

ISSUE

13

2 February  
2021

# The Village Voice



## Welcome to our village newsletter

Thanks to Laura Eastwood for these terrific photos of all the birds that have paid a New Year visit to Hawstead. Lovely to see such a variety. When we lived in London, the only birds I saw were pigeons at Waterloo station (which, incidentally, all seemed to have mangled feet).

Hopefully 2021 will be a little kinder to us all. But as we continue to navigate these peculiar times, remember that your brilliant Hawstead volunteers are still on hand to help you if you need, so please do reach out to them. A reminder of who they all are, and their contact details, can be found in this issue.

Please keep your fantastic contributions coming in – photos, recipes, book recommendations... we love them all. If you have anything to contribute, please do send it in to me at: [anneng100@googlemail.com](mailto:anneng100@googlemail.com).

The deadline for issue 14 submissions 25 March 2021

# Hawstead in lockdown once again

These few lines are simply to draw your attention to the dedication of the 20-plus village volunteers who make up our Hawstead Community Support Group.

Our volunteers have, since March 2020, been supporting those who are vulnerable, are self-isolating or simply need essential shopping or a prescription brought from the town.

They remain ready and willing to help villagers during this latest period of lockdown. I would like to thank each and every one of them for stepping forward at this time of need. We are so fortunate to be part of this community and to have such beautiful countryside to enjoy.

Stay safe... John West



## Christmas surprise!

In December 2020, Hawstead Community Council funded the distribution of chocolate coins to all village children. That totalled just under 50! Each bag of coins had a personalised message on a label from the Community Council. Our thanks go to the special Christmas Elves who delivered them across the village.

Wishing you and your family a very Merry Christmas. Enjoy these Christmas chocolates!  
From Hawstead Community Council



## Fish & Chips Fridays

We have had two Fridays in January to enjoy hot fish and chips at the village hall. Well done to everyone for sticking to their collection slots and remaining socially distanced. Our thanks to Galley Slaves, who are working hard to offer us this treat every few weeks. Dates for the February Fish & Chips Friday(s) will be emailed to all as soon as they are confirmed. To reserve your food and book a time slot, email [bookings@hawsteadvillagehall.co.uk](mailto:bookings@hawsteadvillagehall.co.uk).



# Save the dates... Hawstead social events 2021

Everyone needs something to look forward to, so we are making plans for socially distanced outdoor village events for later this year. If government restrictions continue, we'll adjust the plans as needed. But please mark these dates in your diaries.

## Thursday 4 March, 7pm – Cocktails and conversation on zoom (50 minutes)

A free event for you to enjoy from the comfort of your home via Zoom. Have a drink with your neighbours, and socialise with a **leading classical musician from the Royal Ballet Sinfonia** and a **top dancer from Birmingham Royal Ballet**. Caroline Miller, Hawstead's new Social Secretary, will host a 15-minute Q&A with the dancer and musician, giving an insight into their careers. Afterwards, villagers can ask questions, and then catch up with friends and neighbours. We'll also discuss the social events planned for the year!



RSVP to [carolinemiller033@gmail.com](mailto:carolinemiller033@gmail.com) or call Caroline on 01284 388841 to receive a zoom link.

## Saturday 8 May – Hawstead Plant Fair (held outside the village hall – with tea, coffee and cake on sale)

If you are willing to grow some seedlings, supply cuttings, or make cakes for the fair, please let Caroline Miller know.



## Saturday 12 June, time tbc – village green nature walk and talk

James and Christabel Carr are hatching a plan for a relaxed walk around the village green while there is a nice mix of wildflowers about and before the hay is cut.

## July (date tbc) – Roaring twenties-themed summer party: afternoon tea and fizz

## August 2021 – Art Exhibition

We hope to hold an exhibition of local artists at the village hall. If you are an artist and would like to get involved, please let Caroline Miller know.

## Sunday 5 September – Hawstead Village Fete & Produce Show

If you'd like to help with the planning, or on the day, for any of these events, or if you have other ideas for village events, please email or call Caroline Miller on [carolinemiller033@gmail.com](mailto:carolinemiller033@gmail.com)/01284 388841.



# Hawstead play area needs YOU!

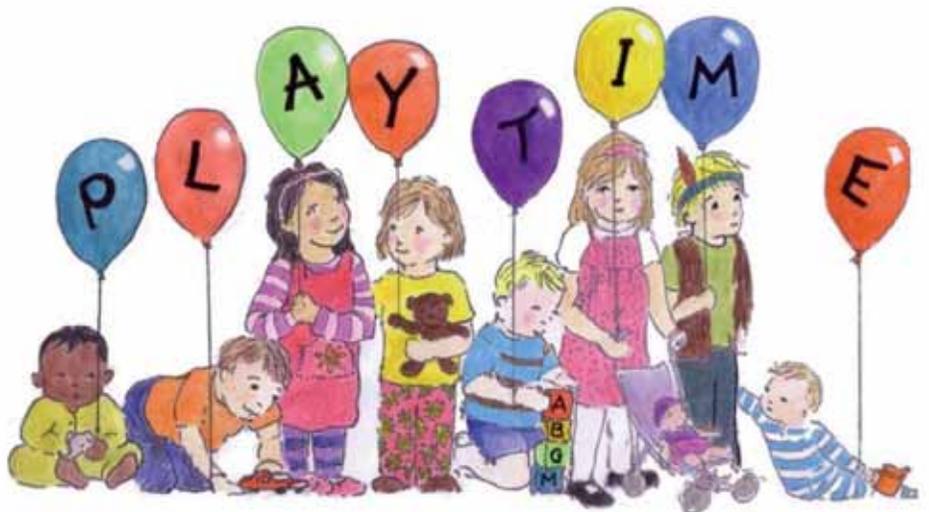
Our play area adjacent to the village hall is over 20 years old and beginning to show signs of decay. It was 'guaranteed' for 15 years, and is now over 20 years old, so we think it has done rather well. With that in mind, we need to plan for its replacement, and would like the parents and grandparents of village youngsters to take a lead in the process. So are you up for the challenge?

We have had replacement estimates in the region of £40,000, which is clearly a figure that will require grants to achieve. And, of course, as a public play area, any replacement has to be able to stand up to the rigours of year-round public use. It needs to be installed professionally and meet the stringent health and safety requirements of the local authority.

We are not yet at the point where the play area needs to be closed for safety reasons, but we are at the point where it is sensible to start to plan and think about fundraising and/or making grant applications. So we are seeking to create a small team of village volunteers who are willing to come together to research possible grants and make applications to the awarding bodies. And that same team can also take a lead on deciding whatever comes next.

Our play area and village green have played particularly important roles in the past 12 months, enabling families from the village, and, indeed, further afield, to get out into the fresh air to exercise. We need to ensure that the equipment remains safe to use, and replace it with something similar for future generations.

If you would like to be involved in the process, please contact John Shipley on [johnshipley49@aol.com](mailto:johnshipley49@aol.com).



# Free Virtual Cinema Screening for Village Halls Week... did you join us?

On Friday 29 January we were all invited to celebrate Village Halls Week by joining Creative Arts East at 7pm for a FREE Virtual Cinema Screening of Misbehaviour. Did you respond to the invitation email sent around?



Filmbankmedia has launched its own Virtual Screening Rooms, a new platform that aims to recreate the sense of community felt when we enjoy the magic of cinema together.

The British drama-comedy Misbehaviour came out in 2020, and stars include Keira Knightley, Gugu Mbatha-Raw, Jessie Buckley, Keeley Hawes, Lesley Manville and Rhys Ifans. A group of women from the Women's Liberation Movement create a plan to disrupt the 1970 Miss World beauty competition in London. It was a great film, with lots of laughter as well as inspiring actions. But the blatant sexist comments by the likes of Bob Hope were a now shocking indictment of Society back in the 1970s. It's based on a true story, and we got to see the real heroes of the protest movement as the end credits rolled.

Ahead of the screening, we were able to comment onscreen and say 'hi' to everyone watching. We had viewers from right across East Anglia (Brancaster to Bury St Edmunds and beyond), and it was exciting to feel part of the group of 200 invited watchers. Once we managed to work out how to get out of the subtitles (in the process missing the first 5 minutes of the film along with many others who were having similar problems!), we settled down with our popcorn for an enjoyable evening.

We hope there will be more such treats to come! Our thanks to Caroline Miller who spotted this opportunity for us 😊

Susanne White



# It's raining, it's pouring...

If it's not snow, it's rain. Residents John West and Andy Parrett recently captured images of parts of Hawstead under water!



*Hawstead brook in 'The Gull' area on the north side of Bells Lane on the morning of 28 January 2021, courtesy of Andy Parrett*

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*Hawstead play area – don't forget your wellies! Courtesy of John West*

# 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](mailto:carolinemiller033@gmail.com)

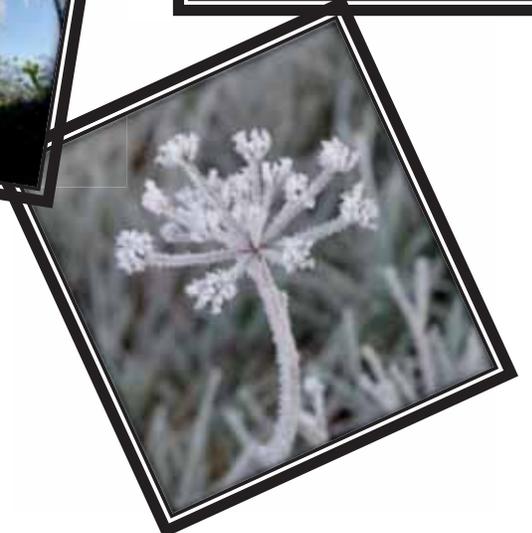
A quick reminder about the Hawstead Spring Plant Fair 2021 organised by Hawstead's social secretary, Caroline at Hillside on Whepstead Road.

As you are tidying up your gardens, 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](mailto:carolinemiller033@gmail.com)

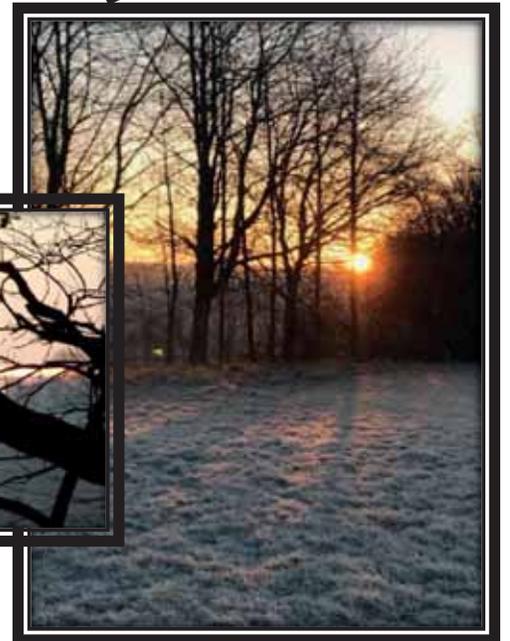


# Frosty Hawstead

Judy Carter and Laura Eastwood have been photographing a very frosty Hawstead.



*Courtesy of Judy Carter*



*Courtesy of  
Laura Eastwood*

# Book exchange

This fabulous Parish Council project started a couple of years ago when we agreed to adopt the dilapidated old phone box at Pinford End.

The Box was in a very poor state indeed, having been abandoned for several years following the removal of its BT equipment. Renovations began in earnest, and it was cleaned out, given a fresh coat of paint and all the broken windows were replaced.

As you know, a potentially lifesaving defibrillator was purchased and installed last year. And now, thanks to the sterling efforts of Henry Brewis, book shelves have been hand crafted and neatly installed.

The photographs show that every care has been taken to keep it Covid safe, with a hand sanitiser dispenser in place. There's even a feather duster to keep away the cobwebs. Indeed, we're expecting a vase of fresh flowers and a coffee machine to appear in it soon!

Very well done and many thanks to Henry who has driven this project and carried out all the work from start to finish".



# Virtual coffee club

If you fancy a catch up over a cup of coffee or tea, don't forget about Hawstead's virtual coffee mornings, organised by villager Geraldine West via Zoom on a Thursday morning from 10.30am.

Simply log on with your cup of tea/coffee ready and sit and chat or listen to others talking. The sessions last one hour, but you can, of course, come along or leave when you please.



If you would like more information or to join, email [geraldinewest@waitrose.com](mailto:geraldinewest@waitrose.com) or call her on 01284 388732.

**All villagers are welcome.** Our thanks to Geraldine for taking steps to organise this community social activity.

## Local temporary walks reopened

Our thanks to Rupert Brown and family who have confirmed that the **temporary footpaths are now open again to villagers during this latest lockdown.**

Please remember that this is private property so do follow requests that dogs be kept on leads and that you clean up after them. The farm has valuable wildlife resources that could be easily damaged if you or your dog stray from paths.

If you need a reminder of the footpaths across the farm, you can find them in issue 4 of the Village Voice, which can also be found on the village website:

<http://www.hawstead-parish-council.co.uk>

## Fancy a pizza?

We have been told by villager Jan Lowe that **Dough & Co Wood-Fired Pizza** in Bury St Edmunds is offering delivery to Hawstead! For a delivery charge of £2-3, they will bring fresh pizza right to your doorstep apparently. Visit [doughandcopizza.co.uk](http://doughandcopizza.co.uk) for details of the menu and to arrange your delivery.

You can also order and collect pizzas from The Swan Inn at Lawshall ([www.swaninnlawshall.com](http://www.swaninnlawshall.com)). They have an active Facebook page, so check it out for more information.



# Alexander Technique for everyday life

With Andrea Walsh MSTAT

## Why not take up, rather than give up for a New Year's Resolution?

When we make New Year's resolutions we often give up or cut down on something. How many of us give up chocolate in January, only to dip into the choccies by the end of the first week? Resolutions we make are frequently health related. Who doesn't want to look and feel better?

Why not think about taking something up, rather than giving something up? The Alexander Technique can make you look and feel better without giving anything up. Lessons can improve posture, breathing, reduce stress and last, but not least, it helps alleviate back, neck and joint problems.

The British Medical Journal published the results of a clinical trial involving back pain sufferers who undertook Alexander Technique lessons. The average number of activities limited by the participants fell by 42%. The number of days' pain per month was 3 days, compared with 21 days in the control group.

If you'd like any further information or would like to book a one to one online taster lesson with me for only £20\* please contact me on **01284 736807**.



Me and "Bones" before the Pandemic

Sessions online by Zoom.

Gift vouchers available.

Tel: 01284 736807 07949 083629

<http://www.alexandertechniqueworks.co.uk>

[andrea@alexandertechniqueworks.co.uk](mailto:andrea@alexandertechniqueworks.co.uk)

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

\*Available for readers until 28.2.21

*"The Alexander Technique helped a long-standing back problem and to get a good night's sleep after many years of tossing and turning"*

*Paul Newman, Actor*

# Recipe: lemon drizzle loaf

Another of our family favourites taken from BBC GoodFood, this disappears very quickly, and the children always want more!

## Method

1. Preheat the oven to 180°C/160°C fan/gas mark 4. Line and/or grease a loaf tin.
2. Beat together the butter and sugar until pale and creamy. Add the eggs a little a time to stop curdling.
3. Sift in the flour, add the lemon zest and mix well.
4. Spoon the mix into a loaf tin and bake for 45-50 minutes until a skewer comes out clean.
5. While the loaf is cooling, mix together the drizzle topping by combining the lemon juice and caster sugar.
6. Prick the loaf all over, then pour the lemon drizzle all over.

## Ingredients

### For the loaf

- 225g unsalted butter
- 225g caster sugar
- 225g self raising flour
- 4 eggs (3 large ones are fine)
- 1 lemon, zested

### For the drizzle

- 1 ½ lemons, juiced
- 85g caster sugar



## Tips

I only use 3 eggs (large), otherwise I feel the loaf tastes too 'eggy' if that makes sense. It doesn't seem to make much difference to the outcome.

We also like this very lemony, so I use the zest of two lemons and the juice of half or one depending on the size (basically it's up to you how zesty you'd like it).

## Prescription Medication Collection

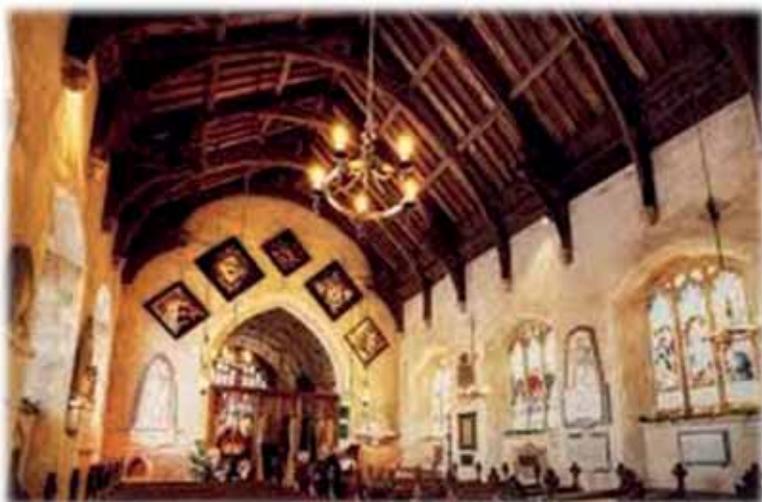
- **Angel Hill Surgery** – A villager is happy to bring your medication to the village hall or your local Hawstead community volunteer. If you'd like this service, please contact Susanne White: [susanne@pamplin.me.uk](mailto:susanne@pamplin.me.uk)
- **Victoria Surgery** – If you're elderly or self-isolating and need your medication delivered by Victoria Surgery, 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.

# An ancient monument in our village church

Andy Parrett shares some insight into local monuments and the steps being taken to preserve our community's history

English parish churches are rich in historical resources, partly because over the centuries the wealthy members of the local community invested in memorials to their family members after their death. All Saints, Hawstead is typical in this respect: indeed, local historian Clive Paine says that 'few churches in Suffolk possess as many monuments'.

Three family names predominate in the history of Hawstead: the Drurys, Cullums and Metcalfes. The first, the Drurys, were lords of the manor from the beginning of the 16<sup>th</sup> century. They lived at Hawstead Place, and a century later also purchased the Hardwick estate. In 1656, on the death of Sir Robert Drury, last of the line, the manor and lands of Hawstead and Hardwick were sold to Thomas Cullum, a member of the Drapers Company and former Sheriff of London. He was created a baron in 1660. The Cullums were lords of the manor, patrons of the church and owners of a large portion of the parish for the next 265 years until 1921.



The Metcalfes arrived here in the 18<sup>th</sup> century. Christopher Metcalfe acquired an estate in 1753: the family resided at Hawstead House and gradually purchased more land in the parish. In the mid 1840s they owned 256 acres and also the house that was to become (by 1855 or earlier) the Metcalfe Arms Public House. In the church, on the chancel wall facing the nave, there are five diamond-shaped 'hatchments' ('mourning-boards' which used to be carried in funeral processions): four of these concern members of the Metcalfe family.

To return to the Cullum family, the aforementioned Sir Thomas Cullum is remembered in the church by a very large monument on the South side of the chancel. It has been known for a number of years that this monument is deteriorating, and efforts are currently underway to restore it before further damage occurs – but it's a slow journey!

Sir Thomas's monument comprises a decorated sarcophagus set on a tomb chest-type base with an inscription panel above. On either side there is a black fluted column. Above and central to the monument is a grandiose heraldic 'achievement' (that's a technical term!) with a coat of arms, a helmet and, right at the top, a golden lion.

On either side there's a large protrusion with a decorated black oval shape (a 'medallion') which looks like it should contain (for example) a picture or other design. The whole structure is approximately 5.4 metres high and 3 metres wide. Looking at the photograph, you may be able to see that part of the material below the inscription has slipped down on the left hand side (but that's only part of the deterioration that has taken place).

This monument is of some considerable significance because much of it is composed of a material known as '*scagliola*'. It is a form of plaster work which is painted and polished to look like marble (or a similar stone). It is attributed to a craftsman, Diacinto Cawcy (there's an inscription with his name and the date 1675). It is predated as an example of this type of monument construction by only one other in a church in England, at Hinton St George, Somerset which has been dated at around 1667-9. This being the case, it's important to preserve our Hawstead monument.

Preservation is a three-stage process.

1. Find a conservator and get him/her to come for a site visit to make an initial assessment.
2. The conservator returns and makes a thorough examination of the monument and writes a 'conservation report' detailing everything that needs to be done.
3. The conservator is contracted to carry out the necessary work (permission having been granted by the Diocese).

Both stages 2 and 3 have a cost. We are at stage 2: our conservator came in the autumn with some serious tower equipment to make a thorough examination right up to the top of the monument. We are now waiting for his report (and invoice!). We have a promise of a grant from 'Church Care', and a donation from the Parish Council has been agreed. Both contributions will cover the majority of the cost. (NB Church Care is a branch of the Church of England which helps with the maintenance and repair of church buildings through grants towards both conservation reports and the actual work.) Stage 3 will inevitably be more costly still, but there are several other grant-awarding bodies that can be approached for help. So we are hopeful that Sir Thomas Cullum's monument, now 345 years old, will be restored in due course to a condition that will enable to last many more years.

Andy Parrett



# A Church message



## Live broadcasts of church services

At present, All Saints Church remains closed because of the COVID pandemic. However, **live streaming** of the Benefice's 10.30am **Sunday Services** can be found on the St Edmundsway Benefice's, Facebook page and YouTube.

There are also simple services of Evening Prayer on a Tuesday and Friday at 6pm. Please do join us.

Contact Mark Hinde for a Zoom invitation: [mark.hinde@talk21.com](mailto:mark.hinde@talk21.com)

## Churchwarden update

Lesley Carey has stood down as the churchwarden for All Saints Church, Hawstead, so the church is looking for a replacement! The role and responsibilities of the churchwarden are described by the Church of England as follows:

*Churchwardens are the senior lay representatives of the parish. The role of the churchwarden is extremely varied but generally involves management, maintenance and mission in accordance with the Churchwardens Measure 2001 and the Canons of the Church of England (see in particular Canon E1). They are the foremost in representing the laity and in co-operating with the incumbent, and they have a duty to maintain order and decency in the church and churchyard, particularly during the times of divine service. In cooperation with the incumbent, churchwardens are generally responsible for the day-to-day functioning of the parish. In relation to safeguarding, the churchwardens work with the incumbent, Parochial Church Council and parish safeguarding officer to:*



- *Ensure that in the period of a vacancy (during an interregnum), that the incumbent's safeguarding roles and responsibilities are fulfilled, in consultation with the PCC, parish safeguarding officer and the area dean*
- *Pay attention to the specific needs of children and vulnerable adults when undertaking health and safety inspections and risk assessment*
- *Ensure that risk assessments are carried out before new activities are undertaken*
- *Ensure that all parish activities with children and vulnerable adults are adequately supervised and insured*
- *Ensure that the parish has procedures for responding to complaints and grievances*
- *Answer questions regarding safeguarding as they arise in the archdeacon's visitations, and respond to any specific safeguarding advice, which may be given from the archdeacon.*

The Parochial Church Council is made up of:

- Secretary, Mr. Andy Parrett
- Treasurer, Mrs Jackie Brown
- Lay Elder, Mrs Rosemary Harrison
- Members Mrs Judy Carter, Mrs Sonja Monk, Mr Bob Brough

Any one of them will be happy to talk to you if you are interested.

### Farewell to Jeremy

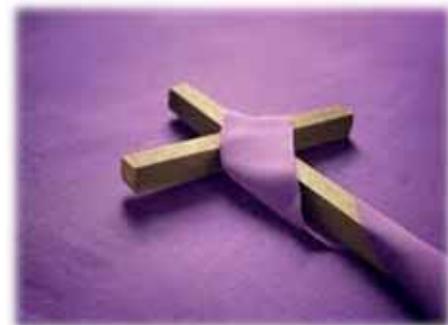
The Rev Jeremy Parsons has resigned his post. He is working part time until 1 July, but will then leave the Benefice.

### A difficult time

As well as the problems caused by COVID, Hawstead's church, as with many rural churches, is going through very difficult times. We do not know yet the plans of the Diocese of St Edmundsbury & Ipswich for this Benefice but will keep you informed of any developments.

## Lent

The word 'Lent' derives from an Old English word that means 'to lengthen'. For those living in the Northern Hemisphere, the season coincides with Spring, a time during which the daylight hours can be seen to lengthen. The increased light causes trees to bud and flowers to bloom... new life emerges all around us.



Lent lasts 40 days (Lent 2021 begins 17 February and ends 3 April) and is a time of preparation for the celebration of Christ's death and resurrection during Easter. From Ash Wednesday to the evening of Holy (Maundy) Thursday, the season draws us towards the light of Christ. It is a time of prayer, penance and almsgiving.

During Lent it is traditional to give up something that you really like as your **penance**, e.g. chocolate, sweets, biscuits, favourite drinks. But you might also put your mind to doing something new and to giving something back to Society: help a friend or neighbour, phone a relative, give away clothes, books, toys or other items you haven't used for ages. Or you might write a letter... everyone likes to receive a letter or a card. **Almsgiving.**

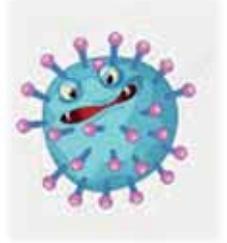
We might also allot some time to pray, for yourself, friends, relatives, anyone who is suffering from loneliness, sadness, depression, loss, especially in these difficult times. **Prayer.**

At the end of Lent comes Easter, when we can indulge ourselves with some of the pleasures we have given up. As with the resurrection of Christ, we are reborn. Slowly our spirits reawaken, along with the natural world. We feel hope stirring in the fertile soil of our souls.

Lesley Carey

# Coughs, colds and COVID

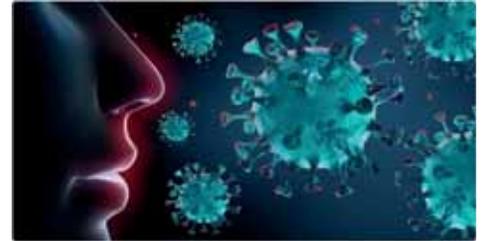
Geraldine West tells us about some things we can do to prevent the nasty bugs gaining access to our bodies



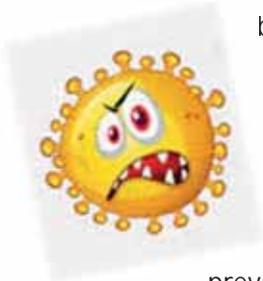
As well as following the government guidelines with which we are all familiar, there are additional things we can do to prevent bacteria and viruses from multiplying in our nostrils and throats and penetrating further into our bodies.

## Things to do – nose

Use a nasal douche to clear bacteria, viruses and other debris from your nasal passages. Mix equal quantities of salt (preferably sea or rock salt) and bicarbonate of soda with warm water, filtered if possible. Add a small quantity of your mixture to a glass of warm water – you will soon learn how much to use – and sniff it up your nose. Some of the douche and debris will come through into your mouth. Don't be squeamish, just spit it out. It means it is working! Gargle briefly with the douche and rinse your mouth.



Use as soon as you return home if you have been in the company of others. But in any event, use last thing at night to clear away any bugs/debris picked up during the day, and first thing in the morning to clear away any bugs that may have been multiplying in your nasal passages overnight.



Keep your mixture in the bathroom cabinet and make it a habit, like cleaning your teeth.

Coconut oil is anti-viral, anti-fungal, anti-bacterial, lubricating, healing and soothing. Push a small amount of coconut oil, the size of half a pea, into your nostrils. It will help to form a barrier, preventing unwanted guests entering your nostrils. Use before being in the company of others, but in any event, after douching morning and evening. Coconut oil is solid until warmed up, so it is easy to use.

Last thing at night, before you go to sleep, run just a smear of coconut oil along the bottom edge of each eye. This not only lubricates your eyes while you are asleep, but also helps lubricate and clear the sinuses. The eye ducts are very much linked to our nasal passages. When our eyes water on a windy day, our noses run too.

There are already nasal sprays on the market that claim to prevent colds and flu, and there will soon be effective anti-COVID nasal sprays available too. Personally, I would limit their use to before and after being in close proximity with others.



### Things to do – mouth

Spend time on your teeth, especially before bed. If possible, use an electric toothbrush. Change brushes regularly, and use a good quality toothpaste. Use floss or a battery powered water jet to clean between the teeth and gums. And clean your tongue with a teaspoon.



Practice oil pulling (use coconut oil!). A small quantity of coconut oil swished around in the mouth will pull bacteria and other unwanted bugs and debris away from the surfaces of your mouth, to be evicted by spitting the oil out and rinsing your mouth. Do this in the morning to clear away anything that has found its way into your mouth overnight.

### Things to do – lungs

It is important to keep our lungs in good order. Breathing in over a bowl of steaming water with a drop of two of eucalyptus oil, tea tree oil or Olbas oil (or that good old standby – Vick) will help to keep your airways clear and congestion-free. Practising some deep breathing exercises will improve our intake of oxygen and help keep our lungs in good order. Make sure your ribs and abdomen move too!



### Things to do – hands

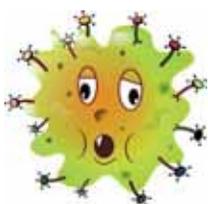
We all know about washing our hands, but we also need to attend to our finger nails which can provide a comfortable hiding-place for germs. Generally, keep them short and use a nail brush, especially if we have been out and about, putting on and taking off face masks, picking up groceries, etc. Make sure your nailbrushes are still working effectively – they do lose their springiness rather quickly. If so, get some new ones and have them by each sink or wash basin.

Rings can harbour bugs too. So apart from a wedding ring, I would suggest leaving them in the jewellery box for the time being. And if you have any sores or cuts on your hands, keep them covered with a plaster while out and about.

If you are using chemical-based hand-sanitisers frequently, or even just washing your hands more than usual, use hand cream to stop them becoming dry and susceptible to eczema.

### Things to do – gut

Make sure you have plenty of good gut bacteria to fight the baddies. Consider taking pre and pro-biotics, eat yogurt and other fermented foods (try kombucha, kefir, kimchi and sauerkraut) and eat plenty of fruit, salad and vegetables.



### Things to do – generally

Refresh the air in your home each day, and especially get fresh air into the bedrooms. Take a vitamin D supplement and, if you can, spend time outside, especially during the middle of the day.

Keep well! Geraldine West

# Census 2021

West Suffolk Council reminds us that a new census is on its way...



Preparations are in hand for the 2021 Census (planned for Sunday 21 March 2021), the national exercise held every 10 years which provides information for Government use in making decisions, e.g. in the funding of services.

All households in the country will be asked to answer a set of questions, if possible online, about everyone in that household on that day. This census will be digital first, but paper copies and support will be available for those who need it. Security is very strict, both in handling your data and in making sure the process is COVID safe.

The Office for National Statistics (ONS) runs the census in England and Wales. It is independent from government and has played a pivotal role during COVID assessing the infection levels in the population.

Your details are protected by law, and any information published is always anonymised. The full record is held in a vault for 100 years before it is made available for genealogists. You will be sent an access code in the post and can complete your return online as soon as it arrives, in early March.

If your household circumstances change on Census Day, you can let the ONS know. Guidance on completing the survey will be released in due course. More information can be found at [census.gov.uk](https://www.census.gov.uk).

## Out with the old...

Some dead wood (literally) is being cleared away at Pinford End. Andy Parrett captured the old vegetation being cleared away along the path near the little bridge over the River Lark.



# Fresh air and community spirit

A request for help from our Parish Tree Warden, James Carr



Can you get out and help maintain Hawstead's open spaces during February?

Sadly, organised volunteer work parties are not permitted at the moment. But if single households or bubbles want to get out for some healthy exercise and help with some practical work, we could still get the village green's maintenance work done. There are jobs of various sizes. Please pick a task below if you fancy getting out to help.

## Pound Green

Trim back thin low branches above the bench and along the car park edge to prevent them encroaching on the car park and to allow mowing of the grass.

*I have a long saw that could be used if wanted and I can clear up cut branches after if needed.*

## Millennium Field

- Trim the short length of hedge at the far end between the churchyard extension and the Millennium Field (hedge trimmer/shears needed.)
- Weed around the young hedge plants on the far boundary against the field. Remove any dead ones.

*I have some extra hedge plants to be planted in some of the gaps.*

## Bull Green, Pinford End

- Light trimming of drooping branches to prevent them getting in the way of the mower.

## Main Green near Village hall

- Light trimming of weeping willow to prevent low branches encroaching on to the car park.
- Cut up and tidy away fallen hawthorn branch on opposite side of road.



Under the Defra funding for the village green, we are required to follow the cross-compliance rules. This means that any tree or hedge trimming on parish land is carried out between 1 September and 1 March to avoid disturbing breeding birds in the spring and summer - hence the need to plan ahead and do these before the end of February! I'm happy to meet on site and show you exactly what is needed if you'd like. Please contact me at [jamesandchristabel@gmail.com](mailto:jamesandchristabel@gmail.com) or telephone 386245.

# Easter competition

It's competition time again! This issue, the theme is Easter...

What you'll need to do...

## Design and create an Easter egg

Open to **adults** and **children** (please state your age if entering the children's category).

Prizes: There will be a small prize for the winner of the adult category, and a £10 book token for the winner and runner up of the children's category.

Get thinking!



How you interpret the brief is entirely up to you. Here are some ideas...

- Decorate hard boiled eggs or blown eggs
- Make a papier-mâché egg
- Create Easter cards with bold, bright Easter eggs on them
- Design a new Easter egg for the shops
- Knit or crochet an Easter egg

Please send a photograph of your entry to me at: [anneng100@googlemail.com](mailto:anneng100@googlemail.com) by 25 March 2021

Good luck!



# Limerick competition winners

Our limerick competition attracted some great entries. Congratulations to our winners, Janet and Andy Taplin, and to our runner up, Rosemary Harrison. Their winning entries were chosen by our mystery benefactor, and they each receive a book token.

## Janet and Andy's winning entry

There once lived a chap we'll call Andy  
Who tried very hard to be handy  
He hammered and nailed  
But quite often he failed  
Though he said it was all fine and dandy.

His wife was a woman called Janet  
Whose dream was to circle the planet  
She was very refined  
But whenever they dined  
She would gobble her meal like a gannet!

They had a thin dog they named Sadie  
Who fancied herself a real lady  
She wore dresses and pearls  
And a wig of blonde curls  
Neighbours thought every one of them shady!



## Rosemary's entry - Runner up

A lady from Hawstead one Sunday  
Thought it was Wednesday or Monday,  
She thought May was June  
That the sun was a moon  
And a cow would jump over it one day.

# Advent competition winners

Our Advent window competition attracted some beautiful entries.

Villagers had to create an Advent display celebrating their favourite Christmas carol. The winner was **Kerry Golden**. Here's Kerry's winning entry (far right) based on *Away in a Manger*.

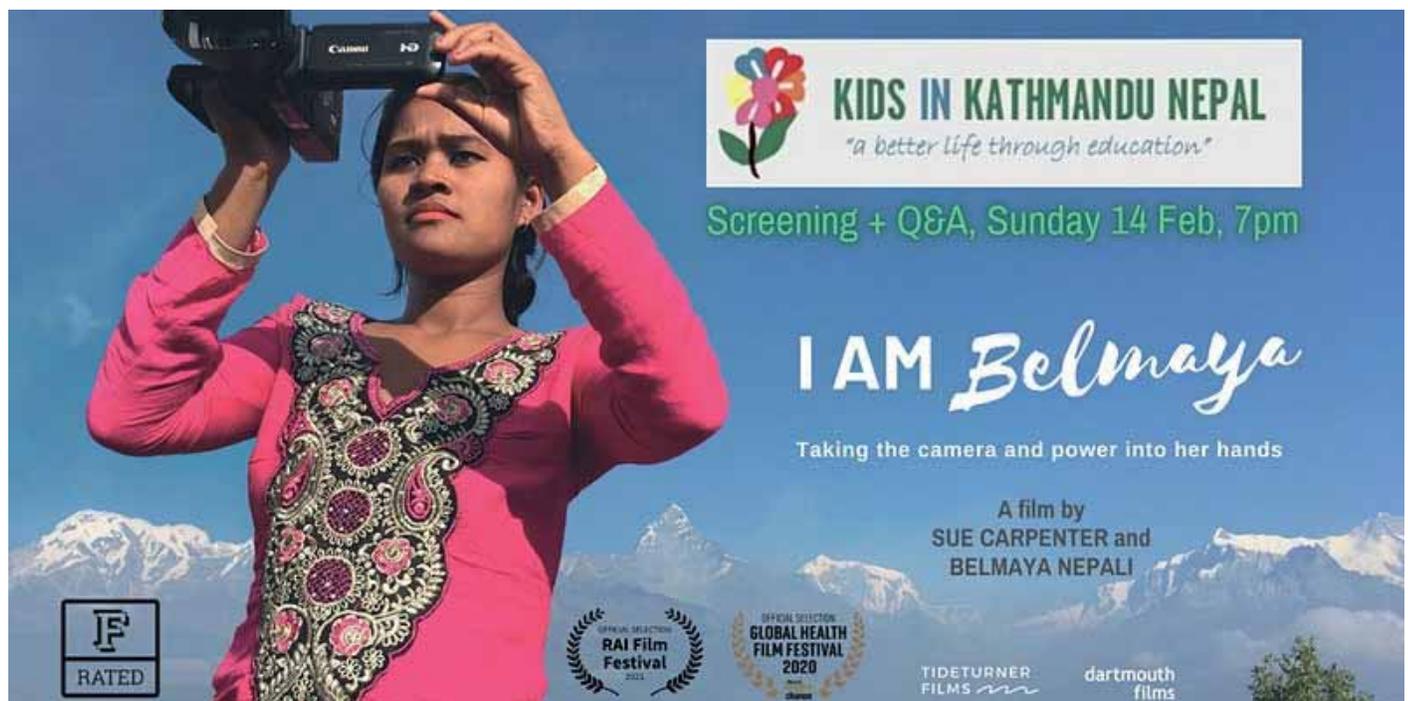
Other entries included...



# Kids in Kathmandu Nepal

Former resident Liz Cooper has forwarded some information that may be of interest to villagers.

Friends and supporters of Kids in Kathmandu Nepal are being invited to an exclusive private screening of the groundbreaking documentary film 'I Am Belmaya'. A story 14 years in the making, it highlights the challenges facing so many girls in Nepal. It is a unique chance to see the film that is wowing preview audiences and critics before it is released publicly. The **online screening is at 7pm on Sunday 14 February 2021**. The film itself is 82 minutes long. Immediately following the film there will be a pre-recorded Q&A session with the directors, Sue Carpenter and Belmaya Nepali, and film critic Anna Smith.



The production company (Tideturner Films) is kindly arranging the screening for the charity and is asking for a minimum donation of £10 per person. 50% of all proceeds will go to KIKN, and 20% of Tideturner's share will go directly to Belmaya and her daughter. Please note that access to the screening is strictly by invitation only. Access will be password controlled and tickets are non-transferable. To purchase tickets and make a donation please click on the following link:

<https://kikn-belmaya-screening.eventbrite.co.uk>

## Hawstead Village Hall

Please note that the **VILLAGE HALL IS CURRENTLY CLOSED**, except for food deliveries and essential counselling services. If you have any booking enquiries for future events, please contact us on [bookings@hawsteadvillagehall.co.uk](mailto:bookings@hawsteadvillagehall.co.uk). You can find out more about the village hall by visiting our website: <https://www.hawsteadvillagehall.co.uk>

# COVID vaccination update



Please ensure you're registered with a general practitioner so the NHS can contact you quickly and easily

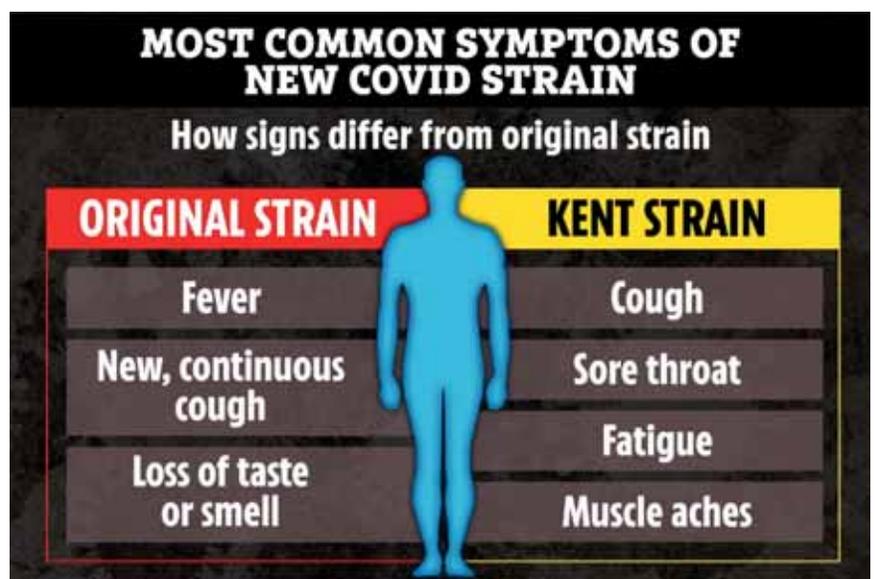
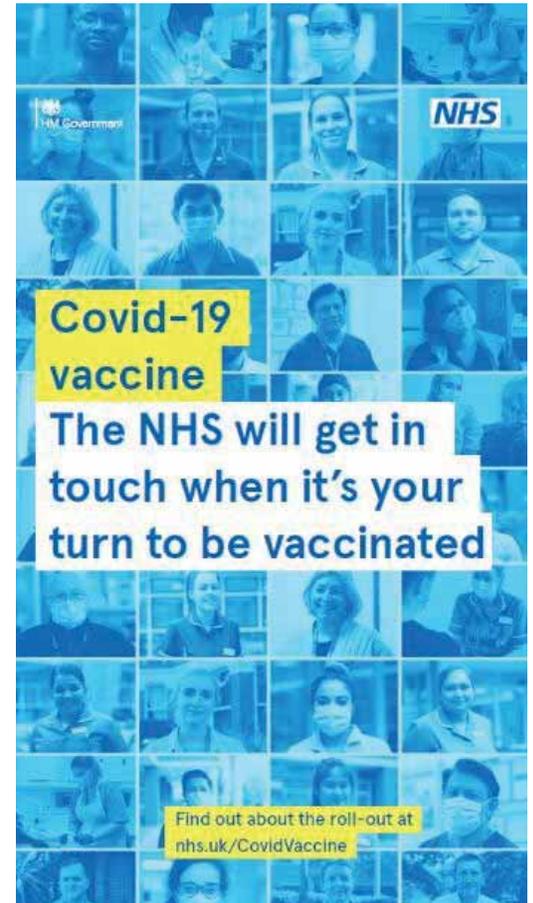
Many centres in Bury St Edmunds have now started vaccinating against COVID. You MUST ensure you are registered with a local GP surgery so that you are offered a vaccination as soon as possible. If you are not sure about whether to accept the vaccination, talk to a trusted family member or friend, or your GP or practice nurse.

If you are registered at a GP practice, there has also been a request to ensure you have your NHS number ready to hand. It will be printed on any past communication from your GP (e.g. on an invitation letter for a flu vaccination). Please be aware there are some misleading posts doing the rounds on social media about the need for your NHS number. Having it to hand at your vaccination is a request to make administration easier, it is *not* a condition of getting the vaccination as some recent posts on Facebook have suggested.

You'll also be aware of scams where individuals are being conned into paying for a vaccine. **There is NO CHARGE for the COVID vaccine**; it is being provided via the NHS, which is **FREE** at the point of delivery.

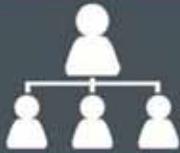
Be aware that the new UK COVID variant appears to be exhibiting a slightly different range of symptoms, as shown in the image to the right.

We are also pleased to have had reported that several residents have now been offered and received their vaccinations. Congratulations to you all!



# COVID-19 VACCINATIONS

*Help stop the spread of COVID-19*



## Who will receive the vaccines first?

Adults aged 80+, frontline health and social care workers, care home residents and staff, and those with clinical conditions which would make them extremely vulnerable if they contracted the virus.



## Will the vaccine protect me?

The vaccination will reduce the chance of you developing Covid-19 from 2-3 weeks after you have had the first dose. The first dose will give you a high level of protection but it's essential to have the second dose within the next 12 weeks to receive the full benefit of the vaccine. Some people may still get Covid-19, but it should be much less severe.



## Is the vaccine safe?

The NHS will not offer any Covid-19 vaccinations to the public until independent experts have signed off that it is safe to do so. The vaccines have been tested on tens of thousands of volunteers from all over the world. Funding and scientific resources allowed **all of the usual steps for testing vaccines** to be done more quickly than usual.



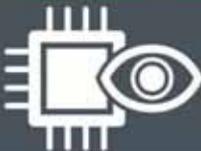
## What are the common side effects?

Tenderness in the arm where you had your injection, usually worst around 1 to 2 days after the vaccine; feeling tired; headache; general aches, or mild flu like symptoms. These symptoms normally last only a few days. No significant side effects have been observed in the tens of thousands of people involved in the trials. If any symptoms seem to get worse or if you are concerned, call NHS 111.



## Will the vaccine alter my DNA?

There is no evidence to suggest that individual genetic material will undergo an alteration after receiving the vaccine. The vaccine works by making a protein from the virus that is important for creating protection. The protein works in the same way it does for other vaccines by stimulating the immune system to make antibodies and cells to fight the infection.



## Will the vaccine include a trackable microchip?

This technology does not exist. The vaccine does not include any means of tracking people or having any remote influence over them in the future.

**SUFFOLK  
NEEDS YOU**

*Become a Covid-19 message cascader*  
[www.suffolk.gov.uk/message-cascaders](http://www.suffolk.gov.uk/message-cascaders)



# Supporting Stay at Home

## Hawstead food deliveries

Just a reminder about the procedure for booking a village hall food delivery. Each food delivery service is different. If you miss their order deadline (or fail to pay for your order) you are very likely to miss the delivery to the hall. Thank you again to Susanne for organising this for us all.

### Meat, etc.

Place your order before 4pm on Tuesday for a Wednesday morning delivery... collection from the village hall 10.30-11am Wednesday morning. Call Eric's team on 01284 705567 and remember to say you are part of the Hawstead Village Hall delivery on Wednesday morning. They will take your order and call you back with a total and for credit card details.

### Bread, etc.

Place your order before 9am on Tuesday for a Wednesday morning delivery and by 9am on Friday for a Saturday morning delivery. Simply visit <https://www.thefriendlyloaf.co.uk/> and place/pay for your order. Make sure you say in NOTES that it is for the HAWSTEAD VILLAGE HALL DELIVERY. Collection 10.30-11am from the village hall.

### Fruit, veg, salad, etc.

Order before 9am Wednesday for the Thursday delivery. Simply visit <https://marksmanproduce.co.uk/shop/> and browse the large selection of produce. Pay online and write in NOTES that you wish your order to be part of the THURSDAY HAWSTEAD VILLAGE HALL DELIVERY. Collection 2-2.30pm on Thursday from the village hall. Marksman is prepared to take telephone or email orders if you can't manage the website. Contact them direct to make special arrangements.

### Fish

A villager has highly recommend the following for home delivery:  
<https://marrfishhome.co.uk> for fish and seafood.

Best wishes...

Susanne

On behalf of Hawstead Community Council



																																				
<p>Food Delivery to Hawstead <b>THE FRIENDLY LOAF</b></p>	<p>Meat Delivery to Hawstead <b>ERIC'S PRIME CUTS</b></p>	<p>Fruit/Veg/Salad Delivery <b>MARKSMAN</b></p>																																		
<p>Villagers collect Wednesdays and Saturdays from Hawstead Village Hall 10.30-11am • BYO bags • Self isolating or NHS/essential worker? Place your order and ask a Community Volunteer to collect/deliver on your behalf</p>	<p>Villagers collect Wednesdays from Hawstead Village Hall 10.30-11am • BYO bags • Self isolating or NHS/essential worker? Place your order and ask a Community Volunteer to collect/deliver on your behalf</p>	<p>Villagers collect THURSDAYS 2-2.30pm from Hawstead Village Hall • BYO bags • Self isolating or NHS/essential worker? Place your order and ask a Community Volunteer to collect and deliver on your behalf.</p>																																		
<p><b>Menu</b></p> <p>Selection of breads, cakes and pastries, including: French Sticks, Rolls, Wholemeal Bread Granary Loaf, White Bread, Walnut Bread Barn Bread, Rye Bread, Sourdough, Spelt Cheese &amp; Onion Bread Ciabatta &amp; Focaccia Doughnuts, Bakewell Slice, Custard Tarts Croissants, Pain au Chocolat/Raisin Chocolate Brownies, Millionaires Shortbread Quiche, Pasties &amp; Sausage Rolls Plus... Flour, Yeast, Semi-skimmed Milk, Butter, Eggs, Cheese, Chutneys, Honey, Marmalade, Jams and curds, Fruit juices, Coffee...</p> <p>Please check the website for availability</p> <p>Visit <a href="https://www.thefriendlyloaf.co.uk">https://www.thefriendlyloaf.co.uk</a> and place/pay for your order. Make sure you say in NOTES that it is for the <b>HAWSTEAD VILLAGE HALL DELIVERY</b></p> <p>Order before 9am on Tuesday for a Wednesday delivery, and before 9am on Friday for a Saturday delivery</p>	<p><b>Menu</b></p> <table border="0"> <tr> <td>Chipolatas</td> <td>Pigs kidneys</td> </tr> <tr> <td>Sausages</td> <td>Lambs kidneys</td> </tr> <tr> <td>Mince beef</td> <td>Lamb chops</td> </tr> <tr> <td>Back bacon</td> <td>Leg of lamb</td> </tr> <tr> <td>Streaky bacon</td> <td>Shoulder of lamb</td> </tr> <tr> <td>Casserole beef</td> <td>Minced lamb</td> </tr> <tr> <td>Rump steak</td> <td>Whole chicken</td> </tr> <tr> <td>Sirloin steak</td> <td>Chicken thighs</td> </tr> <tr> <td>Fillet steak</td> <td>Chicken breasts</td> </tr> <tr> <td>Topside</td> <td>Pork pie</td> </tr> <tr> <td>Leg of prok</td> <td>Scotch eggs</td> </tr> <tr> <td>Shoulder of pork</td> <td>Cooked ham</td> </tr> <tr> <td>Belly pork</td> <td>Mature Cheddar cheese</td> </tr> <tr> <td>Pork casserole</td> <td>Black Bomber Cheddar</td> </tr> <tr> <td>Pork steak</td> <td>Stilton cheese</td> </tr> <tr> <td>Pork chops</td> <td></td> </tr> <tr> <td>Pigs liver</td> <td></td> </tr> </table> <p><b>ORDER BEFORE 4PM TUESDAY FOR A WEDNESDAY DELIVERY</b></p> <p>To order, phone Eric's team on <b>01284 705567</b> and place your order. They will then prepare the order and call you back with the price and you can pay with a credit card. Make sure you say that your order is for the <b>HAWSTEAD VILLAGE HALL DELIVERY</b>.</p>	Chipolatas	Pigs kidneys	Sausages	Lambs kidneys	Mince beef	Lamb chops	Back bacon	Leg of lamb	Streaky bacon	Shoulder of lamb	Casserole beef	Minced lamb	Rump steak	Whole chicken	Sirloin steak	Chicken thighs	Fillet steak	Chicken breasts	Topside	Pork pie	Leg of prok	Scotch eggs	Shoulder of pork	Cooked ham	Belly pork	Mature Cheddar cheese	Pork casserole	Black Bomber Cheddar	Pork steak	Stilton cheese	Pork chops		Pigs liver		<p><b>Menu</b></p> <p><b>Well-being boxes</b>, including vegetable box, tropical box, stir-fry packs, stew packs, salad box, roast pack, fruit box</p> <p><b>Vegetables</b>, from beetroot to tomatoes, broccoli to sweet potato, butternut squash to spring onions and lots more</p> <p><b>Fruit</b>, from apples to watermelon, avocado to satsumas, bananas to pineapple, and lots more</p> <p><b>Dairy</b>, including milk, cheese, butter, cream, yoghurts</p> <p><b>Eggs</b> (all free range)</p> <p><b>Bread Rolls and Sliced Breads</b></p> <p><b>Frozen Goods</b>, from blackberries to sweetcorn, blackcurrants to sweet potato fries, broad beans to spinach leaf, and lots more</p> <p><b>Herbs</b>, including basil, parsley, mint, coriander and more</p> <p><b>Chutneys &amp; Chilli Jam</b></p> <p><b>Flour</b> (plain and self raising)</p> <p><b>Sugar</b> (caster and granulated)</p> <p>To order, visit <a href="https://marksmanproduce.co.uk/shop">marksmanproduce.co.uk/shop</a> and browse the large selection of produce. <b>Pay online and write in NOTES that you wish your order to be part of the THURSDAY HAWSTEAD VILLAGE HALL DELIVERY.</b></p> <p><b>Order before 9am Wednesday for the Thursday delivery</b></p>
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Please check your email for a copy of the above... it might be easier to read!



**We're here to help you**

**HAWSTEAD VOLUNTEER GROUP**

# 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

#### **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 389688

**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.**

**Stay Home - Protect The NHS - Save Lives**

For further information about coronavirus visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

Edition 4 / February 2021