

ISSUE

14

6 April
2021

The Village Voice



Welcome to our village newsletter

Spring is springing! The flowers are starting to bloom, giving us all the boost we need right now. Thanks to Laura Eastwood for these lovely spring photographs.

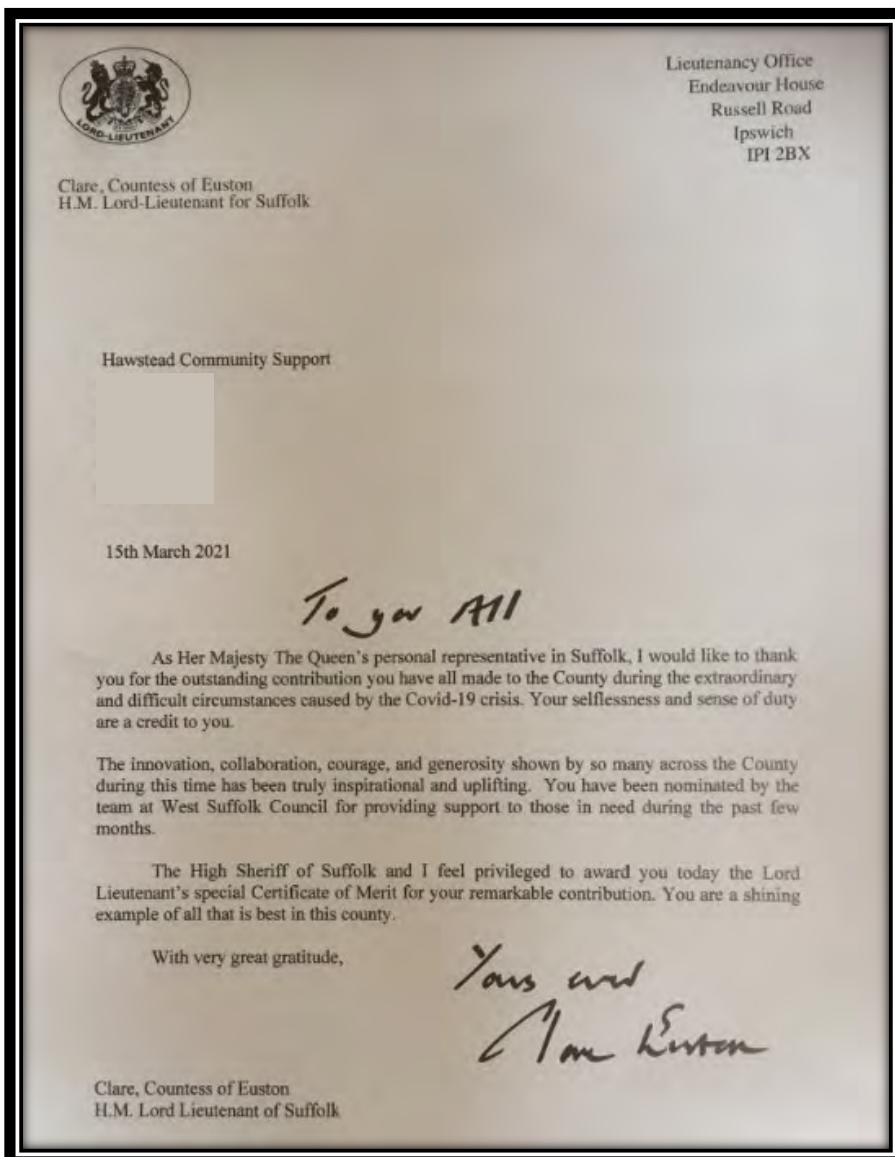
As we all look ahead to (hopefully) happier times, there's a reminder of key dates for your diary, including our Spring Plant Fair being planned by Hawstead Community Council. Discussions are underway, with an enthusiastic team of villagers led by Caroline Miller. It will be fantastic to stage something once again at our beautiful village hall, and we hope to include tea and cake too!

Please keep your wonderful contributions coming in – photos, recipes, book recommendations. They're all very much appreciated. If you have anything to contribute, please do send it in to me at: anneng100@googlemail.com.

Deadline for issue 15 submissions: 25 May 2021

Well done Hawstead!

Our fabulous Hawstead Volunteer Group has been recognised for its support to all villagers over the past year. The group members have helped to ease the worries and anxieties of many residents, and have provided opportunities for all villagers to collect foods from the village hall rather than venture into town. Plus, of course, we can celebrate the birth of this village newsletter!



Grateful thanks to the wonderful team, all of whom remain poised for action should any villager need help or support at any time. Online meetings continue to be held once every 2 weeks to ensure the village remains in the best position to respond in an emergency.

Should you need them, contact details for the current emergency team members are displayed at the back of this issue.

Hello deer...

Laura Eastwood has captured these amazing images of deer on a stroll around Hawstead, as well as some other local residents (of the feathered and woolly kind).



Please send in your pictures of local wildlife to brighten up our newsletter. It's amazing what is out there if we take the trouble to go looking.

Where are Fran and Andy Evershed?

Andy Parrett writes...

In recent months we've got into the habit of buying fresh eggs from the blue and white box in front of the Eversheds' house, opposite the corner of the Village Green where Bells Lane starts. Imagine my surprise when, having emailed Fran recently about a different matter, I got a reply saying that they weren't at home but 'Laurie, Ellie and Beth are holding the fort'.



Andy Evershed relaxing somewhere on Raasay!

southern end called Inverarish, to which a 20-minute ferry runs from Sconser on Skye. It's an 11-mile, 45-minute journey to reach the hamlet of



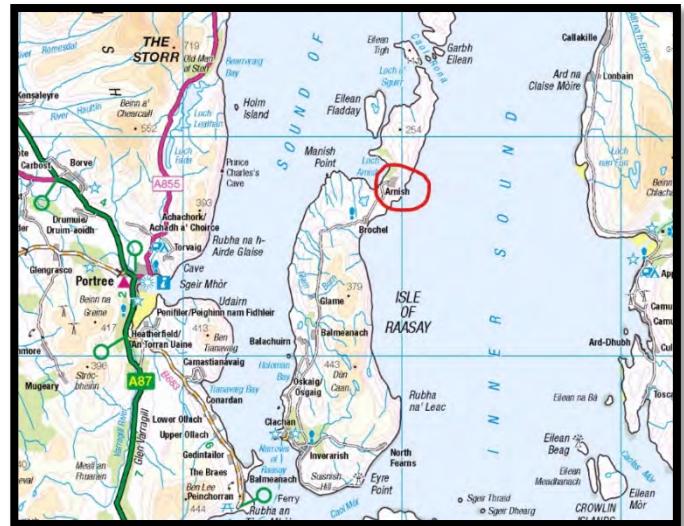
Arnish Cottage from above

So where have they gone? The answer is that since October 2020 they've been living 'off grid' on the island of Raasay, house-sitting for a lady who is currently away for family reasons. And where is Raasay? It is located off the eastern coast of Skye, northwest Scotland!

Raasay is a long thin island, approximately 14 miles by 3 miles, running north to south. It has a population of about 150, most of whom live in a village at the

Arnish where Fran and Andy are staying, along a single-track road that is more of a track than a road and was only completed in the 1980s.

Their house is 'entirely off-grid': water is from a spring and electricity is from solar panels and a wind turbine, so things work best on sunny but windy days! They have internet (hence a reply to my email), but it has



View towards Skye from Raasay

had to be repaired twice since they've been there, requiring an engineer to climb a pathless hill to reach a transmission mast.

Fran says they like it there: it is '*just amazing! Stunningly beautiful and totally rustic.*' Local wildlife includes red deer, porpoises in the loch, eagles and many other birds. They have been there twice before for short autumnal periods. Fran confirms that they'll be back in Hawstead later this year, but at the moment 'we don't know when.'

If you fancy a trip to Raasay (when we're allowed to travel and have a holiday), there are some B&Bs and holiday cottages, plus one hotel.

Sicklesmere Stores reopened!

Some excellent news: Sicklesmere Stores & Post Office are now up and running once again after the terrible flooding last year. Opening days and times are below.

Monday to Friday	8am - 5.30pm
Saturday	8am - 12 noon
Sunday (SHOP ONLY)	9am - 12 noon
Bank Holidays (SHOP ONLY)	9am - 12 noon



Note: The Post Office always closes 5 minutes before the shop. Last collection times allow for reports to be completed ready for Royal Mail to take away, along with the day's postal sacks.

Newspaper deliveries can be ordered from Sicklesmere Stores too.

Call them on 01284 386303 to arrange for your delivery.



A year in Hawstead

Andy Parrett is Hawstead's History Recorder. Andy's full review of 2020 is available on the village website, but here's a summary of the year in lockdown.



Last year a note about the 2019 report didn't appear until August in the Village Voice. This time around, for fairly obvious reasons, I've been able to knuckle down and get the job done much earlier! Nonetheless, and despite (or because of) the pandemic which dominated three quarters of the year, there does seem to have been quite a lot to write about. Here are some headlines:

- Lockdown led to the creation of the Community Support Group which quickly got organised to help more vulnerable villagers.
- This newsletter, Village Voice, was set up as a means of communication and was distributed via a much-enhanced village email group. As restrictions were eased in the summer, it was agreed to continue the Village Voice as a regular publication.
- During lockdown, Hawstead Community Council arranged for food deliveries to be collected from the Village Hall, supplied by Marksman Produce, Eric's Prime Cuts and The Friendly Loaf.
- Hawstead farmer Rupert Brown opened up two circular walks around areas of his farm for villagers, using tracks and field boundaries.
- Before the pandemic struck, a volunteer group carried out a deep clean of the Village Hall – which then remained closed for the rest of the year.
- Also, before C-19 reared its ugly head, the community orchard was planted one Saturday morning in early March. Blossom followed later.
- The Wigwam holiday pods at Maglia Rosso were well used during the summer when restrictions were eased.
- There were no church services after March 2020, except for a short socially distanced carol service before Christmas.
- The Great War Huts team in Bells Lane created a number of videos about their collection of artefacts from World War One.

Andy Parrett

For reports from previous years, visit the website at: [Hawstead Parish Council - Local History Recorder Reports](#)



The Parish Council funded a new sign for the Millennium Field acknowledging the location of the Community Orchard which was planted last year.

Many hands make light work

Our Parish Tree Warden, James Carr, says 'If you can lend a hand, it makes such a difference. After all, many hands make light work!'

A very BIG THANKYOU to all the volunteers who have helped complete the cutting, clearing, trimming, weeding and shredding to help with the winter jobs around the various village greens and the Millennium Field. It was a great team effort, even though it had to be at a safe social distance! There was such a good response, even in the snow and icy cold, that some of you missed out because the work had been completed before you got there!

We'll plan some more trimming of low branches, etc., in the autumn.

Spring thoughts

Generally, I think our trees and village greens are in really good order – a balance of good management for people and wildlife. We need to remember to allow lots of wild places in our gardens and countryside for wildlife. I had a brilliant reminder of this on Sunday when clearing up some of my handy stuff (which Christabel calls 'Junk'). A pair of brimstone butterflies appeared, had a brief courtship flight in the February sunshine, and the paler female led the male into the ivy that I was about to tidy off a post. Here they are in the photograph, well camouflaged amongst the ivy leaves. They remained here hidden together for 3 cooler days after. I would have missed them and denied them a great honeymoon spot if I'd done too much tidying. I'm trying to get more organised without losing places for other species to enjoy the garden so reminding myself that the countryside and our gardens should have elements of thicket and complex habitats for wildlife. Our lives have been richer in lockdown for having wildflowers and barn owls on the green and birdsong from the hedges.



Bird Box Project

With that thought in mind, would anyone like to volunteer to create some bird or bat boxes? Brian Kew put some up in the Millennium Field 20 years ago and they need replacing. The more the merrier! I can send out designs if you need them, and I may have some suitable wood too if I can just remember where I've stored it among my useful stuff! Christabel will be pleased to share it out!

Let me know if you can help. Contact James on 01284 386245 or email jamesandchristabel@gmail.com

Churchyard help during Covid-19

Our churchyard is an important part of the village and a lovely place to relax and contemplate the World. If you would like to help with its upkeep, make yourself known!

Lesley tells us that Andy Parrett has been doing valiant work keeping up the mowing of paths over the past year while the usual help crew hasn't been able to visit due to transportation issues during COVID. There are still plenty of jobs that need doing:

- Strimming of the wildlife area behind the church before the grass shoots up
- Ongoing weeding, pruning and strimming

If you would like to give some of your time for the upkeep of this peaceful spot, please contact Lesley Carey, Andy Parrett or another member of the PCC.



James Carr says: *I have some pretty idyllic memories of joining summer evening work parties in my youth to cut and rake up the long grass each July. We did it with scythes and pitch forks, quietly and refreshed with gentle banter and a generous oversupply of crates of beer which everyone had brought in case others forgot! That's a tradition I'd like to see revived!*



A reminder... COVID vaccinations

Make sure you're registered with a GP



To ensure you're offered a vaccination, you MUST be **registered with a local GP practice**. If you are registered, 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 receiving the vaccination.



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

Welcome to Wilma!

For many families, lockdown has brought with it some new family members. Let's all give a warm welcome to the lovely Wilma, who joined the Park House family in February through Lincolnshire, Essex & Trent Boxer Rescue.



Lenten challenge

A HUGE THANK YOU to everyone who stepped up and took part in Hawstead's Lenten Challenge set by Lesley Carey. You've been so generous, and these boxes will be a welcome gift to families that need a little extra help at the moment.

A reminder of the challenge: This year, instead of, or as well as, giving something up, we would like to set you a challenge: to gather together a box of goodies for someone special who you do not know for them to receive at Easter. These could be gifts of foodstuffs, toiletries, stationery, in fact any small useful things you might like to receive yourself. Even an Easter Egg or two!



Easter Bunnies in Hawstead

Hawstead's Easter Bunnies were busy visiting village children over the Easter week, leaving behind a small token of Easter affection in the form of Crème Eggs... yum yum! Our thanks to the special Easter Bunnies who were out in force to make this happen and to Hawstead Community Council for funding the initiative.



Easter egg competition winner!



In the last issue we set an Easter egg competition. We're pleased to announce Rosemary Harrison as the winner!

Rosemary knitted this amazing and adorable Easter bunny carrying her basket of eggs – well done Rosemary!



*Easter egg watercolour:
Lesley Carey*

Suffolk walks

If you've caught the walking bug and are interested in venturing further afield, take a look at the website <https://www.walkinginengland.co.uk/suffolk/index.php>.

John Harris, who sent the link, says: 'With hundreds of walks to download and print free, the site also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group, all the information is there in one place.'

'There is so much walking information on the web, but it can be difficult to find. Walking in Suffolk (part of the Walking in England suite of websites <https://walkinginengland.co.uk/>) has brought it together in one place. So whether you are walking from home, or away on holiday, you will be able to find a suitable walk.'

'With walks from half a mile to 12 miles and longer, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking!'

<https://www.walkinginengland.co.uk/suffolk/index.php>



Alexander Technique for everyday life

With Andrea Walsh MSTAT

How do you bend?

When you're washing your face, loading the dishwasher, picking up your shoes, lifting a plant pot...

We spend a good chunk of our time bending. But it's the 'how'.

We were given three joints to bend or lower our upright bodies: hips, knees and ankles. So often, adults will bend with their spines. Ouch! There's no joint there for bending. The back dislikes it and then we add to the load by picking up something heavy. Not good!

In the Alexander Technique we look at how we bent so naturally as most young children do. Remember we were all little once. All that's happened is we've developed new, sometimes harmful habits in the way we move. The nature of a habit is it falls below the level of our consciousness. Great news is we can unlearn habits.

In my world, we call bending 'monkey', or the technical term is 'position of mechanical advantage'. The fantastic thing about bending in this way, is not only does it save the back from potential injury, but it strengthens it, by using the intrinsic deep muscles of the back in exactly the way nature intended.

If you find bending a pain and want to have a new freedom in the way you bend, try a taster Alexander Technique lesson to see if it's for you.

I offer a free, 15-minute consultation if you'd like a no obligation online chat. You can book this online, or call or message me on 07949083629



"I find the Alexander Technique very helpful in my work. Things happen without you trying. They get to be light and relaxed. You must get an Alexander teacher to show it to you."

John Cleese, actor.

More local catering options

For anyone not familiar with Edmunds, it's a restaurant service based at West Suffolk College and gives full-time students the opportunity to work front of house and as chefs.

The project is a fantastic way for students to gain valuable commercial experience. Edmunds has been offering an 'at home' service over the past months, which you can find out more about at <https://edmunds.wsc.ac.uk/edmunds-at-home> You'll need to subscribe to their updates to find out about what's on the next at-home menu.

EDMUND S
at home



Spanish Taster Menu

The next menu is a delicious Spanish Taster to take home, and will be available to collect from Edmunds restaurant on Thursday 15 April between 4.30pm and 6.30pm. Please pre-order using the order form by 4pm on Wednesday 14 April. £12.50 per person | Classic or Vegetarian | Card Payments only.

This graphic consists of three vertical panels. The left panel is light blue, the middle is black, and the right is light blue. Each panel contains text and a sub-section title.

- We cook**
The hard work is done for you! Delicious meals prepared to the highest standards by our Edmunds AA Rosette award-winning team.
- You heat**
All you need to do is follow the simple instructions provided! Cook your prepared meal fresh in the oven or simply reheat.
- Now enjoy**
Fine dining in your own home without any hassle... The same Edmunds standards to enjoy at your convenience.

Suffolk POTATOES
farm fresh & full of goodness
Proudly grown by the Long Family

A photograph of a field of green potato plants under a cloudy sky.

Suffolk potatoes Farm

Fresh Potatoes and Onions delivered directly from our farm to your door in Bury St. Edmunds and the surrounding villages within 10 miles.

Visit: [Suffolk Potatoes/Facebook](#)

Tel: 01284 754221

Email: suffolkpotatoes@gmail.com



Beware of scams

There are plenty of online scams doing the rounds at the moment. If you've signed up to the platform Nextdoor, you'll find regular updates reported on the latest ones.

SCAM
ALERT

While many of us may think we can spot a scam, they can sometimes be very convincing and exploit anxiety and fear by asking the reader to do something *urgently*. It could be an email that tells you your bank account has been hacked or suggesting that you owe money to HMRC. If in doubt, ask a friend or relative, or telephone the organisation they are claiming to be from but **always source a contact number yourself – never use one they have provided**.

Latest scams



Welcome to MyDHL+ - your one stop for international shipping! You'll be able to create and manage shipments, get quotes, schedule pickups, view reports and more!

Lost package id1363

MyDHL+ id1363

We look forward to supporting your shipping needs!

Regards,
MyDHL+ Team

DHL scam: Notification that a parcel has been lost. It's a phishing scam designed to get hold of your personal information.

Do not click on the link supplied.

Post Office/Royal Mail scam: This one has been in the news very recently with lots of people becoming a victim. It's very convincing! It's typically a text message asking you to make a small payment for insufficient postage. Do not reply.

Royal Mail: Your package has a £2.99 unpaid shipping fee. To pay this now visit: <https://royalmail-pay-shipping.com>. If you do not pay this your package will be returned to sender.

SCAM

Petfishing: With the increase in demand for pets, criminals are pretending to be genuine sellers. The usual scenario goes something like this. An animal will be advertised for sale but is being held abroad so you won't have the opportunity to meet it. Advance payment or a deposit will be requested, after which the scammer disappears. If you are looking for a new pet, please consider adopting one from a rescue home or a registered charity, or buy from a reputable breeder only.



Like farming: These are social media posts that get you to 'share' a particular page. Current stores being used are Primark and KFC, with the fake claim that you'll win a voucher or meal. When you share the post, scammers will be harvesting your data.



Save the dates... Hawstead social events 2021

Good news... we have some events to look forward to in 2021! See below for more details. Note that dates are subject to restrictions lifting.

NEW DATE - Saturday 29 May – Hawstead's Spring Plant Fair (to be 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.

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

Saturday 12 June (time tbc) – Village Green Nature

Walk and Talk with James and Christabel Carr. Join James and Christabel 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 (date tbc) – 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/01284 388841



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
- A friendly phone call
- Posting mail
- 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

Pinfold 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

Edition 4 / February 2021

Community Services

Bus timetable (Wednesdays only)

Sudbury - Bridge Street - Lawshall - Bury St Edmunds

375

Monday to Friday (Except Bank Holidays)

Operator	CH
Service Restrictions	W
Notes	1
Sudbury, Bus Station (C)	0930
Alpheton, Tye Green (o/s)	0945
Bridge Street, Rose and Crown (opp)	0949
Shimpling, Mill Hill (N-bound)	0957
Shimpling Street, Halifax Place (opp)	1002
Cockfield, Thorn Court Corner (adj)	1005
Lawshall, Primary School (opp)	1012
Hawstead Green, Bus Shelter (opp)	1020
Low Green, The Pound (adj)	1027
Bury St Edmunds, Arc Shopping Centre (o/s)	1037
Bury St Edmunds, Bus Station (Stand 6)	1039

Saturday

Sunday

no service

no service

NOTES

W Operates on Wednesdays

1 Sponsored by Suffolk County Council

OPERATORS

CH Chambers 03301 020801

Suffolk 14/04/2021

Bury St Edmunds - Lawshall - Bridge Street - Sudbury

375

Monday to Friday (Except Bank Holidays)

Operator	CH
Service Restrictions	W
Notes	1
Bury St Edmunds, Bus Station (Stand 6)	1300
Bury St Edmunds, Arc Shopping Centre (opp)	1302
Low Green, The Pound (opp)	1312
Hawstead Green, Bus Shelter (adj)	1319
Lawshall, Primary School (o/s)	1327
Cockfield, Thorn Court Corner (opp)	1334
Shimpling Street, Halifax Place (adj)	1337
Shimpling, Mill Hill (S-bound)	1342
Bridge Street, Rose and Crown (adj)	1350
Alpheton, Tye Green (o/s)	1354
Sudbury, Bus Station (C)	1410

Saturday

Sunday

no service

no service

Contributions to The Village Voice

Please send your contribution(s) and photographs to Anne at
anneng100@googlemail.com by
25 May 2021.

Hawstead Village Hall

Please note that the **VILLAGE HALL IS COVID SECURE** and is currently scheduled to reopen from 17 May. Note that **only events properly risk assessed and run by recognised businesses/organisations will be able to take place**. If you have any booking enquiries for future events, please contact us on bookings@hawsteadvillagehall.co.uk.