
HAWSTEAD JOURNAL

Editors: Judy & Dave Carter

Jack and the Beanstalk at the Theatre Royal



Once again a great time was had by all. The cast of professional actors and extremely talented local young performers delivered a vibrant and fun-filled afternoon's entertainment. The colourful scenery, outlandish costumes and the usual mix of eccentric characters had a 1970's feel complete with an Elvis lookalike and renditions of his and other well-known songs from that period.

The dame, Tina Trumpington played by Theatre Royal regular James Parkes, stole the show. S/he made a great show of 'falling in love' with one of our Hawstead Dads who was unfortunate enough to be sitting in the front row and as always, there was plenty of audience participation, with laughing, shouting, hissing and booing by adults and children alike.

The pantomime was well attended again this year with 20 children and 34 adults.

Our thanks to Hawstead Community Council for paying for the village children (£409).

Geraldine West
on behalf of Hawstead Community Council

CHURCH SERVICES - HAWSTEAD UNLESS OTHERWISE STATED

JANUARY

| | | |
|-------------|-------|-----------------|
| Sunday 10th | 08.30 | Said Eucharist |
| Sunday 24th | 11.00 | Morning Worship |

FEBRUARY

| | | |
|-------------|-------|----------------|
| Sunday 14th | 08.30 | Said Eucharist |
| Sunday 28th | 11.00 | Morning Prayer |

MARCH

| | | |
|-------------|-------|----------------|
| Sunday 14th | 08.30 | Said Eucharist |
|-------------|-------|----------------|

A Happy New Year to everyone from All Saints Church, Hawstead.

Lesley Carey

CHRISTMAS FAYRE THANK YOU

A HUGE Thank you to everyone who supported the Church at the Christmas Fayre by donating cakes, biscuits and mince pies to be eaten alongside the tea and coffee. Due to the skill of the stallholders there was a tempting array of items for sale and we managed to raise over £220 towards church funds.

Lesley Carey

THE HAWSTEAD HEDGE

This poem was written by **Tim Gardiner** after the churchyard hedge-laying last spring. He was inspired by the beauty of the churchyard and its spring flowers.

A sudden winter shower
dampens green stems,
spindle smouldering
on a waning bonfire.
Rushing into the church,
my voice echoes
along cold aisles,
piercing stained glass.
I'm drawn to the lady
with a tilted head,
eyes which betray
timeless melancholy.

Her tragedy repeats
in the silent churchyard,
where yellow aconites
wreath a child's grave.
Nearby, resurrection
of a young hedgerow,
is brought about by
billhook and bow saw.
From jagged scars
fresh new shoots,
every year they come
immortal recruits.

CHRISTMAS TREES

Thank you very much on behalf of the village to *Graham and Rebecca Leslie* of Lawshall Road who again very generously donated two Christmas trees for the village hall. The inside one was appreciated by so many as it stood tall in the corner for the craft fayre, village lunch and village drinks party. The twinkling lights on the outside one could be seen from all roads approaching the green. On the day the trees were put up it was extremely windy, which made the task very challenging. Thank you to the volunteer working party, who battled the elements to ensure the enjoyment of all over the 12 days of Christmas and beyond.



VILLAGE GREEN BENCH

HAVE YOU NOTICED THIS NEW ADDITION ON THE VILLAGE GREEN?

As some observant residents may have noticed there is a beautiful new bench on our village green. This was purchased by the Parish Council and kindly installed by **Adrian Baker**.

What a kind and generous offer for him to give up some of his spare time as well as provide this service free of charge.



FESTIVE CHRISTMAS DRINKS NIGHT

More than 80 Hawstead residents of all ages gathered together on the evening of Saturday 19 December for festive drinks and a natter. The atmosphere was lively and celebratory, and everyone was exceedingly well fed and watered. Chris Pamplin prepared the mulled wine syrup (Jamie Oliver's recipe), and all eight bottles were spiced and served by Dave Dawson. Special thanks must go to all those kind cooks who brought along platters of savoury and sweet nibbles for the evening feast, and to Beth, Hannah, Benjamin and Hannah (another one!) who brought around the delicious food platters. A big WELL DONE, too, to everyone who came dressed in something sparkly to add to the occasion.

Our Christmas drinks evening is a great opportunity for the whole village to come together informally to celebrate the past 12 months and look forward to the coming year. We were particularly delighted to welcome the children, who were variously entertained with face painting, colouring, marble runs and a Christmas DVD. In addition, it was great to see some new faces join us and we wholeheartedly welcome them to our village and hope to see them again at future village events. Village life in Hawstead really is what you make of it. If you get involved, you meet neighbours who become friends, and then you have an invaluable support network in times of need or celebration.



The Christmas drinks evening was organised and wholly funded by Hawstead Community Council for the benefit of villagers. This is one of the many ways in which money raised through fundraising events and hall hire is ploughed back into the community to enhance our village life.

Susanne White



MARK'S IT'S NEARLY XMAS QUIZ NIGHT

On Friday 4 December over 60 of us gathered in Hawstead Village Hall for a fun evening of laughter and mayhem interrupted by quiz rounds. Our quizmaster, the wonderful Mark, was on top sparkly form, dressed in glittery waistcoat and cuffs (not just that!) and sporting a Christmas tree hat. We were treated to much hilarity and a fine set of questions ranging from Christmas numbers to Christmas hits, Christmas films to Pantomimes and Christmas Useless Information to Christmas foods.

Posh Tottie from the Khaki Devils' team was awarded Rear of the Year, and the winning team received a Christmas trophy and £5 each prize money. Our oldest team, Santa's Little Helpers, were congratulated on living a full 12 months since the last quiz to make it to this year's quiz night, and Jo Butt was forced onto the naughty chair and made to wear a turkey hat for refusing to allow extra help for everyone else with a question she knew the answer to and then asking for help on one she didn't know the answer to! She was swiftly followed by Andy Evershed, who argued with the quizmaster as was forced into sparkly Christmas glasses!!

All in all, a fine evening and a great way to start off the Christmas festivities.

Our thanks go to Mark for generating a great atmosphere and helping us to raise over £100 for village funds.

Susanne White

HAWSTEAD CHRISTMAS CRAFT FAYRE



The Christmas Craft Fayre this year was held on Sunday 6th December in the village hall. The hall was packed with stalls selling lots of Christmassy things including wreaths, decorations, preserves and lots of lovely items to buy as presents.

The ladies from our church manned the kitchen; selling hot drinks and yummy cakes and mince pies.

Steve was out in the cold selling his sausage and bacon rolls, which were much appreciated by hungry shoppers.

The Christmas tree and decorations in the hall really added to the festive feel and I would like to thank the Parish Council for arranging the safe

delivery of the tree and the helpers that came along to decorate it.

Many thanks to Clive Robinson for helping with the advertising of this event. The signs around the locality were very impressive and helped to spread the word!

Thank you to all the stallholders who participated and to everyone that came along and supported this event.

I wish you all Happy New Year

Jo Butt



VILLAGE CHRISTMAS LUNCH

On Thursday December the 17th nearly 40 of Hawstead's over 60s came along as guests of the Community Council to celebrate Christmas with a three course festive-feast at the village hall.

The annual Christmas lunch was enjoyed by many of Hawstead's most colourful characters and over spiced parsnip soup, traditional turkey and home-made Christmas pudding, they caught up with old friends and all the village gossip.

Many commented on the superb quality of the food which was served to the table piping hot - which is testament to both the skill of the caterers and the willing volunteers who helped with the service.

As in previous years there was a fantastic atmosphere in the hall and one guest reported that it was one of the best village events they'd ever been to!

Our Chairman Simon Miller compared the raffle and nearly everyone went home with a gift. After coffee and mince pies people made their way home having had a fine time amongst great company.

Andy Taplin on behalf of Hawstead Community Council



COURSES FOR FAMILY CARERS - FIND OUT MORE FOR FREE!

Suffolk Family Carers



Living Fuller Lives

Suffolk Family Carers is a Suffolk wide organisation which aims to offer support and information to anyone caring for a friend, family member or neighbour with any kind of illness, disability or frailty.

If you offer support, help or encouragement to a friend or family member who is unwell then you are a Family Carer and are able to access our free *Caring With Confidence* courses. These courses provide information and tips on ways to confidently care for your friend or loved one. A variety of topics are covered such as effective communication to get your needs met, ways to manage your emotions and take better care of yourself, balancing caring with other commitments you may have, and looking at day to day challenges.

We also have a wealth of resources which may help with a variety of issues and concerns you face within your caring role. If you care for someone with Dementia you could also access our *Caring for Dementia with Confidence* course which is specifically designed for those caring for someone with Dementia or memory loss. These sessions are not only a great way to gain useful information but also give you the opportunity to meet others in a similar situation.

Family Carers who have attended the sessions have said they have found it useful for a variety of reasons such as “feeling that I am not alone”, gaining “friendship and knowledge” and knowing “that there is help out there”.

These sessions run regularly so to find out more about either *Caring with Confidence* or *Caring for Dementia with Confidence*

please contact us on 01473 835446 or cwc@suffolkfamilycarers.org.

The Hawstead Journal was kindly
sponsored for this edition

Thank you for your contributions this edition. Our next Journal will be March / April 2016.
Please forward anything you have by 1st March 2016.

If you would like to sponsor the Journal for one edition, please contact Judy.

Judy Carter - Oakhill House, Pinford End, Tel: 01284 386512 or judy@mmgd.co.uk

GREAT WAR VISITOR'S CENTRE

Happy New Year! The mild weather has certainly been a bonus to us at Brook Farm, allowing us to progress with work on the original First World War army huts. Our Crowd Funding campaign in August was a great success, raising £11,500 towards rescuing these historic buildings. Many thanks to those of you who donated for a variety of rewards, it's great to know we have so much support in the village.

The money raised has enabled us to lay the bases for two more huts, and get the one we brought back last year from Brocton, Staffordshire, restored and rebuilt. It is waiting for windows, which are being made by apprentices on the construction course at West Suffolk College. The students are using plans from 1915 to build the windows and we hope that they will come and help install them after their project is assessed, so they will know exactly where their window is. This is a 'win-win' collaboration as projects the apprentices work on are often broken up and the wood recycled after they are marked. It's a great help as there are a total of sixty windows to repair or replace completely, so their contribution will lessen the workload considerably.

The Brocton hut, which was utilised as a two bedroomed bungalow after it finished its war service, is a great workshop for the team and volunteers to work in during the restoration of the rest of the huts. Kev has fitted a wood burning stove in there so it is heated exactly the same way as it was when used by the army during the First World War. It certainly beats the freezing cold, draughty barn we were working in last winter.

We shall be starting work on the barn soon. The plan is to build extensions on two sides to house the café, kitchen and toilets. As soon as it is completed we can open on a small scale, and host special events in the Recreation Hut which seats up to 120 people, and has a stage. Lyndsay has recently joined us from a military museum on the South Coast where, as part of her remit, she worked with the British Film Institute to screen films at the museum. She is planning to do the same here and also for us to take part in national annual events. I will keep you posted in the Journal with dates for events as they become available.

A number of people are interested in becoming more involved in the visitors' centre and have expressed interest in buying shares in Brook Farm Camp Ltd.

We have decided to offer shares for 24% equity in the company, and have established that the shares will qualify for tax relief under the Government's SEIS and EIS schemes. The schemes are designed to encourage investment in start-up companies and eligible shareholders can claim 50% or 30% allowance against their income tax liability. A maximum of £150,000 worth of shares can be raised from a number of investors under the SEIS scheme, allowing the purchaser 50% tax relief. We are keen to offer these to Hawstead residents before we officially open the share offer, so our neighbours may benefit from the most attractive tax relief. If you are interested in investing in this first round, we would be pleased to have a chat and show you how we are getting on with the site.

Please get in touch on 388986 or email brookfarmcamp@live.com. We look forward to hearing from you!

Tracey Mackenzie



HEADWAY SUFFOLK



Headway Suffolk

Ground Floor
Epsilon House
Ransomes Euro Park
West Road
Ipswich
Suffolk IP3 9FJ

Tel. 01473 712225

Website: www.headwaysuffolk.org.uk

Email: helenfairweather@headwaysuffolk.org.uk

Headway Suffolk is a local charity that offers rehabilitation, support and care to people with an acquired brain injury, stroke or other neurological condition. This is carried out at our hubs around Suffolk and in people's homes and community. The Charity has had a very successful year and is looking forward to an exciting 2016.

To help us with this we are currently recruiting high calibre staff who want to work for a vibrant organisation who offer good terms and conditions, offer training and a career ladder. We have a number of DVD clips on our recruitment page which tell the stories of some of our staff and the duties that they perform at Headway. Some speak of the career progression that they have enjoyed.

"We do not race from one client to another but tend to spend several hours working with one person. Maybe giving them care but also following a leisure activity, going to the cinema or helping them to return to work" said rehabilitation assistant Sam.

"I started as a driver, then a support worker. After training and experience I am now a senior having passed my level 2 and 3" Stated Trina.

If you would like to find out more about our work please visit our web site www.headwaysuffolk.org.uk or contact me on 01473 71222

Helen Fairweather
Chief Executive

HAWSTEAD CRAFT GROUP

The next meetings will be on Monday 25th January and Monday 29th February in the village hall from 10am to around 4pm. All are welcome to come along and get crafty and have a cuppa and a chat.

Jo Butt

STAY WELL THIS WINTER

Winter is always a busy time for the NHS, with an increased demand on services. To help the NHS cope with this extra demand and to ensure people get the right treatment at the right time and in the right place, we have compiled this list of helpful tips.



Be prepared – keeping a well-stocked medicine cabinet at home means you can deal with minor injury and illness more easily, saving you stress and hassle. Ask your pharmacist for the most appropriate items to keep a stock of.

Think Pharmacist – don't underestimate just how much help and advice your pharmacist can offer you. Pharmacists are qualified medical professionals who can offer help and advice to best treat your condition.

NHS 111 – the NHS 111 service never closes, it is open 24 hours a day, seven days a week. Call 111 if you need urgent medical help or advice. Calls to 111 are free from landlines and mobiles.

Flu Vaccination – please don't think that flu is just a bad cold. A bout of flu can be very serious. People aged 65 or over, or who have a long-term medical condition or are pregnant are entitled to a free vaccination from their GP.

Keep Your Hands Clean – norovirus, also known as the winter vomiting bug causes vomiting and diarrhoea. Prevent spreading or catching the bug is by washing your hands well. Wash your hands regularly with warm water and soap – effectively washing your hands should take as long as singing "Happy Birthday To You" through twice. Encourage your children to practice good hand hygiene.

Beat the winter blues – talk to someone. Talk about your anxieties with someone else, a friend, relative or a group such as the Samaritans. Talking about the things that are worrying you can make a big difference. Be active. Exercise has been shown to have a positive effect on mental as well as physical health. A simple walk or exercising to a DVD will make you feel more energised and boost your mood. Take some time to yourself. Get a good night's sleep. Better quality sleep can be achieved by keeping to a regular sleep routine, consuming less alcohol, exercising and relaxing before bedtime.

www.ipswichandeastsuffolkccg.nhs.uk

www.westsuffolkccg.nhs.uk

SPARKLY CLEAN CARPETS, CURTAINS AND CHAIRS

We treated Hawstead Village Hall to a pre-Christmas deep clean by inviting David Green (www.davidgreencleaning.co.uk) to come along with his powerful vacuum cleaners and other wet sucky things. He spent a day working hard to extract the several years of spills, splashes and dribbles from all the upholstery, carpet and curtains. We hope you agree that everything is looking fresher and ready for a few more years of hard wear.

David has kindly agreed to offer residents a special rate for cleaning for all bookings until 31 March 2016. He has to journey from Ipswich way, so if you have less than a day's work you'll need to find another resident for him for the remainder of the day.

Take a look at his rather professional-looking website to find out how he can help you smarten up your home, or call him on 01473 212954.

He comes highly recommended by Hawstead Community Council!

Susanne White



HAWSTEAD APPRECIATION AND TASTING SOCIETY (WINE CLUB)

Maggie and David gave us a really fun but informative evening on the 26th November with the heading **(Classic v New)**. The four grape varieties namely *Chardonnay*, *Sauvignon Blanc*, *Pinot Noir* and *Syrah* were represented from France and from the New World. It was a blind tasting and although most of us thought this would be a doddle – it certainly wasn't!

The results were surprising with the one given the highest marks being a *Pinot Noir* from New Zealand. The runner up was a *Sauvignon Blanc* from Chile, followed closely by a *Syrah* also from Chile. Number four was a *Chardonnay* from South Africa

At this point we wondered if any French wines would be chosen, but number five was a classic French *Chablis*.

Who would have thought ten years ago that the New World wine producers would triumph over the French? Of course it was only a matter of opinion in our small group! It really was a case of 'eat your heart out France' on this particular evening.

We didn't have a December meeting but look forward to January 28th when the evening will be hosted by David and I.

Judy Carter

HAWSTEAD READING GROUP

In November we met at Geraldine West's where we had lovely eats and drinks and our book for discussion was *"Funny Girl"* by *Nick Hornby*. It's the "swinging 60s" and the nation is mesmerised by unlikely comedy star Sophie Straw, the former Blackpool beauty queen who wants to make people laugh, like her heroine Lucille Ball. The writers of this new successful sitcom each harbour a secret and the Oxbridge educated director, Dennis, loves his job but hates his marriage. The male star Clive feels he's destined for better things and Sophie Straw, who has abandoned her old life, must decide whether to keep going or change the channel.

The book received mixed reviews from our members but was successful in evoking a period of youthful vitality and creativity when both were suddenly allowed to flourish.

With a full complement of members our Christmas meeting was held in Jane Holliday's lovely barn where we had festive nibbles and enjoyed fizz and Anthony's sloe gin! Our book for discussion was *"Room"* by *Emma Donoghue*. Told from the viewpoint of 5 year old Jack, he and his mother live in *"Room"* - a place the child has never left in his whole life! Unbeknownst to him however, he and his mother are both prisoners and his little boys world is about to be turned entirely upside down.....!

This is a very emotional story and the relationship between a mother and child, who ultimately only have each other, is told in a very moving way. Again a mixed reception from the Group - who either loved it or hated it partly because of it being written with a little boys vocabulary! It is interesting that *Room* has just been made into a major film which is shortly to be released.

We had a very fun evening at Jane's and as our last meeting of 2015 we chose our best book of the year which was *"Wake"* by *Anna Hope* and our worst as *"Funny Girl"* by *Nick Hornby*.

Our next meeting will be on Wednesday 6th January at 7.30pm at my house.

Ann Gibbs

REGULAR EVENTS

| | |
|---------------------------|---|
| Breathe Easy | Weekly on Tuesdays 9.15 - 10.15 am |
| Carpet Bowls | Weekly on Tuesdays 7.30 pm |
| Reading Group | 1st Wednesday of the month 7.30 pm (held in members' homes) |
| HATS (Wine Club) | Last Thursday of the month 8.00 pm (not December) |
| Hawstead Craft Group | Last Monday of the month 10am - 4pm (not December) |
| Hawstead Oil Buying Group | Orders placed end of each month (contact Michael Harrison 01284 386157 email: mharrison151@btinternet.com) |

HAWSTEAD PARISH COUNCIL MEETING DATES

*Meetings held at the Village Hall unless otherwise stated
Everyone is warmly welcome to attend, in fact you are positively encouraged to come!*

Meetings held bi-monthly on the third Thursday of the month at 7.30pm.

Dates arranged are:

| | |
|-------------------|---------------|
| 21st January 2016 | 17th March |
| 19th May | 21st July |
| 15th September | 17th November |

HAWSTEAD COMMUNITY COUNCIL

The Community Council meets in the Village Hall on the first Monday of each month at 7.30pm. Do please come along and enjoy the banter!

FORTHCOMING DATES FOR YOUR DIARY

In the Village Hall unless otherwise stated.

| | |
|-------------------------|-----------------------|
| Parish Council Meeting | 21st January - 7.30pm |
| Hawstead's Open Gardens | 3rd July |

Maglia Rosso requires a part time café person.

Two days per week.

Please contact Mandy on 01284 386884.

info@magliarosso.co.uk