

The background of the cover is a photograph of a large, leafless tree with a thick trunk and many bare branches. In the foreground, there is a dense field of bright yellow daffodils. The sky is visible through the branches, showing some clouds.

MELFORD

Issue 6 – February/March 2022

Matters

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Photo: Steve Thomson

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Editorial

This is the sixth issue of Melford Matters, so we've been going almost a year now – the next issue will mark our first birthday. I'd like to say a big thank you to all our contributors, deliverers, advertisers and the whole Melford Matters team.

We've had lots of complimentary emails about the magazine during our first year – thanks very much to the people who emailed in with those and with suggestions for features. On pages 13 and 14 you'll find a Reader Survey. It would be great if as many of you as possible could give us feedback by filling it in or completing it online.

Elsewhere in this issue you'll find lots of information on arts and crafts you can take up in Melford (page 12), activities for pre-school children (page 8), the latest Roman and Iron Age



antiquities found near the football club (page 16) and how well-served we are for local real ale breweries – plus an expanding gin distillery (page 19).

Nik from The Hare Inn lets us in to the secret recipe for his delicious Swedish Meatballs (and yes, he is Swedish) – page 24. And the quiz in this issue has photos of architectural features of buildings in Melford (page 23) – if you can't recognise them all

immediately, why not take a stroll around the village trying to identify them?

Finally, one thing that makes Melford such a great place to live is that so many people volunteer to help make it just that. In our Community Matters feature on page 4, we include a few organisations that are looking for more volunteers.

Dave Watts, Editor

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Community Matters – “We’re Busy Doing Something”

Events at Kentwell

Early Spring is a lovely time to visit Kentwell’s Gardens.



Snowdrop days start on 12th February and end on 13th March. The Shrubbery and Back Wood are carpeted with snowdrops, with little pockets of aconites. The rest of the Gardens are charming as their winter starkness is banished by emerging springtime shoots. Winter-scented plants such as mahonia and hellebore also make an appearance.

Also starting on 12th February and running till 27th February (so including half term) is the Family Wellie Walk Nature Trail – an active, outdoor day for explorers of all ages.

From 19th March until 3rd April is the time to admire thousands of daffodils and spring bulbs on display in over 30 acres of beautiful, tranquil gardens. In late March, you should also be able to see new-born lambs and their mothers.

The February events run from Wednesday to Sunday but in March it’s weekends only. For details and pricing see www.kentwell.co.uk/events.

Melford Music

Melford Music is planning lunchtime concerts in Holy Trinity church every Wednesday from 1st June to 31st August and is looking for two more volunteers to help out in organising them. Please email jilly.cooper@gmx.co.uk



Volunteers Needed at Gainsborough’s House

Would you like to volunteer at the exciting new art centre in Sudbury? Are you keen to be involved in art and heritage? Then, Gainsborough’s House in Sudbury could be just the place for you.

Following a major transformation project costing around £10 million, the National Centre for Gainsborough will reopen this summer with new galleries and a refurbished Georgian House. We’re increasing our friendly volunteer team with a variety of roles available including gallery stewards, tour guides and helping with a wide variety of events and workshops and with our retail



operation. Benefits include full training, unlimited free admission and regular meetings. Why not come and join our team?

Contact Liz Cooper, Commercial Manager liz@gainsborough.org 01787 372958 for more details.

Long Melford Good Neighbours

Our group helps Melford residents by doing things like driving people to and from medical appointments,



collecting food or medicine or even changing a lightbulb. We welcome new volunteers. If you can offer an hour or so once in a while, please call 07504 249179 and we’ll get back to you. It’s the same number if you need our help.

We also welcome people to our fortnightly coffee mornings – please come and see us at the Old School from 10am until approx 11.30am. The next ones are (Covid-permitting) on 3rd and 17th February, and 3rd, 17th and 31st March.

Community Matters – “We’re Busy Doing Something”

Melford Movies

The Melford Movies team is pleased to confirm the final two screenings of its winter season. On **Friday 11th February** we’ll be showing **The Courier** (12A), a true-life cold war spy thriller. It stars Benedict Cumberbatch as British businessman Greville Wynne, who was recruited to work for MI6 at the time of the Cuban Missile Crisis.



Then on **Friday 11th March**, we’ll show **The Last Letter from Your Lover** (12A), based on a best-selling book by JoJo Moyes. The film explores a pair of interwoven stories from the past and present. An ambitious journalist, played beautifully by Felicity Jones, investigates the mysteries of a trove of love letters from 1965.

Adults £5, Under-16s £3. Doors open at 7pm and the films start at 7.30pm. To make a reservation or to sign-up for regular updates and reminders on the Melford Movies programme, email melfordmovies@icloud.com

Historical and Archaeological Society

We have our **Members Night** on the **17th February**. Society members will give a short talk about their own research projects or areas of historical interest. On **17th March**, **Edward Martin** will give a talk. Edward worked as an archaeologist for Suffolk County Council for many years and is a Fellow of the Society of Antiquaries. He specialised in prehistory and historic landscape studies and excavated several Bronze Age burial sites. For more information about these meetings and our future programme, please telephone 01787 375329 or look at our website lmhas.co.uk

Melford Poppies – formerly Long Melford WI

Our name change has been approved by the WI, which is encouraging all branches to adopt a name which is special for their group. And so, 103 years after the Long Melford WI began, we became the Melford Poppies on 11th November 2021.

At that November meeting, Martin Richards from the British Legion taught us how to use defibrillators and apply CPR. Of course, we had a cake, made by Sue from Tanswell’s Bakery.



In December, we enjoyed our Xmas meal at the Bull, where a surprise celebrity popped in to chat with us all. Remember an advert for Campari, where Lorraine Chase wafted in, not from Paradise, but from Luton Airport? On this evening, she wafted into the Bull, chatted about various pantomimes and told a few tales of life on stage.

Later in December, we had our Xmas Social evening at the Old School, where our traditional 12 Days of Christmas singsong had all of us acting out the milking, dancing, leaping etc. One member recited Dangerous Dan McGrew from memory with a few of us acting out the parts.

Our calendar for meetings throughout 2022 will be available soon.

Long Melford Litter Pickers

We plan to meet up at 2pm on the last Thursday and 10am on the last Sunday of most months. So, our next picks will be **Thursday 24th** and **Sunday 27th** in both February and March. If you’d like to join us, please telephone 01787 375329 or email longmelfordlitterpickers@gmail.com.



Community Matters – “We’re Busy Doing Something”

The Arts Society Moves to Melford Village Hall

The Arts Society is made up of over 380 local societies across the world whose 90,000+ members are drawn together by an interest in all aspects of the Arts.



Our local branch is The Arts Society South Suffolk (TASSS) which, from January, moved its home for our monthly programmes of illustrated talks from Sudbury’s Quay Theatre to Melford’s Village Hall. Key reasons for this move are a ground level location with disability ramps, plentiful parking, up-to date technical facilities, well equipped kitchen and the large roomy hall providing a comfortable airy space for our meetings.

A varied programme of illustrated talks, followed by Q&A sessions, takes place on the third Tuesday of each month at 2pm. The next topics will be **Music in Art** on **15th February** followed by **The GPO Film Unit: The Birth of Documentaries** on **15th March**. Free Taster sessions are offered. Visits and tours are also arranged – the next is to the Sandringham Estate in May.

For more information see www.tassouthsuffolk.org.uk

The Village Scouts Need Volunteers

There are wonderful volunteering opportunities at the 1st Long Melford Scout Group. We rely on volunteers to give young people opportunities to take up challenges and build skills for life.

You don’t need to be Bear Grylls to volunteer. We’re looking for people to help out in all sorts of ways. You may want to work with young people directly. At present, we’d especially love some help with our Cub section (aged 8 to 10½) but all of our sections, from the Squirrels (aged 4 to 5) to the Explorers (aged 14 to 18) always welcome extra volunteers. You may prefer to help behind the scenes; for example, planning an adventure from the sidelines. We’ll help you find something that matches your skills (and the time you have available).



The Scouts on parade after the 2021 Remembrance Service

We’re making it easier for people to find out what Scouts is all about by running a four-week challenge. It’s a chance to come along and see what we do before making any decisions. The challenge is about becoming involved in a way that works for you. It’s also a chance for you to meet other members of the team before you decide whether to volunteer with the Scouts.

If you’d like more information or just want to exchange ideas, please call 07794 550760 or email melfordgsl@aol.com



A daily flying display by a murmuration of starlings attracted big crowds this winter.
Photo: Holly Jones-Warren

Parish Council Matters

When you receive your Council Tax bill this year, it may have gone up. If so, this will be because of increases in the amounts that Babergh, Suffolk and the Police and Crime Commissioner will receive.

At its January meeting, the Parish Council agreed its Budget for the 2022/23 year. **This kept the amount that each Melford household pays towards the Parish Council exactly the same as in 2021/22.** So, any increase in your Council Tax can't be blamed on the Parish Council.

The Council also discussed what could be done about improving parking in the village and has set up a Working Group to look into both this and possible methods of reducing traffic speeds, including the idea of a 20mph Zone.

The Queen's Platinum Jubilee celebrations will be on an 'extended Bank Holiday' from Thursday 2nd to Sunday 5th June. The beacon on the Upper Green will be lit at 9.15pm on 2nd June. A group within the village has already started planning for

the weekend. The main event will be 'The Big Jubilee Lunch' street party on 5th June with a full road closure and tables in the street.

The plan is to deck the village out in red, white and blue. Long Melford in Bloom will be in full summer mode by then too, with the same colour theme for the flowers.

More news of the Jubilee celebrations in the next issue of the magazine.

On a much sadder note, Jayne Lines has now left the Parish Council. During her time on it, she contributed a tremendous amount, including being Chair. She also did a huge amount for the people of Melford outside the Council. Thank you very much indeed for all you have done Jayne.

By the time you read this we should know whether the vacancy created will be filled by co-option or an election.



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Children's Matters

There's a wide range of activities, both indoors and outdoors, in Melford for early years children. In some cases, parents and carers can participate; in others, children are left with organisers.

Activities where parents and carers take part

From age 0 upwards there is **Connect Baby and Toddler group** which meets at St Catherine's Church between 9.30am and 11am every Monday



Song time in the garden at Connect

during term time – usually indoors, but in the garden when the weather permits. The suggested donation for each session is £1. Parents and carers are responsible for their children at all times. Activities include playing with toys, learning a craft, listening to stories and singing songs.

Messy Church meets regularly. It's informal with plenty of crafts, activities and music for the children. They had great fun at Festive Melford and the next session is on Sunday 27th February at 4pm (venue TBC). For details see <https://longmelfordchurch.com/young-people/4pm-messy-church/>

Throughout the year Melford Library holds sessions for little ones, which are all free and booking isn't required. Every Tuesday at 2.30pm there is **Tot Rock and Baby Bounce** which is suitable for 0 to 5-year-olds with singing, dancing and nursery rhymes. The library manager, Nick, says "The excitement and giggles at our Tot Rock and Baby Bounce show that libraries are not the silent stuffy places that some people remember!" On Saturdays between 10am and 12 noon, there's the **Family Crafts and Lego Club**. Every week the children learn a different craft and then take their creations home to show off to their admiring

family and friends. For further details please contact Nick on 01787 377525 or email melford.library@suffolklibraries.co.uk

Monthly '**My Little Village**' sessions are held at the Village Hall for toddlers to 5-year-olds. In these, children engage in role play activities where their imaginations can take over. For example, they can pretend to look after animals in the vets, dress up as a member of the police force, drive to the village shop or make a pizza at the village pizzeria. Based on a village set up, your child can choose where they play and what role they have. Role play encourages many different skills including problem-solving, communication, co-operation and conflict resolution. The children agree the roles and rules of play. Booking is through <https://bookwhen.com/mylittlevillage>



Driving a tractor round the farm in My Little Village

Activities where children are left with organisers

There's amazing **Scouting** provision in Melford and it's being extended. From Easter, permission has been given to the village scout leaders to open a Squirrel Drey. **Squirrels** is a new Scouting programme for 4- to 5-year-olds and it's an historic milestone for the UK Scout movement. Initially, the children on the Beavers waiting list will feed into it. If you're interested in helping out, please see page 6 of this issue.

Children's Matters

The **Little Woodland Tribe** is a pre-school nursery run at the Country Park on Mondays, Wednesdays and Fridays during term time which offers more than just childcare and learning. Try to picture a classroom without walls, where the sky is literally the limit and the floor is full of nature's wonders. The children spend their days exploring the natural environment. To find out more and register your child contact littlewoodlandtribe@gmail.com



One of the Little Woodland Tribe finds a beetle

and 12-3.15pm. There's also access to **Rainbow Breakfast Club** and **Rainbow After School Club** available for those attending the nursery. This means that there is care available for children from 7.30am-6pm. For more information visit www.longmelfordprimaryschool.co.uk or telephone the school office on 01787 379929. You can obtain an application form, full details of relevant funding schemes and even make an appointment with the Headteacher to have a tour of the nursery to see it in action. It's an important part of the primary school and children attending it are able to use the outdoor areas, including forest school.

And of course, we have our wonderful village school which offers a pre-school **Nursery** starting the term after a child turns 3, where a wide range of indoor and outdoor activities is on offer. Children may attend for half day or whole day sessions during term time, from 8.45am-12 noon

So, looking at the range of different activities and options for our very junior members of the village, it looks as though there should be something to suit them all before that all important first day at big school!



Edward Charles Interiors is a family upholstery business and has had a showroom in Ringers Yard, Long Melford for 7 years. The business has been established since 1971 with a workshop in Essex.

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Diary Matters

Regular classes & workshops at Long Melford Village Memorial Hall

Mondays	Bounce classes – Jules Cooper	www.bookwhen.com/bouncelongmelford	9.30 to 10.30am
Mondays	Pop Chorus – Yula Andrews	07788 585441	7.30 to 8.30pm
Tuesdays	Pilates – Michelle Cowcher	michellecowcher@gmail.com	10.00 to 11.00am
Tuesdays	Bounce classes – Jules Cooper	www.bookwhen.com/bouncelongmelford	6.00 to 7.00pm
Wednesdays	Zumba classes – Dawn Thompson	www.bookwhen.com/dawnzumba	7.30 to 8.30pm
Thursdays	Bounce classes – Jules Cooper	www.bookwhen.com/bouncelongmelford	6.30 to 7.30pm
Thursdays	Indoor Kurling (1 st and 3 rd Thurs)	Drop in for a free taster session	2.00 to 4.00pm
Fridays	Baby Ballet	sudbury@babyballet.co.uk 07580 693747	9.30am to 12 noon
Monthly	Cultural Talks (3 rd Tuesdays)	The Arts Society Sudbury	11.30am to 12.30pm
Monthly	Cultural Talks (3 rd Tuesdays)	The Arts Society South Suffolk	2.00 to 3.00pm

Regular classes & workshops at the Old School

Daily	Yoga Studio – Áine McGovern	www.longmelfordyoga.co.uk 07840 030545	See website
Mondays	Card making – Pauline Andow	01787 228790	12.30 to 2.30pm
Tuesdays	Upbeat (Heart Support Group)	Hilary Neeves 01359 232678	9.00am to 1.00pm
Tuesdays	U3A Art	Vernon Lever 01787 310511	1.30pm to 4.00pm
Tuesdays	Sophia Paper Kite Yoga	Sophia 07968 165185	6.00 to 9.00pm
Tuesdays	Yoga with Clare Turner	clareturneryoga@gmail.com	5.45 to 7.15pm
Wednesdays	Life Drawing	John Garbett 01787 378798	10.00am to 12.30pm
Wednesdays	Keep Fit – Heather Mahony	sheather.mahony@btinternet.com	10.00am to 11.30am
Wednesdays	Friendship Dancers	Robin Hart 01787 269613	3.00 to 5pm
Wednesdays	Tudor Archers	Terry Chittock 01426 160053	7.00 to 9.30pm
Wednesdays	Silver Band	Mike Murkin 01787 312605	7.30 to 9.30pm
Monthly	Photography Group (first Monday of the month)	Derek Challis 01787 373738	mornings

Regular classes & workshops at The Melford at Stoneylands (LMFC clubhouse)

Mondays	Beau Dance for 6-10 year olds	Holly Cook 07512 692289	4.00 to 5.00pm
Mondays	Rock Choir	Adam Abo Henriksen 07840 024591	7.30 to 9.30pm
Tuesdays	Beau Dance for adults	Holly Cook 07512 692289	7.00 to 8.00pm
Thursdays	Beau Dance for 11-15 yr olds	Holly Cook 07512 692289	4.00 to 5.00pm
Thursdays	Boxercise	Ivan Ambrose 07484 617943	6.30pm
Saturdays	Colts and Fillies Junior Football	Ian Ambrose 07970 384576	Call for details
Sundays	Colts and Fillies Junior Football	Ian Ambrose 07970 384576	Call for details

Events may be subject to last minute adjustments in light of Covid-19, so please contact the organisers to confirm. If you would like your activity or event listed here, let us know the details by emailing MelfordMattersAdvertising@gmail.com. Details for April/May need to reach us by **1st March**.

Save the date – The Big Jubilee Lunch

Plans are being prepared for Long Melford to host the “longest village party” on **Sunday 5th June** as part of the celebrations of the Queen’s Platinum Jubilee. More details to follow; contact longmelfordjubilee@outlook.com to find out more and register your interest.



Diary Matters

February	Event	Venue/details	Time
Wednesday 2nd	Antiques Fair	Village Hall	9.00am to 3.30pm
Thursday 3rd	Good Neighbours Coffee Morning	Old School	10.00 to 11.30am
Thursday 3rd	Parish Council: Planning Full Meeting	Old School	7.00pm 7.30pm
Thursday 10th	My Little Village	Village Hall – Aimee Winsbury-Cutts 07730 680802	10.00 - 11.00am 11.15 - 12.15pm
Friday 11th	Melford Movies “The Courier”	Village Hall	7.00 for 7.30pm
Friday 11th	Folk & Acoustic Club upstairs	Cock & Bell poboap123@gmail.com	8.00pm
Tuesday 15th	Arts Society of Sudbury	Village Hall Music in Art; Sophie Matthews	11.30am to 12.30pm
Tuesday 15th	Arts Society of South Suffolk	Village Hall Music in Art; Sophie Matthews	2.00 to 3.00pm
Thursday 17th	Good Neighbours Coffee Morning	Old School	10.00 to 11.30am
Thursday 17th	Long Melford Historical and Archaeological Society	Old School – Members evening: short talks by members	7.30pm
Thursday 24th	Long Melford Litter Pickers	For details email longmelfordlitterpickers@gmail.com	2.00pm
Saturday 26th	Coffee Morning and Seed Swap	Village Hall	10.00am to 12.00noon
Sat 26th & Sun 27th	Antiques & Vintage Fair	Old School	9.30am to 4.00pm
Sunday 27th	Long Melford Litter Pickers	For details email longmelfordlitterpickers@gmail.com	10.00am
March	Event	Venue/details	Time
Wednesday 2nd	Antiques Fair	Village Hall	9.00am to 3.30pm
Thursday 3rd	Good Neighbours Coffee Morning	Old School	10.00 to 11.30am
Thursday 3rd	Parish Council Planning Full Meeting	Old School	7.00pm 7.30pm
Thursday 10th	My Little Village	Village Hall – Aimee Winsbury-Cutts 07730 680802	10.00 - 11.00am 11.15 - 12.15pm
Friday 11th	Folk & Acoustic Club upstairs	Cock & Bell poboap123@gmail.com	8.00pm
Friday 11th	Melford Movies “The Last Letter From Your Lover”	Village Hall	7.00 for 7.30pm
Tuesday 15th	Arts Society of Sudbury	Village Hall The GPO Film Unit; Howard Smith	11.30am to 12.30pm
Tuesday 15th	Arts Society of South Suffolk	Village Hall The GPO Film Unit; Howard Smith	2:00 to 3.00pm
Thursday 17th	Long Melford Historical and Archaeological Society	Old School – “Life and Death in the Bronze Age” Edward Martin	7.30 pm
Thursday 17th	Good Neighbours Coffee Morning	Old School	10.00 to 11.30am
Thursday 24th	Long Melford Litter Pickers	For details email longmelfordlitterpickers@gmail.com	2.00pm
Sat 26th & Sun 27th	Antiques & Vintage Fair	Old School	9.30am to 4.00pm
Sunday 27th	Long Melford Litter Pickers	For details email longmelfordlitterpickers@gmail.com	2:00pm
Thursday 31st	Good Neighbours Coffee Morning	Old School	10.00 to 11.30am

Melford Arts and Craft Movements

If you're interested in taking up or carrying on with art or a craft, then Melford has a great deal to offer – read on.

The Woolpatch

Run by Stuart, the Woolpatch in Hall Street caters for all kinds of craft and needlework. He offers a range of social classes during the week where you can bring your projects and get to craft and chat to others at the same time. There are also bespoke classes available – so, if you want to learn to knit, crochet, sew or quilt, you can book a one-to-one class, or come with a friend and learn a new skill.



Stuart at Woolpatch will show you how to make all sorts of things such as this cardigan

A 12-Week Painting Course

Local artist Edd Terran is planning to run another twelve-week art course on Wednesday afternoons where beginners and more advanced painters can improve their skills at the Football Clubhouse, full details from edd@schoolhousestudios.co.uk or 07779 297058.

U3A

The U3A has the motto 'learn, laugh, live' and the group which covers Melford, certainly holds true to that. For a modest annual membership fee, you can access all sorts of different interest groups including photography, languages, patchwork, scrabble, wood carving and many more. Local artist Vernon Lever runs a painting and drawing group in the Old School every Tuesday afternoon for U3A members. Details and fees for the whole range of groups can be found on www.u3asites.org.uk/sudbury

Suffex Beading

This is needle weaving to create jewellery and pictures with threaded beads. You'll need good eyesight and hands that are comfortable using a needle. Materials are provided for purchase and crafting sessions are held on the first Thursday of the month at the Old School from 9.30am to 12.30pm. Call Victoria on 07866 996124 for more information.

Flower Arranging

The group responsible for the beautiful flower arrangements at Holy Trinity would be delighted to welcome new recruits to their friendly team – guidance will be provided. It is planning an informal workshop and coffee session to welcome newcomers. For more information email dianaskrine@gmail.com

Model Behaviour

There's a huge range of crafting and model making products available at one of Melford's newer attractions, Model Behaviour in St Catherine's Road. The owners Jan and Gary say "We don't just run a shop selling stuff. We're passionate Crafters, Model makers and Hobbyists in our own right, so the right advice is always on hand to those starting out or coming back to a hobby they once had." The items available include paper crafts, felting, woodcrafts, model construction kits and model railways. The beauty of it is, if you get stuck (no pun intended), you can always pop back and consult the experts for advice on rescuing the situation.



Jan and Gary will welcome you to their Model Behaviour shop that is packed with stock

Melford Arts and Craft Movements

Photography

There are all levels of experience in the Photographic Group, which meets on the first Monday morning of each month at the Old School. All you need is a camera and a desire to learn more about photography – you'll pick up lots of hints and tips. The Group sometimes has days out. Taster sessions are free and it's only £3 a time after that. For details call Derek Challis on 01787 373738.



The Photography Group, taken using vintage Victorian era techniques by award-winning photographer Steve Le Grys of Acton

Cardmaking

Pauline Andow (01787 228790) runs Cardmaking and all sorts of paper crafting sessions every Monday at the Old School. This is a welcoming and friendly group of all ages. Pauline provides materials, tools and refreshments for £10 a session.

Life Drawing

If you're a budding artist or aspire to be one, Life Drawing on Wednesday mornings at the Old School might be of interest. John Garbett, artist and teacher, welcomes people with all levels of art ability to this mixed social group. Tuition and guidance are given for life drawing, portraits and figure drawing. You use your own paper and whatever medium you choose. Drop-in sessions are available at £10. Check out some of the drawings on Instagram @longmelfordlifedrawing. Or call John on 01787 378798 for details.

All in all, Melford is lucky to have so many talented folk who are willing to help the rest of us take up new crafts and improve our skills.

Reader Survey

The Melford Matters team is always pleased to receive comments – positive or negative – about the magazine by email to melfordmatterseditor@gmail.com. We've reached our sixth issue and thought now is a good time to ask for specific feedback. We'd be very grateful if you could answer the questions below and return the survey to the Village Hall, Library or Breakout by end of February 2022. If you'd prefer, you can complete the survey online via <https://forms.office.com/r/VdsFQMWyRH>.

Whether you complete the form below or online, provide your contact details for a chance to win one of two fantastic prizes generously donated by two local businesses: Afternoon Tea for Two at the Long Melford Tea Room, or a case of beer from Nethergate Brewery.

Q1. Which articles and features do you most enjoy or find useful? Which do you skip? Are there any other topics which you would like us to cover?

Q2. How easy to read do you find the articles? Would you prefer more long articles or more short articles?

Continued overleaf →



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Reader Survey (continued)

Q3. Is our coverage appropriately balanced (eg. promoting both voluntary community activity and local businesses; covering all ages, etc)?

Q4. Please provide any comments on the design of the magazine (eg. typeface, print size and line spacing, use of pictures and free space)?

Q5. Please indicate your overall views of the magazine, and include any specific feedback not covered above.

If you are content to provide the following information, it will assist us in ensuring the magazine is relevant and interesting for all.

Q6. Age: ☐ 0-20 ☐ 20-40 ☐ 40-60 ☐ 60+
Q7. Gender: ☐ Male ☐ Female ☐ Other
Q8. Link to Melford: ☐ Resident ☐ Visitor ☐ Worker/business owner

Name: _____ Phone Number/address: _____

(This information will be used purely for the purposes of the survey and prize draw and will not be retained. Please see <https://www.longmelfordvillagehall.co.uk> for full privacy notice).

Festive Long Melford

What a cracking day Festive Melford was, despite the appalling weather! With a wide range of seasonal attractions in Hall Street, and the very popular Santa's Grotto on the Little Green, there was something for everyone.

The pubs and tea rooms had a very successful day. Happily, visitors also enjoyed the wonderful range of products available at our great village shops – one business said “people were really keen to get on with their festive shopping as well as see the attractions outside.” And lots of money was raised for good causes including our primary school, library and church.

Huge thanks to all who were involved in organising and delivering such a fabulous day.



Families enjoyed the Punch and Judy show



Morris Men gave several performances



Santa distributed gifts



The reindeer braved the weather...



... and even a unicorn made an appearance



Santa's helpers ensured everyone had a good time

Traditional Rugs



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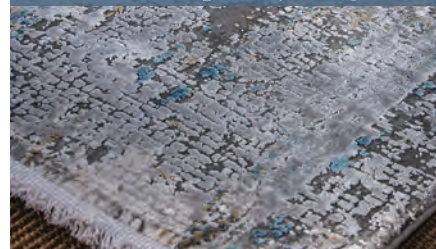
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Heritage Matters – Digging for History

The start of the 2021 dig south of Chad Brook – with a long way to go



As part of the Long Melford Heritage Trust's ongoing archaeological work, together with augmenting last year's successful excavations, the team has continued to build on our knowledge of Melford's past.

We now know that a length of Roman Road extended to under the new club house of Long Melford Football Club. This year, with permission from the Hyde Parker family, excavations revealed that the same Roman Road continued west of Chad Brook in the direction of Clare/Cambridge.

It was supported on a causeway when crossing a marsh. Part of the causeway used iron slag from the Roman smelting operation discovered last year, mixed with gravel to produce a firm surface to withstand seasonal flooding. Evidence of a wooden structure, perhaps a foot or cart bridge, was also found.



Fresh out of the ground, a Roman Samian pot depicting Roman God



Iron Age coins

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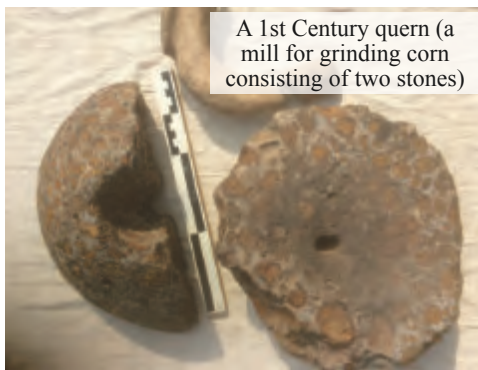
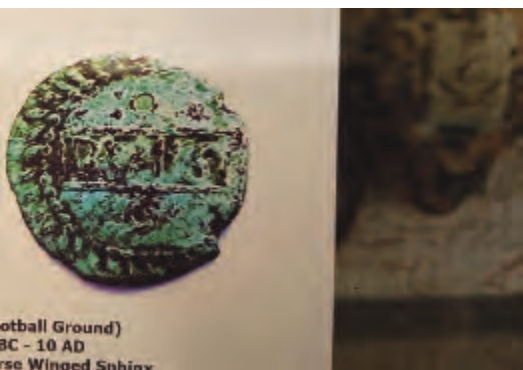
The almshouses were built in 1573 for those in need in the village. They were built by the then Lord of the Manor of Melford, Sir William Cordell. He was born and raised in Melford and was a lawyer and politician. He achieved a great deal, becoming Master of the Rolls and a member of the Privy Council.

The almshouses are 12 flats and residents have to meet certain criteria. They must be elderly people of good character who are in need and who were born in or are resident in Long Melford or certain surrounding Parishes. However, preference must be given to elderly men of the Ancient Parish of Long Melford. Although it is called a hospital no medical care is available and the residents must be able to look after themselves.

Under the Trust Document, the Trustees are the Rector and Church Wardens and three appointed by the Parish Council; the Trustees can appoint up to three more. The Board of Trustees oversees the maintenance and interviews applicants as flats become vacant. The residents must pay their electricity bills and are asked to contribute their heating allowance towards heating and hot water for the

Some way from the present village, many thousands of pottery sherds along with a building came to light. The range of artefacts was very unusual and included many hob nails from the soles of Roman sandals and boots proving this was a busy thoroughfare. All the finds are to be examined by experts who will compile a report describing the nature of the site, which may prove to be of national importance.

The team has big plans for 2022 with an extensive geophysical survey of the areas occupied by the football and cricket clubs which will hopefully throw light on the structure of the Iron Age and Roman Town. This will be followed by a talk for the community in late Spring to announce the results.



A 1st Century quern (a mill for grinding corn consisting of two stones)



Young archaeologists on the 2021 Chad Dig

hospital. All the other running costs are met by rental income from farmland bequeathed to the Hospital by Sir William Cordell.

William Hyde Parker
Chair of Trinity Hospital Trustees



17th Century Crime

The wall that surrounds the ‘hospital’ was built in 1632. This was at the request of residents of the almshouses for a high brick wall because villagers were ‘stealing’ fruit from the trees in the grounds.

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Craft Ales and Gins

Booming Breweries and Bloomin' Good Beer

It's a golden age for breweries, with more of them nationwide than any time since the mid 1800s. We're particularly blessed in West Suffolk with a total of fourteen breweries. In the Melford area we're especially well served, with Nethergate at Rodbridge Corner, Roughacre in Clare and Suffolk's oldest brewer, Mauldon's in Sudbury. All have Tap Rooms where you can sample their wide range of ales – opening hours vary, so check before going.



Nethergate's impressive range of ales can be sampled at its Tap Room at Rodbridge Corner

As well as a Tap Room, Nethergate has plentiful outdoor seating, offers tours and has a shop on the Rodbridge Corner site and another in the Traverse in Bury St Edmunds.

Mauldons opened a Tap Room in 2021 at its brewery on the Chilton estate. It offers tours followed by a tasting session.



A wide range of Roughacre's ales are available at the brewery shop in Clare

Mark and Sarah relocated their Roughacre brewery to Clare from Castle Camps at the end of 2020. The move has allowed them to increase their brewing capacity and open their own Tap Room and shop.

Pubs in the Good Beer Guide

Five pubs in our area are included in the Good Beer Guide. Long Melford's Crown Hotel has featured in the Guide for 15 years. The pub has two well-kept regular ales and one or two changing guest ales together with real cider. The Nethergate Tap Room has proved very popular since opening in 2017. It serves Nethergate gins as well as ales and has visiting vans offering food.

Mauldon's Brewery Tap in Sudbury is the epitome of a classic pub, with its stripped pine floor and collection of mismatched furniture. The real stars of the show are the quality ales, with six or seven constantly rotating; it's a must for beer and pub lovers.



Mauldon's Brewery Tap in Sudbury is in The Good Beer Guide

The Globe in Clare reopened in 2013 after a 2-year closure. It's now a thriving local where beer and conversation flow. The Brook in Great Cornard is relatively new to the Guide. Owners Simon and Kay always give a warm welcome and serve five or six real ales in their community focused pub.

Nethergate Moves into the Spirit World

Nethergate has recently begun to distil its own spirits and is thought to be one of only eight breweries in the UK to have a distillery. It has two gins: Melford's Gin has a unique floral aroma and Ruddy Duck Gin is flavoured with Strawberry and Wild Water Mint. Both are proving very popular. Nethergate is now working on a Rhubarb and Ginger Gin and developing its first Rum.



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Nature Matters

Welcoming Nature into Long Melford

The Biodiversity Group and volunteers have been very busy over the winter carrying out practical work to enhance the natural environment in our village.

In November, we had a morning planting tree seeds. We had a variety of seeds but no acorns. The seedlings will be grown on with a view to planting out in the village in the coming years.

We've been improving the Melford Railway Walk Nature Reserve, removing overhanging branches and scrub to let light in. This should help keep the path dry, encourage wildflowers to grow and provide more areas for basking reptiles such as slow worms and lizards. We've cleared and raked an area alongside Roman Way and planted it with native flowers and bulbs. So by next summer the area should be filled with flowers and insects.

Babergh Council donated some free native trees and hedging

which have been planted out, in the cemetery and alongside the allotments behind the Cock & Bell. The dead tree outside David Burr's on Hall Street has also been replaced with an attractive native hawthorn, which is beneficial to insects and birds.



This area alongside Roman Way has been planted with native flowers and bulbs

Trees and hedging donated by Babergh have been planted in the cemetery and by the allotments behind the Cock & Bell

Our next task is to help and encourage everyone to make and erect bird boxes, insect hotels and create hedgehog highways. We also hope to put up some swift boxes. These birds have declined in numbers due to us all improving our homes and reducing the access to nest spaces under the eaves. Swifts are seen around Long Melford in the summer months, but few are nesting. We've worked with Bloor Homes to ensure swift bricks are incorporated into some of the new homes on 'Skylark Fields'.

Look out for our news and events on the Long Melford Facebook Page.

Jane Burch
jane_burch@yahoo.co.uk



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Library Matters

Update from Long Melford Library

At the time of going to print, we haven't got an exact date for our move to the Royal British Legion in Cordell Road but it will be sometime in March. Please visit our website or Facebook page for the latest news. We look forward to welcoming you to our new home!

Friends of Long Melford Library (FoLML)

FoLML is a voluntary organisation that raises funds and has a say in the development of the library. The Christmas Fair, organised by FoLML, raised a fantastic £1,000, which will help ensure our upcoming move



goes smoothly. Many thanks to all who supported it. FoLML are looking for new members. If you're interested, please get in touch with Nick, the library manager.

Wordplay (Tot Rock and Baby Bounce)

Join us every Tuesday at 2.30pm for action songs and rhymes, suitable for children 0-5 years old.

Top Time

Our social group for the over 50s meets every Wednesday at 3pm.

Family Crafts

Every Saturday from 10am-12 noon we have a new craft for you to try out! Suitable for children aged 3-11.

Tel No: 01787 377525

Website: www.suffolklibraries.co.uk

Email: melford.library@suffolklibraries.co.uk

Social media:

www.facebook.com/longmelfordlibrary

Community Matters

Melford's Queen of Hearts

In the first Covid lockdown, Ginny Hearne was inspired by Captain Tom Moore and thought "If he can walk all that way for NHS charities, I should do something."

So, she started making Love Hearts and selling them in front of her cottage in Hall Street. She initially gave the money to the NHS. But then she started as a volunteer in Sudbury's Salvation Army shop, so decided to donate the money to them (though during Remembrance weekend, she gave the proceeds to the British Legion).




Ginny, her hearts and dogs
Ronnie and Reggie

By Christmas 2021, she'd raised almost £3,000 and decided to stop for the winter. "But I'll start again in the Spring or Summer", said Ginny "and I'll choose a new charity to donate the proceeds to."

The magazine welcomes contributions from everyone in the village. Content should focus on information that will benefit and inform the village and villagers. Where there is limited space, priority will be given to local and community information and updates that benefit all. Where there is competition for remaining space, the editor will act fairly to ensure contributors and community organisations are treated equitably. Contributors and advertisers are responsible for ensuring that their content is accurate, free of obscene, abusive or discriminatory language and not libellous or in breach of copyright. The magazine will prioritise, but not be limited to, securing adverts from local businesses. Errors and omissions excepted.

Melford Matters is affiliated to Long Melford Village Memorial Hall for accounting purposes and forms an extension to the Village Hall's objectives. It is a non-political 'not for profit' community initiative run by an Editorial Committee of volunteers. The team comprises Phil Buck, Sue Buck, John Nunn, Stuart Palmer, Lisa Tipper, Chris Watts, Dave Watts and Philip Windsor. Special thanks to Alex Windsor for the cover design and to Steve Thomson for the cover photo. Melford Matters is printed by Indigo Ross Design & Print Ltd.

Brain Matters

 One of the blessings of living in Melford is the array of different architecture. Can you recognise these prominent buildings from their architectural features? Answers can be found on page 30.



Q1. Beautiful carving on these ancient timbers



Q2. A village clock



Q3. A cantilever construction



Q4. Interesting stonework over this door



Q5. Intricate stonework at the foot of this buttress



Q6. An ornamental frieze over this arched doorway



Q7. Pinnacles on the gables and corner buttresses of this building



Q8. Detailed brickwork around this plaque



Q9. An intriguing door

Cookery Matters

The Hare's Famous Swedish Meatballs

We asked Nik Forsstrom, landlord and chef at The Hare Inn on High Street, to let readers into the secrets of a recipe from his homeland.

Ingredients:

Makes 4 portions.

200g lean beef mince

200g pork mince

75ml rolled oats

75ml milk

75ml double cream

1tsp salt

1 egg

1/4 tsp ground white pepper

1/2 an onion (chopped and fried)

Method:

1. Mix the oats, milk and cream. Leave for 10 minutes to soak.
2. Add the mince and salt. Mix well.



3. Stir in the egg, pepper and onion. Don't overwork the mix or the meatballs will be hard.
4. Roll into approx 4cm/1½ inch balls and pan fry on a medium heat until cooked through (approx 5 minutes).
5. Add gravy, with a dash of soy sauce and a splash of cream.

Serving Suggestions:

Serve with mash (we like ours smoked) and if you go to IKEA, pick up some lingonberry jam (otherwise cranberry sauce works just as well). We serve nine meatballs per portion and put some sweet, pickled cucumber ribbons on top.



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Gardening Matters – Notes from the potting shed

As the daylight available for gardening increases every day, it's definitely time to look ahead to some wonderful opportunities for village gardeners in the coming season. In just a few weeks, we have our jolly **seed swap on Saturday 26th February 10am-12noon in the Village Hall**. Don't worry if you have no seeds to swap, we already have a huge selection for you to choose from including herbs, flowers and virtually every kind of vegetable. Do come and have a chat with fellow gardeners including representatives of Melford in Bloom, the Biodiversity group and the organisers of Open Gardens and the flower and produce show.

In our last issue, we promised information on what you can start growing to enter in the **flower and produce show** which will form part of the **village fete on 9th July**. The fruit category includes strawberries, raspberries and any currants. The vegetable categories are carrots, beetroot, onions, potatoes, peas and radishes, as well as a wonky vegetable of any type. In the ornamentals section, the categories are roses, sweet peas, a potted fuchsia, and an arrangement of any flowers in a teapot or, for the under 12s, an arrangement in a cup and saucer. There are many other categories to enter to show off your baking, preserving and craft skills and they will be covered in the next



issue of the magazine. Don't forget, you can discuss all of this with Rosey at the seed swap.

The other lovely gardening project for Melford this year is the **sweet pea challenge**. Last year, so many people created wonderful sunflower displays in front gardens or on door steps that we were asked to suggest another village growing effort for 2022. We thought that if lots of us grow sweet peas in front of our homes this year, not only would that look beautiful but it would also fill Melford with a super fragrance. What do you think, have you started yours off yet? There will be pots of sweet pea seedlings available for you to take away from the Little Green to grow

on for yourselves if you prefer to do it that way. Depending on the weather, they should be ready for collection towards the end of March.

Meanwhile, we hope you're enjoying seeing all the spring bulbs beginning to show themselves, promising another great year of colour and beauty in our lovely village.

Please do keep sending your queries and tips in to Melfordmatterslifestyle@gmail.com

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
<https://www.longmelfordvillagehall.co.uk/how-to-book/>
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Spiritual Matters

Asteroids!

During autumn, my family watched a number of asteroid disaster movies. These ranged from the comically awful “Armageddon” ... to the hauntingly beautiful “Melancholia”. Typically, the impending doom forces the characters in the films to think about what was really important, and to work together to avert disaster (with varying degrees of success!)



It does seem strange that this film genre is so popular. Does it reflect a deeper sense of unease that, despite the many blessings in life, powers beyond our control can bring destruction at any time?

Looking ahead with hope and purpose has probably always been a challenge. For a whole host of reasons this is perhaps even more so now. Many wonder whether their lives really make a difference to anything or anyone.

As we leave Christmas behind us and move into 2022, let's take heart from the many positive ways people have responded to the pandemic. Let us also remember a certain heavenly body coming to earth in human form, who reminded us that what we do with our lives really does matter. My prayer is that God helps us all to have hope and a meaningful future.

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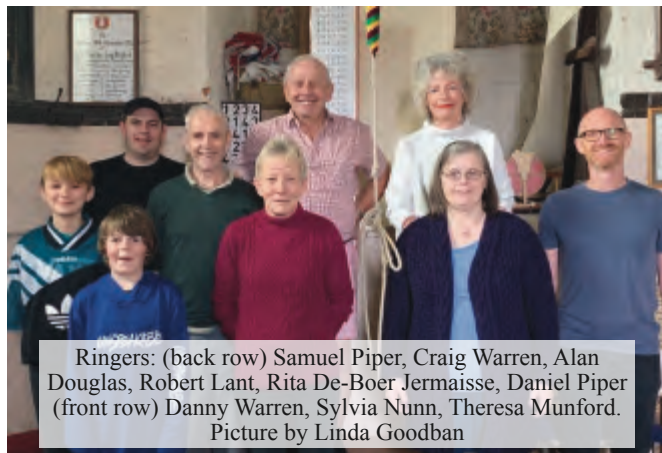
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Meet the Trinity Clangers

For centuries church bells have rung out across the land, as a warning, in celebration, in mourning and as a call to worship. We have 8 bells at Holy Trinity which are around 300 years old, weighing from $\frac{1}{4}$ ton to $\frac{3}{4}$ ton.

From March 2020 to March 2021, Holy Trinity's bells fell mostly silent due to Covid restrictions, the first time this has happened in my lifetime (this year marks my 50th anniversary of ringing – I learned to ring here as a girl guide in 1972). During the lockdown, only the Tenor (the largest bell) rang out in support of key workers every Thursday evening. In 2021, the ringers returned to the Tower and once again the bells are ringing for events and services.

On Saturday 9th October 2021, the Holy Trinity bells rang from 12 noon to 12.45pm in support and celebration of the ladies cycle tour. Beginners and experienced ringers, led by Tower Captain Linda Goodban, participated.



Ringers: (back row) Samuel Piper, Craig Warren, Alan Douglas, Robert Lant, Rita De-Boer Jermaisse, Daniel Piper (front row) Danny Warren, Sylvia Nunn, Theresa Munford.
Picture by Linda Goodban

For the Remembrance Service, the bells were half muffled (ie leather was tied to one side of each clapper allowing one loud strike followed by a softer echo strike). Then came the busy Christmas period when we rang for many services.

We currently have a band of around 10 adults and 3 children, with ages ranging from 8 to 80! It takes around 3-6 months to learn to ring a bell well. Once handling of the bell has been achieved, a ringer will learn Changes and Methods; this is where the bells strike in a particular sequence. As a hobby ringing can be fun, challenging and rewarding all at the same time.

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We meet every Wednesday, 7pm till 9pm in the church tower to practise. New ringers are always welcome. If you'd like to join us, please contact Linda Goodban on 07786 151650 or email linda@rodbridge.com.



Linda Goodban, Tower Captain, who wrote this feature



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Sport Matters – Cricket

1,500 wickets and not out

Long Melford cricket club held its annual dinner and presentation evening at the Bull Hotel on 27th November. Eighteen trophies were awarded that evening from Young Player award (Kieran Pettitt) through to Clubman (this year in plural: the ground support staff). A Special award went to slow left-arm bowler Martin Maxim (in the centre of the front row in the photo) in recognition of his remarkable achievement in taking more than 1,500 wickets for the club over a period of six decades from the 1970s to present day. The club would like to thank Gary and all the staff at the Bull for a successful and enjoyable evening.



from 4th January to the end of March. Anyone interested in joining is more than welcome – please email neilrsawyer@hotmail.com or phone 07379 184210

Winter Nets will be running from 7pm-9pm on Tuesday evenings at Polstead indoor cricket lane

The new season starts on Saturday 16th April.

Sport Matters – Football

News from ‘The Melford’

Geoff Thomas, Chair of LMFC, is certainly proving a hit. He’s not only a talented and entertaining figure on the touchline but on the stage too, as lead singer and rhythm guitarist of the Fat Old Dad band. He was the star of the show at



our sell-out Sixties Dance at ‘The Melford’ – our new clubhouse. Geoff has been working closely with our Colts and Fillies teams to encourage several young players to compete at adult level. It’s great to see proud parents and carers cheering from the touchline. Our Reserve Football Team top their league and our First Team are determined to stay in the Thurlow Nunn Premier League.



The Fat Old Dad band with Geoff Thomas on the right

The Rock Choir has joined our growing list of activities and we hope to welcome back the successful series of art classes in the spring. The Melford was also the setting for a specialist evaluation event, similar to Antiques Roadshow, held by Lockdales Auctioneers.

If you’d like to come and help us, call Peter or Lynn Turner on 01787 468536.

Melford Man Key to Arsenal Women’s First Team Squad

Local man, Jonny Dixon (son of Long Melford Country Park Ranger Susie Dixon), is now Performance Analyst for Arsenal Women’s First Team Squad. He has a degree in Football Studies and worked with Reading and Charlton Athletic before landing the plum job with Arsenal. His analysis helped Arsenal win the Women’s Super League in 2019 and they were top of the table and undefeated in the 2021/22 Super League when we went to press. Jonny says “I love my job and have always been obsessed with watching football. But I was never good enough to play for Melford – I was a failed right-back”.



Jonny with the Super League trophy

Directory of Clubs and Societies

Group	Contact	Phone/email
Beading (Suffex Bead Club)	Victoria Power	07866 996124
Beavers	Carolyn Spraggons	01787 370686
Business Association	Jane Ebejer	01787 375862
Coffee & Cake @ St Catherine's	Margaret Taylor	01787 880875
Connect	Pam Tonks	07890 880976
Cricket Club	Ivan Newman	07944 893167
Explorers	Thomas Tracey	bovineesu123@gmail.com
Folk & 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		help@suffolklibraries.co.uk
Good Neighbours' Scheme	Helen Eaton	07504 249179
Historical and Archaeological Society	Julie Thomson	01787 375329
Holy Trinity & St Catherine's Church	Rev. Matthew Lawson	01787 301845
Keep Fit	Heather Mahony	01449 736662
Long Melford Community Sports Trust	Peter Turner	01787 468536
Long Melford Cubs	Stacey Cole	07368 519981
Long Melford Group Scout Leader	Stephen Spraggons	melfordgsl@aol.com
Long Melford Museum and Heritage Centre	John Nunn	01787 313496
Long Melford Litter Pickers	Julie Thomson	01787 375329
Long Melford Open Spaces	Graham Eade	01787 319120
Long Melford Parish Recorder	Julie Thomson	01787 375329
Long Melford Photographic Group	Derek Challis	01787 373738
Long Melford CE Primary School	Mrs Woolmer	01787 379929
Long Melford Scouts	Graham Souch	1stlmscouts@gmail.com
Long Melford Women's Institute	Jane Ebejer	01787 375862
Melford Music	John Watts	01787 310373
Neighbourhood Watch	Stuart Finch	07867 371564
Over Sixties Club	Mrs Albon & Mrs Woodgate	371413/376711
Old School bookings	Rosey Eade	01787 319120
Project Seven	Andrew Hagger	07980 526067
Royal British Legion	Martin Richards	01787 377567
Scout & Guide HQ bookings	Vicki Ramdhanie	lmsglettings@gmail.com
Silver Band	Mike Murkin	01787 312605
The Arts Society South Suffolk	John Ashton	07899 872222
The Arts Society Sudbury	Jan Spencer	07747 692377
Trinity Singers	Sue Roberts	01787 319850
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 MelfordMattersAdvertising@gmail.com. Amendments must be received by **1st March** to be included in Issue 07 – April/May 2022.

Quiz Answers	4. Trinity Hospital	8. United Reformed Church/ Library
1. The Bull Hotel	5. Holy Trinity Church	
2. The Old School	6. The Ex-Service & Social Club	9. The Conduit on Lower Green
3. Long Melford Antiques, Interiors and Lifestyle centre	7. The octagonal building at the front of Melford Hall	

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