

MELFORD

Issue 17 December '23/January '24

Matters

Photo: Holly Jones-Warren

Festive Long Melford

Christmas merriment for all
on Saturday 25th November

Pages 16 and 17

Christmas Shopping in Melford

Great ideas for gifts from our
local businesses

Pages 10 and 11

From Holland to Melford

How All Creatures Great
and Small brought a
fabulous vet to our village

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Christmas in Melford Matters

Christmas is here

The run-up to Christmas is a lovely time to be in Melford. Hall Street looks great with all the festive lights and trees and Festive Long Melford (this year on Saturday 25th November) gets it off to a great start and raises thousands of pounds for local good causes – see pages 16 to 17. Please turn out and support it.

Festive Long Melford



Please also support our local shops and other businesses. These are difficult economic times and if we're to keep the great array of independent enterprises we have, they need all the business we can give them. On pages 10 and 11 we look at how they can fulfil all your needs if you're buying Christmas gifts.

Please keep us informed

Melford Matters is here to tell everyone what events are coming up in the village that they might want to go to. But we can't feature them unless the organisers tell us about them well in advance – for events in February and March, we need to know by 15th December please.

Merry Christmas and Happy New Year...

... from all the Melford Matters team

Dave Watts, Editor

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Community Matters

Kentwell's Joyful Dickensian Christmas

On the weekends of 9th/10th and 16th/17th December, you can step back in time to 1869, in Kentwell Hall and its gardens to enjoy a Dickensian Christmas Experience.

You can listen to Charles Dickens reading from his 'Christmas Carol' in the Tavern; see the 'Jack and the Beans Talk' pantomime in the theatre; join the Bence family (who owned Kentwell in 1869) and their friends and household staff in the house and the ballroom; enjoy singing and magic in the Music Hall.

In the garden, children will be challenged to 'solve the riddle of the Pantomimes'. They can also visit Father Christmas (and Mother Christmas too) in their Grotto.

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



Guiding Leads to Switzerland

The Chadbrook Guides have been busy this autumn raising funds for their trip to Switzerland in 2025. You're very welcome to add to those funds by going to their Beetle Drive on 29th November from 7pm to 8.30pm at the Scout and Guide Hut, next to the Village Hall.



The Guides have also had a busy term so far with cooking on a fire, drama and dance, and crafts. They've also been working towards some badges, with some Guides achieving their Silver awards by Christmas. Finally, the Guides have been working on new designs for their Remembrance and Christmas windows at the Scout and Guide Hut, which they really enjoy doing.

A Mini Festive Melford from Good Neighbours

Not everyone will be able to make it into the village for Festive Long Melford. So, Good Neighbours will be staging their own mini-event at their Coffee Morning on Thursday 23rd November at the Old School. There will be a few stalls – pottery, preserves and cards will be on sale as will raffle tickets. If you'd like a lift to the mini-event, please call 07504 249179, leave a message and someone will get back to you.



Good Neighbours will be continuing its Coffee Mornings at the Old School on alternate Thursdays from 10am for about an hour – see the Diary on pages 12 to 14.

Festive Fun at the Club

The Long Melford & District Ex-Service and Social Club (aka the Working Men's Club) has lots going on in the run-up to the festive season.

- 25th Nov (after a day of Festive Long Melford): The Wartons – a Country and 60's Band
- 8th Dec: Pensioner Members' Christmas Party
- 10th Dec: Members' Children (9 and under) Christmas Party
- 17th Dec: Christmas Raffle
- New Year's Eve (until 1am) – The Suffolk Slappers Trio

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

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



The Suffolk Slappers will bring in the New Year at the Club

MELFORD MOVIES



Sincere apologies to those who came on 13th October to see 'The Lost King' (12A), the story of an amateur historian's quest to find Richard III's remains. Unfortunately the screening was cancelled due to our amplifier failing. The amp has now been replaced and we have rescheduled the screening to 12th January 2024.

In the meantime, we're screening 'Ticket to Paradise' on 8th December. Julia Roberts and George Clooney star as a divorced couple joining forces to stop their daughter making the same mistake they once made.

Screenings are at the Village Hall. Doors open at 7pm and the film starts at 7.30pm. Adults £5; Under-16s £3. Refreshments and raffle. If you'd like to reserve seats, please email melfordmovies@icloud.com.



A Busy Time Ahead For The Silver Band

Long Melford Silver Band is very pleased to welcome Frankie Ayers as its Musical Director. Frankie is a freelance music teacher and will bring a wealth of experience to the post.



By the time this edition comes out we'll have travelled to Ypres for a rehearsal weekend away, playing at the remembrance service at the Menin Gate.

Christmas is looming large on our horizon and so far we'll be playing:

- 24th November – Carols at the Clare Christmas lights switch on
- 25th November – Carols at Festive Long Melford (see pages 16/17)
- 15th December – Christmas Concert at Long Melford Village Hall 7.30pm
- 16th December – Carols in Hall Street 10am-12 noon
- 17th December – Carol Service at Pebmarsh Church 3.30pm

The Silver Band would like to thank everyone who has supported them and wish you all a Merry Christmas and a Happy and Prosperous 2024.



Melford's Calendar Girls

The Melford Poppies are planning their Xmas social evening with dinner at the Bull on Wednesday 13th December. We'll have our

festive meal, followed by our Secret Santa, traditional sing-a-long of Twelve Days of Christmas with animated actions for each day, and individual performances from some of our wonderfully talented members. Mary's version of Albert and the Lion from a few years ago, will never be forgotten.

The Melford Poppies are keen to attract more members to our happy group and are planning an event for 2024. In collaboration with Melford Movies, we will be hosting a film night of Calendar Girls at the Village Hall on Friday 19th April.

All ladies welcome. We're in the early stages of planning the event, but promise there will be a bar, as well as teas/coffee. And of course, cake, of many differing sizes! Finally, don't worry – people will be keeping their clothes on.

Community Matters

FLuMPS Autumn Fair and AGM

With the new school year well under way, the Friends of Long Melford Primary School (FLuMPS) held its Autumn Fair on 22nd September. The children enjoyed the activities and stalls, including a bouncy castle and a huge inflatable 'Minions' slide. The barbecue, bar and ice cream van were also popular, and local musician Ben Smith's soothing singing helped us all relax. Everyone had a great time and the event generated £350 profit.

The committee held its AGM during the Fair. The new members thanked last year's committee for their hard work and outlined the plans for the coming year.

Clare Gordon told us "Events this term include the school disco and Festive Long Melford (see page 17) and we have some great ideas for new events in the spring term. Look out for details in the school notices, on Facebook and in Melford Matters."



FLuMPS 2023-24 Committee members Jonathan Grant (Treasurer), Zoe Watts, Clare Gordon (Chair), Katherine Cass (Secretary) and Simon Darby



Lynda Badger (left) and Kate Allen with the cannon (owned by Lynda) that was fired to start Saturday's events

Autumn Fun Raising Funds at Holy Trinity

The extensive and costly repairs (approx. £150,000) to the 38 clerestory (the highest) windows at Holy Trinity are ongoing until mid-December. After that, the church can finally be 'unwrapped' and beautifully decorated in time for the Christmas celebrations.

The 15th and 16th September saw two days of fun events. Pimms & Hymns on the Friday evening was full of uplifting music and hymns performed by the church choir and Melford's Rossignol Consort (a small chamber choir), in conjunction with organist Nigel Brown. Glasses of Pimms helped lubricate the audience's vocal chords.

Saturday's activities started with the firing of a live cannon. Visitors could enjoy the ever-popular Tower Tours, brass rubbing and an on-screen drone flythrough. There were organ recitals with a chance for people to test their own musical skills and a children's treasure hunt, plus a pop-up café. Not forgetting the wonderful exhibitions and displays which will be running until December.

Oktoberfest a Huge Success for Nethergate

The sun shone when Nethergate held its annual Oktoberfest. The bar staff got into the spirit of the festival by donning traditional Bavarian costumes whilst serving the many different types of beer on offer.

These included some brewed especially for the festival by Head Brewer Eon and a rarely seen Marzenbier (the traditional beer brewed for Oktoberfests), which was brewed using Bavarian hops in Clare by Roughacre. Visitors had the choice of 22 beers on tap and several bottled beers, from breweries across England.

Our reporter's favourites were the flavoured dark ales which included Nethergate's Black Forest Gateau and Raspberry Milk Stouts.

The food vans provided plenty of eating options. Local music acts played in the back bar with music to suit all tastes.

The weekend coincided with Nethergate's new Sunday opening times, so we were able to enjoy our beers until 6pm – though it may go back to 4pm during winter months. All in all, the festival was another big success for Nethergate which is now a popular destination for families, couples and beer lovers from all over the region. Prost!



Oktoberfest was a family-friendly event and a huge success

Community Matters

A New Clothes Shop for Women

Not long ago there were at least five women's clothes shops in Melford. In September, there were just two selling new clothes. Now we're back to three, thanks to Sean Garnham opening Hall Street Ladieswear in what used to be Lime Tree Gallery. It's opposite Sean's existing Hall Street Menswear shop.

Sean said, "Hall Street Ladieswear has been meticulously designed to embody the classic and quality essence that has made Hall Street Menswear a beloved establishment over the last decade. The ladieswear shop promises to offer a discerning selection of practical everyday attire, while also respecting the local countryside lifestyle. This rustic touch reflects the shop's rural setting and the rich history of Long Melford."

The clothes on offer should complement those in nearby Nutmeg, rather than compete with its offering. This must be good news for Melford's retail scene.



Owner Sean Garnham outside his new shop

From Barnardo's to Beer

The first meeting of Long Melford Historical and Archaeological Society's new season was very successful. Lots of visitors came to hear the true story of the thousands of Dr Barnardo's children, fostered in Suffolk villages, from the late 1800's to the 1950's. When they were old enough, many of the children were sent to Canada or Australia to start new lives. Peter and Liz Davidson gave an excellent talk using their research of parish and school records. Montgomery House (now The Old Rectory), next to Holy Trinity, was a Barnardo's home and we were treated to some lovely photographs from that time, with thanks to the late Valerie Theobald.

LMHAS's October meeting was an intriguing talk on 'Supernatural Suffolk'. And in November we had '600 Years of Beer and Brewing in Suffolk'. We hope to see you on 15th February 2024 for our traditional evening of 'short talks' by our members.

LONG MELFORD HISTORICAL & ARCHAEOLOGICAL SOCIETY

Old School – New Website

The committee of the Old School are delighted to announce that we now have a website dedicated for the activities at the Old School: longmelfordoldschool.co.uk

At this site you'll be able to view all our rooms and check all the activities that are happening at the School. There'll be details of upcoming events and you'll also be able to enquire about making a booking and checking availability.

Farley and Andy at Breakout developed the website for us (the Community Association) and have helped us to get started on this new venture. Steve Thomson has supplied all the photographs. We'll be adding contact details for all the classes as soon as we can.

We hope you enjoy our new website and find it useful.



The Homepage of the Old School website

Community Matters

The Return of the Four Tuscaneers

Four members of Melford's Walking Group (Mike Turner, Claire Hargreaves, Jaqs Marsh and Teresa Symons), otherwise known as the Four Tuscaneers, spent nine days in Tuscany this autumn on a walking holiday. Naturally, this also involved food and wine tasting. They stayed in San Gimignano, Pienza, and Greve. The Tuscaneers managed five 10km morning major walks in 29° heat along dusty roads and tracks, passing classic cypress and olive trees, vineyards and villas. They also did shorter walks in Sienna and Volterra. "It was a fabulous experience and one we definitely want to do again," said Mike.



The Four Tuscaneers managed a glass of wine (or two) between walks

Having come down from the hills of Tuscany, the Group has walks planned in good old flat Suffolk. Destinations from Melford include Bures via the Lamarsh Lion, the Five Bells in Cavendish and the Swan in Lawshall.

Library Matters – Anyone for Kurling?

As temperatures fall, the library offers a warm place to spend some time. It will be closed on Boxing Day but otherwise open as normal with our usual events over the Festive Period. If you'd benefit from seeing a friendly face and having a chat over a cuppa, please pop in.

It may surprise you to learn that the Library offers New Age Kurling, run by volunteers Carole and

News from Our GP Practice

Practice Manager Scott Hanson writes:



If you're over 65, or under 65 with a long-term condition and are usually eligible for the annual flu vaccination, please contact the surgery to book in for this year's vaccination. The COVID 19 autumn booster campaign has also started. Please wait to be contacted by the surgery for your booster.

The number of people failing to turn up for their appointments has been much higher than normal recently – 123 in the four weeks before I wrote this. If you need to cancel or change your appointment, please contact us as soon as possible. Not doing so wastes staff time and prevents others getting appointments.

The advent of Primary Care Networks (groups of GP practices and other healthcare professionals working together) has enabled practices to expand their clinical teams to include physios, for example. This means that the practice can now offer patients access to a wider range of medical experts.

Finally, we're aware of the issues affecting parking with the closure of the RBL car park. In October, I hosted our MP James Cartlidge for a practice visit. The issue of parking was discussed and he'll be writing to the RBL on the matter.

David Brinkley. Unlike winter curling, there's no ice and it can be played from a sitting position, which is great for people with limited mobility.

It's a lot of fun and if you fancy trying it, pop along to any session for a free taster. Sessions are held in the Village Hall on the first and third Thursdays of the month from 2pm-4pm – no booking required. If you have any queries, please speak to Nick at the library or call 07868 659 683 during opening hours.



Melford's Kurling champions in action



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

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Christmas Shopping Matters

Have you ever asked yourself what makes Melford such a great place to live? The scenery, architecture, people and community are all part of the picture, but part of the answer must be that we're so fortunate still to have many local independent shops and businesses.

It's been a tough year for our local businesses. As it's only a few weeks until Christmas, we decided to explore just how much Christmas present shopping could be done in our lovely village. It turns out that there's an enormous selection of gift ideas available to suit every budget.

Eat, drink and be merry!

What about delicious treats to eat or drink? At **Tiffins** you can buy festive treat boxes and vouchers for 'sparkling Christmas cream teas'. **Ivy and Bond** have great confectionery ideas as well as lunch/tea vouchers. **The Melford Tea Room** also offers honey, chocolates and Christmas-inspired cakes. **Eliza's Pantry** has Christmas gift packs containing local honey and candles. **Brown Sugar** has festive goodies and Crude coffee beans. **The Cracked Nut Deli** has plenty of local delights including honey, flavoured oils, preserves and boozy mince pie filling. Vouchers for **Let's Cook** cookery school are also available.



Mince Pies and other tempting treats are available from Melford's coffee shops, tea rooms and bakery

At Clark & Son

butchers there will be special gift packs of sauces available to meet every taste. At **Tanswell's Bakery** you can buy jams, chutneys, their famous mince pies and Christmas cake.



Make your own Christmas Hamper with produce bought in Melford

If you fancy combining any of those delicacies to make a gift hamper, **Cherry Lane** has everything you need to create a beautifully personalised hamper. **Nethergate** has a great selection, including gift packs of what they brew, as well as accessories with the brewery logo, a brewery tour voucher or an annual membership gift certificate. Don't forget that the **Co-op** and **Budgens** will also have plenty of Christmas treats in stock.

All the fashion

The extensive range of quality clothing and accessories at **Hall Street Menswear** is now matched in owner Sean's new venture opposite at **Hall Street Ladieswear** (see page 7). There are gift ideas such as hats, scarves and socks available, as well as gift vouchers at both shops. At **Nutmeg** there will be special sparkly Christmas stock in store together with handbags, jewellery and wraps. They also offer complimentary gift wrapping and vouchers. **The Clothes Lounge** has an eye-catching range of colourful clothes and accessories and will be offering extra special tempting deals during Festive Long Melford (see page 16).



Menswear, ladieswear, jewellery and accessories can all be found in Melford

Christmas Shopping Matters

Home sweet home

Perhaps something beautiful for the home would appeal to someone on your present list. Have you noticed the exciting new addition opposite the Co-Op in the shape of **Lotus Cottage**? It contains an irresistible mix of beautiful items, including pictures, silk scarves, craft kits and other products from local artisan crafters. There are Fairtrade products and gifts available for any budget. **The Rug and Carpet Studio** is also showcasing some talented Suffolk makers and craftsmen. **Café Hygge** will be introducing a splendid selection of Danish vases, candleholders and children's bakeware as well as Christmas wreathes. **The Jessica Muir Gallery** stocks a wide range of simply beautiful items including ceramics, textiles, glass, lighting and jewellery. Everything is made in the UK and

complimentary gift wrapping is available. There is always unusual and beautiful sculpture and artwork at the **Imagine Gallery**. **Melford Antiques, Interiors and Lifestyle Centre** has at least thirty cabinets of exquisite artwork, porcelain and jewellery as well as gift vouchers available.



Lotus Cottage stocks a range of tempting craft items made by local artisans

From past times to pastimes

Are you buying for someone with a particular hobby? Gifts for riders and horses are to be found at the **Long Melford Saddlery**. **Model Behaviour** has a wide selection of construction and educational kits of all kinds.



Treat your loved ones to some supplies for their hobbies and crafts

The Woolpatch is a haven for that knitter in your life where their own Lavenham Blue yarn is available as well as gift sets of haberdashery. Everything for the dog or dog walker is to be found at **Lady Jane** (also known as Long Melford Country Living) along with festive soaps, mugs, candles, Sophie Alport products, Hug Rug products and toys. Don't forget there are lovely stocking fillers and larger items at the shop at **Holy Trinity** and virtually everything you might ever need for Christmas (or gardening) at **Cherry Lane**.

Think Local

We can't do justice in this one article to the truly impressive choice of presents available on our doorsteps. So, why not take a stroll through Melford – perhaps during Festive Long Melford – and pick up some fantastic gifts for friends and family (and maybe a treat for yourself, too!). Please consider buying locally. Just think, if every household made even one extra gift purchase in Melford, that would be approximately two thousand transactions helping our precious local businesses. Use them or lose them!

Pampering

Would a voucher for hair products or treatments be of interest? The hairdressing salons, barbers and beauty salons offer these. **JD Creative Hair** stocks hand cream and pamper products; a huge range of hair products is available at **Elements Hair Salon**; and **Shear Hairdressing** has boxed sets of hair products and Only Curls gift sets. **Lookin Good** stocks Neal and Wolf gift sets as well as hairbrushes and other hair products. **Casabella** offers vouchers and a wide selection of beautiful gifts including budget-friendly stocking fillers. Vouchers for an extensive range of beauty treatments can be bought at the **Beauty Cave**, including complementary therapies and aesthetics. **The Only Way is Beauty** offers vouchers for nail treatments, spray tanning, massage and other tempting treatments to spoil your loved ones with.



A bit of local pampering is a great gift for your nearest and dearest

Diary Matters

November	Event	Venue	Time
Thursday 23rd	Good Neighbours/Friends of LM Library Coffee Morning inc. 'mini Festive Melford'	Old School	10.00 to 11.30am
Saturday 25th	Festive Long Melford – throughout the village	Long Melford	10.30am to 3.30pm
Saturday 25th	Christmas Tree Light Up and Carols	Policeman's Green	4.00pm
Saturday 25th	Holy Trinity Church and Tower Tours (bookings via jonathanewbank145@gmail.com)	Holy Trinity	See page 16
Sat 25th/Sun 26th	Antiques & Vintage Fair	Old School	9.30am to 4.00pm
December	Event	Venue	Time
Wednesday 6th	Antiques Fair	Village Hall	9.00am to 3.30pm
Thursday 7th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 7th	Parish Council – Full Meeting including Planning	Old School	7.00pm
Friday 8th	Melford Movies – "Ticket to Paradise"	Village Hall	7.30pm
Friday 8th	Folk & Acoustic Club	Cock & Bell	8.00pm
Saturday 9th	My Long Melford Farmers & Makers Market	Old School	8.00am to 1.00pm
Thursday 14th	LM Poppies (WI) – Valerie Butler – valeriejbutler@btinternet.com	Old School	7.30 to 9.30pm
Friday 15th	Long Melford Silver Band Christmas Concert	Village Hall	7.30pm
Thursday 21st	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Friday 22nd	Father Christmas Travels Round Long Melford (see timings on page 17)	Long Melford	From 4.30pm
Friday 22nd	Children's Christmas Party – ticket only – £5 per child	Football Club House	6.00pm
Thursday 28th	Long Melford Litter Pickers		1.45pm
Sat 30th /Sun 31st	Antiques & Vintage Fair	Old School	9.30am to 4.00pm
Sunday 31st	Long Melford Litter Pickers		10.00am
Sunday 31st	Melford Valley Bollywood Party (tickets via melfordvalley@hotmail.co.uk)	Village Hall	8pm till late!
January 2024	Event	Venue	Time
Wednesday 3rd	Antiques Fair	Village Hall	9.00am to 3.30pm
Saturday 6th	My Long Melford Farmers & Makers Market	Old School	8.00am to 1.00pm
Thursday 4th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 11th	Parish Council – Full Meeting including Planning	Old School	7.00pm
Thursday 11th	LM Poppies (WI) – Valerie Butler – valeriejbutler@btinternet.com	The Bull Hotel	7.30 to 9.30pm

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Diary Matters

January (cont.)			
Friday 12th	Melford Movies – "The Lost King"	Village Hall	7.30pm
Friday 12th	Folk & Acoustic Club	Cock & Bell	8.00pm
Wednesday 17th	The Arts Society Stour Valley – Gender and the Body: kept behind curtains - the story of the nude	Village Hall	11.00am to 12 noon
Thursday 18th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 25th	Long Melford Litter Pickers		1.45pm
Sat 27th /Sun 28th	Antiques & Vintage Fair	Old School	9.30am to 4.00pm
Sunday 28th	Long Melford Litter Pickers		10.00am

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	9.45 to 10.30am
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 Football Club

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	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	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

Regular sessions at The Library (St Catherine's Church)

Tuesdays	Wordplay	2.00 to 2.30pm
Wednesdays	Top Time	2.30 to 4.00pm
Saturdays	Family Crafts and Lego Club	9.30am to 12.30pm

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 – Vicky Stebbings - vickystebbing@gmail.com	5.00 to 8.00pm
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	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 February/March need to reach us by **8th January**.



Christmas Party Menu

Starters

Celeriac & apple soup, baked bread

Hot smoked salmon, parmesan & herb cream, rye bread

Pressed game terrine, Cumberland sauce, rosemary & rock salt game chips, watercress

Spiced poached pear, roquefort beignets, toasted walnuts & rocket

Mains

Norfolk bronze turkey, sausage & chestnut stuffing, pig in blanket, maple glazed parsnips, seasonal vegetables, roast potatoes & gravy

Chargrilled venison pavé, potato & thyme terrine, celeriac caramel, blackberry jus (Supplement £5)

Cod, lemon & dill fish cake, hollandaise sauce, poached egg, fine beans

Balsamic roasted vegetable strudel, crushed new potatoes, salsa verde

Desserts

Traditional Christmas pudding & brandy sauce

Lemon & orange cheesecake, spiced orange syrup

Honey roast figs, Suffolk blue, chargrilled brioche

Trio of ice creams or sorbet, brandy basket

£32.50 Two Courses £36.50 Three Courses

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A huge thank you to all of our past, present and loyal customers over the years.

As you may have noticed, we will be moving on to The Great House Lavenham so would like to take this opportunity to say thank you to all our customers.

We have agreed a move date of 1st January from The Swan so we have some time to celebrate over the best party season of the year.

So, pop in for a drink, to book a table or a very special Christmas party before we leave Long Melford.

And see you in the new year at The Great House.



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Youth Matters

The Scout Groups Busy Doing Plenty

At the end of September, 30 Squirrels and Beavers, accompanied by leaders/adults, visited the Bewilderwood outdoor adventure park in Norfolk. There was so much for the children to enjoy and tackle – zip wires, slippery slides, a jungle walk and treehouses linked by walkways. The Beavers and Squirrels have also had an interesting visit to Sudbury police station. And, Santa will be visiting them in December. It's a secret, but he'll be bringing some goodies.



The Squirrels and Beavers at Bewilderwood



The Cubs have been busy practising lots of knots including lashes. These hold poles or canes together from which the Cubs can build structures such as shelters. In December, the Cubs will be visiting Planet Laser in Bury St Edmunds. There's lots to do there including firing lasers at each other. The Scouts shot something for real. They dismantled a cannon, carried it across the river, reassembled it near HQ and, under supervision, fired it a few times. Great for teamwork and no one got hurt.

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(Dec) The Art of the Cartoonist, by one!

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(Jan) Gender and the Body – the story of the nude
The treatment of nudes by 19th century collectors and museums. If this is art, how did it become so and why?

Festive Long Melford – S

This year, there'll be more than ever to enjoy during this fabulously festive day, with something for everyone, young and old.

The Library Christmas Fair: 10am to 12noon

The Friends of Long Melford Library will get the festivities rolling with their Christmas Fair in the library's new home, St Catherine's Church. All proceeds will go to our Library.

There'll be plenty of splendid goodies on sale including exquisite potted bulbs, delicious homemade fudge, cakes and preserves, plus Christmas cards. If you're feeling lucky, why not try the raffle and lucky dip?

**SUFFOLK
LIBRARIES**



Hall Street comes to life: 10.30am till dark

There will be heaps of things to do and see during the day. A magical Unicorn will be outside Melford Court. There'll be three Punch and Judy performances near the Co-Op and Miss Balloonist will be back delighting us with her amazing creations. The Green Dragon Morris Dancers will be dancing their way down the street and keep an eye out for the Edwardian Ladies sporting their splendid apparel.



Let's give a warm welcome to a "chilly" Snow Queen and give Face Painting a go: both will be in the back room at Café Hygge. The Bull Hotel is hosting a Christmas Craft Market with loads of stalls. Simon Webb is kindly bringing his steam engines to the village for all to see.

The Fire Station will have a giant snow machine outside and be opening its doors to allow children to explore the fire engine and station, as well as trying out crafting activities.

Festive Long Melford 25th November 2023

1. Holy Trinity Church: Tours 11am and 1pm
2. Old School: Vintage and Antiques Fair
3. Christmas Tree: ♪ Carols and Lighting Up 4pm
4. Village Hall: FLuMPS, Messy Church and Barleycombe
5. Scout and Guide Hut: Santa's Grotto, Project 7 hot food
6. The Bull Hotel: Christmas Craft Market
7. Reindeer
8. ♪ Song Circle Choir 11am
♪ Rock Choir 1.30pm
9. ♪ Boxed Silver Band 10.30am
♪ Long Melford Silver Band 12.30pm
10. Café Hygge: Snow Queen, Face Painting



11. Punch and Judy 11am, 12.30pm and 2pm
 12. Unicorn
 13. St Catherine's Church Library Christmas Fair, 10am to 12 noon
 14. Mansel Hall: Festive Fair
 15. Fire Station: Open to visitors / Children's Crafts
- Entertainment throughout Hall Street/Little St Mary

Mansel Hall is joining in the festive fun with mulled wine, a super raffle and yummy gifts for sale – proceeds will go to the Church Stained Glass restoration project.

At Holy Trinity itself, there'll be guided Church and Tower Tours at 11am and 1pm. All tours must be booked in advance by emailing jonathanewbank145@gmail.com. £10 for adults and £5 for under 16s, to include the Tower Tour, subject to suitable weather conditions.



Saturday 25th November

In the Village Hall

The Friends of Long Melford Primary School (FLuMPS) will be running a variety of stalls including 'Design your own stocking' and Christmas Puddings for sale. There'll also be a raffle and activities for children. Next door, FLuMPS will transform the Scout Hut HQ into Santa's Grotto, where children can meet Father Christmas (£5

per child, including a gift).

As Santa is very busy, pre-booking via flumps@longmelfordprimaryschool.co.uk is advisable though there might be some availability on the day. If Santa is



wondering where his reindeer has gone, he'll find him, as can you, relaxing outside David Burr before their Christmas exertions.

The Village Hall will also be hosting Messy Church (with crafting for children) and Barleycombe (selling bits and bobs).



Music and Menus

There'll be no shortage of music and food. Music and song from Long Melford Silver Band, Boxted Silver Band, Melford Rock Choir and a new Melford Ladies' Choir, Song Circle, will lift our Christmas spirit. As well as all our cafés, pubs and local food shops, there'll be hot dogs and ribs outside Clark & Son and hot food by Project Seven near the Village Hall. Near the George & Dragon, there'll be Bar Rumba and Thai food from My Thai.

Carols and Christmas Tree Lighting: 4pm

To finish off a truly festive day, at 4pm Rev Matthew Lawson will be leading carol singing, accompanied by the Melford Silver Band, and the official switch on of the Christmas Tree Lights on Policeman's Green (aka Little Green) near the Bull Hotel.



FATHER CHRISTMAS TRAVELS AROUND LONG MELFORD
FRIDAY 22/12/23
Leaving Rodbridge Hill at **4:30pm** and then a pre planned route around the village, with the following approximate timings:

- Theobalds Close, around Westropps, along Station Road, past Skylarks Way, around the Roman Way Estate
- 5 pm** - Down St. Catherine's Rd, into Meetingfield, then along Hall Street turning down Bull Lane
- 5:15pm** - Past Chadburn, Middle Way, Raile Walk and then into Braithwaite Road
- 5:40pm** Cordell Road, Cordell Place, Laurel Drive, Swanfield
- 6:20pm** Travelling up the Green towards the Black Lion and across to
- 6:30pm** Harefield

Please keep an eye on our Facebook page 'FATHER CHRISTMAS TRAVELS AROUND LONG MELFORD' for live on the night updates!

The Long Melford Events Group would like to thank the Parish Council, the Village Hall Committee and our District and County Councillors for sponsoring the event. And a special thank you to Pat Davey for donating £300 from her second-hand book sales.

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Heritage Matters

The Melford of Christmas Past

Here's a brief look at just a few bygone village Christmases. Our thanks to the Heritage Trust for supplying the photos.

Silent Night (right)

It doesn't look it will be with these Dr Barnardo's children. Their 1958 Christmas party was in the Barnardo's home next to Holy Trinity.



Hark the Melford Children's Treat (left)

Crackers to be pulled and plates to be filled in around 1954.

Oh Come All Ye Carnivores (below)

Ruse's Christmas display of poultry and meat around 1910 – vegans and vegetarians avert your eyes. The man on the far right is Harry Ruse, Henry's grandfather.



Hospice Matters

Celebrating 40 Years of Caring

The St Nicholas Hospice movement was founded in 1983 with a vision to ensure that everyone has support, dignity and choice when facing death and grief. Its mission is “to strive for something better” for people who need support at the end of life whether medical, emotional or practical. The Hospice is behind West Suffolk hospital in Bury St Edmunds and caters for people living in the surrounding area.

The cost of running it is £8 million a year – that’s £22,000 a day. Twenty per cent of this comes from statutory funding but that leaves £17,500 a day to be

raised from donations, fundraising events and the shops. In 2022, the retail teams raised over £1million.

Melford’s St Nicholas Boutique opened in December 2015. In 2021, Gayle Latchford was appointed manager and brought her considerable retail experience to the job. The displays of gleaming glassware, shining china, polished kitchenware, interesting bric-a-brac and steam pressed clothing are testimony to Gayle’s expertise.

Like all charity shops, the best seller is ladies’ and gents’ clothing. Space restrictions mean the Boutique does not take children’s toys, large items of furniture or CDs and DVDs. The Boutique also stocks brand new items such as diaries, cards, knitted gloves and hats etc.

Gayle’s amazing team consists of Assistant Manager, Maria Hall, and over 20 volunteers. As Gayle says in what can be a pressured environment, “it’s important to remember why you are doing this; and that in their darkest hour, recently bereaved people still want to help the hospice.” Volunteer, Donna Gilder adds, “I regard my role as being welcoming, empathetic and ensuring everything is tidy.”

The Boutique is open from 9am to 5pm Mondays to Saturdays. Why not give it a go and help by buying or donating?



Brain Matters



A Quiz on First and New Matters

1st January will soon be with us and time to welcome in the New Year. This issue’s quiz themes are First and New Matters.

1. Who won his first Best Actor Oscar award for his role in ‘One Flew Over the Cuckoo’s Nest’ in 1976?
2. Who was the first Tudor monarch?
3. What is the name of the American city which was once a settlement called New Amsterdam?
4. In 1992-93, what football club was the first to win the Premier League? Was it Arsenal, Liverpool or Manchester United?
5. When did Neil Armstrong become the first man to walk on the moon? Was it 1966, 1969 or 1972?
6. In which country is the province of New Brunswick?
7. Who became the UK’s new Prime Minister in 1997?
8. In which city is New Street station?
9. Who had her first UK Number 1 with ‘Look What You Made Me Do’? Was it Adele, Beyonce or Taylor Swift?
10. Who wrote ‘Brave New World’?

Answers on page 30.



Who moved into Number 10 in 1997?
Photo: Crown Copyright

Pause for Thought

Thank You Northampton!

When I go on residential training courses, I normally chuck in my running kit. Whilst padding the pavements of a rainy Northampton recently, I had no option but to walk into a vets which had opportunely appeared. Wearing my damp running gear, and in earshot of all, I urgently asked to use the facilities. On emerging, all eyes in the waiting room were on me. What would you do? I found myself raising my hands in the air and, as if I were a pop star addressing Wembley, proclaimed: "Thankyou Northampton!"

However, as I swiftly made my exit with a chuckle, I noticed something that took me aback. On the reception desk was a candle with a sign. When the candle was lit those present were asked to be sensitive to the fact that someone was losing a much-loved pet. Thankfully for me the candle was not lit; but what a lovely thing to do. It reminded me of the candles that are lit every day in church for much-loved people. As we approach the Christmas season, let us spare a thought for the many who have lost a loved one; may they rest in peace and rise in glory.

Rev Lawson




CHRISTMAS SERVICES

Holy Trinity Long Melford

- Sat 25th Nov 12-4pm **Messy Christmas at the Village Hall**
family friendly Christmas crafts
- Sun 3rd Dec 6.30pm **Traditional Advent Carols**
choir-led service with readings & reflections
- Sat 9th 6.30pm **Lights of Remembrance**
remembering loved ones, refreshments from 6pm
- Sun 17th 6.30pm **Main Christmas Carol Service**
come and sing some well-known carols
- Sun 24th 3.00pm **Crib Service**
nativity dress optional!
- Sun 24th 10.45pm **Midnight Mass**
an atmospheric communion service
- Mon 25th 10.30am **Family Communion**
please bring presents to show!





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Parish Council Matters

Clare Lee, our Parish Clerk, reports:

Stronger Bollards for 2024

Subject to Suffolk Highways approval, the Parish Council will be undertaking a project in the New Year to replace all existing and missing wooden posts along Hall St and Little St Mary's. The new bollards are more durable and made from rigid Durapol material which looks like metal. This type of bollard is low maintenance and will be secured in place by a lockfast plate. The bollard can then be easily removed and replaced if damaged.

Cordell Place play area revamp

We're hoping that the long-awaited and much-needed revamp of the play area, with new equipment and safer surfaces, will take place in 2024. The Parish Council agreed to award the play provider contract to Playdale Playgrounds. The Council has now applied to Babergh District Council for help with the funding of the project. We're keeping fingers and everything else crossed and hope to receive notification that we've been successful in securing these much-needed funds in February 2024. This is an exciting project to work on and is long overdue for the children and young people of Long Melford.



Strong and smart-looking bollards like these are on their way

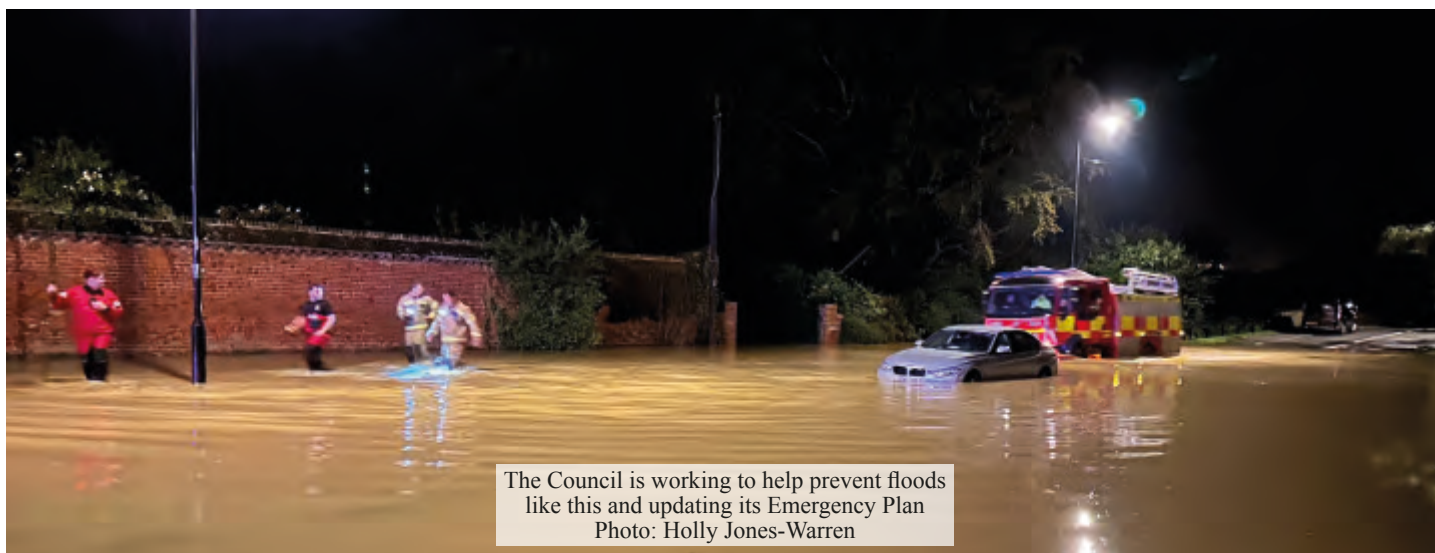
Some Festive and less Festive News

At last I get to talk about Christmas! Please, please do come out and support all the amazing businesses and stalls this year. You never know, you may even catch a glimpse of the main man himself. It's on 25th November from 10am to 4.30pm, with carols and the Christmas tree lights switch on at 4pm.

Now for some less festive news. Back in October Melford was the target of three thefts. Donation boxes in the Old School car park, the Country Park and Holy Trinity were broken into and cash stolen. The cash stolen was minimal but the damage caused in carrying out these acts will cost much more to repair. Our newly resurfaced car park at the Old School was also targeted by joy riders deciding it would be 'fun' to do doughnuts in an empty car park. All these incidents have been reported to Suffolk Police, who are investigating.

October's floods

Following the October flooding, the Parish Council's emergency plan was discussed at its meeting on 2nd November. The Council agreed to create a working group to review and update the plan and determine where the responsibility lies for ensuring that Melford homes and roads aren't flooded – the Environment Agency, local land owners or Suffolk County Council. The group consists of four councillors and three members of the public. Others will be invited to working group meetings when appropriate. The working group will be authorised to contact the relevant authorities regarding causes of and responsibility for the recent flooding.



The Council is working to help prevent floods like this and updating its Emergency Plan
Photo: Holly Jones-Warren

Nature Matters

Welcoming nature into Long Melford

The recent flooding illustrates the impacts of climate change.

Whilst the overall amount of rain is unlikely to increase, weather patterns are becoming more erratic leading to heatwaves, droughts and floods. This is devastating for people, wildlife and food production. Depending on the season, flooding destroys nests and animals' homes and wet summers reduce insect populations. Whilst it's important to undertake some maintenance on rivers and streams to keep them flowing, severe dredging and removal of all debris, as was done in the past, has been shown to greatly reduce the biodiversity value of our watercourses. Debris at the side of a river slows the water and provides important nursery areas for fish. As with so much in this world, it's about a compromise between the needs of people and wildlife.



A Great Spotted Woodpecker
(one of our most attractive
garden visitors) enjoying a snack
Photo: Daren Magona

Please don't tidy your gardens

Another compromise is how tidily we maintain our gardens and public spaces. Nature doesn't thrive on shortly cut lawns and tidy flower beds, so please leave seed heads and don't cut back your perennial flower beds. We have had several areas in the village that have not been mown and these will continue next year. Most have not been very pretty, so they'll now be seeded with nectar-rich flowers, which the insects and people should enjoy.

The Melford Walk and Country Park have areas that are important wildflower meadows. These have recently been mowed, raked and additional flower seeds added. During the winter months volunteers undertake work to improve these Nature Reserves and any additional help would be very welcome.

Time to help the birds and the planet

This year our hedgerows are full of berries and nuts. If nature doesn't supply a rich harvest, then we can help our birds by putting out food in the winter. If it's frosty, they'll also appreciate a bowl of fresh water.

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

Happy Christmas!

Jane Burch, jane_burch@yahoo.co.uk



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Gardening Matters – Notes from the potting shed

Problems with bulbs?

We had a question recently from someone who had planted a garlic clove in April, tended it lovingly and watched it grow well. Alas, as it was dug up for harvesting, it turned out that no bulb had formed below the surface and we were asked why. As this is still a great time to get bulbs into the ground or containers, we decided to devote our column this time to bulbs.

Meanwhile, back at the garlic, the answer is almost certainly that the planted clove didn't experience cold enough conditions to trigger it (technically known as vernalising) into producing a proper full bulb. The same is true of shallots which are ready for planting right now, with a view to harvesting next June.

Perhaps the most popular ornamental bulb which also needs cold weather to trigger it is the hyacinth. If you're planting them to have indoors for Christmas or early in the New Year, make sure the containers have a period outside overnight to prompt the bulbs to get growing.

How about a bulb lasagne?

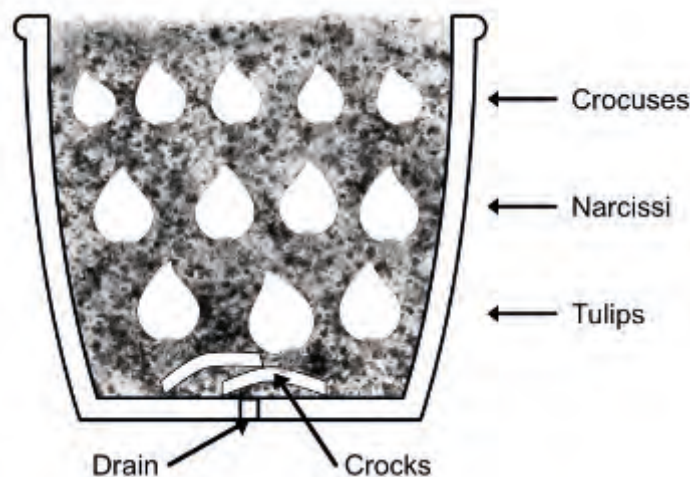
If you're planning to plant containers with bulbs, have you considered making a bulb lasagne? It's a slightly precious name, isn't it? All it means is putting bulbs in layers so that you have a display of mixed height that lasts longer. For example, you might put tulips at the bottom of a deep pot, cover with compost and then add daffodils or narcissi on the next layer up with iris reticulata or crocus at the top. You don't need to worry about the lower bulbs finding their way past the upper bulbs, they just do.

So long as the pot is well drained and each bulb is planted at a depth two to three times its height, this will be a reliable way of securing early and long-lasting colour and beauty. Most bulbs can be recycled for another year so long as the foliage is allowed to die back without being cut so that the bulb draws energy from that growth.

While we're on the subject of bulbs, don't forget that fabulous gift-wrapped potted paper white narcissi and hyacinth bulbs for Christmas will be available at the Library Christmas Fair on 25th November. But remember, they sell out fast.

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

Happy Gardening!



A Bulb Lasagne

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
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Animal Health Matters

It's a Vet's Life

We asked veterinary surgeon Florentine Atkins of Melford's Swayne & Partners to tell us about the practice and the highs and lows she's experienced as a vet.

From Holland to England thanks to TV

"I grew up in the Netherlands where I qualified as a vet. As a child I loved watching All Creatures Great and Small – the original series. Not once did I ever dream that I'd end up in England working as a vet. I've been at Swayne's for over 20 years. I never thought I would stay this long but I love the village, our clients and their pets.

I work with fantastic colleagues. We have four vets, a nursing team of eight and a great front of house team. Given we're just a village practice, we offer a wide range of services including x-rays, in-house blood tests, ultrasound and ECG. We also make home visits. At our Bury St Edmunds branch, we have an out-of-hours hospital service where they have a CT scanner.

We've been extremely busy since COVID. I estimate that I see between 1,500 and 2,000 animals a year. Most of them are cats and dogs but we treat all kinds of creatures including owls, swans, hedgehogs and ferrets."

The one that arrived in a bucket

"The most unusual creature I've treated was a carp. The owners brought it to the surgery in a bucket. The fish had a skin condition and I had to give it an injection while it was lying on a wet towel.

Aggressive cats and dogs can be very challenging to treat. I hate to see the stress that this causes them. Cats especially can be very difficult to take care of particularly if it involves giving them oral medication. I've probably been quite lucky, I only needed treatment and antibiotics once after a cat bite. Together with scratches, these can cause very nasty infections including sepsis."



Florentine with border terrier Betty



Top class treatment – an ultrasound scan for this dog

The worst and best parts of the job

"The worst thing about my job is putting animals to sleep, especially knowing what a big part they've played in their owner's life and what great company they've been. It's not something I get used to and sometimes it really gets to me. But then I think about being able to treat so many lovely pets, often throughout the course of their lives and hopefully making a positive impact on their and their owners' lives."



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Sport Matters

Cricketing Hits of the Season

The Cricket Club's annual presentation evening was once again held at the Bull Hotel with a good turnout from members and associates. The trophies were handed out by club legend Dave Totman who is the club's second highest run scorer with 22,336 runs and seventh highest wicket taker with 606 wickets.

The winners included:

- Best Innings of the season for what was a thrilling match-winning performance of 122 by captain Josh Burgess against Sudbury
- Young Player of the year was shared between Otto Norris and Andrew Budd who both had a great first season in adult cricket
- Team Man of the season was Bill Byford for the magnificent wickets he prepared
- The Clubman award, voted for by members, was Chairman Jason Wade who got the award for a number of reasons including raising the majority of our funds

Our Football Club Needs You

It's always going to be David and Goliath for Melford's first team in the Thurlow Nunn Premier League. Most of our opponents are based in much larger communities, with larger playing budgets. In early November, we only had 1 point from 13 games.

The team is determined to climb the table and would be helped by your support. So, why not come along to the Skyline Networks Stadium (formerly Stoneylands)? There's always a friendly welcome. On Boxing Day, we play Newmarket Town, not surprisingly nicknamed the Jockeys. They're flying high and will be tough to beat. Kick-off is 11am. You can enjoy a warm cuppa or something stronger to warm the inner soul.

The Under 23's team have experienced a more successful start to the season under the management of Lee Greenwood. They'd welcome your support on Saturday 23rd December when they play Brantham. Kick-off 3pm. They need some funds for purchasing new kit. If you'd like to help, contact Geoff Thomas on 01206 210716.

A big thank you to those who've joined our volunteer team. We always welcome help, particularly on busy match days. First team home fixtures:

Dec: 2nd v Lakenheath 3pm, 16th v Harleston 3pm, 26th v Newmarket 11am.
Jan: 6th v Kirkley and Pakefield 3pm, 27th v Mildenhall 3pm.



- Matt Hoadley was the biggest winner, with trophies for the Most Runs in the season (1,415), the Most Wickets in the season (40) and the Most Sixes with a massive 76!

The winter nets will start on Sunday 7th January at Cornard Sports centre 3.30pm to 5pm every Sunday till the end of March when we start again outside – Roll on Summer.



Richard Kemp

County Councillor

01787 378149

richard.kemp@suffolk.gov.uk

Adam Kemp

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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
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	Nick Castell	help@suffolklibraries.co.uk
Good Neighbours' Scheme	Helen Eaton	07504 249179
Historical and Archaeological Society	Ian Sandham	07586 354414 Lmhas1969@outlook.com
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	David Lawrance	melford.cubs@suffolkscouts.org.uk
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 Poppies (Women's Institute)	Valerie Butler	valeriejbutler@btinternet.com
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
Parish Recorder	Geoff Randall	Melfordparishrecorder@hotmail.com 07519 626842
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 **8th January** to be included in Issue 18 – February/March.

Quiz Answers

- | | | |
|----------------------|---------------|-------------------|
| 1. Jack Nicholson | 5. 1969 | 9. Taylor Swift |
| 2. Henry VII | 6. Canada | 10. Aldous Huxley |
| 3. New York | 7. Tony Blair | |
| 4. Manchester United | 8. Birmingham | |

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