

ISSUE

10

11
September
2020

The Village Voice



Welcome to our village newsletter

If you've lived in the village for years, you'll know Hawstead holds a summer fete annually. Sadly (for obvious reasons), this year's just wasn't possible. So here are some photographs of previous fetes to remind us not of what we're missing, but what we can look forward to when we can all come together again in person.

We've also got some fantastic photographs taken by Judy Carter of the sunflowers in the first field at The Cranks. If you haven't seen them in person, they're a real treat and were a welcome surprise when I first saw them a few weeks ago.

As ever, the Village Voice is our community newsletter. So if there is anything you would like to see in forthcoming issues, please let me know. If you have anything at all to contribute, please do send it in to me at:

anneng100@googlemail.com. The **deadline for submissions for issue 11 is 9 October.**

Sunny sunflowers

Thanks to Judy Carter for these lovely photographs of sunflowers. If you haven't seen them in real life, they're worth a look if you happen to be out and about.



Sunflower facts

- Sunflowers are actually native to the Americas and were used by Native Americans for food, medicine, and dyes.
- The tallest sunflower recorded to date grew to 8.23 metres (27 ft) in Germany.
- Sunflower seeds are mixed with rye flour to make a type of bread called Sonnenblumenkernbrot, found predominantly in Germany.
- There are two kinds of sunflower seed. Black seeds are used to make oil and margarines, while the stripy ones are eaten.
- Sunflowers can be used to remove uranium, and were used to clear toxins at Chernobyl and Fukushima.

Local walks

Andy Parrett has been a champion at reminding us about the fantastic walks and bike rides in and around Hawstead – here's an update.

You may recall that several descriptions and sketchmap plans of local walks have been published in issues of Village Voice. These have been added to and now comprise a total of 12 walks, some of which will take you a fair bit away from Hawstead. They are all circular walks and can generally be completed in about 2–2.5 hours. Villages so far graced include:

- Chedburgh
- Whepstead
- Rede
- Shimpling
- Brockley
- Hargrave
- Hartest
- Rushbrooke/Bradfield St George



The Swan at Lawshall and The Red House in Stanningfield can provide welcome pit stops on your journey.



There's scope for more, and I hope to add a further four in due course.

These walks can also be accessed and downloaded from the 'Leisure Time' page on the Hawstead village website <http://www.hawstead-parish-council.co.uk/leisure-time/walking-running/>

I can also thoroughly recommend Bike Ride 1 on the cycling part of the Leisure Time page. It's about 9 miles long. If you start at the village green, you'll go up Whepstead Road first, and this is the only real hill on the circuit! Get that done first and the rest of the ride, whilst not flat, contains no serious climbs, and you can whizz down Bells Lane at the end. Also, you can make it a mini pub crawl if you like (and if you remain socially distanced) because you'll be going past (so can stop if you wish and if they're open) both The Swan in Lawshall and The Red House in Stanningfield!

Contributor: Andy Parrett

Macmillan cancer support fundraising



As highlighted in the previous issue, our October Macmillan Coffee Morning had to be cancelled sadly. But you can still contribute to this worthy cause. Here's how...

If you would like to **make a donation**, **Joyce Dainty** would be **delighted to receive it** – small or large – through her letterbox (or the village hall's)! To contribute, please make your **cheque** payable to **Macmillan Cancer Support** and forward it to Joyce at Old Forge Cottage, Hawstead, IP29 5NP, telephone 01284 386314 by 2 October 2020. Alternatively pop the envelope through the village hall letterbox and it will be forwarded to Joyce.

Plus – don't forget to buy a **raffle ticket for a bespoke celebration cake** kindly being baked by Lesley Carey in support of Macmillan Cancer Support. An example of one of Lesley's special cakes is below. The cake will be an 8-inch round or square, iced and decorated fruit cake, perfect for a birthday or Christmas. If anyone has a specific celebration in mind, Lesley is happy to discuss the cake design in more detail.

Raffle tickets are £1 each. If you would like to be in with a chance of winning a terrific, homemade, fully decorated celebration cake, you'll need to:

- Place your donation in an envelope.
- Write your name, email, telephone number and the number of tickets you would like to buy on the front of the envelope.
- Pop your envelope through the letterbox at the village hall, where it will be collected.



All monies raised will go to Macmillan Cancer

Support. Remember, there is no limit on the number of tickets you can buy! Alternatively, if you would love to buy a celebration cake from Lesley, please feel free to make her a very generous offer and see what she says!

Hawstead Village needs you!

We moved to Hawstead around 10 years ago, having relocated from Surrey where I grew up. It was quite daunting moving past north London and out into 'the sticks'. But relocating to Hawstead has been brilliant. We've found it a welcoming and friendly community with plenty of local activities to get involved with.

Of course, those activities and events could not happen without our fantastic Hawstead Community Council. But our Community Council needs new volunteers, and the Community Council has sent this message...



We have asked several times for volunteers to step forwards to help with our village community council. We have played an important role within the village over the past 6 months, but we could do even more if we had more help. **These are the roles we are still seeking help with:**

- **Treasurer** (almost all done online) - from October 2020
- **Chair** – as soon as possible
- **Social event organiser** – as soon as possible

We are also looking for someone to take on the role of **Bookings Clerk**. Initially, at least, this would need to be on a voluntary basis while income is so uncertain. Or it could be shared.

Our thanks to the following who have offered their time in a voluntary capacity to help us

- **John Wetton** – cutting the play area grass
- **John West/Chris Pamplin/Ben Pamplin** – cutting the main grassy areas and village green tracks during lockdown and ahead of weddings
- **Ali Bovill** – weekly housekeeping checks
- **John West** – auditing accounts

As you can see from the above, our larger tasks can be split into smaller tasks or shared so that you don't feel overburdened. If you would like to get a bit more involved in village life and help us to provide more social opportunities for the village, please step forward urgently. Simply email us and we can arrange to meet you at the hall to discuss the options.

Susanne White, Current Chair, Hawstead Community Council

September gardening jobs

If you're looking for ways to get ahead in the garden, here are some September jobs to keep you busy – taken from www.gardenersworld.com.

- 1) Start sowing hardy annuals for early next summer.
- 2) Plant up containers for autumn. The Gardeners' World website has a step by step guide if you've never done this before: <https://www.gardenersworld.com/how-to/grow-plants/autumn-pot-display/>
- 3) Start lifting overcrowded perennials when they finish flowering.
- 4) Make the most of summer plants by dead heading.
- 5) Trim hedges and conifers.
- 6) Leave sunflower heads in place for birds to feed on.
- 7) Start collecting ripe seeds for planting next year.

Local produce

You may have seen this outside our house (1 Manor Cottages) recently. We have put out tomatoes, cucumber, Bramley apples, potatoes, courgettes, etc., for you to help yourselves. We will continue with it for the next few weeks until we run out of produce.

All the veg is free, but we have asked for donations to Bury St Edmunds Rickshaw. So far we have about £65 to donate, which is brilliant!!

So, thank you so much to all of you who have donated.

Fran and Andy Evershed



Just for kids



What's On West Suffolk

If you haven't had the chance to visit the WOWS website, it's a great place to find locally based activities for any age. One event that caught my eye was the [Gaia event](#). It's a 7-metre replica of the Earth suspended from the ceiling which allows visitors to see the planet only as astronomers have. It looks amazing, but tickets for the weekends are selling out fast. It's free, but if you are able to make a donation towards the event, The Apex would be very grateful.

<https://www.whatsonwestsuffolk.co.uk/>



Riddles

What is so fragile that saying its name breaks it?

- Silence

I'm an odd number. Take away a letter and I become even. What number am I?

- Seven

[Taken from Fatherly.com](#)

The Week Junior offer

The Week Junior currently has a subscription offer – get your first six issues free. You can cancel after the freebie, but we chose to carry on because the children enjoyed reading it.

<https://theweekjunior.co.uk/subscriptions>



Make your own tissue box monsters

I saw this on the Good Housekeeping website and thought it looked great fun. Simply cover or paint old tissue boxes, add some googly eyes and you've got yourself a DIY monster.



Joke corner

What does the ocean do when it sees its friends?

- It waves!

Recipe: Lemon meringue pie

This is a Mary Berry recipe that a friend first made for me. Since then, it's been my go-to pudding. While it looks like you've slaved for hours over it, it's actually easy-peasy because there's no pastry. It's a biscuit base, so a bit of a cheat's pud, but it's delicious!

Method

- 1) Pre-heat oven to 190°C/Fan 170°C/Gas 5. Grease a deep flan dish.
- 2) Crush the biscuits (very cathartic with a rolling pin I find). Melt the butter and then stir in the biscuit crumbs. Tip into your flan dish and leave in the fridge to set.
- 3) Pour the condensed milk into a bowl, add the egg yolks, lemon rind and juice (strained to remove pips). Whisk until the mixture is nice and smooth, and tip onto the biscuit base.
- 4) Whisk the egg whites until stiff, add the sugar gradually whisking in between additions. Keep going until all the sugar has been used.
- 5) Pile spoonfuls of the meringue mix over the surface of the lemon filling, spread it evenly over the top. If you're feeling artistic, you might like to add a few swirly bits for maximum chef-iness.
- 6) Bake in the oven for 15–20 minutes or until the meringue is light brown. Leave to cool. Can be served warm or cold.

Ingredients for the base

- 175g digestive biscuits
- 75g butter (I use a bit more, nearer 90g just for extra buttery stickiness)

Ingredients for the filling

- 397g can condensed milk
- 3 large egg yolks
- Finely grated rind and juice of 3 lemons

Ingredients for the topping

- 3 large egg whites
- 175g caster sugar



It's back! Quiz corner by Mike Sibley

Thanks to Mike for taking the time to compile this latest quiz, which has been much missed I'm sure.



If you fancy challenging fellow villagers with a brain teaser, please send your contributions to anneng100@googlemail.com. All answers will be in the next issue!

1. Who was the last foreign-born queen on the English throne?
2. William Joyce was hanged as a traitor in 1946. What was his other name as coined by Fleet Street?
3. What is a half Nelson?
4. The Magna Carta was signed by King John in London, York or Runnymede?
5. What was the name of the Beatles manager who propelled them to fame?
6. A Scouser, a Geordie and a Tyke. What parts of England are they from?
7. What are the official languages of Switzerland?
8. Who invented the Morse Code and what nationality was he?
9. Who discovered penicillin?
10. What title did King Edward VIII take after his abdication?
11. What is celebrated on 11 November?
12. What is the capital of Canada, and what are the two official languages?
13. What is the name of the fish-eating eagle?
14. Who was the founder of the BBC?
15. Which bird spends most of its time in flight?
16. Can you name the last Labour prime minister?

WASH



COVER



FACE

MAKE



SPACE

There's a great information video online at https://www.gov.uk/coronavirus?gclid=EAlaIQobChMI_n_Xr2Zff6wIV6RkGAB2Zjw4cEAAYASAAEgJd7PD_BwE. Take some time to watch it and to digest the important advice. The text of the video is below...

As winter approaches, we'll be spending **more time indoors**. This will **increase the risk of coronavirus spreading**.

The following reconstructions of everyday environments show why **washing hands regularly, wearing a face covering and keeping at least 2 metres apart** is vital in controlling the spread.

Coronavirus can live for more than 24 hours indoors.

You could pick up or pass on the virus by touching a contaminated surface.

Washing your hands with soap and water, or using hand sanitiser, regularly throughout the day will reduce the risk of catching or passing it on.

Coronavirus can be found in tiny droplets coming out of your nose and mouth.

Wearing a face covering over your nose and mouth reduces the spread of droplets carrying the virus. This

means if you have it, you're less likely to pass it on to others.

Larger droplets can land on other people or on surfaces they touch. Spreading the virus through droplets is most likely to happen when you are less than 2 metres apart.

Smaller droplets called aerosols can stay in the air for some time, especially if there is no **ventilation**.

So **when you are with people not from your household, you must keep at least 2 metres apart**.

The **risk of spreading the virus through smaller droplets is much less outdoors**, where there is more ventilation.

Wash your hands, cover your face, make space. These are the three most effective ways we can all control the spread of the virus.

Remember, **if you have any coronavirus symptoms – high temperature, a new continuous cough, or a loss or change in your sense of taste or smell – get a free test by calling 119 or visiting NHS.uk**.

Together, we will control the virus and stop the spread.

Don't forget, Hands, Face, Space.

West Suffolk Council Information Resources



West Suffolk Council's website has lots of useful information about looking after ourselves and each other (at <https://www.westsuffolk.gov.uk/community/lifelink/covid-19-information-and-wellbeing-guide.cfm>). Each information point has a link to further information.

Physically, mentally and emotionally, we can do a lot to protect and support our own health. LifeLink has compiled this guide to great resources and virtual support.

Advice, support and guidance

- Beware of scams - [Suffolk Trading Standards](#)
- [Citizens Advice Bureau Suffolk](#) - Adviceline 0300 330 1151 (Monday to Friday 9.30am to 3.30pm)
- [Suffolk Fire Service](#) - fire safety at home
- [Volunteering for the NHS](#)
- West Suffolk Council Customer Service 01284 763233; out of hours emergency service 01284 763252

Carers support

- [Suffolk Carers Matter](#) - Advice line 01284 333035

- [Suffolk Family Carers](#) - 01473 735477
- [Suffolk Parent Carer Network](#) - Have a new page on their website with a general Family Support Pack which contains useful links to local and national support, as well as an Information Pack for Families relating to COVID-19. Phone 07341 126455

Domestic abuse support

- [Anglia Care Trust](#) - 08009 775 690
- [Domestic Abuse Outreach Service](#) (Anglia Care Trust) - 0800 977 5690
- [Lighthouse](#) - 01473 228 270
- [Leeway Support](#) - 0300 561 0077
- [Norfolk and Suffolk Victim Care](#) - Open as normal for referrals and providing telephone support, to anyone impacted by crime Monday to Friday between 8am-5pm phone 0300 303 3706. For support outside of these hours call the Victim Support 24 hour line on 0808 168 9111.
- [Suffolk Rape Crisis](#) - provides support to women and girls aged 14 and above who have experienced any form of sexual violence, at any point in their lives. Open for referrals, telephone support and online counselling being provided. Phone 0800 085 0520
- [The Suffolk Safeguarding Partnership](#) have created a video to raise awareness of safeguarding for children and adults at risk and tell members of the public what to do if they see something that doesn't seem quite right. During this challenging time, it will be even harder for children and adults who are already vulnerable to tell us what is happening to them. We are all responsible for safeguarding and now more than ever it is important that we are alert to the signs of abuse and neglect.

Drug and alcohol support

- [Turning Point](#) - Offering support for clients over the phone and accepting new referrals over the phone 0300 123 0872
- [Anglia Care Trust DAROS](#) - Drug and Alcohol Outreach Recovery Service support for those sleeping rough and using drugs or alcohol on the streets of Suffolk.
- [Go Get Sober](#) is an online service helping people who have stopped drinking and want some motivation, support and guidance to stay sober. Membership is free during the coronavirus pandemic. Resources include a structured online coaching programme which shares techniques and tips to guide you through what to do and how to do it to maintain a happy and healthy sober lifestyle; a private online forum to help you feel connected and supported and where you can get all your questions answered; and hundreds of helpful blogs to help you stay positive and motivated. Contact admin@gogetsober.com or phone 07834 538838

Education and learning

- [Alison - Core IT skills courses](#) - In this day and age, everything revolves around computers. With our Microsoft digital literacy classes, you will learn IT basics and how the Internet works as well as study productivity programs which will be very useful in developing your social and professional skills. We also offer training courses in digital lifestyles where you will look into useful technologies including MP3 players, digital cameras, smartphones, and more.
- [Moyses Hall Museum](#) - Facebook - activities and competitions
- [Online Centres Network](#) is made up of over 5,000 grassroots organisations, all working to tackle digital and social exclusion by providing people with the skills and confidence they need to access digital technology.

- [Realise Futures](#) - A company operating across Suffolk and Essex combining commercial trade of products and services alongside work placements, employment and training opportunities. The primary aim of the business is to improve and promote the economic and social wellbeing of those who are disadvantaged and/or disabled.
- [Suffolk Libraries](#) – Online events, activities and groups - Enjoy library live streams, recorded events, book and film groups from your home.
[eLibrary](#) - Free access to thousands of the latest eBooks, eAudio titles, magazines, newspapers, films, courses and streaming. For children and adults.
- [West Stow Anglo-Saxon Village Facebook](#) - activities and competitions

Employment

- [New Anglia Local Enterprise Partnership](#) - employment opportunities

Finance

- [The Money Advice Service](#) - Coronavirus and your money
- [Money Saving Expert](#)
- [Post Office Payout](#) - A secure way of allowing someone to collect cash on your behalf
- [Universal Credit](#) - Help to Claim 0800 144 8 444 (Freephone Monday to Friday 8am to 6pm)

Health, wellbeing and fitness

- [Active Suffolk](#)
- [Alzheimer's Association](#) - 0300 222 11 22
- [Asthma UK](#) - 0300 222 5800
- [Beat Eating Disorders](#) - UK's leading eating disorders charity. Helpline: 0808 801 0677, Youthline: 0808 081 0711
- [Big White Wall](#) - An online service providing access to millions with anxiety, depression and other common mental health issues
- [British Heart Foundation](#) - 0300 330 3311

- [British Red Cross](#) - 0344 871 11 11
British Red Cross - Get support at home - You can get support and care from the British Red Cross to help you live independently at home or when you return after a stay in hospital.
- [Cafcass](#) (Children and Family Court Advisory and Support Service) COVID-19 guidance for parents, children and families
- [Calm](#) - Free calming, mindful exercises.
- [Child Bereavement UK](#) - help for children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. They also provide training to professionals, equipping them to provide the best possible care to bereaved families.
Helpline: 0800 02 888 40 Monday to Friday, 9am to 5pm (except bank holidays), live chat via their website, or email support@childbereavementuk.org
- [Cruse Bereavement Care Suffolk](#) - supporting clients who are struggling with grief and bereavement. Normally this is done via face to face meetings in client's homes, but currently offering telephone support. If anyone is in emotional distress connected with bereavement, then Cruse offers free confidential support via trained volunteers and the website also contains a lot of information and advice. Cruse National Helpline 0808 808 1677
- [Diabetes UK](#) - 0345 123 2399
- [Elefriends](#) - Suffolk Mind's online moderated chat rooms for mental health support.
- [EPIC Dad](#) - Online and phone support just for dads and dads to be!
- [Every Mind Matters](#) - A public health resource for everyone. A range of practical tips, apps and resources to help you look after your mental health. Expert advice on how to spot the signs of common mental health concerns.
Connections to services and activities to improve your wellbeing. Information about helplines and charities if you need more support. 14 Apps that you can download and use also includes information on diet, alcohol, smoking and exercise, as well as mental health.
- [First Response](#) - A 24/7 helpline offering immediate advice, support and signposting for people with mental health difficulties, run by Norfolk and Suffolk Foundation Trust. If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health you can now call the helpline on 0808 196 3494.
- [Healthy Suffolk](#) - Emotional Wellbeing, Mental Health and Learning Disabilities COVID-19 Information Hub.
- [Home, But Not Alone](#) - Find support during the coronavirus (COVID-19) pandemic, including our emergency phoneline if you need urgent help.
- [Keep Moving Suffolk](#) - support and encouragement for local people to get active and stay active during the coronavirus outbreak. It communicates how important it is to be active or to remain active at the current time and provides hints, tips, advice and a trusted one-stop-shop full of local and national information and resources that have been developed specifically to make it easy for people to become or remain active at home.
- [Kids activities blog](#) – A whole range of options for parents who have kids at home including activities and educational resources.
- [Kooth](#) offers children and young people across the whole of Suffolk access to moderated online forums and opportunities to read and contribute to self-help articles. Journals and goal trackers are available for young people to reflect their thoughts and feelings. They can access online help through qualified counsellors who are available from midday to 10pm every weekday and from 6pm to 10pm at weekends, 365 days a year. Young people can also drop in for one-to-one instant text-based chats or book a session in advance to seek support or advice on any topic they wish, from coping with exam

stress or bullying, eating disorders, suicidal thoughts or sexual abuse.

- [Men's Health Forum](#) - 24 hours a day stress support for men by text, chat and email.
- [Mental Health Foundation](#) - Information and advice.
- [Mind](#) - Coronavirus and your wellbeing
- [NHS Advice for everyone - coronavirus \(COVID-19\)](#)
- [NHS - Every mind matters](#) - There are two 'quizzes' available, one for physical health and one for mental health, both are easy to complete and give advice and options for exercise, meal plans, sleep, wellbeing and so on.
- [NHS - Fitness studio](#) – Online fitness videos suitable for home workouts for all abilities.
- [Nextdoor](#) - The easiest way to keep up with everything in your neighbourhood.
- [One Life Suffolk](#) - Physical and mental wellbeing support.
- [One You](#) - includes digital advice for physical and mental wellbeing. This includes resources to help you reduce drinking, stop smoking, exercise, eat better, sleep better, and control stress. There are also apps to download.
- Parks and open spaces - [West Suffolk parks](#)
- [Qwell](#) - Online Mental Health Support.
- [Recovery College online](#) - a range of online courses.
- [Rethink mental illness](#) - Support and advice for people living with mental illness. Phone 0300 5000 927 (Mon – Fri 9am-5pm)
- [Samaritans](#) - 116 123 (freephone 24hrs a day)
- [SENSational Families](#) - a small charity based in Norfolk that provides a range of support services and training to parents who have a child with a special educational needs or a disability (SEND)
- [Sharing parenting](#) - Online and phone support for parents.
- [Suffolk Bereavement Support](#) - Offering email and telephone support to members and can offer some email and telephone support to

those who may be interested in joining in the future. Includes useful information for anyone experiencing bereavement. Phone 01473 824066

- [Suffolk Emotional Wellbeing Hub](#) - provides:
 - a team of Emotional Wellbeing Practitioners for expert information, advice and support
 - an online referral form for anyone concerned about a child or young person's emotional wellbeing and mental health. Young people can also self-refer
 - a consultation helpline for emotional wellbeing and mental health issues relating to children and young peopleThe Emotional Wellbeing Hub replaces the NSFT (Norfolk and Suffolk Foundation Trust) Access and Assessment Service for 0 to 25 year olds. It provides a simple process for families, young people, and professionals to make a referral or get advice about wellbeing and mental health services. Call 0345 600 2090, available Monday to Friday, 8am to 7:30pm. You can visit the Emotional Wellbeing Gateway website for more information and to make an online referral.
- [Suffolk Mind](#) - Have split support into resources for adults and resources for families and children. It's all accessible via a special section of their website. All services have moved into an online or telephone version.
- [Suffolk Mind - Suffolk Night Owls](#) - Fill out the registration form and someone will contact you.
- [Suffolk Wellbeing - Living Life to the Full](#) - has web based cognitive behaviour courses (CBT) courses – Living Life To The Full which have now been adapted for coronavirus.
- [Suffolk Wellbeing Service](#) - is still open for business, individuals can self-refer by accessing the website. the website also gives information and advice for self-help and webinars on topics relating to mental health and wellbeing during corona virus pandemic. Help line number 0300 123 1503 - lines open 9am-5pm.

- [The Source](#) - Advice for young people in Suffolk. A very easily accessible site with links for both physical and mental health, along with advice on life suitable for all young people
- [Wednesday's Child](#) - has a new eating disorder helpline available to families and sufferers in Suffolk affected by an eating disorder. Call: 0800 844 5211
- [XenZone](#) - Online mental health support for children.

Older people

- [The Voluntary Network](#) - Operating their befriending service are making phone calls. Phone 01638 608048 or 608049
- [Alzheimer's Society](#) - Coronavirus: Information for people affected by dementia
- [Dementia Together Suffolk](#) (Provided by Sue Ryder) will continue to be operating within the restrictions of the coronavirus outbreak and the UK Government, Public Health England guidelines.
 - The helpline will continue to be available seven days a week for continuous support throughout this difficult time Phone free

helpline - 08081 688 000.

- Dementia Together Navigators will also be able to complete a detailed assessment over the phone, or by video, offering support, education and a listening ear throughout this difficult time, they will not currently be visiting surgeries .
- Also providing carers with information regarding a range of creative activities that they can engage in with people living with dementia; linking service users to local community networks, which are offering help with shopping, collecting prescriptions and welfare calls. Encouraging service users to look after their own emotional health and wellbeing at this time.
- [Dementia UK](#) - Coronavirus (COVID-19): information for families looking after someone with dementia
- [The Silverline](#) - A charity for the elderly who offer advice and phone befriending for free. The helpline is open 24 hours a day. Phone 0800 4 70 80 90
- [Age UK](#) - 0800 678 1602

**We're here
to help you**

**HAWSTEAD
VOLUNTEER
GROUP**

Community Services

Medication

- **Angel Hill Surgery** – A villager 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
- **Victoria Surgery** – If you're elderly or self-isolating and need your medication delivered, please contact the surgery's dispensary team between 2pm and 6pm on 01284 725550.
- **Village volunteers can also collect your medication from any surgery in Bury St Edmunds.** Please contact them direct.

Hawstead Village website

Don't forget that you can find all sorts of information about Hawstead, including walks, bike rides and meeting minutes, on our village website. It contains a wealth of information. And if you're interested in village history, then take a look at [Hawstead's History Recorder reports](#). You can also find all previous issues of the Village Voice online too!

Hawstead Village Hall

Please note that the **VILLAGE HALL IS COVID SECURE** and is one of a very few local halls **CURRENTLY OPEN** for bookings. That said, **only events properly risk assessed and run by recognised businesses/organisations can take place at present. SO THAT MEANS NO SOCIAL EVENTS.**

At the moment we have two yoga groups (on a Tuesday morning and Thursday morning) in the hall, and the Bowls Club is hoping to return shortly.

Looking ahead, we are currently unsure whether any of our usual Christmas activities (seniors lunch and Christmas drinks party) will be able to take place, but we do have alternative plans!

If you have any booking enquiries for future events, please contact us on bookings@hawsteadvillagehall.co.uk. In the meantime, please **do not use the village hall car park as overflow personal parking at any time.**

You can find out more about the village hall by visiting our new website:

<https://www.hawsteadvillagehall.co.uk>

The Village Voice is now monthly

If you would like to see anything featured or have something to submit, please send requests, comments and submissions to anneng100@googlemail.com by **9 October 2020**.

