

# MELFORD

Issue 14 – June/July 2023

# Matters



Photo: Steve Thomson

**All the Fun of the Fete**  
Roll up, roll up and enjoy all  
the fete offers on 8th July  
Page 9

**Coronation Celebrations**  
Melford's King and Queen  
and the Picnic on the Green  
Pages 16 and 17

**Meet Two Ukrainian Women**  
Iryna and Nataliya have found  
safety in Melford  
Pages 22 and 23



info@bespokeblindslm.co.uk



Tel: 01787 371387

## BESPOKE BLINDS AND CURTAINS

— LONG MELFORD —



Made to Measure Blinds & Curtains

Roller Blinds | Vertical Blinds | Venetian Blinds | Roman Blinds | Pleated Blinds  
Shutters | Curtains | Poles & Tracks | Accessories

### Why Choose Bespoke Blinds

We offer a full and bespoke service  
No obligation measuring and home  
consultation  
Professional fitting service

Extensive range of curtain and blind samples  
Excellent customer service  
Child safety compliance to current safety laws  
BBSA Members



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

Bespoke Blinds & Curtains  
1 Brinkleys, Hall Street, Long Melford, Sudbury, Suffolk, CO10 9JR



# ROBINS ROW

*Insurance Brokers Since 1867*

*AN INDIVIDUAL SERVICE FOR ALL YOUR COMMERCIAL AND PERSONAL INSURANCE*

**SPECIALISING IN MID TO HIGH VALUE HOMES,  
COUNTRY HOUSES AND LISTED PROPERTIES  
AND ALL COMMERCIAL INSURANCE SOLUTIONS**

**TEL: (01787) 378205**

**EMAIL: [ADMIN@ROBINSROW.COM](mailto:ADMIN@ROBINSROW.COM)**

**HALL STREET, LONG MELFORD, SUDBURY CO10 9JB**

AUTHORISED AND REGULATED BY THE FINANCIAL CONDUCT AUTHORITY

## Editorial

### What a Fabulous Coronation Weekend

I loved the Coronation weekend. It started with our primary school's replica Coronation in Holy Trinity, followed by the children's Royal Parade back to the school. The next day was the real thing (sadly, I wasn't invited). Then the Picnic on the Green – the most enjoyable communal event I've been to in almost 20 years living in Melford, attended by around 1,000 people, and blessed by the best weather of the weekend. See pages 16 and 17 for more on all this.



I'm now looking forward to the Village Fete on 8th July, which promises to be fabulous – see page 9.

We're so lucky to live in such a lovely and lively village, which retains a real sense of community. And that's due, in no small part, to the many volunteers who help put on all the events and run the many village organisations. Thanks very much to all of you. Special thanks this issue to Carol van der Sande, who researched the Ukraine Matters feature on pages 22 and 23.

Dave Watts, Editor



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



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

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



**SPITFIRE MOWERS**  
**SUPPLY-SERVICE-REPAIR**  
**20 years industry experience**



Spitfire Mowers is your one stop shop for all your gardening, groundcare and servicing needs. From domestic mowers to commercial groundcare equipment, we offer the ability to supply new machinery, from Stihl to Honda as well as Mountfield. We offer full service, repair and parts for almost any mower, garden machinery or small tractors.

**CALL US TODAY.**

[www.spitfiremowers.co.uk](http://www.spitfiremowers.co.uk) 01787736618



ADULT WORKSHOPS  
SEASONAL EVENTS  
BIRTHDAY PARTIES

POTTERY PAINTING  
DECOUPAGE  
MOSAICS  
MAKE A BEAR  
CRAZY SAND  
CRAFT KITS



**HAVE YOU BEEN TO  
GLEMSFORD'S BEST KEPT  
SECRET?**

**PIZZA NIGHTS**

CAKE  
PANINI'S  
SANDWICHES  
SAUSAGE ROLLS  
JACKET POTATOES

ICE CREAM  
CHEESECAKES  
WAFFLES  
SUNDAES

FOR ALL ENQUIRIES CONTACT US ON

FACEBOOK @CRAFTCABINUK

INSTAGRAM @THECRAFTCABINCafe

WEBSITE [WWW.THECRAFTCABINTEAROOM.CO.UK](http://WWW.THECRAFTCABINTEAROOM.CO.UK)

PHONE 01787736618

WHATSAPP +441787736618



## Community Matters

### We Will, We Will Rock You

On 24th March, members of the Rock Choir performed at Holy Trinity to raise funds to restore the 15th century stained glass windows. The event raised almost £3,000. There were 120 'Rockies' (as they're known) who sang 21 rock, pop and other songs ranging from Abba, Beach Boys, Ed Sheeran through to Wham and Whitney Houston including a very energetic Meatloaf number. All were sung in 3-4 part harmonies. An audience of around 230 joined in with the moves and clapping. Judi Moss, a Choir Member, said that the best thing about it was that both the audience and choir said it was one of the best Friday nights they'd had in a long time.



The Rock Choir and audience having a great time in Holy Trinity

### Food and Drink Festival

The Taste of Sudbury Food and Drink Festival was a great success in Melford Hall grounds last year, attracting just over 2,000 people. However, the National Trust's concerns about unexploded bombs there, means it's moved to Kentwell Hall grounds this year. It will be on Saturday 17th June from 10am to 5pm. Entry costs £5 with under 18s free.



There'll be a huge range of locally made food and drink to try and for sale, from nearly 70 exhibitors. And the centrepiece will be a demonstration stage where local chefs, bakers and butchers will show off their skills.



Last year Melford Hall, this year Kentwell

### Don't Write Off Our Library

Sadly, the Royal British Legion's decision to close its building meant that our library had to temporarily suspend its activities in Melford. Suffolk Libraries has since been investigating various options for relocation and, although discussions are continuing, it hadn't found a solution when we went to press.

Meanwhile, we'll be able to use the service provided by the Mobile Library. It made its first visit to Melford in May. The next scheduled stops will be on 1st June and 29th June from 1.30pm to 2pm at Cordell Place.



The mobile library will visit Melford every four weeks

Suffolk Libraries told us, "We apologise for the continuing inconvenience and that we're currently unable to give a more definite update. However, we want to reassure everyone that we're 100% committed to finding a replacement site in Melford. We can assure customers that we're exploring every potential option, including the possibility of a temporary pop-up service whilst we look for a permanent site. We're hugely grateful for all the support and understanding we've had from everyone."



## Community Matters

### Melford Music Back for the Summer

Melford Music is running free weekly lunchtime recitals every Wednesday this summer at Holy Trinity starting at 1.10pm. The season kicks off on 7th June with Jeffrey Wilson on sax and Chris Weston on piano. Other performances include:



- 14th June – Hexachordia will be playing early music.
- 5th July – The Rock Choir.
- 9th August – Madrigalia and A Melody of Harps.

Melford businesses have sponsored all but three of the performers. There will be scaffolding in the church but Melford Music isn't letting this get in their way. For the full programme check the website [www.longmelfordchurch.com/the-arts](http://www.longmelfordchurch.com/the-arts)

### Just For the Record

As summer approaches, the number of village events is steadily increasing. Parish Recorder Geoff Randall says, "April kept me pretty busy. My highlight was documenting the St George's Day Parade.

One of the most humbling events I've recorded was the charity Darts Tournament in memory of former Fire Station Watch Manager, Brian Stringer. Having spoken to people who knew him it was obvious Melford held a special place in his heart. Melford will be forever grateful for Brian's years of dedicated service. The tournament and associated events raised nearly £2,000 for St Nicholas Hospice and Brain Tumour Research.

In April, I spent over an hour with Councillor Richard Kemp. He gave me a fascinating insight into his experiences of growing up in Melford. I continue to

be struck by the number of people who volunteer in the village.

On 22nd April, I attended the Suffolk Local History Council Recorders Day. This gives Suffolk recorders the chance to swap ideas. The recorders I met were happy to offer me advice for my new role."



### Back Walking after Monsoon-like March

March certainly put a dampener on our activities – we're walkers not masochists. But there was a reprieve on Saturday 8th April when some of the group walked from Great Waldingfield to the White Horse in Edwardstone where home-made pizza and home brewed beer awaited us. It was a lovely 9-mile round trip.



Shanks's Pony to Pizza and a Tipple

On Saturday 10th June we'll take the bus to Sicklesmere and walk 10 miles along the historic St Edmunds Way to Lavenham for a well-earned drink in the Angel after having picnicked along the way.

If you're interested in joining the group, call me, Mike Turner, on 07733 102229.

### Guided Tours of Melford

The National Trust is running two-hour guided walking tours of the northern end of the village on the second Saturday of each month till October. Tours start at 10am at the Old School. You'll hear interesting stories about the history of the village and various buildings including Cocoa Nut House, The Bull, the Old Court House, Melford Hall, Holy Trinity Church and Hospital and the Top Green. Tours cost £10 and can be booked on the Melford Hall website.





## Community Matters

### Poppies Go Green for the Late Queen

To mark Elizabeth II's Platinum Jubilee, the Queen's Green Canopy was launched. This tree planting initiative has seen over three million saplings planted. One of them was planted by Melford's Poppies (the WI) to commemorate the Institute's late patron, Queen Elizabeth II.

In March, some members of the Poppies gathered on the Green to watch Committee member, Lady Hyde Parker, Amy, plant an oak tree. A plaque will be added shortly.



Lady Hyde Parker, Amy, provides the shovel, tree and labour

### Good Neighbours

Good Neighbours' successful April AGM was followed by a social for volunteers at the Cricket Club, which very generously allowed use of its pavilion for this event.

Our coffee mornings continue to be popular – see Diary Matters for dates. On Sat 8th July, Good Neighbours will be at the Village Fete. If you'd like to find out more about us – as a user for yourself or a family member/friend, or as a volunteer, please come along and have a chat with one of the team.

Alternatively, we're always available on 07504 249179 – just leave a brief message and we'll get back to you.

### A Busy End of Term for FLUMPS

FLUMPS (Friends of Long Melford Primary School) has had a busy time of it recently with all its work to make Leestock a success. Next up is the Village Fete – see p9.



Lastly, before the end of term we're hosting a huge Summer Fun Day at the school on Friday 14th July from 3.30 to 7pm, to which the whole village is invited. You'll find food from various Melford businesses, a bar, ice cream van, a disco with entertainment, an array of inflatables and even go-karts!

Small businesses are invited to take part if they'd like to get involved and celebrate another amazing academic year at Long Melford Primary School.



Suffolk Art Society is delighted to return to Holy Trinity Church for its Summer exhibition. This runs from Friday 21st July to Sunday 6th August. Admission is free. Opening hours are on the advert on the right.

After last year's event, which exceeded our expectations, selling a large number of artworks, the Society looks forward to showcasing Suffolk's artistic talents including work from new members admitted after the annual Selection Day in April. It's pleasing to note interest in the Suffolk Art Society has risen sharply this year and bodes well for the future.

This year's chosen charity is EACH (East Anglian Children's Hospice), which will receive 20% of net profits from all our exhibitions.

The Suffolk Art Society

# ART EXHIBITION

at  
The Holy Trinity Church  
**LONG MELFORD**

FRIDAY 21ST JULY – SUNDAY 6TH AUGUST  
Friday 21st July 2pm – 6pm, Sunday 6th Aug 9.30am – 4pm  
Monday 22nd July – Saturday 5th Aug 9.30am – 6pm

**FREE ADMISSION**  
www.suffolkartsociety.co.uk

each



## Community Matters

### Neighbourhood Plan Open Meeting

Please come and have your say on Saturday 10th June between 10am and 1pm in the Village Hall.

Melford's Neighbourhood Plan was adopted by Babergh after a referendum of Melford voters. This means that Babergh and our Parish Council need to take the policies in the Plan into account when considering planning applications in Melford.

Please come along and find out about the key policies (plus some Community Objectives covering issues such as traffic, parking and healthcare).

The Village Hall will open at 10am when you'll be able to view displays explaining the key issues and ideas about aspects that might be reviewed. Free refreshments will be served.

At 11am the meeting will start with a couple of presentations about the Plan and ideas for the future. This will be followed by a Q&A session where you can have your say.

We very much hope that as many villagers as possible will come along.



Previous Open Meetings on the Plan have been very well attended – please come to this one too

### Village Hall News

Our Village Hall is a charity run by a management committee comprising representatives of certain village organisations plus five elected members and up to three co-opted members. Our Annual General Meeting will be held on 12th July at 7pm at the hall – everyone from Melford is welcome to attend. Come along to hear our review of the past year and our future plans, and to cast your vote for the elected committee members. If you'd like to stand for election, contact Phil Buck, the current chairman, by emailing [chair.lmvmh@gmail.com](mailto:chair.lmvmh@gmail.com)

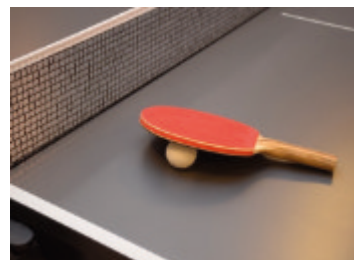
### Tea and Tech

The Committee has teamed up with Communities Together East Anglia to set up 'Tea and Tech' sessions on the second Wednesday of each month from 2pm to 4pm. These friendly, informal, hands-on sessions are aimed at over 55s who need some help using their own devices to get online, to access services or to stay in touch. The sessions are free and include refreshments. To book a place or get more information, contact Tracey on 01449 707030 or email [info@communitiestogether-ea.org](mailto:info@communitiestogether-ea.org)



### Anyone For Table Tennis?

The Committee has been asked whether we might acquire a table tennis table and equipment for use by villagers. Before we invest, we'd like to gauge how much interest there might be. We anticipate having one evening each week for table tennis and/or accepting ad hoc bookings at other times. Please let us know if you'd be interested in using such a facility – either occasionally, with family and friends, or as part of a regular table tennis club. Please contact the chair at [chair.lmvmh@gmail.com](mailto:chair.lmvmh@gmail.com)



### Melford Movies

The team is already planning the 2023-24 season, again running on the second Friday of each month from August to March at 7pm. To help us draw up the programme, come along to our 'Trailer Night' at the Village Hall on Friday 23rd June at 7pm. Enjoy a free drink and snacks whilst we show the trailers for our shortlist, and vote for your favourites. If you have a film you think we should show, let us know by emailing [melfordmovies@icloud.com](mailto:melfordmovies@icloud.com). We'd also love to hear from anyone who'd like to join the team.





## Community Matters

### Holy Trinity's Scaffold-Filled Summer

From May to October the clerestory (high level) windows in Holy Trinity are being repaired. This was identified as a high priority in the architect's five-yearly report on the building and as a task rendered urgent by a minor fall of masonry.

The work will require scaffolding along both sides of the nave.

There'll be displays hung from the scaffolding. The first was a guide to the Coronation Service – displayed since April. Forthcoming displays will include various aspects of the church including its architecture, mediaeval stained glass windows and the scene in the backdrop to the altar.



Also planned are two weekends (dates to be announced) with dynamic events. For example, enactments from church history, bell-ringing and music, tower tours with abseiling, tours of the church with live pictures and commentary courtesy of a drone, treasure hunts and more.

The church is open seven days a week and entry is free. Enquiries to [mcdonald@spa-ltd.co.uk](mailto:mcdonald@spa-ltd.co.uk).

### New Men's Shed at the Football Club

Stour Valley Men's Shed is delighted to announce that it has moved to Long Melford Football Club. When finished, the 'Shed' will be a welcoming space for men to come and do what some men do in sheds – woodwork and the like. It will be in the old changing rooms, which are not yet in 'shed-shape'. There's still much work to do to shape the shed, including raising the money to finance it – all volunteer help is welcome.



Membership is £15 a year. The Men's Shed meets every Wednesday at 10am, other times by arrangement.

The Facebook page 'Stour Valley Men's Shed' has a QR code to join the WhatsApp group. For further information contact Colin Muddimer on 07772 870052 or [sudburymensshed@gmail.com](mailto:sudburymensshed@gmail.com)

### Three Target Areas For The Litter Pickers

Claire Hargreaves, Litter Pickers' new Co-ordinator is enjoying her role. She adds that when she drives around the village, she sees less litter but cites three areas to be targeted – the first of which will come as no surprise. Outside the Co-op remains a problem even though there are three bins. The grassy areas on the village outskirts are prime places for people to not only sit, eat and drink but also to throw their rubbish away. Clearly, there are numerous people who enjoy a drink as they pass through, judging by the empty cans and bottles thrown into the hedges.

Claire says that Ron Poole, who works two days a week for the Parish Council, does a fantastic job clearing litter, but we should all do our bit. So, if you'd like to join the Litter Pickers, you can either phone Claire on 0789 9696491 or email [claire62@cloud.com](mailto:claire62@cloud.com)

### LONG MELFORD HISTORICAL & ARCHAEOLOGICAL SOCIETY

In April, we held our last evening meeting of the season, which included our AGM, at the Old School. A number of committee positions remain vacant. If you'd like to volunteer to be the Membership or Programme Secretary or Publicity Officer, or simply join, please email [lmhas1969@outlook.com](mailto:lmhas1969@outlook.com), call 01787 375329, or see our Facebook page or website: [www.lmhas.co.uk](http://www.lmhas.co.uk).

Our speaker for the evening was Graham Panton, from Little Hall in Lavenham, who shared with us the history of this remarkable building. It's now a museum but over the centuries has had a variety of uses including a family home, a home for WW2 evacuees and a student hostel.

By the time you read this, we'll have been on the first of our summer outings – a private tour at Gainsborough's House Museum. We're also looking forward to visits to Woolpit in June and Hawstead in July. Our new season starts on 21st September 2023. If you'd like to know about our new programme or to become a member, please see above.



# F E T E M A T T E R S

## All the Fun of the Fete

Our Village Fete will return on 8th July from noon to 4pm. Last year's fete was a huge success but there's one important change this year – a new location. It's moving to a field next to the Old School car park. You get into the field via a gate next to the car park exit. You can't miss it – there'll be masses of bunting leading you from the village over the bridge and into the fete.

## Fête Attractions

There'll be lots of traditional activities for everyone to enjoy. For example, the Community Association will run the Village Stocks, Splat the Rat will make an appearance and the Human Fruit machine will wind itself up. The Scouts will put on the hugely popular Wheelbarrow raffle. There'll be a Tug of War. FLUMPS will be selling Village Raffle tickets and running games for the children. Simon Webb will be bringing some steam engines. The Fire Engine and (if harvest hasn't started) a combine and tractor will be on the green near the fete entrance for children to play on. However, Welly Wanging was deemed too dangerous in 2022, so this year it's been replaced by Chicken Chucking – don't worry, they're not real, just plastic and rubber. If you prefer something more relaxing, our splendid Silver Band will be playing twice in the afternoon.

## Animal Magic

The hotly contested Dog Show returns. There will be classes for all to enter and prizes for all to win. Seadogs Training will be putting on a gun dog training display, showing us their unique talent and skills Cobweb Donkeys are thankfully returning with their donkey rides.

## Timetable

Noon	– The Long Melford Village Fete Opens
Noon	– The Silver Band plays
1pm	– The Village Tug of War
1.30pm	– Gun Dog Display
2pm	– The Dog Show
3pm	– Return of the Silver Band
3.40pm	– The FLUMPS Village Raffle Prizes to be Drawn
4pm	– The Long Melford Village Fete Ends



## Eat, Drink and Be Merry

Nethergate and Bar Rumba will be providing alcoholic refreshments throughout the afternoon, the Cock and Bell will provide a BBQ and Hog Roast. The WI (Melford Poppies) will be doing us proud at the Old School, serving hot drinks and cakes as well as a place to sit and watch the world go by. There will also be Mr Whippy, Simply Ice Cream and cake stalls.

## Park and Spend

Last year, over 2,000 people visited the fete. Hopefully, we'll see the same numbers again or even more. You can park on all the greens and verges except for the lower green (the one closest to the fete entrance). The lower green and Old School car park will be reserved for Blue Badge holders.

Entrance is free but please bring as much change as you can to make it easier to spend. Money raised will go to Holy Trinity, the Primary School and local groups which are running stalls.

Why not go along and have a really good afternoon out?

Any enquires to [amy@melfordestate.co.uk](mailto:amy@melfordestate.co.uk)





## Architectural Design & Planning

Local Architectural practice providing a full range of Architectural services including...

- Residential Extensions & Refurbishments
- New Dwellings
- Commercial / Industrial Projects

Free Consultation / Quotation

T : 07974 251150

E : dking482@yahoo.co.uk

W: [www.kingarchitectural.co.uk](http://www.kingarchitectural.co.uk)  
(Currently under construction)

5 Spicers Lane,  
Long Melford,  
Sudbury, Suffolk,  
CO10 9JJ



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.

[www.edwardcharlesinteriors.co.uk](http://www.edwardcharlesinteriors.co.uk)  
01787 377705  
[edwardcharlesinteriors@btconnect.com](mailto:edwardcharlesinteriors@btconnect.com)

**EDWARD  
CHARLES  
INTERIORS**

*Bespoke  
Handmade  
Furniture*

We make bespoke handmade upholstered furniture such as made to measure sofas and chairs, as well as headboards, ottomans etc.

We also offer a full reupholstery service including furniture in the home, as well as pubs, hotels and also vintage cars, boats, horseboxes and caravans.





## Beer Matters

### Nethergate's Beer Festival – A Rip-Roaring Success

Nethergate Brewery held a four-day Beer Festival over the Easter Weekend. The beer tent had a choice of 24 different beers, made up of 16 from eight local East Anglian brewers and eight of Nethergate's finest.

The weather was glorious on the first three days and even the rain on Easter Monday didn't deter punters. An amazing 2,000 people visited and 8,000 drinks were sold, including 5,000 pints of ale. There was a really lovely vibe over the weekend and the live musical acts and local street food vendors contributed to the enjoyment. It was great to watch young and old enjoying the music and sunshine and, of course, sampling the fine ales.

John Holberry, Managing Director said, "The Festival was a massive success and given the contributions on our various social media sites it was clearly enjoyed by our customers, despite the queues." John particularly mentioned the staff and volunteer members who did such a great job.

Nethergate is also really chuffed that its Stour Valley Gold is on tap in the Strangers Bar at the Houses of Parliament. Nethergate thanks local MP, James Cartledge, for all of his support in helping to make it happen.



## So Landscapes

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

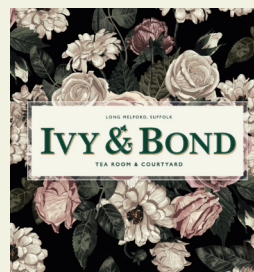
**Take action now by giving us a call to book your free quotation.**

**Phone:**

**01787 377846**

**or**

**07590 111025**



A warm welcome always awaits you at IVY & BOND. Homemade Cakes, light lunches and Refreshments.

Afternoon Teas and celebrations.

Beautiful courtyard at the rear of the tea room. Relax and enjoy our homely surroundings. Tea served in beautiful china crockery.

Opening soon next door: ice cream, traditional sweets and delicious treats from Suffolk businesses.

We look forward to welcoming you!

Waterloo House, Hall Street, Long Melford  
01787 703758 ivyandbond@gmail.com



## Diary Matters

June	Event	Venue	Time
Thursday 1st	<b>Suffolk Libraries Mobile Library</b>	Cordell Road	<b>1.30 to 2.00pm</b>
Thursday 1st	<b>Parish Council:</b> Full Meeting including Planning	Old School	<b>7.00pm</b>
Friday 2nd	<b>Quiz Night:</b> 7pm for 7.30pm start, £10 per team	Football Club	<b>7.30pm</b>
Saturday 3rd	<b>Long Melford Book Fair</b> – Quality 2nd hand/out of print books	Village Hall	<b>10am to 3.30pm</b>
Saturday 3rd	<b>Car boot:</b> Sellers 11am, no need to book, £5/pitch. Buyers 12 noon	Football Club	<b>12 noon</b>
Wednesday 7th	<b>Melford Music Recital</b>	Holy Trinity Church	<b>1.10pm</b>
Thursday 8th	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School	<b>10.00 to 11.30am</b>
Thursday 8th	<b>LM Poppies (WI)</b> – Jane Ebejer – melfordinn@aol.com	The Bull Hotel	<b>7.30 to 9.30pm</b>
Friday 9th	<b>Folk &amp; Acoustic Club</b>	Cock & Bell	<b>8.00pm</b>
Saturday 10th	<b>Neighbourhood Plan Village Update</b>	Village Hall	<b>10.00am to 2.00pm</b>
Saturday 10th	<b>Live Music:</b> Martin Weavers, £5 door entry	Football Club	<b>7.00-11.30pm</b>
Wednesday 14th	<b>Melford Music Recital</b>	Holy Trinity Church	<b>1.10pm</b>
Saturday 17th	<b>Taste of Sudbury</b>	Kentwell Hall	<b>10.00am to 5.00pm</b>
Saturday 17th	<b>Darts Tournament:</b> contact Darren on 07779319461	Football Club	<b>12 noon</b>
Wednesday 21st	<b>The Arts Society Stour Valley:</b> English Garden Follies	Village Hall	<b>11.00am to 12 noon</b>
Wednesday 21st	<b>Melford Music Recital</b>	Holy Trinity Church	<b>1.10pm</b>
Thursday 22nd	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School	<b>10.00 to 11.30am</b>
Thursday 22nd	<b>Long Melford Litter Pickers ** New Start Time **</b>		<b>1.45pm</b>
Friday 23rd	<b>Melford Movies Trailer Night</b>	Village Hall	<b>7.00pm</b>
Sat 24th /Sun 25th	<b>Antiques &amp; Vintage Fair</b>	Old School	<b>9.30am to 4.00pm</b>
Sunday 25th	<b>Long Melford Litter Pickers</b>		<b>10.00am</b>
Wednesday 28th	<b>Melford Music Recital</b>	Holy Trinity Church	<b>1.10pm</b>
Thursday 29th	<b>Suffolk Libraries Mobile Library</b>	Cordell Road	<b>1.30 to 2.00pm</b>
<b>July</b>			
Wednesday 5th	<b>Melford Music Recital</b>	Holy Trinity Church	<b>1.10pm</b>
Thursday 6th	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School	<b>10.00 to 11.30am</b>
Thursday 6th	<b>Parish Council:</b> Full Meeting including Planning	Old School	<b>7.00pm</b>
Friday 7th	<b>Bygones and Collectors Group</b>	Football Club	<b>7.30pm</b>
Saturday 8th	<b>Long Melford Village Fete</b>	Opposite Melford Hall	<b>12 noon to 4.00pm</b>
Wednesday 12th	<b>Melford Music Recital</b>	Holy Trinity Church	<b>1.10pm</b>

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, [longmelfordvillagehall.co.uk/melford-matters](http://longmelfordvillagehall.co.uk/melford-matters), or email the editor, [melfordmatterseditor@gmail.com](mailto:melfordmatterseditor@gmail.com), or advertising team, [melfordmattersadvertising@gmail.com](mailto:melfordmattersadvertising@gmail.com).

## Diary Matters

July (continued)			
Wednesday 12th	<b>Village Hall AGM</b>	Village Hall	<b>7.00pm</b>
Thursday 13th	<b>LM Poppies (WI)</b> – Jane Ebejer – melfordinn@aol.com	The Bull Hotel	<b>7.30 to 9.30pm</b>
Friday 14th	<b>Summer Fun Day</b>	Primary School	<b>3.30 to 7.00pm</b>
Friday 14th	<b>Folk &amp; Acoustic Club</b>	Cock & Bell	<b>8.00pm</b>
Saturday 15th	<b>Live Music:</b> Bob & Cheryl, £5 door entry	Football Club	<b>7.00-11.30pm</b>
Wednesday 19th	<b>Melford Music Recital</b>	Holy Trinity Church	<b>1.10pm</b>
Thursday 20th	<b>Good Neighbours/Friends of LM Library Coffee Morning</b>	Old School	<b>10.00 to 11.30am</b>
Friday 21st to 6th August	<b>Suffolk Art Society Art Exhibition</b>	Holy Trinity Church	<b>see page 6</b>
Wednesday 26th	<b>Melford Music Recital</b>	Holy Trinity Church	<b>1.10pm</b>
Thursday 27th	<b>Long Melford Litter Pickers ** New Start Time **</b>		<b>1.45pm</b>
Sat 29th/Sun 30th	<b>Antiques &amp; Vintage Fair</b>	Old School	<b>9.30am to 4.00pm</b>
Saturday 29th	<b>Long Melford Book Fair</b> – Quality 2nd hand/out of print books	Village Hall	<b>10am to 3.30pm</b>
Sunday 30th	<b>Long Melford Litter Pickers</b>		<b>10.00am</b>
Sunday 30th	<b>Car boot:</b> Sellers 11am, no need to book, £5/pitch. Buyers 12 noon	Football Club	<b>12 noon</b>

### Regular classes & workshops at Long Melford Village Memorial Hall

Mondays	<b>Strollercise</b> – Marina St Leger – www.strollercise.co.uk 07917 333712	<b>9.30 to 10.30am</b>
Mondays	<b>Beau Dance</b> for 6 to 10 year olds – Holly Cook – 07512 692289	<b>4.00 to 5.00pm</b>
Tuesdays	<b>Pilates</b> – Michelle Cowcher – michellecowcher@gmail.com	<b>10.00 to 11.00am</b>
Tuesdays	<b>Bounce</b> – Jules Cooper – www.bookwhen.com/bouncelongmelford	<b>6.00 to 8.00pm</b>
Thursdays	<b>Mum &amp; Tot Fitness</b> – JTD_fitness – jo.h.thornley@gmail.com	<b>9.30 to 10.15am</b>
Thursdays	<b>Babycarry Fit</b> – JTD_fitness – jo.h.thornley@gmail.com	<b>10.20 to 11.00am</b>
Thursdays	<b>Indoor Kurling</b> (1st and 3rd Thurs) – Drop in for a free taster session	<b>2.00 to 4.00pm</b>
Thursdays	<b>Bounce</b> – Jules Cooper – www.bookwhen.com/bouncelongmelford	<b>6.00 to 8.00pm</b>
Fridays	<b>Baby Ballet</b> – sudbury@babyballet.co.uk 07580 693747	<b>9.30am to 12.00 noon</b>
Monthly	<b>Lecture series</b> (4th Tuesday) – Suffolk Family History Society (Sudbury)	<b>2.30 to 4.00pm</b>
Monthly	<b>Tea &amp; Tech</b> (2nd Wednesday) – Communities Together East Anglia – 01449 707030	<b>2.00 to 4.00pm</b>
Monthly	<b>Lecture series</b> (3rd Wednesday) – Arts Society of Stour Valley	<b>10.30am to 12.30pm</b>

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

Mondays	<b>Bingo</b> age 18+ all welcome, no need to book	<b>7.00 to 10.00pm</b>
Tuesdays	<b>Beau Dance</b> for adults – Holly Cook – 07512 692289	<b>7.00 to 8.00pm</b>
Wednesdays	<b>Men's Shed</b> – Colin – sudburymensshed@gmail.com 07772870052	<b>10am</b>
Thursdays	<b>Tweens Dance Class</b> - Holly Cook – 07512 692289	<b>4.00 to 5.00pm</b>
Sat/Sun	<b>Colts and Fillies Junior Football</b> – Ian Ambrose – 07970 384576	<b>Call for details</b>
Sundays	<b>LM Veterans Football</b> – Dan Bull – 07925 867247	<b>Call for details</b>

PTO for Regular classes and workshops at the Old School →



## Diary Matters

### Regular classes & workshops at the Old School

Daily	<b>Yoga Studio</b> – Áine McGovern – <a href="http://www.longmelfordyoga.co.uk">www.longmelfordyoga.co.uk</a> 07840 030545	See website
Mondays	<b>Card making</b> – Pauline Andow – 01787 228790	12.30 to 2.30pm
Mondays	<b>Slimming World</b> – Dean Cox <a href="mailto:dean.cox1@sky.com">dean.cox1@sky.com</a>	5.30 and 7.30pm
Tuesdays	<b>Upbeat (Heart Support Group)</b> – Hilary Neeves – 01359 232678	9.00am to 1.00pm
Tuesdays	<b>U3A Art</b> – Vernon Lever – 01787 310511	1.30 to 4.00pm
Tuesdays	<b>Sophia Paper Kite Yoga</b> – Sophia – 07968 165185	6.00 to 9.00pm
Tuesdays	<b>Yoga with Clare Turner</b> – <a href="mailto:clareturneryoga@gmail.com">clareturneryoga@gmail.com</a>	5.45 to 7.15pm
Wednesdays	<b>Life Drawing</b> – John Garbett – 01787 378798	10.00am to 12.30pm
Wednesdays	<b>Keep Fit</b> – Heather Mahony – <a href="mailto:sheather.mahony@btinternet.com">sheather.mahony@btinternet.com</a>	11.15am to 12.15pm
Wednesdays	<b>Friendship Dancers</b> – Robin Hart – 01787 269613	3.00 to 5.00pm
Wednesdays	<b>Silver Band</b> – Mike Murkin – 01787 312605	7.30 to 9.30pm
Monthly	<b>Photography Group</b> (1st Monday) – Derek Challis – 01787 373738	Mornings
Monthly	<b>Good Grief Bereavement Support</b> (3rd Wed) – <a href="mailto:june@ggbereavementsupport.com">june@ggbereavementsupport.com</a>	10.00am to 12.30pm
Monthly	<b>Bead Club</b> - (1st Thursday) Victoria Power - 07866 996124	10.00am to 12.30pm

If you would like your activity or event listed here, let us know the details by emailing [MelfordMattersAdvertising@gmail.com](mailto:MelfordMattersAdvertising@gmail.com). Details for August/September need to reach us by **1st July**.

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

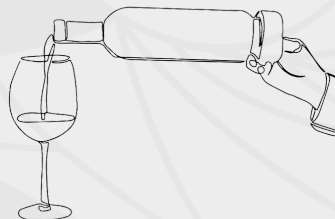
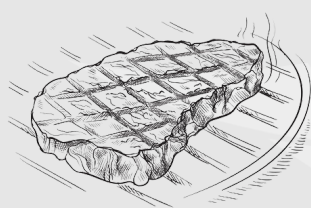


01787 468653

## Steak Night

DELICIOUS STEAK MEAL FOR TWO &  
A BOTTLE OF HOUSE WINE OR TWO LARGE GLASSES OF ANY WINE

£55



Available Thursday evenings

## Fish Friday

SELECTION OF FISH SPECIALS  
CURATED WEEKLY BY OUR AMAZING CHEFS



Available Friday evenings

## St George's Day Matters

### Parading in the Rain

You may remember that the weather on St George's Day was atrocious – rain, more rain and rain which didn't go away. But that didn't stop around 600 scouts, including our Squirrels, Beavers, Cubs and Scouts, taking part in the St George's Day Parade. All those young people, led by the Colchester Pipe Band, parading through the rain from Scout H.Q. (next to the Village Hall) up to Holy Trinity for the commemoration service was a splendid sight to see.



Rain didn't stop a marvellous parade



A word to the armed Squirrels – 'He's Behind You'

### Preparing for the Dragon

Our scouts have had a busy spring. It included sleepovers and visits to Duxford Air Museum and Stonham Barns. But the Squirrels and Beavers still found time to deal with the green dragon in time for St George's Day.



Some Beavers tame the dragon with smiles

# Scutchers

LONG MELFORD

Celebrating 30 years  
(And still going strong)

Available on any day for private functions



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



### Opening times

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

Westgate St  
Long Melford  
Tel: 01787 310200





## **Melford's Own Coronation**

On the day before the coronation in Westminster Abbey, our primary school arranged its own. A service designed to replicate the real thing was held in Holy Trinity, during which Rev Lawson crowned 'King' Seth Rides and 'Queen' Chloe Smith. They were chosen by the school's Year 6 class and led a 'Royal Parade' of the whole school from Holy Trinity back to the school.





# Picnic on the Green



## Wow! Wasn't it amazing?

What a wonderful day. Around 1,000 people enjoyed the Picnic on the Green on Sunday 7th May to celebrate King Charles III and Queen Camilla's coronation the day before. The weather was wonderful, as were Route 66 and the Silver Band in entertaining the crowds. Thanks to them and to everyone else who made it such a great event – including the Town Cryer and Rev Lawson who opened the event and organised tours of the church tower and bun throwing from it. Thanks also to all the people providing food and drink, the 1066 Classic Car Club members for such a fine display, the children's entertainers, the Fire Service for erecting the marquees, and many more.

But special thanks go to the Parish Council for organising it all and in particular to Liz Malvisi and our Parish Clerk, Clare Lee, for all the hard work they put into it.



THE ARTS  
SOCIETY  
STOUR VALLEY

THE SUN HAS GOT ITS HAT ON,  
HIP HIP HOORAY!  
THE SUN HAS GOT ITS HAT ON  
AND IS COMING OUT TODAY!!

So why not try us - the final lecture before the summer break

## THE ARTS SOCIETY STOUR VALLEY

On the 3rd Wednesday of \*each month  
at 11am at the Village Hall

We offer diverse illustrated \*monthly talks (\*excepting July/August), visits, special interest events, a quarterly magazine and much more – all at a very reasonable cost.

FOR FURTHER DETAILS and to get your name onto the temporary membership waiting list, **contact:**

info@tasstourvalley.org.uk quoting **MM12** or via our website:  
www.tasstourvalley.org.uk

## WEDNESDAY 21 JUNE ENGLISH GARDEN FOLLIES

These delightful and intriguing buildings offer insights into tastes and interests of the day. The talk will look at follies in C18 and C19 landscape gardens with a variety of styles and building types. The follies often had hidden meanings and the gardens could be enjoyed visually whilst also appealing to the intellect.



 **LIFECHECK**

THERAPY COACHING TRAINING SELF

## Katrina Love BSc(Hon) Psychotherapeutic Counselling

Qualified Trauma Therapist  
and Mindset Coach

is now practising from  
Long Melford

**07747 345384**

**WWW.LIFECHECK.LOVE**

• 50 DISHES • AWARD WINNING •

  
The  
Melford  
Valley

**Sunday Buffet  
12pm - 5pm**

**£11.95**

**Sunday Night  
Taster Menu**

Unlimited tapas dishes  
6pm to 8pm

**£18.95**

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

100% FRESH LOCAL BRITISH MEAT • GLUTEN FREE NANS

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

CHILDREN UNDER 5 EAT FREE

**NO  
JOINING FEES  
HALF PRICE  
INDUCTION  
&  
1ST MONTH  
FREE!**

Expiry: 31/07/2023  
T&S & CS APPLY

**SUDBURY**  
**Gymophobics**™



**BOOK A FREE NO OBLIGATION  
CONSULTATION NOW!**



**SCAN  
ME** 

**01787 827030**

FIRST FLOOR, 31 MARKET HILL, SUDBURY, CO10 2EN  
SUDBURY@GYMOPHOBICS.CO.UK  

*Ladies Only*  
**30 MINUTE WORKOUT**

## British Legion Matters

### No News Doesn't Always Mean Good News

The Parish Council has been trying hard to arrange a meeting with the Royal British Legion (RBL) about the future of its building and car park. The Council has written several times expressing concern, stressing the importance of the car park for the use of the GP surgery and for school drop-offs and pick-ups. Meanwhile, the recycling containers are being removed in case the Legion decides to close the car park despite the Council's strong representations. The bottle banks have been moved to the Old School car park. The clothes and paper and card containers will also be removed.



When we went to press, the RBL said it was trying to get a few possible dates to meet up, probably later this month (May).

## Pause for Thought

### Reflection on a Forecast

I confess that my heart sank ... at last I was going to have a few days off, but BBC weather anticipated four days of gloomy drizzle ... great! So much for my plans to go to the coast, or to tidy up the garden, or to generally avoid the screen.

However the BBC, perhaps never having quite recovered its nerve after missing the hurricane in 1987, does seem to be a bit pessimistic in its forecasts. It turned out that I was able to enjoy many spells of sunshine.

At present, there are many forecasts of doom and gloom around and many things which we should rightly be concerned about. And yet we must not

allow ourselves to be overwhelmed. I am reminded of some encouraging verses from the prophet Isaiah (Chapter 55):

‘For my thoughts are not your thoughts, neither are your ways my ways,’ declares the Lord. ‘As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.’

Let's try to seek God's perspective and ask him to help us be agents of his love and hope in these pressing times.

Rev Lawson



**BB** GAS HEATING AND PLUMBING LTD

Based in Long Melford BB Plumbing and Heating are Gas Safe registered and available for all plumbing and gas work in your home. From small to large maintenance jobs, Gas Safe Landlord certificates, full system installation and heating power flushing.

Tel: 07894 856 366  
BB Plumbing and Heating  
bbheatingandplumbing@gmail.com

**CLEMENTS CHIMNEY SERVICES**

**Levi Clements**  
**Local chimney specialist**

Including fitting of chimney pots, bird-guard cowlings, liners and sweeping



**Please check our reviews**  
**5.0 ★★★★★**

**07810 616837**  
**clementschimneyservices@outlook.com**



## Parish Council Matters

### Our New Parish Council

Our Parish Council consists of up to 13 members and an election for the new Council was due to be held on 4th May. But only 12 people stood, so there was no election, and the 12 candidates are now on the Parish Council. News on filling the vacancy will follow.

We asked each of them to write a short 'pen picture' of themselves and issues they'd like the new Council to tackle. We also asked the Council staff to say what their job involves and three of them agreed to do so.

Liz Malvisi and John Nunn were both re-elected to represent Melford on Babergh District Council too.

### Helen Brabner

*Born and raised in Long Melford, I am married with a grown up son. A retired Civil Servant and now a volunteer Supervisor in the Hospice Boutique, I was co-opted onto the Parish Council last September.*

*I am passionate about the village and will do my best to support everyone during these constantly challenging times. I aim to help retain the integrity of Long Melford whilst we embrace change.*



### David Burch

*I am a Suffolk person and have lived in the village for 23 years. My wife Jane chairs the award-winning Biodiversity group and I am a Trustee of the Heritage Centre.*

*Long Melford has a fascinating past but its future is more important and as a parish councillor I will do my best to ensure the village serves the needs of all age groups.*



### Spud Dudden

*I have lived in Long Melford all my life, and this will be my second spell as a parish councillor.*

*I have previously supported this community for over 27 years whilst I was a retained firefighter in the village, until my retirement from the service nine years ago. I want to continue to help and support all the residents of the village.*

### Jonathan Ewbank

*I was first elected to the Parish Council in May 2019 since when I have worked on improved village car parks, plus helping to set up and run Melford in Bloom. I also volunteer at the Country Park.*

*In the new council I hope to carry on these projects and to help embed the adopted Neighbourhood Plan, as I chair the Council's NP Steering Group.*



### Ben Joyce

*My wife and I moved to Long Melford in 2017 and we are now raising our little boy here.*

*On the Parish Council, I am currently involved in projects that use my financial planning and demographic modelling skills (I am a qualified actuary), including the Country Park toilet block renovation, the Cordell Place play area, the cemetery expansion, and I chaired the infrastructure working group.*



### Liz Malvisi

*I moved to Long Melford because I love East Anglia. Now retired with a wealth of experience I wanted to give back to society and so became a member and then chair of the Parish Council.*

*I was also elected a Babergh District Councillor in 2019 and took on the Environment, Climate Change and Bio-Diversity Portfolio in the Babergh Cabinet.*



### John Nunn

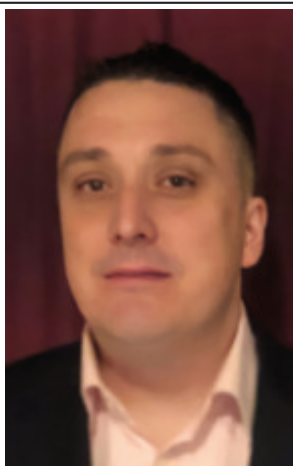
*I am married to Sylvia and have one daughter, Linda. I have lived at The Limes in Long Melford for 28 years – the sixth generation of the Nunn family to live in the village. My aim is always to be accessible to the people of Long Melford, to respond to their problems and concerns and to work hard to make our area a more desirable place to live. I am always ready to listen to people's views and help where I am able.*

## Parish Council Matters

### Scott Powell

*Having grown up in the village and been an active member of the community, I want to continue to help Long Melford be a great place for families.*

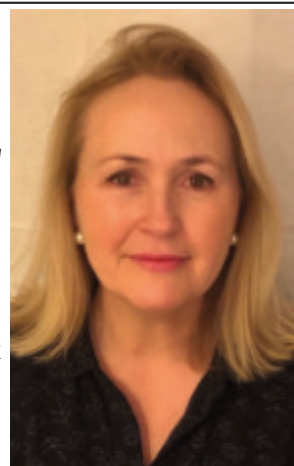
*I enjoy helping out at the Melford Walk and Country Park and contributing to events held in the village. I am also a Watch Manager for the Suffolk Fire and Rescue Service, stationed in Long Melford.*



### Fiona Swindells

*Since moving here in 2010, and getting married in 2011, I've been struck by the great sense of community Long Melford enjoys and I would like to try and build on the village's existing community activities.*

*During lockdown, my husband Guy and I encouraged volunteers to cook and deliver meals for ambulance crews and I also now raise funds to restore Holy Trinity's stained glass.*



### Lisa Tipper

*I'd love to be able to continue to be involved with the maintenance and projects at the Country Park and Melford Walk, be an active member of the Biodiversity Group and the Neighbourhood Plan Group.*

*Following the success of the five circular walks I'd love Melford to attain "Walkers are Welcome" status. I also hope to continue to represent the Parish Council at the Village Hall.*



### The Parish Council Employees

The Parish Council employs the Parish Clerk, Responsible Financial Officer and Cemetery Manager, whose profiles appear below, plus the Village Caretaker.

### Claire Lee

*I have been the Parish Clerk for Long Melford since September 2022. I previously worked for the Metropolitan Police Service for 23 years and more recently at a local primary school in Essex.*

*My role as Parish Clerk is to support the councillors and ensure the Council complies with all laws and regulations that apply and deal with the day to day running of the parish office.*



### Dave Watts

*A semi-retired journalist, I moved to Melford nearly 20 years ago and love it here. My career included editing Which? magazine, a ski magazine and ski guidebooks, and various personal finance columns. I now edit Melford Matters and am a trustee of Sudbury Citizens Advice. Big challenges for the new Council include reducing traffic volume and speed and improving parking and pedestrian crossing facilities.*



### Paul MacLachlan

*I am the Council's Responsible Financial Officer (RFO). I work 11 hours per week at the Council's Cordell Road office and I am responsible for the proper administration of the Council's financial affairs.*



### John Watts

*I'm a retired headteacher and taught some Long Melford children between 1972 and 1982. I hope they remember me fondly! I was on the Parish Council in the 1980s and again from 2008 till now (including a spell as chair, when I helped save the Country Park and Melford Walk for the village). I'm proud to work for Melford and preserve its beauty for future generations.*



### Alan Sawyer

*As Cemetery Manager, I am the responsible officer for maintenance and management of the cemetery and the main contact for funeral directors and all associated contractors.*





## Ukraine Matters

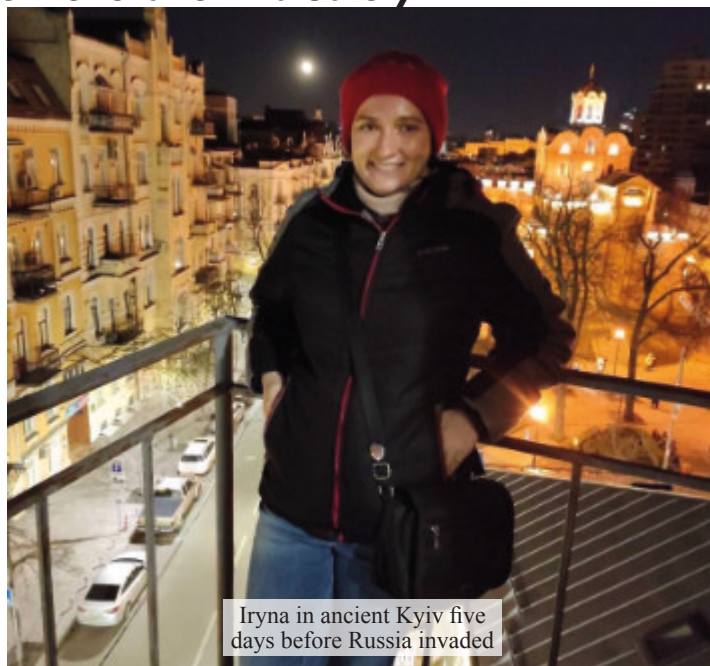
### Meet two Ukrainian Women Who Came to Melford to Find Safety

Iryna is single, aged 35 and is an Associate Professor at Kyiv University. Nataliya, aged 72, worked as a university lecturer in the Donbas region. Although Iryna and Nataliya lived over 800km apart in the Ukraine, both suffered dreadful experiences during the invasion.

Iryna says “When the bombing of Kyiv started on 24th February 2022 my parents and I were caught in the city. Most of the grocery shops and pharmacies closed, food was scarce and the queues were seemingly endless.” Nataliya had faced her first war in 2014 with the occupation of the Donbas region. The second war came in February 2022 with the full-scale Russian invasion. “I didn’t think Putin would actually invade – no one did,” said Nataliya sadly.


#### Their different roads to Melford...

Iryna, with her parents and three carry-ons, left Ukraine by bus for Poland on 9th March. Iryna says, “Those were the longest two weeks of my life.” However, her parents were so homesick that the family returned to Kyiv in September even though Iryna felt it wasn't safe to do so. After spending



Iryna in ancient Kyiv five days before Russia invaded

“a couple of interminable weeks at home” Iryna left her parents and arrived in Melford in October through the Government scheme ‘Homes for Ukraine’. She found her “wonderful host family” through the ‘Opora’ charity, which also provided a plane ticket.



# WATSONS

## PLANTS


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



---

Louise Watson    07952 638016

Chris Watson    07941 640560


Watsons Plants Ltd, Bury Road  
Depden, Bury St Edmunds  
Suffolk, IP29 4BU  
enquiries@watsonsplants.co.uk  
watsonsplants.co.uk




EST 2023


*Cafe Hygge*






**A Nordic inspired cafe  
in the heart of Long Melford**

Southdown House  
Hall Street  
Long Melford  
CO10 9JL  
01787 829952



Mon - Sat  
9am - 4pm  
(Closed Sunday)



## Ukraine Matters

Nataliya travelled from Ukraine by minibus to Poland and flew to the UK from there. Her first sponsor family lived in Walsham le Willows. She found them via Facebook and Ukrainian contacts already living in Suffolk. She spent six happy months there but the sponsorship ended because the couple were expecting a baby. Nataliya contacted Suffolk County Council who were very helpful and found her a sponsorship family in Melford.

### And their views on the village...

Nataliya finds Melford ideal and loves “its vibrant community, low crime rate, good amenities and bus services”. When asked what she doesn’t like about Melford, she replied, “Nothing”.

Her view on our low crime rate is reflected by Iryna’s astonishment at “so many front doors with glass panels – at home it would be easier to knock down the brick wall than the front door.” Iryna misses her parents, friends and colleagues, and “salivates at the thought of meat dumplings”. But she loves the “fairly tale green vistas of Long Melford”.

Neither of the women is religious but they’ve been drawn to Holy Trinity. Nataliya appreciates the music and Iryna loves the medieval stained glass. Visiting the church has helped Nataliya to make friends and she’s now on the rota of volunteers staffing the church shop.

Iryna goes to Bounce Box classes in Sudbury and is having golf lessons. She works full-time at the University in Kyiv and delivers online lectures on IT. But she says “it is not safe in Kyiv. I want to stay alive”. Nataliya has set up her own international online projects whilst keeping in touch with her family, friends, and colleagues.

Allegiances can differ within Ukrainian families. The Ukrainian flag may be taken down when a pro-Russian family member visits and replaced on their departure. Compromise is survival. Iryna and Nataliya are from different generations and have different experiences, but they’re united in wanting to go home when the war is over, and “we have won on our terms”.

### Rapid Aid for Ukraine

In March, Dave Williams and Mark Winstanley, both from Melford, along with their co-driver Steve Ruth from Acton, undertook a 2,400-mile round trip. They were part of a five-vehicle convoy to help transport the donations from the amazing generosity of people in Melford and Acton to help Ukrainians. They left three vehicles there and came back in the other two.

### A Long Old Trip

“It was long, boring and cramped, with my body armour remaining in the passenger footwell, there

being no other space,” said Dave. Mark added the trip was “alleviated by great camaraderie”. There were “laugh out loud” situations such as being detained by Polish border guards, all women, who wanted to inspect the contents of a Nissan 4x4 X-Trail. They refused to accept that it was very tightly packed with humanitarian aid. The drivers watched impassively as the contents, topped by six large boxes of Tampax, poured out. A guard with a huge smile waved them through saying, “I can see it is humanitarian aid you are delivering and not guns”.



The March 2023 drivers of aid to Ukraine included Melford residents Mark Winstanley and Dave Williams (second and third from left)

A thought-provoking moment came in Kraków in Poland. On seeing the five Rapid Aid vehicles lined up in the dawn light, an old man shuffled by saying, “Thank you, thank you. Today Ukraine, five years Poland”.

Nick Stearn, who set up the UK arm of the charity Rapid Aid, organised the team of drivers. Councillor John Nunn helped organise the donations and collection points at Budgens and the Co-op, where staff continue to take donations for collection. Another convoy is due to depart in June. Financial donations can be made via [www.ambulanceaid.co.uk](http://www.ambulanceaid.co.uk).



## Nature Matters

### Welcoming nature into Long Melford

Following our success winning the 'Enhancing Biodiversity' category at Suffolk's Greenest County Awards, the Group has been busier than ever. We continue to encourage nature into our village, but we really need more volunteers. As was abundantly clear in David Attenborough's 'Wild Isles', Britain is the most nature depleted country in Europe and we all need to do so much more to get back the nature we have lost over the last generation.

### Swift Boxes Spreading

With the help of Fire Service volunteers and willing homeowners, we've put up another 30 swift boxes around the village, bringing our total to almost 70 in two years. Several of the homeowners will be playing swift calls near their boxes to increase the chances of them being occupied. Swifts are highly gregarious and hearing calls encourages them to check out their new residences. We also want to record all existing nest sites – if you know of any, please let me know.



When you walk around the village you'll notice signs indicating areas that are being left unmown so that grasses and wildflowers will grow. These areas may appear a little tatty, but please look on them as being important to feed the bees, butterflies and other insects which in turn provide food for our birds.

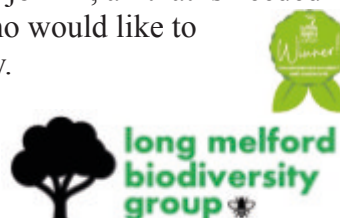
### Measuring our Success

After a lot of work to enhance biodiversity, along the Melford Walk and in the Country Park, it's important to carry out surveys to judge if we're successful. Breeding bird surveys have been undertaken and a survey of flowers along the Melford Walk will take place on Thursday, 8th June, 7-8.30pm. You don't need to be an expert to join in, all that is needed is

keen eyesight. Anyone who would like to join us, please let me know.

Jane Burch,

jane\_burch@yahoo.co.uk



## Brain Matters

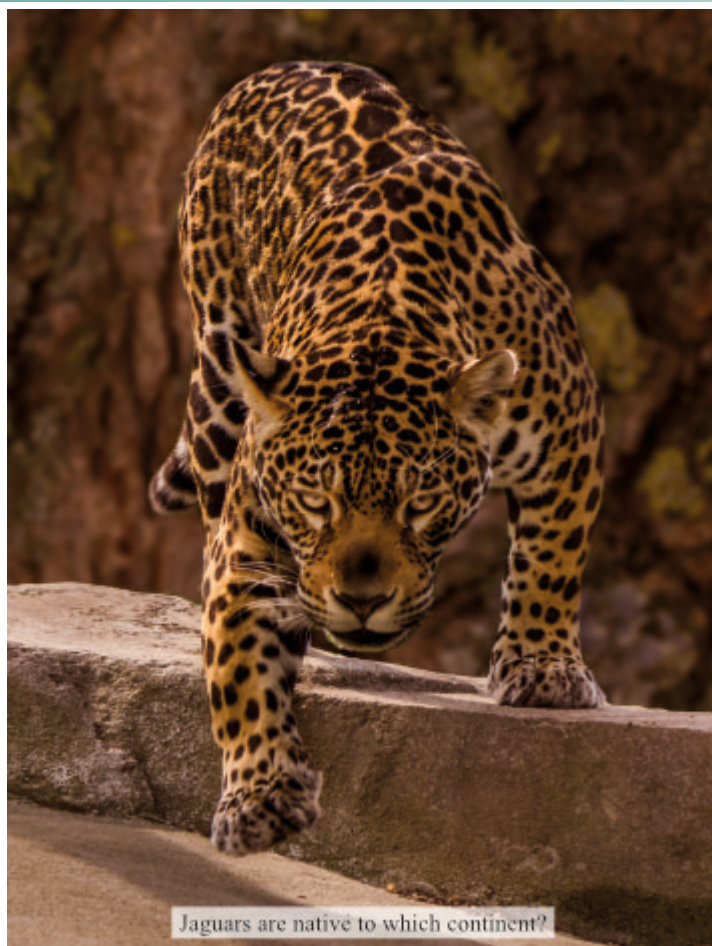


### Your Starter for Ten – the Letter J

This is the June and July issue. With that in mind, this issue's quiz questions or answers all feature the letter 'J'.

1. What is the capital of Jamaica?
2. Which heptathlete won Olympic gold at the 2012 London games?
3. What company was founded by Jeff Bezos?
4. In which Middle East state is the city of Jericho?
5. Which Jane Austen novel features Mr D'Arcy?
6. Who was Henry VIII's third wife?
7. In which children's book and Disney film does Jiminy Cricket appear?
8. From which town did the 1936 twenty-six-day hunger march to London begin?
9. Where do jaguars live? Is it Africa, the Americas or Asia?
10. How many points is the letter J worth in a game of Scrabble?

Answers on page 30.



## Gardening Matters – Notes from the potting shed

Don't you find that this time of year in the garden is the bit that makes all the work on chilly, blowy days worthwhile? As the longest day approaches, the plants seem to grow before your eyes and certainly alter every day. With that in mind, it's worth helping your floral displays last as long as possible by regular deadheading.

### Time to start sowing

Successional sowing now of things like salad crops at one to two weekly intervals should ensure you can be enjoying your own fresh food well into the darker autumn days.

If you want to be really efficient, it's almost time to start sowing seeds of biennials to have a beautiful display for next year. We know it seems very early to be thinking of 2024, but if you can get seeds of plants like sweet williams, wallflowers, honesty and Icelandic poppy germinated during July, you should be able to put your well-established seedlings into their final position during the autumn. With a bit of luck (an essential ingredient for most gardening challenges) they should then be robust enough to survive the winter and will give you a lovely display in early summer next year.

### How to increase your bluebell display

On another topical note, we've had a question about propagating bluebells. The approach we've found successful is to wait until the foliage turns yellow (probably late June/July), then divide the clump with a spade and replant chunks wherever you wish to have bluebells next year. Doing this as the plant fades for this season will allow the roots to establish



Sowing sweet williams and other biennials soon should give a great display next summer

well over the rest of the summer and autumn so that it can provide a display in its first year in its new position. Providing you use a clean sharp-edged spade, it does no harm to the parent plant and gives additional colour and beauty for free.

The other small but essential task at this time of year is feeding container plants regularly. A weekly dose of liquid feed into your hanging baskets and other container displays will pay dividends in extending their growing and flowering period.

Meanwhile, we're very much looking forward to the Village Fete on 8th July where there'll be some really lovely plants available at the Friends of Long Melford Library stall.

Please do keep sending your queries and tips in to [Melfordmatterslifestyle@gmail.com](mailto: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.

	Monday - Thursday	Friday - Sunday
Commercial rate	£16 per hour	£19 per hour
Standard rate	£13 per hour	£16 per hour
Melford resident rate	£10 per hour	£13 per hour
Audio visual equipment available @ £25 per session		

To book Long Melford Village Memorial Hall for you event visit our website  
<https://www.longmelfordvillagehall.co.uk/how-to-book/>  
or call 07379 894325



## GOOD GRIEF

### BEREAVEMENT SUPPORT DROP IN

Good Grief is a welcoming, warm, relaxed and supportive space for those who are grieving.

Do you feel like you are on an emotional roller coaster that you cannot get off? Do you feel isolated, lost or helpless? Does the future look hopeless?

This is grief!

Bereavement, grief and loss can cause many different symptoms that affect people in different ways. There's no right or wrong way to feel – your experience will be as individual as you are.

Come along and share a warm drink with us. Chat with others who may be experiencing something similar or perhaps just use it as a first stepping-stone to getting out and about again. Please know that you do not need to be alone with your struggle.

Every 3rd Wednesday of the month 10.00am – 12.30pm From Wednesday March 15th 2023

The Old School, Long Melford, CO10 9DX

Email :- [june@ggbereavementsupport.com](mailto:june@ggbereavementsupport.com)

bespoke  
reading  
and writing  
tuition

The  
Reading  
Doctor<sup>TM</sup>

BURY ST EDMUNDS



face to face • online • schools



@thereadingdoctorburystedmunds

Contact Louisa 07761 737 649

[louisa@thereadingdoctors.com](mailto:louisa@thereadingdoctors.com)



# Chiropodist

**Established & locally based (Alpheton)**

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

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

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



### CLINIC

**The Beauty Cave**

Little St Mary's

Long Melford, CO10 9HY

M: 07798 806184

### HOME VISITING PRACTICE

Long Melford & surrounding villages.

T: 01284 827380

## Health Matters

### News from the GP practice

Hello from the Long Melford and Lavenham medical practice.

We had a Care Quality Commission inspection on 18th April. But by the time this magazine went to press we hadn't received the report. The feedback on the day, however, was immensely positive and the inspection team found that all the points raised at the previous inspection had been acted upon and no points of concern were raised on the day.

Two new receptionists and an apprentice started with the practice in April, boosting the reception team.

We have started offering the Spring COVID boosters. As with other boosters for COVID these will be delivered in an age group bracketed process. Please await a call from the practice to book your booster.

It saddens me to report that abuse towards staff is on the increase. In April, we had to call the police once and I wrote to two patients to warn them about their behaviour following incidents within the practice. The NHS and the practice have a zero tolerance policy on abuse and violence towards staff.

### Increased appointment times

On a far more positive note, we have increased the appointment time for face-to-face appointments from 10 minutes to 15 minutes. This follows a study by the BMA and the Kings Fund that found even a small increase of 5 minutes to the appointment time



Scott Hanson, Practice Manager

delivered better outcomes for the patient. We have reduced the time allowed for telephone appointments from 10 minutes to 7½ minutes because the average call length is only 5 minutes. So, we're still able to offer the same number of appointments in total.

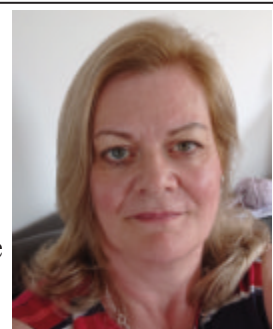
In the four week period 13th March till 9th April we dealt with 4,367 appointments, including 2,557 face-to-face appointments. That's for a total of 8,905 registered patients.

### Patient Participation Group

I would like to invite any patients who wish to become a member of the Patient Participation Group (PPG) to get in touch. The PPG meets with the practice monthly and helps shape the delivery of healthcare to our patients. If you're interested in becoming a member of the PPG, please email me at [scott.hanson@nhs.net](mailto:scott.hanson@nhs.net) and I'll pass on your details to Anne Hinds, chair of the PPG.

### Anne Hinds, Chair of the PPG

says, "The PPG members welcome the progress being made at the surgery and continue to work with staff to ensure that it continues. We are a friendly bunch and would be happy to see new members at our meetings."



### Richard Kemp

County and Parish Councillor  
01787 378149  
[richard.kemp@suffolk.gov.uk](mailto:richard.kemp@suffolk.gov.uk)

### Adam Kemp

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



## Steve White Electrical Services

### Part P Domestic Installer

Fully qualified, insured and guaranteed

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

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





**DOMINIC CARTER**  
Bespoke Event Catering

Private  
Event  
Chef



See our website for sample menus and further information

**Dinner Parties**  
**Weddings**  
**Corporate Events**  
**Social Occasions**  
**A La Carte Menus**



scan for our  
website

T: 07584 293863 E: [info@dominiccartercatering.co.uk](mailto:info@dominiccartercatering.co.uk)  
W: [www.dominiccartercatering.co.uk](http://www.dominiccartercatering.co.uk)



## Mark's Garden Services

*For all your gardening needs!*

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

Weekly/fortnightly, tailored to your needs

Overgrown gardens tidied and cleared.  
All garden work considered

Contact Mark

Tel: 07966631729

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

## NEED A PLUMBER?



## A P PLUMBING

Professional service with  
over 40 years' experience

All plumbing work  
undertaken

Suffolk and all surrounding  
areas

Free estimates - call today

**01787 282826 07940 516199**

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

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



**James Orgill**  
**Electrical Contractors**

**0771 5535736**

[james.orgill4@btinternet.com](mailto:james.orgill4@btinternet.com)

**Acton, Sudbury**

## Cricket Matters

### The New Season Starts At Last

Some things don't change – the first weekend got completely washed out but we managed to start a week later than planned. The 1st XI lost a closely fought match over at Frinton while the 2nd team beat Earls Colne convincingly at home.

This season there are one or two new faces at the club but we can always do with more. So, why not come down to Meeting Field and join in – you'll be made very welcome.

Sponsorship is so important to a club of our size. This year, we're pleased to have individual players sponsored as well as the club.

This month's player profile is on our Chairman Jason Wade. Jason joined the club nine years ago and was club captain for two years. He has been key in securing sponsorship and funding. His efforts have really kept us afloat over the last few years. Jason organised both our recent barn conversion to house our equipment and our even more recent bore hole.

As well as this, he's still a great all-rounder and opens the bowling for the 1st XI most weeks.



## Football Matters

### A Much Better Season for the Villagers

Long Melford FC finished the season in 11th place in the Thurlow Nunn Premier Division with 50 points. Despite the odd blip along the way, it was a much-improved campaign with the team picking up 18 more points than last season. The home form was particularly impressive as the team went on a long unbeaten run at Stoneylands from October to April.

Ryan Gibbs finished as top scorer with 16 goals and captain Jacob Brown scored 11. However, it was a real squad effort with 16 players getting on the scoresheet this season.



Captain Jacob Brown in action  
against Ipswich Wanderers  
Photo: Benie Davies

The club's reserve and under 18 teams also enjoyed successful seasons. The reserves finished 5th in their league and when we went to press the under 18s were 4th with a game still to play.

It would be great to see more supporters coming along next season to get behind the team and enjoy the new facilities. We can guarantee a warm welcome. We're also keen to recruit new volunteers. There are various roles to suit everyone depending on your area of interest and how much spare time you have.

You can find out more about the club on our social media or our website ([longmelfordfc.com](http://longmelfordfc.com)).



## 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
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	Ian Sandham	07586 354414
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	Claire Hargreaves	07899 696491
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 Walking Group	Mike Turner	07733 102229
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	schoolbooking1860@gmail.com
Project Seven	Andrew Hagger	07980 526067
Royal British Legion	John Nunn	nunnjohn@btinternet.com
Scout & Guide HQ bookings	Vicki Ramdhanie	lmsglettings@gmail.com
Silver Band	Mike Murkin	01787 312605
The Arts Society Stour Valley	John Ashton	07899 872222
Upbeat Heart Support	Hilary Neeves	01359 232678
Village Hall bookings	lettings.longmelfordvillagehall@hotmail.com	07379 894325

Please notify us of any additions or changes by emailing [MelfordMattersAdvertising@gmail.com](mailto:MelfordMattersAdvertising@gmail.com).  
Amendments must be received by **1st July** to be included in Issue 15 – August/September.

### Quiz Answers

- |                           |                        |                 |
|---------------------------|------------------------|-----------------|
| 1. Kingston               | 5. Pride and Prejudice | 9. The Americas |
| 2. Jessica Ennis          | 6. Jane Seymour        | 10. 8 points    |
| 3. Amazon                 | 7. Pinocchio           |                 |
| 4. The state of Palestine | 8. Jarrow              |                 |

# Visit KENTWELL

Tudor manor house and country garden

LONG MELFORD CO10 9BA



W/ENDS 24 JUNE TO 2 JULY



29TH - 30TH JULY



5TH - 6TH AUGUST

## What's on at Kentwell?

TICKETS & INFORMATION

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



12TH - 20TH AUGUST



26TH - 28TH AUGUST



23RD - 24TH SEPT

Become a Kentwell  
member →



## Buck the bland

Inspired graphic design



indigo  
ross  
Your **standout** partner

For your free marketing audit please email  
[hello@indigoross.co.uk](mailto:hello@indigoross.co.uk) or call 01787 880 260

Spectrum House  
Woodhall Business Park  
Sudbury Suffolk CO10 1WH

[indigoross.co.uk](http://indigoross.co.uk)   







THE  
RUG  
&  
CARPET  
STUDIO

*Handmade Rugs  
Runners &  
Large Carpets*

*Experts in Restoration  
& Cleaning*

**THE RUG & CARPET STUDIO**

The Old White Hart, Long Melford, Sudbury Suffolk CO10 9HX  
Open Monday to Saturday 10:00am – 5:30pm

ORDER ONLINE  
FREE DELIVERY

| [www.rugandcarpetstudio.co.uk](http://www.rugandcarpetstudio.co.uk)

| 01787 882214