Wednesdays – Gt Whelnetham Community Centre

11:00-12:00

Ages 12 weeks to 4 years

www.bookwhen.com/bumblebeessuffolk

£9.50 per session

£9 per session block booking



@bumblebeessuffolk



Bumblebees Sensory and Messy Play



Dancers from the Elizabeth School of Dance below the old village sign

Community Matters

Good Grief

Good Grief meets monthly at The Old School every third Wednesday. It runs from 10.00am to 12.30pm but you can drop in at any time and stay for as long as you want.

It's a very informal group with no set agenda. It is up to you how much you participate; you may prefer to just sit and listen to others who share their grief experiences and support each other without any judgment.

The group is run by a retired psychotherapist who specialised in palliative care and bereavement. She does not lead the group as it needs to meet the requirements of those attending on any given day – she is there to guide and provide insight into and understanding of struggles and emotions.

Please feel free to come along.



Over-60s Club

The Over-60s Club provides an opportunity for ladies and gentlemen to meet new friends and enjoy an afternoon of fun and laughter.

The club, which has been running for more than 50 years, currently has 40 members.

We meet on a Monday afternoon at the Ex-Service and Working Men's Club from 1.30pm to 4.00pm. Subs of £2 are paid each week and there is no joining fee.

We organise bingo, cake sales and bring-and-buy, hold a raffle every fortnight as well as quizzes and invite speakers from time to time. We also have outings, theatre trips, lunches out and sometimes have fish and chips at the club.

A dedicated committee runs the club and loyal members turn up each week to help with fundraising for the activities that take place outside the club.

Tea, coffee and nibbles are provided at our meetings at no extra charge.

Contact Sandra Hall on 07722 028753.

A vibrant poster for the 'LONG MELFORD WELLNESS FAIR & HEALTHY KITCHEN'. The background is a gradient of yellow and orange. At the top is a small logo of a person in a meditative pose with the text 'Psychic & Wellness Events'. The main title 'LONG MELFORD WELLNESS FAIR & HEALTHY KITCHEN' is in large, bold, gold letters. Below the title is a gold heart. A text box says: 'Join us for a soulful day of wellness - an intimate retreat to relax, reconnect, and nurture your holistic health. Come as you are, breathe deeply, and embrace where you're at.' Below this are two heart icons. The event details are in a central white box: 'SUNDAY 19TH APRIL 2026', '10 AM - 3 PM', 'AT THE OLD SCHOOL LONG MELFORD CO10 9DX', '£2 ENTRY UNDER 16'S FREE'. Surrounding this central box are various wellness activities in rounded rectangles: 'Wellbeing Products', 'Art & Creative Pieces', 'Spiritual Resources', 'Handmade Gifts', 'Jewellery', 'Reflexology', 'Massage', 'Readers', 'Crystals', 'Reiki', 'Plants', and 'Candles'.

Bingo!

Last year Holy Trinity's stained glass fundraising committee held a hugely successful bingo night at the Black Lion. Most of those present had never played before but they didn't let that hold them back. It was a lively, some might say raucous, evening.



This year, by popular demand, it's eyes down once more – on St George's Day, **Thursday 23rd April**. In order to accommodate a larger crowd, the event will take place at a new venue, St Catherine's Church.

Doors open at 6.00pm and play starts at 6.30pm. Entry costs £15, which includes snack food. There will be a bar with free soft drinks, plus wine and beer at very affordable prices. There will also be a raffle.

As ever, all proceeds go to support the conservation of the medieval stained glass windows at Holy Trinity Church.

To book your tickets, email simon@simon-edge.com.

Community Matters

Open Gardens is back for 2026

Monday 25th May 10.00am-4.00pm.

Spring is in the air and we look forward to this year's event. With over 20 gardens on display, we are hoping the weather is kind.

There will be lots on around the village – plant sales, refreshments and loads of pop-up stalls at The Mill.

These will include, among others, fresh and dried flowers from *Aubelle Lifestyle*, paintings by *Ruthie's Artworks* and information from 'Sips and Smiles', a local wellbeing service founded by Xandria Noir to support older adults and people living with dementia.

Thanks to everyone who has worked so hard to open their gardens this year and to our sponsors. You have all been so kind.

Tickets are available to purchase from May 1st at selected outlets in the village and on the gate at each garden on the day. **£7.50 adults, under-18s free.** All proceeds go to local Melford good causes.

See you there,

Farley (Breakout) and Paul (The Mill)



Long Melford Open Gardens

**BANK HOLIDAY
MONDAY
25TH MAY 2026
10am until 4pm**

Adults £7.50 Children - Free

Gardens, refreshments and entertainment

All proceeds raised from the 2026 Long Melford Open Gardens will be donated to Long Melford Almshouse, Long Melford in Bloom, and the Long Melford Holy Trinity Church.



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Take three steps for a safer you, your family and your community:

1. It's **FREE** to sign up and receive the important local **Suffolk Connected Police** and Neighbourhood Watch messages. So you are in the know!
2. Try the postcode search "Find your local NW" and join your local Neighbourhood Watch.
3. If no local scheme you can set up a new one where you live by clicking on "Start a new scheme". We will be in touch to help and provide free materials including street-signs and membership leaflets.

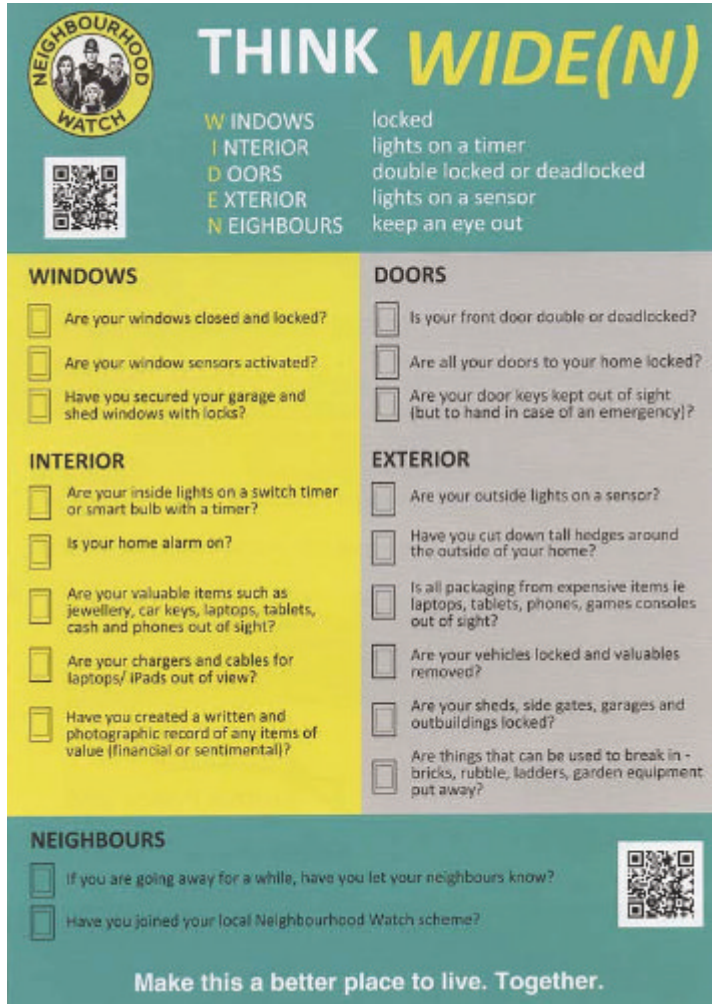
Contact enquiries@suffolknwa.co.uk for additional advice and guidance.

Suffolk Police and Crime Commissioner
We are grateful for financial support from Tim Passmore, the Police and Crime Commissioner for Suffolk

www.suffolknwa.co.uk

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NEIGHBOURHOOD WATCH **THINK WIDE(N)**

WINDOWS
INTERIOR
DOORS
EXTERIOR
NEIGHBOURS

locked lights on a timer
double locked or deadlocked
lights on a sensor
keep an eye out

WINDOWS

- ☐ Are your windows closed and locked?
- ☐ Are your window sensors activated?
- ☐ Have you secured your garage and shed windows with locks?

INTERIOR

- ☐ Are your inside lights on a switch timer or smart bulb with a timer?
- ☐ Is your home alarm on?
- ☐ Are your valuable items such as jewellery, car keys, laptops, tablets, cash and phones out of sight?
- ☐ Are your chargers and cables for laptops/ iPads out of view?
- ☐ Have you created a written and photographic record of any items of value (financial or sentimental)?

DOORS

- ☐ Is your front door double or deadlocked?
- ☐ Are all your doors to your home locked?
- ☐ Are your door keys kept out of sight (but to hand in case of an emergency)?

EXTERIOR

- ☐ Are your outside lights on a sensor?
- ☐ Have you cut down tall hedges around the outside of your home?
- ☐ Is all packaging from expensive items ie laptops, tablets, phones, games consoles out of sight?
- ☐ Are your vehicles locked and valuables removed?
- ☐ Are your sheds, side gates, garages and outbuildings locked?
- ☐ Are things that can be used to break in - bricks, rubble, ladders, garden equipment put away?

NEIGHBOURS

- ☐ If you are going away for a while, have you let your neighbours know?
- ☐ Have you joined your local Neighbourhood Watch scheme?

Make this a better place to live. Together.

MELFORD FORGET-ME-NOTS

MELFORD MOVIES

Many thanks to everyone who has supported Melford Movies' 2025/26 season. The team has begun planning our next season of film screenings, which will run from August through to March 2027. In preparation, we will again be holding our popular 'Trailer Night' on Friday 12th June – more details in the next issue of Melford Matters.

In the meanwhile, please do contact us by emailing melfordmovies@icloud.com if:

- you'd like to join our rota to help with setting up, greeting our audience or serving refreshments;
- you have suggestions for films we should include in our programme; or
- you have a local charity or good cause that you would like to nominate to receive the proceeds from one of our raffles.

We look forward to seeing you.

Acton Garden Club talks take place in Acton village hall at 7.30pm on the second Thursday of each month:

- **April**
Jade from Perrywoods will be giving a talk
- **May**
Speaker Mark Mason will be giving a masterclass in tomato growing

Visitors are always welcome.

The Sudbury and District Scouts' St George's Day Parade will be taking place on **Sunday 26th April 2026**. The parade will proceed from 1st Long Melford Scout and Guide HQ (opposite the Bull Hotel) to Holy Trinity Church and will return after the service. Marshalls will be controlling the approved traffic restrictions between 2.30 and 4.30pm, halting traffic only for the parade to pass on the way to and from the Church.

County Council Elections

Elections for Suffolk County Council will be held on **Thursday 7th May** from 7.00am to 10.00pm. If you have not yet registered to vote, you can do so via <http://www.gov.uk/register-to-vote> by **Monday 20th April**.

Applications to vote by post can be made at <https://www.gov.uk/apply-postal-vote> by **Tuesday 21st April**.

Don't forget that to vote in person you will need one of the accepted forms of photo ID (eg. driving licence, passport, Blue Badge) or a **Voter Authority Certificate** (<https://www.gov.uk/apply-for-photo-id-voter-authority-certificate>).

*The Bull Hotel will be hosting an
Easter Craft Fayre on Saturday 4th April
from 11.00am to 4.00pm. Free entry.*

Easter Activities

Melford Hall's Easter Egg Trails take place between **Wednesday 1st and Monday 6th April**, from 11.00am to 4.30pm (last entry 3.30pm). There will be a selection of fun activities and games in the grounds and garden.

At **Kentwell**, the house, gardens and farm will all be open, with family-friendly egg hunts and fun egg-themed challenges, between **Friday 3rd and Monday 6th April**, from 10.00am to 5.00pm (house 11.00am to 4.00pm). Tudors will be bringing the House and grounds to life both indoors and out.



Join us at the library for the **Friends of Long Melford Library's Spring Fair** on **Saturday 16th May 10.00am-12.00**

noon. You can stock up on beautiful locally grown plants including hostas, herbs and vegetables, delicious jams and preserves, cakes and other sweet treats. There'll be a raffle and children's prize draw. All funds raised support your local library.

Saturday 11th April will see us hosting an afternoon of science and family fun with **Lab in a Library's Eggstastic Experiments**. There will be two sessions, from **1.30pm to 3.00pm** and from **3.30pm to 5.00pm**, suitable for children age 5+ but smaller children may be able to take part with help. Thanks to the generous support of the Friends of Long Melford Library, we're able to offer this workshop for free but booking is essential. Please visit our website or call the library to book.

We have some capacity to take on more Home Library Service customers, so if you or someone you know would benefit from one of our volunteers visiting them at home with books or audiobooks please get in touch.

Long Melford Library, St Catherine's Church, Long Melford CO10 9JU. Tel: 01787 737060.

Nick's Picks

If you love gardening or the idea of it but are always pushed for time, we've got the perfect book for you. **The Weekend Gardener** by Henry Agg shows you, step-by-step, how to plan your garden, build paths and garden structures – with timing estimates from around an hour to a full weekend – and plant and maintain your dream space in your spare time.

The **Christie and Agatha's Detective Agency** series by Pip Murphy is a delightful take on the twists and turns of 'whodunnits'. Twin sisters Agatha and Christie solve tricky mysteries in a variety of locations and with different themes, exploring the world of the 1920s. A dash of peril and a pinch of science and history lead us to the satisfying tying together of loose ends. A perfect series for children who love a mystery but aren't quite ready for darker crime themes.

Both books are available in print from Suffolk Community Libraries.



Spring Concert

The Long Melford Silver Band will be holding a **Spring Concert** on **Saturday 18th April 2026** at Long Melford Village Hall. Doors open at 7.00pm and the concert will begin at 7.30pm.

Tickets are £10 from the online link on the band's website (<https://longmelfordsilverband.co.uk>) or on the door. Refreshments and raffle will be available and the concert will have a theme of 'music from stage and screen'.

Money raised from the concert will go towards the band's trip to the **Saddleworth & Oldham Whit Friday Band Contests** in May. This annual event comprises eleven separate contests, each in a different village, with bands from across the UK (and overseas) touring the villages by coach to compete in as many contests as possible.

Mike Murkin



Long Melford Silver Band entertain the audience at a previous concert at the village hall



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Diary Matters

APRIL

Wednesday 1st	9.00am to 3.30pm	Antiques Fair	Village Hall
Thursday 2nd	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
	7.15pm	Long Melford WI (see page 4)	Bull Hotel
Friday 3rd	8.00pm	Live Music – Topless Barmaids	Working Men's Club
Saturday 4th	10.00am to 3.00pm	Easter Craft Fayre	Bull Hotel
Sunday 5th	8.00pm	Live Music – John Boy Allen acoustic	Working Men's Club
Monday 6th	3.00pm	Bank Holiday Football Match	Football Club
Wednesday 8th	7.30pm	Heritage Trust Presentation (see page 22)	Village Hall
Friday 10th	8.00pm	Folk & Acoustic Club	Cock & Bell
Saturday 11th	From 1.30pm	Lab in a Library's Eggastic Experiments (see page 10)	Library (St Catherine's Church)
Wednesday 15th	11.00am to 12 noon	The Arts Society Stour Valley – ' <i>A Photographic Odyssey, Shackleton's Endurance Expedition captured on camera</i> '	Village Hall
Thursday 16th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
	7.30pm	LM Historical & Archaeological Society – AGM followed by ' <i>Six into One will go</i> ' by Francis Saltmarsh	Old School
Friday 17th	7.00pm	WI Annual Film Night – ' <i>Hidden Figures</i> ' (see page 4)	Village Hall
Saturday 18th	7.00pm	90s Drag Night Quiz – see Eventbrite for booking	Football Club
	7.30pm	Silver Band Spring Concert (see page 10)	Village Hall
Sunday 19th	10.00am to 3.00pm	Wellness Fair	Old School
Wednesday 22nd	10.30am	Film Club Lectures – <i>Cinematography</i>	Village Hall
Thursday 23rd	1.45pm	Long Melford Litter Pickers	
	6.00pm	Charity Bingo (see page 7)	St Catherine's Church
	7.00pm	Ronnie Buckingham, Spiritualist Medium and Clairvoyant – £20 cash entry	Football Club
Saturday 25th	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
	5.00pm	Brian Stringer's Tribute Trophy Darts Match (see page 5)	Working Men's Club
Sunday 26th	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
	10.00am	Long Melford Litter Pickers	
Thursday 30th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School

MAY

Saturday 2nd	8.00pm	80s Disco	Working Men's Club
Monday 4th	6.30 to 8.30am	Dawn Chorus Guided Bird Walk (see page 23)	Country Park
Wednesday 6th	9.00am to 3.30pm	Antiques Fair	Village Hall
	7.00pm	Full Parish Council Meeting	Village Hall

Diary Matters

MAY (CONTINUED)

Thursday 7th	7.15pm	Long Melford WI (see page 4)	Bull Hotel
Friday 8th	8.00pm	Folk & Acoustic Club	Cock & Bell
Saturday 9th	6.00pm	Charity Fundraising Ball – bookings via Chris Matthews 07885 366412	Football Club
Thursday 14th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
Saturday 16th	10.00am to 3.30pm	Book Fair	Village Hall
	10.00am to 12 noon	Friends of Long Melford Library's Spring Fair	Library (St Catherine's Church)
	8.00pm	Karaoke	Working Men's Club
Wednesday 20th	11.00am to 12 noon	The Arts Society Stour Valley – ‘ <i>And so to Vauxhall; music and culture at the celebrated gardens</i> ’	Village Hall
Monday 25th	10.00am to 4.00pm	Open Gardens	Throughout the village
Wednesday 27th	10.30am	Film Club Lectures	Village Hall
Thursday 28th	10.00 to 11.30am	Good Neighbours/Friends of LM Library Coffee Morning	Old School
	1.45pm	Long Melford Litter Pickers	
Saturday 30th	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
	8.00pm	Live Music – ‘ <i>Lower the Tone</i> ’	Working Men's Club
Sunday 31st	9.30am to 4.00pm	Antiques & Vintage Fair	Old School
	10.00am	Long Melford Litter Pickers	

REGULAR EVENTS AT LONG MELFORD OLD SCHOOL COMMUNITY CENTRE

Daily	See website	Yoga Studio – Clare Turner – www.longmelfordyoga.co.uk – 07377 068885
Monday	Mornings	(1st Mon) Photography Group – Derek Challis – 01787 373738
	12.30 to 2.30pm	Card Making – Pauline Andow – 01787 228790
	5.00 to 8.00pm	Slimming World
Tuesday	9.00am to 1.00pm	Upbeat (Heart Support Group) – Hilary Neeves – 01359 232678
	11.00am to 12.00pm	Bumblebees Sensory and Messy Play – Jenni Bray – bookwhen.com/bumblebeessuffolk
	1.30 to 2.30pm	Seated Exercise Class – Jane 07944 919328
	1.30 to 4.00pm	U3A Art – Vernon Lever – 01787 310511
Wednesday	10.00am to 12.30pm	Life Drawing – John Garbett – 01787 378798
	10.00am to 12.30pm	(3rd Wed) Good Grief Bereavement Support – june@ggbereavementsupport.com
	11.00am to 12.00pm	Keep Fit Laban Dance Class (50+) – 07856 080344 – sheather.mahony@btinternet.com
	3.00 to 5.00pm	Friendship Dancers – Robin Hart – 01787 269613
	4.45 to 6.30pm	Elizabeth School of Dance – classes for 4-10 yrs – info@elizabethschoolofdance.com
	7.30 to 9.30pm	Silver Band – Mike Murkin – 01787 312605
Thursday	7.30 to 9.00pm	(3rd Thurs) LM Historical and Archaeological Society

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	Strollercise – Marina St Leger – www.strollercise.co.uk – 07917 333712
	11.15am to 12.45pm	Song Circle Choir for Women – Anna – 07957 484812
Tuesday	10.00 to 11.00am	Pilates – Michelle Cowcher – michellecowcher@gmail.com
	11.30am to 12.30pm	Move It or Lose It! Fitness class for over-60s – amanda.anderson@moveitorloseit.co.uk – 07921 913 398
	2.30 to 4.00pm	(4th Tues) Lecture Series – Suffolk Family History Society (Sudbury)
	6.00 to 8.00pm	Bounce – Jules Cooper – www.bookwhen.com/bouncelongmelford
Wednesday	7.00pm	(1st Wed) Long Melford Parish Council – Full meeting (April date/location TBC)
	10.30am to 12.30pm	(3rd Wed) Lecture Series – Arts Society Stour Valley
	10.30am	(4th Wed) Film Club Lectures – www.filmclublectures.co.uk
Thursday	9.45 to 11.30am	Pre and Postnatal Fitness (child friendly) – JTD_fitness – jo.h.thornley@gmail.com
	2.00 to 4.00pm	(1st and 3rd Thurs) Indoor Kurling – Drop in for a free taster session
	6.00 to 6.45pm	Bounce – Jules Cooper – www.bookwhen.com/bouncelongmelford
Friday	9.30am to 12.00 noon	Baby Ballet – sudbury@babyballet.co.uk – 07580 693747

REGULAR EVENTS AT STONEYLANDS (LONG MELFORD COMMUNITY SPORTS TRUST)

Tuesday	5.45 to 6.45pm	Hula Hooping Class – Toyah 07917 610231
Friday	7.30 to 10.30pm	(First Friday) Bygones – Beverley Walker – beverleyjdring1@gmail.com
Saturday	3.00pm	Football Kick-off

REGULAR EVENTS AT THE LIBRARY AT ST CATHERINE'S CHURCH

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

If you would like your activity or event listed here, let us know the details by emailing content@melfordmatters.org.uk. Details for 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, or email us at content@melfordmatters.org.uk, or the advertising team, advertising@melfordmatters.org.uk.
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Reflections

Wooden planks or flowers?

As we approach Easter this year, our troubled, divided and angry world is relayed to us daily in the news ... and many of us are dealing with uncertainties about the future, anxiety or just the lingering fatigue of our challenging times.

Yet, the message of Easter is not one that ignores the darkness – it is a message that overcomes it. The brutal crucifixion is a story of astonishing love and forgiveness and the resurrection is a story of death itself being overcome. Easter is a powerful, enduring reminder of restoration – no suffering is final and no pain is greater than the love God has for us.

One way in which we illustrate this transformation at our Easter Day service involves a bare wooden cross with a wire mesh around it. During the service every member of the congregation is invited to place a flower into the mesh, transforming the cross into a colourful, fragrant symbol of new life.



If just one person put a flower in, the cross would still look pretty dead. But there comes a point when enough people have added flowers that it comes to life. I wonder what 'flower' you might be able to display today – whether a simple act of service, a decision to call or to pray for someone, or maybe simply choosing to be thankful? I sometimes feel that all I have to offer is a small bit of greenery! Nevertheless, small flowers can transform very large planks!

LIVE DONKEY! Please note we have a donkey for our Palm Sunday Messy Church Service on Sunday 29th March. Please meet at the bottom of the Green at 4.00pm when we will walk up to the church together for crafts, stories, and food. All welcome.

Rev. Matthew

Holy Week at Holy Trinity

Sun 29th Mar PALM SUNDAY

10.30am

Traditional Passion Sunday Service

4.00pm

Messy Church

(meet at bottom of Green to walk up **with Donkey!**)

Thurs 2nd Apr MAUNDY THURSDAY

7.00pm

Meal & Communion **

Fri 3rd Apr

GOOD FRIDAY

12.00pm

Walk with the Cross, St Catherine's to Holy Trinity

2.00pm

Devotional Service

Sat 4th Apr

EASTER EVE

8.30pm

Traditional Easter Vigil

Sun 5th Apr

EASTER DAY

10.30am

Easter Celebration & Communion (family friendly)

All welcome ...
please join us.

** For catering please let Vicky know if you would like attend with any dietary requirements on 07804 558160 or chadbrookoffice@gmail.com

Community Matters

My WiSH Charity Cycle Ride

Melford resident Rhiannon Lawson is organising a marathon bike ride from Cambridge to Bruges to raise money for the **My WiSH** charity, which supports West Suffolk Hospital.

“In March last year my partner Mike and I lost our baby boy, Hudson, at 22 weeks due to a severe heart defect. The support we received from the bereavement midwives at West Suffolk Hospital was incredible. Their compassion and gentleness gave us space to grieve, to love and to create memories we didn’t even know were possible. The ride is our way of honouring Hudson’s short life, raising funds to help other families facing similar unimaginable loss.”



Riders on a previous cycle expedition



As well as emotional support, Rhiannon and Mike were offered tiny handprints and casts and a memory box to help them grieve. Much of this is not funded by the NHS but is made possible by the My WiSH charity. “Without fundraising, these vital services simply wouldn’t exist. That’s why we’re raising money specifically for the maternity unit, to ensure other families receive the same tenderness and care.”

There are still a few places available for the 200-mile (320-km) ride, which runs from **9th to 11th July 2026**. It is open to riders of all abilities. Training plans, experienced guides, a medic and mechanical assistance

are provided. There are regular rest stops (rides are never longer than 20 to 30km at a time) and everything is organised so riders can focus on enjoying the experience.

“Please support us with a donation. We’d also love local businesses to partner with us, by sponsoring a section of the ride, providing in-kind support like refreshments or raffle prizes, or making a corporate donation. We’ll add your logos to our ride shirts and mention your support in any press articles.”

Further details about the ride can be found on the Cycle4Good website (cycle4good.com/rides/cambridge2bruges2026). Donations can be made directly via the JustGiving page (justgiving.com/page/hudsons-little-heart-bereavement-support) or to get in touch about corporate sponsorship, contact Rhiannon by email (Rhiannonlawson1@gmail.com).



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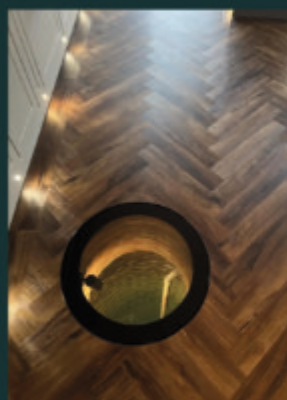
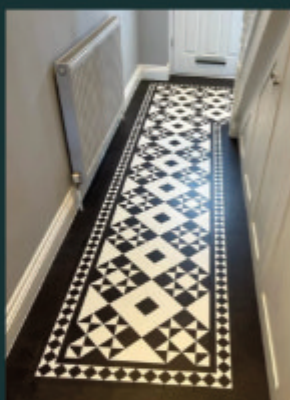
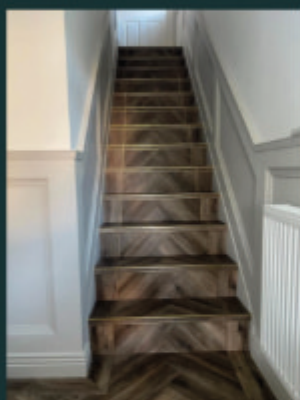
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Business Matters

A Nation of Shopkeepers

When the father of economics, Adam Smith, coined that phrase, he might well have had Long Melford in mind. Our thriving mercantile community welcomed two more businesses in February:

The Larder

For provisions with parking, head to *The Larder*, adjacent to Little Gems in The Old White Hart, Little St. Mary's (previously the Rug & Carpet Studio).

Businesswoman Lisa Schroeder pinpointed that what the lower end of Long Melford lacked was a small farm shop stocking those vital or luxury items often unfound, forgotten or overlooked in the big soul-sapping supermarket dash! Store-cupboard essentials such as eggs or milk, hostess gift chocolate bar 'hampers', natural dog treats or £10.99 Cox's Boxes made up with seasonal fruit and vegetables (perfect for Sunday lunch), the shop has all this and so much more.

The space is light and airy with windows on three sides and room for expansion upstairs. Lisa is enthusiastic, keen to offer what people want and having run a pub, loves talking to people.

Give *The Larder* a try – you will be assured of a warm welcome and will definitely go back. Open Tuesday to Saturday from 9.30am to 4.30pm.



Lisa Schroeder offers a warm welcome to *The Larder*



Stephen Powell outside his new venture, *The Vintage Bloom*

The Vintage Bloom

Every village of size wants and needs a flower shop, whether for home, gift or occasion – and here it is!

After testing the water with a stall in Haverhill, Stephen Powell and his wife Renae decided that Long Melford was the perfect place to live, work and realize their dream of owning their first shop. *The Vintage Bloom* is a family-run business with Renae serving as financial controller, their younger daughter helping out in the shop and their elder dealing with social media.

Stephen buys his stock from the wholesale markets and growers in Norwich and Holland and provides reasonably priced bouquets and wreaths for all occasions, together with candles and small gifts.

The shop is delightfully bijou, wonderfully scented and ideally located in the heart of the village, a few steps from the Hospice Shop in the High Street. You cannot walk by without a smile on your face! Open Tuesday to Friday from 9.30am to 5.00pm and Saturdays from 10.00am to 4.30pm.

STOP PRESS! News reaches us of another new business setting up in Hall Street. On 1st April *Victor and Company* will open in Waterloo House, the premises recently vacated by *Ivy and Bond's* relocation to Lavenham. Billed as 'the Home of Leading Artisans and Makers', the new business will be selling artisan products of all descriptions including fabric and artwork. Meet the makers, learn about their passions, pop to an event or simply enjoy the atmosphere with an artisan drink and snack. More information will be provided in the next issue of Melford Matters.

Business Matters

It's a landmark year for Nethergate Brewery

As our local independent brewery celebrates its **40th anniversary**, 2026 is shaping up to be one of the most exciting chapters in its story. Work is underway on the next phase of the Rodbridge Corner site, with plans progressing for a new taproom, café, shop and family-friendly spaces.



Nethergate's Easter Beer Festival



While the future is taking shape next door, the brewery's much-loved events calendar is already packed. First up – and only a few weeks away – is the **Nethergate Easter Beer Festival**, running over the **Easter Bank Holiday weekend, 1st-6th April**. This year's festival brings together a special line-up of cask beers from standout breweries across the East of England, alongside a handful of exclusive festival brews created just for the occasion. Across the weekend you can expect two or three live music acts each day, a fantastic line-up of street-food traders, and plenty of space to settle in with a pint and enjoy the atmosphere. The festival is family friendly, dog friendly and free to enter, making it the perfect Easter weekend gathering.

Hot on its heels comes another major celebration and a new event for this year: their **'Ruby Year' 40th-Birthday Weekend**, running **1st-4th May** – a carnival-style event with live music, street food and a special beer line-up marking four decades since two friends first started brewing in Suffolk back in 1986.

Later in the year, the brewery will host its much-loved **Oktoberfest (24th-27th September)** event and in December the festive **Mr & Mrs Claus Lights Switch-On**, with more information on these events to be shared nearer the time.

Alongside the events, there's plenty more brewing too – including new beer releases, special collaborations and a few other surprises throughout the year. To keep up with the latest announcements, event timings and releases, visit www.nethergate.co.uk, subscribe to the brewery's emails or follow *Nethergate Brewery* on Facebook and Instagram.



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Parish Council Matters



Long Melford Neighbourhood Plan Review Feedback from Public Meetings

About 50 people attended each of two public meetings. The debate was constructive despite the requirement on Long Melford to provide land for 750 new homes. Both meetings endorsed the recommendations of the Neighbourhood Plan Working Group: (1) that the Neighbourhood Plan be reviewed and (2) that we evaluate three options for addressing the 750 homes requirement.

Key concerns related to inadequate parking and a lack of infrastructure capacity – both utilities (e.g. water



and sewerage) and services (e.g. surgery and primary school). A valuable suggestion was that we consider a single development, which could provide additional services (e.g. shops) for the benefit of Long Melford as well as the new population.

The comments made at these meetings have been recorded and will be considered in the current phase of the Group's work. We next expect to report back to similar meetings when the options have been assessed and we have a full list of the issues to be reviewed.

Work Programme

The current work programme for the group includes:

- Review of recent rates of housebuilding in Long Melford.
- A call for possible development sites and their evaluation; evaluation of sites submitted to Babergh District Council.
- Consultation with developers and agents re: housing development market.
- Assessment of infrastructure capacity.
- Survey of residents of Skylark Fields and Blunden Close.
- Monitoring of evolving Government and Babergh District Council policies.

The Group welcomes volunteers to assist with the work programme. Offers to the Parish Clerk: clerk@longmelford-pc.gov.uk.

Long Melford Neighbourhood Plan (LMNP) Review Call for Sites 2026

The Parish Council has decided to review the existing Neighbourhood Plan and now must agree on how best to tackle the requirement by Babergh District Council to build 750 new homes over the next 20 years (see also the feature above).

But it's not just new homes that are required. We also need to look for land for more parking, commercial use and for nature conservation.

Landowners are therefore invited to submit sites that they wish to be considered for development to meet any of the above uses in the LMNP Review.

Submissions should be received by

5.00pm on Friday 15th May 2026

and should be submitted to the Clerk of the Parish Council (clerk@longmelford-pc.gov.uk). Guidance on the information that is required is available on the Long Melford Neighbourhood Plan website (www.longmelford-pc.gov.uk).



Heritage Matters

LONG MELFORD HISTORICAL & ARCHAEOLOGICAL SOCIETY

In our last article, we mentioned that we were hoping to hang some of our archive artwork in the Partridge room at The Old School Community Centre – that's the one with the old blackboards. They are now all in place, so we thought we'd tell you how a few of them came to be in our possession.

In pride of place is a recent addition – this beautiful image of Kentwell Hall, painted by Mary Elizabeth Braithwaite (1874-1952), a well-respected resident of Long Melford. When the owner of the painting died, a friend of hers went to the trouble of contacting our society to see if it would be of interest. The painting was duly collected from Northampton and now hangs just a stone's throw away from where Mary used to live.

Also on display are the pub signs for 'The Scutchers Arms' in Westgate Street and 'The White Hart' in Hall Street. Back in 1990, after both pubs had closed, our society approached the brewers Greene King, hinting that the village would like to see the signs back. Welcoming the idea, they agreed to let Long Melford hold the cleaned and refurbished signs on permanent loan. These were presented to us for hanging at The Old School Community Centre.

Our final evening meeting of this season takes place on Thursday 16th April 2026, when our short AGM will be followed by a talk by Francis Saltmarsh about the costumes of Henry VIII's six wives. Visitors are very welcome to attend 'Six into One Will Go' for just £3 with free refreshments afterwards.

We look forward to our members' summer outings in May and June and then we'll be busy preparing for our 57th year. Fittingly, the society's very first meeting on 10th September 1969 was first addressed by none other than Mr Wickham Partridge, in whose classroom we now meet!



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Heritage Matters



Time Machine Reveals Window into the Past

As you may be aware, Long Melford Heritage Trust conducted an archaeological ground-penetrating radar geophysical survey in the village last summer. We would like to thank all those who took part.

Supported by Suffolk County Council Cultural Grant, it covered nearly twelve acres in perfect conditions centred on the grounds of the Football and Cricket Clubs. It revealed a picture of the village's Prehistoric and Roman past in a way that has never been possible before.

The results are now in. We would now like to offer a free invitation to all to join us on **Wednesday 8th April at 7.30pm at Long Melford Village Hall** for a presentation the spectacular results and learn of yet another exciting project planned for this year.



The Heritage Trust has also been successful in its bid for funding for a project to survey and record WW2 archaeology, most notably 'pill boxes', in Long Melford and the Stour Valley. This initiative has been designed to raise awareness and protect the area's forgotten wartime history.

If you'd like to help with this project, either hands-on or through contributing recollections, please contact them by email:

info@melfordheritage.org.uk

Melford Court Report

By way of context, under the Poor Relief Act 1597/8, the role of unpaid Overseers was created to raise compulsory local taxes ('poor rates') and provide relief, including work for the able-bodied and care for the impotent (old, sick, children) through workhouses or outdoor aid, forming the foundation of the 'Old Poor Law' that lasted until 1834. It was the first legislation which made it illegal to permit anyone to starve. The Overseers were supervised by the Justices of the Peace.

If readers have any further information about any of the events or people mentioned in the public records summarised above, we would be pleased to add any additional details you can supply.

1st April 1892 - Long Melford Petty Sessions confirmed in their appointment those nominated as Overseers. Henry Rule of Long Melford was charged with stealing 10 marigolds, property of George Leach, farmer of Melford. He pleaded guilty and was fined 20/-

29th April 1892 - James Stearns, mat maker of Long Melford, was charged at the Petty Sessions with assaulting his wife, Alice Mary Stearns, at Melford. He was convicted and fined 10/- with 10/- costs, in default of payment 14 days imprisonment.

William Rising, mat maker of Long Melford, was charged with neglecting to send his child to school. He received a warning.

Nature Matters

Long Melford in Bloom

Watch out for our summer blooms at the end of May. The flowers are grown in a large polytunnel by the Constitution Hill Garden Nursery. When the plants are ready, volunteers sweep through the village from north to south, filling planters, barrels and baskets.

So, what's in store? This summer's colour scheme will feature pink, white and blue (with some purple and yellow). On the bridge, there will be blue salvias and lobelias, purple verbenas, white trailing geraniums and yellow surfinias. The same plants will feature in our barrels, with pink upright geraniums, white mega-bacopas and pink scaevolas. Last year's hanging baskets benefitted from simplicity and we will aim for the same pared-down elegance this year, with white and pink surfinias and trailing lysimachia.

Each year our challenge is dry weather. This puts the onus on watering: the load is shared between volunteer and paid waterers – the latter funded by our wonderful sponsors (see right). We currently have four volunteer bowser operators and could really do with some more to help with 'Billy Bowser'. Training is provided and all you need is a couple of hours a week and a towbar on your car.

If you're interested in being a bowser operator, a general volunteer or a sponsor, please email jonathanewbank145@gmail.com.



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LONG MELFORD

In Bloom



DAWN CHORUS WALK AT THE COUNTRY PARK

BANK HOLIDAY MONDAY 4th MAY



Would you like to join a dawn chorus walk round the Country Park, led by local bird experts? You'll learn how to identify birds by sight and sound and enjoy the park as the sun comes up.

It starts at 6.30am, finishing at 8.15am with a bacon roll and hot drink at the Bug Stop Cafe (veggie & vegan options available).

This guided, educational walk and breakfast is £14 (special offer 2 for £25), with proceeds going towards the park.

Spaces are limited, so booking and payment upfront is required.

Email jonathanewbank145@gmail.com to book your place.





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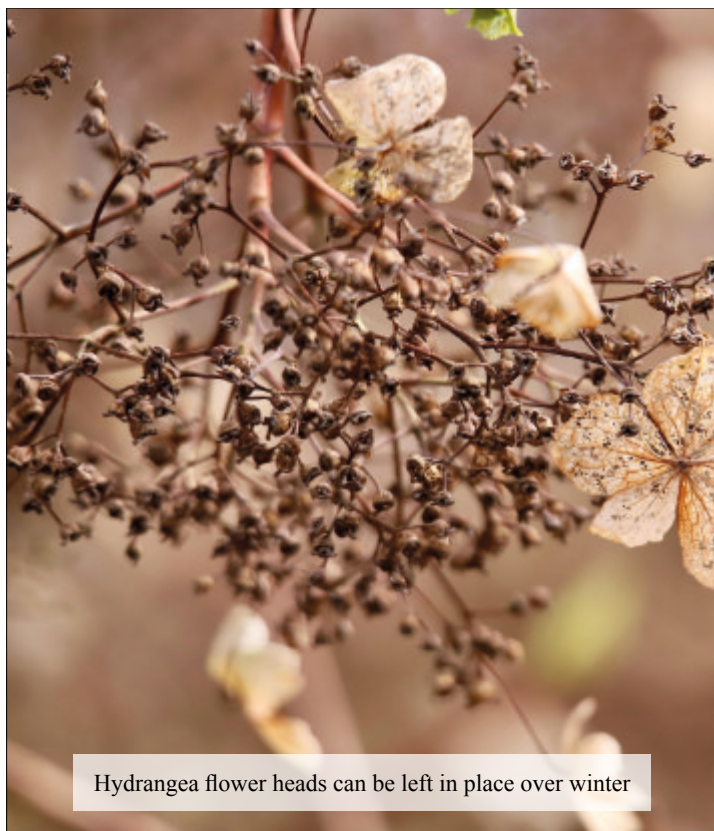
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Gardening Matters – Notes from the Potting Shed

Let's start by saying a huge thank you to all who participated in the seed swap and made it such a successful event. It was lovely to catch up with so many gardeners from the village and to swap seeds, tips and gardening stories. We hope you will all enjoy success with the seeds you took away and continue to be intrigued by your tombola prizes.

We have had a query from a local gardener about the best time to prune hydrangeas. If they are in a sheltered spot and do not have to cope with weeks of snow or heavy frosts, they can be trimmed to shape in



Hydrangea flower heads can be left in place over winter

the autumn but we have always found that it is safer to leave all the dried flower heads in place over winter to protect the buds below. From now on, there should be no problem with shaping the plant to your requirements, then give it a good spring feed and mulch and look forward to a wonderful summer display. The other advantage to leaving the dried flower heads in place during the colder months is that they also provide protection for all sorts of insects.

Now is a great time to be sowing all those hardy annuals that looked so appealing in the catalogues over winter – the resulting seedlings will benefit (as will we all) from the extra daylight hours now available. If you are having problems with cats interfering with your young plants when they are planted outside, don't forget that a damp teabag with drops of Olbas oil on it will be a good deterrent as the pungent smell is one that cats do not like to be near. The teabags should then just decompose over time in the soil.

Just a quick reminder that there will be a huge selection of perennials, herbs, edibles, and shrubs available at the Library Spring Fair on Saturday 16th May from 10.00am to 12.00 noon, as well as over twenty different varieties of hostas. They usually sell out early, so don't be late ...

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

Happy Gardening!

Long Melford Village Memorial Hall

Situated in our beautiful village, the hall is the perfect venue for your event, however large or small. It offers a large function room with a stage area and a fully equipped kitchen. Tables and chairs are available free of charge if you need them and there is a large car park for the use of your guests. Whether your event is a family party, a wedding reception, a fundraising evening, an exercise class, a regular community event or a simple meeting we are sure the Memorial Hall will suit your needs.

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Standard rate	£13 per hour	£16 per hour
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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



Friends of Long Melford Primary School (FLUMPS)

Long Melford Open Gardens

We're looking forward to being part of Long Melford Open Gardens on Bank Holiday Monday 25th May. We'll be serving refreshments and homemade cakes on Little Green, so please do stop by if you're out enjoying the gardens. Every cup of tea and slice of cake helps, as all proceeds go towards supporting Long Melford Primary School.

First Aid

All our school children have taken part in valuable first-aid training. This has given them important practical skills and confidence to handle first-aid situations. A huge thank you goes to our committee member Sue, who coordinated and delivered the training and made sure every child could take part.

Coins Wanted!

We're still running our coin collection and would be grateful for any donations of old UK coins and current or obsolete foreign currency. If you're able to help with this, please get in touch with us.

School Project Sponsors

We are currently raising funds for new outdoor equipment to improve play and learning opportunities for the children. We're also looking for project sponsors to support green projects around the school, helping us create better outdoor spaces and encourage environmental awareness – please contact us if you can help.

Thank you for supporting FLuMPS and our school.

The FLuMPS Team

FLUMPS@longmelfordprimaryschool.co.uk

Facebook: Friends of Long Melford Primary School



This term, many of our Guides and Brownies earned their Bronze and Silver Awards. The girls put in tremendous effort, tackling activities like learning about Parliament, debating and baking with a variety of ingredients. Whether working in groups, pairs or on their own, they honed new crafts, explored dramatic techniques and played games.

In February, the Brownies hosted an outstanding Lego fundraiser featuring both vintage and modern sets, as well as some creations made by the Brownies. Despite cold, rainy weather, it was wonderful to see so many people attend.

The Brownies also spent an exciting weekend at the Jarman Centre near Newmarket, filled with outdoor games, nature exploration, drama and cooking. After two nights with little sleep, everyone enjoyed an early bedtime upon returning home.

Thinking Day is celebrated worldwide by Girlguiding members every year on February 22nd. This year's event marked the centenary and some local leaders gathered at Ness Point to watch the sunrise on this special day. Despite the cloudy weather, everyone enjoyed meeting new Girlguiding members who came out to join in.

Brownies are girls ages between 7 and 10 and Guides are aged 10-14. If you know anyone who is interested in coming to visit or would like to find out more, please email longmelfordbrownies@gmail.com or chadbrookguides@gmail.com.



National Trust



Walk for Wellness at Melford Hall

Every Thursday from 9 April 2026
10am - 11am

Join us on a gentle guided walk around the park, breathe the fresh air and move your body whilst connecting with nature. Make it as peaceful or sociable as you like, and why not pop into our tearoom for tea and cake afterwards.

Please call 0344 249 1895 to book your place or book via our website.

nationaltrust.org.uk/melford-hall

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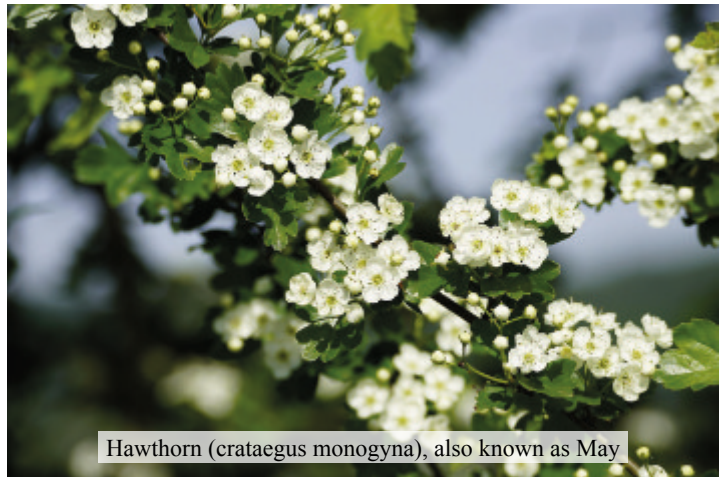
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Quiz Matters

The Start of Summer

1. What is the name for the Gaelic May Day Festival?
 - a) Beltane
 - b) Baynar
 - c) Belvine
2. May Day is 1st May, when the Celtic celebrations mark the beginning of summer. What is significant about this date?
 - a) It's the first day of summer
 - b) It's about midway between the spring equinox and the summer solstice
 - c) It's easy to remember
3. Can you name any of the other Gaelic seasonal festivals?
4. What animal is typically driven out to the summer pastures during the festival?
 - a) Cattle
 - b) Sheep
 - c) Goats
5. May Day dew was thought to bring which two qualities to people?
 - a) Vitality and Honesty
 - b) Beauty and Youthfulness
 - c) Virtue and Fertility
6. Rituals to appease 'aos si' are part of the festivities. What is 'aos si'?
 - a) A god
 - b) A devil
 - c) Spirits
7. Which of the following is a primary tradition associated with the festival?
 - a) Burying turnips
 - b) Wearing masks to hide from ghosts
 - c) Lighting bonfires
8. In Kilkenny, what item did women traditionally gift to men on May Day?
 - a) New hurling balls
 - b) Flowers presented in a hurling helmet
 - c) A hot meal
9. What colour flowers are typically used as May flowers for the festival?
 - a) Pink
 - b) Orange
 - c) Yellow
10. True or false, this May Day festival is of pagan origin?



Hawthorn (*crataegus monogyna*), also known as May

See Answers on Page 30.

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Long Melford Cricket Club

At LMCC, we are forever grateful for the support we gain from our sponsors, whether player sponsorship, advertising boards or kit sponsors. It all helps with vital funding and is much appreciated by our members.



We would therefore like to thank **Nethergate Brewery**, **Gigaclear**, **Iggy's Fund** and **Royal Mail** for their continued main sponsorship during the 2026 season, which can be seen advertised through our T20 playing shirts (Nethergate) and our academy players' shirts (Gigaclear, Iggy's Fund and Royal Mail). And we would like to extend our appreciation to **The Chestnut Group** and **The Black Lion**, our main shirt sponsors whose logos can be seen on the weekends when our senior teams are playing.

Thanks also to everyone involved in the fantastic backing of this season's Hundred Club. This important fundraiser saw us sell over 232 numbers, with monthly prizes up for grabs for the lucky numbers. We are also grateful to the Ex-Service and Working Men's Club for holding our club's Race Night this year, a well-supported event enjoyed by many in the village. Something we look forward to every year!

Our academy and senior season is now underway, with all our players and members getting back into that cricket spirit. Keep a keen eye on our social media platforms so you don't miss out on our team lineups, team results, events happening around the club and much more. We have signed up to the Ridley Local Foodservice who will be supplying our club over the busy summer period.

Outdoor nets are now available at LMCC on a Tuesday night, from 6.00pm to 7.30pm and we welcome new players, whether starting for the first time or rolling back the years. Junior academy and women's training are also fully underway, on Thursday nights from 6.00pm to 7.30pm, open to seasoned players and new faces of all abilities.

Long Melford Football Club

Things are progressing very well at Long Melford Football Club under our new manager "Macca". A defeat at AFC Sudbury saw the end of an eight-game run without defeat but since then, a win against Gorleston Reserves and Needham Market Reserves on 27th February has taken First Team up to number 6 position in the Thurlow Nunn Division 1.



Things have not been so good for the Under-23s team, who have had a poor season so far. At the time of writing the manager, Jordan Wheelans, has resigned (thanks JW for your efforts). The club will review the situation at the end of the season to see whether the present team structure needs to be changed.



Team photo after a hard working and successful training session

Attendance at games has been very poor this winter – we would be delighted to see more new faces amongst our supporters and to welcome newcomers to the village who share an interest in the sport.

We are always in need of help at LMFC and would gladly accept assistance with several light duties on match days. We are also looking for someone to take over the LMFC kitchen, which could offer a nice business proposition. Please contact us if you are interested in any of these.

Directory of Clubs and Societies

Group	Contact	Phone/email
Beading (Suffex Bead Club)	Victoria Power	07866 996124
Chadbrook Guides	Rebecca Cox	chadbrookguides@gmail.com
Connect Toddler Group	Pam Tonks	07890 880976
Cricket Club	Ivan Newman	07944 893167
Folk and Acoustic Club	Pauline O'Brien	poboap123@gmail.com
Football Club	Richard Kemp	01787 378149
Friends of LM Church Building Fund	Richard Michette	01787 377164
Friends of Long Melford Library	Nick Castell	help@suffolklibraries.co.uk
Good Neighbours' Scheme	Helen Eaton	07504 249179
Historical and Archaeological Society	Ian Sandham	Lmhas1969@outlook.com / 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	events.lmcst@gmail.com
Long Melford Beaver Scouts (Age 6-8)	Jen O'Reilly-Turner	jen.oreilly-turner@suffolkscouts.org.uk
Long Melford Cub Scouts (Age 8-10)	Lynda Badger	lynda.badger@suffolkscouts.org.uk / 07540 889754
Long Melford Scouts (Age 10-14)	Graham Souch	1stlmscouts@gmail.com
Long Melford Scout Group (general enq.)	Lynda Badger	lynda.badger@suffolkscouts.org.uk / 07540 889754
Long Melford Squirrel Scouts (Age 4-6)	Jody Vickery	jody.vickery@suffolkscouts.org.uk
Long Melford in Bloom	Jonathan Ewbank	jonathanewbank145@gmail.com / 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 Walking Group	Mike Turner	07733 102229
Long Melford Women's Institute	Amy Hyde Parker	amy@melfordestate.co.uk
Melford Music	John Watts	01787 310373
Neighbourhood Watch	Stuart Finch	07967 472488
Over Sixties Club	Sandra Halls and Mary Cook	07722 028753
Old School bookings		schoolbooking1860@gmail.com
Parish Recorder	Geoff Randall	07519 626842 Melfordparishrecorder@hotmail.com
Project Seven	Sandra Basham	07900 614417
Royal British Legion	Amy Hyde Parker	amy@melfordestate.co.uk
Silver Band	Mike Murkin	01787 312605
The Arts Society Stour Valley	John Ashton	07899 872222
Upbeat Heart Support	Hilary Neeves	01359 232678
Village Hall bookings		lettings.longmelfordvillagehall@hotmail.com 07379 894325

Please notify us of any additions or changes by emailing content@melfordmatters.org.uk. Amendments must be received by **1st May** to be included in Issue 32 – June/July.

Quiz Answers

- | | |
|---|-------------------------------|
| 1. a) Beltane | 5. b) Beauty and youthfulness |
| 2. b) It's midway between the spring equinox (21st March) and the summer solstice (21st June) | 6. c) Spirits |
| 3. Samhain (November), Imbolc (February), Lughnasadh (August) | 7. c) Lighting bonfires |
| 4. a) Cattle | 8. a) New hurling balls |
| | 9. c) Yellow |
| | 10. True |

KENTWELL

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3 - 6 APRIL



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2 - 4 MAY



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