MELFORD
Issue 15 August/September 2023
Matters

Photo: Steve Thomson

What a Great Fete

Huge numbers enjoyed a fun-filled afternoon

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Lots to do this Summer

Music, Art, New Farmers Market, Holy Trinity Open Weekend and much more

Pages 4 to 9

Good GP Practice News

It's out of Special Measures thanks to huge improvements

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Editorial

What a great place to live

The colour pages this month celebrate some of the lovely events held in the village this summer, including the Village Fete and Open Gardens. And look at all the great events coming up and featured in Community Matters.

I loved the fete and its fun activities. It was just a shame that it couldn't be held in the grounds of Melford Hall, with the Hall as a backdrop. That's because the National Trust won't license events there unless the grounds have been swept for unexploded WW2 bombs at vast expense – in my view, a totally unnecessary precaution because events have been held there safely for almost 80 years since the war ended.

And now another supposedly great British charity, the Royal British Legion, is showing it has no concern for the residents of Melford by closing the RBL car park to the community, despite the Parish Council's strong arguments about its importance for the GP surgery and the school (see page 21).

Shame on both the National Trust and the RBL.

Dave Watts, Editor

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at Willow Tree Farm

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Barleyfest – Barleycombe's Summer Fete 29th July 1pm to 5pm

You may have driven past Barleycombe numerous times without knowing what it is. Here's the answer – it's a residential home for 11 men who have learning disabilities. Barleycombe's staff help residents with everyday tasks such as cooking and shopping. They also organise holidays, trips out in the community and assist with medical appointments.

Barleyfest aims to raise money to help make the gardens a nice place for the residents to relax in and to help fund residents' social activities. The local Route 66 rock band will be playing and Nethergate Brewery will run a pop-up bar. There'll also be Face Painting, Craft and Bric-a-Brac stalls, Games, a BBQ, Raffle, Tombola and Cake Sale.

Here's hoping you'll support them on the 29th.

News From Breakout

A New Village Website

Breakout has now been open for over two years. As well as the many services we offer, we're regularly asked for recommendations and information about Long Melford. To help with this, we've created a website for residents of Melford, future residents and visitors too – see mylongmelford.co.uk

The team at Breakout has created this website in their own time so may have missed some information and businesses. If we have missed anything, please get in touch at hello@breakoutlongmelford.co.uk with information on what you think may be useful to all.

Many thanks go to Long Melford resident, Holly Jones-Warren for the use of her fantastic photos. This has been a labour of love for our village and completed as a huge thank you for your support of Breakout over the last two years. So, we very much hope you like it.

The Home Page of the New Village Website

A New Farmers and Makers Market

On 5th August, there'll be the first My Long Melford Farmers and Makers market. This will then be held on the first Saturday of each month at the Old School from 8am to 1pm.

There'll be fruit and veg, bread and other food stalls as well as a face painter to keep the children entertained. We've combined the farmers market with a makers market so you can see what our talented local residents have to offer, with gifts and treats galore.

The market will only be a success with your support, so please come along and see what the local businesses have to offer. We'll be looking for new traders and ideas so please get in touch at hello@breakoutlongmelford.co.uk.

Melford Music

Only Five Concerts Left

It's been another fabulous season and there's still much music to enjoy on Wednesday lunchtimes in August at Holy Trinity. Each concert starts at 1.10pm.

- 2nd Organist, Tim Cogan (with big screens to show his feet and hands playing)
- 9th Madrigalia – a melody of harps
- 16th Pianist, Therese Miller
- 23rd The Sokolowski Trio (violin, cello and piano)
- 30th Malcolm Ball – Ondes Martenot (an early electronic musical instrument)

While you enjoy the music, you can also enjoy a 'Lite Bite' to tide you over. Entry is free and there's an opportunity to donate as you leave – the money raised will go towards the cost of the scaffolding and work taking place in the Church. THANK YOU so very much for supporting Melford Music.

Long Melford Historical & Archaeological Society

We wound up our 2022/2023 season with visits to Gainsborough's House Museum and historical tours of Woolpit and Hawstead. All were well attended and enjoyed by our members.

Our new season starts on 21st September 2023 and we have an interesting programme lined up for the year, so do come along to the Old School on the 21st for a 7.30pm start – we'd love to see some new faces.

If you're unsure about joining, come along to a meeting. It will cost just £3, which we'll deduct from your membership fee if you decide to join us. If you'd like details of our new programme (available from mid-August), please send an email to lmhas1969@outlook.com, see www.lmhas.co.uk or call 01787 375329.

If you love the history of Long Melford, we have lots of photographs to see on our website and Facebook page.

Scam Busting

Although computer viruses and hacking get a lot of publicity, you're more likely to be scammed over the phone than by opening a malicious email. Fraudsters may pretend to be from the police, banks, tax office, Amazon, your internet company, and so on. We've had many examples of this in Melford.

Your landline may be the most dangerous device in your home. A common scam is for the caller to stay on the line after you hang up. They may have asked you to call others to confirm their identity. But if you use the same phone to do this, you're just speaking to the scammers again. If in doubt about anyone's identity, either ignore them or use a mobile phone to call a number you obtained yourself, not the one they gave you.

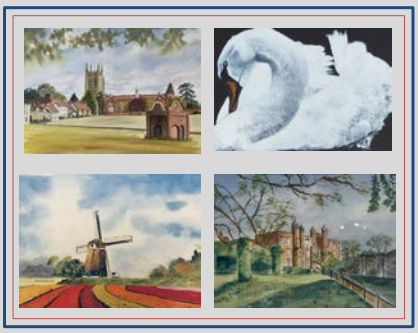
Be sceptical about calls from people you don't know. Seek advice (eg from the police, your bank or a trusted source) if you are unsure about anything.

Local Works of Art on Show

Suffolk Art Society has its Summer Exhibition at Holy Trinity church from 21st July to 6th August. After last year's exceptional event, the Society welcomes new members Sandra Naish, Robert Thomas, Sandra Fernando and Caryn Noad, who will all be exhibiting. Visitors will be able to vote for their favourite painting. Entry is free but donations for the Society's chosen charity, the East Anglian Children's Hospice, will be welcome.

The Long Melford based group, Class Arts, looks forward to its second exhibition this year, which will be on Saturday 30th September and Sunday 1st October at the Old School, opening both days from 10am to 4pm. Ten local artists will be selling their work, which includes paintings, prints and cards. Entry is free and the art is affordable – a chance for some early Christmas shopping!

CLASS ARTS
LONG MELFORD
ART EXHIBITION



SATURDAY 30TH SEPT—
SUNDAY 1ST OCTOBER
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FREE ENTRY

Holy Trinity's Scaffold-Filled Summer

Repairs to the 38 clerestory (very high) windows at Holy Trinity are well underway. The scaffolding is acting as a backdrop to a range of informative displays and exhibits that delve into the history, architecture and wider activities of the church in the community.

During the weekend of 15th to 17th September, there'll be an open event for all to enjoy. Each day will begin at 10am with a peal of bells and the firing of a cannon on the Upper Green. Planned activities include the ever-popular tower tours, a chance to test your musical skills with handbell ringing or playing the organ, brass rubbing, children's treasure hunt and Lego building, plus a pop-up cafe.

The church is open 10am to 6pm each day until the end of October (free entry). So, please come along and experience the beauty of this wonderful building.

A cannon will be fired on the Upper Green at the start of each day of the open weekend

Lots of Helping Hands

LONG MELFORD GOOD NEIGHBOURS SCHEME

Do you know just how much of a difference the Good Neighbours team of 30 regularly active volunteers makes to others in the village?

In 2022, we supported 91 different people in our Parish. We:

- made 311 medical supporting trips (eg taking people to appointments, collecting prescriptions, etc).
- completed 124 trips to social activities (eg coffee mornings).
- gave 36 hours of Face to Face befriending and made 275 telephone calls to those living alone.
- carried out 8 shopping trips.
- helped out with 6 home and gardening jobs and one IT problem and form filling task.
- held 25 Coffee Mornings (supported by the Friends of Long Melford Library) at the Old School – each with an average attendance of 25 people.

If you'd like to join our friendly team, or need help from our volunteers, please call us on 07504 249179 – just leave your details and someone will get back to you.

A New Garden of Remembrance

Long Melford Primary School is pleased to have been able to work with Audrey Wreford and the local Royal British Legion (RBL) branch to ensure that the Garden of Remembrance remains in Cordell Road despite the closure of the RBL site by the head office. The new Garden of Remembrance is at the top of the school grounds, near the road. In time, a bench will be added to the Remembrance Garden to enable anyone who wishes to sit and reflect, to do so.

Each year, until now, after our school Remembrance Service, our School Council has visited the Garden of Remembrance at the RBL and placed our school poppy wreath in it. We will now be able to continue to do this.

Many thanks to Dean Hermitage of Hermitage Memorials for his help.

Neighbourhood Plan Open Meeting

Around 80 people attended an Open Meeting at the Village Hall in June to discuss which aspects of the Neighbourhood Plan should be reviewed.

The Plan was adopted in October 2022 and Babergh Planning now has to take the policies in the Plan into account when deciding on planning applications in Melford. But we need to keep the Plan 'alive' and relevant, so that it doesn't lose significance to Babergh. This means keeping the Plan under review.

Five speakers covered possible issues for review:

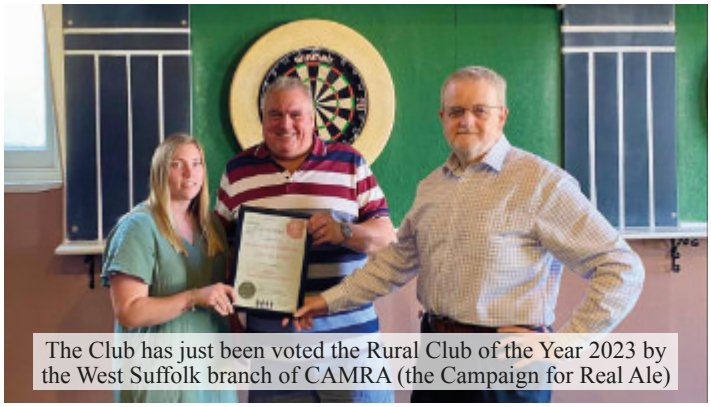
- Maintaining the gap between Melford and Sudbury, curbing unrestricted sprawl of our built up area, sustainable design guidance for new buildings
- Encouraging biodiversity
- Traffic and parking improvements
- Improving healthcare provision and supporting our GP practice
- Possible new initiatives such as enabling new organic farming businesses

This was followed by a lively and constructive Q&A session.

Thanks very much to everyone who came to the meeting.

Clubbing à la Melford

The Long Melford and District Ex-Service & Social Club, affectionately known as the Working Men's Club, has much on offer. It boasts two full size snooker tables, a pool table, darts and crib. You can watch TV sport on Sky, BT and Amazon. Social events include crib drives, pool and darts competitions.



The Club has just been voted the Rural Club of the Year 2023 by the West Suffolk branch of CAMRA (the Campaign for Real Ale)

The Club also stages music events:

- 29th July – Greg March will be hosting the ever-popular Karaoke Night.
- 26th August – the brilliant Rockhouse Rock 'n Roll band are playing.
- 16th September – you can see Melford's very own old favourites, Route 66.

Annual membership is only £12.50 for adults, and just £5 for over 65s and junior members (16+ and providing one of their parents is a member).

If you'd like to join the club, pop in and we'll happily sign you up.

Opening Hours Monday & Tuesday - 7pm until 11pm. Wednesday & Thursday - 5pm until 11pm. Friday & Saturday - 11am until 11pm. Sunday – 12 noon until 10.30pm.

Long Melford Folk and Acoustic Club

The Club meets at 8pm on the second of Friday of the month in the Function Room at the Cock and Bell – entry is free.

Performers range from those just starting to play and sing in public to some 'old hands'. Music styles vary from traditional unaccompanied singing to modern folk and blues. There are guitarists, banjo players, an Appalachian dulcimer player and sometimes recorder players. So every meeting is different.

Long Melford Folk & Acoustic Club

The performers make up the majority of the audience but those who just want to sit and listen are always welcome. The pub occasionally needs the room. So, please contact poboap123@gmail.com to check the club is meeting, or for further information.

Make Life Tough For Burglars

Stuart Finch, the co-ordinator of LM Neighbourhood Watch, offers advice on how to keep the burglars at bay.

You may have heard about a few burglaries in the village recently. You can reduce the chances of a burglar nipping in and pinching your valuables by making sure they are safely locked away and doors and windows are shut, even in hot weather.

More valuable items can be marked with your postcode – see police.uk/cp/crime-prevention/protect-home-crime/mark-your-property/.

If you're going away, tell a friendly neighbour. You can help to deter burglars by making your home look occupied when you're away. Ask someone to put your bins out to be emptied and back afterwards. If you've got a drive, someone might like to use it while you're away.

If you spot anything suspicious, report it by calling 101 or go to suffolk.police.uk/contact-us/report-something and then to '7 Report a crime'. In an emergency always dial 999.

If you'd like to join the Melford Neighbourhood Watch group, go to our Facebook page @ Long Melford Neighbourhood Watch, and follow the links. Then you can report suspicious behaviour via that to alert people. If you're not a member, call 07967 472488 to report it to us and we'll share the information.

MELFORD MOVIES

Our 2023-24 Season opens on **11th August** with the return of the loveable shanty-singing Cornishmen in **Fisherman's Friends 2 – One and All** (12A). Then on **8th September, Mrs Harris Goes to Paris** (PG) stars Lesley Manville as the eponymous cleaning lady in search of a couture dress. Doors open at 7pm for 7.30pm screening at the Village Hall. Refreshments and raffle. Adults £5, Under-16s £3. We now accept card payments! Contact melfordmovies@icloud.com

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Youth Matters

School's Out for Summer!

With the long school summer holidays just starting, it's a great time to look at the options on offer in the village to fill the days for children and parents.

Free as the Air Fun

We're blessed to have the Country Park, the Green and the Meadows where we can enjoy the sun (hopefully) and perhaps have a picnic. Also for free, how about following one of the five circular walks that all start in Melford. Information leaflets are available in the old red telephone boxes, from Holy Trinity and can be downloaded from longmelfordvillagehall.co.uk/long-melford-walks.

Fun Time in the Library

Our wonderful library will be offering plenty to keep youngsters busy over the summer. There's the Summer Reading Challenge (see p26) and lots more. Every Tuesday afternoon there's Tot Rock and Baby Bounce – music and singing for under-fives.

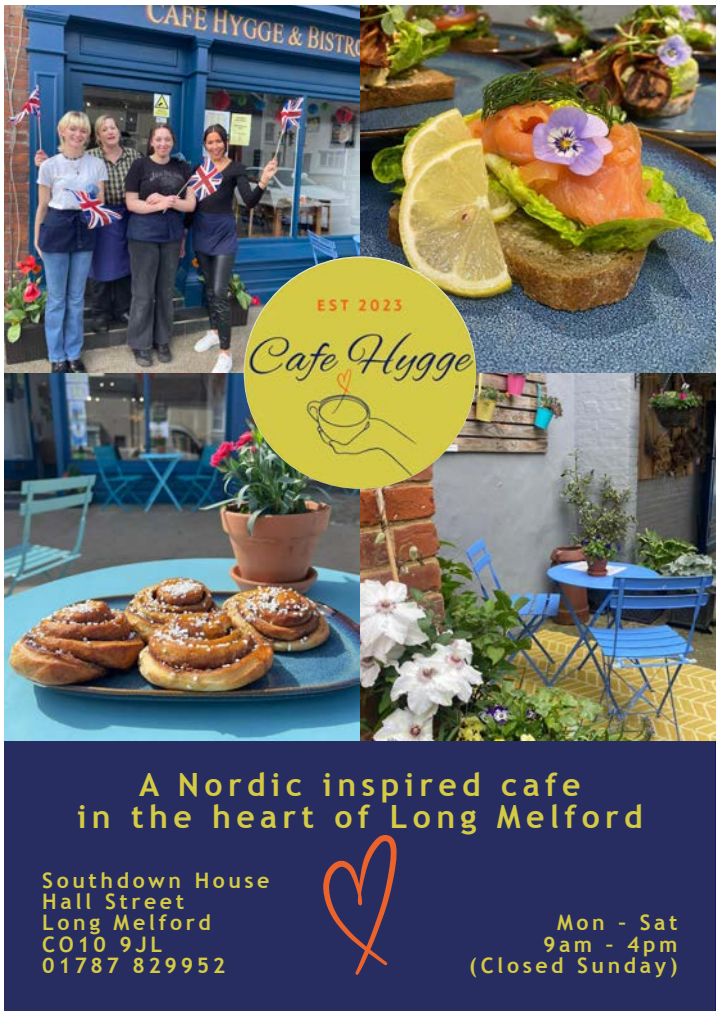
On Saturday mornings, there are craft activities, including building a boat for the library regatta and making finger football or rugby games. There'll also be Lego challenges, including building a pool or aquatic centre and designing a racing car. See Suffolklibraries.co.uk for information.

Fun Offerings from Kentwell and Melford Hall

Kentwell is offering a range of themed days, starting with 'Magic Weekend' on 29th and 30th July when the house and gardens will be transformed into a magical place with fairies, wizards and more.

A fairy in the grounds of Kentwell Hall

On 5th and 6th August the 'War and Peace' weekend majors on how soldiers wounded in WW1 were helped. But it also covers other eras from the Regency to the 1960's Peace Camp.



From 12th to 20th August the biggest Tudor event of the year will be running, where the house and garden go back in time to 1564, and you can discover what life was like then.

From 26th to 28th August Kentwell becomes the ultimate history time travel experience, where you could find yourself in the Bronze Age right through to the 1970s.

For more information visit www.kentwell.co.uk

At Melford Hall you could enjoy a sunny afternoon on the lawn with a picnic and playing garden games, discover the family-friendly trails or borrow one of the story bags to enjoy reading in the garden. Inside the Hall there are '50 things to do before you're 11 ¾' and all things Beatrix Potter to uncover. For more information visit www.nationaltrust.org.uk/visit/suffolk/melford-hall

Fun for the More Active

For those feeling energetic, Jo Thornley of JTD will be running 'Mumfit', which is a child friendly fitness class, every Thursday 9.30am to 10.15am at the village hall throughout the summer holidays. Mums can have a workout whilst the kids play or join in. Message Jo on 07982 996422 or through the JTD Facebook page to book your space, at £6 a session.

Our GP Practice Is Out of Special Measures

Scott Hanson, Practice Manager

Hello from Long Melford Medical practice.

The latest Care Quality Commission (CQC) report on our practice finally arrived in late June (following our inspection in mid-April). The report is available on the practice website thelongmelfordpractice.co.uk and the CQC website cqc.org.uk/location/1-572192418.

Following a very successful onsite inspection, the CQC has taken Long Melford out of special measures and upgraded its official rating from 'Inadequate' to 'Requires Improvement'. The CQC, as demonstrated in the wording in the report, is happy that the practice is at the standard required for a Good rating. But it wants to monitor the practice for longer so that it can be sure that the changes we have implemented have become permanent improvements.

CQC comments

Some of the CQC comments in the report are:

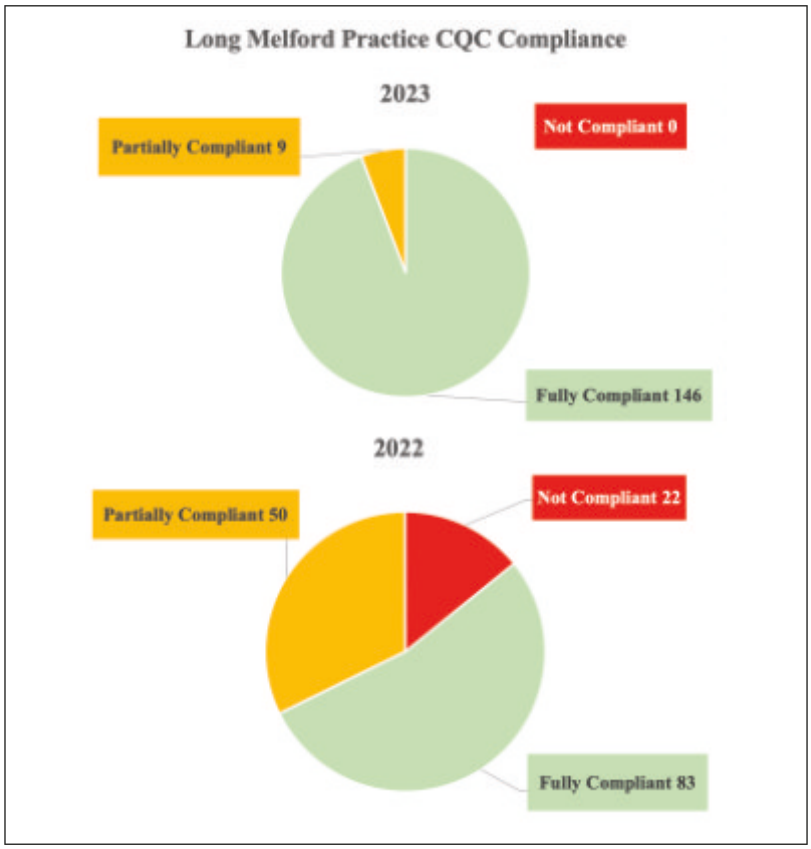
> 'At this inspection we rated the practice requires improvement for providing effective services. Although systems and processes identified as concerns at our last inspection had been developed and improvements had been made, there had not been sufficient time elapsed to ensure the improvements made were fully embedded to be assured these could be sustained.'

And

> 'At this inspection we rated the practice requires improvement for providing well-led services because the areas of improvement, for example, systems to mitigate risk, policies and procedures, and quality assurance processes needed time to be completed and embedding for assurance they will be sustained.'

Improvements since the last inspection (July 2022)

The inspection looks at 155 different areas of the practice and rates each of them: not compliant, partially compliant or fully compliant. The bar chart below shows the huge improvement between the 2022 and 2023 inspections. In 2022, 22 areas were 'not compliant'; in 2023 no areas were 'not compliant'. In 2022, only 83 areas were 'fully compliant'; in 2023, 146 were. Partially compliant areas dropped from 50 to 9.



We will continue to work on the nine partially compliant issues and look forward to the CQC returning to conduct a follow up inspection to confirm all the changes have become permanent improvements.

Areas which were only partially compliant included:

- The regular review and updating of patients' treatment.
- The ability of patients to make appointments in a way which met their needs.
- The development of vision, values and strategy in collaboration with staff, patients and external partners.
- The written recording of individual care records, including clinical data, to be managed securely and in line with current guidance and relevant legislation.

Health Matters

Our new phone system is up and running

June also saw our new phone system go live. It's now possible to see the number of calls coming in and to enable additional members of staff to join the Reception team and answer calls when needed. During the first three weeks of the new system, in the morning peak (8am to 8.30am) the queue hasn't been more than 20 people and the average wait time hasn't exceeded 13 minutes. By 8.45am the queue has been cleared. In the afternoons, the wait time is down to under 3 minutes. All a vast improvement on the previous phone system.

The practice has also continued to expand its workforce with the addition of another two receptionists.

As always, I welcome feedback and suggestions from patients and would remind any patients who wish to become members of the Patient Participation Group (PPG) please email your details to longmelford.reception@nhs.net

Anne Hinds, Chair of the PPG says, "The PPG is delighted at the progress made by the practice since the original inspection and congratulates the staff on their efforts. We are sure that the practice will continue to move forward and we will provide ongoing support. Members of the PPG joined the practice on 5th July to celebrate the 75th birthday of the NHS."

Heart Care from Upbeat

Upbeat is a registered charity affiliated to the British Heart Foundation. It's a self-help group that provides professional cardiac and exercise support. They offer a sympathetic ear and practical help to anyone suffering with cardiac problems, or even family members or carers who are supporting those with cardiac issues.

Upbeat hold exercise, educational and social events at the Old School on Tuesday mornings between 9.15am and 12.30pm.

To find out more about Upbeat, contact Hilary Neeves on 01359 232678 or have a look online at www.upbeatheartsupport.org.uk

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Diary Matters

July	Event	Venue	Time
Friday 21st to 6th August	**Suffolk Art Society Art Exhibition**	Holy Trinity Church	**see page 5**
Saturday 29th	**Barleycombe Summer Fete**	Barleycombe	**1.00 to 5.00pm**
Saturday 29th	**Long Melford Book Fair –** Quality 2nd hand/out of print books	Village Hall	**10.00am to 3.30pm**
Sat 29th/Sun 30th	**Antiques & Vintage Fair**	Old School	**9.30am to 4.00pm**
August	**Event**	**Venue**	**Time**
Wednesday 2nd	**Antiques Fair**	Village Hall	**9.00am to 3.30pm**
Wednesday 2nd	**Melford Music Recital**	Holy Trinity Church	**1.10pm**
Thursday 3rd	**Good Neighbours/Friends of LM Library Coffee Morning**	Old School	**10.00 to 11.30am**
Thursday 3rd	**Parish Council:** Full Meeting including Planning	Old School	**7.00pm**
Saturday 5th	**My Long Melford Farmers & Makers Market**	Old School	**8.00am to 1.00pm**
Sunday 6th	**Family Service**	Holy Trinity Church	**10.30am**
Wednesday 9th	**Melford Music Recital**	Holy Trinity Church	**1.10pm**
Thursday 10th	**LM Poppies (WI)** – Jane Ebejer – melfordinn@aol.com	The Bull Hotel	**7.30 to 9.30pm**
Friday 11th	**Melford Movies** – "Fisherman's Friends 2 - One and All" (12A)	Village Hall	**7.30pm**
Friday 11th	**Folk & Acoustic Club**	Cock & Bell	**8.00pm**
Sunday 13th	**Silver Band Concert** – £7 on the door	Stoneylands	**2.00pm**
Wednesday 16th	**Melford Music Recital**	Holy Trinity Church	**1.10pm**
Thursday 17th	**Good Neighbours/Friends of LM Library Coffee Morning**	Old School	**10.00 to 11.30am**
Wednesday 23rd	**Melford Music Recital**	Holy Trinity Church	**1.10pm**
Thursday 24th	**Long Melford Litter Pickers**		**1.45pm**
Sat 26th /Sun 27th	**Antiques & Vintage Fair**	Old School	**9.30am to 4.00pm**
Sunday 27th	**Long Melford Litter Pickers**		**10.00am**
Wednesday 30th	**Melford Music Recital**	Holy Trinity Church	**1.10pm**
Thursday 31st	**Good Neighbours/Friends of LM Library Coffee Morning**	Old School	**10.00 to 11.30am**
September	**Event**	**Venue**	**Time**
Saturday 2nd	**My Long Melford Farmers & Makers Market**	Old School	**8.00am to 1.00pm**
Saturday 2nd	**Live Music from Coast** – £7.50 entry	Stoneylands	**7.00pm for 8.00pm**
Sunday 3rd	**Family Service**	Holy Trinity Church	**10.30am**
Wednesday 6th	**Antiques Fair**	Village Hall	**9.00am to 3.30pm**
Thursday 7th	**Parish Council:** Full Meeting including Planning	Old School	**7.00pm**

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, or email the editor, melfordmatterseditor@gmail.com, or advertising team, melfordmattersadvertising@gmail.com.

Diary Matters

September (cont.)			
Friday 8th	**Melford Movies** – "Mrs Harris Goes to Paris" (PG)	Village Hall	**7.30pm**
Friday 8th	**Folk & Acoustic Club**	Cock & Bell	**8.00pm**
Thursday 14th	**Good Neighbours/Friends of LM Library Coffee Morning**	Old School	**10.00 to 11.30am**
Thursday 14th	**LM Poppies (WI)** – Jane Ebejer – melfordinn@aol.com	The Bull Hotel	**7.30 to 9.30pm**
Fri 15th to Sun 17th	**Open Events at Holy Trinity Church**	Holy Trinity Church	**See page 6**
Wednesday 20th	**The Arts Society Stour Valley**	Village Hall	**11.00am to 12 noon**
Thursday 21st	**Long Melford Litter Pickers**		**1.45pm**
Thursday 21st	**Long Melford Historical & Archaelogical Society**	Old School	**7.30pm**
Saturday 23rd	**Long Melford Book Fair –** Quality 2nd hand/out of print books	Village Hall	**10.00am to 3.30pm**
Sat 23rd/Sun 24th	**Antiques & Vintage Fair**	Old School	**9.30am to 4.00pm**
Sunday 24th	**Long Melford Litter Pickers**		**10.00am**
Thursday 28th	**Good Neighbours/Friends of LM Library Coffee Morning**	Old School	**10.00 to 11.30am**
Friday 29th	**Charity Quiz Night** – £10 per team, maximum 6 per team	Stoneylands	**7.00pm for 7.30pm**
Saturday 30th	**Wellness Fair - holistic treatments and wellbeing stalls**	Old School	**9.00am to 4.00pm**
Saturday 30th & 1st Oct	**Class Arts art exhibition**	Old School	**10.00am to 4.00pm**

Regular classes & workshops at Long Melford Village Memorial Hall		
Mondays	**Strollercise** – Marina St Leger – www.strollercise.co.uk 07917 333712	**9.30 to 10.30am**
Mondays	**Song Circle, Choir for Women –** first session free, £7 thereafter – Anna 07957 484812	**11.15am to 12.45pm**
Tuesdays	**Pilates** – Michelle Cowcher – michellecowcher@gmail.com	**10.00 to 11.00am**
Tuesdays	**Bounce** – Jules Cooper – www.bookwhen.com/bouncelongmelford	**6.00 to 8.00pm**
Thursdays	**Mum & Tot Fitness** – JTD_fitness – jo.h.thornley@gmail.com	**9.30 to 10.15am**
Thursdays	**Indoor Kurling** (1st and 3rd Thurs) – Drop in for a free taster session	**2.00 to 4.00pm**
Thursdays	**Bounce** – Jules Cooper – www.bookwhen.com/bouncelongmelford	**6.00 to 8.00pm**
Fridays	**Baby Ballet** – sudbury@babyballet.co.uk 07580 693747	**9.30am to 12.00 noon**
Monthly	**Lecture series** (4th Tuesday) – Suffolk Family History Society (Sudbury)	**2.30 to 4.00pm**
Monthly	**Tea & Tech** (2nd Wednesday) – Communities Together East Anglia – 01449 707030	**2.00 to 4.00pm**
Monthly	**Lecture series** (3rd Wednesday) – Arts Society of Stour Valley	**10.30am to 12.30pm**
Monthly	**Lecture series** (4th Wednesday) – Film Club Lectures – www.filmclublectures.co.uk	**10.30am**
Regular classes & workshops at The Melford at Stoneylands (LMFC clubhouse)		
Mondays	**Bingo** age 18+ all welcome, no need to book	**7.00 to 10.00pm**
Wednesdays	**Men's Shed –** Colin – sudburymensshed@gmail.com 07772870052	**10.00am**
Thursdays	**Strictly Swing – Swing Jive/Lindy Bop** Sarah Buldock 07956614824 **starts 7th Sept**	**7.00 to 9.00pm**
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**
Sundays	**Strictly Swing – Balboa/Collegiate Shag** Sarah Buldock 07956614824 **starts 10th Sept**	**7.30 to 9.30pm**
Monthly	**Pete the Feet – an evening of 50's music, free jive and stroll tuition** (last Friday, not Sept) Pete 07974201878	**7.30 to 10.30pm**

PTO for Regular classes and workshops at the Old School →

Diary Matters

Regular classes & workshops at the Old School		
Daily	**Yoga Studio** – Áine McGovern – www.longmelfordyoga.co.uk 07840 030545	**See website**
Mondays	**Card making** – Pauline Andow – 01787 228790	**12.30 to 2.30pm**
Mondays	**Slimming World** – Dean Cox dean.cox1@sky.com	**5.30 and 7.30pm**
Tuesdays	**Upbeat (Heart Support Group)** – Hilary Neeves – 01359 232678	**9.00am to 1.00pm**
Tuesdays	**U3A Art** – Vernon Lever – 01787 310511	**1.30 to 4.00pm**
Tuesdays	**Sophia Paper Kite Yoga** – Sophia – 07968 165185	**6.00 to 9.00pm**
Tuesdays	**Yoga with Clare Turner** – clareturneryoga@gmail.com	**5.45 to 7.15pm**
Wednesdays	**Life Drawing** – John Garbett – 01787 378798	**10.00am to 12.30pm**
Wednesdays	**Keep Fit** – Heather Mahony – sheather.mahony@btinternet.com	**11.15am to 12.15pm**
Wednesdays	**Friendship Dancers** – Robin Hart – 01787 269613	**3.00 to 5.00pm**
Wednesdays	**Silver Band** – Mike Murkin – 01787 312605	**7.30 to 9.30pm**
Monthly	**Photography Group** (1st Monday) – Derek Challis – 01787 373738	**Mornings**
Monthly	**Good Grief Bereavement Support** (3rd Wed) – june@ggbereavementsupport.com	**10.00am to 12.30pm**
Monthly	**Bead Club -** (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. Details for October/November need to reach us by **1st September**.

Wow! What a Wonderful Open Gardens

With more than 20 gardens on display on the last Bank Holiday in May, the event was a sell-out – more tickets had to be printed on the day to keep up with demand. The garden displays were spectacular, Mansel Hall sold out of cake and had to have more delivered and around 50 cream teas were sold at The Mill. More than £6,300 was made for charity, smashing last year's total of £3,700!

Photos by Amy Louise Photography

We'd like to thank to all the gardeners who worked so hard to make this event such a success. Big thanks to David Burr for the signage, and to Budgens, Breakout, Cafe Hygge and Jessica Muir for selling loads of tickets.

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THE ARTS SOCIETY STOUR VALLEY

AS WE SUCCUMB GRATEFULLY TO SUMMER HEAT…
THE ARTS SOCIETY HEART CONTINUES TO BEAT !

WATCH THIS SPACE for the launch of its new programme commencing in September.

Topics include:

The Life and Work of Architect Frank Lloyd Wright

The History of Auctions from Roman Times to Now

The Art of the Cartoonist by a Cartoonist (with live drawings)

The Arts Society offers a full programme of events plus an Arts Magazine and a series of ten illustrated talks given by experts in all aspects of the Arts in the **Village Hall (opposite the Bull Hotel)**.

FOR FURTHER DETAILS and to get your name onto the membership waiting list, **contact**: info@tasstourvalley.org.uk quoting **MM13** or via our website: www.tasstourvalley.org.uk

Fete Matters

All the Fun of the Fete

A huge turnout enjoyed our Village Fete in July and thankfully the predicted rain held off. What a wonderful afternoon it was, with quintessentially English activities to the fore – the Silver Band, Tugs of War, a Dog Show, (rubber) Chicken Chucking and dousing victims in the Stocks, to name a few.

Selling goodies to raise funds for Holy Trinity's stained glass repairs

Lady Hyde Parker, Amy

The organiser, Lady Hyde Parker, Amy said "I'd like to thank all those who helped make the Village Fete the huge success it was. Almost £6,000 was raised for Melford-based charities and community groups. We look forward to welcoming you all back next year on 13th July."

Youngsters enjoyed the steam engine rides

Two labrad during th

There were plenty of entrants for the fun dog show

Melford Court residents ready to pick

New Litter Pickers For Melford

In May, three Melford Court residents and their carers joined us on a pick. They really enjoyed doing something for the community and will be joining us again. We may soon have another picker – James Cartlidge MP, who has said he'd like to join us on a pick.

The two signs we put up in lay-bys on the village outskirts seem to be proving successful. But we need to address the abundance of cigarette ends that smokers feel free to drop. We've got a great slogan: 'BIN YOUR BUTT!' But we need someone to help making signs or posters for us. Volunteers please!

The village is looking lovely and we, the Litter Pickers, aim to keep it that way.

e Melford Poppies (WI) supplied tea, delicious cakes and crafts.

The Tug of War was won by the Farmers

dors listen for instruction e dog training display

Chicken-chucking raised over £150 for the Country Park

Children enjoyed the bouncy castle despite the heat

There were plenty of stalls and sideshows

Thanks to Teresa Poole and Steve Thomson for providing these photos

Photo: Mark Draper

Another Fantastic Leestock Festival for Melford

writes Stuart Palmer

A change in location this year but no change to the high-quality music and organisation. I feel incredibly lucky to have such a prestigious and well-supported event on my doorstep. It was truly amazing to share this with lots of neighbours. The music was incredible – with special mention to Natalie Imbruglia and T'Pau. The food and beverage offerings were excellent. With the change of location, it felt a little more compact, but that didn't detract. I have to take my hat off to the organisers. First time at Kentwell Hall and it seemed to go like clockwork.

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Dawn Chorus Walks

On two Bank Holidays in May our bird experts, Cliff Dark and Jonathan Ewbank, led Dawn Chorus walks. People gathered for a 6.30am start and were given an extensive tour of the park.

Gathering for the 6.30am start

They listened to and spotted a good number of different bird species, including returning migrant species such as Blackcap, Whitethroat, Reed Warbler and Little Grebe, plus many of our resident birds such as the Goldfinch, Tree Creeper, Long Tailed Tit, Song Thrush, Tufted Duck and Robins; a Cuckoo was also heard but not seen.

They also heard how the volunteer Park Friends are now managing the park in a much more wildlife-friendly way. The results are clear, with an increase in breeding birds and more species of wildflowers and grasses. The Park's information boards have reports on the last two year's breeding bird surveys. The bird boxes that Cliff made and installed have been well used again this year and we think even the owl boxes have been used this year, hopefully by an owl.

Janet at Jenny Wren's provided a lovely and much-needed breakfast and refreshments after the walks. There'll be more Dawn Chorus Walks in 2024.

Cygnets and Ducklings

Ollie, our much-loved resident swan, has become a dad for the second year running and you'll see him and his new girlfriend swimming on the pits with seven gorgeous cygnets. But beware as they're very protective and proud parents. There've been a few clutches of ducklings as well and we really hope that some may survive – the ducks could learn a thing or two about parenting from Ollie!

Why swim when you can get a ride?

We've planted an oak tree in memory of Queen Elizabeth II. Huge thanks to Phillips Engineering Ltd and AS Blasting and Coatings who made and donated the tree guard for the oak tree.

If you'd like to join the Park Friends please contact the Parish Clerk on 01787 378084 to leave your details.

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Parish Council Matters

Clare Lee, our Parish Clerk, reports:

Jo Dunnet, our new Park Warden

The Country Park – Jo Dunnet is the Parish Council's new Park Warden. As our new service provider, Jo will look after the park toilets, carry out general litter picking, keep a check on the wildlife (Ollie the swan in particular!) and maintain a visible presence. Jo is very passionate about our Country Park and was a regular visitor before agreeing to be our new Warden. If you see Jo with her hi-viz on, please say hello.

The Council is working towards a complete refurbishment of the Country Park toilets. This is still in the early stages, but we hope to be able to share some confirmed drawings with you all soon.

The Parish Assembly was held on 25th May at the football club. Over twelve village groups and organisations plus Sudbury Citizens Advice attended. It was lovely to see residents pop in for a chat and enjoy a cuppa. We'll be building on the success of this meeting to make it bigger and better next year.

Recycling Bins – All recycling bins have been removed from the Royal British Legion car park. The nearest recycling location now for both bottles and clothing is the Old School car park. Please don't leave bottles etc. at the RBL site as this is private property and won't be removed by Babergh Council. It also constitutes fly-tipping which is punishable by a fixed penalty. This is your village and community so please be respectful of it.

Two memorial benches have been installed: One, at the Country Park, is in memory of Reg McKenna in recognition of the work and commitment he gave to the park. The other, near the Village Hall, is in memory of Jayne Lines who did much for Melford and served as a Parish Councillor including a spell as Chair.

Melford in Bloom have been extremely busy planting the wonderful displays throughout the village. A big thank you to all our amazing volunteers, the eye-catching mix of flowers and colours is a joy to see.

Another thank you – this time to Vernon Lever for assisting the Parish Council in having our three Melford maps updated and reinstated around the village and for the maintenance Vernon carries out on them throughout the year.

The bench in memory of Jayne Lines provides a peaceful view of the Chad Brook and the farmland beyond.

Parish Council Matters

The Royal British Legion (RBL) Site
The Parish Council has been trying to get a meeting with the RBL since early March. We've made several phone calls, written numerous emails and sent recorded delivery letters. We stressed the importance of the building to the Library and various community groups and of the car park for staff and patients of the GP practice and for dropping off and collecting children attending our primary school.

But we received no response until we were eventually offered a meeting. This took place on 22nd June, when the RBL Property Manager announced that the car park would be closed very soon. He said this was because of advice from their insurer about 'public liability and the chance of Travellers occupying it'. They also wanted vacant possession as they intend to sell the site.

We suggested several times the Parish Council might be willing to take a short-term lease on the car park and take over the insurance issues. But each time, the answer from the RBL was a firm "No".

The RBL site a week before the car park closed – there were 21 cars parked there

So it took over three months to get a meeting and only two working days later, the car park's closure was announced, despite the Council's strong representations.

Selling the Site
The RBL Property Manager told us the site would be sold but did not put a timescale on this. He said he would be exploring the possibility of residential development for the site.

We stressed the importance of the Neighbourhood Plan in deciding on any planning application and that we had allocated sites in the Plan such that we had exceeded the requirement for new homes in Melford set by Babergh. The RBL site had not been allocated.

The RBL is listed as an '**Asset of Community Value**' by Babergh. This effectively means that when the site is put up for sale, the Parish Council (and any other eligible community groups) can have up to six months to bid to buy it, during which time it can't be sold to anyone else. There are also clauses in the 1944 conveyance of the site which restrict what the RBL can do with the proceeds of any sale.

For more details…
Go to longmelford-pc.gov.uk for:

- A Parish Council statement on the closure of the car park
- The Minutes of the 6th July Parish Council meeting where Appendix 6 of the Agenda is a detailed report on the meeting with the RBL Property Manager.

Note: the decision to close the RBL building and car park was taken by the RBL at national level and the local branch had no say in the matter.

Pause for Thought

Forgiveness – One Step at a Time

An ancient Chinese proverb says that "a journey of 1000 miles starts with a single step". I recently thought about this when asked about how to forgive someone after betrayal and rejection. Rather than glibly responding that Jesus forgives us so we ought to forgive others, I found myself describing forgiveness as a journey of many steps.

For some people the wound is so raw that the first step is getting to a place where they can just mouth the word 'forgive'. For others, it's recognising that they have been wronged, that there has been injustice, and what happened wasn't their fault. In some cases the first step towards forgiveness is forgiving ourselves.

Forgiveness is not being soft on wrong doing or denying our desire for justice. But it does recognise that in this imperfect world, we need the oil of forgiveness to keep the cogs of life turning and to avoid becoming seized up by bitterness. Forgiveness can be a long journey. But each step takes us a little closer to God's heart. Don't delay … take the next step today.

Rev Lawson

Who Do You Think You Are Kidding _ _ _?

Captain Mainwaring, Private Pike et al kept the nation amused as they protected Walmington-on-Sea from a possible German invasion. Life in the Melford Home Guard and the rest of the UK was somewhat different.

Around one man in five served in the volunteer Home Guard force from 1940 to late 1944. They were an armed citizen militia whose main purpose was to slow down the possible advance of the enemy for as long as possible. HQ for the Melford men was the Drill Hall – now the Long Melford and District Ex-Service and Social Club aka the Working Men's Club. The officer commanding the Melford Platoon was Lieutenant Mitchell.

Some members of the Melford Home Guard Platoon. The sergeant on the far right in the front row of the photo is Fred Ruse, the father of Henry.

A training exercise led by Lieutenant Mitchell, the officer commanding the Melford platoon.

1943 The Home Guard on another training exercise in the grounds of Melford Hall. The hall is pictured just a year after a ruinous fire roared through the North Wing.

Melford Spigot Mortar crew in 1942 preparing to defend the bridge by Chad Brook

Our interest in the Home Guard was inspired by the discovery of a Spigot Mortar base, a relic from World War II, during the excavation of the Skylarks site. A Spigot Mortar was an anti-tank weapon used by the Home Guard. There were at least three sites of Spigot Mortar bases in Melford – in High Steet, Little Green and Station Road. If you're interested in finding out more, look at the very informative board at the entrance to Skylark Way (the Bloor Homes site).

Our thanks to John Nunn and the Museum and Heritage Centre.

Three of the Melford Home Guard Platoon prepare for action across Chad Brook at the back of the Village Hall.

Welcoming nature into Long Melford

Nature will flourish if we give it space. Many participated in 'No Mow May' and areas around the village remained unmown. As a result, we've found new sites with rare bee and pyramidal orchids; butterflies have also done well. I know long grass can sometimes look rather untidy, but please embrace this wilder look, both in your gardens and in appropriate public places. Nature needs all the help we can give, and this is an easy way to increase all species.

Please Look After Wildlife

I urge you not to use any pesticides in your garden/allotment. If you can encourage a balance in wildlife – by feeding birds and hedgehogs; putting up bird boxes and bug hotels; leaving a log pile and ensuring fresh water is always available – 'pests' will be controlled for you. A small pond is a very valuable resource for so many species, especially as we seem to be having hotter, drier summers. And please take great care when using power tools not to damage nests or resting hedgehogs. Sadly, the number of hedgehogs injured by strimmers or poisoned by slug pellets is ever increasing.

Flora and Fauna Surveys

In June, the Group, with the help of Long Melford Scouts, carried out a survey of plants growing along the Melford Walk. We found over 100 species of flowers, trees, grasses and ferns. This data is important so we can assess whether our work along this Nature Reserve is improving the diversity and abundance of the rarer species. We're also hoping to complete surveys of breeding birds, reptiles, butterflies and bats.

A rare bee orchid was found this summer on a 'No Mow May' site

Our bird boxes have again been well used on the Melford Walk and Country Park, but the swift boxes have yet to prove popular. The village now has over seventy swift boxes, but fewer birds have been seen this summer. We can only hope our efforts will increase numbers in future.

The Group always welcomes new volunteers as the more help we can get the more we can do. Don't be shy, please get in touch with me to talk about how you can help.

Jane Burch, jane_burch@yahoo.co.uk

long melford biodiversity group

Winner!

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Gardening Matters – Notes from the potting shed

Did You Rise to the Pollinator Challenge?

We've been wondering whether you've had success with growing a new plant this year specifically to attract pollinators – a gardening challenge from our Feb/March issue.

We decided to focus on herbs so that we'd have the benefit of them to use for cooking but also because many of them are excellent for insects too. The standout success has to be lovage with its celery-like flavour. It can be delicious as part of a salad and in other dishes too. It grew to over five feet high and was covered in yellow umbels. They're always good value for pollinators as they have multiple food sources without having to travel far between blooms.

Hyssop was also very popular with bees and flowered for many weeks. If you let your chives, sage and mint flower, they'll be a real bee magnet, as are the pretty mauve blooms on rosemary earlier in the season.

A busy bee working on a sage flower

Overall, the herb family has proved to be a good value, wildlife friendly group of plants, many of which are mercifully drought tolerant. Please let us know which new plants you tried growing this year for the first time.

Plants to Divide in the Autumn

We've received a question about which plants are suitable for dividing in the autumn. Broadly speaking, we'd say that most summer flowering perennials are suitable for attention between September and November, weather permitting.

If you split off clumps of plants such as geranium, agapanthus, lysimachia, delphinium, lychnis and euphorbia in the autumn, you can plant the sections you've removed and give them the chance to get their roots established before the soil temperature drops. The plants are all likely to tolerate the division if they're not actively growing when it occurs. Hostas are also suitable for autumn splitting although those fibrous roots can require a very sharp spade or knife to divide cleanly.

It may seem brutal to reduce the size of your original plant. But it will increase the chances of the plant continuing to grow vigorously if you divide it every few years, as well as giving you extra plants for free.

We very much hope that your gardening this season is making you feel happy and positive.

Please do keep sending your queries and tips in to 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

Library Matters

Home Sweet New Home

We're very grateful to St Catherine's Church for making us feel so welcome and making it possible to bring the Library back to Melford. We had many offers of help and ideas shared at our time of need and we'd like to thank everybody for their support, whether that was practical or cheering us on. We're glad to be back!

At the time of going to print, the Library is open on Tuesdays and Wednesdays 10am to 1pm and 2pm to 5pm. Thanks to the generous support of the Friends of Long Melford Library we'll also be able to open on Saturdays 9am to 1pm during the summer holidays (22nd July to 2nd September). We hope that we'll soon be able to offer the same opening hours as before our unplanned closure in January.

Ready, Set, Read!

The Summer Reading Challenge was launched on 22nd July. Signing up is a great way to keep children reading over the summer holidays and it's completely free. The children will read 6 books over the 6 weeks, chat with one of our volunteers and receive a prize for each book they read. Those who complete the challenge will receive a certificate and medal they can take to school and will be invited to a celebration party in September. If you have any questions, please pop in and speak to us.

Nick Castell, Library Manager

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Brain Matters

A Quiz on Female High-Fliers

August sees the women's football World Cup final. This issue's quiz isn't about football – it's about women.

1. When did Margaret Thatcher die? Was it 2007, 2010 or 2013?
2. Whose debut album, released in 2008, was '19'?
3. Who wrote 'Sense and Sensibility'?
4. Marie Curie won two Nobel prizes. One was for physics, what was the other one?
5. Which Brit won the 2019 Best Actress Oscar for her role as Queen Anne in 'The Favourite'?
6. During which war did Florence Nightingale care for thousands of soldiers?
7. On which beach can Maggie Hambling's sculpture 'The Scallop' be seen?
8. Which tennis Grand Slam event did Emma Raducanu win in 2021?
9. Who was the first woman to fly solo from London to Australia?
10. Who said of Prime Minister Gladstone, "He speaks to me as if I was a public meeting"?

Answers on page 30.

Margaret Thatcher in 1975 – but when did she die?
Marion S. Trikosko, Public domain, via Wikimedia Commons

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NAPIT

James Orgill
Electrical Contractors

0771 5535736

james.orgill4@btinternet.com

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LM Football Club Remembers the 2022-23 Season With Pride

As you read this article, the new football season will have already started. But let's reflect on last season when there was much to be proud of. All the pundits expected to see us in the relegation zone but we finished mid table. First Team Manager Dave Hennessey has developed a terrific team spirit and it was great to see them all playing as one. Congratulations also go to Darren Thomas for his leadership of the Reserve Team and the players should rightly feel proud of their performance over the season. Their coach Lee Greenwood takes over as manager next season.

Supporters' Player of the Season, Josh Collins, in aerial action

Last season's award winners were: *First team Supporters' Player – Josh Collins, *Top Scorer – Ryan Gibbs, *Players' Player – Jacob Brown, *Manager's Player – Jake Jackson. And for the Reserves: *Supporters' Player – Jemail Marshall, *Top Scorer – Ricky Verdades, *Players' Player – Hugo Hertz, *Manager's Player – Charlie Coy.

With a comparatively small population and player budget, Long Melford continues to punch well above its weight in the regional Thurlow Nunn League. A big thank you to our sponsors and supporters who provide much needed income and practical help.

Founded in 1868, we're the tenth oldest football club in the country, with a proud history. Please come along to watch and help sustain our future.

Here Comes the Sun For the Cricket Club

After a cold and wet start to the season, the sun shone in June – thank goodness. This meant that LMCC were able to host a successful Kwik Cricket evening with over 50 children up to the age of 11 taking part. It was a great event which was enjoyed by all.

The next day, the 1st XI played Tuddenham 1st XI in what is normally an even contest. Tuddenham set a strong total of 295 from their 45 overs which was always going to be a tough ask. But LMCC set about

Phil King (left) and captain Josh Burgess after their match-winning stand of 232 against Tuddenham

the run chase from the start with a quick 44 from Chris Cundell. With the score on 54, captain Josh Burgess came to the crease. He was joined shortly after by Phil King when the score was on only 66. They both set about the task in tremendous fashion reaching the target with five overs to spare. Josh finished on 143 not out including twenty 4s and four 6s, Phil on 85 not out including fourteen 4s. Their partnership of 232 was a wonderful performance which earned Melford a well-deserved 20 points.

LMCC is always on the look out for new players and members, with adult training on Tuesday evenings and Juniors on Thursdays. Everyone is always welcome.

Richard Kemp
County and Parish Councillor
01787 378149
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
AMAS Investments Limited

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	07967 472488
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. Amendments must be received by **1st September** to be included in Issue 16 – October/November.

Quiz Answers

1. 2013
2. Adele
3. Jane Austen
4. Chemistry
5. Olivia Colman
6. Crimean War
7. Aldeburgh
8. US Open
9. Amy Johnson
10. Queen Victoria

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