



Hundon Herald

February 2021

Hundon Little Helpers Update

As we find ourselves in a national lockdown again, Hundon Little Helpers just wanted to remind everyone in the village that we are still here, with our trusty volunteers, to offer support.

Support coordinators

Mikki Curran-Cox Tel: 07918163895

Call between 9am – 12.30pm

Sharon Mott Tel: 07919408742

Call between 12.30-5.00pm

The tasks we can offer help with

Light shopping Pharmacy collections Post office tasks

Dog walking Friendly chats

FREE TRANSPORTATION TO COVID-19 VACCINE APPOINTMENTS

Hundon Little Helpers would like to inform villagers of a local service offering free transportation to and from COVID-19 Vaccine appointments.

Please contact Lee Phillips on 07851 959389 to arrange your free & safe transport – please give as much notice as possible. If you have any trouble contacting Lee please let Hundon Little Helpers know.

Please be assured the service is COVID Safe operating with the following procedures;

ONE person per trip to the vaccination or TWO if from the same household.

All drivers and passengers are required to wear face masks / coverings

Vehicles are cleaned thoroughly between passengers

Vehicles are driven with the windows open for air to circulate

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

ALL SAINTS CHURCH FEBRUARY SERVICES

Revd Mark Woodrow is being installed as the new Rector of the Stour Valley Benefice on 2 February and will be taking our services from then on which are

SUNDAY 14 FEBRUARY 9.00A.M. Holy Communion

SUNDAY 28 FEBRUARY 4.00P.M. Evening Prayer

We hope you will come and join Mark in his first service with us
However please note that these services may be cancelled because of the pandemic.
If so a notice will be put on Facebook.

Yoga For Every Body

Zoom Classes

The usual classes at the village hall are suspended for now but "where there's a will there's a way" so all the classes are on Zoom.

It's not quite the same as in-person classes but the benefits are many...

You're in your own warm and comfortable home
No problems with parking
You don't have to go out in the cold
No lugging all your gear around
You can choose your own background music
You can have a cuppa on hand
You can wear your pyjamas!

A regular practice of Yoga postures (Asana) increases mobility, flexibility, strength and fluidity of movement. The breathing practices (Pranayama) calms the chatter of the mind, helping to combat stress and anxiety.

Gentle Hatha Yoga

We use gentle flowing sequences and stretches to bring harmony to mind and body and a guided meditation to complete the practice, bringing release and rest.

Mondays & Tuesdays at 9.30 - 10.45

Mondays at 7 - 8.15pm

Chair Yoga

A class for those who prefer a more gentle form of Yoga, it has all the components of Hatha Yoga but with no getting up and down from the floor! A chair is used to create a sense of stability and to make the postures accessible and comfortable. A lovely class for those with reduced mobility or people recovering from illness or injury.

Mondays at 11.30 -12.30pm

Relax and Restore

Restorative Yoga postures relax and release tension in the mind and the body. This floor-based practice helps to restore the body to a restful and peaceful state which in turn, calms the mind and brings balance.

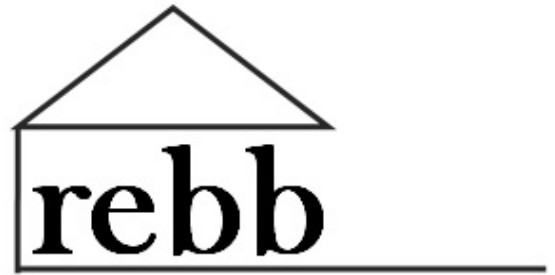
Yoga Nidra is Yogic "sleeping" a deeply relaxing guided meditation which relieves stress and anxiety, promoting deep sleep and full relaxation.

Wednesdays 7-8pm

This class is offered free to those who are homeschooling due to the restrictions of Covid.

*Contact me for details of the classes and to book.
All classes are £5.*

*sallyrusso9@icloud.com
07922 476874*



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<https://www.keepmovingsuffolk.com/home-schooling/>

A digital resource to help parents and carers build exercise into the daily routines of children being home schooled during lockdown.



The Ballet Shoe Workshop
HUNDON
Est 1992

You only require a love of dance, let us do the rest!

The Ballet Shoe Workshop is based in Hundon, Suffolk and offers children of all ages, classes in Classical Ballet, Freestyle/Hip Hop/Street and Dance Exercise. The Principal, Alison Law has been a qualified teacher with the IDTA since 1991

All pupils are given the opportunity to take part in the Annual performance, Summer Presentation and Examination Sessions.

Classes are designed for all pupils who love to dance, whatever their abilities. The school is very proud of its warm and friendly atmosphere and always welcomes new comers!

So from your Budding Ballerinas, to your High-Energy Hip Hoppers we have something for everyone

For further details please contact:

Alison Law, 07821 197 107
balletshoeworkshop@yahoo.co.uk



HUNDON EDUCATIONAL FOUNDATION.

The next meeting of the Trustees will be held in March 2021
Please apply now - applications received after 14 March will not be considered until next time.

GRANTS FOR EDUCATIONAL PURPOSES

If you need financial assistance to pay fees for educational courses (including music and sports), for educational outings, for books or fees for students at college or university, or for any other educational purpose, then you can apply for a grant.

Applications

Please apply by email and include your bank sort code, account number and the exact account name. Then any grant will be transferred directly into your bank and you will be informed by email. This will save us all handling cheques and is secure PROVIDED you are careful to give accurate sort codes, account numbers and the exact account name as it is difficult or impossible to recover monies sent to the wrong place.

To be considered for a grant, you must:

Be under the age of 25 or making an application in respect of a person under 25.

Reside within the Parish of Hundon.

Please apply by email giving the following information:

- Name and address of student.
- Age of student.
- Your sort code and account number and the exact account name.
- Details of your application.

Due to restricted funds the trustees cannot normally make grants for routine travelling expenses.

General Data Protection Regulations

Your details will be recorded on the Foundation's records for audit purposes but your bank details will be deleted from our records once any payment has been made. So, if you have made an application in the past you will need to supply your bank details again.

Emails should be sent to beaufordlodge@hotmail.com by 14 March 2021 and will be acknowledged and dealt with in the strictest confidence.

Letters, if essential, can be sent to Beauford Lodge, Mill Road, Hundon. CO10 8DG

Please phone the Administrator, Bernard Beer on 07899-922418 or 01440-786942 if you need any further information.

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BETTY PLUMB

The family would like to thank everyone who sent messages of condolence on the loss of our dear Mum.

We extend our sincere thanks to the friends and kind neighbours who telephoned and supported Mum through this difficult time.

Thank you to everyone who came out to see Mum off on her final journey and donated to her chosen charities.

(My apologies , this should have been included in the January issue. Ed.)

HUNDON PARISH COUNCIL -

Full Minutes will be available on the Hundon Parish Council Website

Hundon Parish Council met remotely on Wednesday 20th January 2021

Village Matters

The pothole at the bottom of Steeplechase and Chimney Street has been reported and is now on the Suffolk County Council programme of works.

Any issues can be reported via the Suffolk County Council website under Report a Highway Issue. This can be used for both pavements and to report potholes. Alternatively, you can telephone 0345 606 6171.

Fiona Gould gave an update of the work and proposals of the HATA for the Wildflower Meadow and Community Orchard.

Discussions were held regarding the War Memorial and a barrier to surround it to ensure safety. Suggestions have been of railings and planting hedges. This will need to be investigated further to ensure any structure meets the necessary safety requirements.

Benches are planned to be placed around the outskirts of the village, to provide a place for residents to stop and take in the view. If you have any suggestions, please let the clerk know before the next meeting.

The Voluntary Network

They provide Connecting Communities, Community Transport across West Suffolk. Their service is available for anyone who is struggling to find transport in order to attend a vaccination appointment.

They will simply charge the normal fare and waive all other membership fees.

Bookings can be made by calling 01638 664304, booking line open Monday to Friday 8am until 4pm.

Planning applications

These can be viewed via West Suffolk Council. A full list of applications received will be published on the Hundon Parish Council website

Update from Mary Evans, County Councillor

The Suffolk CoronaWatch Dashboard is available for up to date information at www.healthysuffolk.org.uk/jsna/coronawatch

Support and resources for Suffolk include:

Home, But Not Alone: Supporting clinically vulnerable people gain access to medication, food and community support: 0800 876 6926

- **Suffolk Advice and Support Service** If you need to talk to someone about your finances and how you can access help please call the SASS service on 0800 068 3131
- **NSFT & Suffolk Mind** If you need to talk to someone about your mental health and wellbeing please get in touch with NSFT: 0300 123 1503 Suffolk Mind: 0300 111 6000
- **First Response** If you or someone you know is in mental health crisis please call First Response 0800 196 3494
- **Domestic Abuse Helpline** Are you a victim of domestic violence and abuse? Call the Suffolk 24-hour Freephone Helpline 0800 977 5690. Are you

hurting the one you love? Choose to stop. The Respect Phonenumber 0808 802 4040

- **Physical activity** Visit Keep Moving Suffolk for ideas to improve yours and your family's physical activity levels. www.keepmovingsuffolk.com
- **The Source website** Information and advice for young people in Suffolk, visit <https://thesource.me.uk>
- **Emotional Wellbeing Hub** Support for young people, call 0345 600 2090 or visit Emotional Wellbeing Gateway

Details about the Test and Trace Support Payments can be found on West Suffolk Council websites and how to apply for it (**see below**). This is part of a range of measures that councils across Suffolk have introduced to support communities and businesses during the coronavirus pandemic.

Those who are eligible will need to meet all the following criteria:

- You have been told to self-isolate by NHS Test and Trace on or after 28 September 2020.
- You have responded to your notification from the NHS Test and Trace and engaged with the service by providing the legally required information.
- You are employed or self-employed.
- You cannot work from home and will lose income as a result.
- You are currently receiving at least one of the following benefits: Universal Credit, Working Tax Credit, income-based Employment and Support Allowance, income-based Jobseeker's Allowance, Income
- Support, Housing Benefit and/or Pension Credit, OR (under the new discretionary powers) you have a household income of less than £37,400 (couple or single parents) or £19,200 (single person) and have savings of less than £3,000.
- You made your application within 14 days of the last day of your NHS test and trace self-isolation period.

Applicants should ensure that they have the below information available before starting the application:

- NI number
- Your 8-digit test and trace ID number
- Your most recent bank statement, proof of self-employment or wage slips

Visit your District or Borough Council websites for details on how to apply for the £500 Test and Trace Support Payment:

West Suffolk Council Test and Trace Support Payment westsuffolk.gov.uk

Update from Karen Richardson and Marion Rushbrook, West Suffolk Council Grants

The **Local Restrictions Support Grant** is available for all rate-paying businesses required to close as a result of the Tier 4 and/or national lockdown restrictions. Payments are now available for the period covering 26 December 2020 onwards. Government criteria apply.

The **Additional Restrictions Grant (ARG)** to many businesses who were not eligible for other grants but who have been required to close, as well as business who are part of supply chain for closed businesses. The ARG grant is open to:

- Small bed and breakfast businesses
- Market traders selling "non-essential" goods

- Businesses that occupy shared spaces that are required to close
- Home based businesses that are required to close
- Mobile businesses that are required to close
- Businesses in the supply chain for the retail, hospitality, leisure, events and tourism sectors
- Community centres attached to places of worship.

The closing date for applications for ARG January/February is **15 February 2021**.

The third grant scheme is linked to the national lockdown from 5 January 2021, with the Government announcing a one-off **Closed Business Lockdown Payment** for businesses in retail, hospitality and leisure that have been forced to close.

This is subject to Government criteria with grants of £4000, £6000 or £9000 available based on the rateable value of business premises. The Council are inviting businesses to make an application but have not had the amount they will receive confirmed.

Winter Homelessness Update

Anyone who sees or suspects someone is rough sleeping, that they report it to www.streetlink.org.uk

Next meeting of the Council will take place on 17th February 2021 via Zoom

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www.facebook.com/alicesbeautytherapy
Instagram: [xalices_beautyx](https://www.instagram.com/xalices_beautyx)

Fake Text re - Covid-19 Test

A dangerous fake NHS text has been circulating, telling people they're eligible to apply for the COVID-19 vaccine. Here's what it looks like.

This URL takes you through to an extremely convincing fake NHS website that asks for your personal details



NEVER give out your personal details.

With the recent approval of multiple vaccines in the UK, these types of scam attempts are likely to continue as fraudsters look to take advantage of the rollout to so many people.

Cold calls regarding the vaccine are also beginning to take place – we've already had reports of scammers asking people to pay for it over the phone. If you receive one of these calls, hang up.

Protect others by reporting incidents like this. If you, or anyone you know, have been affected by this fraud or any other scam, report it to Action Fraud by calling 0300 123 2040 or visiting www.actionfraud.police.uk



Neighbourhood Watch Network is a Charitable Incorporated Organisation (CIO) registered in England and Wales, no. 1173349

PARISH COUNCIL WEBSITE

<http://hundon.onesuffolk.net/>

phil daniels

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HUNDON ALLOTMENT FIELD UPDATE

Happy New Year to all villagers, and thanks for all the positive comments we have received about the progress with the Community Orchard and Wildflower Meadow.

We will be beavering away on planning over the next few months and hope to attend Zoom meetings with the Parish Council and the Rogeron Trust to keep moving things forward.

Obviously with lockdown on us again, we can't organise any community activities, but we would be grateful for anyone who can offer assistance to the project within the lockdown rules.

Website

One area we would really appreciate some help is constructing a relatively simple website. We will need one that will allow team members to edit it via the web, and I'm afraid we don't have funds to pay for it. An example of one we like is: <https://www.stjamesvillageorchard.org.uk/>

If you are looking for a remote project for your Duke of Edinburgh award, then 'maintaining Facebook / Instagram / websites for a local community group or charity' is one of the suggested remote opportunities, so it may be worth talking to your D of E leader.

Odd jobs on the field

There are also jobs on the allotment field that can best be done during the winter and could be done within lockdown rules with one or two people if they have 30 minutes or an hour to spare.

Mulching:

Our Suffolk Wildlife Trust advisor recommends that we keep our fruit trees surrounded by 12 inch deep mulch layers. The mulch put around most of our trees at planting has reduced to much less than that already, so if any of you have time, that would be a great job done. We also need the willows around our water tank mulched. There is a pile of mulch right by the orchard, and when this runs out, there is more in the compost bins at the bottom of the meadow.



Hedgehog Alert – please don't use full-size forks to move the mulch as there may be hedgehogs hibernating in the warmth of the rotting mulch. Please use your hands or grabbers. If you disturb a hedgehog please cover it back up and let Fiona know (07740 823106). The same warning applies when collecting mulch from the compost bins.

The Ditch – where the ditch down the footpath side of the field bends round the bottom corner, our SWT advisor suggests giving it a bit of a clear out – a nice messy job for anyone who fancies it! Pull out vegetation blocking the stream at that corner and a couple of metres up- and down-stream, and remove some of the silt that has collected at the bottom. All spoil should be chucked onto the far bank for wildlife (but not up against any fence).



We will be monitoring water flow and hopefully may be able to add some additional wild flowers to this area such as marsh marigolds.

Rubbish collection

We are lucky that we don't have a major problem with litter on the field, but there are a couple of sites that could do with a bit of litter-picking if anyone has some time.

The spinney by the Farmerie Road entrance to the field has collected the odd bit of rubbish. This is a fabulous environment for wildlife and it would be great if we could keep it free of litter.

Also the vegetation dying off on the bank at the bottom of the wildflower meadow has revealed quite a lot of rubbish, especially on the stream side. Our Suffolk Wildlife Trust Advisor sees this bank as "providing a very good linear wildlife habitat with plenty of cover – especially useful for Vanessa butterflies" ie Red Admirals, Peacocks, Tortoiseshells etc.

The stream side has quite a lot of rubble – bricks, breeze blocks etc - but these provide quite good shelter for wildlife so can stay. There is also an old door, but that is also likely acting as winter shelter for wildlife, so we'll leave it there until the spring.

If the plastic and metal rubbish could be removed, that would be fantastic.

If you need further guidance on any of these tasks, or have other suggestions, please contact **Simon on 01440 786321**.

/cont'd....

Donations

Part of our planning process over the winter will be searching for further sources of grant funding. However, if anyone is considering making a donation to this project, we would obviously be grateful for any support.

We are hoping to place benches and picnic tables around the field so that people can sit and enjoy the views – maybe you would like to contribute towards one in memory of a relative?

We have secured wildflower seed to supplement the meadow flora, but we also hope to purchase some plug plants in the spring as well.

We hope to add more fruit/nut trees (we already have an offer of some walnut trees) and are also considering a small spinney of native trees such as alder and silver birch to specifically support winter seed supplies for some bird species.

If you think you may be able to help the project in any way, please contact Fiona on 07740 823106 and I will put you in touch with the appropriate member of the HATA team.

Fiona Gould on behalf of Hundon Allotment Tenants' Association

Greeting Cards in lockdown

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- Email me with your selection: sue-eaton@vincents-studio.com
- Telephone me with your order: 01440 786810
- Next day delivery on my daily dog walk

PLEASE PICK UP AFTER YOUR DOG!

I have just gone around the back of my house, the grass area at the back of the houses on Mill Lane, it leads into field area to the park and there must have been about 4 or more dog poos just around my gate and back fence area, that have not been picked up.

We all have gates that lead from our back gardens onto this grass area which we all use when the weather is nice. Not only that people should be picking their dog mess up, I really don't want to be stepping in it when I go out there. I have dogs and I always pick up.

Mill Lane resident

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MONRO

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For Sale, Wanted and other 'small ads' are free to Hundon residents.

Business adverts £5 per month. There is a waiting list at the moment for businesses from outside Hundon.

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HUNDON VILLAGE SHOP AND POST OFFICE

January saw us enter the third national lockdown and, as with the previous lockdowns, the shop saw a tick up in sales. This is great as it means that a good number of people are managing to adhere to the "stay at home" and "limit travelling" messages. This did mean that for a couple of weeks at the start of January demand for bread, milk and chilled meats was greater than our suppliers were able to deliver to us. Our apologies if you came to the shop for any of these items and were disappointed. Thankfully, at the time of writing in mid-January, Karen has managed to increase our orders on all of these items.

The shop is in a great position to serve your lockdown needs. We have large ranges of items in crisps and snacks, cakes, confectionery, grocery lines, non-food and cleaning products, toiletries, newspapers and magazines and of course bread, milk, eggs, and chilled products.

One of the items that can be difficult to buy while non-essential shops are shut is greetings cards. Customers are often surprised at how large a selection of cards your shop has. We have a large choice of birthday cards as well as condolence cards, good luck cards and cards for almost every occasion.

Covid 19 test kits –

We have experienced some instances of people bringing their Covid19 home test kits to the Post Office. I am afraid we are not able to accept these. The instructions that come with the kit are clear that they should only be posted in a dedicated priority post box. These post boxes are clearly labelled, and the instructions have a picture of that labelling. Thank you for your understanding.

OPENING HOURS SHOP

Monday to Saturday 8am – 1pm
Sunday 10am-12pm

OPENING HOURS POST OFFICE

Monday to Saturday 9am – 1pm

*Stewart Alderman
Chairman – Hundon Village Shop Committee*

HATA Lost Property

If you have lost an orange garden fork, left behind after the Community Orchard Planting Day, please contact Liz Hickes 07733027979



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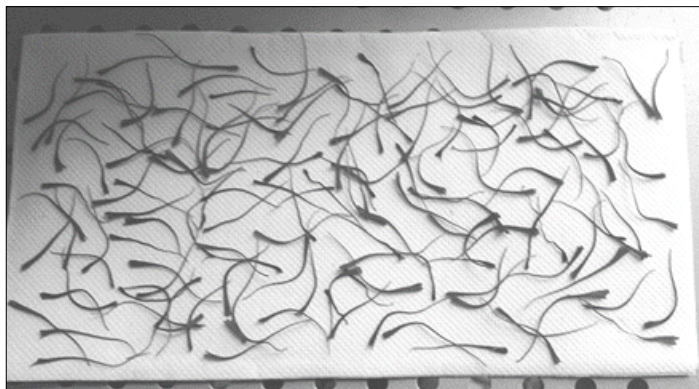
HGC Blog 2021

Community Project – Planting the Village Hall Verge

Walking on the verge the other day I could see signs of bulbs coming through. At the beginning of March you may well see a few of us planting Cowslip and Primrose plug plants, so fingers crossed the verge will look very colourful this spring. Reminiscing back to the late 60s early 70s I worked for a buyer in a furniture manufacturers and we used to receive a small parcel at spring time, containing a small bunch of primroses sent to us from one of our suppliers. Can't see anyone doing that nowadays, unless you know differently?

Gardening Tip:

For those who planted some Saffron Crocuses the following information is how to harvest it:



'Harvest your Saffron by removing the stigmas and drying them on a paper towel. Each bloom produces three stigmas. When the flowers first bloom, remove the bright red stigmas in each flower's centre, as they carry the Saffron spice. You can use it in the fresh form, or dry it for later use. To dry your Saffron, spread the red stigmas out for several days on a paper towel in a warm, dry place. Once they are dry, store them in an air tight container in a cool dark place. (*Check with your physician before using Saffron in

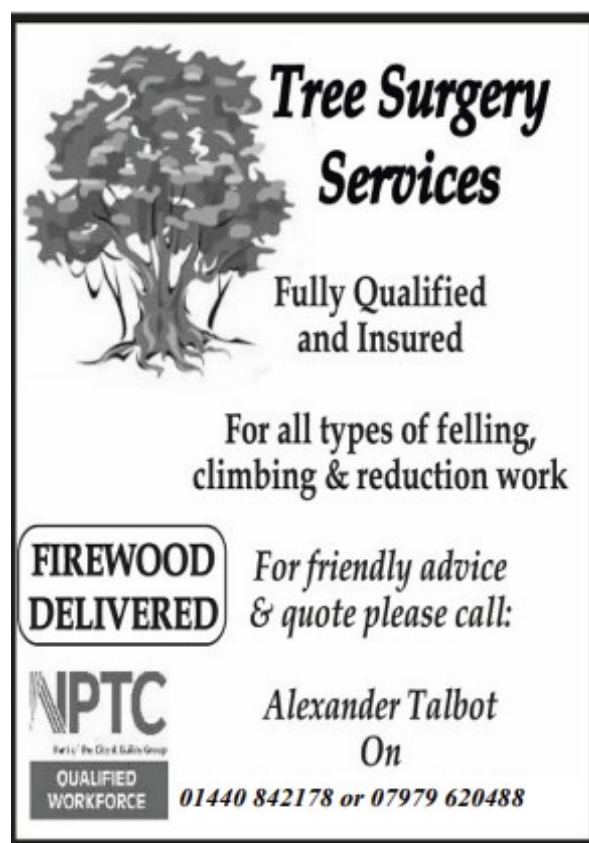
high doses or as a regular dietary supplement.)'
This information was taken from an American site, hence the word physician.

Walk

On last year's programme we were hoping to go to West Stow in June with Muriel Brierley on a walk to see wild foxgloves. I contacted Muriel and she hopes to go on a recce to see how they are this year and will let me know. Apparently last year there wasn't a good show, maybe this year will be better. Who knows where we will be by June as far as Covid is concerned but if we are allowed to go out, those who can get there independently may be able to go on a walk.

Things have got to get better!

Janet Burrows



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Bag it &
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Please clean up
after your dog

Dog fouling is unpleasant for everyone
and can spread disease

www.westsuffolk.gov.uk



Dear Hundon Harmony Members,

Sorry I can't thank you all personally yet, but I wanted to convey a huge **THANK YOU** for my wonderful presents I received for my 'big' birthday. It was very disappointing that a party could not take place in May, but merely postponed, not cancelled. It was a lovely surprise to receive my gifts last month. We will all see each other very soon – Keep Singing

Elaine

Interested in taking up an allotment and joining our social community?



You could create a few raised beds or planters to grow your own food or flowers. You could create a grass area with some seating from which you can relax and enjoy the view; and watch the owls and bats flying around in the evening – whilst enjoying a drink or two with friends and neighbours (hopefully soon)!

For further details please email liz.hickes@hotmail.com or 01440 786321



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HUNDON VILLAGE FACEBOOK GROUP

PLEASE remember to answer the membership questions if you are asking to join the group.



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Web: www.hirefitness.co.uk

THE PLOUGH, HUNDON

Newsletter Jan. 4th 2021

The Boxing Day lockdown has put yet another hurdle in The Plough's path to recovery! Things were progressing very well until last March and whilst we have endeavoured to maintain what service we can including a takeaway and delivery service during the last 4-week lockdown, with no end date the future looks bleak.

Whilst I have received handful of enquiries as far as the well-received delivery service is concerned I have decided that in view of the severe warnings by the government as far as minimising contact is concerned in the interests of customers and staff I have no option but to shut down until further notice.

On a more positive note I would like to add that I am taking this opportunity to catch up with various renovations and some redecorations prior to re-opening whenever that may be! I hope that it won't be too long before all at The Plough will be able to welcome you back and I would like to take this opportunity to thank all customers and staff for their support over the last 15 challenging months.

David Rowlinson

COVID VACCINATION INFORMATION

(COPIED FROM SOUTH SUFFOLK MP
JAMES CARTLIDGE)

Please do not call your GP or local hub about getting vaccinated, unless requested, the NHS will contact you directly.

Following discussions with the local CCG (Clinical Commissioning Group), James is able to confirm the following information about Covid-19 vaccine rollout in South Suffolk – i.e. across the Babergh district, and in **Clare** and Cavendish in West Suffolk district. It has been confirmed by the CCG that South Suffolk will initially have four vaccination hubs, which when fully operational should be able to deliver up to 4,000 vaccinations a week (i.e. each hub approximately contributing 1,000 vaccination per week). Vaccinations will commence from Monday 11th January.

The four hubs will be located in:

- East Bergholt (Constable Country Medical Practice)
- Hadleigh (Hadleigh Health Centre)
- **Sudbury & Great Cornard (Hardwicke House Surgery, Cornard Branch)**
- Lavenham (Lavenham Branch of Long Melford Practice)

These locations will be serving the South Suffolk area generally rather than their own patient lists exclusively. Residents will be contacted directly by the NHS, either by phone or letter, and **local clinical leaders have stressed the importance of members of the public NOT calling these practices as it may disrupt the roll-out.**

Clare and Cavendish residents are likely to be offered appointments in Sudbury and Lavenham.

(May be relevant to patients at Stonehall Surgery, Clare)



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 DEADLINE FOR MARCH ISSUE**

21ST FEBRUARY BY 12 NOON PLEASE

HERALD ARTICLES

Remember—you can submit articles for the Herald at any time in the month, you don't have to wait until the deadline. Items for inclusion can be emailed, typed or written.

Anonymous articles cannot be included, although your name and address can be withheld if you prefer.

Please be kind and courteous.

USEFUL TELEPHONE NUMBERS

A resident has suggested that the Herald includes a list of contact numbers for tradesmen/women in the village.

If you would like to be included on the list please email me at hundonherald@hotmail.com with your name, service offered and contact number. Please also confirm your address in Hundon, although this will not be included on the list.

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FROM POLICE CONNECT

Police in west Suffolk are launching a new operation tackling acquisitive crime during night-time across the area.

Operation Night Owl will target criminality relating to motor vehicles crime, burglary and criminal damage in the key towns of the west of Suffolk, as well as the surrounding villages.

There has been a recent trend in offences where police have seen offenders entering insecure vehicles, breaking in with little damage, and stealing items such as cash, sat-navs, sunglasses, mobiles and backpacks during hour of darkness. Thefts of catalytic converters and thefts of tools from work vans will also come under the Op Night Owl umbrella of operational activity as well as overnight rural criminality.

Chief Insp Matt Carney said: "This proactive operation, focussed on west Suffolk will look to proactively address the issue of acquisitive criminality, particularly in the hours of darkness. Our officers will be out there chasing down those who wish to cause our communities harm and use darkness as a cover for their criminality. We will be making it difficult for them to operate regardless of the time of day."

Help us keep our communities safe.

Police advice on a variety of subjects can be accessed via <https://www.suffolk.police.uk/advice>

To report something, or to otherwise contact Police, use the link <http://www.suffolk.police.uk/contact-us>

To report something anonymously call Crimestoppers on 0800 555 111 or visit www.crimestoppers-uk.org

Alternatively call **101** for non-urgent matters.

Always call 999 in emergencies, or if an immediate police response is required.

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PLEASE remember to answer the membership questions if you are asking to join the group.

<http://www.facebook.com/groups/192288217475615/>

Hundon Village Shop and Post Office
<https://www.facebook.com/Hundonvillageshopandpostoffice>

Hundon, Suffolk Buying & Selling Group
<https://www.facebook.com/groups/585742918475149/>

Hundon Social Club
<https://www.facebook.com/groups/238379770253990/>

Hundon Village Hall <http://www.facebook.com/hundonvillagehall>

There are also groups for Clare, Kedington, Haverhill, Stradishall, Thurlow, Wickhambrook

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Deadline for MARCH issue 21st February by 12 noon please

Contact the Editor, Gill Shepstone:
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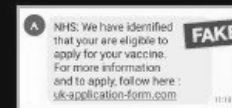
BE ALERT TO VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.

PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS

The **NHS** will:

- ⊗ NEVER ask for payment - the vaccine is free
- ⊗ NEVER ask for your bank details
- ⊗ NEVER arrive unannounced at your home to administer the vaccine
- ⊗ NEVER ask you to prove your identity by sending copies of personal documents such as your passport



Remember that any contact regarding a real NHS COVID-19 vaccination booking will never:

- ⊗ Ask for payment or any bank details.
- ⊗ Ask you to press a button on your keypad when on the phone.

⊗ Ask you to send a text to confirm the booking.

Anyone who has concerns about whether an approach is genuine should speak to their local GP surgery.

If you receive a call you believe to be fraudulent, hang up.

If you are suspicious about an email you have received, forward it to report@phishing.gov.uk.

Suspicious text messages should be forwarded to the number 7726 which is free of charge.

If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online; [actionfraud.police.uk](https://www.actionfraud.police.uk) or via phone 0300 123 2040. If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting Crimestoppers COVID Fraud Hotline online; [covidfraudhotline.org](https://www.covidfraudhotline.org) or phone 0800 587 5030.



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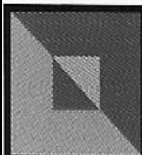
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IN THE VILLAGE**Useful contact numbers**

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Hundon Hedgehogs Pre-School: 786638

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Village Hall Social Club :
Caroline Champion – 07986 882795

Village Hall Committee Chairman
Martin Warner 787860

Hundon Shop & Post Office : 786223

The Rose & Crown, North Street : 786261

The Plough at Brockley Green: 786789

Evergreens (over 55's) alternate Mondays –
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Yoga - Sally Russo: 07922 476874

Hundon Craft Group Sandra 786410 or Beryl 786727.

Neighbourhood Watch - Bob Steel 786303

Hundon PCC: - Margaret Langridge (treasurer) 786629

Hundon Parish Council clerk.hundonpc@outlook.com

Allotments enquiries—Liz Hickes 786321

Hundon Golf Society—Mark Wray 707196

MP: Matthew Hancock 0207 2197186 or 01638 576 692

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Suffolk County Council customer.services@suffolk.gov.uk.

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Southern Electricity 0845 7444555

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British Telecom 0800 800 150

Anglian Water 0800 91 91 55

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Stonehall Surgery (Temporarily closed) 01787 278999

Wickhambrook**Haverhill:**

Haverhill Family Practice 01440 702010
or 01440 703667
Clare Pharmacy: 01787 277315

A&E Departments:

West Suffolk Hospital , Bury St Edmunds 01284 713000
Addenbrooke's Hospital, Cambridge 01223 245151

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NHS Direct 111

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Clare Library: 01787 277702

The Mobile Library Van calls at Village Hall car park every four weeks on Wednesday afternoons, 2.50-3.50pm. (currently suspended)