

MELFORD

Issue 11 – Dec. 2022/Jan. 2023

Matters



Photo: Steve Thomson

Festive Long Melford

Christmas fun for all ages
on Friday 25th and Saturday
26th November

Pages 14 to 17

Neighbourhood Plan Approved

We should now have more
say on future housing
developments

Page 24

New Broom at our GP Surgery

The new Practice Manager
hopes to improve the
service we receive

Page 27



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Editorial

What a great village to live in

Isn't it fabulous that the Neighbourhood Plan has been finished and approved? Let's hope it makes a big difference to decisions about future housing development in the village.

I'm really looking forward to Festive Long Melford this year after having to miss last year's celebrations. Let's hope for better weather too.

Thanks very much to all our volunteers

It's great that we have so many people in the village happy to volunteer their time to things such as the Neighbourhood Plan and Festive Long Melford. It takes a huge amount of time and effort to see projects like them through to the end – six years in the case of the Neighbourhood Plan.



Everyone who has worked on all our events and active groups in the village deserves a big thank you. And with the Neighbourhood Plan, a huge thank you must go to the chairman Jonathan Ewbank and our resident planning consultant Ian McDonald – they both put in many hours of hard work and Ian's professional expertise was invaluable.

GP surgery on the way to recovery

As we reported in our last issue, our GP practice is in special

measures. But its new Practice Manager is determined to help it recover and is confident it will be given a clean bill of health by next summer – see page 27.

Merry Christmas and Happy New Year...

... from all the Melford Matters team.

Dave Watts, Editor

SONGS OF PRAISE

"The team at Winkworth in Long Melford go above and beyond. They provided a personal touch customer service to us and every viewing we had was outstanding. We tried other agents and wished we had gone with Winkworth from the start. I recommend anyone thinking of selling to ring and speak to Mark for a valued and professional opinion and the best approach for your sale."

MRS V COE

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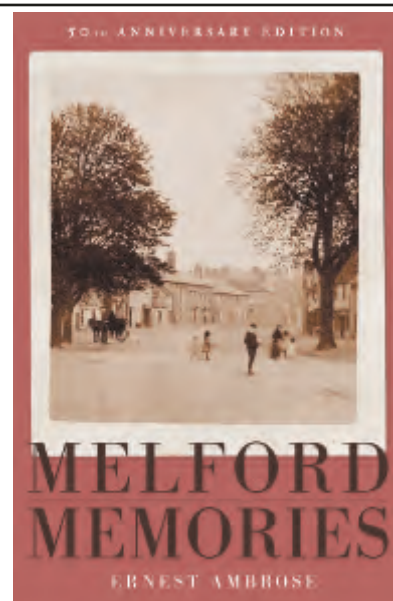
Looking for local Christmas present ideas? Read on...

Melford Memories

This wonderful book by Ernest Ambrose was first published in 1972. Now, 50 years later, it's been redesigned and reprinted and would make a wonderful Christmas present for anyone interested in Melford's history.

Ernest lived in Melford from his birth in 1878 to his death in 1973. The book tells of his recollections of Melford, starting with his schooldays and including chapters on poaching, the Church, Queen Victoria's Jubilee, the coming of cycles and cars, the football club and much more.

It costs just £9.99 and is available at Breakout, the Church shop and from the Long Melford Historical and Archaeological Society (LMHAS) and the Long Melford Heritage Trust. LMHAS and the Trust jointly funded this 50th Anniversary edition. Melford Memories will also be available to order from bookshops, online retailers and as an e-book.



Try the Church Shop

The shop in Holy Trinity has lots of items suitable for Christmas presents and stocking fillers, as well as a fine selection of Christmas and greetings cards.

Present ideas include notecards and pads, bookmarks, attractive tea towels, mugs and crockery, playing cards, earrings, soaps and bath salts, pencil sets, attractive tins (some filled with sweets) and an eclectic collection of books with something suitable for all ages.

Nethergate's Gins and Waters

Last year we suggested a bottle of Nethergate's new Melford's gin as a possible Christmas present. Since then, they've developed their 'Ruddy Duck' flavoured gins. So far, they've created Strawberry & Wild Water Mint (using local strawberries and mint picked from local meadows) and Rhubarb & Ginger (both £20 for 35cl and £35 for 70cl). See nethergate.co.uk/shop/gin for details.

Nethergate's latest creation is the 'Deap Water' range of alcoholic and no-alcohol flavoured sparkling waters made with fresh spring water from Nethergate's own well. Available in their shops at £1.70 for a 330ml can for no-alcohol water and £2.60 for a can with a dash of vodka added. See deapwater.com for more details.



A Further Appeal from the Melford Litter Pickers

We're looking forward to celebrating our sixth anniversary in January. But unfortunately, following our appeal in the previous edition of Melford Matters, no one has come forward to run the group. Whilst it's said that all good things must come to an end, we'll keep our fingers crossed that someone reading this article might be

prepared to give up a few hours a month to enable us to continue to improve the appearance of the village. If you could be the person we're looking for, please call Julie Thomson on 01787 375329 for an informal chat about what's involved or email longmelfordlitterpickers@gmail.com.

Please see Diary Matters p11 for details of our December and January picks.

Community Matters

Our Silver Band has a Busy Run-Up to Christmas

As well as playing at Festive Long Melford on 26th November, the Long Melford Silver Band will be playing carols in Hall Street on 10th December from 10am to 12noon and outside Waitrose in Sudbury on 18th December from 11am to 1pm and from 2 to 4pm.



They'll also be making appearances at the Clare Christmas Fair, and at Carol Services at Pebmarsh and Alphamstone churches.

Their Christmas Concert will be at Melford Village Hall on 17th December, starting at 7.30pm. This will be the last performance under their current Musical Director, Nigel Partridge, so they're hoping for a good attendance.

Some of the money raised in the run-up to Christmas will be donated to Motor Neurone Disease Research.

Kentwell's Dickensian Christmas

On the weekends of 10th/11th and 17th/18th December, you can step back in time to 1869, when Kentwell Hall and gardens will be transformed into a winter wonderland complete with wonderful Dickensian Christmas traditions.

You can listen to Charles Dickens reading from his 'Christmas Carol' in the Tavern, see the festive feast being prepared, visit the ballroom and master a new-fangled dance called the waltz and the more traditional polka.

In the garden, we've set clues to entertain the young ones and help them to solve a riddle. There are also activities such as making Christmas decorations and decorating wreaths.

You can visit Father Christmas (and Mother Christmas too). The day will end at dusk with carol singing around the Christmas tree.

For details see: kentwell.co.uk/events/dickensian-christmas



Long Melford 2,000 Years Ago – learn more on 2nd December

At 7pm on Friday 2nd December in the Village Hall, you'll be able to learn about ancient Long Melford. Kenneth Dodd, the archaeological expert on the Long Melford Heritage Trust, will give an illustrated



talk on recent excavations in the village and what they have revealed about its past and everyday life in Roman times. Many of the interesting artifacts discovered will also be on display.

Until now, Melford has been described as a small roadside settlement of little importance in Roman times. But we can now stake a claim that it was one of the few Roman towns in East Anglia to have an official name and Kenneth will explain why Melford was important.

Admission £3.50; children £1.50.

Community Matters

Let Them Eat Cake and Drink Coffee for Free at the Black Lion

The Black Lion is offering free coffee and cake on the last Tuesday of every month from 11am to 12.30pm to enable people to make new friends or meet up with old ones. "Our coffee morning allows our locals and community members to spend quality time together in a warm, homely environment," they say. The next dates for your diaries are 29th November, 27th December and 31st January. Sounds good to us.



LONG MELFORD HISTORICAL & ARCHAEOLOGICAL SOCIETY

We have enjoyed talks by Edward Martin, Anne Grimshaw and Sarah Doig during our 2022 season.

We're looking forward to 2023 and our first meeting is on 16th February which, by tradition, is a Members Evening. We have 56 members and a select few will share details of their historical interests or research at 7.30pm at the Old School Community Centre. Visitors are very welcome to join us, there's a £3 charge and refreshments are provided after the talks. Take a look at our website www.lmhas.co.uk or our Facebook page to see more information and historical images of the village.

Melford Open Gardens: Bank Holiday Monday 29th May 2023

Despite the weather, 2022 Open Gardens was a resounding success featuring more than 20 gardens and raising more than £4,000 for Melford in Bloom and the Cure CJD charity.

The organisers (Farley from Breakout and Paul from The Mill B&B) are keen to sign up new gardens for 2023 in addition to those which participated last year.

Feedback from the gardeners involved in the last event was wonderfully positive with everyone saying they had a great day.

So, if you have a garden (from the tiniest 'yarden' to the most palatial of offerings) please get in touch to sign up for 2023.

We can only run this event with the help of the local community and remember, your garden doesn't have to be perfect; this is a charity event so why not get involved?

Please contact Paul at The Mill on 01787 378035 or email contact@themill-longmelford.com to sign up.



Village Volunteers to Clean Road Signs

Our village volunteers plan to clean our road signs in 2023 – another welcome step to help make the village even smarter and attractive to residents and visitors alike. If you'd like to volunteer to help with this and other village projects, please phone John Nunn 07792 357039 or email nunnj@longmelford-pc.gov.uk

Community Matters

News from the Community Association

There are 13 different groups using the Old School regularly including the Silver Band and classes for Yoga, Keep Fit and U3A Art; we also have the monthly Antique Fairs.



Our main project for 2023 is to remove all gas heaters from the building. We're replacing them with modern infra-red heaters, which are more efficient and can be remotely controlled. The school is an old Victorian building, which has many challenges; but with energy costs rising rapidly, we need to do all we can to keep the community centre open for all.

The committee is applying for a Babergh Community Grant to help with costs of installing this new heating. Hopefully, if successful, all heaters will be modern and efficient by this time next year.

If you'd like to be involved in running the Old School, please contact me.

Rosey Eade

Treasurer LMCA 07711 242481

Fresh Locally Grown Organic Veg Delivered to Your Door

Melford resident Greg Harrison grows organic vegetables in Cavendish for a weekly veg box delivery to your door. There are two sizes of box – one for up to three people, the other for four or more.



For the December/Christmas boxes it's expected that there'll be seasonal veg such as: sprouts, roasting potatoes, parsnips, red or savoy cabbage, onions, garlic, leeks, carrots, swede, spinach/chard and mixed salad.

Order online at sunshineandgreen.co.uk and Greg will deliver.

News from the Scout Hut HQ

The Squirrels celebrated Diwali and are planning some Christmas carol singing. They will be making cards for Steeds Meadow residents. Hopefully, they'll also have an Xmas party and a visit from the bearded man in red.

We're visiting Holy Trinity church for a session with the hand bell ringers and are hoping for a trip up the tower. We will also be doing various crafts for Christmas and are having a pirate theme Xmas party.

The Beavers are working for the disability awareness badge. The Cubs are visiting the fire station and are doing the artist badge linked with Christmas. The Scouts have another short camp planned and are doing some screen printing.

Unfortunately, our Explorer unit for older members up to 18 has closed – they now have to go to

Sudbury. The upside is we have enough leaders for the Scouts (up to the age of 14) to continue. However, we still need volunteers who are willing to train as leaders especially for the Beavers.

We also need members for the Management Committee, especially a secretary. It meets four times a year. For more information, please contact David Burch on 07590 526430.



Our Village Needs a New Recorder

Julie Thomson took on the role of Recorder in 2013 and, since then, has submitted an annual report about Long Melford to the Suffolk Local History Council each January. The role is primarily about making a record of what is happening now in Melford, for villagers/historians to reference in the future. In recent months, recordings have included the Jubilee Celebrations and photos of the Skylarks field as the development grows.

In March, Julie moved just 1.5 miles away, but as she now lives outside the parish of Long Melford, it's time to find a new recorder, to start recording in January 2023. The role is voluntary and unpaid and the Recorder can 'record' as little or as much as he or she wants. For more information, please call Julie on 01787 375329 or see slhc.org.uk/recorders.



News from Melford's Poppies

Our speaker for October was Melford's wonderful signwriter Wayne Tanswell. He's also a very talented artist who has exhibited across Europe. Our November speaker explained the true cost of fish and chips, with details of the lives of UK trawlermen and history of the Fisherman's Mission.



On 1st December, the members will have their Xmas evening meal at the Bull; then on 8th December, we have our Social Evening at the Old School. There'll be lots of fun with singing, a quiz and entertainment from the members.

Plans for 2023, include a talk about the charity Medical Detection Dogs about how the dogs are trained to identify cancer and other diseases. This will be held at the Bull on 12th January at 7:30pm.

Other talks planned in 2023 include:

- from a factory inspector with an historical angle
- an insight into advertising techniques used to make us buy
- costume design and fashion.

Melford in Bloom

Some of our winter plants should soon be coming into bloom – but most will bloom in late winter and early spring. We've chosen the blue and yellow of the Ukraine flag as our colour scheme, using simple plants such as pansies, polyanthus and wallflowers.

Next summer we'll use a mix of surfinia petunias (so successful this year in our hanging baskets), scaevola, salvia (very visible this summer on the bridge) and, as our



main plant, geraniums which are long flowering and cope well with drier conditions. The centrepiece of our barrels will be cordylines, as we struggled a little to control the cosmos plants this summer.

Next summer's colour scheme will be white and two shades of pink, to ring the changes after this year's bold red, white and blue theme.

We always welcome volunteers to help us maintain our plants so if you wish to get involved please email jonathanewbank145@gmail.com.

The Summer Reading Challenge

This year's challenge was a fantastic success.

Seventy-five children, aged from three to twelve, completed the challenge of reading six books over the summer holidays. Well done to all of them and many thanks to the parents, grandparents, great grandparents and carers who supported them. And thank you to our volunteers, from school students to retirees; we could not have done it without you! Between them they gave 226 hours to deliver the challenge and our family craft and Lego activities. In September, we celebrated the end of the challenge with a party, awards ceremony and puppet show, kindly funded by the Friends of Long Melford Library. Many thanks to John Nunn for helping Nick hand out the awards.



We wish you a merry Christmas and a happy New Year and thank you for your support.

Community Matters

Awards for Melford businesses

Babergh and Mid Suffolk District Councils presented Innovation Awards to two local businesses in October.

Queue Technology won the top prize of Business Innovator of the Year and the separate Shooting Star award. The business was started in 2018 by Melford resident Ellis Heighes (then aged 23). During the first Covid lockdown he invented the Virtual High Street allowing you to get in touch with local businesses via your computer, tablet or

phone – initially in Sudbury and Melford but it has now been rolled out nationally. See <https://queue.technology>

Breakout (featured in our last issue for winning an award at the Prestige Business Awards) won the High Street Innovation award. This was for ‘the creation of a business and community hub supporting businesses and cultural activities in Long Melford’.

Congratulations to both businesses.



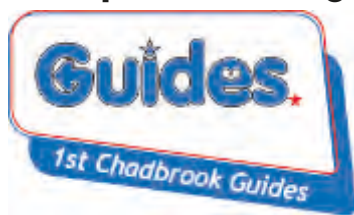
Queue Technology team: Ellis, Daisy and Joe Heighes



Babergh Chairman Kathryn Grandon with the Breakout team: Andy Wood, Amy Oster-Ritter and Phil Tetley

Melford's Guides are Up and Guiding

The 1st Chadbrook Guides was formed in 2021. We meet every Wednesday from 7pm to 8.30pm during term time at the Melford Scout and Guide HQ. We're a group for girls aged 10 to 14 which offers a safe space for everyone to be themselves, try new things and have a good time.



Over the last few months, we've taken part in a county 'Give it a Go Day' where the Guides were able to take part in a variety of activities including rifle shooting and climbing. Over the summer, we had a 4-night camp where the Guides learnt about traditional camping and took part in archery and whittling (wood carving with a knife) amongst other activities.

For more information contact Rebecca Cox at chadbrookguides@gmail.com

Or visit girlguiding.org.uk

Meet People This Winter

The Melford Good Neighbours team support villagers in numerous ways. One of these is our regular Coffee Mornings, supported by The Friends of Long Melford Library. These take place every other Thursday at The Old School from 10am onwards, for about an hour. December dates are 8th and 22nd; then 5th and 19th January.



We'll offer you a warm welcome, tea or coffee and a slice (or two) of home-made cake and a chat. You'll have the chance to make new friends or just enjoy a change of scenery. There's no fixed charge – just a small donation towards costs.

If you can't make your own way to the Old School, we can arrange transport from our band of volunteers – many of whom stay for coffee and a chat too. Call 07504 249179.

We look forward to seeing you there.

Community Matters

Melford's Fire Station 'Best in Suffolk'

Our Fire Station won this year's award as the Best Fire Station in Suffolk. This was 'In recognition of the crew's dedication to providing a supportive working environment for colleagues, families and the community they serve.'

Congratulations to all involved.

We were very sad to hear that the Watch Manager at the Fire Station, Brian Stringer, passed away in October. Brian joined Suffolk Fire and Rescue Service in 1988 and had recently been honoured with a Lifetime Achievement Award in recognition of his 'dedication and professionalism for his long and steadfast service'.



Brian was a much loved and respected member of the Long Melford Community and will be sadly missed.

Country Park and Melford Walk

With the outbreak of Avian Flu we're worried about the health of all birds but especially our resident swans, Ollie and Dolly, and their cygnets. Our Voluntary Park Ranger, Susie, and Park Friends have been

keeping a watchful eye on them and we really hope they survive this outbreak.

Now autumn is here the Park Friends and Melford Walk volunteers have been preparing areas to encourage more wildflowers next year. We've cut back the long grass, stacked it in piles for wildlife habitat and then raked over the cut ground. We'll be planting more wildflower bulbs and seeds to improve biodiversity.



Coach House Leather Workshop Long Melford

As an experienced, qualified Saddler I specialise in various leather repairs.

All horse tack/saddle repairs, dog leads, collars and training aids. Belts, bags, iPad and phone covers, etc. Also the above items can be made up new.

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Diary Matters

November	Event	Venue/details	Time
Friday 25th	Live Music: Coast	RBL Social Club	7.00pm to midnight
Friday 25th	FLUMPS Christmas Market with Santa's Grotto	Primary School	3.30 to 6.30pm
Saturday 26th	Festive Long Melford	Hall Street	11am to 4.00pm
Saturday 26th	Friends of Long Melford Library Christmas Fair	Library	10am to 12.30pm
Saturday 26th	Book Fair	Village Hall	10.00am to 4.00pm
Sat 26th/Sun 27th	Antiques & Vintage Fair	Old School	9.30am to 4.00pm
Sunday 27th	Car Boot Sale: £5/pitch pre-book nunnjohn@btinternet.com	LM Football Club	1.30pm
December	Event	Venue/details	Time
Thursday 1st	Parish Council: Planning/Full Meeting	Old School	7.00pm/7.30pm
Thursday 1st	Strollercise Christmas Dance	RBL Social Club	7.00 to 11.00pm
Friday 2nd	LM Heritage Trust talk: "Military, Murder & Mystery"	Village Hall	7.00pm
Friday 2nd	Bygones	RBL Social Club	7.00 to 10.00pm
Saturday 3rd	My Little Village	Village Hall	9.00am to 12 noon
Saturday 3rd	Live Music: Brian Mann	RBL Social Club	7.00pm to midnight
Wednesday 7th	Antiques Fair	Village Hall	9am to 3.30pm
Thursday 8th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 8th	Car club	RBL Social Club	7.00 to 10.00pm
Friday 9th	Melford Movies: West Side Story	Village Hall	7.00pm for 7.30 start
Friday 9th	Concert: 'A Spotless Rose' Choir of Clare College, Cambridge	Holy Trinity	7.30pm
Saturday 10th	Live Music: House Band	RBL Social Club	7.00pm to midnight
Wednesday 14th	The Arts Society Stour Valley: Christmas at Covent Garden	Village Hall	10.30am to 12.30pm
Saturday 17th	Live Music: JimBob	RBL Social Club	7.00pm to midnight
Saturday 17th	Melford Silver Band Christmas Concert	Village Hall	7.30pm
Thursday 22nd	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 22nd	Long Melford Litter Pickers	By Old School	2.00pm
Saturday 31st	New Years Eve Party: Ticket only, £10	RBL Social Club	7.00pm to 1am
January 2023	Event	Venue/details	Time
Wednesday 4th	Antiques Fair	Village Hall	9.00am to 3.30pm
Thursday 5th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 12th	Parish Council: Planning/Full Meeting	Old School	7.00pm/7.30pm
Thursday 12th	Car club	RBL Social Club	7.00 to 10.00pm
Thursday 12th	Melford Poppies WI talk: Medical Detection Dogs Charity	The Bull Hotel	7.30pm
Friday 13th	Melford Movies: The Duke (12A)	Village Hall	7.00pm for 7.30 start
Saturday 14th	Live Music: Gaynor Johnson	RBL Social Club	7.00pm to midnight
Wednesday 18th	The Arts Society Stour Valley: Royal School of Needlework	Village Hall	10.30am to 12.30pm
Thursday 19th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Saturday 21st	Live Music: Dan DC	RBL Social Club	7.00pm to midnight
Thursday 26th	Long Melford Litter Pickers		2.00pm
Saturday 28th	Launch Night and Live Music: Rockhouse	RBL Social Club	7.00pm to midnight
Sat 28th/Sun 29th	Antiques & Vintage Fair	Old School	9.30am to 4.00pm
Sunday 29th	Long Melford Litter Pickers		2.00pm

PTO for regular classes and workshops

Diary Matters

Regular classes & workshops at Long Melford Village Memorial Hall

Mondays	Strollercise – Marina St Leger – www.strollercise.co.uk 07917 333712 New Time:	9.30 – 10.30am
Mondays	Beau Dance for 6 to 10 year olds – Holly Cook – 07512 692289	4.00 – 5.00pm
Tuesdays	Pilates – Michelle Cowcher – michellecowcher@gmail.com	10.00 – 11.00am
Tuesdays	Bounce – Jules Cooper – www.bookwhen.com/bouncelongmelford	6.00 – 8.00pm
Wednesdays	Pop Chorus – Yula Andrews – 07788 585441	7.30 – 8.30pm
Thursdays	Bounce – Jules Cooper – www.bookwhen.com/bouncelongmelford	6.00 – 8.00pm
Thursdays	Indoor Kurling (1st and 3rd Thurs) – Drop in for a free taster session	2.00 – 4.00pm
Fridays	Baby Ballet – sudbury@babyballet.co.uk 07580 693747	9.30am – 12.00pm
Monthly	Lecture series (4th Tuesday) – Suffolk Family History Society (Sudbury)	2.30 – 4.00pm
Monthly	Lecture series (3rd Wednesday) – Arts Society of Stour Valley	10.30am – 12.30pm

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 – 2.30pm
Tuesdays	Upbeat (Heart Support Group) – Hilary Neeves – 01359 232678	9.00am – 1.00pm
Tuesdays	U3A Art – Vernon Lever – 01787 310511	1.30 – 4.00pm
Tuesdays	Sophia Paper Kite Yoga – Sophia – 07968 165185	6.00 – 9.00pm
Tuesdays	Yoga with Clare Turner – clareturneryoga@gmail.com	5.45 – 7.15pm
Wednesdays	Life Drawing – John Garbett – 01787 378798	10.00am – 12.30pm
Wednesdays	Keep Fit – Heather Mahony – sheather.mahony@btinternet.com	10.00 – 11.30am
Wednesdays	Friendship Dancers – Robin Hart – 01787 269613	3.00 – 5.00pm
Wednesdays	Silver Band – Mike Murkin – 01787 312605	7.30 – 9.30pm
Monthly	Photography Group (1st Monday) – Derek Challis – 01787 373738	Mornings
Monthly	LM Poppies (WI) (2nd Thursday) – Jane Ebejer – melfordinn@outlook.com	7.30 – 9.30pm

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

Mondays	Rock Choir – Adam Abo Henriksen – 07840 024591	7.30 – 9.30pm
Tuesdays	Beau Dance for adults – Holly Cook – 07512 692289	7.00 – 8.00pm
Wednesdays	Art Class – Edd Terran – 01787 370923	2.00pm
Thursdays	Tweens Dance Class - Holly Cook – 07512 692289	4.00 to 5.00pm
Sat/Sun	Colts and Fillies Junior Football – Ian Ambrose – 07970 384576	Call for details
Sundays	LM Veterans Football – Dan Bull – 07925 867247	Call for details

Diary Matters

Regular classes & workshops at Formerly LM Royal British Legion Social Club

Mondays	Over 60s – Entertainment.longmelford@gmail.com	2.00 to 5.00pm
Mondays	Slimming World – Sam – 07377738813	5.30 to 8.30pm
Tuesdays	Tot Rock & Baby Bounce (0 to 5 yrs) – melford.library@suffolklibraries.co.uk	2.30pm
Tuesdays	Bingo – Entertainment.longmelford@gmail.com	7.00 to 10.00pm
Wednesdays	Top Time (over 50s, but all welcome) – melford.library@suffolklibraries.co.uk	3.00pm
Wednesdays	Tap – Holly Cook – 07512 692289	6.00 to 7.00pm
Wednesdays	Crib – Entertainment.longmelford@gmail.com	7.30 to 10.00pm
Thursdays	Yoga – Entertainment.longmelford@gmail.com	9.30 to 11.30am
Thursdays	Strollercise – www.strollercise.co.uk – 07917 333712	6.00 to 7.00pm
Saturdays	Saturday Craft for children – melford.library@suffolklibraries.co.uk	10.00am to 12noon
Saturdays	Live Music – Entertainment.longmelford@gmail.com	7.00 to 11.30pm

Regular events and services at Holy Trinity Church

Sundays	Main Service – Holy Trinity Church	10.30am
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If you would like your activity or event listed here, let us know the details by emailing MelfordMattersAdvertising@gmail.com. Details for February/March need to reach us by **8th January**.

Melford Movies

We've continued to have great audiences for our screenings, with 54 joining us for **Downton Abbey: A New Era** in October. Our chosen charity for the raffle on that occasion was Long Melford Heritage Trust, and we were pleased to send them £81 net proceeds. Thanks to everyone who came to enjoy the movie, atmosphere and refreshments. As Melford Matters goes to press, we're preparing to show **Belfast** – we've already had seat bookings by email, so we hope for another good turnout.

Coming up on **9th December** we will be showing Stephen Spielberg's interpretation of the great musical **West Side Story** (12A). Inspired by Romeo and Juliet, and with music by Leonard Bernstein and lyrics by Stephen Sondheim, this movie is sure to have you captivated.



On **13th January** we will screen **The Duke** (12A), the true story of Kempton Bunton (played by Jim Broadbent) who in 1961 stole Goya's painting of the Duke of Wellington from the National Gallery. With Helen Mirren as his long-suffering wife, the film promises some great performances.



Doors open at 7pm, with the film starting at 7.30pm. Adults £5; Under 16s £3.

We look forward to welcoming you. For further information, to reserve seats or to join the team, contact us at melfordmovies@icloud.com.



Youth Matters

Christmas at Long Melford Church of England Primary School

At Long Melford Primary School, we're busily planning for Christmas.

For us, Christmas starts in November when we begin to learn our Christmas songs and carols. We also start to plan our Enterprise Challenge Project. The children create products to sell at our Christmas Market on Friday 25th November. By then, the school will have been decorated and we'll even be ready to welcome Father Christmas!

In December, our Year 1 and 2 classes will put on a Christmas play. For the last two years we've had to record the plays to share with parents. This year, we're planning for a live audience... we can't wait.

In our Nursery, the three- and four-year-olds will hold a special Christmas assembly for their families. Later, they'll have a Christmas party and may even have a visit from Santa if they've been really good.

Nativity Play and Carol Service

My favourite part of Christmas is the Fox Class Nativity. Fox Class are our five-year-olds and every year they stage a Nativity play for their parents and grandparents. Their re-enactment of the Christmas story and singing of Little

Donkey and Away in a Manger often means there isn't a dry eye in the house.

Our grand finale is the Carol Service at Holy Trinity Church. All the children walk the mile to the church where our oldest children re-tell the Christmas story whilst the youngest children share their Nativity play once again.

After we've eaten our Christmas dinner and every class has had a Christmas party, excitement grows because there are only a few doors left on the advent calendars until Christmas Day. Soon it's time for our Christmas holidays!

From everyone at Long Melford CE Primary School and Nursery, we wish you a Happy and Healthy Christmas!

Amanda Woolmer, Headteacher



Richard Kemp

County and Parish Councillor

01787 378149

richard.kemp@suffolk.gov.uk

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Festive Long Melford

This year's Festive Long Melford is so big that it's stretching over two days. It's the perfect opportunity to eat, drink and shop locally and enjoy all the Christmassy fun. There will be something for everyone, young and old.



Friday 25th November Christmas Market at the Primary School: 3.30pm to 6.30pm



FLUMPS (Friends of Long Melford Primary School) are taking over the school in Cordell Road to host an action-packed Christmas Market and everyone is welcome.

You'll be greeted by the voice of Miss Claus, who'll be singing carols throughout the event and Christmas treats will be served from the kitchen area by the Christmas tree.

As well as stalls from local crafters, there'll also be the stalls resulting from the school's Enterprise Challenge Project (see box).

The Enterprise Challenge

From Year 3 to Year 6 we have an Enterprise Challenge project. Our challenge is to design and make products to sell at our Christmas Market.

We choose something such as cakes, sweets, bookmarks, Christmas labels, photo frames and design what they will look like and how we will make them.

Once we are happy, we start to make our products. We have to look at the amount we spend, what we need, who does what in our group. We also design adverts for our stalls.

Our classes have a competition to see who can raise the most money. The winning class keeps the money they have raised. They are able to spend it on treats.

Year 6.



The FLUMPS stand will feature its hugely popular Blind Tombola, Luxury Christmas Puddings, a Lucky Dip and their 'All you need for Christmas' Raffle.

You'll be able to take an 'elfie with the Elves provided by Beau & Arrow Events and there'll be face paints and glitter to try, and much more. There'll also be an area where children can do some free Christmas arts and crafts or even buy a stocking from the 'Design Your Own' stall.

The highlight will be Santa's Grotto, where you can meet the great man himself. To book, message FLUMPS on their Facebook page @FriendsLuMPs or email flumps@longmelfordprimaryschool.co.uk. There should also be spaces for walk-ins on the day.

Festive Long Melford

Saturday 26th November Christmas Fair at the Library: 10am to 12.30pm

The Friends of Long Melford Library is holding its Christmas Fair at the Library's new home at the former British Legion building on Cordell Road. They'll be selling exquisite potted hyacinth and narcissus bulbs, delicious jams, jellies, marmalade and chutneys, three flavours of fudge and homemade cakes. And there'll be a raffle and lucky dip. All proceeds raised will go to our Library.



Lots of goodies to buy




The Unicorn Lives On

The Main Event: 11am till dark

Festive entertainment will fill Hall Street for the day. Reindeer will be outside David Burr, with face painting nearby. Punch and Judy will be performing outside the Co-Op and a magical Unicorn will be outside Melford Court.

The Fire Station will have a giant snow machine outside and be opening its doors to allow children to explore the fire engine and station, as well as crafts for toddlers provided by Anglian Sunshine Nursery.

Simon Webb is kindly bringing his steam engines to the village for all to see and the Green Dragon





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Festive Long Melford

Morris Dancers will be dancing their way down Hall Street. To ensure everyone is feeling the Christmas spirit, Pop Chorus will be singing festive songs and we have two Silver Bands playing this year – our very own, plus Boxford Silver Band.

All this entertainment has been sponsored by the Parish Council, the Village Hall and a donation of £400 from Pat Davey raised through her second-hand book sales.



Strictly Morris Dancing

Because all of us in Melford have been very well behaved this year, Santa has agreed to stroll around the village bringing cheer (and possibly sweets) to all. Why not get your photo taken with him? (Don't worry if you miss him, he'll be back touring the village on Sunday 18th December.)

A variety of food will be available on the day at the pubs and local eateries. And there'll be American-style hot dogs outside Clark and Son, a hog roast in front of the Cock and Bell and Thai food from My Thai outside KHA.

Messy Church will be running in what used to be Gigi's (opposite Breakout) where children can make traditional lanterns. The children will be encouraged to take their lanterns through the village in a procession to Little Green (aka Policeman's Green) where Rev Matthew Lawson will be hosting a carol concert and the official switch on of the Christmas Tree Lights at 4pm.



Stop Santa for a photo - and possibly a treat

Children and families will also be able to pick up a Scavenger Hunt form from the Library or Messy Church. There will be clues for the children to follow to ensure they get to see everything that is going on in the village.



Festive windows will adorn Hall Street
Photo: Teresa Poole



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Spiritual Matters — CHRISTMAS SERVICES & Church Life

Sun 4 th 6.30pm	Traditional Advent Carols <i>choral service with readings and reflections</i>
Sat 10 th 6.30pm	Lights of Remembrance* <i>remembering loved ones, refreshments 6pm</i>
Sun 18 th 6.30pm	Main Carol Service <i>come and sing some well known carols</i>
Sat 24 th 3.00pm	Crib Service <i>dressing up in nativity costumes optional!</i>
Sat 24 th 10.30pm	Midnight Mass <i>an atmospheric communion service</i>
Sun 25 th 10.30am	Family Communion <i>please bring your presents to show!</i>

* To have a name read out please call 07804 558160 or email chadbrookoffice@gmail.com.

You are welcome to attend regular services at 10.30am every Sunday. These are **livestreamed** (Google "Holy Trinity Long Melford Facebook") ... you do not need a Facebook account to watch.

CHURCH LIFE ...

why not get involved in 2023?

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nwbrown@gmail.com

Toddler Group (Mon 9am)
melfordfamilyworker@gmail.com

Flower Group (Friday mornings)
dianaskrine@gmail.com

Youth Club (Fri 7.30pm, monthly)
melfordfamilyworker@gmail.com

Messy Church (Sun 4pm, monthly)
melfordfamilyworker@gmail.com

Shop (various)
sarahjoneslloyd@gmail.com

Prayer & Study Gps (various)
revmattis@gmail.com

Bell Ringing (Wed 7.00pm)
linda@rodbridge.com

4 o'clock Community (Sun 4pm)
lightwaveworker@gmail.com

Book Group (monthly)
sally@sallybevan.co.uk

Melford Music (June to Aug)
www.longmelfordchurch.com

Or call 07804 558 160 or see
www.longmelfordchurch.com

Do something badly!

I commonly hear people say that if something needs doing, do it well. Those of us who are a bit driven, or who are perfectionists, might relate to this approach. But I was taken aback the other day to hear someone advise that if something needs doing ... do it badly! The point is that if something needs doing, it's better to have a go than not to do it at all. For example, it's better to plough into a conversation not knowing someone's name than not to have a conversation. It's better to snatch a quick cup of tea with a friend at a railway station than not to meet them at all. This isn't an excuse for perpetual sloppiness or being inconsiderate, but it recognises that in an imperfect world, doing *something* is better than doing *nothing*. Indeed, I often find that in God's grace, he transforms my 'bad(ly)' into something 'good' ... something that God rather likes doing.

Feed your soul this Christmas

Families are under pressure, there's political and economic uncertainty, and many are mourning loved ones. "Emmanuel" means "God with us". Do join us this Christmas to hear God's story of hope and love in these challenging times.

Rev Matthew





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Heritage Matters

Ding Dong Merrily on High

The church bells will be ringing out over Melford this Christmas. We can enjoy hearing them but what do most of us know about the bells and the tower in which they're housed?

There are eight bells; four of which were made in 1744. They were made by Thomas Lester of the Whitechapel Bell Foundry. Westminster Abbey is home to some of his bells. Three of Lester's Melford bells were re-cast in the 1920s.

The smallest and lightest of Holy Trinity's bells weighs approximately ¼ ton (around 250kg) and gives the lightest tone of top F. The heaviest bell weighs ¾ ton (around 750kg) – about 10 times the weight of a fully grown male St Bernard. Linda Goodban, the Tower Captain, believes the current bells were hoisted up to the belfry through a trap door in the ringing chamber where they were positioned on the 300-year-old oak frame which is still in use.

Holy Trinity didn't originally have a tower but a spire. This was struck by lightning in 1710. The Georgians rebuilt it in brick as a tower. However, it was short and plain and not in keeping with the main

structure of the church, either in size or style. To celebrate Queen Victoria's Diamond Jubilee in 1897, it was decided to change the tower. It was raised it to its current height of 118ft (almost 36 metres), intricate cornices were added, and the entire structure was finished with flint. It was completed in 1906.

The brickwork and footings of the spire and both towers can still be found within the structure giving us a 3 in 1 tower!

Linda hopes that all eight bells will be rung at Christmas but it depends on the availability of the ringers – aka the clangers.



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Parish Council Matters

Overwhelming Support for our Neighbourhood Plan

At last, after six long years, we have a Neighbourhood Plan. In October's referendum 95% of the people who voted were in favour.

The Plan has now been 'made' (ie adopted) by Babergh District Council. That means that Babergh and our Parish Council will need to take the policies in the Plan (there are 24 of them) into account when considering planning applications in Melford. This puts us in a stronger position to oppose large developments and building on green field sites in Melford.

Thanks to everyone who voted and to past and present members of the Neighbourhood Plan Steering Group.

A Vacancy on the Parish Council

Richard Delderfield has moved to Australia to join his family there. He is a sad loss to the Council (and to the Village Hall committee, of which he was chairman) and contributed a great deal. The Council is looking for someone to co-opt onto the

Council until the next election in May 2023. If you'd like to apply, the closing date is Monday 5th December; application forms are available at the Parish Council Office and can be downloaded at longmelford-pc.gov.uk/vacancies.

Much Improved Car Park on the Upper Green

The car park on the Upper Green has now been smartly resurfaced with rolled gold stone (similar to that of the Old School car park). The drainage has been improved and smart kerbing fitted by the flower bed. This follows damaged areas of the Green being restored and gates being fitted to stop vehicles accessing the Green when it's wet.



Upper Green ups its car park

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Brain Matters



This issue covers December and January and so the quiz has a very wintry feel about it.

1. What is the title of the song that begins 'Sleigh bells ring are you listening'?
2. Who wrote the fairy tale 'The Snow Queen'?
3. Which bean is used to make a dish of chilli con carne?
4. In which one of Daphne du Maurier's novels does Maxim de Winter appear?
5. Which dwarf was regarded as the leader in Snow White and the Seven Dwarves?
6. Which TV detective was played by David Jason for almost 20 years?
7. In which country are the Snowy Mountains?
8. 'Now is the winter of our discontent' is a line from which Shakespeare play?
9. Which band has Chris Martin as its vocalist and pianist?
10. On which day of the week will New Year's Day fall in 2023?

Answers on page 30.



Who wrote the fairy tale 'The Snow Queen'?

Nature Matters

Welcoming nature into Long Melford

This autumn there was a bountiful harvest of fruit, nuts and berries; a huge contrast to last year when there was barely an acorn to be found. Country folklore suggests that this signifies a long hard winter. When nature doesn't supply a rich harvest, we can help by putting out fruit and nuts in the cold winter months. Don't throw your soft or rotten apples in the bin, put them out on the lawn, especially if there is frost or snow. They will be much appreciated, as will be a bowl of fresh, unfrozen water.



A Fieldfare (one of our winter visitors)
enjoying Hawthorn berries
Photo: Norfolk Wildlife Trust

Our resident birds will be joined by many more migrating from colder climates in the Arctic and northern Europe for the winter. Our climate and plentiful supply of food attracts many of the thrush family – Blackbirds, Fieldfare and Redwing in particular, plus many others including the beautiful

but tiny Goldcrest and flocks of Waxwing. It's also a magnet for waterbirds coming from northern Canada, Greenland and Siberia.

Improving our green spaces

The Biodiversity Group continues to take any opportunity to enhance our green spaces, including planting more bulbs and plants to encourage butterflies and bees. We're working with Babergh District Council so there'll be more wildflower areas next year. And we'll be looking for more sites for swift nest boxes – if you'd like one, please let me know.

Throughout the winter, the Biodiversity Group will be holding regular working parties to improve the environment at the Country Park and Railway Walk. If you'd like to help, please contact me or Lisa Tipper (tipperl@longmelford-pc.gov.uk).

As we approach the festive season, can I please urge you to think about how sustainable your Christmas is. Could you reduce wastage, use more natural products and give gifts that support nature rather than contribute to the mountain of plastic polluting our planet? If everyone makes a small change, we can ensure our planet and wildlife thrive for our grandchildren and beyond.

Happy Christmas!

Jane Burch

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Gardening Matters – Notes from the potting shed

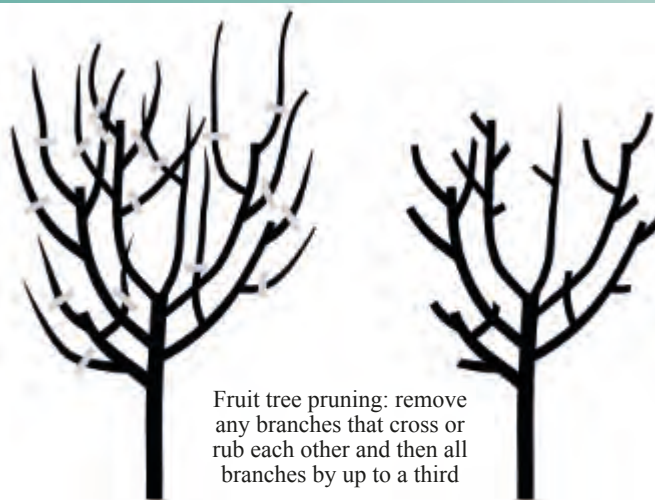
Fruit tree pruning tips

This is the perfect time for pruning most fruit. The trees which need attention now are those bearing fruit with a pip, such as apple, pear and quince. Removing any dead or diseased material is the first task and then any branches which cross and rub against others. Finally, shorten branches by up to one third, aiming for an open or goblet shape – see diagram. Another way of putting it is that a pigeon-sized bird should be able to fly through a well-pruned fruit tree from any side. Under no circumstances should a fruit tree bearing fruit with a stone (such as plum, damson, cherry or greengage) be pruned in winter as this will increase the risk of disease. They should only be cut between April and August.

Time to prune fruit bushes too

Autumn fruiting raspberries can be cut to the ground now, perhaps leaving a small stalk as a marker to show where the cane is for feeding and mulching in spring. This is also the best time to prune gooseberries, aiming to reduce the bush by at least one third, creating an open space in the centre. This will promote good ventilation and reduce the risk of all disease as well as the dreaded gooseberry sawfly.

Established redcurrants and whitecurrants also benefit from a good tidy up at this time of year. After removing all dead or diseased wood, aim to reduce the top growth by about one quarter. Side shoots from lower growth should be reduced to a couple of buds. Ideally, all cuts will be to an



outward facing bud to promote an open shape as it regrows in the next season. Blackcurrants can also be pruned whilst dormant and the optimum approach is to remove about one third of the shoots each year, cutting back to the base, to promote a steady supply of vigorous new fruit bearing branches.

News flash for 2023 – the Seed Swap is back on Saturday 25th February.

Full details in the next issue. Meanwhile, we're crossing our fingers for an easier gardening year in 2023.

Don't forget fabulous potted bulbs for Christmas will be available at the Library Christmas Fair on 26th November, but remember, they sell out fast!

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

Happy Gardening!

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Health Matters

Our GP Surgery has a New Practice Manager – Meet Scott Hanson

Melford Matters interviewed Scott Hanson soon after he started work here in early October. As the Practice Manager Scott will be involved in managing all the business aspects of the practice, making sure that the right systems are in place to provide a high quality of patient care.

From 2018, Scott worked as a Practice Manager in Ipswich. Before that, he was in the Armed Forces for over 30 years, starting as soldier and moving on to admin and finance.

As we reported in the previous issue, our Practice received an 'Inadequate' rating from the Care Quality Commission (CQC) and was placed in special measures in July. A follow-up remote inspection by the CQC has confirmed that some improvements have already been made and it will revisit the Practice in January 2023 and again around June/July.



Making things better

Scott said, "It's part of my job to prove that continuing improvements are being made and I fully expect the Practice to be rated 'Satisfactory' across all areas by the June/July inspection."

He told us, "The most serious problem for the Practice is recruitment, especially GPs which is a problem across the NHS. Consequently, the Practice is currently only offering same day face-to-face GP appointments. We're advertising for GPs, a dispensary manager and reception and administration staff. If you're interested in a non-clinical role, please email me at Scott.hanson@nhs.net"

Patients complain of long waits for phone calls to be answered. Scott said, "I'm looking at ways to improve our phone system and I'm keen to be totally open with patients. We'll be publishing statistics on our web site about the number of face-to-face and telephone appointments made each week and about waiting times for phone calls to be answered. I'd also like to write for Melford Matters to keep people up to date."

Melford Matters is a not-for-profit community initiative funded through advertising and donations. It is produced and distributed by volunteers and printed by Indigo Ross Design & Print Ltd. The magazine welcomes contributions from everyone in the village. For further information please refer to the Long Melford Village Hall website, <https://www.longmelfordvillagehall.co.uk/melford-matters>, or email the editor, melfordmatterseditor@gmail.com, or advertising team, melfordmattersadvertising@gmail.com.

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Sport Matters

Cricket Club Awards for the 2022 Season

The cricket season finished in September, which gives us the chance to rest and recharge our batteries and prepare for next season. One man who most needs a rest is our dedicated groundsman Bill Byford, who had the hard job of



Saturday 1st XI captain Josh Burgess (left) receiving his Innings of the Year award from Melford resident, sports journalist Guy Swindells

preparing our wickets in the summer drought and did a sterling job in difficult circumstances.

The club held its annual presentation evening on 5th November at the Bull Hotel. The awards themselves were presented by Melford resident, sports journalist Guy Swindells.

There were 17 trophies handed out in total. The main winners of the evening were Matt Hoadley for Most Runs in the Season (1,380), Lawrence Hall for Most Wickets in the Season (43) and Bowling Performance of the Year (7 for 36 against Ipswich and East Suffolk), and captain Josh Burgess for Innings of the Year (123 not out against Stowmarket).

Two other notable awards went to Archie Roberts for the Most Improved Young Player and Phil King for Clubman of the Year for his work with the academy.

The club will be starting winter nets on the first Sunday in January at Cornard sports centre: 3.30pm to 5pm every week until the end of March. It's £5 a session and newcomers are welcome.

A Grand Opening at the Football Club

Our new clubhouse, The Melford, was formally opened on 30th September by two young players from our Colts and Fillies, Alfie Kirk and Isabel Bird. James Cartlidge MP was also there, plus representatives from Suffolk FA, Thurlow Nunn League, Long Melford Parish Council and many other individuals and organisations who have supported us.

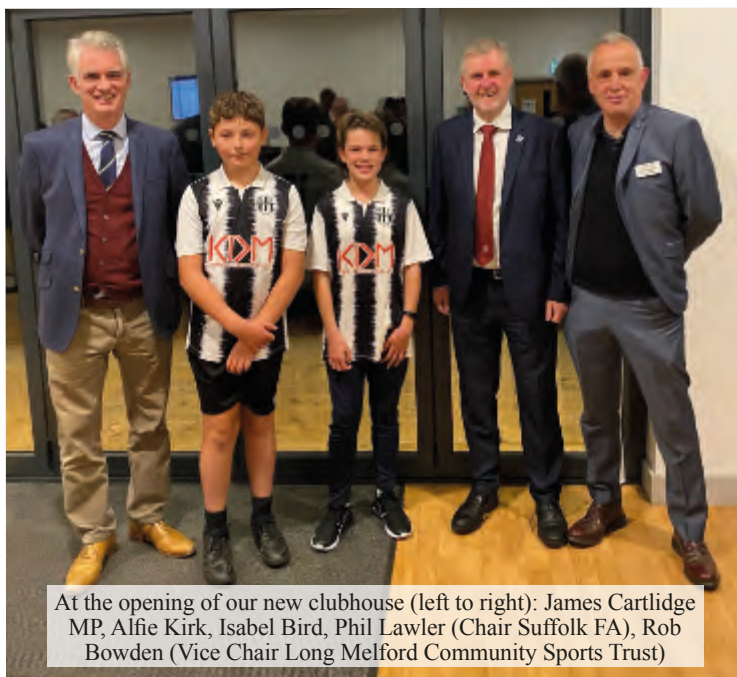
On 22nd October, Richard Neal, Chief Executive of Suffolk FA, presented 50-year long service awards to Richard Kemp and Alf Woodhouse. Their service shows a remarkable commitment to football in Melford.

Our thanks go to Pat Davey for sponsoring a new display cabinet which we've filled with club memorabilia. Some historic pictures adorn the walls of the clubhouse. You can tell how old they are by the length of the players' shorts!

On the pitch, the first team has been more than holding its own against some the league's top teams and was in a mid-table position when we went to press. Manager Dave Hennessey feels there are a lot of positives to take from

the first quarter of the season: "Whilst the final score lines have not always reflected the efforts of our players, it is promising to see how well the team has come together in such a short time. This can only bode well for the future."

Over 150 local children and young people play for ten teams in the Colts and Fillies – a great achievement.



At the opening of our new clubhouse (left to right): James Cartlidge MP, Alfie Kirk, Isabel Bird, Phil Lawler (Chair Suffolk FA), Rob Bowden (Vice Chair Long Melford Community Sports Trust)

Directory of Clubs and Societies

Group	Contact	Phone/email
Beading (Suffex Bead Club)	Victoria Power	07866 996124
Beaver Scouts	Carolyn Spraggons	carolyn.spraggons@suffolkscouts.org.uk
Business Association	Jane Ebejer	01787 375862
Chadbrook Guides	Rebecca Cox	chadbrookguides@gmail.com
Coffee & Cake @ St Catherine's	Margaret Taylor	01787 880875
Connect Toddler Group	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 310845
Keep Fit	Heather Mahony	01449 736662
Long Melford Community Sports Trust	Peter Turner	01787 468536
Long Melford Cub Scouts	Jon Spraggons	longmelfordcubs@aol.com
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 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 Squirrel Scouts	Carlene Hare	carlene.hare@suffolkscouts.org.uk
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 Stour Valley	John Ashton	07899 872222
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 **8th January** to be included in Issue 12 – February/March.

Quiz Answers

- | | | |
|-----------------------------------|--------------------|-------------|
| 1. Walking in a winter wonderland | 5. Doc | 9. Coldplay |
| 2. Hans Christian Andersen | 6. Inspector Frost | 10. Sunday |
| 3. Kidney bean | 7. Australia | |
| 4. Rebecca | 8. Richard III | |

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