



Images created by Squirrels, Beavers and Cubs and photographed by Steve Thomson

Coronation Celebrations

A Royal Parade and Music
and Picnic on the Green

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Community Matters

Over five pages of news and
events this Spring

Pages 4 to 9

Church Tower Goes Green

Holy Trinity awarded an
environmental grant

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The Coronation Celebrations



Little Dave ponders Prince Charles' birth

I'm really looking forward to the Coronation – I was only a small boy when Elizabeth was crowned 70 years ago and we didn't have a TV so we couldn't watch it. And I'm really looking forward to the celebrations we'll have here in Melford on 5th and 7th May – see pages 10 and 11.

Thanks very much to the Squirrels, Beavers and Cubs who created the fabulous images on our front cover – and to Carolyn Spraggons for organising it at very short notice.

Another great spectacle will be a fantastic parade of around 600 scouts on St George's Day (23rd April) – see page 17.

This issue marks the 2nd birthday of Melford Matters. We held a thank you get-together for our wonderful volunteer team of contributors and deliverers in February in the Village Hall.

The magazine is completely independent of and receives no funding from the Parish Council. The costs of printing is funded entirely by advertising. So, a big thank you to all our advertisers too.

Dave Watts, Editor

Nethergate's Easter Beer Festival

Who needs Munich when we've got Nethergate? Our local brewery is staging a four-day beer festival over the Easter weekend (Friday 7th April to Monday 10th April). You can sup beer not just from Nethergate but from other local breweries too. There will be food from some favourite street vendors and music from some of Suffolk's finest. What's more, entry is free. Lederhosen and plaited hair are optional.



Window Works at Holy Trinity

If all goes well, the church will shortly sign a contract for the repair of the 38 clerestory windows (top left in the photo below) and the east window (right centre). These are urgent works identified in the last survey of the church. Already underway is the restoration of the medieval stained glass windows. Two have been completed and another will be re-installed around Easter, having been restored at Canterbury Glass Studios. Repairs to the clerestory and east windows will require scaffolding inside and throughout the nave. Services will continue, albeit moving around the church. Watch this space for more news.



Friends of Long Melford Library Spring Fair

Melford may have lost its library, temporarily hopefully, but it hasn't stopped the Friends of the Library holding their Spring Fair. It will be in the Village Hall on Saturday 27th May from 10am to 12noon. Why not go along and take a look at what's on offer? You'll find amazing homemade preserves and various appetising homemade cakes. There'll be a huge selection of beautiful plants, colourful pottery and individually created greetings cards and home knits. A raffle will be held and a Lucky Dip for children. And of course, you can just sit and enjoy a tea or coffee and a piece of cake.

Kentwell's Easter and May Day Celebrations

Easter weekend (7th to 10th April) is one of the most popular times to visit Kentwell. You'll find acres of gardens and woodlands and young lambs out in the paddocks on the farm. There'll be lots of family-friendly activities including an Easter Trail with



May Day celebrations à la 1550

dozens of decorated eggs to find. There'll also be an 'Eggheads Challenge' – 'scramble' the code on the huge wooden eggs to 'crack' the puzzle they reveal.

In Tudor times, **May Day** was always the most popular festival – a time to celebrate the better weather. There was music, dancing and lots of noise to wake up the sleeping ground. Kentwell's celebrations (29th April to 1st May) try to recreate that atmosphere. Step back in time to 1550 and enjoy the event which will include a May Queen, garlands, processions, music, dancing and plays. Plus, you can see around 150 'Living Historians' dressed in Tudor costume going about life as it was then.

For details see www.kentwell.co.uk/events

Community Matters

Litter Pickers Pick Up a New Co-ordinator

Claire Hargreaves has taken over from Julie Thompson as the Litter Picker's Co-ordinator. Claire told us, "I'm very happy to have taken over Julie's role and am sure I will struggle to be as organised as she was, but I'll do my best.

I'm not planning on making any changes just yet; I don't want to upset the apple cart, and things seem to be working well as they are. As I get into the role, no doubt things will arise which I may decide to change, but not without consultation with the group.

Since moving here five years ago, I appreciate just how lovely Melford and the surrounding areas are – I'm passionate about keeping it that way.

Volunteers can get in touch with me on 07899 696491 or email claireh62@icloud.com. It's a great way to get involved and meet new people, and I have to say, the Pickers are a lovely bunch.

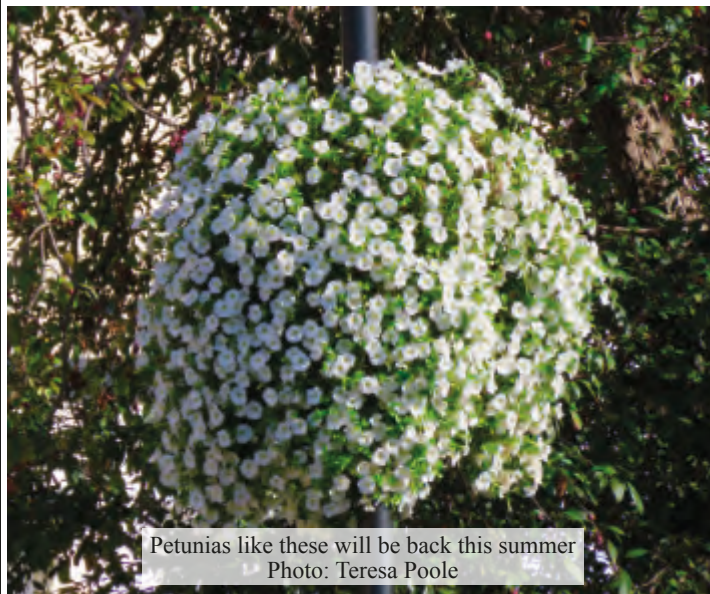
Thank you for putting Julie's vacancy in Melford Matters. If it hadn't been in there, I wouldn't have known anything about it!"



The litter pickers celebrated their 6th birthday this winter

Long Melford in Bloom

Our winter plants had to cope with testing weather this winter. Although our blue pansies did well, the yellow polyanthus and wallflowers suffered most from frost and will soon be replaced. Our centrepiece cordylines also found the cold weather hard and the worst affected have now been removed or trimmed. We will look at replacing them, as necessary.



Petunias like these will be back this summer
Photo: Teresa Poole

This summer we're planning a mix of surfinia petunias (like last year's hanging baskets), scaveola, salvia and especially geraniums which are long flowering and happy with drier conditions. The summer plants should arrive at the end of May, after a spring when we hope the winter plants will gather strength and show well.

The colour scheme will be white and two shades of pink, thus ringing the changes after last year's bold red, white and blue theme.

If you're interested in helping our happy and productive team of volunteers please call 07931 925420 or email jonathanewbank145@gmail.com

More Melford History Unearthed

You may not have been lucky enough to hear Kenneth Dodd's fascinating December talk on recent village excavations and what they revealed about Melford's past and everyday life in Roman times.

Well, not to worry, there's another chance to hear Kenneth talk about the very latest research which revealed previously unknown information. And, you won't even have to leave your home to hear it. It's online on Tuesday 28th March at 7.30pm and it's free.

Just visit the Council for British Archaeology East website: cbae.archaeologyuk.org. Go to Events and click on the Roman Long Melford link to reserve a spot. Kenneth Dodd is a Trustee of Long Melford Heritage Trust.



An Iron Age coin unearthed in Melford

Neighbourhood Plan Open Day

Now that the Neighbourhood Plan has been adopted after a referendum of Melford voters, it needs to be properly implemented and various issues moved on. There will be an Open Day to explain these issues and get your views and help in moving things forward.

More details will be given in the next issue of Melford Matters. But for now, please save the date and time: Saturday 10th June from 10am to 2pm in the Village Hall. We very much hope that as many villagers as possible will drop in on the day.

We Have A New Parish Recorder... ... and his name is Geoff Randall



He told us, "I'm sure many of you will know my predecessor Julie Thomson who unfortunately had to relinquish the role at the end of 2022. I'm really pleased to

be able to follow in her footsteps and hope I do her and the parish proud.

When my wife Wendy and I moved to Melford in May 2022, one of the first things that struck us was the huge number of people who undertake voluntary roles that benefit the parish and its residents. It seemed only right we give something back in return for the warm welcome we have received since we arrived."

Geoff said, "As well as documenting parish life throughout the year, I'm keen to record the 'spoken voice', ensuring we keep those personal memories and stories of life in the parish alive and available to future generations. If anyone has any memories or stories they would like to share, please get in touch by email Melfordparishrecorder@hotmail.com or phone 07519 626842."

Happy Birthday to the Squirrels

Melford's Squirrel Scouts, aged 4-6, will be celebrating their first birthday on 31st March in their Drey (Scout HQ). There will be cake, balloon modelling, an Easter egg hunt and games.

To celebrate their first anniversary the Squirrels will be presented with a new Squirrel badge.

Our Squirrels are special – they're the only group in the entire district. We hope you enjoy your birthday.



The Silver Band's Baton is Passed On

Long Melford Silver Band is pleased to welcome Thomas Radford as its new Musical Director. Thomas is Head of Music at the Samuel Ward Academy in Haverhill and brings a wealth of knowledge and experience to the Band.



Our first formal concert under Thomas's baton will be a "Best of British" at the Village Hall on Sunday 21st May at 6pm to celebrate the coronation of King Charles III.

Other confirmed dates in Melford in the near future:

- Coronation Picnic on the Green on 7th May at 3.30pm
- Long Melford Fete on 8th July.

More dates as they are confirmed will be in the Events section of our website longmelfordsilverband.co.uk

Free Help and Advice

Citizens Advice is a charity that offers free help and advice on topics such as debt, housing problems, benefits and tax credits, employment issues, energy bills and the cost of living. It can also refer people to food banks and sources of charitable help.



Between 1st April last year and mid-Feb this year, the Sudbury & District branch helped 61 Melford residents with 563 different problems. Between them, they received more than £96,000 extra in income or benefits thanks to the help they were given.

To contact Citizens Advice, call 01787 321400 or use the contact form on its website www.sudburycab.org.uk

Community Matters

Felix of Long Melford Needs Drivers

We're a family-run company looking for drivers to join our friendly, busy team. We've been operating taxis since the 50s and continue to provide a comprehensive service locally and further afield. We also operate local bus service routes, day excursion trips, private hire and daily school contracts.



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GOOD GRIEF Bereavement Support Drop In

Every 3rd Wednesday of the month at the Old School between 10am and 12.30pm, there's a free Bereavement Support Drop In. The aim is to provide ongoing help and support to those grieving and to assist in coming to terms with a bereavement.



Bereavement comes in many ways. It's not only the death of someone you know but can be that of a pet, loss of a job, health or role. Grief is the adjustment we must make when life changes from the way we've known it. The emotions we feel can be frightening and confusing. It can really help to share what you're experiencing with others.

Come and chat over a warm drink or just sit in a safe space where those around you understand your struggle.

My name is June and I am a retired professional psychotherapist who specialised in palliative care and bereavement. If you have any questions, please contact me at june@ggbereavementsupport.com

I look forward to meeting you.

Long Melford Good Neighbours



It's once again time for our AGM. If you'd like to come along, to find out about what we do, meet the team and ask any questions, we'd

love to see you on Thursday 6th April at Long Melford Cricket Club Pavilion off Meeting Field, 7.00pm for 7.30pm. Light refreshments will be provided.

All are welcome, but if you're coming, please RSVP to Helen on 01787 311012 or helenlmgn@gmail.com

Melford Hall Springs Into Life

Join us this spring at Melford Hall as we reopen on 29th March. Enjoy the tranquil gardens as the season of blossom sets in and new life blooms. Daffodils, irises, and crocuses can all be spotted in the grounds, and you can relax and reflect by the mirror pond, while keeping an eye out for newts and other amphibians. Venture into the Hall to discover its history and the stories of the people who have shaped it.

We'll be celebrating the season with our popular Easter Egg Hunts. Join us for an Easter adventure and discover our family-friendly trail in the gardens, with fun activities along the way and a chocolate egg at the end! Trails run from 5th to 10th April, from 12noon to 4pm (last entry is at 3.30pm). Trail packs are £3 each and can be picked up from our visitor entrance.

More information can be found at nationaltrust.org.uk/visit/suffolk/melford-hall



Puzzle solving on the Easter Egg Hunt

Community Matters

The Summer Fete

Last summer's fete in Melford Hall grounds was a huge success. The Fete will be back this summer on Saturday 8th July from 12 noon to 4pm but it won't be back in the Hall's grounds. The new venue is Melford Estate's Meadow, opposite Melford Hall with the entrance next to the Old School Car Park.



This year's fete will be even bigger and better than last year's. There'll be more stalls and more crafts on display. The dog show will be back and there'll be a village tug of war. There'll be many more details in our next issue.

The Aftershock of Unexploded Bombs

We asked the National Trust (NT) to clarify its position on holding events in Melford Hall grounds. Here's a summary of the NT's stance and it's not great news for Melford or the Melford Estate.

The discovery of unexploded bombs before the Big Night Out last year meant the event had to be cancelled. The NT commissioned a specialist survey

in and around the area where the bombs were found, visitor areas nearby and land where tree planting was planned. The NT's plan was to complete this work before the Hall and grounds re-open for visitors (see page 7).

The NT has told the tenants of Melford Hall grounds (the Hyde Parkers) that it won't issue any new event licences until a much wider area is surveyed and certified as safe.

The specialist survey will cost thousands per hectare. The cost to survey the 53 hectares of parkland used for events is considerable and the NT said it is "unable to use our charitable funds to survey the wider parkland for their events". The NT has advised the Hyde Parkers that they will need to obtain their own approved certification before it's able to licence future events.

EDITOR'S NOTE: Both the LeeStock Festival and the Sudbury Food and Drink Festival will be held in Kentwell Hall's grounds this year.



A big thank you to all who've supported our 2022-23 season. Thanks to your generosity, the raffle has raised over £600 for local charities – we're always pleased to receive suggestions for charities we can support. We're planning to hold another "Trailer Night" for our 2023-24 season – full details in the next issue. Please feel free to email film suggestions for our shortlist to melfordmovies@icloud.com

Art at Lavenham Church

The Suffolk Art Society is returning to the Church of St Peter and St Paul, Lavenham, for its Spring Exhibition from 20th May to 4th June. This year, the Society will be raising money for East Anglian Children's Hospices.

In addition to selling framed and unframed works of art, there'll also be demonstrations from some of the members as well as an opportunity to vote for your favourite painting. Admission is free. For opening hours, see the advertisement on the right.



The Suffolk Art Society
ART EXHIBITION
at
The Church of St Peter & St Paul
LAVENHAM



SATURDAY 20TH MAY – SUNDAY 4TH JUNE
Saturday 20th May 2pm – 6pm, Sundays 12noon – 6pm
Monday 22nd May - Saturday 3rd June 9am - 6pm

FREE ADMISSION
www.suffolkartsociety.co.uk



Community Matters

Open Gardens is back on Bank Holiday Monday 29th May 10am-4pm

With more than 18 gardens this year, stretching the length of the village, you're guaranteed a floral bonanza! There are some new gardens this year, including three in Liston Lane. The ticket also includes entrance to Melford Hall gardens (thanks National Trust).



There will be fun for the little ones with a themed treasure hunt; spot the hidden monster plants in some of the gardens and tick them off on the ticket to enter the prize draw.

Refreshments are available from many of the gardens, including St Catherine's Cottage B&B (the old School House in Liston Lane) and The Mill.

Hopefully the sun will shine and we'll raise lots of money for Holy Trinity Church, Melford in Bloom, and the Cure CJD Campaign.

Tickets are £7.50 per adult and under 18's free. They can be purchased in May from Budgens and Breakout or from the entrance to every garden on the day.

Events such as Open Gardens are entirely dependent on community involvement. The gardeners of Melford have again stepped up to the mark. Thank you all so very much.

Farley (Breakout) and Paul (The Mill)



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Coronation Matters



Don't miss Melford's Sound of Music on the Green

Coronation Celebration: Picnic and Music on the Green on Sunday 7th May 2pm to 5pm

To celebrate King Charles III's coronation on 6th May, the Parish Council is organising an afternoon of Music on the Upper Green near Trinity Hospital. Please bring your own chairs, gazebos and picnics.

The rock band Route 66 and the Long Melford Silver Band will be entertaining the crowd. Project 7 will be selling hot food, Bar Rumba beers, wines and cocktails, and *kind heart coffee* hot drinks. There'll be an ice cream van and a Punch and Judy Show. More was still being arranged as the magazine went to press.

The car park in front of the hospital is to be reserved for people with Blue Badges.



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Coronation Matters



Get your kicks with Route 66

Coronation Treats from the School

Who needs Westminster Abbey when our school's children have Holy Trinity? On Friday 5th May, our primary school will be holding its own Coronation Service at Holy Trinity taken by Rev Matthew Lawson.

The children will take part in a service that will replicate the real thing as far as possible, including the crowning of a King and Queen. It will help the children understand what they will see on TV the next day. At the end of the service, there'll be a 'Royal Parade' back to school, led by the King and Queen – see details on the right.

Back at the school, there'll be a family picnic which parents, grandparents and siblings can attend. Who will be able to resist a coronation cake made by the school kitchen? There'll be lots going on including:

- a Decorated Crown competition for the younger children
- an Art Exhibition which will include royal portraits
- Sports Day type activities
- Coronation craft activities which parents and children can join in

On top of this, Coronation mugs will be given out.

The (real) King would like people to volunteer to support activities within their local area on Monday 8th May. At the time we went to press, the school was looking into the possibility of volunteers doing some painting, developing the pond area and helping to renew a fenced area.

You are cordially invited to
The Royal Parade



To celebrate the King's Coronation
The Children of Long Melford COE Primary School
will be Parading through Long Melford dressed as
the Royal Family

Friday 5th May

Leaving Holy Trinity Church Approx 11.30am
back to LMPS via Woollards Gardens

We welcome you all to raise your flags and bunting
and line the streets to help celebrate the King's
Coronation and Support the School's new King



Diary Matters

April	Event	Venue	Time
Wednesday 5th	Antiques Fair	Village Hall	9.00am to 3.30pm
Thursday 6th	Good Neighbours AGM	Cricket Club	7.00pm to 7.30pm
Thursday 6th	Parish Council: Full Meeting including Planning	Old School	7.00pm
Friday 7th	Rector walking with the Cross from St Catherine's Road to Holy Trinity Church		From 12 noon
Friday 7th	Good Friday Reflective Service	Holy Trinity	2.00pm
Fri 7th to Mon 10th	Nethergate Beer Festival	Nethergate Brewery	
Sunday 9th	Easter Sunday Service (with crafts for children)	Holy Trinity	10.30am
Sunday 9th	Car Boot Sale (sellers book via nunnjohn@btinternet.com)	Football Club	2.30pm
Thursday 13th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 13th	LM Poppies (WI) – Jane Ebejer – melfordinn@aol.com	The Bull Hotel	7.30 to 9.30pm
Friday 14th	Bygones and Collectors Group	Football Club	7.30pm
Friday 14th	Folk & Acoustic Club	Cock & Bell	8.00pm
Wednesday 19th	The Arts Society Stour Valley: The Bayeux Tapestry	Village Hall	11.00am to 12 noon
Thursday 20th	LM Historical & Archaeological Society: AGM and talk on Little Hall	Old School	7.30pm
Saturday 22nd	Live Music: Cardy & Coke, £5 door entry	Football Club	7.00-11.30pm
Thursday 27th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 27th	Long Melford Litter Pickers		2.00pm
Saturday 29th	Football Club Five-a-Side Invitation Cup Competition	Football Club	11.00am
Sat 29th/Sun 30th	Antiques & Vintage Fair	Old School	9.30am to 4.00pm
Sunday 30th	Long Melford Litter Pickers		10.00am
May			
Monday 1st (Bank Holiday)	Guided Dawn Chorus Walk & Breakfast (contact ewbankj@longmelford-pc.gov.uk to book)	Country Park	6.30am
Wednesday 3rd	Antiques Fair	Village Hall	9.00am to 3.30pm
Thursday 4th	Local Council and Parish Council Elections	Old School & Football Club	7.00am to 10.00pm
Friday 5th	Bygones and Collectors Group	Football Club	7.30pm
Saturday 6th	Live Music and Coronation Celebrations: Rockhouse, £7.50 door entry	Football Club	7.00-11.30pm
Sunday 7th	Charity Football Match for Children with Cancer	Football Club	2.00pm
Sunday 7th	Coronation Picnic on the Green	Upper Green	2.00 to 5.00pm
Thursday 11th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 11th	LM Poppies (WI) – Jane Ebejer – melfordinn@aol.com	The Bull Hotel	7.30 to 9.30pm

Diary Matters

May (continued)			
Friday 12th	Folk & Acoustic Club	Cock & Bell	8.00pm
Wednesday 17th	The Arts Society Stour Valley: Breugel, The Seasons and the world	Village Hall	11.00am to 12 noon
Thursday 18th	Parish Council: Full Meeting including Planning	Old School	7.00pm
Sunday 21st	Long Melford Silver Band "Best of British"	Village Hall	6.00pm
Thursday 25th	Good Neighbours/Friends of LM Library Coffee Morning	Old School	10.00 to 11.30am
Thursday 25th	Long Melford Litter Pickers		2.00pm
Thursday 25th	Annual Parish Assembly	Football Club	7.00pm
Saturday 27th	Friends of Long Melford Library Spring Fair	Village Hall	10.00am to 12 noon
Sat 27th/Sun 28th	Antiques & Vintage Fair	Old School	9.30am to 4.00pm
Sunday 28th	Long Melford Litter Pickers		10.00am
Monday 29th (Bank Holiday)	Guided Dawn Chorus Walk & Breakfast (contact ewbankj@longmelford-pc.gov.uk to book)	Country Park	6.30am
Monday 29th (Bank Holiday)	Long Melford Open Gardens		10.00am to 4.00pm

Regular classes & workshops at Long Melford Village Memorial Hall		
Mondays	Strollercise – Marina St Leger – www.strollercise.co.uk 07917 333712 New Time:	9.30 to 10.30am
Mondays	Beau Dance for 6 to 10 year olds – Holly Cook – 07512 692289	4.00 to 5.00pm
Tuesdays	Pilates – Michelle Cowcher – michellecowcher@gmail.com	10.00 to 11.00am
Tuesdays	Bounce – Jules Cooper – www.bookwhen.com/bouncelongmelford	6.00 to 8.00pm
Wednesdays	Pop Chorus – Yula Andrews – 07788 585441	7.30 to 8.30pm
Thursdays	Bounce – Jules Cooper – www.bookwhen.com/bouncelongmelford	6.00 to 8.00pm
Thursdays	Indoor Kurling (1st and 3rd Thurs) – Drop in for a free taster session	2.00 to 4.00pm
Fridays	Baby Ballet – sudbury@babyballet.co.uk 07580 693747	9.30am to 12.00pm
Monthly	Lecture series (4th Tuesday) – Suffolk Family History Society (Sudbury)	2.30 to 4.00pm
Monthly	Lecture series (3rd Wednesday) – Arts Society of Stour Valley	10.30am to 12.30pm
Regular classes & workshops at The Melford at Stoneylands (LMFC clubhouse)		
Mondays	Bingo age 18+ all welcome, no need to book	7.00 to 10.00pm
Tuesdays	Beau Dance for adults – Holly Cook – 07512 692289	7.00 to 8.00pm
Thursdays	Tweens Dance Class - Holly Cook – 07512 692289	4.00 to 5.00pm
Sat/Sun	Colts and Fillies Junior Football – Ian Ambrose – 07970 384576	Call for details
Sundays	LM Veterans Football – Dan Bull – 07925 867247	Call for details

PTO for Regular classes and workshops at the Old School →

Diary Matters

Regular classes & workshops at the Old School

Daily	Yoga Studio – Áine McGovern – www.longmelfordyoga.co.uk 07840 030545	See website
Mondays	Card making – Pauline Andow – 01787 228790	12.30 to 2.30pm
Mondays	Slimming World – Sam Higgs – 07377 738813	5.30 and 7.30pm
Tuesdays	Upbeat (Heart Support Group) – Hilary Neeves – 01359 232678	9.00am to 1.00pm
Tuesdays	U3A Art – Vernon Lever – 01787 310511	1.30 to 4.00pm
Tuesdays	Sophia Paper Kite Yoga – Sophia – 07968 165185	6.00 to 9.00pm
Tuesdays	Yoga with Clare Turner – clareturneryoga@gmail.com	5.45 to 7.15pm
Wednesdays	Life Drawing – John Garbett – 01787 378798	10.00am to 12.30pm
Wednesdays	Keep Fit – Heather Mahony – sheather.mahony@btinternet.com	11.15am to 12.15pm
Wednesdays	Friendship Dancers – Robin Hart – 01787 269613	3.00 to 5.00pm
Wednesdays	Silver Band – Mike Murkin – 01787 312605	7.30 to 9.30pm
Monthly	Photography Group (1st Monday) – Derek Challis – 01787 373738	Mornings
Monthly	Good Grief Bereavement Support (3rd Wednesday) – june@ggbereavementsupport.com	10.00am to 12.30pm
Monthly	Bead Club - (1st Thursday) Victoria Power - 07866 996124	10.00am to 12.30pm

If you would like your activity or event listed here, let us know the details by emailing MelfordMattersAdvertising@gmail.com. Details for June/July need to reach us by **1st May**.

www.longmelfordswan.co.uk



01787 468653

Steak Night

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

8oz Chargrilled Ribeye Steak

or

8oz Chargrilled Sirloin Steak

Paired with tender stem broccoli, roasted vine tomatoes,
field mushroom & peppercorn sauce

With a choice of;

Confit garlic mash

Hand cut chips

French fries

£55

Available Thursdays evenings

SUBJECT TO CHANGE WEEKLY

Fish Friday

Classic moules marinière, crusty bread or French fries

£13

Crispy squid and chorizo salad, lemon dressing

£8

Pan-fried seabass, bacon & potato chowder,
steamed samphire

£16

Thai green King prawn curry, jasmine rice,
pickled papaya

£17

Available Friday evenings

SUBJECT TO CHANGE WEEKLY

Nature Matters

Welcoming nature into Long Melford

This is the busiest time of the year in nature's calendar, when many birds and animals are busy raising families, summer visitors such as swallows and swifts are arriving, reptiles warming up in the strengthening sun and flowers are blooming, providing nectar and pollen for insects.

Here's a condensed review of what the Biodiversity Group and Country Park and Melford Walk volunteers have been getting up to:

- Clearing overhanging vegetation, scrub and further drainage work along the Melford Walk. The material removed was used to create habitat piles
- Creating and planting new sunny areas along the Melford Walk and in the Country Park to encourage wildflowers. Each autumn these are mown and raked to discourage grasses and vigorous species taking over
- Planting natives hedges and trees in various village locations
- Over 40 swift boxes were erected around the village last April. We hope to have many more put up before the swifts arrive this year
- Six new owl boxes are up in the Country Park and Holy Trinity churchyard
- Surveys of nesting birds done last spring at the Country Park and on the Melford Walk show a good range of species present. Details will be displayed at the Country Park. These and a moth survey will be repeated annually
- There will be two guided Birdsong Walks in May (see the diary)



Volunteers clearing scrub on the Melford Walk



Blue Tit busy feeding its young

- A floral survey along the southern part of the Melford Walk was carried out last June. Over 70 species were present, some of which are rare locally. We'll be doing it again this year.

We'd really like some more help maintaining the Nature Reserves, carrying out surveys and lots of other fun, outdoor jobs, so please get in touch if there is anything you'd like to get involved with.



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Buzzing Business Matters

Fancy some Long Melford Honey?

Stour Valley Apiaries is run by Kevin and Julie Thorn. They've been looking after healthy happy bees producing Pure Honey since 2015 when Kevin took early retirement from his banking career and turned his beekeeping hobby into a business.

He started with six colonies (beehives); this grew to 32 in the first year. Kevin now looks after 120 colonies and 23 apiaries (groups of beehives) in Suffolk and Essex. One apiary is in Melford and four more are on the Melford Estate, with a total of 34 colonies producing Long Melford Honey.



Tending to the bees



Our very own Long Melford Honey

A colony of honey bees, when managed well and weather permitting, will produce an average of over 100lbs (45kg) of honey a year. The bees produce honey in May from tree blossom and oil seed rape. There's a pause in June until the summer flowers blossom. Kevin harvests honey in June and August.

Beeswax products too

In 2016, Julie also gave up her banking career and joined the business focussing on bookkeeping, marketing and advertising. By 2017, the honey sales were really taking off. In 2018, Julie launched Busy Bees Cosmetics which uses natural beeswax to produce Lip Balms with essential oils, Pet Paw Lotion, Beeswax Wraps, Wood Polish and Beeswax and Honey Soaps. She also sells bee-friendly wildflower seeds designed to provide season-long pollen and nectar for honey bees.

The full range of honeys, including Long Melford Honey, can be bought at the Willow Tree Farm shop and a selection is available at the Long Melford Tea Room and Clark & Son butchers. As well as selling in over 90 outlets, all products are available via their website busybeescosmetics.co.uk.

You can check out Stour Valley Apiaries and Busy Bees Cosmetics on Facebook and Instagram or you can contact Julie on hello@busybeescosmetics.co.uk



Some of the products available

Walking Matters

The St George's Day Parade and Service

Holy Trinity Church will host the annual Sudbury District Scouts St George's Day service on Sunday 23rd April. There will be a parade of up to 600 scouts and their leaders before the service. Fourteen groups within the district, which stretches from Hadleigh to Haverhill, will parade. They range in age from the Squirrels aged 4-6 years to the Scout Network aged 18-25 years.



One trombone and even more brass led the Big Parade

The parade is a marvellous sight with each section within a group carrying their standard. The Colchester Pipe Band will lead the parade.

The procession will go from Scout HQ (in the Village Hall car park) to Holy Trinity. The procession will start at 2.30pm and will take about 15 minutes. The service will finish at around 4.15pm when the scouts will parade back to HQ.

The roads between the Village Hall and the church will be closed as necessary to allow the parades to progress.

Walking From And Back To Happiness

Fourteen members of the recently formed Walking Group enjoyed a seven-mile constitutional to Cavendish. Five of the group even made the return journey on foot while the others took the bus back to Melford. Mike Turner told us, "The walk took nearly three hours, which was longer than it should have because we had a run in with some crazy horses." On arrival in Cavendish the group enjoyed some rest and relaxation in the Five Bells.

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



Return of some Happy Wanderers



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WEDNESDAY 19 APRIL

The Bayeux Tapestry: 950 years of Propaganda, Intrigue & Spin
One of the most outstanding cultural objects to survive from the early Middle Ages along with a few unanswered questions. Made in England or France? Stitched by men or women? Used by Napoleon to bolster French ambitions for a new cross channel invasion? Coveted by Hitler?

WEDNESDAY 17 MAY

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Heritage Matters

The Crown – Exclusive Historic Episodes

Thanks to the Long Melford Museum and Heritage Centre, we can see how Melford marked the coronations of King Charles' four predecessors, all crowned in Westminster Abbey. We begin with the King's great-great-grandfather.

Saturday 9th August 1902 – Edward VII.

While the King was being crowned, Melford residents were enjoying a parade of children past Coconut House in Hall Street. Not a hatless, capless head in sight.



Friday 23rd June 1911 – George V.

A twenty-one gun salute in the grounds of Melford Hall. Still hatted and capped

Wednesday 12th May 1937 – George VI.

Melfordians celebrate in the Village Hall at a dance and dance competition to the music of Reg Cooper's Dance Band. Just a few hats to be seen.



Tuesday June 2nd 1953 – Elizabeth II.

Melford children enjoy a tea party in the Village Hall. Not a hat or cap to be seen.

Business Matters

Following our look at four new Melford businesses in our last issue, here's more village business news and it's a case of some say hello, some say goodbye.

Au Revoir to the Turquoise

It was sad to see Dilly Dally close its doors in February. Lexi Meechan opened the café and lifestyle shop in December 2020 and, like all businesses in the village, had to cope with the various lockdowns and Covid restrictions. Lexi says, "Covid was hard for everyone but I enjoyed creating a hub that people found accessible and beneficial. I loved getting to know people and providing tasty vegetarian food".

Lexi will continue to run her Gong Bath workshops at the Old School and, being a qualified therapist, she'll be offering treatments including reflexology. She's currently taking some well-earned time out to spend with her family. We wish her every success in all her future ventures.

And Hello to Refreshments with a Swedish flavour

Café Hygge and Bistro opened its doors in February where Dilly Dally was. Janet Warne, the owner, has spent her career in catering and has realised a long-held dream to open a café. Its inspiration was a café she fell in love with in Sweden many years ago. She says that everything fell into place when Dilly Dally became available and she has created "a place where you are treated like one of the family". She uses local produce and offers open sandwiches, snacks, Hoagies and incredibly popular cinnamon buns.



Over the summer, Janet will highlight her Swedish heritage when she offers sharing smorgasbords with music while you relax and enjoy the atmosphere. Full details of all the delights available at this stylish new venue in the village are available on their Facebook page @cafehugge_longmelford



Calling all Music Lovers

If you're a music lover, then pop in and see Mark Carter who owns Music and More based in Smaley Lane just next to the barber shop. The shop is an absolute treasure trove full of vinyl records, CDs, books, memorabilia and vintage clothing. Mark sells all genres of music but his favourites are punk and reggae. As well as buying collections, Mark is also happy to sell items that are brought in, taking a small commission for doing so.

Music has always been Mark's passion. Asked about current trends, "Young'uns are, believe it or not, buying Jazz and Blues and the 70/80 year old grandads are buying the likes of Iron Maiden. The roles and likes of people have changed." War of the Worlds album is his best seller.

Music and More is open most days from 10am to 4pm (closed Wednesdays) but be sure to have some cash as Mark's phone isn't compatible with a card machine.

Business Matters

Caring is Sharing

In February, Harmonize Care, owned by Rachel Tighe, moved from Nayland and opened its Melford office in the old Eve St Clair shop, opposite the Bull.

Operations Manager Lisa Edwards told us “We moved from Nayland to be more accessible for the majority of our carers and clients. Being on the main street of Long Melford makes us visible to the community, hoping that we can reach out to people in need.”

Lisa added, “The main purpose of the care we offer is to help individuals remain living in their own home for as long as possible and lead a more independent life. Our carers work closely with other healthcare professionals and social care teams to enable individuals to achieve this goal.”

Harmonize offers an extensive range of flexible services which includes assistance with personal care, meal preparation, PEG feeding, shopping, housework, medication administration, companionship, support to access the local community, support to attend appointments and overnight support.

In our area, Harmonize has around 100 team members looking after approximately 200 clients, all of whom live at home.

Lisa would like anyone interested in working for Harmonize to contact them as they’re always looking for new members to join their team. If anyone is interested in becoming a carer, pop into the agency or visit their website Harmonize-care.com

If you have a new business in Melford and would like to tell us about it, please email Melfordmatterseditor@gmail.com



Good luck to Terese and Glenn, who have retired after seven years at the Tea Room

A Fond Farewell

After seven years of delighting customers at Long Melford Tea Room, Terese and her husband Glenn decided it was time to throw in the vintage tea towels and retire. All the team’s welcoming smiles and yummy cakes will be sorely missed by their loyal regulars and occasional visitors alike. Terese said “I’m going to miss all our lovely customers, most of whom have become our friends. I feel the business has been a great success with the help of Long Melford’s support”. When asked what her plans are, “I’m looking forward to spending more time at home with my husband and little dog Peggy and taking a rest from baking.”

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Church Matters

Difficult Jobs

As you'll read elsewhere in Melford Matters, we're planning to carry out essential maintenance on the upper clerestory windows at Holy Trinity this year. It's an awkward and disruptive job because access is difficult, and the work will probably be at a time when lots is going on. We're trying to take a 'glass half full' approach and use this as an opportunity to celebrate our wonderful church.



The fact is that some jobs are just more difficult than others. At home, the job I'm putting off is clearing out the garage because I've allowed it to become so congested that there's no room to sort anything out!

Spiritually the same applies. We might through Lent have focussed on denying ourselves certain treats, spending more time with loved ones, or even reading the Holy Scriptures. However, maybe there's a more difficult spiritual job in our lives. Is there someone we are envious of? Is there someone we cannot forgive? As we approach Easter, please be assured of my prayers, and may God give us all the strength to attend to the difficult spiritual jobs as well as the easier ones.

Rev Lawson

Tower Power

Holy Trinity Church is delighted to announce that it has been awarded an environmental grant for the installation of a wind turbine on top of the tower. The northern hills of the Stour Valley are known locally as 'windy ridge' and are ideal for turbines. Furthermore, the added height of the tower will nearly double the efficiency according to some estimates.

The turbine will go a long way to covering church operating costs, which are approximately £350 per day. A spokesperson for the church said that with the wind at 10mph it will be possible to light the Lady Chapel and heat three rows of pews for free, whereas at 15mph enough electricity will be generated to play all of Wagner's Ring Cycle on the organ.

Local opinion divided

Local opinion about the turbine has been divided. A resident of the Green, who wishes to remain anonymous, fears that there are plans to install turbines on other local historic buildings such as Melford Hall, Kentwell Hall, and Budgens.

However, one local historian has welcomed the innovation and pointed out that the turbine is near the site of a medieval windmill. He is keen that the turbine blades are made from oak in keeping with historical precedent.

The Rector urges residents to consider this project with an open mind and to beware of any hot air generated. Work will commence on April Fools' Day.





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Brain Matters



A Cluster of 'Charlies' Quiz

6th May is the coronation of King Charles III. With that in mind, this issue's quiz questions or answers all feature one 'Charles' or another.

1. Which TV soap features the character Charlie Fairhead?
2. Where is Princess Charlotte in the line of succession to the throne?
3. In which American state is the city of Charleston? Is it Alabama, South Carolina or Tennessee?
4. Who did Charles I succeed as King?
5. In which Charles Dickens' novel is Pip the central character?
6. Where was Charlie Chaplin born? Was it Dublin, London or New York?
7. Who wrote 'Jane Eyre'?
8. Which sport did John Charles play for Wales?
9. What was the name of the ship that Charles Darwin sailed on his 5-year voyage of scientific discovery?
10. With which British city was the architect and designer Charles Rennie Mackintosh most associated?

Answers on page 30.



Charles Dickens

Parish Council Matters

Photo ID needed for elections on 4th May

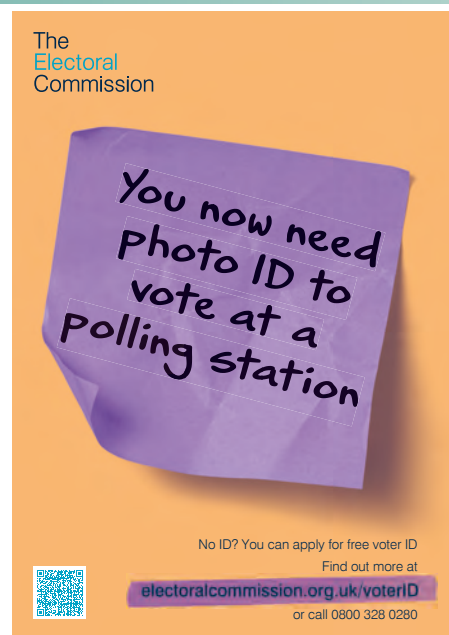
Elections for Long Melford Parish and Babergh District Councils will be held on 4th May. These will be the first elections at which you have to provide photo ID to be allowed to vote at the polling station (the Old School or Football Club, depending on where you live). This could be, for example, a passport, driving licence, Blue Badge or older person's bus pass (even if expired). If you don't have any of these, you can apply for a free Voter Authority Certificate – see babergh.gov.uk/elections/voter-id/ for more details.



If you'd like to stand

If you'd like to stand for the Parish Council, you can pick up the application forms from the Parish Office in Cordell Road. Or you can download them by visiting electoralcommission.org.uk and searching for parish council elections.

You must deliver them by hand to Babergh by 4pm on Tuesday 4th April at the latest – you can't post or email them. Take them to The Electoral Services office at Endeavour House, 8 Russell Road, Ipswich IP1 2BX.



Annual Parish Meeting

This will be held at 7pm on Thursday 25th May at the Football Club. It's not a Parish Council meeting. But it's your chance to hear what the Council and lots of village organisations have been up to in the last year – and you can have your say. Please come along and support your village.

Melford wins a Biodiversity Award

The Long Melford Biodiversity Group has just won a Suffolk County Council award for 'Enhancing Biodiversity'. The award was presented by Christine Luxton, CEO of Suffolk Wildlife Trust. The Group was praised for its efforts to improve our local nature reserves, encourage more nature into the village and involve the community in tackling the decline in species.

Jane Burch (chair of the group), John Dunlea (group member) and Cllr John Nunn were delighted to accept the award on behalf of the many volunteers involved in the work. Huge congratulations go to everyone involved, who should be very proud of what they've achieved in a relatively short timeframe.

On the same day, Babergh won a Silver award for 'Green Public Service' from iESE, a national body set up by local authorities to transform public services. It was given for an innovative digital and satellite tree survey leading to a strategy to plant new trees where they will provide most benefit. The award was accepted by Cllr Liz Malvisi, Babergh's Cabinet Member for the Environment.



Jane Burch (right) accepting the Biodiversity award from the CEO of Suffolk Wildlife Trust

Gardening Matters – Notes from the potting shed

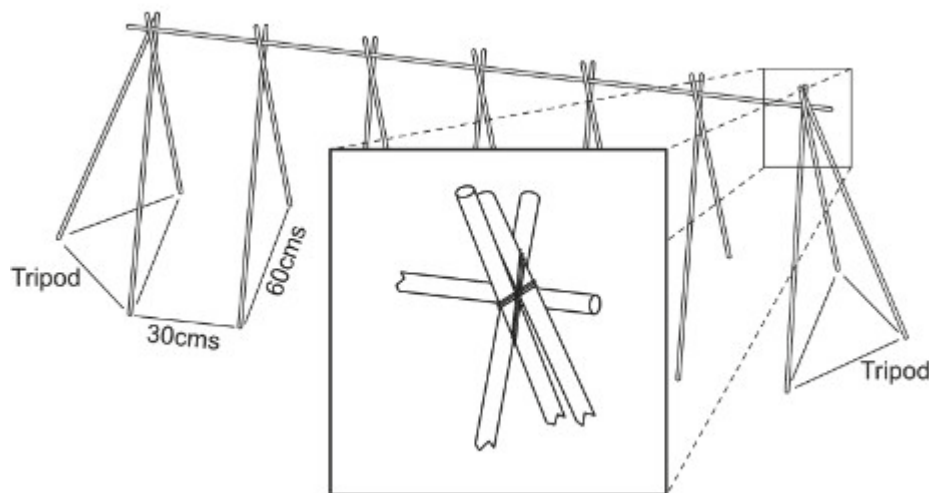
Seed Swap Success

Let's start by saying a huge thank you to all who participated in the seed swap and made it such a successful event. It was great to see what various Melford gardening groups are planning for this year and to swap seeds, tips and gardening stories. We hope you'll all enjoy success with the seeds you took away and we intend this to be an annual event in the Melford gardening calendar.

Growing and Supporting Runner Beans

We've had a query from a gardener about how to prevent their runner bean support from collapsing in the wind when the canes are covered with foliage. We've found the following approach to be completely reliable. Beans are hungry plants which benefit from being planted in very well manured or composted ground. You can do this in the normal way or really spoil them by digging a trench about 30cms deep, 60cms wide and as long as you need your bean structure to be. Then line the trench with cardboard and fill it with garden compost even if it's not fully rotted down. Cover this with the soil dug out to form the trench.

Make your support by inserting pairs of canes firmly into the ground on either side of the trench. Space the pairs approximately 30cms apart. When all pairs are in place, lean them in so that they cross at the top and place a cane horizontally at the crossing point of each



pair. Add one additional cane at either end of the trench and angle this in to the end pair.

Finally, tie the pairs tightly with string to the horizontal cane at each crossing point. It's vital to secure the additional end canes well to the nearest pair as well as the horizontal cane so that a firm tripod structure is achieved. The end result should be a support which cannot sway, no matter how strong the wind, because of the tripod at each end. There is no need to put any additional bracing pieces across the pairs of upright canes. The diagram should make all clear. Very much hope that helps solve the problem.

Now we have lighter evenings to enjoy, it's time to get stuck in and hope for an easier gardening season than last year.

Don't forget to send your queries and tips in to Melfordmatterslifestyle@gmail.com

Happy Gardening!

Long Melford Village Memorial Hall

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

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Health Matters

News from the GP practice

Care Quality Commission Re-inspection

We've been busy continuing to gather the information required to present to the Care Quality Commission (CQC) on their re-inspection of the practice.

The CQC re-inspection was due to take place at the end of January/ beginning of February. However, the CQC suspended all inspections around the country for six months. This means the CQC will not return to re-inspect our practice until April at the earliest. This is an opportunity for us to gather even more data to show that we've not only improved in areas that the CQC rated us 'inadequate' but that we're now exceeding their requirements for a 'good' rating.



Patient survey

During January and early February, I conducted some direct patient feedback through a questionnaire. The questionnaires consisted of eight questions with a grading from excellent to poor for each. Over 100 questionnaires were returned and over 84% of all responses were positive (rating us as excellent, very good or good).

New staff members

We now have a specialist cancer care co-ordinator to help cancer patients and refer them to specialist doctors and nurses.

And by the time you read this:

- the installation of a new phone system should be complete, so it should be much easier for you get through to the surgery
- we should have an additional receptionist and a new Dispensary Manager.

We're still advertising for more receptionists and would welcome applications from readers. If you're interested, please send your CV to Longmelford. reception@nhs.net

The Patient Participation Group (PPG)

We have a very active PPG and we'd welcome new members. If you'd like to help develop how the practice grows and delivers its services then please email me at Longmelford.reception@nhs.net and I'll pass on your information to the PPG chairperson.

Anne Hinds, Chair of the PPG

says, "Even if you can't take part in the PPG, we would welcome any ideas of how we can work with the practice to continue to improve the patient experience."



Melford Matters is a not-for-profit community initiative funded through advertising and donations. It is produced and distributed by volunteers and printed by Indigo Ross Design & Print Ltd. The magazine welcomes contributions from everyone in the village.

For further information please refer to the Long Melford Village Hall website, longmelfordvillagehall.co.uk/melford-matters, or email the editor, melfordmatterseditor@gmail.com, or advertising team, melfordmattersadvertising@gmail.com.



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Sport Matters

A Flood at the Cricket Club

First the Good News – Winter nets have been a great success for the club with adults and juniors involved throughout the closed season. So hopefully we can hit the ground running, with league matches starting on **Saturday 15th April**.

And Now for the Bad News –The end of 2022 wasn't kind to LMCC. Our much-loved pavilion fell victim to the massive 20°C temperature change in less than 15 hours in December. This resulted in a leak which has caused a great deal of damage to the ceiling and walls despite all the pipes having been insulated. Our terrific members have been working hard to get the pavilion back to its former glory, Special thanks must go to Chairman Jason Wade who spent many winter hours sorting dehumidifiers and clearing up the mess. It was then all hands on deck with painting and decorating to make the pavilion ready in time for the new season.



The club has been busy raising funds for the much-needed outdoor net repairs which are crucial for training sessions. The club wishes to thank Long Melford Parish Council for a sizable donation towards this project.

As ever, we'd welcome newcomers as spectators, helpers, scorers and especially players. So, why not come along to the ground (the entrance is at the end of Meeting Field) and lend your support or just enjoy watching the game and using the bar.

Steady Does it at Stoneylands

At the time of writing, the club's first, reserve and under 18 teams all sat in the top half of their respective divisions. Hopefully, all three teams can maintain their impressive form over the last few weeks of the season, which ends in April.

Off the pitch, we'd like to highlight the excellent contribution Will Phillips has made in his new role as Media Intern. Will interviews the management and players on matchdays and his videos are proving very popular on social media. Find us on Facebook, Twitter or Instagram to take a look.

We're always keen to welcome new volunteers. We need people who are interested in photography, video editing and social media. We also need volunteers for a more 'hands on' role helping with various jobs around the ground. Please get in touch via our website www.longmelfordfc.com for more details.



Johnny Cash at the Football Club

A Johnny Cash and June Carter tribute band attracted nearly 70 people to the clubhouse at Stoneylands. The event raised nearly £440 for East Anglia's Children's Hospices (EACH). Peter Turner, Chair of Long Melford Community Sports Trust, said "We were all pleased the event went well and the band received a standing ovation. It gives us a warm feeling inside to be associated with such a great organisation as EACH."

Directory of Clubs and Societies

Group	Contact	Phone/email
Beading (Suffex Bead Club)	Victoria Power	07866 996124
Beaver Scouts	Carolyn Spraggons	carolyn.spraggons@suffolkscouts.org.uk
Chadbrook Guides	Rebecca Cox	chadbrookguides@gmail.com
Coffee & Cake @ St Catherine's	Margaret Taylor	01787 880875
Connect Toddler Group	Pam Tonks	07890 880976
Cricketer Club	Ivan Newman	07944 893167
Explorers	Thomas Tracey	bovinesu123@gmail.com
Folk & Acoustic Club	Pauline O'Brien	poboap123@gmail.com
Football Club	Richard Kemp	01787 378149
Friends of LM Church Building Fund	Richard Michette	01787 377164
Friends of Long Melford Library		help@suffolklibraries.co.uk
Good Neighbours' Scheme	Helen Eaton	07504 249179
Historical and Archaeological Society	Ian Sandham	07586 354414
Holy Trinity & St Catherine's Church	Rev. Matthew Lawson	01787 310845
Keep Fit	Heather Mahony	01449 736662
Long Melford Community Sports Trust	Peter Turner	01787 468536
Long Melford Cub Scouts	Jon Spraggons	longmelfordcubs@aol.com
Long Melford Group Scout Leader	Stephen Spraggons	melfordgsl@aol.com
Long Melford Museum and Heritage Centre	John Nunn	01787 313496
Long Melford Litter Pickers	Claire Hargreaves	07899 696491
Long Melford Open Spaces	Graham Eade	01787 319120
Long Melford Photographic Group	Derek Challis	01787 373738
Long Melford CE Primary School	Mrs Woolmer	01787 379929
Long Melford Scouts	Graham Souch	1stlmscouts@gmail.com
Long Melford Squirrel Scouts	Carlene Hare	carlene.hare@suffolkscouts.org.uk
Long Melford Walking Group	Mike Turner	07733 102229
Long Melford Women's Institute	Jane Ebejer	01787 375862
Melford Music	John Watts	01787 310373
Neighbourhood Watch	Stuart Finch	07867 371564
Over Sixties Club	Mrs Albon & Mrs Woodgate	371413/376711
Old School bookings	Rosey Eade	01787 319120
Project Seven	Andrew Hagger	07980 526067
Royal British Legion	John Nunn	nunnjohn@btinternet.com
Scout & Guide HQ bookings	Vicki Ramdhanie	lmsglettings@gmail.com
Silver Band	Mike Murkin	01787 312605
The Arts Society Stour Valley	John Ashton	07899 872222
Upbeat Heart Support	Hilary Neeves	01359 232678
Village Hall bookings	lettings.longmelfordvillagehall@hotmail.com	07379 894325

Please notify us of any additions or changes by emailing MelfordMattersAdvertising@gmail.com. Amendments must be received by **1st May** to be included in Issue 14 – June/July.

Quiz Answers

- | | | |
|-------------------|-----------------------|-----------------|
| 1. Casualty | 5. Great Expectations | 9. (HMS) Beagle |
| 2. 3rd | 6. London | 10. Glasgow |
| 3. South Carolina | 7. Charlotte Bronte | |
| 4. James I | 8. Football | |

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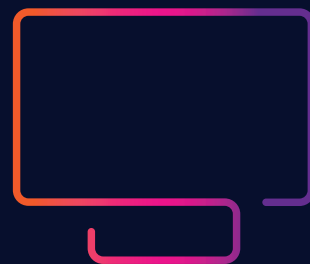
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