

The Boxford Friendship Group or BFG as we call it for short is now in its 3rd year, meeting monthly for 2 hours in the village hall. There are close on 50 members including 5 brave men.

The group was formed by my neighbour Wendy Hills and myself following on after our escape from lockdown after the Pandemic. We were all in need of some normality doing ordinary things with friends and family and to begin socialising again. There had been a very active Over 60's group in the village, which had closed a few years before the pandemic, due to retirement. So, the BFG was formed, with Wendy and I as Co – Chairs, backed by a strong supporting team / committee Shirley Smith, Cynthia Richardson, and David Warren as duty driver and GOFA. Financial help came initially from the Community Council, and Boxford Parish Council, to help start up the group. We have had for the last couple of years, financial help from the Boxford and Groton United charities, and we are extremely grateful for all of the financial aid received.

The principle aims of the BFG are to provide companionship, friendship, and support, and to have fun. Great amounts of conversation and natters take place over a cuppa and some cake. The BFG have regular talks demonstrations, quizzes, Bingo sessions, games, luncheon dates. It has also been known for us to include occasional exercise. Where possible we try and invite local people to come and visit us, to tell us about their skills, livelihoods, hobbies and skills. One of our favourite sessions, is music, and this year we will be entertained by Wattisham Military Wives Choir, Stoke Singers, The Shanty Folk, and Hadleigh Ukulele Band. We are so lucky in Boxford to have so many talented people in our locality.

Within our own group, we support Frenches Haven, with a 2nd hand bookstall. There are a group of Blanketeers who make blankets for the Palliative Nursing Care Team, for patients at the West Suffolk, and Ipswich Hospitals. We have supported the admirable work of Alison Braine, and the 400 school children she helps to support financially. A small group are busy making Christmas Decorations for ST Marys Church, Christmas Tree Display.

As a Friendship Group, we think we are doing ok but can only maintain our success with the support and loyalty of our fantastic members and dedication of the committee. Well done to them all.

Thank you