

# The Village Voice



## Welcome to the first of our village newsletters

Now, more than ever, it's important to keep in touch and spread a little good news, which is why we've put together the Hawstead Village Voice. Our aim is to bring people together virtually, at a time when our usual social activities must take a back seat.

Not only do we plan to provide essential information about community support and services available to those in need, we'd also like to use this as a forum for sharing local updates, information and (most importantly) ideas for keeping boredom at bay.

If you'd like to contribute, we'd love to hear from you. Whether you've decided to use the time at home to write poetry, pen some short stories, or have a stash of (clean) jokes at your disposal – now is the time to share. We're also planning to bring you practical help and ideas with some regular gardening advice, recipes and links to websites that can help with home schooling.

Of course, if there's anything else you'd like to see included, or that you think we're missing, please let us know. You can send your contributions, feedback and comments to me (Anne East) at: [anneng100@googlemail.com](mailto:anneng100@googlemail.com)

You can also keep in touch via the Hawstead Journal Online Facebook page. You'll be able to add posts there and share information (subject to administrator approval).

# Wild about Hawstead



## Hawstead Village Hall

Please note that the

### VILLAGE HALL IS

**CURRENTLY CLOSED.** We will be looking at ways it can be used safely for the community. Please contact [bookings@hawsteadvillagehall.co.uk](mailto:bookings@hawsteadvillagehall.co.uk) if you have any enquiries or requests.

Please **DO NOT USE THE VILLAGE HALL CAR PARK AS OVERFLOW PERSONAL PARKING AT ANY TIME.** The bottle bank is emptied regularly and the whole car park surface and surrounds are due to be refurbished in the next few weeks.

## Hawstead Play Area

The play area adjacent to the village hall is **CLOSED until further notice.** Please ensure all village children understand the reasons and play elsewhere.



James and Cristabel Carr both work for the Environment Agency, ensuring our air, land and water are kept clean and free of pollutants. Here, James tells us a bit more about his role as a biodiversity officer and shares his passion for the great outdoors.

The Environment Agency has many key roles (you probably know of our flood risk work) and has an overriding legal duty *'to conserve and enhance the environment'* in everything we do. It might sound straightforward, but it does mean that even with difficult challenges, we need to find a result that is a real win-win for everyone, including people, businesses, wildlife and the wider environment.

If we need to repair a seawall in a busy holiday destination that has reptiles and water voles (all legally protected species) living in the working area, I need to find a method of doing it that works for everyone and leaves the beach, homes and habitats better off too. It taxes my brain, makes me weigh things up and means that often I have to think outside the box. It's satisfying achieving really sustainable results that leave everything better.

Humans are a very intelligent, resourceful species. We can look after the planet and still do stuff (it's called Sustainable Development) when we want to get on and work together unselfishly. At work, we help people do the right thing, and the law is there as a final back up to remind us all.

Numerous research studies into physical and mental health have consistently shown that **when we care for our environment and engage with it our lives are much richer, fuller and we are healthier.**

However, we have a global climate and biodiversity emergency because we haven't been doing this – we need to get better at it.



I hope that's not too boring but basically, when we work intelligently, think things through properly and holistically rather than just concentrating on our own interests, we can work things out and make everything better for all of us.

# Services

## Medication

### Angel Hill Surgery

Bury St Edmunds

A villager working at the surgery is happy to bring your medication to the village hall or your local Hawstead community volunteer. If you'd like this service, please contact

Susanne White:

[susanne@pamplin.me.uk](mailto:susanne@pamplin.me.uk)

### Victoria Surgery

Bury St Edmunds

If you are elderly or self-isolating and need your medication delivered, please contact the surgery's dispensary team between 2pm and 6pm

Tel: 01284 725550

**Village volunteers can also collect medications**

## Post Office

### Sicklesmere Stores

Currently open every day between 9am and 12pm.

# Wild about Hawstead *cont...*

That brings me back to Hawstead. There are lots of things that we can do to make our lives better and to make Hawstead an even lovelier place to live. My grandparents moved here with my Dad and my Aunt in the 1930s, liked it and stayed. Rosemary, my mum, lives at Beech Cottage on The Green where I grew up. Hawstead is a good spot. Most places have seen huge, sad losses in biodiversity in the last 50 years. Hawstead is no exception, but even now we still see new wildlife each year that delights and excites us.

So I thought I'd write about the wildlife we can see in Hawstead as Spring develops. If we have to cope with living isolated lives for a few weeks or months this year, we are in a good location and couldn't have a better time of year to slow down and take in our surroundings.

Fresh air, exercise and a change of scene are all brilliant for us. Let's get out and see, hear and smell what we can. I'll share what we find between us. Do please send in pictures, favourite or interesting sightings and any requests for information to [Jamesandchristabel@gmail.com](mailto:Jamesandchristabel@gmail.com) and we'll try to include them.

**And finally...** birds have started nesting. Some migrants have already begun arriving. Chiffchaffs are small green/brown warblers flying in from Africa and are here flitting through the trees and bushes around your garden. That brings me to the question 'How's your birdsong identification?' *Rubbish/could be better/should be presenting Springwatch?* Click on the link below and listen to the brief soundtrack, then sit in your garden or walk on The Green and I bet you hear a backing soundtrack sounding vaguely like a 'chiff-chaff' or 'chiff, chiff, chaff, chaff'. It then becomes annoying and drives you a little mad once you've tuned into it!

The chiffchaffs have come thousands of miles, all the way from Africa, so it's a bit rude not to notice them! They are lovely birds and will keep up that effort cheerfully 'chiffing' and 'chaffing' non-stop from March until June. Like a really annoying neighbour who never stops talking but is actually lovely to see and hear again after a long dark winter! Once identified, you can rest and congratulate yourself. You've heard the chiffchaff... and summer is officially coming!

**You have now qualified to be 'a good old country boi/gal/bumkin'** (delete as appropriate).

That new lifeskill wasn't difficult was it? Yes, you are very clever, have worked hard and have achieved today. You can now reward yourself with some of that chocolate you've hidden at the back of the cupboard (but no, 9.30am *is* too early for a sherry).

Contributor: James Carr

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/chiffchaff/>

## Services

### Emergency local trades

*Justin Mayes*

*Plumber (emergencies only please)*

*Tel: 07825 325584*

*The Clean Plumber*

*(emergencies only please)*

*Tel: 07284 765453*

[www.thecleanplumber.co.uk](http://www.thecleanplumber.co.uk)

*Kevin Seggie*

*Electrician  
(emergencies only please)*

*Tel: 01284 830786*

*Tel: 07768 108157*

### Gardening

*Rougham Hall Nurseries*

*Offering free local delivery on fresh produce, plants, compost and garden accessories.*

*Tel: 01359 270577*

### Crafts

*Snobbyeddy Crafts*

*Collection from Haverhill or can arrange delivery*

*Sewing, ceramics and lantern making kits available*

*Tel: 07748 125750*

[www.snobbyeddycrafts.co.uk](http://www.snobbyeddycrafts.co.uk)

# The Importance of Emotional Wellbeing



Leah Orr provides psychotherapeutic counselling to adults and young people in Suffolk. Here, Leah discusses resilience and how we can ensure we stay emotionally strong.

As you can imagine when I became aware of the current situation with coronavirus, my first thought was for the impact this could have on people's emotional wellbeing.

Part of our very human condition is that we are social creatures, which means that living in isolation is not a natural state for us – connection with others has always been an important element of our daily lives.

I've been so inspired by the wonderfully creative ways communities are finding to stay connected: social media, video links, sharing letters and putting pictures in windows for neighbours to see. In some cases, agreeing a set a time to walk past a window or come out into the street to wave, all of which will serve us well in limiting feelings of isolation and helping those who are 'at risk' to stay connected.

I'm often blown away by the British resilience that I see in my work. However, what can often marry up with this is a reluctance to ask for help. To try to encourage anyone that may fall into this category, please consider this: research tells us that 'doing a good deed' or an 'act of kindness' can actually give us a massive 'wellbeing boost' and make us feel good. So **in asking someone for help, you're actually giving them the opportunity to boost their own wellbeing too!** It's a win, win situation!

Each news story has the potential to bring uncertainty... the 'what ifs' about what's to come. Anxiety is often created when our thoughts drift to a future place, our imaginations create a 'worse case' scenario, and the terrain seems scary and unknown. Unfortunately, that's often how the human mind works, which means we need to make an effort to stay in the moment. Now, more than ever, it's in our interest to **stay grounded and calm** as much as we can.



# Church Services

*All face-to-face services  
have now been suspended,  
but you can still take part in  
virtual services*

*To find out more, go to the  
St Edmund Way Facebook  
page which can be found at:*

[www.facebook.com/  
stedmundway](http://www.facebook.com/stedmundway)

*If you would like to speak  
with Rev Jeremy Parsons,  
you can contact him at:*

*Tel: 01284 846166*

*Email:*

[rector@stedmundway.uk](mailto:rector@stedmundway.uk)

**St Edmundsbury Cathedral**

*live streaming daily. Go to  
[stedscathedral.org/worship](http://stedscathedral.org/worship)*

*for direct links*

**St Edmunds Catholic Church**

*Watch Mass online at  
[www.stedmundkm.org.uk/  
events/live-streaming-  
mass.php](http://www.stedmundkm.org.uk/events/live-streaming-mass.php)*

# The Importance of Emotional Wellbeing

*cont...*

We're fortunate to have an abundance of resources in our lovely village to help us stay 'in the moment and grounded'. If our minds start to wander to that unknown place, some of my favourite **grounding activities** are:

1. **Look out the window and see how many birds you can spot.** Watch the rhythm and flow of their flight.
2. **Open the door or window and listen to how many different sounds you can hear.** It's great at this time of year with all the bird song.
3. **Look in the field and garden to see how many different coloured leaves and flowers you can see.**
4. **Use deep breathing to gain relaxation.** Count to 5 while you breathe in, hold it for 5 seconds, then count to 5 as you release your breath, hold this for 5 seconds... And repeat. Remember that the breath needs to be deep and come from your diaphragm. If you place a hand on your belly, you should be able to see it go up and down.
5. **Any kind of crafting is usually relaxing.** When focus is placed on the activity you're doing, at that point in time you're keep your mind in the moment and calm. Some favourites are colouring in, word searches, painting, knitting, gardening and playing an instrument.

**Taking care of emotional wellbeing means taking care of our general health.** Try to get **regular exercise**, even if it's playing your favourite tune and dancing around the kitchen, or taking a stroll around the garden. Consider how much news you expose yourself to and make sure you have a **good amount of positive input**, even if it's watching a re-run of a favourite detective series or comedy show. These are all important factors.

Finally, **be mindful of what you eat**, and access **healthy food** options to stay well. This makes working together to get what's needed vital in the community. Supporting each other, checking in with neighbours and grabbing additional items will make trips to the shops even more worth while and essential, another win, win.

Stay safe and well.

*Contributor: Leah Orr*

# Recipe for the ultimate carbonara

I've adapted this recipe from one taken from BBC Good Food in order to make it a bit more everyday ingredient friendly (although pasta now seems a scarcity).

## Method

Boil a pan of water for the spaghetti.

Chop the bacon into small strips, grate the cheese, beat the eggs in a separate bowl.

Squash the garlic and fry with the butter (or oil) and bacon until the bacon is crisp. Discard the garlic at this point. Mix the cheese and eggs together well.

When the spaghetti is cooked, transfer it to the pan with bacon in... it doesn't matter if some of the cooking water splashes into the pan. Save some cooking water.

Take the pan with spaghetti and bacon off the heat (this part is really important otherwise your eggs will scramble).

Tip the cheese and egg combo into the spaghetti and bacon – combine so all the lovely sauce envelopes the spaghetti. The reserved cooking water can be used to make the sauce go a little further and become more velvety.

Add pepper to taste.

Serve immediately (it's really not nice cold).



## Ingredients (serves 4)

Butter or garlic oil

Few rashers of bacon (smoked is best. The original recipe called for 100g pancetta).

100g parmesan or pecorino (The original called for 50/50).

3 large eggs

2 garlic cloves

Spaghetti

Pepper to season

*Contributor: Anne East*

## Local produce

Andy and Fran Evershed usually have some eggs and at the moment have a few leeks and parsnips available from their garden. Please feel free to knock, phone or email if you would like any.

The Eversheds have kindly said they can also deliver if needed. Tel: 01284 386501, email:

[franandyevershed@gmail.com](mailto:franandyevershed@gmail.com), Address: 1 Fyletts Manor Cottages, The Green.

## Learning links

If you fancy a bit of online learning, take a look at: [www.centreofexcellence.com](http://www.centreofexcellence.com) for some online courses.

If you're home schooling or trying to keep little ones amused, here are some links for free downloads and printables:

- [www.twinkl.co.uk](http://www.twinkl.co.uk) – general learning resources
- [www.oxfordowl.co.uk/for-home/find-a-book/library-page/](http://www.oxfordowl.co.uk/for-home/find-a-book/library-page/) - free ebook library
- [www.coloring.ws](http://www.coloring.ws) – free printable colouring sheets

## Book recommendations

No more excuses about not having enough time to read... this is the ideal opportunity to catch up on great books you may have missed or always wanted to read. Here are some thoughts:

- **The Spy & the Traitor by Ben Macintyre** – based on a true story of a Russian KGB spy, I couldn't put this down. Clearly written and very engaging.
- **A Spy Among Friends by Ben Macintyre** – another true story again by Ben Macintyre but told from the other way around, this centres around British defector Kim Philby. Another excellent read.
- **All the Light We Cannot See by Anthony Doerr** – Pulitzer prize winning, this is a beautifully written story about two individuals on the opposite side of WWII.
- **Flowers for Algernon by Daniel Keyes** – an experiment on human intelligence leaves you asking questions about whether getting what you wish for is actually a good idea...
- **L'Assommoir by Emile Zola** – one of my all-time favourites about one woman's struggle in working class Paris. Part of the Rougon-Macquart series where Zola explores the gritty side of Parisian life through the fortunes of one family. First published in the late 1800s, don't be put off by its 'literary' credentials. Like all brilliant stories, this is a universal tale.

All books available on Amazon

*Contributor: Anne East*

## The White Horse, Whepstead is now closed

The White Horse in Whepsted is now closed until further notice (previous communication advised it was open for pre-orders).

## Maglia Rosso café is now closed but Bike Shop Open!

The café is now closed but the bike shop is open for repairs. Staffing is minimal, so it is best to call ahead to discuss your needs. Tel: 01284 386884.

## Recycling centres are now closed

Bulky waste (such as furniture, wood and metals) should be kept until the sites reopen. Please do not put electrical items in bins and, where possible, try to compost at home. You can find out more at: [www.suffolkrecycling.org.uk](http://www.suffolkrecycling.org.uk)

# Meals to takeaway



Meals can be delivered to those isolating by Casa in Bury

**St Edmunds - [casabse.co.uk](http://casabse.co.uk)**

Maria, the owner of Casa, the restaurant in Bury, has set up a system for delivering meals on wheels for those aged over 70 and vulnerable customers. Orders need to be placed and paid for by 4pm the day before. Prices are from £7 a day for a hot 2 course lunch. Add £3 for an evening salad, sandwich or soup and roll.

Contact either 01284 701313 or [bookings@casabse.co.uk](mailto:bookings@casabse.co.uk). Delivery is free in Bury and a small charge for surrounding local villages.

**The Greyhound, Chevington – Indian curries a speciality [www.chevingtongreyhound.co.uk](http://www.chevingtongreyhound.co.uk)**

The Greyhound in Chevington is providing takeaway meals both from their extensive Indian menu and their English menu – including Sunday Roasts. They'll deliver for free in the immediate area if you can't collect from their kitchen. They can even supply frozen Indian meals, which is really handy if self isolating. Menus and details are on their website.

**Orissa Indian Takeaway, Bury St Edmunds – [www.orissatakeaway.com](http://www.orissatakeaway.com)**

Full menu available to order online

**Sakura Japanese Restaurant, Bury St Edmunds – [www.sakuraclub.co.uk](http://www.sakuraclub.co.uk)**

Order online or via an app. Collect or have food delivered. Reduced rates to anyone who is self-isolating.

**Amigos Mexican Restaurant, Bury St Edmunds – [www.amigosbury.com](http://www.amigosbury.com)**

Delivery through Just Eat or Deliveroo

**Lucy's Restaurant, Fornham All Saints – [www.lucysrestaurant.co.uk](http://www.lucysrestaurant.co.uk)**

Delivery or collection

**The Melford Valley Indian Restaurant – [www.melfordvalley.com](http://www.melfordvalley.com)**

Order online for collection, just call 01787 311518 on arrival.

## Food deliveries

**The Friendly Loaf Company, Nowton – [www.thefriendlyloaf.co.uk](http://www.thefriendlyloaf.co.uk)**



Our local artisan bakery is open for business as usual but with strict distancing and hygiene protocols. If you need any orders, please call us on **07502 164894** and we will be happy to help. Please note when visiting the Trade Shop only one customer is allowed in the shop currently at any given time for health and safety reasons. We are also serving from our window. We thank you for your patience at this time and look forward to seeing you all. The shop sells a range of breads, eggs, milk and butter, plus a range of other patisserie and quiches. **Twice weekly (Wednesday/Saturday) delivery service to Hawstead Village Hall with the Friendly Loaf Company... Order Form sent to villagers via email!** The Friendly Loaf Company, Nowton Business Centre, Low Green, Bury Road, Nowton, Bury St Edmunds, Suffolk IP29 5ND

# Food deliveries *cont...*

## **Auntie Pams - [www.auntiepams.co.uk](http://www.auntiepams.co.uk)**

Online shop with deliveries between Woolpit and Newmarket. They will deliver, drop it on your doorstep, stand 2 metres back for the customer to collect and then sanitise hands between each delivery.

**Tony's Discount Deli** (Bury St Edmunds market stall trader) is offering a survival box including meats, cheeses, pork pies, etc., for £30 with free delivery - order via his Facebook page

## **Happy Veg Box – [happyvegbox.com](http://happyvegbox.com)**

Offering an Emergency Community Food Bundle

Happy Veg Box is helping to set up an Emergency Relief Food Network to distribute veggies and other essentials to the people who are most vulnerable at this time. If you are in self-isolation or simply running low, please get in touch. The aim is to create food bundles to be distributed by the growing network of Community Champions who are coordinating support. Either email us directly at [happyfoodcoop@gmail.com](mailto:happyfoodcoop@gmail.com) or register for the Community Food Bundle and we will contact you directly.

## **Rougham Hall Nurseries – [www.rhn.me.uk](http://www.rhn.me.uk)**

Currently COLLECTION ONLY for food orders. NB Sales areas are CLOSED for browsing. To help our local community we are now offering free local delivery or contact-free collection to customers who are unable to reach us at this time. We have a whole range of fresh produce and store cupboard essentials. And to keep you busy, why not spend some time in the garden?! We are offering free local delivery on all our plants, compost and gardening accessories. Call 01359 270577 for any queries.

## **Clark & Son, Long Melford – 01787 319330 and [www.clarkandsonmeats.com](http://www.clarkandsonmeats.com)**

Clark & Son are offering meat boxes with free delivery. So if you are in isolation or unable to stock your fridges, get in touch.

## **Marksman Produce – 01284 700345 OR [www.marksmanproduce.co.uk](http://www.marksmanproduce.co.uk)**

Fresh vegetables, home delivery

**We are hoping to organise twice-weekly deliveries from Marksman to Hawstead Village Hall... WATCH THIS SPACE!**

# Drinks deliveries

## **Thos Peatling – [www.thospeatling.com](http://www.thospeatling.com)**

Wines delivered to your door! (Free local delivery)

We are busy delivering wines all over the county as people cannot get to us. If we can help you with any requirement, big or small, please call or email us... Tel: 01284 755948 or 07958 675258 and [sales@thospeatling.co.uk](mailto:sales@thospeatling.co.uk)

As we know, wine is one of life's essentials, so we would hate for you to be without... and we are not limiting how much you can buy!



## Drinks deliveries cont...

**Beautiful Beers** - [www.beautifulbeers.co.uk](http://www.beautifulbeers.co.uk) They have lowered their online free delivery threshold to £15 for those within 10 miles of Bury St Edmunds. If you are aged over 65, they will apparently deliver any amount to you for no delivery charge... you still have to pay for the beer though!

## Green waste collection

**West Suffolk Council** has now **SUSPENDED GARDEN (BROWN BIN) COLLECTIONS** to help them maintain other essential waste services. If you subscribe to this service you should have received an email today about this. The subscription year will be extended to compensate. If you need any further information about council services, visit: [www.westsuffolk.gov.uk](http://www.westsuffolk.gov.uk). **Please remember to wash your hands with soap and water after moving your bins.**

## Hawstead Oil Cooperative

Remember our Group Oil Order Scheme, with no payment required 'up front'. Everyone pays the same price, so a minimum order of 500 litres does not attract a premium price. Effectively, you get about 1 month free credit before paying. Anyone interested in joining the scheme should contact Mike Harrison on [mharrison151@btinternet.com](mailto:mharrison151@btinternet.com)

Next order due start of April, so go and check your tank now!

## Staying in touch

### **Bury Free Press**

The Bury Free Press is currently available FREE ONLINE at [www.buryfreepress.co.uk](http://www.buryfreepress.co.uk)

### [www.nextdoor.co.uk](http://www.nextdoor.co.uk)

Nextdoor is a free neighbourhood hub for trusted connections and the exchange of helpful information, goods and services. Registration is simple, and you can then read and respond to all the posts from your neighbourhood.

## Stream theatre productions for free

You can now stream selected theatre productions for free from website Filmed on Stage. The productions are updated daily so it's worth taking a look to see what's available. If there's something particular you want to watch, some can be streamed for a fee via Amazon Prime. Visit: [www.filmedonstage.com](http://www.filmedonstage.com) and [filmedonstage.com/free](http://filmedonstage.com/free)

# Gardening

**Rougham Hall Nurseries** – [www.rhn.me.uk](http://www.rhn.me.uk)

Free local delivery or contact-free collection to customers who are unable to reach us at this time. Free local delivery on all our plants, compost and gardening accessories. Call 01359 270577 for any queries.

## **Mature horse manure**

Free supply and delivery to all self-isolating residents. Contact [susanne@pamplin.me.uk](mailto:susanne@pamplin.me.uk).

## **Free lawn mowing for vulnerable self-isolating Hawstead residents and NHS workers**

If you are not able to mow your lawn at the moment, please contact Benjamin on 01284 388166 or [susanne@pamplin.me.uk](mailto:susanne@pamplin.me.uk). He will come over and do it for you. He will bring his own equipment and asks that you remain indoors while he is working. Happy to extend this offer to NHS workers too busy to attend to their lawns at present. First come, first served...



# Online Emotional Support

For those with access to the internet and feeling isolated and in need of some virtual company, there is a fabulous site run by Mind – the national mental health charity – called Elefriends. It's a really supportive community and is open to everyone [www.elefriends.org.uk](http://www.elefriends.org.uk)

# Wonderful Walliams

Comedian and children's author David Walliams is releasing a **free children's audio book daily for the next 30 days**.

He tweeted: 'I am about to call in to @ZoeTheBall's @BBCRadio2 show to talk about the free 'World's Worst Children' audiobooks I am posting daily.'

The first story is already available for download on Walliams' website. Called 'The Terrible Triplets', it's part of his book 'The World's Worst Children 3', a collation of different stories that was released in 2018.

The audio book extracts will be released daily at 11am, and will be selected from his 'World's Worst Children' book series.

# FOR THOSE AGED 70+, PREGNANT OR WITH UNDERLYING HEALTH CONDITIONS... PLEASE DO NOT LEAVE HAWSTEAD

**We must ALL make an effort to minimise our trips out of the village, whatever our age.**

## **WHY STAY PUT?**

Hospital beds are needed for those who fall ill from amongst the huge number of people working to keep the NHS and other essential services going. By putting themselves at the forefront of the fight against Covid-19, they are risking their health. The least we can do is stay well to ensure the hospital beds are available for them, should they be required. And we can best do that by staying put.

**If you are aged 70+, have an underlying health condition or are pregnant, please do not leave the village. Village volunteers will collect your shopping, medication, etc., to minimise trips out of the village and to protect your health. Please call or email them. A contact list was hand delivered to every household last week.**

**Please rest assured you are not being a bother. You will be a bother if you get ill and need hospitalising!**

**If you are not in the high-risk categories, please STAY PUT TOO! And do not socialise. This isn't an unexpected holiday, it is a concerted effort to protect all citizens.**

## **HOW WILL THIS WORK?**

- Use the **village volunteers**
- Use **home delivery** services
- **Ask for help or phone for a chat**
- Keep in touch with family and friends by phone/computer

## **IF YOU FEEL UNWELL...**

**PLEASE DO NOT LEAVE HOME IF YOU OR SOMEONE YOU LIVE WITH HAS EITHER:**

- **A HIGH TEMPERATURE**
- **A NEW, CONTINUOUS COUGH**

## **LIVING ALONE?**

If you live alone and you have symptoms of coronavirus illness, however mild, **STAY AT HOME FOR 7 DAYS** from when your symptoms started. It might be just a normal cold... but it might not.

## **LIVING WITH OTHERS?**

If you live with others and you are the first in the household to have symptoms of coronavirus, then you must **STAY AT HOME FOR 7 DAYS, BUT ALL OTHER HOUSEHOLD MEMBERS WHO REMAIN WELL MUST STAY AT HOME AND NOT LEAVE THE HOUSE FOR 14 DAYS.** The 14-day period starts from the day when the first person in the house became ill.

**IMPORTANT:** For anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

## If you have Covid-19 symptoms

- **DO NOT GO TO A GP SURGERY, PHARMACY OR HOSPITAL**
- **You do not need to contact 111 to tell them you're staying at home**
- **Testing for coronavirus is not needed if you're staying at home**
- **TELL A VILLAGE VOLUNTEER and we can help you**

## Important Covid-19 advice

- **WASH YOUR HANDS** more often with soap and water
- If you **FEEL UNWELL**, tell a family member, friend or village volunteer
- **STAY WITHIN YOUR HOME AND GARDEN BOUNDARY**
- Stay **MORE THAN 2 METRES AWAY** from anyone not in your household
- Use our **VILLAGE VOLUNTEERS**
- If possible, **LEAVE POST FOR 3 DAYS** before opening
- **OPEN POST WITH EXTREME CARE...** throw away envelopes, deal with paperwork and then **WASH YOUR HANDS**
- **DO NOT USE PUBLIC TRANSPORT**
- **WORK FROM HOME**
- If you **FILL YOUR CAR WITH FUEL**, use **DISPOSABLE GLOVES**, then wash your hands
- After **HANDLING MONEY**, **WASH YOUR HANDS**
- Keep hydrated with **BOILED HOT/WARM WATER**, not cold
- If you have to go shopping, **ONLY ONE PERSON PER HOUSEHOLD SHOULD LEAVE THE VILLAGE...** it is not a family trip!
- **DO NOT MIX SOCIALLY...** use the phone or computer to stay in touch
- Use **HOME DELIVERY SERVICES** where possible
- Be a **GOOD NEIGHBOUR** and support each other mentally and physically
- Be a **GOOD CITIZEN** and put staff from the NHS and other essential services first

## Beware: Scams

Sadly, there will always be opportunists waiting to take advantage of a difficult situation, so be mindful of scams. Here are some that are currently doing the rounds. If you spot any more, then let us know.

- **BT – asking for bill authorisation**

The email asks you to update your information by clicking a link. Needless to say, don't follow the link. If in doubt, call BT directly on 0800 800150. It's also worth noting that this scam email uses the US spelling of 'authorizing', which is another tell tale sign that it could be fraudulent.

- **HMRC – notification of refund**

There are several HMRC scams. Some will be sent via email, others as text messages, but they all ask you to follow a link after suggesting you have a refund pending from HMRC. HMRC usually contacts you by letter. They also tend to either send you a cheque with a rebate addressed to you, or will transfer money directly to your nominated account. It is highly unlikely they would send you an email or text message.

- **Virgin Media – problem with broadband**

Calls from individuals claiming to be from Virgin Media advising that there is a problem with the broadband in your home. The calls are badly conducted with a lot of background noise and clearly from a non-UK-based call centre. Needless to say, do not engage, simply hang up the phone.

## Do you have something to contribute?

Please email Anne East direct on [anneng100@googlemail.com](mailto:anneng100@googlemail.com) if you have items or information to contribute to this newsletter.

Children's activities • Photographs of Hawstead • Ideas for gardening • Book reviews • Local restaurants and pubs serving the community • Quizzes • Poetry • Jokes • Recipes • Health & Wellbeing • Nature • Prayer and meditation

- Links to great online videos for exercise and crafting

We are keen to make this newsletter a positive read, so let's see what Hawstead residents can come up with...