

ISSUE

16

10 August
2021

The Village Voice



Welcome to our village newsletter

I found these brilliant mushroom photos on the [village website](#) (but no notes as to who took them). There are several more, most of which have not been identified. So if you're any good with naming fungi, let us know!

A few requests for help in this issue for the next churchyard clear up and a new website administrator as Andy Parrett would like to relinquish the role after 8 years!

Plus, don't forget, if there's anything you'd like to see featured in the Village Voice, let me know and I will try my best to source relevant content. Remember, it's your newsletter. In particular, any good recipes or book reviews would be appreciated. So, if you have anything to include at all, please send it in to me at: anneng100@googlemail.com.

The deadline for issue 17 submissions is 30 September 2021.

Hawstead Village Green Nature walk

On Saturday 12 June, a group of nature-loving villagers gathered at the village hall for a relaxed guided tour of the Village Green led by resident environmentalists James and Christabel Carr.

Hawstead villagers met for a special free nature walk and talk around Hawstead Village Green organised and led by James and Christabel Carr. It was well attended by all ages of villagers.

James kicked off the walk with an introduction in front of the village hall. He talked about the history of the village green and its management. James' mum, Rosemary Carr, who lives on The Green, distributed information sheets. The group set off for a leisurely stroll and stopped on the way to look at the plants, including spotting wild orchids.

There was much excitement when the group heard of the recently discovered evidence of otters, finding footprints under the bridge on Bells Lane. Alice Wickman, Suffolk Wildlife Trust's Water for Wildlife Education Officer described otter behaviour, and had brought along some otter poo (more politely known as spraint). Villagers were invited to smell it and learn about the aroma which has been likened to the smell of jasmine tea! Our thanks to villager Glyn Hammond for letting the group walk from the bridge through his beautiful garden. Whilst we stood by Glyn's long woodland pond, Mark Prina from A Rocha UK (a Christian conservation charity) described the local dragonfly nature reserve at Foxearth and spoke of the urgent need for us to care for our environment.

Many people commented on Glyn's stunning flower beds, with such a mixture of colour and plants.



The walk ended with everyone enjoying chatting over free pizza, beer, Pimms and prosecco at the village hall.

Sometimes we don't appreciate or notice things that are right under our noses and take them for granted. It's only when we slow down and are shown it that we recognise the beauty and significance of what we have around us in Hawstead.

The event was a success thanks to the generosity and encouragement of Caroline Miller who laboured to make the welcome refreshments appear so effortless. Also thanks are due to the speakers, Alice Wickman from Suffolk Wildlife Trust and Mark Prina, warden of A Rocha UK's Foxearth Meadows Reserve. Thanks also to Imogen Carr who read part of Nathaniel Bloomfield's '*Elegy on the enclosure of Honington Green*'.

More information

If you would like to visit Foxearth Meadows for a nice riverside walk or find out more, it is free and open every day:

<https://arocha.org.uk/our-activities/practical-conservation/foxearth-meadows/>

You can read more about Alice's River Blyth Project here:

<https://www.suffolkwildlifetrust.org/conservation/catchment-scale-restoration-river-blyth>

If you fancy a summer walk in Bradfield Woods, the nature reserve is a wonder on a sunny day and is full of amazing woodland butterflies, from the large rare Purple Emperor and stunning Silver Washed Fritillaries to the tiny Purple Hairstreaks and a mass of other species in between. Many of these species vanished from Suffolk in the 1930s but are suddenly back. For a memorable experience, enjoy this fabulous success story on a sunny day in July or August and see hundreds of butterflies dancing in the wide rides in the sunshine.

<https://www.suffolkwildlifetrust.org/bradfieldwoods>

Nathaniel Bloomfield's poem mourning the destruction of his own village green at Honington, in full: <https://allpoetry.com/Elegy-On-The-Enclosure-Of-Honington-Green>



Go slow! Speeding in Hawstead

Following the Parish Council's village survey, it was apparent that a particular problem highlighted by residents was speeding vehicles driving through the village.

To try to address this problem, the Parish Council has bought speed stickers. Every household should now have received its stickers to stick onto their bins or a board. With the choice of 30 mph and/or slow down, perhaps they will encourage drivers to slow down instead of racing through the village.

It was lovely to meet so many villagers on their doorsteps as we hand delivered these stickers.

There are some slow down stickers remaining, so if you'd like one or an additional one, please do ask. You can email penny.barham@gmail.com on behalf of the Parish Council.

Thank you for your help.

Hawstead Parish Council



Job Opportunity: Village Hall Bookings Clerk

Hawstead Village Hall is seeking a self-employed Bookings Clerk. The role requires good communication skills, plus excellent organisation and some physical strength (must be able to climb up the ladder into the hall loft!). You must be able to access/write emails, check with the online banking system, conduct viewings, manage the worksheets for the caretaker/cleaner and take responsibility for the effective bookings management of this special village hall. Liaison with key members of the hall's volunteer Management Committee is also essential. We estimate ~8 hours weekly in the summer months, less over winter. The work can be done across the week, with hours to suit, so long as email enquiries are answered promptly. Help can be given with some viewings if needed.

If you have the required skills and are interested in learning more about the role, **please contact Susanne White** on 01284 388166 or bookings@hawsteadvillagehall.co.uk

Give horses space... please

The article from the Parish Council on speeding vehicles through Hawstead brings to mind the danger experienced by horses and horse riders every time they use the rural roads to exercise. While some may flippantly exclaim riders should stay off the roads, horse riders do have the same right to use the road as motorists, cyclists or any other user group.

Most horse riders would prefer not to ride on the roads. However, a lack of off-road access means using roads is a necessity for many riders.

Hacking your horse should be a relaxing and pleasurable pastime. However, using the roads around Hawstead is anything but relaxing.

We rarely hack out because of speeding vehicles and inconsiderate drivers. And when we do take out the horses, we avoid commuting hours and pick and choose the days. In the 10 or so years we have lived here, we have experienced two very near misses, on one occasion with the horse and teenage rider ending up standing in the ditch. Both incidents were the result of impatient or inattentive drivers. And for the horses involved, there were knock-on consequences to their subsequent behaviour around vehicles on roads.

As responsible riders, we have to think about weather conditions and how they might impact on drivers and horses.

- Is it icy? Could a speeding vehicle stop without skidding and causing an accident?
- Are there large puddles on the road which would result in a loud splash if cars failed to slow down sufficiently before passing?
- Is it windy and could there be rubbish blowing across the road that might cause the horse to spook?
- Is the sun too low? Might a driver fail to see me because of the angle of the sun?



In 2019, the British Horse Society reported...

- Two horses a week are killed on UK roads.
- In 2018, there were 845 reported incidents involving horses and drivers.
- The vast majority of incidents are unreported.



We also have to think about the road surface and sides...

- Where are the pot holes?
- Where are the gravelly areas?
- Where are the slippery areas without grip?
- Is there a solid verge that I could ride the horse up onto if necessary?
- Where's the next gateway I can shelter in if there is a large vehicle?

It is important to understand that horses are prey animals and their usual response to danger is flight. This means that, however well trained and calm a horse is under 'normal conditions', they can still be unpredictable and frightened by something they perceive to be a threat. Most horses will react to unexpected or loud noises like gunfire, bird scarers, cars back firing, dogs barking, lawnmowers starting up, engines revving, bin lids banging, air brakes, splashing puddles, etc. This is why it's vital to always pass horses slowly and with plenty of room... they might hear something you as the driver can't hear, and jump sideways with no warning.

How can you help?

- On seeing a horse on the road (whether ridden, driven or led), please **slow down** to a maximum of 15mph and be prepared to stop if necessary.

Horses and cyclists

We are both vulnerable – let's work together

Equestrians and cyclists are both vulnerable road users. They share similar risks when riding on the road, and ideally need access to more safe off-road riding. And as with horse riders, cyclists have a **statutory right to ride on byways, bridleways and roads**.

- It's important that **cyclists give way to horse riders on bridleways**. The Countryside Act 1968 gives cyclists the right to use bridleways, but states that they must give way to horse riders and walkers.
- Horses can move very quickly and they can weigh up to 750kg. **Bicycles can cause a horse to react if ridden too close or fast**, which can result in injuries to both parties.
- **Alert the horse rider you are there** by calling out in advance or ringing your bell.
- **Give the horse and rider time to react to your alert.**
- **Never pass on the inside of a horse** and be aware of pinch points in the track or on the road ahead.
- **Slow down or stop if asked to do so.**
- **Pass wide and slow** – at least a car's width if possible.
- While most horses can cope with a single or pair of cyclists, **cycling at speed in a group is likely to cause any horse some trouble**, regardless of a warning shout. Slow right down and give the rider plenty of space.



- **Heed a rider's hand signals** if they ask you to stop or slow down. There may be a hazard ahead you cannot see or hear, e.g. another vehicles, a deer, a flapping bag, etc.



- **Look out for a rider's signal to turn** and wait for them to do so safely before continuing your journey. Wait until they are fully off the road before continuing.

- **If the horse(s) show signs of nervousness as you get closer, please stop** and/or turn the engine off and allow them to pass.



- Please **don't start your engine or move off again until the horse(s) are well clear.**
- If you are approaching horses on the road and would like to overtake them, please **approach slowly**, or even stop to give them time to find a gateway or other place off the road where there will be enough space between the horse and vehicle to allow you to pass safely.

- Please **be patient**. Most equestrians will do their best to reassure their horses and will allow you to pass as soon as it is safe to do so.
- The safest place for the rider's hands is on the reins, so they may only be able to nod their thanks to you. But please do be assured that they will be very grateful for your consideration.

A horse's reactions will likely be magnified by lorries, trailers and agricultural vehicles.



Hannah Pamplin and Susanne White

Cheers!

We have a local brewery nearby! Andy Parrett explains all...

Fox House is a 500 year-old thatched cottage. It sits on the right-hand side of the road as you approach Stanningfield from Hawstead via Bells Lane. From at least 1841 through to (probably) around the end of World War One it was a public house or 'beerhouse'.

The current occupants are Mike Grimmer and his family. Mike has a 4 day-a-week job, but on Fridays he gets down to his hobby, which is now a business, brewing beer!

A lot of people say they don't like beer. But beer isn't just 'beer'... there are so many styles, ingredients and strengths. If your distaste for beer stems from a once-tried, never forgotten ordinary English bitter (now often called 'amber ale'), then you are missing out on a myriad of tastes and flavours – and there could be some that you'd like if only you would try them!

Mike has focused on the range of styles and tastes that originate from Belgium, a small country with many, many beer styles. To cement that relationship, he has called his brewery, which he operates from inside the house, 'de Vossen Brewery', which is Flemish for 'The Foxes'.

Brewing in the house inevitably means that this is a small-scale operation. Each brew amounts to just 100 litres, and all the resulting beer is bottled using 330ml bottles. So that's just 300 bottles each time. A lot of Belgian beer is quite strong, so this size of bottle is probably a good idea!

Starting in 2020, Mike has already experimented with and developed more than a dozen different Belgian-styled beers, of which some examples are: 'Blond', 'Dubbel', 'Tripel' and 'Quadrupel', ranging in strength from 6.5% alcohol (Blond) to approximately 9.5% (Quadrupel). I have tried all of these and I must say that (as far as my tastebuds are concerned) they can all be described as nectar! The blond is, of course, light in colour, and the Tripel is a stronger version of this beer. Home caramelisation of sugar gives a very dark colour to the Dubbel and its stronger brother, Quadrupel.

These are sipping beers to be savoured over a period of time, not to be gulped down as quaffing beers: just one will probably do for an evening! De Vossen beers can be purchased in Bury St Edmunds from 'Beautiful Beers' in St Johns Street – an Aladdin's cave of many different bottled beers from different countries.

Andy Parrett



Here are some more of Mike's brews, as displayed on his Facebook page:

Thank you to all our church volunteers

The Church Team would like to say a BIG THANK YOU to everyone who gave up their Saturdays on 19 June and 24 July to help with the churchyard clear up.

Even though it was very wet on 19 August, the volunteers managed to cut some hedges and trim either side of the path, as well as around the front of the church. A big well done to James for being able to use an old scythe without removing anyone's limbs – very impressive!

Here are a couple of photos of our hard-working volunteers!

Many thanks,

All Saints Church, Hawstead



Advance notice

The next church work party will be on
Saturday 21 August between
10am and 12pm.

All are most welcome. Please bring your
own tools!

Church services at All Saints Church, Hawstead

From August, the Church will resume hosting services but in a different format.

Sunday 8 August 11am – morning prayer, lay lead

Sunday 22 August – please come and welcome our new priest, Canon Max Osborne at 3pm for a Eucharist followed by afternoon tea.

The church will be open for private prayer on weekends.

The Bells of All Saints Church, Hawstead

We rarely hear church bells in Hawstead, but they are there, up in the church tower, three of them. I was quite amazed to find how old they are when studying the 'Church Furnishing Record', which was compiled in 2008 by the National Association of Decorative and Fine Arts Societies (an exhaustive descriptive account of the contents of the church).

Two of the bells were cast in 1796, but the third (treble) has been dated c.1400! They each have a different note, one being A#, another G# and the third, B. In one of the accompanying photographs (a 'fisheye' view, right) you should be able to see one bell on the left; the other two are mostly hidden by the woodwork, but next to the single bell you can see there's a big gap.

This gap houses a removable floor through which the bells can be raised or lowered.

The facility was probably last used in 1912

when one bell was recast and rehung in memory of Samuel and Isabella Mercer. This was when Leslie Mercer was Rector. Going by the name, it would appear likely that Leslie was related to Samuel and Isabella. Although we have a newspaper cutting reporting the bell dedication service in the church at the end of May 1912 (attended by a 'very fair congregation'), and while the details of the lessons read and hymns sung are reported, there's no further information about Mr and Mrs Mercer!

Actually, all the bells were rehung at that time, when new swing chime fittings were installed (see the large wooden wheels in the photograph). These are now redundant. In 1991 a new chiming mechanism was installed by the Whitechapel Bell Foundry which keeps the bells in a stationary position. This is shown in the second photograph (right). You can clearly see that while the original clapper is visible within the bell, a separate red-coloured clapper is attached to a rope, to be pulled from below.



This system is called an 'Ellacombe Chime'. It is named after its inventor (1821), one Rev. Henry Thomas Ellacombe. At that time, he was curate at St Mary's Church in Bitton, Gloucestershire. His idea was that all the bells could be rung by one trusted person without involving a band of 'unruly and drunken bell ringers'. At the time it was quite common for bell ringers to be paid for their service in beer!

You can see how it would be possible for one person to ring the bells in the third picture included, which was taken at the base of the tower where the three ropes come together in one frame.

Incidentally, you may have noticed that 1821 is exactly 200 years ago: there were celebrations of this anniversary on 26 June, the 'official' birthday of the Ellacombe invention. According to a church newsletter I came across, on that day '*... churches around the world will be ringing their bells. The chimes will start in New Zealand and include Australia, South Africa, Canada, the United States and Ireland. Around 36 churches across the UK will be joining.*' Elsewhere I noted that there's no listing or register of churches that have an Ellacombe chime. So how the churches referred to above were aware of this event I don't know. Certainly, we weren't aware in Hawstead, so were unable to join in the fun and let rip with our three fine (if ancient) bells!

Andy Parrett





Philip Metcalfe Almshouses, Hawstead,

Notice is given that a vacancy exists for an alms person of this charity at the above.

People with limited financial means and who are preferably members of the Church of England (men who are not less than 60 years of age and women who are not less than 50 years of age) are eligible for appointment.

Applications for appointment must be made in writing to Mr A Holliday, Larkfield, Hawstead, Bury St Edmunds, IP33 5NH telephone 01284 38644 or alternatively by email at rajholliday@btinternet.com.

Every applicant must state his or her name, address, age and occupation and must be prepared to provide sufficient testimonials and other evidence of his or her qualification for appointment.

Applications are invited from any Parish and will be treated in the strictest confidence

Anthony Holliday, Chairman to the Trustees.

Notice of October's Macmillan Coffee Morning

Always an important date in the diary, Joyce Dainty is pleased to announce Saturday 2 October 2021 from 10.30am til 12.30pm at Hawstead Village Hall as this year's Macmillan fundraiser. Come along and have a cup of tea/coffee and cake, as well as a chat, to help raise funds for Macmillan Cancer Support.

Donations of cakes, preserves, vegetables or any unwanted items would be much appreciated, as well as items for the 'everyone's a winner' stall.

For further information or to arrange for the collection of items, please contact Joyce Dainty on 01284 386314.

**WORLD'S BIGGEST
COFFEE
MORNING**

**MACMILLAN
CANCER SUPPORT**



SUPPORTED BY HAWSTEAD COMMUNITY COUNCIL

Jump judges wanted

Suffolk Hunt Pony Club, based at Ickworth Park, is keen to hear from local volunteers who would be interested in offering their time as cross-country jump judges for their competition events. Jump judges are tasked with sitting at a fence on a course and recording whether jumps are cleared or whether there is a refusal or some other course error. Training is given, as well as a packed lunch and volunteer thank you gifts. If you love watching horses and riders compete while sitting leisurely on a deckchair or in your car, supplied with copious quantities of tea and cake, then this could be a great way for you to spend a day outdoors helping this wonderful youth charity. For more information, please contact Susanne White on susanne@pamplin.me.uk.



West Suffolk Community Chest

West Suffolk Council has a number of community grants which are aimed at actively supporting and encouraging our communities. Do you have an idea for a community-based activity that would benefit from this funding?

Community Chest funding supports voluntary and community groups who make a contribution to improving the quality of life for people in West Suffolk. Funded activities must help to deliver the **Families and Communities Approach** and **Families and Communities Strategy**, and eligibility criteria apply. The minimum amount that can be applied for is £1,000. This funding can be for one-off projects or revenue funds for services.



West Suffolk Council is committed to supporting families and strengthening communities to enable them to help themselves, their neighbours and the local area. Some of the difficulties experienced by our residents could be prevented or tackled early if support were available close to home, for example, from within the family or community. Through its Community Chest Scheme, the Council welcomes applicants from organisations who can help it to deliver its families and communities approach.

The Families and Communities Approach is based on the 'West Suffolk Way' model. This sets out the five key elements the Council believes are the building blocks for resilient and thriving communities.

Element 1: A safe place – is about working in a way that increases the safety of a place and people's sense of the place in which they live, work or visit. It can apply to emotional safety as well as physical.

Element 2: Recognising individuals - is about working in a way that recognises people's individuality, that differences matter and that each person has different needs and strengths. It applies to the development of, and respect for important concepts such as self-identity, self-esteem and self-worth. It embraces culture and values

Element 3: Understanding relationships - is about working in a way that recognises the context of relationships and the connections that exist between people, in spite of difference, be they transactional, nurturing, emotional, practical and so on.

Element 4: Encouraging agency - is about working in a way that encourages people to help themselves, validating their own ability whatever size, recognising that taking action is an important step to change, development and improvement. At a personal level, this increases people's ability and capacity to demonstrate power, influence and control over their lives.

Element 5: Developing vision - is about working in a way which builds positive goals and an understanding of what is being worked towards.

The council is seeking to fund organisations that help communities work towards strengthening these elements and towards delivery of the Families and Communities Strategy.



For more information and a link to the online application, please visit <https://www.westsuffolk.gov.uk/community/community-grants.cfm>

THE DEADLINE FOR APPLICATIONS CLOSES AT 11.59PM ON FRIDAY 29 OCTOBER 2021.

Suffolk Community Restart Fund – apply now

Do you run, lead or host an organisation or activity that plays a key role in your community? Are you a voluntary sector club or venue that has been paused during the pandemic? Apply now for funds, training and support as part of Suffolk Community Restart.



The Suffolk Community Restart fund, funded through Suffolk County Council, is a grant fund totalling £300,000. Each borough and district council in Suffolk has been given £75,000 to offer voluntary, community and social enterprise (VCSE) groups a grant to help them resume their previous activities safely and/or to support them to transition to new ways of working. The scheme offers grants of between £250 and £2,500 to voluntary, community and social enterprise (VCSE) organisations in Suffolk.

The aim of the fund is to enable VCSE organisations to restart previous activities safely and/or to support them to switch to new ways of working. All VCSE groups are eligible to apply, provided funding requested is for equipment, adaptations or staffing (but these need to be additional and not part of your core costs) to enable an existing or previous activity to resume safely or to enable a new activity or service to be developed or launched.

Visit <https://www.westsuffolk.gov.uk/community/suffolk-community-restart-fund.cfm> for more information

Marvellous moorhens

We have a family of moorhens living in and around our pond. They took up residence some time ago and we've been lucky enough to see them hatch a number of baby moorhens.

Moorhens are very common and aren't particularly special in the grand hierarchy of birds but, as they've set up home close to us, they've been fascinating to watch.

Their nest is in the middle of our pond, built by mother moorhen with twigs and bits collected by father moorhen (teamwork in action!). They're now already onto their second batch of eggs this year, but here are photographs of their first brood of 2021 (there were 8 in total) who are all now quite grown up.



Moorhen facts

Scientific name: *Gallinula chloropus*

What they eat: water plants, seeds, fruit, grass, insects, snails, worms and small fish

Measurements: length 32–35cm, weight 250–400g, wingspan 50–55cm

Population in the UK: 270,000 breeding pairs

Litter picking for DofE

If you've been out and about, you may have noticed George Campen, who has been busy litter picking as part of his voluntary work for his bronze Duke of Edinburgh award.

Here's George in action and a list of all the places he's been and what he's found (as you can see it's a lot of on the go type food and drinks rubbish).

Thank you George for your efforts, which are much appreciated by the village. Hawstead is all the tidier for your help. Thanks too to all our other village litter pickers.



If you'd like to do your bit, you can apply for litter picking equipment from West Suffolk Council. There's a bit of a backlog, but you can put a request in now. For more information and guidance on safety, go to:

<https://www.westsuffolk.gov.uk/lwyl/arrangelitterpick.cfm>

Date	Location	Type of Litter
17/02/21	Bury Road, Village Green, Pound Green	Cans, McDonalds Packaging, Crisp Packets
20/02/21	The Pound, Footpath to Village green, Bells Lane,	Cans, Crisp Packets, Wrappers
27/02/21	Church Road, Millenium Field, Church Yard, River Lark	Sweet Packets, Cans, Greggs, Cardboard
06/03/21	Lawshall Road, Village Green, Bury Road	McDonalds, Cans, Wrappers, Plastic
13/03/21	Footpath to Village green, Bells Lane	Bottles, Cans, Sweet Wrappers
20/03/21	Church Road, Millenium Field, Church Yard, River Lark	Cans, Wrappers, Crisp Packets, Plastic
27/03/21	Bury Road, Whepstead Road, Village Hall Car Park	Plastic, Labels, Cans, Wrappers
02/04/21	Lawshall Road, Village Hall Car Park, Bury Road	Sweet Wrappers, Plastic, Cans, Wrappers
09/04/21	Church Road, Millenium Field, Church Yard, River Lark, Pinford End	Plastic, Paper, Cans, String, Wrappers
17/04/21	Footpath to Village green, Bells Lane	Bottles, Wrappers, Can, Plastic
24/04/21	Bury Road, Whepstead Road, Village Hall Car Park	Labels, McDonalds, Bottles, Cans, Sweet Wrappers
01/05/21	Lawshall Road, Village Hall Car Park, Bury Road	Cans, Bottles, Labels, Food Packaging, Wrappers
09/05/21	Footpath to Village green, Bells Lane	Bottles, Cans, Sweet Wrappers
15/05/21	Church Road, Millenium Field, Church Yard, River Lark, Pinford End	Cans, Plastic, Food Wrappers, Bottles
01/06/21	Lawshall Road, Village Hall Car Park, Bury Road	Wine Box, Cans, Bottles, Cardboard, Cigarette Packets

Yoga in Hawstead

If you've done your 'downward dog' yoga pose today, you're probably feeling more relaxed. Regardless of your level of yoga expertise, if you're practising regularly, you can feel better from head to toe. With several weekly classes to choose from at Hawstead Village Hall, the opportunity to try yoga this autumn is there for all villagers, even toddlers!

What is yoga?

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

The practice originated in India about 5,000 years ago and has been adapted in other countries in a variety of ways. Yoga is now commonplace in leisure centres, health clubs, schools, hospitals and surgeries.

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

What are the health benefits of yoga?

1. Yoga improves strength, balance and flexibility

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

Try it: Tree Pose – Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. Try to focus on one spot in front of you, while you balance for one minute.

2. Yoga helps with back pain relief

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.



Try it: Cat-Cow Pose – Get on all fours, placing your palms underneath your shoulders and your knees underneath your hips. First, inhale, as you let your stomach drop down toward the floor. Then, exhale, as you draw your navel toward your spine, arching your spine like a cat stretching.



3. Yoga can ease arthritis symptoms

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis.

4. Yoga benefits heart health

Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.

Try it: Downward Dog Pose – Get on all fours, then tuck your toes under and bring your sitting bones up, so that you make a triangle shape. Keep a slight bend in your knees, while lengthening your spine and tailbone.



5. Yoga relaxes you, to help you sleep better

Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

Try It: Legs-Up-the-Wall Pose – Sit with your left side against a wall, then gently turn right and lift your legs up to rest against the wall, keeping your back on the floor and your sitting bones close to the wall. You can remain in this position for 5 to 15 minutes.



6. Yoga can mean more energy and brighter moods

You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practising yoga.

7. Yoga helps you manage stress

Scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

Try It: Corpse Pose (Savasana) – Lie down with your limbs gently stretched out, away from the body, with your palms facing up. Try to clear your mind while breathing deeply. You can hold this pose for 5 to 15 minutes.



8. Yoga connects you with a supportive community

Participating in yoga classes can ease loneliness and provide an environment for group healing and support. Even during one-on-one sessions, loneliness is reduced.

9. Yoga promotes better self-care

Autumn yoga at Hawstead Village Hall

Tuesday mornings – Breathe Easy with Sam Reid

Involving Yoga, Pilates & Tai Chi – a mind and body experience

9.15-10.15am, booking essential. Call Sam Reid 07850 207365.

Thursday mornings – Saffron Yoga with Siobhan Kemp

Thursdays 9.30-11.00am, suitable for beginners and experienced students, £10 drop-in or £8.50 for monthly pre-booked

Call Siobhan Kemp on 07780 873138 or email siobhan@saffronyoga.co.uk or visit website www.saffronyoga.co.uk

Friday mornings – Ren Yoga with Lauren Leppard

Join Ren Yoga on Friday Mornings at Hawstead Village Hall at 10am for a Vinyasa/Hatha Flow Yoga for Mums or Dads/Caregivers. Starting September 2021, these classes are suitable for complete beginners... zero experience is needed. We will start the class with a lovely song/yoga game and then flow into a sequence purely for the grown ups, while the little ones play with some toys provided/watch/join in! These classes are £39.00 for 6 weeks. Please bring your own mat. Please contact Lauren directly for further details at:

renyogaclub@icloud.com or 07854 235228. Website coming very soon!!

renyogaclub.co.uk



LOCKDALES

AUCTIONEERS & VALUERS

Bring your items along to our new enhanced-safety
Valuation Day Event on

Wednesday 25th August

11am - 4pm (last entry 3:30pm)

Hawstead Village Hall, The Green, Hawstead,
Bury St Edmunds, Suffolk, IP29 5NP

Been busy de-cluttering during lockdown? It's an excellent time to sell.
We are always looking to purchase the following items for our auctions..

Gold

Silver

Jewellery

Watches

Banknotes

COINS..

GB & World

Sovereigns

Proof Sets

Royal Mint

Krugerrands

Medals

Militaria

Postcards

Stamps

Cigarette Cards

Swords & Bayonets

Collectables

Sports Programmes
(Pre 1960's)

De-activated &
Antique Firearms

Pens

Toys

Books

Comics

Clocks

Maps

Instruments

Art

Ceramics

Antiques

If you're looking to sell, there's never been a better time.

- **Keeping you at a safe distance at all times.**
- **No communal waiting or seating areas.**
- **A Lockdales attendant will issue you with a pager device.**
- **Wait outside or in your car until your number is called on your pager.**
- **One to one table consultations with covid safety guidelines.**

Free consultations. Just turn up. No appointment necessary.

www.lockdales.com

01473 627 110

info@lockdales.com

Hawstead village website... call for help!

The village website needs a new administrator. After performing this task for 8 years, I have told the Parish Council that I wish to relinquish the role at the end of this year and would be grateful if a villager would be kind enough to volunteer to take it on. The website is owned and paid for by the Parish Council, but it is for the whole village, not just the PC. It is a repository of information about Hawstead, past and present. A website 'template' is used and **there is no need for any specialist computer skills.**

If you are interested in this interesting activity, please contact the Chairman of the Parish Council, John West: john@johnwestfinance.co.uk or Parish Council member Henry Brewis: brewishenry@gmail.com For a discussion about how I go about administering the website, contact me: andyparrett@rocketmail.com

PUMP & TONE

IT'S THE WORKOUT FOR YOU!

Burn Fat, Boost Fitness, Have Fun!

7-8PM THURSDAYS

Hawstead Village Hall

£5 per class

Call Michelle on 07795263836 for further details, or go

to "Michelle Bell Training" on 



Sofas seek new home

The two two-seater sofas in the village hall's meeting room are looking for a new home. Their upholstery is in need of repair OR you might want them in an outside 'shed'/man cave or conservatory with a throw over them. Please contact us if you would like them. Free to good home, but a small donation most welcome!



Notice of October's Macmillan Coffee Morning

Always an important date in the diary, Joyce Dainty is pleased to announce Saturday 2 October 2021 from 10.30am til 12.30pm at Hawstead Village Hall as this year's Macmillan fundraiser. Come along and have a cup of tea/coffee and cake, as well as a chat, to help raise funds for Macmillan Cancer Support.

Donations of cakes, preserves, vegetables or any unwanted items would be much appreciated, as well as items for the 'everyone's a winner' stall.

For further information or to arrange for the collection of items, please contact Joyce Dainty on 01284 386314.



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 30 September 2021.