



MELFORD

Issue 01 - April/May 2021

Matters

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- The Spirit of Melford: reviews of great developments and initiatives in the village in the last year – pages 4, 5, 6, 7, 12, 14, 15, 20, and 22
- Notes from the potting shed: gardening tips, events and the Long Melford Sunflower Challenge – page 17
- News from the cricket and football clubs – pages 24 and 25

Photo: Steve Thomson

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It's a Sad Goodbye to Melford Magazine

This is the first cover of the Melford Magazine when it launched in January 2012. Judi Walton was Editor and I was in charge of Advertising. We recruited a friend, Peter Phillips, to be in charge of printing and he offered his services free for one or two issues, to do the design layout. He was still there at the last issue, after nine years, with a slight break midway.



Judi also arranged 30 local people to be volunteers to deliver the magazine. Again, many of those who volunteered with Issue 1, were still there to deliver the last issue printed. One of our deliverers, Phil Buck, joined our team to help with the advertisers' layouts.

Our plan was to produce a free magazine that would inform villagers about events and advertise local businesses, with the aim of keeping Melford a thriving village. It was a joint venture then between the Parish Council and the Community Association, but this ended during the "Troubled" years in Melford. So, it continued to be produced by the Community Association alone.

Many of our advertisers were with us from Issue 1 through to Issue 51 and I hope all of them had success from their adverts and that they will continue supporting the new magazine, Melford Matters.

When Judi moved, Julie Thomson came on board and contributed hugely to the continuing success of the magazine. Steve Thomson gave us his wonderful front-page photographs. My other half, Graham, was in charge of deliveries to all the volunteers and friends were roped in to proof-read.

I'm proud to have been part of Melford Magazine, I always referred to it as "my baby", and now it is time to say goodbye. Sadly, our 50th edition never made it to the printing stage. We produced Issue 50 and 51 online only but we felt that it was not working in this media.

Rosey Eade, Former Editor of Melford Magazine

And a Happy Hello to Melford Matters

First a big thank you to Rosey and her team for all their great work over the last nine years.

This new magazine's approach is the same as that of the Melford Magazine. It aims to inform people about what's going on in the village, it's free and volunteers will deliver it every two months to every home in the village.

We hope you enjoy reading it and find it useful. We'd welcome your input into what you like and don't like. If you have any suggestions or ideas for features, please send them to MelfordMattersEditor@gmail.com

And if there are any businesses that might be interested in advertising, please drop an email to MelfordMattersAdvertising@gmail.com



We're hugely grateful to the volunteers who are putting the magazine together and distributing it – some were involved in the old magazine. And we're certainly grateful to the advertisers, who make the magazine possible given that it's costing over £1,000 an issue to print.

The magazine receives no funding from the Parish Council and is a non-political, not-for-profit community initiative supported by the Village Hall Committee.

Many of the articles in this issue are a celebration of how well our lovely village has coped with and found ways to live with the dreadful Covid-19 virus.

Dave Watts, Editor

Community Matters

Melford Rallies Round

Long Melford has certainly shown a sense of community ever since the first Covid-19 lockdown, a long year ago. There have been some marvellous efforts from people giving their time to volunteer, helping the community cope and showing support for the wonderful job the NHS has been doing.



One of many NHS Rainbows in the village.
Photo: Teresa Poole

Shortly after the start of the first lockdown, windows throughout the village were decorated with rainbows and support for the NHS. This included a fantastic display by the primary school children at the fire station (see page 18).

Cllrs Jayne Lines and John Nunn were quick to set up a Covid-19 volunteer group. Sadly, Jayne was taken ill in May and Lee Philips stepped in as co-ordinator of the volunteers. The 40 or so volunteers have done a splendid job – delivering shopping and prescriptions, dog walking, driving people to medical appointments and animals to the vets, and phoning those in need of a chat. If you need help, call Lee on 07851 959389.

Long Melford Good Neighbours has long provided similar services. If you need help, call 07504 249179.

The Library has chipped in by phoning and staying in touch with lonely or vulnerable people.

Two villagers made and sold over 5,000 face masks. Elaine Butler (pictured with husband Kevin) raised £3,200 for Marie Curie, £600 for St

Nicholas Hospice and smaller sums for other charities. Helen Brabner raised over £4,700 for the Melford Defibrillator project, enough to buy and install three machines, with a bit left over for the British Heart Foundation.

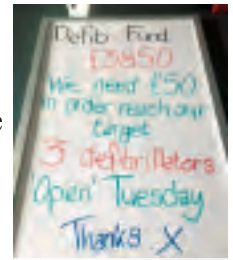


Photo: Helen Brabner

Pat Davey continues to sell secondhand books outside her Hall Street house. She has so far raised well over £6,000 to support lots of local good causes (including £200 for Melford Matters).

In the first lockdown, Fiona and Guy Swindells set up a group which provided over 2,000 home-cooked meals (up to 30 a day) for busy and hungry ambulance crews.

In November, Jon Ohlson and Onur Ozelik from the Swan Deli started a pop-up foodbank. Donations came in thick and fast and Jon, along with Lisa Tipper and a small team of volunteers set up regular deliveries. At Christmas, special festive boxes were delivered.

On one Sunday in December, the Swan cooked 35 roast dinners that were hugely welcomed by the families who received them. The Swan also raised enough funds to buy three laptops for the primary school by selling take away roast dinners opening on one Sunday in January.

Apologies if we've missed you out – please let us know and we'll try to include you in our next issue.



Kevin and Elaine Butler by their fundraising stall
Photo kindly provided by Suffolk Free Press

Parish Council Matters

It's a great honour to be the Chairman of the current Parish Council because we have a Council that is slowly but steadily improving Melford. Before I continue, I'd like to thank Cllr Jayne Lines for all that she's done for the village, before becoming ill last spring. I sincerely hope that she is on the road to full recovery.

I hope that you, like me, are looking forward to Melford in Bloom. Last year was spectacular and re-energised the village (see page 14).

Other Parish Council initiatives in the pipeline include:

- resurfacing and lighting the Old School car park and providing electric charging points
- better car parking on and reduced damage to the Upper Green
- more seats in the village centre
- another crossing point with a central island in Hall Street
- an improved crossing point near the Black Lion
- more play equipment in Cordell Place.

And, at the time of writing, the final phase of improved street lighting was underway.

The Neighbourhood Plan Steering Group is now well on track to deliver the Long Melford Plan (see

page 12). There is now a Bio-Diversity Working Group (see page 19). Last year, we could enjoy the beautiful poppies and cornflowers on the roadside verges – let's hope for more this year.



Rest assured that your Parish Council is working hard to make Long Melford an even better place to live, work and play. Because of the hard times that we're living through, it was decided to keep the Council's precept (the money you pay in your Council tax to help fund the Parish Council's work) the same as last year.

And finally some dates for your diary:

- **Sunday 21 March 2021** is Census day. It will be the UK's first digital census but paper forms will be available too. Keep a look out for more information in the media.
- Also, we have a vacancy on the Parish Council and, Covid-permitting, an election will be held on **Thursday 6 May**. Anyone who would like to stand must get their nomination form in by 4pm on **Thursday 8 April**. For more details see <https://www.babergh.gov.uk/elections/current-elections/>

Liz Malvisi, Parish Council Chairman

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Business Matters

Businesses Battle the Virus

What a year it's been for Melford's businesses with most of them suffering disruption for more than six of the 12 months thanks to Covid-19. But, amazingly, nearly all have survived, some have expanded and new ones have opened.

New openings in 2020

The latest to open was **Clark & Son Butchers** on 8 December. It's a welcome addition to Melford now that Ruse has closed. The business started in 1998 supplying meat to the restaurants, pubs and butchers' shops. Lockdown 1 shut down many of their customers, so they reinvented themselves delivering to private customers within a 40-mile radius. Then they saw the opportunity to open a retail shop. Justin Clark said 'Business has been tremendous and we've been busy since day one. I'm delighted to have Leon Garnett (who used to work at Ruse, as did I years ago as a Saturday boy) as manager. We designed the shop with social distancing in mind, giving customers plenty of room'.



A few days earlier **Dilly Dally** opened selling tea, coffee, cakes, snacks, clothing, accessories, candles and more. Owner Lexi Meechan said, 'We had three whirlwind weeks before being closed down at Christmas. Our outdoor heated area was so popular we had to start a booking system. I run the place with two of my daughters and my husband. We want it to become a Community Hub and are converting a building at the back to become a venue for workshops – whatever there's a demand for.' When we went to press they were open for takeaways Tues-Sat and were offering shopping online and by Zoom calls.

At the same time, the **Onion Bhaji** Indian restaurant opened in what used to be Café Masala after initially providing takeaways and delivery during Lockdown 2.

The village's biggest retail premises, **Melford Antiques, Interiors & Lifestyle Centre** has four floors and 16,000 sq ft of antique furniture, art and collectables. It re-opened under new management on August Bank Holiday after closing in 2019. New leaseholder Graham Hessel said, 'I had been there as a dealer since 1995 and wanted to keep it as one of Melford's premier attractions. After nine months of major renovation we opened with 38 dealers displaying their wares and a café designed like a Pullman railway.' They plan to hold auctions on the top floor and held their first on-line auction in February.

Just before Lockdown 1, Patrick Scholz (who managed the centre mentioned above before it closed) opened his own premises called **Patrick**. It features the wares of 35 dealers over two floors and a courtyard garden. 'We were incredibly busy from day one and then again between lockdowns,' said Patrick.



Business Matters

In August, **The Beauty Cave** opened in what used to be Angela. It has nine therapists and offers a myriad of treatments including nail, eyebrow and eyelashes, waxing, facials, piercings, make up, massages and hairdressing. Owner Naomi Totman said ‘We were only open 10 weeks before being Lockdown 2 but were really pleased with the amount of business. We are also a training academy and have been able to continue that via Zoom’.



Existing businesses adapt to the ‘new normal’

Some of Melford’s existing businesses adapted to the lockdowns by offering takeaways and deliveries – including **Budgens**, the **Co-op** and some of the **tea rooms**.

Scutchers extended its takeaway options. Nick and Diane Barrett said, ‘We went from offering take away fish and chips once a week to having a full à la carte takeaway menu three nights a week plus a Sunday lunch roast. We’d like to say a big thank you to all our wonderful customers who have supported us through these difficult times.’

The **George & Dragon** offers a wide-ranging food and drinks menu for takeaway or delivery. It also had a £150,000 refurbishment and expansion in the first lockdown and now has phones on the tables that allow you to order remotely. **The Hare Inn** now offers a choice of takeaway Sunday roasts. **Nethergate Brewery** opened a separate shop in the car park area and will deliver. **The Crown Hotel & Restaurant** will have covering and heating for most of its courtyard garden and plans to open it as soon as is allowed – 12 April at the time of writing.

Ranger Produce (the farm shop in Borley Road) has been going for 90 years and most of its trade was selling to hotels, pubs and tea rooms. That disappeared with Lockdown 1, so it expanded its retail trade from selling mainly eggs, potatoes and home-made cakes to a much wider range including fresh fruit and vegetables. You order and pay outdoors – no mixing indoors with other shoppers. They will also deliver and have recently started taking card payments.

The **Long Melford Tea Room** expanded to the building next-door, increasing capacity and enabling a one-way system, while **Tanswell’s Bakery** and **Tiffin’s** both joined in the Long Melford in Bloom spirit (see page 14) in the form of old bicycles with flowers in their baskets outside their premises.

The **Rug and Carpet Studio** suffered greatly in the first lockdown. But since the furlough arrangements were made more flexible, it has been able to employ some of its 15 staff part-time and carry on with its restoration and conservation work. Owner Sara Tatum told us ‘That side of the business has boomed because stately homes have had to close and have taken the opportunity to have their carpets renovated’.

Prompted by the **Business Association**, many businesses provided wonderful window displays for various events including Remembrance Day and the Festive Song Trail.

It’s great that Melford’s businesses have shown so much initiative during the lockdowns and it will be wonderful to help them all flourish once restrictions are lifted.



Heritage Matters

6,000 years of Long Melford

The settlement of Long Melford is one of the few villages that can demonstrate continual occupation for over 6,000 years. Until around 4,000 BC Stone Age people are thought to have lived on seasonal sites following the prey they needed for their food. However, with the beginning of the Neolithic Age the prehistoric penny dropped that it made more sense to farm animals than to hunt them.

Thanks to the discovery of artefacts and the results of archaeological surveys we're able to have an understanding of what Melford was like thousands of years ago. A recent discovery was rare Neolithic pottery, found on the site of the new development in Bull Lane.

However, in our region there is little surviving evidence of prehistoric man living in houses etc. Long Melford Museum and Heritage Centre (LMMHC) has conducted a number of drone surveys showing fantastic pictures of pear-shaped long barrows which contained the Neolithic dead. Drone images also show numerous round barrows that show a flourishing Bronze Age (around 2500 BC) community existed here.



Long Melford Museum and Heritage Centre
Photo: John Nunn

Many of the fascinating findings are on display at the LMMHC which is at the back of the Village Hall. These include intricate flint tools and weapons (such as arrowheads) as well as fragments of bronze tools and weapons. The LMMHC is scheduled to open from April-October, 2pm-4pm Wednesdays, 10am-4pm Saturdays and 12pm-4pm Sundays. Why not come along and learn more about Melford's prehistoric past?



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Neighbourhood Watch Matters

We formed our group in January 2020 after a spate of petty crimes in the village. Our aim was to raise awareness for the residents and businesses and act as a platform to communicate what was happening around us.

We have more than 630 members on our Long Melford Neighbourhood Watch Facebook page. We share regular information bulletins and provide useful data on security, and what's happening in the county. We are currently highlighting the scams associated with the COVID-19 virus.



Criminals are always on the lookout for new ways to obtain our personal information, email addresses, bank details, PIN numbers; the list goes on and on. We always stress that if it sounds suspicious it probably is, so report it!

When we have finally kicked COVID-19 into touch, we hope to raise the group's profile by holding "pop-up" engagement sessions within the village, to further share information and also to give you, the residents, the opportunity to share any concerns you may have, and how we can rectify these.

We would encourage you to join our group on Facebook, and encourage you to consider your neighbours who don't have access to social media or the internet and help keep them informed and to check on their wellbeing. After all, this takes just a few moments of your time but could mean a great deal to them.

Stuart Finch, Deputy Lead, Long Melford Neighbourhood Watch Scheme

Diary Matters

March 2021	Event	Venue/details	Time
Sunday 21st	UK Census 2021	www.census.gov.uk	
Friday 26th	Kernos Centre Fundraising Zoom Quiz	janetcrawley1@hotmail.co.uk	7.30pm to 9pm
April 2021			
Thursday 1st	Parish Council Planning / Full Meeting	Via Zoom, see www.longmelford-pc.gov.uk	7.00pm / 7.30pm
Sunday 3rd	Livestream Church Service	Google "Long Melford Church Facebook"	10.30am
Saturday 10th	Friends of Long Melford Library - Giant Book Fair	Outside Library	11.30am to 3.30pm
Sunday 11th	Livestream Church Service	Google "Long Melford Church Facebook"	10.30am
Sunday 18th	Livestream Church Service	Google "Long Melford Church Facebook"	10.30am
Sunday 25th	Livestream Church Service	Google "Long Melford Church Facebook"	10.30am

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

A message from the WI

It's been a great, great pity that the WI has been unable to meet. We had a full programme planned that included a boat trip on the River Stour and a First Aid – Basic Life Support talk and demo by Martin Richards. And, of course, we weren't able to enjoy our much loved annual garden party at Melford Hall.

However, we've kept in touch by producing a monthly Newsletter. This includes tips on crafts such as making and designing greetings cards and small flower posies.

The committee wanted to raise a smile and lift spirits. So, it's thank you to them for their support in making sure that we've been able to send a small gift each month to members.

We're looking forward to planning a new programme and welcoming new members.

Jane Ebejer, President



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Diary Matters

May 2021			
Sunday 2nd	Livestream Church Service	Google "Long Melford Church Facebook"	10.30 am
Thursday 6th	Local Elections: Suffolk County Councillors, Police and Crime Commissioner and one Parish council vacancy	See https://www.babergh.gov.uk/elections/current-elections/	
Thursday 6th	Parish Council Planning / Full Meeting	Via Zoom, see www.longmelford-pc.gov.uk	7.00pm / 7.30pm
Sunday 9th	Livestream Church Service	Google "Long Melford Church Facebook"	10.30 am
Sunday 16th	Livestream Church Service	Google "Long Melford Church Facebook"	10.30 am
Saturday 22nd	Friends of Long Melford Library - Spring Fair	Outside Library	11.30 am to 3.30 pm
Sunday 23rd	Livestream Church Service	Google "Long Melford Church Facebook"	10.30 am
Saturday 29th	Antique and Vintage Fair	Old School	10am to 4pm
Sunday 30th	Antique and Vintage Fair	Old School	10am to 4pm
Sunday 30th	Livestream Church Service	Google "Long Melford Church Facebook"	10.30 am

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

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

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Neighbourhood Plan Update

It's over two years since the first Consultation Draft of the Neighbourhood Plan was published.

Progress since then has been much slower than hoped for. This is mainly because of having to rethink the Housing chapter given the unexpected decision to allow the Skylarks proposal to go ahead and because Babergh has now told us how many new homes need to be built in Long Melford by 2037.

But there is now light at the end of the tunnel. By the time you read this, the second Consultation Draft of the Plan should have been presented to the Parish Council.

If the Council approves it or asks for only minor amendments, the Draft will then be presented to Babergh District Council. Babergh will consider it and send it out for further consultation and to an independent Examiner. Once we get back all the comments, we'll revise the Draft once again and produce the final Plan.

Everyone on the Long Melford electoral roll will then have the chance to vote in favour or against

the Plan. If a majority vote in favour, the Plan will then be officially adopted (or 'made' as they say in planning-speak).

That means that what the Plan says about development in the village will have to be taken into account whenever a planning application is submitted. It also means that the Parish Council will get a bigger share (25% rather than 15%) of any Community Infrastructure Levy the developer is charged – extra funds that can be spent to improve the village's infrastructure.

The most significant new section in the second Consultation Draft is the proposal that nine specific green spaces in the village be designated Local Green Spaces, which effectively gives them the same protection from development as if

they were Green Belt. You can see the proposals on the noticeboards outside the Parish Council office and the URC and on the PC website at <http://www.longmelford-pc.gov.uk/neighbourhood-plan-designated-green-space-consultation/>. The closing date for comments is 19 March.

Jonathan Ewbank, Chairman
Neighbourhood Plan Steering Group



Melford Movies will return

During 2020 the Village Hall Committee made a number of improvements at the hall, including internal redecoration and the purchase of new comfortable chairs and state of the art sound and projection equipment. Hand sanitisers and signage have been installed and new protocols adopted to make the hall Covid-safe.

Under the recently announced 'roadmap' for easing the Covid lockdown, cinemas are not permitted to open until Stage 3 (not before 17th May). The team at Melford Movies consequently regrets that the last two screenings (April/May) from our 2020/21 season are cancelled.



However, the team is keen to restart and is already planning a summer programme of feel-good movies to help lift people's spirits as the effects of the pandemic hopefully begin to abate.

Full details will be included in the next issue of Melford Matters, on the village noticeboards, and on the Village Hall Facebook pages and website: www.longmelfordvillagehall.co.uk/melford-movies/.



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Community Matters

In 2019 the Parish Council agreed funds for 'Long Melford in Bloom' (LMinB). This is part of an aim to smarten up our village and to make it even more pleasant for residents and visitors. The idea is to extend more widely around the village, when funds permit.

We were fortunate to receive 6 large planters from Kier (builders of Elms Croft), saved from the scrapheap. Then we bought an old cart and root cutter (pictured). Most of our displays came from a specialist supplier in containers made from recycled materials, with reservoirs. These provide water across several days and reduce the need for watering. We hope this equipment will last us for 25+ years.



The Dog Cart and Root Cutter on Rodbridge Hill.
Photo: Lucy Hinde

We have received some generous sponsorship (including Tanswell's Bakery) and have wonderful volunteers who provide expertise on plant choices, plus watering and maintenance. Local businesses have also helped, with water through the summer (thank you Co-op, Melford Court and the Fire Station), or equipment at cost like our mobile bowser (thank you Webb Engineering). Huge thanks also to the John Smith nursery in Sudbury (which supplied all the plants) and to Pat Davey for invaluable funding via the sale of books.

The Parish Council continues to support us but its funds are limited and for the project to consolidate and grow, we do need help from local residents and businesses. If you would like to help, either with your time/talents or with sponsorship, please contact Jonathan Ewbank (jonathanewbank145@gmail.com) or John Nunn (nunnj@longmelford-pc.gov.uk).

Nature Matters - Long Melford

The Park and Nature Reserve has played a big role in our lives, especially during the various lockdowns and restrictions we had to endure. Being able to walk round the park with friends and family (socially distanced, of course) has been a lifeline to so many of us.

The wildlife has been abundant and there have been sightings of otters, deer and stoats. A wide variety of birds has been spotted during the long, hot summer and it has been as far as the toilet block one day!

It was a sad, sad day when Susie Dixon, the owner of the park, Stan the swan had died. His soulmate, Ollie, was passing but then Dolly, a pretty young female swan, crossed and turned Ollie's head and now the pair are well on their way to crossed for cygnets this year.

New bird feeding stations have been put up in the park and we welcome visitors to top up the feeders and write their sightings up on the white board. New signage is being produced for the park and new leaflets will also be available; two of the five circular walks.

New Circular Walks

You may recall filling out the household survey for the Long Melford Neighbourhood plan. One of you mentioned the wonderful countryside that surrounds our village and how important it was to access it. It was suggested that a set of circular walks could be produced, utilising the existing public footpath network, to encourage more outdoor exercise – who would have guessed how important this would turn out to be! In November 2020, we launched the 'Long Melford Walks' a set of five circular walks, ranging between 0.5 and 7 miles and we were thrilled with the response.

The walks were sponsored by five local businesses and through their and other financial contributions we were able to produce and print 2500 high quality leaflets, which have received many



Melford Country Park

vital role over the last year, and tier restrictions we've the park, meet up with (course) and enjoy all the many.

have been many sightings of dragonflies and butterflies and newts even made it as

e Park Ranger, found that ie, respectfully mourned his ale swan, arrived at the park e inseparable. Fingers

o in different areas of the feeders, watch the birds board by Jenny Wrens. New the Melford Circular Walk ve walks start and finish at



the park. Educational talks and workshops will happen when life gets “back to normal” and we hope to run forest school sessions for children.

We ask all visitors to be respectful of the wildlife and keep their dogs under close control but please enjoy this beautiful open space that provides such joy for so many of us. Keep in touch via the Long Melford Country Park Facebook page ([@LongMelfordCountryPark](https://www.facebook.com/LongMelfordCountryPark)).

urvey Many e that compliments. These are available free of charge in our three “Walkers’ Hub” phone boxes in Hall Street, High Street and Bridge Street. They are also available from Holy Trinity

Church and the library. The leaflets proved so popular, that within a month the stock was running low and the Parish Council kindly agreed to pay for a further print run.



For those who prefer digital access you can download the leaflet from visitlongmelford.co.uk

and discoversuffolk.org.uk or from a QR code on the display boards which will be installed at the Country Park and car park next to the Old School.

Our planned event to celebrate the walks on Bank Holiday Easter Monday has had to be cancelled.

These routes were designed and created by volunteers from our village, who gave their time, experience and enthusiasm to this project – so thank you to everyone that helped to produce them.

Julie Thomson, LMNHP Footpath Group

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Cookery Matters - Special Guest Recipe

Tuna and Aubergine Bhuna

By Shah, Celebrity Chef of Sky TV and restaurateur

This is an amazing dish with a special blend of herbs and spices.

Ingredients

300g of fresh tuna (tinned tuna could be used as alternative)
2 onions, diced
6 garlic cloves, crushed
3 green chillies, sliced
8 tbsp vegetable oil
1 tsp salt
30g coriander, finely chopped
1 tbsp mixed curry powder

1 tsp ground cumin
1 tsp ground coriander
1 tsp paprika
1 tsp turmeric
½ tsp chilli powder
2 tsp cumin seeds
3 fresh tomatoes, diced
6 baby aubergines

Method

1. In a hot pan add the oil
2. Add the crushed garlic and cumin seeds
3. Once garlic is slightly golden brown, add the onions & green chillies
4. When the onions are slightly golden brown, add all the other spices and stir on a medium heat for 3-4 mins until the aroma develops
5. Add the tuna and mix and then add the salt
6. Let the spices infuse with the tuna for about 3-4 mins
7. Add the baby aubergines which should be slit lengthways 4 times keeping the stem on and toss them in the pan for 3-4 mins
8. Put the lid on and let it steam cook for another 3-4 mins gently stirring time to time on medium heat
9. Add 340 ml of boiling water and let that simmer for 3-4 mins on full heat with the lid on
10. Reduce the heat to slow and add your diced tomatoes and coriander and put your lid and let it cook for 7-10 mins to check that the aubergine is thoroughly cooked



11. While it is simmering taste for salt and then serve with boiled rice

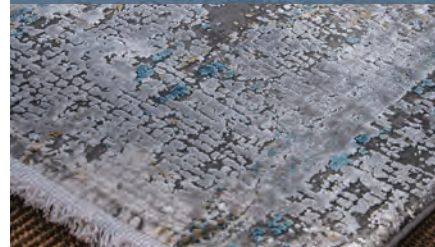
EDITOR'S NOTE: We plan to have a recipe in each issue, so if you'd like to contribute one of your favourites, please send it with a few words about what makes it special to MelfordMattersLifestyle@gmail.com.

Traditional Rugs



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Contemporary Rugs



Kelims & Flatweaves



Restoration & Cleaning

Runners



Gardening Matters - Notes from the potting shed

Welcome, dear neighbours, to this section in our new magazine focusing on gardening matters. Let's face it, after a challenging year in 2020 and a tricky winter, we're more than ready for spring planting. The days are getting longer, the temperature is rising and it's officially germinating weather!

The plan is to include some top tips from village gardeners in each edition as well as possible answers to local gardening queries. Please do get in touch with both top tips and gardening queries by sending an email to the address at the bottom of this article.

To get the ball rolling in this first edition here are two top tips:

- if you are plagued by blackfly on your broad beans, try pinching out the growing tip to deprive them of the young juicy growth the aphids love; and
- if you find cats are too interested in freshly planted soil or compost, try placing a couple of used teabags near your seeds or young plants with a few drops of Olbas Oil on them. Cats really don't like the smell but it does them no harm and the teabags then just decompose into the ground.

There are a couple of fabulous horticultural plans in the pipeline: after such a grim year, **how about all of us with some outdoor space joining in the Great Melford Sunflower Challenge?** We can use these bold, cheerful flowers to lift everyone's spirits as they see them throughout the village and we celebrate 2021 being a better, more positive year (or just not being 2020!).

If you have any outside space, particularly at the front of your home where passers-by can see them, why not have a go at growing a sunflower or two, any variety, any size? Just a pot on the doorstep would work. Cherry Lane has

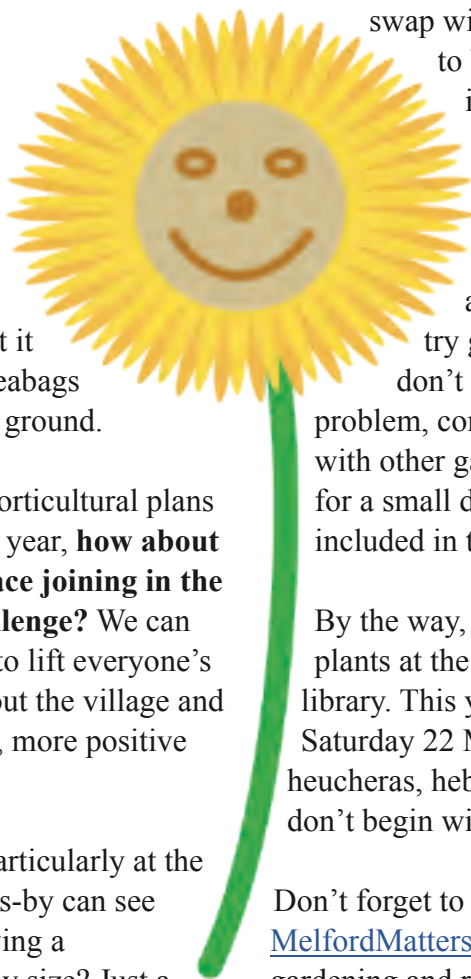


been advised about this challenge and is adjusting its seed ordering accordingly! If you fancy having a go and don't have seed or can't get hold of any, you can send an email to the address below and we'll see what we can do. Just imagine what an impact we could have if even half the households in the village joined in!

The other very exciting news is that we are holding the first ever **Great Melford Seed Swap in September**. The idea is that gardeners save seed from their prized plants over the coming season, whether ornamental or edibles, and then bring them along to the Village Hall in September to swap with other gardeners. If you're able to bring a photograph of your plant at its best, that would be great, but don't worry if you can't do that. Also, do you have any spare packets of viable commercial seed? If so, please bring them too as someone is sure to be happy to try growing them next year. If you don't have anything to swap, no problem, come along anyway and have a chat with other gardeners and take away some seed for a small donation. Full details will be included in the next issue.

By the way, there are always loads of great plants at the Spring Fair in the garden at the library. This year, Covid permitting, it's on Saturday 22 May, 11.30-3.30 pm, with hostas, heucheras, hebes, herbs and plenty of plants that don't begin with 'H'!

Don't forget to send your queries and tips in to MelfordMattersLifestyle@gmail.com. Happy gardening and remember every good gardener needs a keen sense of humus!



Youth Matters

A Thank You from FLUMPS

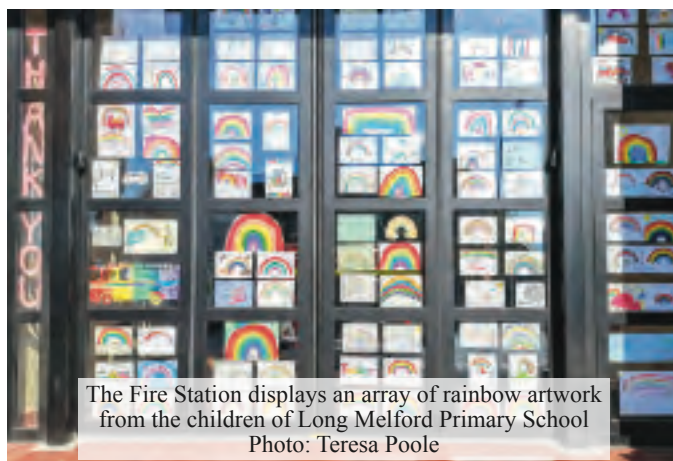
Friends of Long Melford Primary School & Nursery (FLUMPS) would like to THANK the community for your support during these difficult times. Your kindness and support helped us make an amazing profit of £881.04 from our Christmas Raffle. This contributed towards the cost of four brand new laptops to help the children during these unusual times.

We chose to buy the school Google Chromebook laptops because the children are familiar with these. During this latest lockdown, it has been wonderful seeing them put to use. Children at home have been logging on to Google Classroom, a free website service. This enables them to interact with their teacher and friends for discussions, live lessons and story times.



From young to old, those new to the village and those who have been here for some time, we really do appreciate your support. Without the help from donations, the kind generosity of local businesses or simply those who take part in our events, we wouldn't be able to provide the school with these little added extras. So THANKYOU and we look forward to seeing you at our next event.... whenever that may be. Keep Safe!

Sam Bull, Chair



The Fire Station displays an array of rainbow artwork from the children of Long Melford Primary School
Photo: Teresa Poole



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Nature Matters

Making Melford Greener

A Long Melford Biodiversity Group has been set up and given the task of encouraging more nature into our village. We want to plant more trees and hedges and encourage more wildflowers and associated insects. We also want to encourage everyone to make space for nature in their own gardens – putting up bird and bee boxes, leaving a small area to go wild and by growing more native and bee-friendly flowers. Watch out for more tips and ways to get involved in the next issue and on the Long Melford Facebook group.

Bring on the Hedgehogs

Hedgehogs will be coming out of hibernation from mid-March. To help them move around (the males can travel up to 2km a night) leave small gaps in fences. You can attract them to stay by having piles of logs and leaves near long grass and brambles – or have a go at making a Hog Hotel! Nectar rich flowers will help attract their food source such as beetles, worms,



Photo: Jennie Povey

caterpillars etc. Hedgehogs will eat slugs so no need to use slug pellets or any other pesticides, which will harm the hedgehogs. You can supplement their diet with a mix of wet and dry cat food – no fish though and don't feed them bread and milk as it makes them ill. You can find out more information about these wonderful little creatures via the British Hedgehog Preservation Society at www.britishhedgehogs.org.uk or search Facebook for [Hedgehogs in Sudbury and Long Melford](#).

Brain Matters



A Melford Quiz

We thought our first quiz should be about Melford. So, how well do you know your village? (Answers on page 26)

1. Which one of these village pubs is a free house – the Bull, the Cock and Bell, the Crown?
2. In which decade was Melford's railway station closed?
3. Who connects Melford Hall and Jeremy Fisher?
4. In which year were the last full Parish Council elections?
5. What is the name of Long Melford Football Club's ground?
6. In 1885, the Riot Act was read in Melford because men from a nearby village marched on the village and caused havoc. Where were those rioting men from?
7. What Melford building was once known as the Lecture Hall?
8. What name is given to the curved walls that are shaped like a snake on the move (see photo)?
9. How many aisles are there in the Co-op?
10. To the nearest 10 feet or 3 metres, what is the height of the Holy Trinity Church tower?



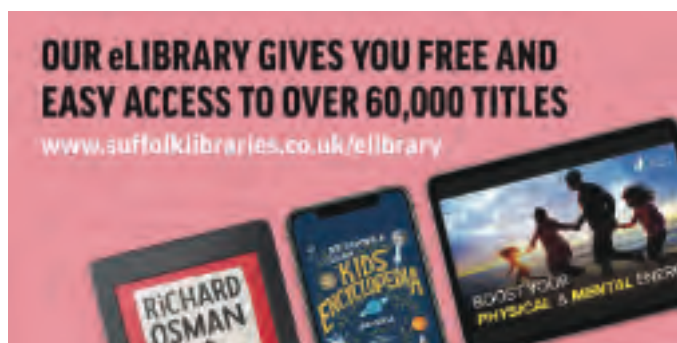
A snake-shaped wall at Melford Hall.
Photo: Stephen Frankland

If you enjoy quizzes, try the Kernos Centre (Counselling Charity) Fundraising Zoom Quiz from 7.30 pm to 9 pm on Friday 26th March. For entry details contact janetcrawley1@hotmail.co.uk.

Library Matters

Select and Collect

Please call us or email us and we'll put together a bundle of books for you to pick up. We're able to order books in from other libraries but please bear in mind that the need to quarantine stock can make reservations take a little longer than usual. If you're not sure what you want to read, don't worry. We're always happy to make suggestions. At time of writing, current restrictions mean we can't allow browsing in the library.



eLibrary

Suffolk Libraries offers an extensive eLibrary service for children and adults. Enjoy free access to thousands of the latest eBooks, eAudio titles, magazines, newspapers, films, courses and music. We offer full access to Britannica for Children and Students for those needing homework help. If you don't have a card yet, you can apply for one on our website:

www.suffolklibraries.co.uk/elibrary/

Tot Rock and Baby Bounce online

Join Nick every Tuesday from 3.15-3.50pm for Tot Rock and Baby Bounce on Zoom. Please email us to receive the Zoom link. We sing a variety of action songs and rhymes. Don't worry if you don't know the words, we'll all learn together.

Family craft activities and Lego Challenges

We're posting weekly Lego Challenges (Saturdays) and Family Crafts activities (Sundays) on our Facebook page. Find us at

www.facebook.com/longmelfordlibrary

Phone a Friend Service

This service offers regular phone calls to anyone who is an older person, isolated, struggling during lockdown, or anyone else who would benefit from a friendly chat and someone to talk to. Calls are made by library volunteers who are all DBS and reference checked. If you're setting this up on behalf of someone else, please get the person's permission. If you or someone you know would like a call, please contact

phoneafriend@suffolklibraries.co.uk

Long Melford Library, United Reformed Church Room, Hall St, Long Melford CO10 9JT

Tel No: 01787 377525

www.suffolklibraries.co.uk

Email: melford.library@suffolklibraries.co.uk

An advertisement for BB Plumbing and Heating. It features a yellow triangle logo with the word 'safe' inside. The text reads: 'Over 20 years experience', 'Boiler Servicing and Installations', 'Landlord Gas Safety Checks', 'Full heating system power flushing'. Below this is 'BB Plumbing and Heating' in large blue letters. Further down is 'Ben Boxall', 'Mobile: 07894 856366', and 'Based in Long Melford'. At the bottom, there is an illustration of a faucet with a single drop of water falling into a pool of water.

An advertisement for Steve White Electrical Services. It has a blue header with 'Steve White' in large white letters and 'Electrical Services' in smaller white letters. Below this is an orange banner with 'Part P Domestic Installer' in white. The text continues: 'Fully qualified, insured and guaranteed'. A list of services follows: '• Extra sockets/lights', '• Fuse board changes', '• Electric Showers', '• Fault finding/repairs', '• Outside power to garden/garage', '• Immersion Heaters'. At the bottom, it says 'FREE ESTIMATES' and provides the phone numbers '01787 281254 or 07920 841041'.



The Arts Society – South Suffolk offers a stimulating monthly lecture programme delivered by experts on all aspects of the Arts. Lectures usually take place at The Quay Theatre, Sudbury on the 3rd Tuesday each month (excepting July/August or December).

Membership this year is £24 for 6 lectures via Zoom, with a quarterly Arts magazine, plus the option of virtual tours around Places of Interest.

TO JOIN: Go to our website www.tassouthsuffolk.org.uk or contact Carole Ashton, Membership Secretary 07766 107880 or email: creevesashton@gmail.com.

A FREE TASTER SESSION?? Telephone or email your interest, and a link will be sent to you beforehand.

THE SUTTON HOO BURIAL & TREASURE “THE REAL DIG”

This lecture by William Forrester MA (Oxon) will cover the topography of the site and the various excavations which have taken place since 1938. The finds will be discussed in detail including the 2000 discovery of the Anglo Saxon cemetery. Parallels drawn to the Staffordshire Hoard and Prittlewell Burial.

Lecture streamed via Zoom at 11 a.m. 16th March 2021

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Matters Spiritual - a message from the Rector

From Couch to 5k: Lessons for Lockdown

‘Couch to 5k’ is an app which guides you, mercifully, in a gradual and structured way, from walking and shuffling along with gasps, to running 5km without stopping. There are some principles from ‘Couch to 5k’ which we can apply more widely. Firstly, by starting from the ‘couch’, there is a sympathetic identification with people who struggle, who feel unfit. I also like the way that small achievements are rewarded day by day. You can celebrate jogging for one minute ... hooray! By means of encouragement and small daily rewards, countless people have become runners.

Maybe we can apply some of these principles during the depths of lockdown. I think we should acknowledge that things are hard and many of us are struggling. Naturally we think about those who have lost someone, or our struggling key workers. But we’re all affected. At the moment, I’m particularly aware of the challenges for families who are finding the pressures on their homes harder than ever. If you’re finding things tough, you are not alone.

With the long-term goal of returning to ‘normality’, maybe the best approach at the moment is to focus on small daily achievements. Have you eaten a healthy(ish) meal? Well done! Did you go for a walk? Fantastic! Did you get a good night’s sleep? Superb! Have you made social contact with someone? Brilliant! Have you prayed? Bonus points! Have you kept a sort of peace in your home even if your children have not completed all their schoolwork? You’re a hero!

I pray that by the time you read this, things will feel a bit lighter. Let’s hope we can start ‘running’ a bit better soon.

Rev Lawson



Health Matters

The Vaccination Volunteer Force

Staff from our GP practice have been doing a fantastic job vaccinating hundreds of people a day at the Lavenham surgery. When I had my jab the whole thing ran like clockwork. However, the staff couldn't have done it without help.

A few days before the rollout began, the practice asked John Nunn (Chairman of the Melford Patient Participation Group) if he could provide volunteers to help make the programme work. An amazing 150 people from Melford, Lavenham and surrounding villages answered the call. Their work includes marshalling the car park when patients arrive to sanitizing the waiting area when they leave. Their valuable contribution has helped the programme run smoothly. So smoothly that the volunteers have received the Lord Lieutenant of Suffolk Award in recognition of outstanding service to the community.

More than 20 volunteers plus Cooks Private Hire Cars are on standby to drive residents who can't get to Lavenham and Sudbury under their own steam. All give their services free of charge. The Village Hall Committee has offered drivers £20 to help towards expenses. Nearly all of those who accepted have donated the money to other charities.

The drivers make sure they have the proper PPE, keep their vehicles clean and enable fresh air to circulate between lifts. The group has proved so popular that requests have come in to collect Clare residents for lifts to Lavenham and Glemsford residents to Haverhill. The group received a BBC Radio Suffolk Award for helping the local community during the pandemic. For more information phone Lee Philips (transport coordinator) 07851 959389. For more information phone 07504 249179.



Volunteers give a 'thumbs up' at the Lavenham vaccination centre
Photo: Sudbury Police

So, it's a huge thank you to all the volunteers and surgery staff of whom it can be said, *"When the going gets tough, the tough get going."*

Chris Watts



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Temperature Check

The Business Association is raising awareness of new technology which could make the village a safer place to live, eat and shop in these Covid troubled times.

This technology comes in the form of a Visual Temperature Indicator (VTi) and works by monitoring your body temperature for fever. A VTi is a small adhesive patch with a green cross that users wear on or near their temple. If the wearer has a high temperature, the green cross turns red, providing an instant and accurate warning. If the wearer's temperature returns to normal, the cross reverts to green.

The VTi has been trialled in sectors including social care, hairdressing and food production. It offers accurate, instant

and continuous temperature monitoring. VTi stickers have been made available to the vaccination volunteers and Good Neighbours team.



The George and Dragon began life as a 19th century coaching inn but is now adopting 21st century technology to provide a safer environment for its customers and staff. It's the first pub in the village to provide VTi stickers for staff when providing their take-away and delivery service for an increased sense of safety. Once the George and Dragon re-opens customers will be offered a complimentary VTi sticker, enabling staff to monitor customers.

For more on VTi stickers, see www.vti.care.

Cricket will soon be back

Everyone at Long Melford Cricket Club is looking forward to a full season of cricket. The ground looks fantastic, the Leagues are back up and running and the players - young and old - are champing at the bit! The first Senior matches are scheduled for mid-April. As usual we'll put out two League teams on both Saturdays and Sundays. We play village clubs from around our region and the matches are always competitive and played in great spirit.



The cricket pitch and pavilion
Photo: Justin Lewis

Our fantastic Junior section - the Long Melford Cricket Academy – offers professional coaching and match experience to boys and girls of all ages and abilities. The club also has a number of its own qualified coaches, who volunteer to support the juniors. Academy training will get going on Thursday evenings from April, matches are expected to start during May.

The ground is beautifully maintained and well-equipped with car parking, toilets, a new kitchen and a well-stocked bar. All visitors, including well-behaved dogs, are welcome, to join and play if they wish, to offer support or simply to enjoy a drink and watch the action. There is no charge to visit the ground, and plenty of safe space for picnics.

For further information, visit our website (www.longmelfordcc.co.uk), or the LMCC page on Facebook ([@longmelfordcc](https://www.facebook.com/longmelfordcc)). We look forward to seeing you at the ground this summer.

Justin Lewis

A Smart New Clubhouse

Long Melford Community Sports Trust, a charity, was formed two years ago to promote and develop sports and recreation facilities and opportunities in Long Melford for people of all ages and abilities.

Genuine concern about the future of our football club and the lack of facilities for younger players (the Colts and Fillies) prompted the formation of the Trust. The first team had been promoted and was playing against teams from much larger towns with far better facilities. The Colts and Fillies has been a continuing success story seeing many children and young people gaining in ability and confidence. The two clubs have a very inclusive and friendly approach which is an important principle the Trust will adopt.

The first and most pressing need was to create a new clubhouse which will mark the beginning of an exciting new era. The current building is well past its sell-by-date. We wanted to look beyond



The architect's visualisation of the new clubhouse

football and open up the facility to a variety of local organisations and activities. There will be a large meeting/social area and a smaller one. There will be a bar for the all-important refreshments. And, of course there will be excellent changing facilities and showers for sports users.

Despite the challenges of the pandemic and a very wet winter, remarkable progress has been made and we are on target for a mid to late summer opening.

Peter Turner, Chairman
Long Melford Community Sports Trust

Sports Matters

Welcome to Long Melford FC

Long Melford FC was formed in 1868 which makes it the 10th oldest football club in the country. The club has always played in black and white - two of those Victorian footballing Melfordians wore the same colours at Eton. The club is still very much alive and plays at level 5 of the non-league structure.

When you watch football at our ground, Stoneylands, you never know who might turn up in the opposition ranks. In recent times, Ollie Murs was on the bench for Coggeshall. Ten years or so ago, Team Bury played a young goalie called Nick Pope who now plays for Burnley and England.

We're delighted that there will be a regular Long Melford FC feature in Melford Matters. When we start playing football again, your support will be very welcome at Stoneylands.

Richard Kemp, Club President

Footballing Colts and Fillies

In the 1860s, the vicar of Holy Trinity started a football team to provide local youngsters with a way of 'channelling their energies'. That team became Long Melford FC, and nearly 160 years on, we're still providing young people (aged 6 to 18) with an opportunity to channel their energies by training, playing and being part of a team.

We believe boys and girls who want to play should be given the chance to do so, regardless of ability. We're not a results driven club but we can enjoy our victories. Anyone who was there when our under-9s picked up their first win, won't forget the joy and pride on the faces of players, managers and parents when the final whistle blew.

Our supportive, friendly, family-orientated approach has seen our numbers grow steadily over the past few years. Last season we ran seven teams.

The club's spirit is exemplified by our under-15s and under-14s. Over the last few years, under the guidance of their FA qualified coaches, they've improved season-by-season, but more importantly they've become a tight-knit group of friends who love their football, win, lose or draw.



The Under 10s Team
Photo: Katie Dodd

As soon as restrictions allow we'll be ready to kick off again. There's much more information on our website longmelfordcoltsandfilliesfc.co.uk. If you'd like to get involved, please contact me on 01787 829414, or email robert.bowden@the-sun.co.uk.

Rob Bowden, Chair, Long Melford Colts & Fillies FC

Directory of Clubs and Societies

Group	Contact	Phone/email
Beading (Suffex Bead Club)	Victoria Power	07866 996124
Business Association	Jane Ebejer	01787 375862
Coffee & Cake @ St Catherine's	Margaret Taylor	01787 880875
Connect	Pam Tonks	07890 880976
Cricket Club	Ivan Newman	07944 893167
Explorer Scout Unit	Thomas Tracey	bovineesu123@gmail.com
Folk & Acoustic Club	Pauline O'Brien	poboap123@gmail.com
Football Club	Richard Kemp	01787 378149
Friends of LM Church Building Fund	Richard Michette	01787 377164
Friends of Long Melford Library		help@suffolklibraries.co.uk
Good Neighbours Scheme	Helen Eaton	07504 249179
Historical and Archaeological Society	Julie Thomson	01787 375329
Holy Trinity & St Catherine's Church	Rev. Matthew Lawson	01787 301845
Keep Fit	Heather Mahony	01449 736662
Long Melford Beavers	Carolyn Spraggons	01787 370686
Long Melford Cubs	Stacey Cole	07368 519981
Long Melford Group Scout Leader	Stephen Spraggons	melfordgsl@aol.com
Long Melford Heritage Centre	John Nunn	01787 313496
Long Melford Litter Pickers	Julie Thomson	01787 375329
Long Melford Open Spaces	Graham Eade	01787 319120
Long Melford Parish Council	clerk@longmelford-pc.gov.uk	01787 378084
Long Melford Parish Recorder	Julie Thomson	01787 375329
Long Melford Photographic Group	Derek Challis	01787 373738
Long Melford Primary School	Mrs Woolmer	01787 379929
Long Melford Scouts	Graham Souch	1stlmscouts@gmail.com
Long Melford Women's Institute	Jane Ebejer	01787 375862
Melford Ladies	Mrs R Deeks	01787 375643
Melford Music	John Watts	01787 310373
Neighbourhood Watch	Stuart Finch	07867 371564
Old School bookings	Rosey Eade	01787 319120
Over Sixties Club	Mrs Albon & Mrs Woodgate	371413/376711
Project Seven	Andrew Hagger	07980 526067
Royal British Legion	Martin Richard	01787 377567
Scout & Guide HQ bookings	Philip Windsor	pwindsor@live.co.uk
Silver Band	Martin Gore	01787 372439
Trinity Singers	Sue Roberts	01787 319850
United Reformed Church	Rev Elaine Colechin	07555 417349
Upbeat Heart Support	Hilary Neeves	01359 232678
Village Hall bookings	lettings.longmelfordvillagehall@hotmail.com	07379 894325
Visit Long Melford	Jane Ebejer	01787 375862

Please notify us of any additions or changes by emailing MelfordMattersAdvertising@gmail.com. Amendments must be received by **1st May** to be included in Issue 02 - June/July 2021.

Quiz Answers

- | | | |
|-------------------|--|--------------------|
| 1. The Crown | 5. Stoneylands | 8. Crinkle-Crankle |
| 2. 1960s | 6. Glemsford | 9. 4 |
| 3. Beatrix Potter | 7. The Working Men's Club/
Ex-Service and Social Club | 10. 118 feet/36m |
| 4. 2019 | | |

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