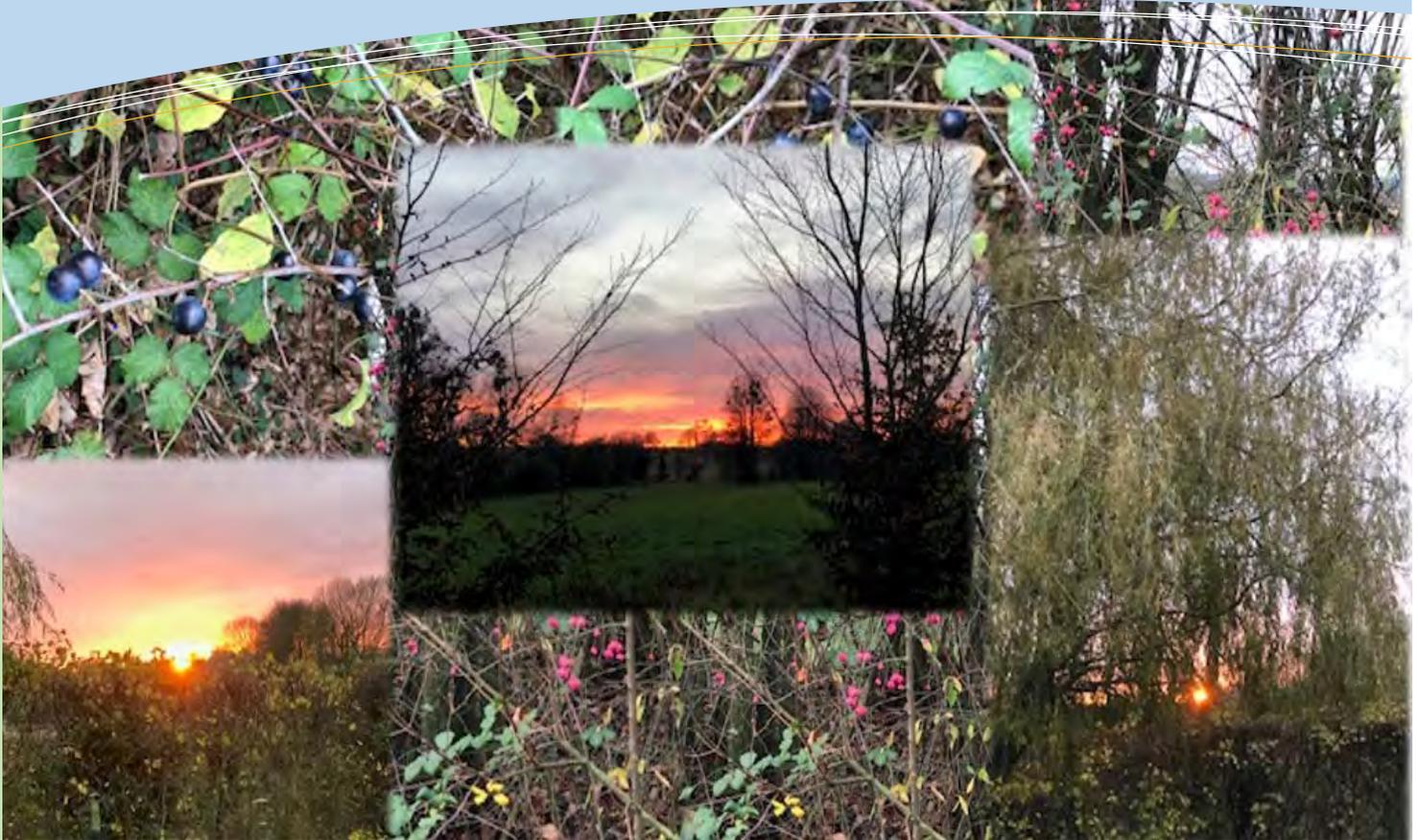


ISSUE
12

The Village Voice

3 December
2020



Welcome to our village newsletter

Thanks to Judy Carter for these lovely sunsets and photos of the berries that have started to make an appearance.

This is also the last Village Voice for 2020, a year (which I think it's safe to say) we'll be pleased to see the back of. Long-standing Hawstead villagers will know that we've missed all our usual annual events like our summer fete and Christmas drinks, but hopefully that means we'll look forward to them all the more in 2021 (and not take them for granted). It's also been fantastic to see our village pull together at what has undoubtedly been a difficult time for many.

As ever, the Village Voice is our community newsletter. 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 issue 13 submissions is 25 January 2021.

Berries in bloom

Judy Carter has been busy snapping photographs of all the berries that are flourishing around us at the moment. According to weather folklore, a plethora of berries (of which there seem to be) indicates a hard winter – we shall have to wait and see. Here's what the Woodland Trust has to say about winter berries...



When do winter berries appear?



Different berries grow in different seasons – they're not all around in winter. Elderberries, for example, ripen in late summer and are devoured by birds and mammals soon after.

All berries you can see in winter have grown in the autumn. Some will last longer than others, even making it as far as February in some cases. It all depends on the species and how popular the berries are with the dependent wildlife.

Amazingly, studies have shown that birds actually choose the order in which they eat berries to make sure they have food available for as much of the winter as possible.

First, they eat the non-toxic berries with short shelf lives, like blackberries. Those with longer retention periods, or with a mild toxicity, like ivy, are left untouched until other food sources are scarce. Even then, berries with mild toxicity levels can only be consumed in low numbers in any one sitting.

This makes sure there's a supply of berries long into the winter.

Extract from the [Woodland Trust](#)



Weather lore

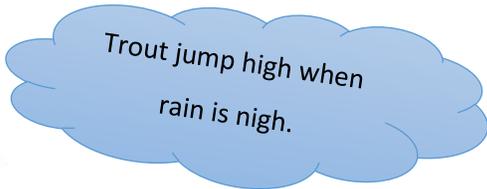
Berries might signify a hard winter, but what other weather lore is there? Here are a few I found, but how many do you know? If you've got any others, send them in!



Red sky at night,
shepherd's delight. Red
sky in the morning,
shepherd's warning.



Cows lie down when
it's about to rain.



Trout jump high when
rain is nigh.



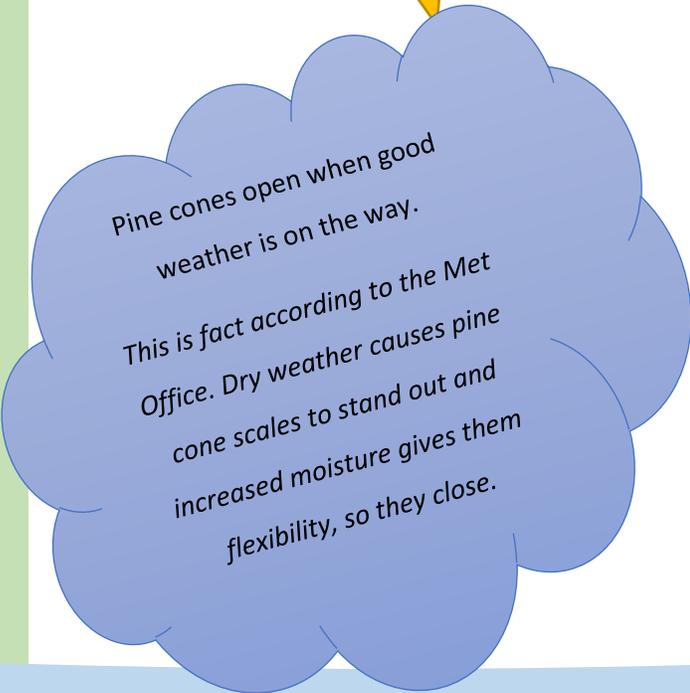
It's too cold for
snow.



Frogs will call
before the rain,
but in the sun
are quiet again.



Rain before
seven, clear
before eleven.



Pine cones open when good
weather is on the way.

This is fact according to the Met
Office. Dry weather causes pine
cone scales to stand out and
increased moisture gives them
flexibility, so they close.



Find Rudolph



Rudolph has lost his way (so much for that nose). See how many lost Rudolphins you can find in this issue of the Village Voice. First entry with the correct answer wins a small prize. There is one adult and one child prize up for grabs, so let me know which category you fall into!

Email: anneng100@googlemail.com

Virtual coffee club

Villager Geraldine West has set up a weekly virtual Hawstead coffee morning via Zoom on a Thursday morning from 10.30am. Simply log on with your cup of tea/coffee ready to sit and chat or listen to others talking.



If you have a neighbour who you think would benefit from joining in this regular social activity but is perhaps a bit worried about using IT, please try to help them (remaining socially distanced, of course!). Please note that you need no special software to join in. You will simply need to click on a link sent to you by Geraldine. **All villagers are welcome.**

The first meeting took place on Thursday 26 November and was a great success. The Zoom meeting software, although perhaps a little daunting at first, is really very easy to use. If you are not familiar with it, Geraldine will talk you through setting up and have a trial run with you.

The coffee meetings are every week from 10.30 to 11.30, but you can, of course, come along and leave when you please.

If you would like more information or to join, email geraldinewest@waitrose.com or call her on 01284 388732.

Our thanks to Geraldine for taking steps to organise this community social activity



Hawstead hideaway

Thanks to John West for this great photograph of a den that some very talented builders have constructed at Hawstead Brook near the bridge at Bells Lane. Guarding this new-found hide-out is Hamish!



NOTICE: Temporary Estate Footpaths now CLOSED

The Estate is once again working fully and all footpaths kindly opened during lockdown are now closed for the safety of Estate clients and workers, as well as members of the Public. Our thanks to the Brown family for allowing special access over recent months.

Footpaths

Thanks to Andy Parrett for this insightful piece on footpaths. Don't forget, you can enjoy some splendid walks around Hawstead. A selection of routes can be found on the Hawstead Parish Council website:

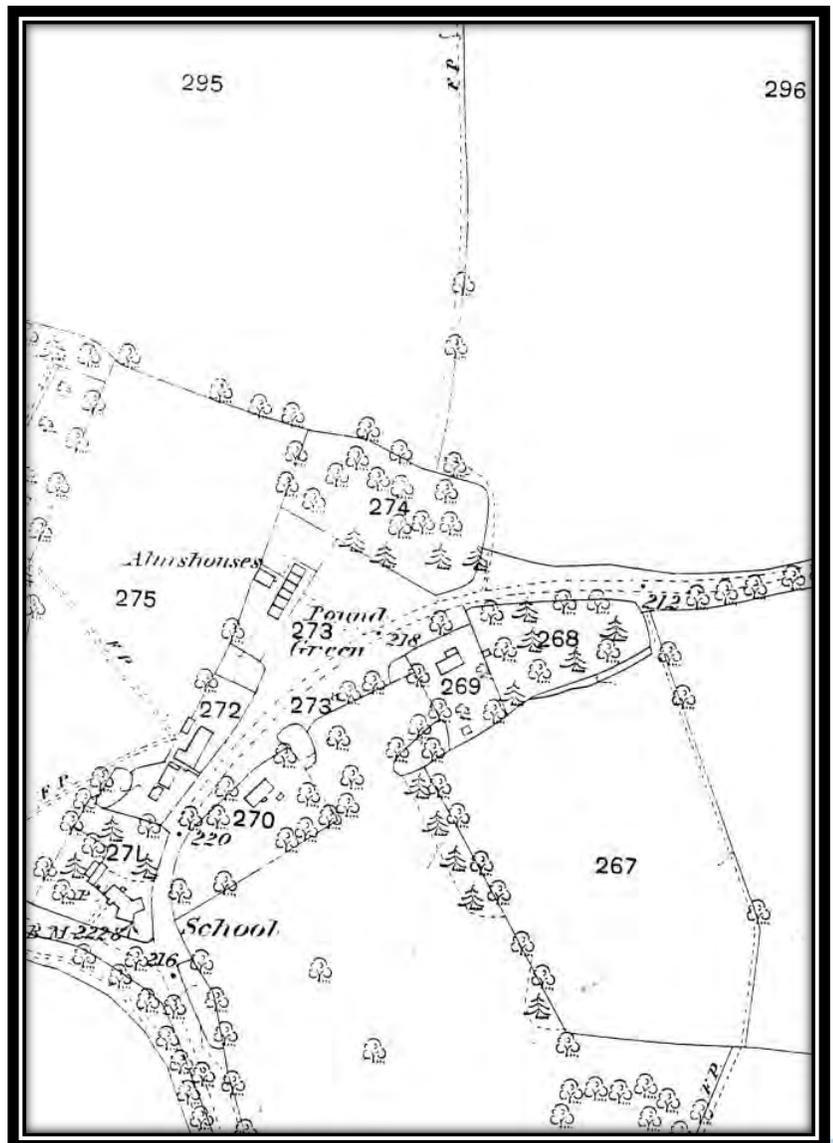
<http://www.hawstead-parish-council.co.uk/leisure-time/walking-running/>

In August 1988, Richard Blackwell – formerly of Wphemstead Road (and fairly recently deceased) – wrote a letter to ‘The Occupant’ of No. 2, The Pound, referring to a footpath that used to exist called the “Market Path”. He explained that it was a continuation of the path that comes to the road at the Pound from Hawstead Village Green and used to form a continuous footpath route via Nowton Hall to Nowton Park, and thence by road into town. On Bury Road, the start was to the left of house No.2, skirting the small area of wood in between that house and the Almshouses. He hoped that the owner would “safeguard this path where it passes over your land” because he was gathering evidence supporting the reopening of the path “... and an official application will be made in due course.”

The 1885 Ordnance Survey map (see illustration) shows the wood to the right of the Almshouses – but no buildings after that along the road. The footpath (‘FP’) starts on the right-hand side of the wood, skirts round it and then heads off northwards between fields 295 and 296. The path from the Village Green can also be seen coming up from the bottom right of the map.

Well, one way or another, the path clearly wasn't reinstated because as of now the four footpaths in Hawstead don't include that one.

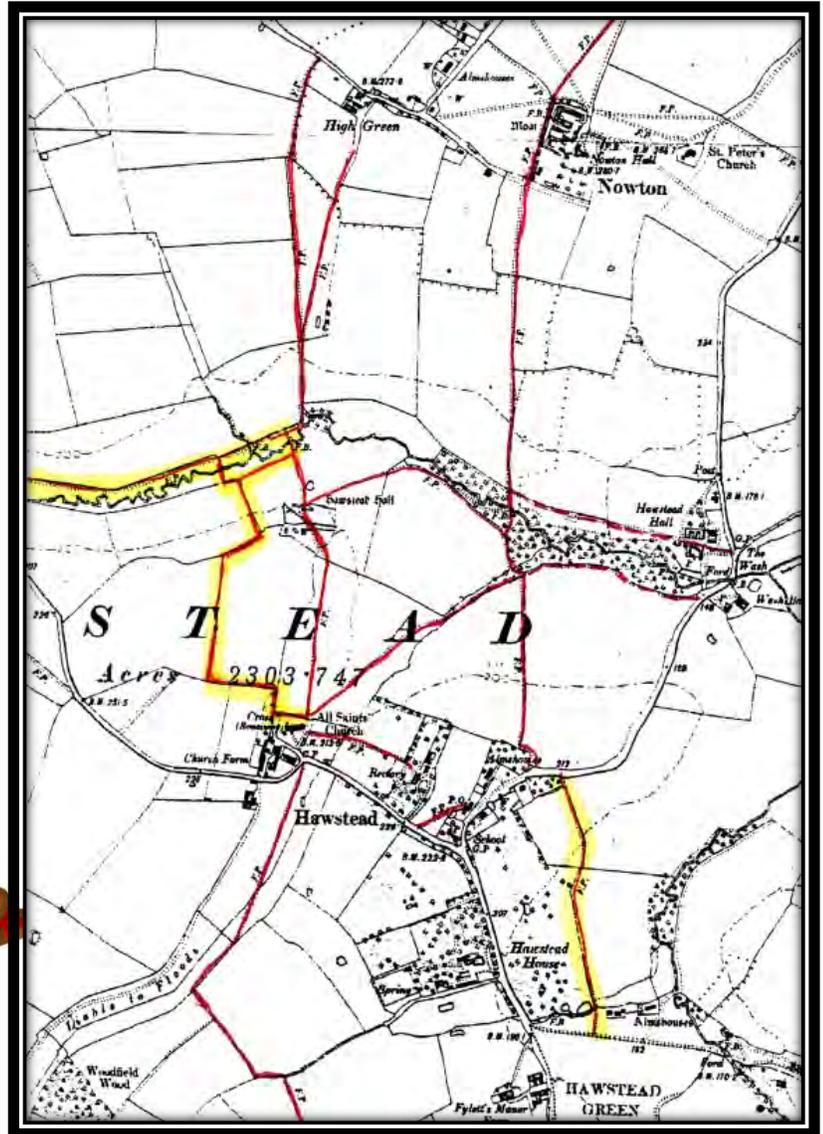
The right to use footpaths in England has been secured via a series of Acts of Parliament, starting in 1949 with the “National Parks and Access to the Countryside Act”. Others have followed in 1968 (The Countryside Act), 1980 (The Highways Act) and, most recently, the “Countryside and Rights of Way Act” of 2000). According to these acts, the local authority



(i.e. Suffolk County Council) has to provide 'definitive' maps showing the routes of footpaths (and other rights of way) that are publicly accessible, and this is done parish by parish. You can see the one for Hawstead here: <https://www.suffolk.gov.uk/assets/Roads-and-transport/public-rights-of-way/Hawstead.pdf>. Interestingly, many footpaths (including the one described above) have been missed off: maybe they had fallen into disuse, or perhaps a landowner convinced the council that he had a better use for the land?

This year, the Ramblers Association has undertaken an exercise in locating former footpaths with the hope of campaigning to get some of them reinstated. Their method (with the help of many volunteers) has been to compare today's Ordnance Survey maps with those of c. 1900 at a scale of 6ins:1 mile. As a result, they claim that there are a potential 49,000 miles of former footpaths – and 1,918 of these miles are in Suffolk! Their main reason for undertaking this exercise is that, under current legislation, application to reinstate paths must be made by 1 January 2026 ('to provide a level of certainty for landowners'), after which date no more can be added. The Ramblers Association say that this is cutting things fine, and they will lobby for an extension of a further 5 years.

In Hawstead, we have only four footpaths – which in reality are only three: 1) Bull Lane to Church Road; 2) and 3) combined, All Saints Church to Pinford End (more of later) and 4) Village Green to The Pound (already mentioned). I have copies of parts of the old OS maps, but not one of good enough quality to clearly show the whole of the parish (and the town Records Office is currently closed so not available for consultations). However, you can see from the second map illustration that there were quite a few more paths in the old days – paths are shown in red, with the current ones highlighted in yellow. Of the two going north, the one on the right is the 'Market Path'; the one going south-west from opposite the church goes down to Whepstead Road, not far from Bryers, with another branch going further towards Pipers Hall. There's even a path from the Rectory, across the stream by the Millennium Field and thence to the Church (doubtless the route used by the Rector on Sundays!)



The 1980 Highways Act allows a parish council to enter into an agreement with a relevant landowner to create (or presumably to reinstate) a path. The council is under no obligation to consult anyone. All they have to do is reach an agreement with the landowner (so says Wikipedia). I wonder what the Ramblers Association's next move will be. It says that it is not looking to put every lost path back on the map, but to focus on those that add real value to the network. It will certainly need a lot of lobbying and discussion at a local level.

A related issue to all of this is footpath diverting (or, indeed, closing), and some time ago there was an example of the process involved here in Hawstead. It concerned the Church to Pinford End path and took just under 9 years (yes, 9!) to complete (although I've a recollection that part of the reason was due to one Ministry or other in London losing the paperwork!). Looking at the map with the red lines/yellow highlighting, you can hopefully see that after leaving the back of the church, the current path veers off to the left around a field edge before heading to the River Lark. The map also shows a path going straight north from the church, across the field and then through a wood containing the remains of the former Hawstead Hall, then on to the river. This is the path that was diverted.

In May 1988 the Parish Council, at its AGM, agreed to support the landowner's application to divert the path: he didn't want the path going across his field, and further along he had, or was planning to have, an area for raising game birds that he didn't want to be disturbed. It took a year before the Borough Environmental Health & Control Committee considered the matter and met on site together with the Chair and Vice-Chair of the parish council. I have a copy of a map showing the proposed route with a suggested modification dated 1994. The Council-proposed alteration led to a delay to enable objections or representations to be made. The upshot was that in March 1996, a public enquiry was held in the Village Hall, with objections to the Inspector's recommendations to be entered before 12 August.

Richard Blackwell was the village footpaths officer and he took his duty very seriously, rallying villagers to protest against the proposed diversion (largely because it excluded access to the Hawstead Hall ruin and surrounding wood), including sending out information sheets and arranging a meeting prior to the deadline. It was all to no avail, as the 'Definitive Map' now shows the new route, together with a note: "con[firmed] 13-3-97". Richard detailed the events leading to 'How we lost a path through the wood' in a letter printed in the Bury Free Press, 4 April 1997, which states that there was a second public inquiry. He also suggests that in the end the Parish Council reversed the stance it had taken at the beginning and was in support of keeping the path to its original route.



It's not quite on the scale of HS2, but it illustrates how time consuming such processes can be within a democratic society!

Andy Parrett, Hawstead History Recorder

The meaning of Advent

What does Advent mean? For many, Lent means giving up chocolates, wine, cake or biscuits. But, if we are honest, most of us come into the 'don't know' category where Advent is concerned.

During December, when the shops are full of presents, cards, puddings and cakes in an ever-accelerating rush towards the Big Blow Out on Christmas Day, we should also prepare for the coming of Jesus, Baby Jesus the promised Messiah.

So what does Advent mean? The Arrival or the Coming of Christ. In Advent, the cry goes out for us to 'Wake Up! The time has come.' We are entering a period of preparation ahead of the celebration of the coming of God as Man, the birth of Jesus.

We must pray for new birth within ourselves and pray that God will do something new in our lives to awaken us from our complacent sleep. We live in a world of darkness and unbelief.

If we accept the light that enlightens all men, we must allow it to penetrate our darkness, to heal and restore us so that we can become a light in the world.

With the Grace of God in our lives, this light can flow out very powerfully to others. Christmas heralds this luminous truth, that nothing can separate us from the Love of God in Christ Jesus.



Come let us adore him, Christ the Lord.

Light, Life and Love are on our side.

Amen.

From All Saints Church, Hawstead

Hawstead's Advent window competition



Advent is such a special time of year. Unfortunately, we are not able to meet this year to celebrate the start of Advent and turn on the Christmas tree lights outside the village hall. But to help remind us all about the true meaning of Christmas, Hawstead PCC is running a competition.

Some tips and ideas

Think about Advent and **your favourite Christmas carol**. Remember that our **traditional Christmas carols are based on the Christian story of Christmas**. So, no **Grinches, Santa Claus**, reindeer (unless they are in the Bethlehem stable with the cows and sheep!) or Christmas elves. You can find lots of ideas online, or look at some religious Christmas card designs for inspiration.

Now **create an Advent display** in your home celebrating your favourite Christmas carol... **use your window, your bookshelf, under your Christmas tree** or wherever

you have a quiet corner.

When it is finished, **send us a picture** (together with the title of your chosen Christmas carol, your name and your age (if under 16)) and we will share your creativity and imagination with the Village by publishing the best in the Village Voice.

Remember, your design

should be based on the true Christian meaning of Christmas contained within a traditional Christmas carol.

There will be a **prize for the best display**, as judged by members of St Edmunds Way Benefice.

Please forward an image of your entry to Anne East, who will anonymise them and send them off for judging. Anne can be emailed at anneng100@googlemail.com.

CLOSING DATE: Monday 7 December

Good luck!



ADVENT 'WINDOW'



Create an Advent display in your window, on your bookshelf or under your Christmas tree celebrating your favourite Christmas carol. Send us a picture and we will share your creativity and imagination with the Village. Remember, your design should be based on the true Christian meaning of Christmas contained within a traditional Christmas carol. So no Grinches or Christmas elves! You can find lots of ideas online, or look at some religious Christmas card designs.

There will be a prize for the best display, as judged by members of St Edmunds Way Benefice.

Please forward a photograph of your entry to Anne East, who will anonymise them and send them off for judging. Anne can be emailed at anneng100@googlemail.com

CLOSING DATE: Monday 7 December

A BIG THANK YOU TO CLIVE AND HENRY

Putting up the village Christmas tree is always a wonderfully sociable event for a group of villagers... usually some chaps led by Henry and Clive. It normally involves a celebratory tippie afterwards, as well as some food. In 2020, though, due to social distancing, etc., erecting and decorating the tree was down to just Clive Robinson and Henry Brewis. This year, more than ever, its festive lights will offer some brightness during what, for many, is a bit of a grim time. Our grateful thanks to Henry and Clive for their time... in the pouring rain!



All Saints Church... a message

Dear Villagers

All Saints Church. Your Church is an ancient, wonderful Grade 1 listed building. Since March and the arrival of coronavirus, the Church has had to close. It is still closed. The Benefice is screening small services on Facebook, YouTube and via the phone ([www.facebook.com>stedmundsway](http://www.facebook.com/stedmundsway)), Holding Bible Study and Morning Prayer. This is a very difficult time for everyone.



We are writing to you concerning our finances to see if you can help us in some way. We have had no income since March. Like everyone else, we have bills to pay. If you would like to help and could find a way to give a donation, you can make transfers to: Sort Code 77-66-26, Account No 23662468. Account name Hawstead Rector and Churchwardens, or cheques made payable to the Account. This could be added to if you are able to Gift Aid your donation.

Please could you deliver to Lesley Carey, Church Farm House, Andy Parrett, Meadow View, Lawshall Road or in the Post Box at the Village Hall.

Please give Andy 386531 or Lesley 386132 a ring for information or to talk about the above.

With our love and prayers.



Nattō, Japan's key to health

Nattō is made from fermented soybeans. It is stringy, slimy, sticky and stinky – completely at odds with the fresh, delicate flavours and beautifully prepared Japanese foods such as sushi. But Nattō is truly a super-food. It has been a staple food in Japan for thousands of years, and its health benefits are impressive indeed... quite amazing in fact.



Its active ingredient is Nattōkinase, an enzyme that improves blood health and blood flow and prevents blood clotting. It is a rich source of vitamin K2, which increases bone density and vitamin PQQ (pyrroloquinoline quinone), which aids metabolism, as well as other nutrients. Its probiotics strengthen the immune system and, as if this was not enough, it is also a valuable source of protein.

Nattō is easy to make at home, and the method is as follows.

1. Wash organic soybeans thoroughly to remove any dust or grit. Cover them with filtered water, allowing plenty of space for them to double in size. Soak for 24 hours or until specks of white foam appear on the surface of the water.
2. Rinse and cover with filtered water again and cook until the beans are soft when squeezed. Use a pressure cooker if you have one.
3. Add Nattō starter while the beans are still hot and stir thoroughly.
4. Put the beans in a wide flat dish. They should be no more than 3cm deep in the dish. If necessary, use more than one dish to achieve this. Cover with foil. Pierce the surface of the foil to allow condensation to escape.
5. Keep the dish or dishes warm – at ~40°C for a further 24 hours. This can be achieved using an oven warming drawer if you have one, or with the oven on at a very low heat (you might need to leave the oven door ajar slightly), or with a plate or food warmer.
6. Stir well and store in the fridge in sterile and lidded jars.

500g soybeans will make enough Nattō for four half-pint jars. Only use organic soybeans – non-organic soybeans are likely to be GMO. Both organic soybeans and organic Nattō starter culture are available online. Once you have made a batch, you can use a spoonful or two of this as your starter for further batches. Nattō will freeze well. Sterilise your dishes and spoons.

If you're interested in finding out more, Geraldine says that 'although by no means an expert, I am happy to help'. Call her on 388732 or email geraldinewest@waitrose.com.



To eat: While Nattō can be eaten as it is, it is an acquired taste. Mixed with your favourite flavourings it is delicious. Try a mix of things like nut oil, olive oil, balsamic vinegar, tomato sauce, tomato/garlic puree, turmeric, garlic, pepper etc. Thanks to Geraldine West for this informative piece on Nattō.

Recipe: Easy mince pies

Taken from BBC GoodFood, this recipe is a staple in our house, the pastry is just the right side of sweet and crumbly. I mix a tablespoon of Cointreau into the mincemeat for an added bit of Christmas cheer! I also prefer to cut star tops rather than round tops but that's personal preference.

Ingredients (for ~18)

- 225g cold butter, diced
- 350g plain flour
- 100g golden caster sugar
- Pinch of salt
- 280g mincemeat
- 1 egg, beaten to glaze
- Icing sugar to dust



Method

1. Rub butter into flour, mix in the sugar and the salt. I do this in the food processor... it's far quicker and less messy.
2. Combine pastry into a ball and knead. Use straight away or chill.
3. Heat oven to 200°C/180° fan/gas 6. Cut your pie bases for your tin and corresponding lids. Fill and top. Press down the tops gently (you won't need to stick with glaze).
4. Brush tops of the pies with the beaten egg and bake for 20 minutes.

Tips

The original recipe does not use any liquid but I've found the pastry far too crumbly to work with easily so I always add one beaten egg. Add the egg after the butter and flour have become breadcrumb-like. It's a good idea to add the egg in gradually so the pastry isn't too 'wet'.

These freeze very well. If you want to freeze, you can do so at the end of step 3. No need to defrost before baking, just add another 10 minutes or so to the time.

We have smallish baking tins so this recipe makes about 24 mince pies for us.



Takeaway meals – supporting local pubs

Thanks to Susanne White who has organised the monthly fish and chip van visits. Hopefully an event that will remain post-Covid.

Let's also not forget our local pubs, though. Thanks to Andy Parrett for sending through the menu options (on the following pages) for The Swan Inn at Lawshall. Not only does opting for a takeaway help our local pubs, it's also less washing up (never a bad thing!).

It's a good idea to check each pub's website or Facebook page to familiarise yourself with any safety measures in place or to check for any menu changes. Enjoy!



Next fish & chips Friday night is 18 December

Susanne will be in touch prior to 18 December to take orders so that the catering team can assess numbers and reserve ordered food. If you would like to enjoy fish and chips but are shielding or would rather not travel, please contact a neighbour or a member of our community volunteer group, who will be happy to help.



<i>Menu</i>	
<i>Regular Cod</i>	5.50
<i>Large Cod</i>	6.50
<i>Regular Haddock</i>	6.00
<i>Breaded Scampi</i>	6.00
<i>Chicken Nuggets</i>	4.00
<i>Sausage (battered or plain)</i>	1.50
<i>Spring rolls (6 pcs)</i>	4.00
<i>Halloumi (battered)</i>	4.00
<i>Regular Chips</i>	2.00
<i>Large Chips</i>	3.50
<i>Drinks</i>	1.50

Friday 18 December @ Hawstead Village Hall

The Swan Inn, Lawshall (main menu)



SUNDAY ROASTS AVAILABLE

LAWSHALL SWAN TAKEAWAY MENU PH 01284828477 OR WHATSAPP 07548315134

AVAILABLE - WEDNESDAY THROUGH TO SATURDAY 5 - 8PM, SUNDAY 12 - 2PM (ROASTS AVAILABLE), PLEASE ENQUIRE IF YOU HAVE A LARGE ORDER OUTSIDE THESE TIMES.

PLEASE LET ONE OF OUR STAFF KNOW ABOUT ANY FOOD ALLERGIES OR DIETARY REQUIREMENTS BEFORE YOU ORDER.

WOOD FIRED PIZZA AVAILABLE WEDNESDAY, FRIDAY AND SATURDAY EVENING

LOADED CHIPS £4

loaded with bacon, cheese, chipotle and jalapeños.

FILLET STEAK AND DESSERT £20.00

Fillet steak cooked to your preference, served with plum tomato, mushroom and chips.

- Dessert choose from, white chocolate cheesecake, butterscotch cheesecake, or chocolate, praline & hazelnut torte

8-10OZ SIRLOIN STEAK £17.95

Served with half bbq plum tomato, mushrooms and chips
- Add peppercorn or silton sauce £2.50

STEAK AND KIDNEY PIE £11.50

served with potato, vegetables and gravy

BBQ RIBS £13.50

Marinated BBQ pork ribs, grilled on the BGE (big green egg) served with chips and salad

RAMEN NOODLE £10.95

Noodle bowl, hot and spicy broth with egg noodle, pork belly, chicken and prawns

LINGUINE

All served with garlic bread and a side salad. Choose from -

- Meaty rich bolognese £11.50

- Tomato, prawn, chilli, bok choy and spinach - £12.95

- Creamy chicken, mushroom, parmesan

and crispy bacon - £11.95

FISH AND CHIPS £10.95

Beer battered 8-10oz fish, served with peas, tartar sauce, tomato ketchup and a slice of lemon

PLAICE FILLET £10.95

served with potato, capers, peas and a parsley sauce

CHICKEN BURGER £10.95

Panko crumbed chicken breast, bacon, oak smoked cheese, chipotle mayo, sweet chilli sauce, salad, served on a brioche bun with a side of chips

CLASSIC BEEF BURGER £10.95

Classic 100% beef patty on a brioche bun, served with smoked bacon, onion, mushrooms, cheese, salad, mayonnaise, chips

- Choice of blue or smoked cheese

Add a fried egg for 50p

HALLOUMI BURGER £10.00

Brioche bun, halloumi, peppers, mushrooms, crispy onions, chipotle sauce, chips

KERALAN CURRY

Vegetables £10.95/ Chicken

£11.95 /Prawn £12.95 Blend of

turmeric, tamarind and coconut flavours served with rice and a slice of lime.

WOODFIRED PIZZA £10.95

GARLIC PRAWN - tomato base, garlic, tiger prawns, shallots, caramelised red onion and sweet chilli sauce

MEATFEAST

Ham, pepperoni, chorizo, sausage on a BBQ base, topped with jalapeño and Franks Hor sauce (optional)

SUPREME

Smoked ham, Pepperoni, sausage, mushrooms, peppers, pineapple, olives

VEGETARIAN

Roast sweet potato, halloumi, chilli, pine nut and shallots, topped with a yogurt mint sauce.

PEKING DUCK

Marinated duck breast, shallots, tomato, hoisin base garnished with sesame seeds fresh chopped chilli and dressed with orange sauce

VIETNAMESE CHILLI CHICKEN

Hoisin sweet chilli and garlic base, chicken, peppers, shallots and caramelised red onion, coleslaw and coriander aioli.

CHILDRENS MEALS

CHILDRENS BEEF BURGER £5.00

served with cheddar cheese, salad, mayonnaise, brioche bun and a side of chips

FISH FINGERS £5.00

served with chips and peas

CHILDRENS CHICKEN NUGGETS £5.00

Home made chicken nuggets, served with peas and chips

CHILDRENS FISH AND CHIPS £5.00

served with peas, chips and tomato ketchup

The Swan Inn, Lawshall (dessert menu)

DESSERTS £5.95

PLEASE LET ONE OF OUR STAFF KNOW ABOUT ANY FOOD ALLERGIES OR DIETARY REQUIREMENTS. IF YOU HAVE NOT STATED THIS AT THE TIME OF YOUR BOOKING THERE MAY BE A DELAY IN SERVICE AND LIMITED OPTIONS ON THE MENU. THANKYOU FOR YOUR UNDERSTANDING.

LEMON TART

served with lemon cream and sherbet

BUTTERSCOTCH AND HONEYCOMB CHEESECAKE

served with caramel sauce

CHOCOLATE, HAZELNUT AND PRALINE TORTE

Served with clotted cream ice cream

CHOCOLATE FONDANT

served with, caramel dulce de leche, raspberry crisp, chocolate popping candy, chocolate soil and After Eight mint ice cream

BREAD AND BUTTER PUDDING

Served with creme anglaise

STICKY DATE

warm sticky pudding with creme anglaise

SCOOPS OF ICE CREAM

choose from clotted cream vanilla, chocolate, strawberry, mint choc chip, salted caramel

~ ONE SCOOP £1.75 ADD CADBURY FLAKE 50P ADD CONE 40P CARAMEL SAUCE 50P ~



Food home deliveries

If you're all takeaway-ed out, Hennessey's Farm Shop in Great Whelnetham is offering home delivery. Also, don't forget about the Friendly Loaf at Nowton for delicious bread, cakes and pastries, hot sausage rolls and hot pasties, all of which can be ordered online and collected from their premises in a Covid-secure fashion. Or you can simply turn up on the off chance and order through the window. They even do a great takeaway coffee!



Our Farm Shop is now open for fruit and vegetables, along with our in house Butcher, and of course, we are still serving Coffee and Cake.

OUR DELIVERY SERVICE IS NOW LIVE!

When placing your order, choose from Click and Collect or Home Delivery.

All orders placed before 12pm Midday will be delivered next day.

See [Delivery Details](#) for more information

We look forward to seeing you soon!

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

[HOME](#) · [ABOUT](#) · [OUR RANGE](#) · [CLASSES](#) · [GALLERY](#)



[CLICK & COLLECT](#) · [VOUCHERS](#) · [BLOG](#) · [CONTACT US](#)



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

Christmas and New Year bin collections



Christmas and New Year bin collection days



Usual Collection	Revised Collection	Change
Fri 25 Dec	Tue 29 Dec	4 days late
Mon 28 Dec	Wed 30 Dec	2 days late
Tue 29 Dec	Thu 31 Dec	2 days late
Wed 30 Dec	Sat 2 Jan	3 days late
Thu 31 Dec	Mon 4 Jan	4 days late
Fri 1 Jan	Tue 5 Jan	4 days late
Mon 4 Jan	Wed 6 Jan	2 days late
Tue 5 Jan	Thu 7 Jan	2 days late
Wed 6 Jan	Fri 8 Jan	2 days late
Thu 7 Jan	Sat 9 Jan	2 days late
Fri 8 Jan	Mon 11 Jan	3 days late
Mon 11 Jan	Tues 12 Jan	1 day late
Tues 12 Jan	Weds 13 Jan	1 day late
Weds 13 Jan	Thurs 14 Jan	1 day late
Thurs 14 Jan	Fri 15 Jan	1 day late
Fri 15 Jan	Sat 16 Jan	1 day late



Polite Notice: Dog waste bins

Please be aware that the village hall bins are not to be used for disposing of dog waste. There are special red dog waste bins on the village green for that purpose, including one behind the bottle bank. The waste can then be disposed of in the appropriate manner. Use of the hall bins places domestic workers and Council staff at risk. Thank you.



Alexander Technique for everyday life

With Andrea Walsh MSTAT



Phones & Bones...

Mobile phones.... They've become a big part of our everyday lives. They are so useful, some of us panic if we can't put our hand on them or go out without them! They're an amazing bit of kit, but not even a millionth as amazing as our bodies, which have been so intricately designed. We are walking miracles.

How we use and hold our phones can have a dramatic impact on our miraculous bodies. If you look at the effect on the body of holding a phone and looking down at it on the pic. If you add into this the weight of the average human head (3.5 kg or 10 lbs) you begin to appreciate how hard the back and neck muscles have to work in order to sit or stand in this stooped

position. There's even a condition known as 'text neck', caused by mobile phone use.

See if you can notice how you use yourself when using a phone. Look around at others who are using phones. What are they doing? It's so easy to make a change: simply hold the phone higher so you can see it without dropping your head and rounding your back. If you're sitting, put a couple of cushions on your lap and rest the phone or tablet on those.

The human brain is extraordinary. We learn things by repetition and once learned, they become a habit, for better or for worse. See if you can change the way you use your devices and look after yourself. You're the best bit of kit going.

Sessions available by Zoom.

Gift vouchers available.

Tel: 01284 736807 07949 083629
<http://www.alexandertechniqueworks.co.uk>

andrea@alexandertechniqueworks.co.uk

<https://www.facebook.com/alexandertechniqueworks/>

School governorship... Is it for you?

Hawstead children are lucky enough to be in the catchment area for All Saints' CEVC Primary School in Lawshall. It's an Ofsted-outstanding school, led by a fantastic team of teachers, headed by a National Leader of Education.



I'm privileged to be on the current board of governors for All Saints' School. We're an enthusiastic team from all backgrounds. While most of us have children at the school, we also have governors whose children have left or who have come to the role now that their kids are all grown up.

What does the governing body do?

The governing body has three key functions:

- Overseeing the financial performance of the school and making sure its money is well spent
- Holding the headteacher to account for the educational performance of the school and its pupils
- Ensuring clarity of vision, ethos and strategic direction

Our current chair of governors, Katie Haselhurst, says:

"With the new academic year comes vacancies on the governing body. We currently have three vacancies to join our enthusiastic team. These vacancies can be filled by parents, grandparents or anyone in the community. The governing board plans the strategic direction of a school, makes sure public money is well spent, and holds school leadership to account. There are two (online) meetings each term and the opportunity to join committees once you have settled in. Full training is provided initially and ongoing.

At All Saints' we aim to have a diverse and dynamic group of governors covering a wide range of skills. We are currently looking for specific background knowledge in law/HR, strategy and data to further strengthen our team. These skills are not essential, however. We are also looking for dedication, enthusiasm and an ability to question. If you are interested in finding out more about this role, please email or call me. I would be delighted to talk to you in more detail about the position.

The deadline for applications is Friday 11 December. In the case of more than three candidates putting themselves forward for the vacancies, there will be a ballot."

You can email Katie at: k.haselhurst@allsaintsprimary.org. If you'd like to find out a bit more, I'm also happy to answer any questions if I can: anneng100@googlemail.com

A view of governorship

Chris Pamplin says: Anne's right... school governorship is a privilege. I've benefitted hugely from my education, and view my governorship as a way of giving something back to a system that served me and my children so well.

The role of the governor is to be a 'critical friend' to the headteacher in an 'eyes on, hands off' role. Governors don't run schools, rather they act as an extra layer of strategic leadership and, when the relationship is working well, as a two-way sounding board for the head. The heads I've worked with have valued my business skills, like data management, problem analysis and finance.

I have greatly enjoyed my time as a school governor... over 15 years now and counting! I have come to understand the amazing work that school leaders can achieve, often under ridiculous pressure. Yes, it can be frustrating at times, but helping children get a quality education when things aren't running so well often gives the greatest satisfaction!

Christmas markets and festivities

This Christmas will undoubtedly be different, but we can still make the most of what's on offer. Here's a quick reminder of just some of the activities and markets happening this year.



Pantomime

It's panto season, and if you do love panto, The Apex is screening **Jack and the Beanstalk** to a socially distanced audience. Family tickets are £40, otherwise it's £15 per person, with under 16s £9. Find out more and book at:

<https://www.theapex.co.uk/whats-on/details.cfm?id=607947&ins=820190>

Theatre

The Theatre Royal is hosting a performance of **A Christmas Carol**. This is an **outdoor event** and there is no seating (standing only). For more information and to book, visit:

<https://theatreroyal.org/shows/charles-dickens-a-christmas-carol/>



Christmas Emporium at Ravenwood Hall

The Christmas Emporium at Ravenwood Hall is taking place from 5 to 20 December

<https://ravenwoodhall.co.uk/christmas-emporium>

Bury St Edmunds Christmas Market Online

The Bury St Edmunds Christmas Market is taking place right now online. It is a charity fundraiser where stalls are also making donations to the East Anglian Air Ambulance. It's a closed Facebook group but anyone can join. Search Facebook for **Bury St Edmunds Online**

Christmas Market. Stallholders are essentially advertising their products with links to their websites. It's a good place to pick up locally made items... and we should all be trying to support local businesses as much as possible.



Bury St Edmunds Online Christmas Market
Private group · 6.8K members

Blackthorpe Barns

Blackthorpe Barns has an online shop with a crafts section online too –

<https://www.blackthorpebarn.com/>



Bury St Edmunds markets

Bury St Edmunds markets will be open every Sunday during the run up to Christmas: 6, 13, 20 December. There will also be a Christmas Eve market at The Cornhill and The Buttermarket.

Farmers markets run by Suffolk Market Events will take place at:

- Long Melford 12 December
- Sudbury 18 December
- Bury St Edmunds 13 December
- Lavenham 20 December

Santa's grottos

Santa is, of course, magic, so he can still make wishes come true.

Santa's many helpers are still running various grottos.

- Moyse's Hall 5 and 6 December
- Ravenwood Hall 5–20 December
- Dobbies 5–24 December
- Nowton Park 12 and 13 December



Hall Farm, Stanningfield

Lovely family-run Christmas shop at a working farm, with a group who care about every individual customer. Give them a visit whilst they still have stock. The yard is full of trees, they have quadrupled their parking area and the animals are looking forward to seeing us!

There is no need to book a time slot, and they have plenty of space for social distancing. Masks will be required inside the barn to keep everyone safe while getting in the Christmas spirit!



Church Farm Christmas Barn, Bradfield Combust

Christmas trees are grown on the farm in Bradfield Combust (next to The Manger pub on the A134), where the family has spent the last 28 years perfecting their growing process.

The family looks forward to welcoming everyone into their barn to help choose the perfect Christmas tree. There's also coffee and mince pies, as well as decorations and Christmas wreaths.

Just for Kids...



Festive jokes

What do you get when you combine a Christmas tree with an iPad? (A *pineapple!*)

What do you call a reindeer with bad manners? (*RUDE-olph!*)

What kind of photos do elves take? (*Elfies!*)

Family Christmas movies

Elf – still funny, even though we watch it every year!

Santa Claus: the movie – my favourite from childhood, with Dudley Moore

Home Alone – the first is still the best

Nativity – we only discovered this last year, number 1 is brilliant!

Christmas Chronicles – we've never seen this but I'm sure we'll be watching, there's also Christmas Chronicles 2 this year. Available on Netflix.

Christmas activities

These activities are all free Christmas themed printables – lots to keep kids busy over the holiday! With Twinkl you may need to set up a free account.

- Wordsearches <https://www.twinkl.co.uk/resource/au-t2-t-213-christmas-word-search>
- Christmas biscuit recipe <https://www.twinkl.co.uk/resource/t-t-15769-christmas-spiced-biscuits-recipe-cards>
- Christmas colouring <https://coloringhome.com/christmas-coloring-pages-printable>
- Christmas dot to dot <https://www.activityvillage.co.uk/christmas-dot-to-dots>



Christmas crafts

Loo roll Santa – Who hasn't made a loo roll Santa!? Some cotton wool, red paper and black marker pen is all you need really. If you're feeling fancy, stick on buttons for Santa's coat and googly eyes.

Paper chains – So easy, and you can make chains out of old wrapping paper. The children make paper chains every year and it's amazing how seriously they take it (also guarantees some quiet time).

Christmas wreaths – One year we used green paper plates with the middle cut out, but any green card will do. The kids can then stick anything they want onto their wreaths (a good way to use up any extra art supplies you might have lying around, e.g. sequins and feathers).



Limerick competition

Deadline extended to the 7 December

Do you have a secret limerick talent? We have a new competition with prizes for the winning limerick. There will be an adult and a child category, and the subject of the limerick can be anything you like! The winners will each receive a £10 book token gifted by a secret Village Voice benefactor.

Here are the details:

Categories: adults and children (aged 16 or under)

Judging: limericks judged by our mystery benefactor

Deadline: send to anneng100@googlemail.com. I will anonymise them and forward them to our judge. Please send entries no later than **midnight on 7 December 2020**.

Winners: winners will be announced in the December issue.

Limerick top tips

- Limericks are typically five lines long and funny.
- They use the rhyming pattern: AABBA. So, lines 1, 2 and 5 should rhyme while lines 3 and 4 rhyme.
- Limericks have a distinctive rhythm – for example, read this from Edward Lear (pub. 1846):

There was an Old Man with a beard,

Who said, 'It is just as I feared!

Two Owls and a Hen,

Four Larks and a Wren,

Have all built their nests in my beard!'



So, why's it called a Limerick?

The limerick attained widespread popularity in Ireland because of the country's strong focus on storytelling. Local taverns and pubs would host limerick competitions that encouraged patrons to create bawdy lines to make other patrons laugh. Residents of the Irish city of Limerick began to call the poems they loved 'limericks', and the name stuck.

You'll notice that the rhythm or beat of the limerick goes like this:

da DUM da da DUM da da DUM

da DUM da da DUM da da DUM

da DUM da da DUM

da DUM da da DUM

da DUM da da DUM da da DUM



Don't forget! Hawstead Spring Plant Fair 2021

Just a quick reminder about the Hawstead Spring Plant Fair 2021 being organised by Hawstead's Social Secretary, Caroline Miller at Hillside on Whepstead Road.

As you are tidying up your gardens this winter/spring, please consider setting aside plants for the event. If space is an issue, please let Caroline know as she will be able to keep them for you. Seedlings also very welcome!

You can contact Caroline on **01284 388841** or **07980 675137** or carolinemiller033@gmail.com



HAWSTEAD'S SPRING PLANT FAIR MAY 2021



**CALL FOR CUTTINGS, PLANTS
AND SEEDLINGS - NATIVE OR
RARE PLANTS**

Contact Caroline Miller for further details on 01284 388841 or email carolinemiller033@gmail.com

Tier 2 guidelines to help keep us safe

It's easy to get confused about what we can and can't do at the moment. AgeUK has this very useful table on its website. It highlights the main guidance for Suffolk residents while we remain in Tier 2.

Meeting with others	You can see people from different households outside in groups of up to 6 people , but you can only meet inside with those in your household or support bubble . You should maintain social distancing from anyone not in your household or support bubble .
Travel and transport	Journeys should be limited where possible, but you can still travel and use transport to go to the shops, work and hospitality venues that are open. You should still wear a face covering . Avoid travelling to tier 3 areas unless where necessary for example for work, medical reasons, caring or education. If you travel into a tier 3 area then you will need to follow the rules of tier 3 .
Staying overnight	You can only stay overnight somewhere if it's with those in your household or support bubble .
Going to work	You should work from home where possible . Where this isn't possible, workplaces should be coronavirus secure.
Shops	All shops can be open .
Hospitality	Pubs and bars can open as long as they are able to serve a substantial meal . Restaurants can open but should be table service only . Alcohol can only be served with a substantial meal. Venues should close by 11pm and take last orders at 10pm. You can only go to these places with people from your household or support bubble unless you're able to sit outside , which you may be able to do with a maximum group of 6 people .
Personal care	Businesses such as hair, nail and beauty salons can open .
Exercise and sporting activity	Gyms, pools, and leisure facilities can open . Organised sport and licensed physical activity are allowed in outdoor settings but may be subject to certain rules. Any indoor physical activity can only take place where there's no interaction between different households . Sporting events are allowed but with limited capacity or a maximum of 2000 people outdoors and 1000 indoors and where social distancing is possible.
Places of worship	Places of worship can open as long as households don't mix indoors , but it's best to check with your place of worship. There are exceptions for weddings and funerals.

<p>Care home visits</p>	<p>You can visit someone in a care home.</p> <p>Indoor visits are allowed if the visitor has had a negative coronavirus test.</p> <p>Outdoor visits and visits that involve a screen are allowed if someone hasn't been tested. This can continue until a test is available.</p> <p>Visits in exceptional circumstances are allowed, including when someone is at the end of their life.</p> <p>Each resident is limited to two constant visitors and when visiting you should expect to take a coronavirus test, keep your distance, and wear PPE.</p> <p>If there's an outbreak of coronavirus in a care home visiting should stop immediately, apart from in exceptional circumstances such as end of life.</p> <p>Each care home is responsible for its own visiting policy.</p>
<p>Public buildings such as libraries</p>	<p>These can open.</p>
<p>If you're clinically extremely vulnerable or were previously advised to shield</p>	<p>Although you can meet in groups of up to 6 outside, it's a good idea to limit the number of different people you socialise with. Make sure you socially distance from people outside of your household or support bubble.</p> <p>Try to avoid travel where possible, unless for education, work, or essential shopping.</p> <p>You can go to shops or pharmacies, but you should do so at times where it will be less busy. If you can, it's better to have online deliveries for food and prescriptions or to ask friends or family to pick things up for you.</p> <p>Any carers or visitors who support you with everyday needs should continue to come round.</p>
<p>Christmas</p>	<p>From 23 December to 27 December the coronavirus rules are changing. Each household can form a 'Christmas bubble' with up to two other households. However, once you've decided which two households you want to spend time with, you can't change them.</p> <p>Your bubble remains the same throughout the festive period. For example, you can't spend Christmas Eve with two households and then Christmas Day with two different households.</p> <p>You can spend time with the people in your bubble in someone's home, garden, places of worship or in an outside public space. In terms of hospitality settings such as bars and pubs, you have to follow the guidance for the highest alert level in your Christmas bubble. For example, if someone in your bubble is from a Tier 3 area, everyone in the bubble must follow the hospitality guidance for Tier 3. Suffolk is in Tier 2.</p>

Hawstead Community Support

**If you are self-isolating due to COVID-19
and are unable to get help from friends
or family we can support you with...**

- Picking up shopping
- Posting mail
- A friendly phone call
- Collecting medication

**Your local Hawstead volunteer contacts are below.
Call or text a helper and they will do their best to help.**
If you don't get a response try another volunteer in your area.

The Green / Bells Lane

Andy Taplin 01284 388030 / 07768 147777

John Wetton 01284 388335 / 07854 235349

Whepstead Road

Giles Rushen 01284 386647 / 07938 810583

Ros Alexander 01284 735561 / 07825 831541

John Shipley 01284 388594 / 07721 198679

Gemma Snell 01284 388039 / 07792 792260

Lawshall Road

Phil Baker 01284 388743 / 07958 307117

Andy Parrett 01284 386531 / 07530 919340

Christine Gossett 01284 386764 / 07795 150450

Jeff Cooper 07917 584087

Pinford End

Henry Brewis 01284 386004 / 07769 696622

Stephen Beahan 01284 388192 / 07900 492503

Phil Battell 01284 386 793 / 07771 648770

Ali Bovill 01284 761538 / 07818 416944

Lorna Mayes 07717 391834

The Pound

Clive Robinson 01284 388082 / 07796 271716

Nikki Brown 01284 388909 / 07845 529888

Rosie Donald 07733 017783

Susanne White 01284 388166 / 07887 591853

Alan Brown 01284 386567 / 07809 388688

James Carr 01284 386245 / 07920 806189

**Please be aware of any possible scammers taking advantage at this time.
Our volunteers will not cold call you.**

Items will be left on your doorstep at a safe distance.

The volunteers will social distance at all times.

If you want to be a volunteer helper contact John West 01284 388732 / 07769 290649

Coronavirus is highly contagious. Please take every precaution possible.

Wash hands - Cover face - Make space

For further information about coronavirus visit www.gov.uk/coronavirus

Edition 2 / October 2020

Community Services

We're here
to help you

HAWSTEAD VOLUNTEER GROUP

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.

Contributions to The Village Voice

If you would like to see anything featured or have something to submit, please send it to Anne at anneng100@googlemail.com by **25 January 2021**.

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.** At the moment we have three yoga/fitness groups (on a Tuesday morning and Thursday morning/evening) operating in the hall.

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

