

MELFORD

Issue 02 - June/July 2021

Matters



Inside this issue:

- Cricket: The first home league game of the season – above and page 29
- Melford Opens Up: What's happening in the village now that lockdown has eased – pages 4, 5, 8 to 11 and 18
- Back to School: Reports from a Year 6 pupil on lockdown and the headteacher on opening up again at our primary school – pages 16 and 17

Photo: Steve Thomson

info@bespokeblindslm.co.uk



Tel: 01787 371387

BESPOKE BLINDS AND CURTAINS

— LONG MELFORD —



Made to Measure Blinds & Curtains

RollerBlinds | VerticalBlinds | VenetianBlinds | RomanBlinds | PleatedBlinds
Shutters | Curtains | Poles&Tracks | Accessories

Why Choose Bespoke Blinds

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

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

www.bespokeblindslm.co.uk

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



ROBINS ROW

Insurance Brokers Since 1867

AN INDIVIDUAL SERVICE FOR ALL YOUR COMMERCIAL AND PERSONAL INSURANCE

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

TEL: (01787) 378205

EMAIL: ADMIN@ROBINSROW.COM

HALL STREET, LONG MELFORD, SUDBURY CO10 9JB

AUTHORISED AND REGULATED BY THE FINANCIAL CONDUCT AUTHORITY

Editorial

Most people were delighted that Melford's shops and al fresco cafés and pubs were able to open up again on the Glorious 12th of April, not least because at last they could get a hair cut for the first time in months. I was certainly one of them – see right. For more on Melford opening up see pages 4, 8 and 18.

Our local primary school opened again in March and pupils and staff alike were thrilled – see page 16.

The cricket club is up and running and enjoyed lovely sunny weather for its first home league fixture in April – see page 29.

Thanks very much indeed to everyone who contacted us to say how much they had enjoyed



the first issue. It's very gratifying and motivating to receive feedback like that. And, many thanks also to our 30+ wonderful team of volunteers who deliver the magazine throughout the village.

Talking about volunteers, we need more to help with important village activities – see page 20. Activities like this help to make the village vibrant and such a lovely place to live.

Please continue to send us feedback about the magazine and suggestions for articles you'd like to see included – contact MelfordMattersEditor@gmail.com. And if you'd like to advertise, please contact MelfordMattersAdvertising@gmail.com.

Please note that Melford Matters is completely independent of the Parish Council and is a non-political, not-for-profit community initiative supported by the Village Hall Committee.

Dave Watts, Editor

Biodiversity Matters

The Long Melford Biodiversity Group is here to give nature a helping hand in our village. We're hoping to use grants to plant more trees and hedges and create wildflower meadows. Ideas of where you'd like to see these would be welcome.

In May, we backed Plant Life's 'No Mow May' campaign, by reducing grass cutting in some areas, including the Middle Green. This should encourage more insects. If this proves popular, we hope to reduce public grass cutting where it is safe to do so. Meanwhile, everyone can do their bit to help by leaving a bit of their garden to go wilder, mow less often and sow native wildflowers. And encouraging birds, bees and hedgehogs by providing sites to nest and food will be a great help.

Once we're all allowed to meet again, we plan to run talks and practical sessions to get everyone involved in welcoming more nature into Melford.

Jane Burch (jane_burch@yahoo.co.uk)
Chairman, Long Melford Biodiversity Group

**Would you like your
daily newspaper
delivered?**

**Home news delivery
in Long Melford from
the Kiosk in Sudbury**



01787 319 498



info@localnewsdelivery.co.uk

Contact us for daily delivery of national and regional newspapers as well as a full range of weekly and monthly magazines



S & K News Limited

The Kiosk
3 Borehamgate
King Street, Sudbury
Suffolk CO10 9EG

A Taste of Melford - Al Fresco

How uplifting it is to see the village spring back since lockdown restrictions were eased and many of us now feel safer meeting friends and family outdoors. If it's al fresco you're after, then in Melford we're truly spoiled for choice. From The Hare to Nethergate there's a delicious range of flavours and a wide variety of settings.

Let's start at **The Hare Inn** – not only is their tempting menu a draw, but it also boasts a children's play area. Sunday roasts are very popular and you could always walk off a good meal by doing a Melford circular walk – leaflets can be found in the phone box outside the Inn.

You might take a charming stroll along Kentwell Avenue, admire the beautiful gardens and see what's on at the Hall. There will probably be something to tempt you at their **Paddocks Tea Garden**.



Enjoy a drink and watch the world go by, whilst your children enjoy the play area at The Hare Inn

Working your way down the village, the Upper Green has magnificent views and there are plenty of great spots for picnics. **The Black Lion** offers a fine range of gins of both the alcoholic and non-alcoholic variety on their Spring Garden Terrace. If you're exploring the house and gardens of the National Trust's **Melford Hall**, there's a very civilised option of tea on the lawn at the side of the house.



A new pergola at the Swan
Photo: Dave Watts

Heading down towards the centre of the village, there's the famous Melford landmark of the mediaeval **Bull Hotel** which has a sunny courtyard where you can enjoy their full menu and admire the vibrant hanging baskets.

On the opposite side of the road is **The Swan** and their garden has two new covered pergola areas with heating for those chillier days or evenings.

The Crown is ever popular with its large patio, enclosed garden and delicious menu and there's even a heated marquee set up for outside dining, which will be there until late June. Nick Barnes, the owner, says "We serve a wide range of bitters, lagers, wines and spirits from whichever supplier we choose and we offer a wide selection of dishes that are cooked from scratch using local ingredients where possible."

If it's a spot of people watching that takes your fancy, there are plenty of seats and benches along Hall Street. **Tanswell's Bakery**, **The Olive Tree**,



The patio and marquee at the Crown
Photo: Dave Watts

A Taste of Melford - Al Fresco

Tiffins, Long Melford Tea Rooms and **Dilly Dally** all have outdoor spaces or courtyards – have a drink and something to eat and watch the world go by. There will be some new public seating provided in Hall Street as well as the benches that have been refurbished by the Community Volunteers Group.



Café Society at Long Melford Tea Room, and Tiffins in the distance
Photo: Dave Watts



Customers enjoying the sunshine outside Dilly Dally
Photo: Holly Jones-Warren

Justin Lewis says of the **Cricket Club** “One might consider the ground as the largest beer garden in the village. Plenty of safe, enclosed space to bring your kids to play, to lay out a picnic blanket or to bring a chair and watch the game – everybody is welcome at Long Melford Cricket Ground.”

Back to Hall Street, **The George & Dragon** offers plenty of outside seating at both the front and back of the pub. So, if the sun is shining, you’ll be sure to enjoy it at one of their tables.

Long Melford Country Park has a charming vintage-style cafe, **Jenny Wren’s**, and the picnic tables in the park have been renovated and stained, providing the perfect spot for meeting up with friends and family for a picnic and immersing oneself in the nature reserve. The Park Ranger, Susie Dixon, says “You’re never alone down the Country Park; there are friendly squirrels, rabbits and ducks with inquisitive little robins waiting for you to drop some crumbs. Free picnic tables, benches or logs to sit on and soak up the beautiful peace...come down and chill out!”



Outside tables in the sunshine at the George and Dragon
Photo: Holly Jones-Warren

And if you’ve managed to start from The Hare and work through all of our al fresco suggestions, then you should congratulate yourselves and could finish off with a delicious, Melford-brewed beer or a locally distilled gin at **Nethergate Brewery**. It has plenty of outdoor seating and a bespoke online app ordering facility. You can even pick up some delicious street food from one of the vendors that have their pitches at the Brewery.

Long Melford definitely has a huge amount to offer in terms of safe, friendly outdoor space. If we’re lucky enough to have more cheering sunshine, we’re all set for a bright and tasty summer.

P.S. – for those of you who have your dogs along for the walk, they are welcomed in all the outdoor areas mentioned and they’ll find plenty of bowls of waters dotted along the route for them.

Business Matters

The Business Association Promotes the Village

The Long Melford Business Association (LMBA) has been operating in Melford for over 20 years. In recent times our village businesses have faced an uncertain future. Our role in promoting Melford to visitors, and therefore supporting local businesses, has never been more important.

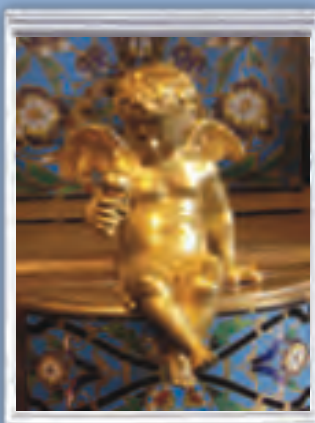
We manage the website www.visitlongmelford.co.uk and the village's various social media accounts aimed at visitors. We're a volunteer led organisation which has in recent times also aimed to bring the whole community together. In November last year, the LMBA organised and funded the Melford Window Wanderland – Light Up for Remembrance initiative. The Church, School, Fire Station, Scouts, Royal British Legion and over 50 homes and businesses all participated. In Remembrance of the veterans, windows were lit up for five nights, at a time when many could not pay

their respects in the traditional way. The daytime Heritage Poppy Trail saw over 40 Melford War Veterans and their stories remembered as these were displayed in business windows.



In April this year, the LMBA funded a double page spread of editorial coverage in the East Anglian Daily Times to promote the village and its businesses. We subsidised the advertising costs for businesses within the spread.

As this year continues to unfold, the LMBA is working on an 'Independent Melford' campaign to further promote the village's independent businesses which makes Long Melford truly unique. The co-ordination of more events is planned for the Autumn and Christmas.



The largest Antiques, Interiors and Lifestyle retail Centre in the East Anglian region

16,000 sq. feet of display areas over 4 extensive floors

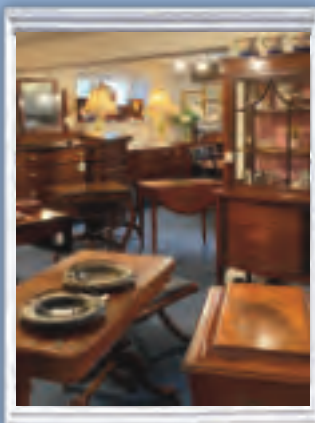
Fine quality Antique Furniture, Art and Collectables from the 17th Century onwards

Vintage, retro and later furniture
Glassware and porcelain

Bronzes, silver, silverplate and other metalware
Lighting, carpets, crafts and artisan gifts

Regular auctions of between 200-400 specially selected entries

Savour your purchases whilst enjoying the fine selection of food and drink in the Pullman Tea Room (closed Tues)



Mon - Sat 10.00am to 5.00pm; Sun 11.00am to 4.00pm
The Old Maltings, Hall Street, Long Melford, CO10 9JA



Co-Working Space, Community Hub, Business Support

We are really excited to open Breakout in Long Melford. The idea of Breakout started nearly 5 years ago. Our aim is to create a thriving business with a very ethical feel around it and an environment where people can come and enjoy their time and benefit from the knowledge and experience of people using the venue. We are really open to ideas so if there is something you want to try out, come and talk to us about it. Our services include:

- **Desk Hire, Zoom Rooms and Meeting Room Hire**

Each desk is £5 per hour and a full day is £20. Monthly memberships are available on our website. We have keyboards and monitors etc to use if required. Zoom rooms are £10 per hour or £35 per day which seat 1 or 2 people. We also have a meeting room, which can seat up to 8 people at £20 per hour.

- **Room / Venue Hire / Pop-up Shop**

Our evening hire is available from 6pm to 10pm for £50 and weekend full day / half day hire for £90 and £50 respectively. It is exclusively yours with access to projectors and other equipment as needed. We have excellent weekend footfall and can support in advertising in the lead up to your event.

- **Advertising**

We have four 1m square high street windows that are available for advertising. These are £175 per window per month. We also have a business card rack and pin board in the shop, which is £2 per month, and we advertise Long Melford events and business information on our website which starts at £2 per month to help with local contacts and what's on.

- **Printing, Copying, Scanning and Laminating Services**

Some of you have already been using our printing service which starts from 20p per sheet. We can print from email or your phone, copy, scan and laminate. Just pop in or drop us an email with what is required.

- **Health Foods For You Partner**

We have chosen to partner with Jane and the team to be an eco-refill station, and click and collection point. Please contact the HFFY team on 01787 828262 or www.healthfoodsforyou.co.uk to place your orders, which will be available to collect from us by the following Thursday.

There is so much more to come, from business courses to registered address facilities and simply selling local art. Please pop in, check out the website and get in touch. Thanks for reading,

Farley and Phil.

Breakout
10 Little St Marys,
Long Melford, CO109LB

hello@breakoutonline.co.uk
01787 312064
www.breakoutonline.co.uk



Melford Opens Up on the Glorious 12th of April



Window decorations at Pure Elements
Photo: Dave Watts

At last, after months of winter lockdown, most Melford businesses could open up again. It was great to see some celebrate with offers and special displays such as the splendid cluster of balloons outside the Lookin Good hair salon.



Balloons to celebrate re-opening at Lookin Good
Photo: Emma Mills

By the time you read this, all the pubs, tea rooms and hotels will have been able to open up inside as well as out. It's not just the businesses that are opening up; lots of other activities will start up again if all goes well.

ART EXHIBITION BY CLASS ARTS SAT 12TH JUNE – SUN 13TH JUNE



Kentwell view of Melford Church by Julie Iveson

**VENUE: LONG MELFORD OLD SCHOOL
10.00AM – 4.00PM**

FREE ENTRY

ALL COVID PRECAUTIONS IN PLACE

Original art works for sale, (framed and unframed) prints and cards, by local artists

For further information contact Vernon Lever on 310511 or email: julieiveson63@gmail.com

Activities Back in Action

For dates and times for most of the below, see Diary Matters on pages 10 and 11.

The Village Hall welcomes Bounce (cardio workout classes on mini-trampolines), Baby Ballet (for babies, preschoolers and young children) and Pop Chorus (a contemporary choir for adults of all abilities). New Pilates and Family Yoga sessions will also be starting up. The long running monthly Antiques Fair will return in a new format from July.

The Old School will have its monthly Antiques and Vintage Fair back starting on May 29th and 30th. Lots of different yoga classes will have started, along with U3A art classes, life drawing, the Upbeat Heart Support group and the Bead Club.

New Melford Market

Many of Melford's clubs/charities have tables outside members' houses selling jams, books and plants etc. to raise money. The Community Association is starting a new monthly market to

Melford Opens Up on the Glorious 12th of April

give all groups a chance to sell items in the Old School. Local groups will not be charged for having a table but there will be a small fee for any commercial group. There is no entry fee for visitors.

Initially, this market will be on the last Thursday of each month, starting in June. They hope to have a café up and running in June so there will be a chance for plenty of catch-up chats. If you're interested in having a table, please contact Rosey on 01787 319120 or email rosey26@me.com.

Class Arts at the Old School

On June 12th and 13th a free art exhibition featuring around 12 local artists will be held at the Old School. This Class Arts event is organised by local artists Vernon Lever and Julie Iveson and follows last year's resoundingly successful inaugural exhibition. As well as affordable art, prints and cards will also be on sale. Look out for the Bargain Corner.



Suffolk Art Society at Holy Trinity

The Suffolk Art Society is very much looking forward to exhibiting again in Melford. The exhibition will be in the church's Lady Chapel from Sat July 24th to Sun August 8th. It will be open 10am to 5.30pm. Entry is free.

The Society has around 100 members who come from all over East Anglia. Their exhibits (all for sale) cover a wide range of techniques and styles including oils, acrylics, pastels and watercolours. For further information see www.suffolkartsociety.co.uk.

Melford Music at Holy Trinity

The Melford Music summer lunchtime concerts have been taking place for almost 30 years and were sorely missed last year during lockdown. The good news is that performances are planned for August 4th, 11th, 18th and 25th at 1.10pm. All the musicians are professionals and the acoustics are excellent.

This year, refreshments and cushions cannot be provided but you're welcome to bring your own. You don't have to buy a ticket – just come to the church at about 1pm on the day. There will be a collection on leaving to help cover costs.

Kentwell Hall Events

Kentwell has a full series of events throughout the summer including a Sheep Shearing Weekend (you watch, you don't shear), a Magic Weekend and Living History Days (step back in time to 1599). For details see www.kentwell.co.uk/events.

Melford Antiques, Interiors & Lifestyle Centre

As well as its normal four floors and 16,000 sq ft of antiques, art and collectables, the centre will have two special exhibitions running throughout the summer. The Centre's owner, Graham Hessel, said "One is a selection of highly individual and amusing papier-mâché character figures by the French Artist Hadda Ammari otherwise known as *Fayrouz*. The other is a former private collection of fenland landscapes by celebrated artist Anthony Day."



Diary Matters

Regular classes & workshops at Long Melford Village Memorial Hall

Mondays	Bounce classes	Jules Cooper www.bookwhen.com/bouncelongmelford	9.30 to 10.30am
Mondays	Pop Chorus (from 14th June)	Yula Andrews 07788 585441	7.30 to 8.30pm
Tuesdays	Pilates with Michelle Cowcher	Michellcowcher@gmail.com	10.00 to 11.00am
Tuesdays	Bounce classes	Jules Cooper www.bookwhen.com/bouncelongmelford	6.00 to 7.00pm
Thursdays	Bounce classes	Jules Cooper www.bookwhen.com/bouncelongmelford	6.30 to 7.30pm
Fridays	Baby Ballet	sudbury@babyballet.co.uk 07580 693747	9.30am to 12noon

Regular classes & workshops at the Old School

Daily	Yoga Studio	Brenda 07791 385240 www.longmelfordyoga.co.uk	See website
Tuesdays	Upbeat (Heart Support Group)	Hilary Neeves 01359 232678	9.00am to 1.00pm
Tuesdays	U3A Hartest	Chris Cox 01787 281384	9.00am to 12.30pm
Tuesdays	U3A Art	Vernon Lever 01787 310511	1.30pm to 4.00pm
Tuesdays	Sophia Paper Kite Yoga (starting 8th June)	Sophia 07968 165185	6.00 to 9.00pm
Tuesdays	Yoga with Clare Turner (starting 8th June)	clareturneryoga@gmail.com	5.45 to 7.15pm
Wednesdays	Life Drawing	John Garbett 01787 378798	10.00am to 12.30pm

Andy's 100 Mile Marathon Pram Push

Andy Edgecombe, a 75-year-old granny, set out on April 1st to walk 100 miles in Melford by April 30th. Her efforts were in aid of a charity close to her heart – ICP Support. ICP is a liver condition which affects around 5,000 pregnant women in the UK every year. It can cause almost unbearable itching, premature birth and at worst stillbirth.

Andy's daily walks from her home in Sampson Drive were to either the top of Kentwell Avenue and back, or to Liston Church and back. Her aim was to raise funds and increase awareness of ICP. Her success in grabbing people's attention was helped by the buggy, full of soft toys, that she pushed on her walks. Andy says, "Most days, a different friend walked with me for company. It was fun as well as improving my fitness and raising money."

During her walks, Andy met many people who were interested to learn about the condition. Thanks to their generosity and that of friends, family and neighbours, Andy has raised over £1,800 for ICP Support.

If you'd like to contribute, go to: justgiving.com/fundraising/andy-edgecombe. More information on ICP is available at www.icpsupport.org.



Diary Matters

June 2021	Event	Venue/details	Time
Thursday 3rd	Parish Council Planning/ Full Meeting	See www.longmelford-pc.gov.uk	7.00pm/ 7.30pm
Friday 11th	Melford Movies - "Emma"	Long Melford Village Hall	7.00 for 7.30pm
Friday 11th	Folk & Acoustic Club upstairs	Cock & Bell poboap123@gmail.com	8.00pm
Saturday 12th & Sunday 13th	Art Exhibition by Class Arts (free entry)	Old School	10.00am to 4.00pm
Thursday 24th	Melford Market	Old School	9.30am to 12.30pm
Saturday 26th & Sunday 27th	Antiques/Vintage Fair	Old School	9.30am to 4.00pm
Wednesday 30th	Family Yoga with Clare Turner	Long Melford Village Hall	6.00 to 7.00pm
July 2021	Event	Venue/details	Time
Thursday 1st	Parish Council Planning/ Full Meeting	See www.longmelford-pc.gov.uk	7.00pm/ 7.30pm
Wednesday 7th	Antiques Fair	Long Melford Village Hall	See LMVH website
Friday 9th	Folk & Acoustic Club upstairs	Cock & Bell poboap123@gmail.com	8.00pm
Friday 9th	Melford Movies - "Love Sarah"	Long Melford Village Hall	7.00 for 7.30pm
Saturday 24th & Sunday 25th	Antiques/Vintage Fair	Old School	9.30 am to 4.00pm
Saturday 24th July to Sunday 8th August	Suffolk Arts Society Art Exhibition	Holy Trinity www.suffolkartsociety.co.uk	10.00am to 5.30pm
Wednesday 28th	Family Yoga with Clare Turner	Long Melford Village Hall	6.00 to 7.00pm
Thursday 29th	Melford Market	Old School	9.30am to 12.30pm

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 August/September need to reach us by **1st July**.

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.

Community Matters

Pat Davey - A Melford Fundraiser

Pat Davey has been selling books outside her home at 1 Tudor Cottages, Hall Street for the last four years. Pat says the well-known authors sell best, along with factual books on Suffolk, crime novels and romance – it's hard to sell cookery and gardening books.

Book buying has increased during the pandemic and Pat has become quite famous as customers make a special journey to Melford, just to stock up on good reads.

Her partner, Brian West, puts the tables and books out each morning and brings them in each evening. He banks all the money received and takes any books that won't sell to the Sudbury PDSA. No books are thrown away unless they're in really bad condition.

A point Pat makes is that her book sales are self-perpetuating now. At times, they get more books than they can cope with and their house can be awash with books.

Amazingly Pat has raised well over £7,000 and has donated to over 20 community projects and charities – she even raised enough for the purchase of one of the village defibrillators (see p. 26).

How wonderful that for just 50p we can immerse ourselves in a good book from Pat's stall.



Suffolk Art Society ART EXHIBITION Holy Trinity Church, Long Melford



Saturday 24th July to Sunday 8th August

Mon – Sun 10 – 5.30

FREE ADMISSION

Covid Precautions in place

www.suffolkartsociety.co.uk

Citizens Advice Matters

Sudbury & District
Citizens Advice is here to help. We offer free, confidential, independent advice to everyone in Babergh. Our advice covers a wide range of subjects including benefits, debt, housing, employment, family and relationships, discrimination, immigration, consumer rights, as well as tax and legal problems.



At the start of the pandemic, we switched from providing face to face help to telephone, email and online support. Since then, 2,100 people have sought advice mainly for benefits, employment and debt. We have secured income of £660,000 for clients.

We're operating our telephone and email service Mon – Thurs from 10am to 1pm and can be contacted on 01787 321400 or email advice@sudburycab.org.uk. We hope to move back to offering face-to-face advice again soon.

Tammy's Cleaning Team

A local cleaning business based in Long Melford

Happy to discuss your cleaning needs

We provide regular cleaners with references upon request

Offering Weekly, Fortnightly or Monthly cleans

End of Tenancy

Carpet and Oven Cleans

Laundry Service

07530 707 384

01787 581910

The Melford Valley

HOME DELIVERY OFFER
(7 mile radius)

Celebrating 30 years and three generations - Est 1991
£10 off all orders over £25
Monday, Tuesday and Wednesday
PLEASE CALL FOR DETAILS

Pre-order before 5pm by calling us and choose delivery time.
Delivery fees apply.

We do hope you are all keeping safe and well.
Thank you for your continued support.

The Melford Valley, Hall Street
Long Melford, Suffolk CO10 9JT
Tel: 01787 311518 / 310079

Skylarks Fields Matters

Bloor Homes has submitted a detailed planning application to Babergh District Council to build 150 new homes on the Skylark Fields site east of Station Road. The closing date for public comments on that application was May 13th.

Some comments were against the very idea or volume of new homes on this greenfield site. Sadly, those objections will count for nothing because outline planning permission for the 150 new homes was granted in April 2020. The only issues to be decided are the detailed plans.

A plus point about the detailed application is that the homes will be set well back from Station Road, with a wide green frontage. Another is that 53 homes will be “affordable” – 38 will be for “affordable rent” and 15 for shared ownership (you buy a percentage of the home and a housing association retains ownership of the rest).

Less good is the mix of housing for sale on the open market. In the 2018 Neighbourhood Plan Residents Survey, most people thought new

housing should be bungalows and 2- and 3-bedroom houses, with very little support for 4-bedroom houses. But Bloor is proposing only six bungalows and 51 of the 97 open market housing homes are 4-bedroom.

Various things were agreed as part of the outline planning permission, including providing land for an early years centre. However, our primary school wants to expand its nursery provision on its site rather than the Bloor development.

Other conditions include upgrading nearby bus stops and a special surface being put on two public footpaths. Many people feel that a pedestrian crossing in the vicinity should take precedence over these. All these are Suffolk County Council decisions. So, if you feel strongly, email your County Councillor Richard Kemp on richard.kemp@suffolk.gov.uk.

To view the application and the comments made visit <https://planning.baberghmidsuffolk.gov.uk> and search for application DC/21/02319.

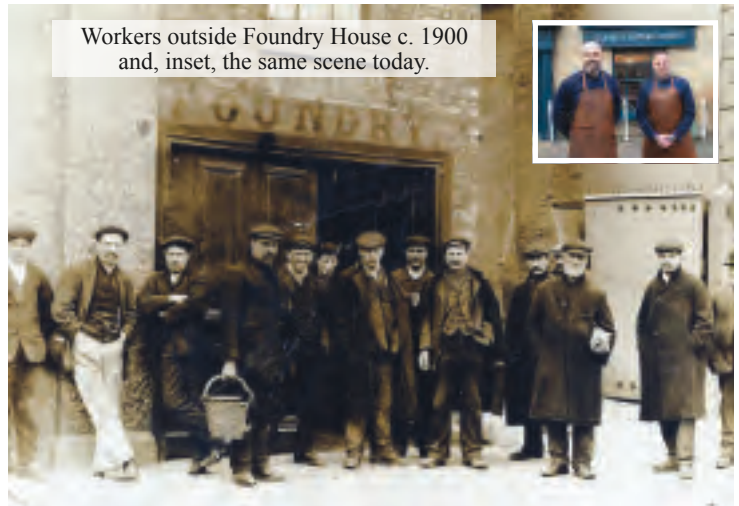
Heritage Matters

Any Old Iron?

How times have changed. The photograph is of Foundry House circa 1900, now home to Clark and Son butchers. The men in the photo are foundry workers. The Iron Foundry was established in 1843 by David Ward and James Silver, and was situated behind Foundry House on what is now part of Orchard Brook. The 1851 census tells us that 11 men and 11 boys were employed there. By the time of the 1881 census the firm had expanded to 63 men and four boys.

The company produced many different types of farm machinery as well as railings, drain covers etc. Some of its work can still be found around the village - for example, iron fenders on the corners of Cock & Bell Lane and Liston Lane.

At the back of Holy Trinity, you can see many iron grave markers made by Foundry employees. They were allowed to make them in their own time to



Workers outside Foundry House c. 1900 and, inset, the same scene today.

commemorate their loved ones in a time when they wouldn't have been able to afford a headstone. It's believed that there are more iron grave markers in our churchyard than anywhere else in the UK.

After James Silver's death in 1885, the company was known as the David Ward Iron Foundry. The railings and supporting posts alongside the Green were produced by them.

Parish Council Matters

The result of the 6 May by-election for a new Parish Councillor was: Debra Carter 358 votes; Scott Powell 903 votes. Congratulations to Scott and welcome to the Parish Council. Richard Kemp was re-elected as our Suffolk County Councillor and Tim Passmore as Police and Crime Commissioner.

By the end of May, the much needed resurfacing of the Old School car park should have been completed (part funded by a £22,000 grant from Babergh District Council). Four electric charging points should also be in place, funded by *Plug In Suffolk*. There should also be three smart new benches in Hall Street, two funded by generous donors.

Long Melford in Bloom will have changed over from winter to summer planting. And there will be 24 more tubs and troughs. These extra planters were funded largely through grants from Babergh and the locality budgets of Cllrs Nunn and Kemp.

The village should look lovely throughout the summer thanks to the help of 25 volunteers who will deadhead and water the plants. Thanks also go to local businesses Tanswell's Bakery, Breakout and KHA for their generous sponsorship, and to the Fire Station, Co-op and Melford Court for supplying water and to KP Valeting for watering the troughs on the bridge over Chad Brook.

In March, the Parish Council voted unanimously to submit the latest version of the Neighbourhood Plan to Babergh. The next stage is for Babergh to consider it and send it out for a further consultation and to an independent Examiner. The Plan will be revised again in the light of comments and everyone on the Long Melford electoral roll will be eligible to vote in favour or against the final plan.

For details of Parish Council meetings, agendas, minutes etc, see www.longmelford-pc.gov.uk/.



Beautiful things, great coffee, exceptional cake
 Gifts, Interiors, Jewellery, Fashion
100% Customer focused
 DILLY DALLY is a family business dedicated to bringing you the best shopping
 experience with the best welcome. Gift-wrapping, click & collect or delivery.
07791039372 <https://dillydally.co> @dillydallylongmelford
 Hall Street, Long Melford, CO10 9JL



Fragrance by Candlelight

Tel: 07968 577247

*Nestled in the heart of Long Melford's Hall Street,
 we offer a good selection of gifts for all occasions*



*We stock Yankee, WoodWick, AromaWorks,
 Woodbridge Soy Candles and much more*

*Open 10.30 until 4 Wednesday - Saturday
 10.30 until 3 on Sunday*



Fragrance by Candlelight
 Waterloo House, Hall Street, Long Melford,
 Suffolk CO10 9JL

Message or call 07968 577247 for any enquiries

Scutchers

LONG MELFORD

Finally back open for business!

Thursday 20th May

www.scutchers.com



Thanks to everyone for their ongoing support

Opening Times

Thursday, Friday and Saturday
 12noon to 2pm (last orders)
 7pm to 9.30pm (last orders)

Westgate St
 Long Melford
 Tel: 01787 310200

Youth Matters - Long Melford Primary School

What lockdown was like for us - a report from Boudicca, Year 6

Just after Christmas, we went into yet another lockdown. Initially we thought that this would be great and that we would have more time with family and more importantly extra time in bed! However, this turned out not to be the case. We were set to join three live lessons a day on Google Classroom. The fantasy of no work vanished with the live lessons which actually turned out (for some of us!) to be the best part of the day.

At first, most of us didn't understand fully why we had another lockdown, but knew it was due to a

dangerous virus and we're so pleased that things are starting to get better now. As the days rolled on, sometimes things got difficult. We started to miss our friends and even being back in the classroom. Even though we could see friends on the computer screen, it wasn't the same. We're so grateful things are beginning to get back to normal.

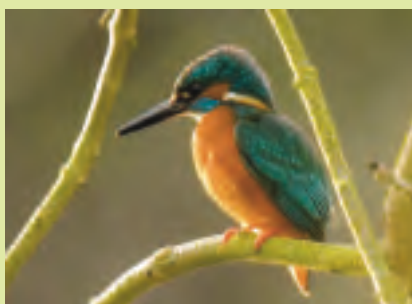
Many of us learned new skills such as being more organised and independent, which will help us be ready for high school. This term in Year 6 is special for us as it's the last few months of primary school. Hopefully we'll be able to go on a final school trip and have a school performance.



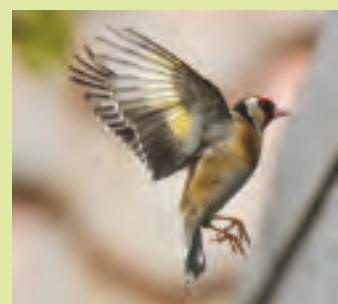
Nature Matters



All photos: Kev Stubbings



All these delightful visitors were snapped in the Country Park this spring, some after arriving from far and wide. Our lovely swans Ollie and Dolly are now proud parents of cygnets. Why not come along and see, or check the Long Melford Country Park Facebook page @LongMelfordCountryPark?





Children from Year 6 brave a cold April day for Melford Matters
Photo: Long Melford CE Primary School

Back to School - a report from Amanda Woolmer, Headteacher

March 8th was a great day! Excitement was mixed with anxiety, in having all our children back in school after two very long months. Our doors opened at 8.40 and by 9.15 it was as though we'd never been apart. The children were playing with their friends, getting back into school routines and chatting.

At the end of the day, we had tired children and exhausted staff. The three things that stood out above everything else, were how much the children had

grown, the noise level and how lovely it was to be back. Our school felt that it had regained its spark.

During January and February, staff and parents worked hard to deliver remote learning. Our classrooms became virtual and staff became skilled at delivering lessons via the internet whilst at the same time teaching vulnerable children and those of key workers who were in school.

We delivered as many devices as possible to support our children learning from home. However, we soon exhausted our supply of laptops and Chromebooks and my concern was how we were going to ensure that we engaged everyone in remote learning. I need not have worried as support came very quickly from the Melford community.

If you donated items to the school during this period, we are truly grateful. Your generosity made a huge difference to the numbers of children that we were able to help and as a result, every family which asked for a device was helped. By the end of January, every child had access to a device and was able to participate in remote learning.

Assessments that we have made since the children have returned, have shown that all our children have made progress during this lockdown period. This would not have been possible without the community, parents, staff and children working together. We are really lucky to be part of a such a caring community.



Traditional Rugs



OPEN
Monday to Saturday 10:00am - 5:30pm
01787 882214
The Old White Hart,
Long Melford, Sudbury Suffolk, C010 9HX
www.rugandcarpetstudio.co.uk



Contemporary Rugs



Kelims & Flatweaves



Restoration & Cleaning



Runners

Melford Movies Summer Season



11th June

MELFORD MOVIES

The Melford Movies team is excited to announce the first ever Summer Season, with screenings at the Village Hall on the second Friday of each month from June - September. With a big screen, ultra high definition projector and surround sound, audiences are assured of the complete "cinema experience". Doors open at 7.00pm allowing time for a drink or snacks before the film starts at 7.30pm. Tickets available on the door or in advance via the Village Hall Facebook page. Adults £5, children under 16 £3.



9th July



13th August

With a "feel-good" focus, the season opens with a bright new adaptation of Jane Austen's **Emma**, starring Anya Taylor-Joy (The Queen's Gambit), and continues with Celia Imrie in **Love Sarah** in July. August brings Steve Coogan to our screen in **Greed**, the story of a billionaire's extravagant 60th birthday party, and the season concludes with Taron Egerton's spellbinding performance as Elton John in **Rocketman**. All screenings subject to Covid-19 regulations; check the Village Hall website www.longmelfordvillagehall.co.uk for updates.



10th September

THE SWAN LONG MELFORD

DELICIOUS FOOD | BEAUTIFUL GARDEN | LUXURY ROOMS

HALL STREET, LONG MELFORD, SUDBURY, CO10 9JQ

01787 468653



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



www.willowtreefarmshop.co.uk 01787 280341

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



Lead the Way

Dog Training & Behaviour Management

1-1 and class training

Puppies 🐾 Obedience 🐾 Socialising

🐾 Agility for fun 🐾

🐾 Behaviour Management 🐾

Based in Long Melford

Contact Sara Oakley on:

0790 990 4357

For all your dogs training needs!

www.leadthewaytraining.co.uk

Jen's House Clearances

Recycling rather than landfilling

House Clearances

Commercial Clearances

Bereavement Clearances

End of tenancy Clearances

Estate agent and solicitor work undertaken

Shed and Garage Clearances

Help with Hoarding

Fully licensed waste carriers

For a free quote

Call Jenna Martin

01787 211671

07805177032

Jenna@jenshouseclearances.co.uk

www.jenshouseclearances.co.uk

Long Melford Village Memorial Hall

Situated in our beautiful village, the hall is the perfect venue for your event, however large or small. It offers a large function room with a stage area and a fully equipped kitchen. Tables and chairs are available free of charge if you need them and there is a large car park for the use of your guests. Whether your event is a family party, a wedding reception, a fundraising evening, an exercise class, a regular community event or a simple meeting we are sure the Memorial Hall will suit your needs.

	Monday - Thursday	Friday - Sunday
Commercial rate	£16 per hour	£19 per hour
Standard rate	£13 per hour	£16 per hour
Melford resident rate	£10 per hour	£13 per hour

Audio visual equipment available @ £25 per session

To book Long Melford Village Memorial Hall for you event visit our website

<https://www.longmelfordvillagehall.co.uk/how-to-book/>
or call 07379 894325

Volunteering Matters



Long Melford in Bloom

Volunteers will be back in action this summer. There will be more planters and barrels which means

a need for more volunteers. You don't need to be a budding Alan Titchmarsh to join the team. More volunteers are needed to help with extra watering when it's hot and for very simple maintenance like dead-heading and tidying allocated barrels/planters. It's not time consuming – in the region of an hour a week, between June and October.

The work of Long Melford in Bloom volunteers has certainly succeeded in making the village more attractive. If you'd like to help, please telephone Jonathan Ewbank on 07931 925420 or email jonathanewbank145@gmail.com.



Museum and Heritage Centre

The Centre opened its doors in 2012 following the filming, in Melford, of the TV programme 'The Great British Story'. Since then, it has welcomed numerous local visitors and people from many parts of the world. Over the years, the Centre has continued to add to its collection of Melford related artefacts, and volunteers have continued to take part in local amateur archaeological digs.

The Centre hopes to re-open in June and will close for the winter in October. If you're interested in the history of our village and would like to volunteer for a couple of hours or so a month to meet and greet visitors and/or be involved in our other activities, please call 01787 313496 for more details.

Long Melford Community Volunteers Group

The Group was formed at the beginning of this year to carry out minor maintenance works in the village. The volunteers are sprucing up the village's public benches. They have already filled sandbags to help the Parish in the event of a future flooding emergency and repaired dog bins. Other tasks that they may help with are grass cutting and the painting and repair of various Parish assets such as the bus shelters.

We need more volunteers. So, if you want to help keep our wonderful village looking lovely and can spare the occasional couple of hours, we'd love to hear from you. You can contact Cllr John Nunn at nunnj@longmelford-pc.gov.uk

Volunteers are covered by the Parish Council's liability insurance. Training will be offered to the volunteers including that provided by Suffolk County Council to enable volunteers to work on verges.



Volunteering Matters

Long Melford Scout Group

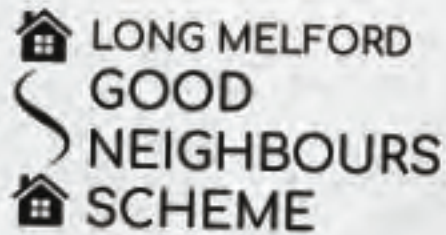
We have continued with a full programme during the spring lockdown enabling those wishing to continue to earn badges and awards to do so via Zoom and Facebook. By the time you read this, all sections should have resumed normal service, enjoying fun adventures and scouting activities.

The Group has over 60 members, both boys and girls. Its sections are:

- Beaver scouts aged 6 to 8,
- Cub scouts aged 8 to 10 ½,
- Scouts aged 10 ½ to 14, and
- Explorer scouts aged 14 to 18.

Leaders are all volunteers and have worked hard for a safe return, planning and carrying out risk assessments within the guidelines set by the National Youth Agency.

If you'd be interested in helping us in anyway including training to be a leader please, please contact Steve Spraggons, Group Scout Leader on melfordgsl@aol.com.



Good Neighbours operates across Suffolk and has existed in Melford for many years. Would you like to join the team? It would mean giving an hour or so, once in a while, to help someone out. This could be taking a resident to an appointment, collecting food or medicine or even changing a lightbulb. The help given by our caring team is very much appreciated by those who need it, many of whom live alone or have limited transport options.

All volunteers are DBS checked and give their time freely. If a car trip is involved, we ask for a donation towards costs. If you think you could become part of our team, please ring Helen for a 'no-obligation' chat on 01787 311012.

If you'd like help from a good neighbour, telephone 07504 249179 a few days before whatever it is you need and our team of phone holders will allocate your request to a volunteer.

Long Melford Litter Pickers

Volunteers have been filling bin bags with other people's rubbish for four years. Although they haven't met as a group since the original lockdown, members have continued to clear the streets and footpaths of litter during their daily exercise.

Volunteers usually meet twice a month and spend a sociable hour or two systematically working their way around the entire village, collecting litter that hasn't found its way to a bin.

Most of the litter comes from those who park to have a snack or drive through, tossing their rubbish from vehicle windows. We've found that the less litter there is, the less likely people are to add to it. So, if you dislike litter as much as we do, we'd love to meet you.

If you'd like to join the group, please telephone Julie Thomson on 01787 375329 or email longmelfordlitterpickers@gmail.com.



The litter collected at our last pick at Windmill Hill.
Photo: Julie Thomson

Library Matters

You may have seen that the URC closed on March 20th. This doesn't yet affect the library and we will continue to remain open and serve the community. If there's any new information on this, we'll keep you informed using our noticeboards, website and Facebook page.

Browsing is back!

We're delighted to welcome you back into the library to browse and choose your own books. Visitors must wear a mask, use hand-sanitiser and participate in Test and Trace. If you prefer to have a quick visit with minimal contact, please place reservations online or phone us to arrange a selection of books to be put together ready for you to collect. We're happy to help.

Computer Access and Printing

You're very welcome to use our public computer, please phone and book ahead if you can. We also offer printing, scanning and photocopying in colour and black and white, A4 only. Printing can be laminated if required. Suffolk Libraries has launched a new 'Devices to Your Door' scheme allowing you to borrow a laptop with 4G dongle for 48 hours, delivered to you. Please call 07735 609303 to find out more.

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. If you don't have a card, you can apply for one in the library or on our website:
www.suffolklibraries.co.uk/elibrary/.

Groups

We're hoping to welcome some of our groups back by June 21st, depending on COVID restrictions and the local situation. Please get in touch or check our noticeboards, website or Facebook page to find out about Tot Rock, Lego Club, Children's Crafts, Top Time and the Good Neighbours' Coffee Morning.

Summer Reading Challenge

If you're aged 4 to 11 and enjoy a good book, join the Wild World Heroes and take part in the 2021 Summer Reading Challenge.

We're not entirely sure what form the challenge will take at time of going to print but look out for updates from us. We'll certainly have the usual certificates, medals and other prizes.



Tel No: 01787 377525 www.suffolklibraries.co.uk

Email: melford.library@suffolklibraries.co.uk

Facebook: www.facebook.com/longmelfordlibrary

Steve White
Electrical Services
Part P Domestic Installer
Fully qualified, insured and guaranteed

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

FREE ESTIMATES
01787 281254 or 07920 841041



Over 20 years experience
Boiler Servicing and Installations
Landlord Gas Safety Checks
Full heating system power flushing

BB Plumbing and Heating
Ben Boxall
Mobile: 07894 856366
Based in Long Melford

ALL ASPECTS LANDSCAPING
 Fencing ~ Paving ~ Treecare
 WWW.ALLASPECTSLANDSCAPING.CO
 CALL NOW FOR A FREE NO-OBLIGATION QUOTE

 Follow us on Facebook

We cover all hard and soft landscaping with many years of experience.






FENCING * DRIVEWAYS * PATHS & PATIOS
 BLOCK PAVING * GARDEN GATES & WALLS
 TURFING & SEEDING * GARDEN CLEARANCE
 DIGGER WORK * KERB STONES
 ALL TREE WORK & HEDGE CUTTING
 GRASS-CUTTING LARGE/SMALL AREAS

01284 624089 ~ 07384 351944



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

Membership is usually £40 per person (£75 per couple) pa (but for June/July is £10 – 2 Zoomed lectures) with a quarterly Arts Magazine. Also, there is an option of virtual tours around places of interest.

TO JOIN: Go to our website www.tassouthsuffolk.org.uk or contact Carole Ashton, Membership Secretary, on 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 TALENT IN TITE STREET

London's Tite Street was one of the most influential artistic quarters in the late 19th and early 20th C. A staggering amount of talent thrived in just one street including, amongst others, Whistler, Oscar Wilde, John Singer Sargent, Augustus John and Gluck. This lecture ties together the private and professional lives of its inhabitants to form a colourful tapestry of art and intrigue.

Lecture streamed via Zoom at 11 a.m. 15th June 2021

Brain Matters



A Suffolk Quiz

Our first quiz was all about Melford, we're moving further afield this issue. So, how well do you know your *county*? (Answers on page 30)

1. Which town is home to the Adnams brewery?
2. In what century was Thomas Gainsborough born in Sudbury?
3. Who plays the amateur archaeologist Basil Brown in the 2021 film 'The Dig' which tells the story of important discoveries at Sutton Hoo?
4. Where is the House in the Clouds?
5. What building in Lavenham was a prison, then a workhouse and then an almshouse?
6. In which coastal town was the composer Benjamin Britten born?
7. Which two former managers of Ipswich Town FC also managed England?
8. Where is Maggie Hambling's famous sculpture 'The Scallop'?
9. What is the name of the Bury St Edmunds pub that is purported to be the smallest pub in Britain?
10. To what Suffolk town were the Kray twins, Ronnie and Reggie, evacuated during Word War II?



The House in the Clouds. But where is it?
 Photo: Pixabay

Cookery Matters

Pasta e fagioli

By Katie Rossi of Orchard Brook

“Pasta e fagioli” in translation is “pasta and bean soup”. This is an Italian peasant dish originating in Naples, that has been adopted and adapted all over Italy. Dean Martin even sang about it as “pasta fazool” in his song “That’s Amore”!

Our family version is from Liguria, just along the coast of north west Italy. We use **Borlotti beans** which are creamy pink and crimson in colour, taste a bit nutty, are soft and really delicious. My mother-in-law, like most Italian women, cooked by look, taste, smell and handfuls – ie by instinct and a real love of food and flavour; so here goes my take on her recipe. We, the Rossi’s, really hope you enjoy it.



For 2 people, you will need:

1 onion 1 stick celery
1 carrot 1 potato
1 x 400g tin Borlotti beans (or grow your own – perhaps something new to try this spring!)
1 rounded teaspoon tomato purée
4oz (100g) small dried pasta shapes such as “Ditaloni” (it really does not work with big bits of pasta). One handful is approx. 1oz or 25g depending on the size of your hands!
Fresh chicken or vegetable stock (or stock cube)
Freshly grated parmesan
A good splosh of olive oil and a knob of butter (to sauté the veg)

1. Heat oil and butter in a wide, thick bottomed pan over a low heat
2. Dice the onion, carrot and celery. Add to pan and sauté until soft (approx. 5mins)
3. Peel and chop the potato - make these larger chunks (about 1.5cm) - add these now
4. Make sure to keep stirring at this point so that potato does not stick

EDITOR’S NOTE: If you’d like to contribute one of your favourite recipes, please send it with a few words about what makes it special to MelfordMattersLifestyle@gmail.com.

5. Pour 2 pints (4 cups) of stock into the pan to cover the vegetables completely
6. Squeeze in a teaspoon of tomato purée
7. Increase heat to simmer until potatoes are starting to soften
8. Drain water from the beans and add the beans into the pan
9. Check the soup for density: It should be liquid enough to cook the pasta in. If necessary, add more stock. When the soup comes to a steady, moderate boil, add the pasta. Keep an eye on it, stirring occasionally so the pasta does not stick to the bottom of the pan.
10. Stop cooking when pasta is tender, but still firm to the bite. Before turning off the heat, season to taste and stir in a handful of grated parmesan. **My husband David says you must always use freshly grated parmesan, or you might as well throw the whole lot in the bin!**
11. Serve and sprinkle with freshly grated parmesan and freshly ground black pepper.

PS. If you like a thicker soup, mash some of the beans and potato chunks. If you have some parmesan rind left over you can put a chunk of that into the soup when you add the stock – it intensifies the flavour of the soup and you can eat the rind once it has been softened by the cooking.

Richard Kemp

County and Parish Councillor

01787 378149

richard.kemp@suffolk.gov.uk

Adam Kemp

Independent Financial Adviser

BA Hons, Dip PFS, Cert CII (MP & ER)

Pension, investment, mortgage, protection and equity release advice.

Please contact for free initial consultation:

01284 724013 (option 7) or 07988 961240

adam.kemp@amas.co.uk



Gardening Matters - Notes from the potting shed

There's good news folks - the Great Melford Seed Swap is booked for **Saturday 11 September at the Village Hall from 10.00 – 12.30 pm**. So, please keep saving seeds from your favourite plants, as well as any spare packets of seed, to bring along and swap with other gardeners.

Are you a hosta lover? We can't resist them but neither can the slugs and snails. Do you have any top tips for protecting these fabulous plants? Our suggestion is to surround the plant with sharp sand as molluscs will not crawl over the scratchy surface this creates. It will need to be replaced after heavy rain but it does no harm to the plants and other wildlife. Please do share any other ideas you have for this perennial issue by emailing to the address below.

We've had a couple of interesting queries from readers. Firstly, "*Why are there ants on my yucca plant flowers?*" We suspect the ants are seeking nectar from the flowers and the best way to deter them would be to place scents they dislike at the base of the plant. Cinnamon and mint are loathed by ants and wouldn't harm them or your plant.

Now to the second question, "*Why have my daffodil bulbs come up blind?*" If new bulbs have come up blind it's often because they've not been planted sufficiently deep. They should be planted

A well-tended garden will attract wildlife. Here a newt eyes up a snack of frogspawn at a local allotment.



at a depth that is two to three times their height. If they are established bulbs, try leaving the foliage intact to die down whilst feeding the bulbs with a high potassium feed. When they re-emerge the following spring, a general-purpose fertiliser should give them a boost. If you have any thoughts on yucca eating ants and blind daffodils, please send them in.

Congratulations and thanks to everyone who is participating in the Melford Sunflower Challenge, it will be such a treat to see them all over the village later in the summer. If you plant seeds in early June, it's not too late to join in ...

If you're planning to try Katie's delicious recipe on p.24 (I know it's delicious; I've tried it), do try growing the Borlotti beans from scratch. You simply need to make a wigwam of canes and plant a few beans around the base of each cane, water in and watch them grow. They don't need any further attention (barring a drought), just leave the pods to dry on the plant before harvesting in the autumn and drying and storing the beans for use all year round. They're very reliable and are not susceptible to pests or diseases. That makes them our kind of plant!



Borlotti beans

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

Happy gardening and remember: gardening adds years to your life and life to your years!



Cooks
Private Hire

We provide taxi services in and around Sudbury.
From shopping to hospitals, airports and executive travel,
we have it covered with a friendly and reliable service.
Safe. Reliable. Hygienic.
All cards taken in car and free WiFi available.
Early starts also.
www.cooksprivatehire.com
davidcook@cooksprivatehire.com

To book call
01787 827404
07767 430737

A black taxi car with a yellow 'TAXI' sign on the roof, shown from a front-three-quarter view with its headlights on.

Health Matters

In Case of a Heart Attack

Around 70 per cent of cardiac arrests happen in the home and half of them are witnessed. Quick intervention, that's to say chest compressions (CPR) and the use of a defibrillator, could mean the difference between life and death.

If you do see someone having a heart attack, call 999 and start CPR. The emergency services will tell you the location of the nearest defibrillator. The advice from the British Heart Foundation is that you shouldn't stop CPR to fetch a defibrillator. Ask someone else to go to the nearest defibrillator and key in the code which the emergency services will have given you. This will enable you to have access to the defibrillator. You don't need to have had any training to use one. The instructions are clear and the device will talk you through each step you need to take.

The defibrillator assesses the patient's heart rhythm and will only deliver a shock if it's needed. You can never do a patient harm by using a defibrillator. All you're doing is to improve the patient's chances of survival.

Thanks to some fantastic fund-raising efforts, the village now has 13 defibrillators located at strategic sites in the village - see Map. Consequently, there's now a much-reduced likelihood of being more than a few minutes from one of these lifesaving machines. The defibrillators have been registered with the Ambulance Service and the GoodSam app.



PRIVATE CARE

"The Way You Want It"

We are passionate, professional, reliable and friendly private carers with over 20 Years' experience within the care sector, specialising in Dementia & Elderly Care.

We offer unique care packages to support you or your loved one within your own home.

Our care packages start from 1 hr – 24-hr supervision, companionship, care & support.

Call **LORRAINE** or **IRENE** Today on
07889248535 or 07508067253

Tony Read Carpentry

**MDF Furniture maker,
2nd fix carpentry,
Wood-turner & kitchen fitter**

Tel: 07970 559227



Chiropodist

Established & locally based (Alpheton)

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

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

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



CLINIC

Casabella

Hall St. Long Melford
CO10 9HY

T: 01787 370300

HOME VISITING PRACTICE

Long Melford, Sudbury, Clare
& surrounding villages.

T: 01284 827380 M: 07798 806184

u3a

u3a offers a huge range of activities



If you're retired or semi-retired, have you thought of joining u3a (University of the 3rd Age)? It's a great way of making new friends, learning new skills and getting out and socialising.

The local Sudbury branch has around 700 members and almost 80 interest groups. These include art, architecture, bird watching, bridge, current affairs, films, language learning, music, painting and drawing, photography, scrabble, table tennis, ten pin bowling, wine tastings, wood carving and writing. If there isn't an activity you're looking for, they can help you to get one going with support from the group's coordinator.

The branch will have a stand and gazebo in Sudbury market place on Thursday June 3rd, where you can find out more about what they offer. Membership costs just £5 a year. For more details see <https://u3asites.org.uk/sudbury>.

Action against Elderly Abuse

Hourglass (formerly Action on Elder Abuse) is a UK-



wide charity with its HQ in Long Melford and is dedicated to ending the abuse of older people.

Many are aware of child abuse, but the abuse of older people is rarely discussed. Last year, 2.7 million over 65s in the UK were affected by neglect, financial, physical, emotional or sexual abuse and many were unable to escape their abusers because of 'lockdown'.

Hourglass's dedicated Helpline services offer free support, advice and information to anyone concerned about a vulnerable older person and last year we answered 8,000 calls.

You can call us on 0808 808 8141, text 07860 052906, or visit our website to chat via our messenger service. For more information, see www.wearehourglass.org or email pennywilby@wearehourglass.org.





suregreen
..delivered in a click

QUALITY LANDSCAPING GOODS FROM A LOCAL,
FAMILY-OWNED SUPPLIER IN FINCHINGFIELD

www.sure-green.com



Timber • Electric Fencing • Wire
Aggregates • Planters • Compost
Tree Guards • Vine Protection
...PLUS, SO MUCH MORE!

Order online at:
www.sure-green.com

Visit us at:
Viridis House, Toppesfield Rd,
Finchingfield, Essex, CM7 4NZ

Contact us on:
01376 503869
sales@sure-green.com

Trade accounts available

FREE Click & Collect

Local HIAB Delivery

Matters Spiritual - a message from the Rector

Perspectives on Loyalty and Time

People sometimes ask me how I cope when there is so much evil in the world. Surprisingly, one source of my hope comes from funerals. Many of these are for people who have had both a 'good innings' and have stuck by their marriage vows.

I have been reflecting on this since Prince Philip's death. He served his wife and monarch in marriage for 73 years. His commitment, loyalty and service has blessed his family and our nation in ways that he probably never appreciated.

We may not end up marrying a future monarch, but whatever our loyalties in life, let us be reminded that we will not only be judged by what we do this year, but over the course of decades.

This isn't easy. Thankfully, God reaches down to us from the perspective of eternity to encourage us, and he is merciful when things go wrong.

So, let's be encouraged to honour our loyalties. In doing so, we can play our part in blessing others and overcoming evil with love.



A floral tribute for Prince Philip
at Holy Trinity Church
Photo: Teresa Poole

Rev Lawson

Sports Matters

Cricket - View from the Boundary

It's been a fantastic start to the season at Long Melford CC. Senior matches got underway, with two home games on the opening weekend. A fine win for the 1st XI against Walsham-le-Willows was followed by an honourable defeat for our Sunday 2nd XI, in a friendly against Stansfield. Both matches were played in terrific spirit, well attended by families, friends and visitors from the village.

There's great enthusiasm to practise and play cricket, at all levels of the club. The LM Cricket Academy, our junior section, is up and running with professional coaching on Thursday evenings. These sessions have been really well attended, with lots of local kids aged 4 to 16, who are enjoying learning the game together.

As a club, we're proud to be supporting local businesses, taking full advantage of great products from Nethergate Brewery and Clark & Son. We're now also delighted to be collaborating with Tom's Plants. Tom is an enthusiastic local 11-year-old who is helping us brighten up a long-neglected corner of the ground.



The first league match of the season
Photo: Steve Thomson

Football - Progress continues on our new clubhouse

At the time of writing, we're on schedule for a mid-summer opening of our new clubhouse at Stoneylands. We're planning a special opening weekend with the formal event on Friday evening. This will provide us with an opportunity to thank the many individuals and organisations who have helped us create a fantastic community facility. On the Saturday, the focus will be on football and we're hoping for a home match to cheer on the lads. For the Sunday, we're planning an Open Fun Day providing an opportunity for people to view the new facility and enjoy themselves. The dates for our opening weekend will be well publicised before the event.



The new clubhouse looks splendid
Artist's Impression: KHA

We want to thank our neighbours for being so supportive during the construction phase. We've already received enquires about hiring the new facility and several people have offered to help with its running and development. If you'd like to get involved, give me a call on 01787 468536.

Peter Turner
Chair, Long Melford Community Sports Trust

Directory of Clubs and Societies

Group	Contact	Phone/email
Beading (Suffex Bead Club)	Victoria Power	07866 996124
Beavers	Carolyn Spraggons	01787 370686
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
Explorers	Thomas Tracey	bovineesu123@gmail.com
Folk & Acoustic Club	Pauline O'Brien	poboap123@gmail.com
Football Club	Richard Kemp	01787 378149
Friends of LM Church Building Fund	Richard Michette	01787 377164
Friends of Long Melford Library		help@suffolklibraries.co.uk
Good Neighbours' Scheme	Helen Eaton	07504 249179
Historical and Archaeological Society	Julie Thomson	01787 375329
Holy Trinity & St Catherine's Church	Rev. Matthew Lawson	01787 301845
Keep Fit	Heather Mahony	01449 736662
Long Melford Community Sports Trust	Peter Turner	01787 468536
Long Melford Cubs	Stacey Cole	07368 519981
Long Melford Group Scout Leader	Stephen Spraggons	melfordgsl@aol.com
Long Melford Museum and Heritage Centre	John Nunn	01787 313496
Long Melford Litter Pickers	Julie Thomson	01787 375329
Long Melford Open Spaces	Graham Eade	01787 319120
Long Melford Parish Recorder	Julie Thomson	01787 375329
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 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
Over Sixties Club	Mrs Albon & Mrs Woodgate	371413/376711
Old School bookings	Rosey Eade	01787 319120
Project Seven	Andrew Hagger	07980 526067
Royal British Legion	Martin Richard	01787 377567
Scout & Guide HQ bookings	Vicki Ramdhanie	lmsglettings@gmail.com
Silver Band	Martin Gore	01787 372439
Trinity Singers	Sue Roberts	01787 319850
Village Hall bookings	lettings.longmelfordvillagehall@hotmail.com	07379 894325
Upbeat Heart Support	Hilary Neeves	01359 232678

Please notify us of any additions or changes by emailing MelfordMattersAdvertising@gmail.com. Amendments must be received by **1st July** to be included in Issue 03 - August/September 2021.

Quiz Answers

- | | | |
|------------------|--|-----------------|
| 1. Southwold | 5. The Guildhall | 8. Aldeburgh |
| 2. 18th | 6. Lowestoft | 9. The Nutshell |
| 3. Ralph Fiennes | 7. (Sir) Alf Ramsey and (Sir) Bobby Robson | 10. Hadleigh |
| 4. Thorpeness | | |

What's on at KENTWELL June to Aug 2021



We're just up the road – enjoy Suffolk's best kept secret!

Over 30 acres of stunning gardens, woodland, grounds and farm to explore – full of character and originality

29 to 31 May – History Through The Ages Event
 June – Gardens Open – The Walled Garden at its Peak
 5 and 6 June – Sheep Shearing Weekend
 12 and 13 June – War (and Peace) History Weekend
 19 and 20 June – The Tudor Manor History Weekend



July – Gardens Open – Roses and Wildflower Garden
 24 and 25 July – Magic Weekend Family Event
 August – Gardens Open – Summer Colours
 14 to 22 August – Hands on History Week
 28 to 30 August – History Through The Ages Event

please pre-book tickets for any visit or event on-line at www.kentwell.co.uk – numbers are limited
 gardens and farm open · take-out teas · family events · living history · weddings · filming · tours · schools

www.kentwell.co.uk/events

Offer for local residents
2 for the price of 1 on
any 'Gardens Open' day
 pre-book one Gardens ticket and bring this ad
 with you, along with proof of address to claim your
 second Gardens ticket (excludes special events)

GRAPHIC DESIGN BROCHURES PRICE LISTS
 CORPORATE REBRANDING

BUSINESS CARDS & APPOINTMENT CARDS

NOTEPADS WEDDING STATIONERY GIFT VOUCHERS NEWSLETTERS

LARGE FORMAT PRINTING

POSTERS FULLY RESPONSIVE WEBSITES BOOKLETS

QUESTIONNAIRES PULL-UP ROLLER BANNERS

CALENDARS PARISH MAGAZINES VEHICLE LIVERY DESIGN

FOLDED LEAFLETS **WEBSITE DESIGN**

POSTCARDS SIGNAGE & RETAIL DISPLAYS THANK YOU CARDS

DIGITAL PRINTING COMPLIMENT SLIPS

CONTENT MANAGED WEBSITES MOTORBIKE DECALS

GICLÉE FINE ART PRINTING CANVASES

CONTINUATION PAPER LABELS **ADVERT DESIGN**

GREETING CARDS TIMETABLES

PACKAGING CATALOGUES CROSS MEDIA MARKETING ENVELOPES NCR PADS

STATIONERY DESIGN OUTDOOR BANNERS

ORDER OF SERVICES **LEAFLETS** FORMS

EMAIL SIGNATURE DESIGN TAGS MENUS

LOGO DESIGN SOCIAL MEDIA BRANDING

EMAIL MARKETING INVOICES WEBSITE SECURITY TICKETS

CERTIFICATES **LITHO PRINTING**

LETTERHEADS

WEB 2 PRINT SOLUTIONS EXHIBITION STANDS & BOARDS

E-COMMERCE WEBSITES DELIVERY NOTES

indigo
ross

CELEBRATING OVER 25 YEARS OF
FORWARD THINKING
DESIGN, PRINT & WEB

01787 880 260
hello@indigoross.co.uk
indigoross.co.uk



THE GEORGE & DRAGON



14 bedroom hotel

Large gardens with tables

Extended internal space

Disabled help paging system

Wheelchair access throughout

Welcome

Whether you eat in or we deliver to your home, you are assured of the same quality food direct from our kitchen.

High temperature indicating stickers for staff (and available free to customers) – we care about everyone staying safe while Covid is still around.



Freshly cooked food

Eat in, take away and home delivery

Sunday carvery

Catering for weddings and parties

Tabletop telephone ordering system



Join our local free loyalty club and get up to 25% off your food and drinks.

Hall Street, Long Melford, CO10 9JA

www.thegeorgeanddragonhotel.com

Telephone: 01787 371285

