



# Hundon Herald

August 2021

ALL SAINTS CHURCH

## FLOWER FESTIVAL

SATURDAY 28 – SUNDAY 29 AUGUST 2021  
11.00a.m.- 4.30p.m.

Our flower festival will take place on 28 and 29 August. Our theme this year is 'A Favourite Song' – if anyone would like to join us we would love to welcome you; my contact details are below.

Also, if anyone would like to sponsor an arrangement (not themed) for a treasured family member or friend then please let me know: all we would ask for is a donation to cover the cost of the flowers.

We will be serving homemade cakes, tea and coffee so come and join us for morning coffee or afternoon tea. This will be our first fund raising event for the church since November 2019 so we do so hope that you will come and support us and enjoy seeing all the wonderful flower arrangements on show.

Margaret Langridge  
[margaretlangridge@hotmail.com](mailto:margaretlangridge@hotmail.com)  
07990 754401

ALL SAINTS CHURCH

## AUGUST 2021 SERVICES

Sunday 8 August 9.00a.m. –  
Holy Communion

Sunday 22 August 6.00p.m. – Evening Prayer  
(followed by tea and cake)

Sunday 29 August 9.00a.m. –  
Holy Communion

HELLO!

## HUNDON EVERGREENS CLUB

(For the over 55s)

**We're back on 9th August (at last).**

It will be nice all meeting up again and all fit and well.  
Hope you're ready for it.  
Every other Monday at the Village Hall, 2pm –4.30pm.  
Don't sit at home alone, you are welcome to come along and give us a try, you will be made welcome. Gentlemen invited too.

Pam Deeks, Evergreens. 07554 008106

Hundon WI  
will be having a

## SUMMER PICNIC

On Thursday 12th Aug 2-4pm

At Hundon Cricket Ground, Lower North Street

If any Ladies would like to come along  
just bring a picnic and a chair, or blanket, and join in.  
A cup of tea & a warm welcome is guaranteed!

Although this a social event, Hundon WI will be taking the  
opportunity to raise awareness of breast cancer  
& Breast Cancer Now\*

The Breast Cancer Now charity provides the much needed support and  
care for those affected by breast cancer, as well as funding research  
across the UK to discover how to prevent the disease and save lives.

Any funds raised from the raffle etc., will be donated to  
Breast Cancer Now

To contact Hundon WI please call  
Jan (Hundon WI Secretary) on 01440 786369

In the event of rain alternative arrangements may be made. Please check if you are unsure.

\* Breast Cancer Now is a charity registered in England and Wales (1180558), Scotland (SC045584)  
and the Isle of Man (1200)

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## HUNDON SPORTS ASSOCIATION "THE ASTRO"

With Covid-19 restrictions easing it is now possible to restart family memberships for the astro from August 1<sup>st</sup> 2021. A family membership costs £60 a year and allows use of the pitch at any times where it is not block booked for group activities. For further details please contact me on [stewartalderman.sa@gmail.com](mailto:stewartalderman.sa@gmail.com).

We are not able to offer casual ad hoc use of the astro as it is simply not practical to administer this.

Stewart Alderman  
Chairman – Hundon Sports Association

## HUNDON WINE CLUB

Our next meeting will showcase wine from some of the Mediterranean Islands presented by Andy Turner. If we aren't able to go to the islands just yet, we can still enjoy their fantastic wines! We would love to see you there, but if you are coming, **please could you let me know beforehand** so that we are able to prepare. The date will be 8:00 in the village hall on 30th September. Look forward to seeing you there.

Chris Burford  
[cs.burford@btinternet.com](mailto:cs.burford@btinternet.com) 07833921970

# GREEN TREE WORKS

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## HUNDON VILLAGE SHOP OPENING HOURS

**MON—FRI** 8am—1pm  
**SATURDAY** 8am—1pm  
**SUNDAY** 10am—12 noon

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# Hidden Gardens of Clare

Town Centre Gardens Open  
To The Public



Sunday 15<sup>th</sup> August



2021



*Keep an eye on local  
notice boards and Facebook  
for more details soon*

## HERALD ADVERTS

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

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



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## THOMAS ROGERON'S TRUST, HUNDON

### HUNDON RELIEF IN NEED

Parishioners are invited to apply, at any time, for grants from the Hundon Relief in Need Fund. These may be for individuals who reside in Hundon or Hundon organisations. The sub-committee of the Trustees consults on a regular basis, enabling applications for smaller requests to be discussed quickly. Larger grants, requiring a full meeting of the Trustees, are discussed twice a year (generally March and November).

Grants can be made for such things as

- the supply of tools or equipment to aid or improve employment potential
- the provision of funds for developing leisure or educational skills
- extending opportunities or resources for local organisations
- the provision of facilities for the physically or mentally disabled
- payments to assist in the meeting of utility bills (in extreme cases)
- payments to relieve sickness or infirmity
- help in paying travelling expenses for those attending hospital as out-patients or those visiting in-patients
- providing help for those who are carers
- providing grants for anyone affected by the pandemic

This is not an exhaustive list – we consider all types of requests! However, we are not allowed to give grants for anything which should be paid for by the state (such as various benefits).

Please apply in writing, giving as much detail as possible. Please explain who the grant is for, how much you are requesting, why you are requesting it, how or what the grant will be used for etc. Please note we will need receipts for any equipment you may buy or any services you employ.

Letters of application should be sent to the Clerk: Miss S. Upson, 31 Windmill Rise, Hundon CO10 8EQ

All applications and grants are dealt with in the strictest confidence.

## HUNDON VILLAGE HALL

Could you be a Trustee?

We have a need for a Trustee to join our committee who run the Village Hall and Playing Fields Charity. We meet monthly to direct and support this vital hub, making decisions that affect the community:

If you can bring energy, ideas (and some life experience) you would be welcomed to the team.

Please feel free to call me for a discussion.

Martin Warner, Chair  
01440 787860.

## HUNDON VILLAGE SHOP AND POST OFFICE

From Monday 19<sup>th</sup> July the wearing of face masks in public places ceased to be mandatory in law and became a matter of personal choice. The government's guidance however states that they expect people to continue to wear a mask in crowded or enclosed spaces where they are in contact with people that they don't usually meet. We are therefore, in line with almost all other retailers and organisations, asking that, where they are able to, people continue to wear a mask when using the shop.

Restrictions on social distancing have also been removed but the government guidance still says that we should continue to distance ourselves from those that we do not live with. At the shop we will continue to limit the numbers of customers in the shop but have increased the number to three customers at any one time. We believe that this will reassure customers and staff/volunteers who may be anxious about increased numbers of people mixing without inconveniencing those who are a little more relaxed about things.

With grateful thanks for your continued support and cooperation in these matters.

### OPENING HOURS SHOP

Monday to Saturday - 8am – 1pm  
Saturday April 3<sup>rd</sup> - 10am – 12pm

### OPENING HOURS POST OFFICE

Monday to Saturday - 9am – 1pm

### August Bank Holiday Monday 30<sup>th</sup> August

Shop 8am – 1pm  
Post Office - Closed

*Stewart Alderman  
Chairman – Hundon Village Shop Committee*

## HUNDON W.I.

We held a members only tea party in July, and it was good to meet up together again in the sunshine. Thankyou Jan and Tom for allowing us to use your garden.

Our next meeting is a picnic on the Cricket Field on 19th August at 2 pm, with the Village Hall available if it rains. (See front page).

We would love to see non-members too who are welcome to come along and join us at any time. The first tentative steps towards normality maybe?



*Janice*



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## REMINDER

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## THANK YOU

Thank you to whoever has been rescuing our son Felix's toys which he keeps dropping on Clockhall Lane when we walk our dog.

Twice now, he has dropped one of his plastic animals, and someone has picked them up and put them on the bench at the top of Clockhall Lane for him to find, which has been a lovely surprise for him!

*Sam and Laura Stonehouse, Church Street.*



## ROGERON TRUSTEES' AGREEMENT WITH HATA

As long term residents of Rogeron Close, we wanted to thank both the HATA for putting together the management proposals for the allotments and the Rogeron Trustees for accepting them.

This beautiful open space is looking the best it has for many years and it is obviously as a result of the hard work, generosity and commitment shown by both parties, and especially those who have put in the "graft", that the allotments will remain a valuable asset to the people of Hundon for many years to come.

*The Masons*

## BADMINTON IS BACK!

**TUESDAYS 7.45PM (from 7th September)**

**AT HUNDON VILLAGE HALL**

**FIRST SESSION FREE  
COME ALONG AND TRY,  
NEW MEMBERS WELCOME  
£3.50 per session**

**Phone Karen 786660 or 07551999496**

## COMMUNICATION WITH HUNDON RESIDENTS – WEST SUFFOLK PLAN - JULY 2021

On behalf of Hundon Parish Council

West Suffolk Local Plan Consultation

Proposal for a Hundon Parish ‘Housing Needs Survey’

As you will be aware, past and recent Hundon Heralds have published information about the West Suffolk Strategic Planning process and last month we included a map and list of “Potential Sites Offered for Housing Development – May 2021”.

This showed all the sites currently offered up by the present landowners for consideration. There is the potential for this planning process to expand the present level of housing in Hundon (which is currently around 470 homes) to meet the growing and changing need for homes in the village and across the county.

These sites can be found on the website link below.

[https://www.westsuffolk.gov.uk/planning/Planning\\_Policies/local\\_plans/shelaa-settlement-maps-and-site-proformas.cfm](https://www.westsuffolk.gov.uk/planning/Planning_Policies/local_plans/shelaa-settlement-maps-and-site-proformas.cfm)

It is the Parish Council’s (PC) opinion that it is better to provide our own evidence and views for the expansion of the village rather than just accept any that are proposed by developers. Many of you have already made your views known on the council planning website and this is always a good way of communicating with the County Council.

In the last Herald article the PC advised that they would be establishing a “Hundon Parish Local Plan Working Group” to establish the needs and requirements of residents over the coming years, and the advantages/disadvantages to any development that is to be implemented in the village.

The working Group has now been established (Doug Nimmons, Chris Callow, Richard Edwards, Ken Button, Sharon Mott, Karen Snow) and consistent with the notice in the Herald, is looking to establish our individual needs and concerns to inform planning for our village.

To this end, during August the Working Group will issue a confidential questionnaire to all properties in the parish that will seek to understand your current household circumstances, and any anticipated housing needs and requirements for the future. We will also gather views on associated issues regarding any potential expansion of the village.

The Working Group can then collate your responses for the PC in the first instance and to West Suffolk as part of the next consultation phase in January to March 2022.

When the survey questionnaire comes through your door, please consider it carefully and provide responses so that the PC can go forward with a mandate that reflects the requirements and views of Hundon residents.

### Land North of Mill Road site

One of the sites offered for development is the land North of Mill Road (Site No: 115 on the West Suffolk Website):

[https://www.westsuffolk.gov.uk/planning/Planning\\_Policies/local\\_plans/upload/Hundon-3.pdf](https://www.westsuffolk.gov.uk/planning/Planning_Policies/local_plans/upload/Hundon-3.pdf)

There is now also a “Concept Plan” for some development on part of this site (approximately 48 houses) on the Website submitted by Pigeon the development company on behalf of the landowner.

This can be seen on the West Suffolk web-site link below and a diagram from that concept plan is provided at the end of this article as an overview:

[https://westsuffolk.inconsult.uk/gf2.ti/-/1173410/100904037.1/PDF/-/Hundon\\_-\\_WS115\\_Land\\_North\\_of\\_Mill\\_Road.pdf](https://westsuffolk.inconsult.uk/gf2.ti/-/1173410/100904037.1/PDF/-/Hundon_-_WS115_Land_North_of_Mill_Road.pdf)

**Important Note: This concept plan is not a planning application and does not indicate/confer any greater likelihood of this site being allocated for housing than any others until the West Suffolk Plan process is completed which will still take a number of years. There are no similar concept plans or information about any of the other sites at this time.**

The developers asked to meet the Parish Council and Working group to discuss this potential concept plan and this took place on the 14<sup>th</sup> July. A number of questions were raised by the Parish Council for discussion and these are listed below.

Information sharing, discussion and engagement with Parish Councils and residents by developers is good practice and further information and events will be organised by the Parish Council as news on any of the sites becomes available.

**Note of meeting with Pigeon Investment Management Ltd - 14 July 2021 regarding the Concept Plan for ‘Land North of Mill Road SHELAA Ref: WS115’**

Present: Councillors Nimmons, Spooner, Edwards, Carpenter, Callow, Hewitt, Parish Clerk: Amanda Parrett, Working Group Member: Ken Button.  
Pigeon Investment – Andrew Fillmore, Claire Norris

**Notes of discussions:**  
**Questions regarding the proposed mix of housing on the development:**

What ‘mix’ of housing is proposed (ie 1 bed, 2 bed, 3 bed, bungalows/detached/semi/ terrace, flats etc)/

Is this based on consideration of the existing housing provision within the Parish and other housing needs forecasts?

What is the proposed ratio of market value houses to ‘affordable’ properties – and what will the ‘affordable’ housing comprise (ie 1/2 bedroom houses/flats etc)?

Is there any potential for including or adding sheltered/ supported housing provision? (Ageing demographic of residents is a concern currently)

**Response and discussion:**

*Pigeon confirmed that the proposal is only at very outline concept stage and proposes around 48 homes but no*

detailed work had yet been carried out on the mix of housing. They would be open to suggestions on this regarding the needs of the Parish so that these could be considered at the next stage of consideration. If the site does get approval in due course it would be also be influenced by West Suffolk Planners to consider the wider needs of the county for affordable/social/rented housing. Current planning policies would require 30% of properties on a development of this scale to be affordable. They were also open to suggestions for sheltered/supported housing provision but would need to consider partnering with a Housing Association to deliver that.

#### **Questions regarding the proposed 'Self Build' plots:**

What is the imperative/market for self-build plots? These can take longer to be built out and there is potential for disruption over an extended period to other residents in Mill Road and on the new development due to the single entrance to the site via Hall Rd.

How many self-build plots are proposed and what size of properties will the plots accommodate? Why are the self-build plots all located at the SW end of the site?

#### **Response and discussion:**

*Pigeon confirmed that these take account of potential demand for self-build plots registered with West Suffolk Council and these may be both self-build by plot buyers and 'custom build' by Pigeon themselves to the specification of buyers. In either case utility and other groundworks would be prepared during the initial site development to reduce disruption at later stages. They also envisage that homes on these plots could be limited to certain size/height/design parameters to blend with the surrounds. Again – no specific numbers of plots have been allocated at this stage and their position on the concept plan is open for further consideration with the Parish and West Suffolk Council.*

#### **Questions regarding the proposed 'Economic/Community' use plot shown on plan:**

Why is this located in this position? Can it be moved to another position (for example to the far end to replace some self-build plots) to reduce impact on amenities for existing residents of Hall Rd and Mill Rd.

If no buyer for economic/community use is identified can it remain 'green space' to reduce impact on amenity for residents of Hall Rd, Seabrook, Mill Rd?

#### **Response and discussion:**

*Pigeon confirmed that this space was reserved following previous discussions about possible uses for the village such as overflow car parking for the village hall and playing fields, economic/ employment units, or venues for community sports activity, or groups such as Hundon Hedgehogs etc. Its position was initially suggested to provide easy access to the village centre but Pigeon are prepared to consider other locations and suggestions from the Parish.*

#### **Questions regarding the Planning Policy Context**

This mentions "Should the council therefore look to develop a larger area than the Concept Plan extent, then this would be supported by the Landowners and Pigeon".

What other 'concept planning' has been completed for any larger area of development on this site? Residents are concerned at the potential for larger scale development which will damage the existing fabric and character of the village.

#### **Response and discussion:**

*Pigeon confirmed that no other concept planning has been carried out for any larger scale development, or with any of the other landowners that have offered sites.*

#### **Questions regarding the general layout of the development on the Concept Plan**

What opportunities are there to vary the layout to reduce impact on the amenities of existing residents of Mill Rd, Seabrook and Hall Rd? For example by having **only** 'green space' to the south of the new development access road?

What constraints are there on moving/extending the site further north or along Hall Road to reduce impact on existing residents or to enable the additional inclusion of sites for sheltered/ supported housing schemes?

#### **Response and discussion:**

*Pigeon confirmed that they are open to suggestions from the Parish for varying the layout, positioning and for additional strategic landscaping to reduce the impacts. They are also open to considering sheltered/supported housing as discussed previously and would like suggestions for that. It was recognised that constraints on the site may be imposed by West Suffolk Planning Policy in due course but all options can be considered at this early stage.*

#### **Questions regarding road access to the development**

What are the options for access at Whittings Hill end of the development to avoid additional traffic from the development using Mill Road to travel to/from Haverhill direction?

#### **Response and discussion:**

*Pigeon confirmed that they had not shown access at that end due to the narrow width of Whittings Hill but would be open to reconsidering this. The PC also highlighted the need for potential improvements to Whittings Hill to cater for additional traffic and Pigeon would be prepared to discuss this with West Suffolk and Highways in due course to see what may be possible.*

#### **Questions regarding roads generally**

Page 4 mentions 'highways improvements for the local areas' – what are these? Have there been any discussions with West Suffolk regarding improvements to Mill Road/ Whittings Hill/Valley Wash or other roads which will be impacted by extra traffic flows? This is major concern for residents and the Parish Council due to narrow lanes and limited visibility at tight bends etc.

#### **Response and discussion:**

*Pigeon confirmed that they have included traffic calming measures at the top of Upper North Street/Hall Road in the concept plan in response to previous discussions about traffic speed at that site. They have not yet had discussions with West Suffolk or Highways about other road issues but would be open to considering these and assisting the Parish to influence other road improvements where possible.*

#### **Questions regarding increased risks of flooding/ sewage problems:**

The paper mentions "Comprehensive set of technical studies" etc - what studies are these? What technical studies have been carried out to demonstrate that sustainable solutions have been found to the potential for the development increasing the risk of flooding/ sewerage problems in Lower Road/Valley Wash. This has caused problems for many years and is a major concern for residents and the Parish Council.

**Response and discussion:**

Pigeon confirmed that the outline proposals for surface water drainage using an 'attenuation basin' (natural pond) at the lowest part of the site is a common and accepted method of controlling surface water flows. These proposals would be subject to further technical development and they would be happy to explain these in more detail to the Parish. These specifications would be subject to scrutiny by West Suffolk in due course should this site be allocated. The sewerage problems will require further consideration and information from the Parish Council will assist with this in due course.

**Further Actions:**

Pigeon requested more views from the Parish on the various issues discussed above and the Parish Council have already planned to include general questions regarding these issues in the proposed **Housing Needs**

**Survey** planned for August 2021.

Pigeon agreed to provide more information/specifications for the proposed sustainable surface water drainage controls to address concerns over increased flooding.

**Land North of Mill Road site**

[https://westsuffolk.inconsult.uk/gf2.ti/-/1173410/100904037.1/PDF/-/Hundon\\_-\\_WS115\\_Land\\_North\\_of\\_Mill\\_Road.pdf](https://westsuffolk.inconsult.uk/gf2.ti/-/1173410/100904037.1/PDF/-/Hundon_-_WS115_Land_North_of_Mill_Road.pdf)



**ALL SAINTS CHURCH  
DOG POO ALERT**

In recent weeks, dogs have been running free in the Churchyard and dog poo has been collected, (not by their owners!).

Will dog owners please show some respect, keep their dogs on the lead and, where necessary, clear up after them. Free poo bags are available in the church porch if you have forgotten to bring any. Thank you.

*Richard Langridge*

**PLEASE NOTE THE  
DEADLINE FOR SEPTEMBER ISSUE**

**23RD AUGUST 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.**



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[kevinsalmon398@yahoo.co.uk](mailto:kevinsalmon398@yahoo.co.uk)

**HUNDON  
VILLAGE  
FACEBOOK  
GROUP**

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

**COMMUNITY CAFÉ**

Thank you to everyone who has been in touch to offer help with the Community Cafe.

The Cafe is set to return to the Village Hall on Thursday afternoons between 2.30 & 4pm, starting on Thursday 15th July serving hot and cold drinks and freshly baked goods.

Everyone is welcome, even if you can't stay, pop in for a delicious piece of cake.

*Caroline Baxter*

*Sorry, postponed until further notice*

<b>Yoga for Every Body</b> <b>Sally Russo</b> Yoga Alliance Professionals Registered Teacher 07922 476 874 <a href="mailto:sallyrusso9@icloud.com">sallyrusso9@icloud.com</a> <b>Now taking bookings</b> <b>for the September</b> <b>Term</b>	<b>Hatha Yoga</b> Gentle flowing sequences, Asana postures to build strength and flexibility, meditation and pranayama (breath awareness).	Mondays & Tuesdays 9.30 - 10.45am Hundon Village Hall £6 per class payable termly in advance
	<b>Chair Yoga</b> We follow the same practices and principles of Hatha Yoga but use a chair for stability and comfort, and to make the postures more accessible.	Mondays 11.30am - 12.30pm Hundon Village Hall £5 per class payable termly in advance
	<b>Zoom Classes</b> for those who prefer to practice in the privacy and comfort of their own home	Hatha Yoga Monday evenings 7-8.15pm Yin Yoga 3 <sup>rd</sup> Wednesday of the month 7.30 -8.30pm £5 per class



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## HEALTH AND WELL-BEING

Welcome to the new health and well-being page - we hope you will find this informative.

### Mindfulness Quote of the month

*The feeling that any task is a nuisance  
will soon disappear if it is done  
in mindfulness.*

*Thich Nhat Hahn*

### **What is mental health?**

We ALL have mental health and, just like physical health, it needs looking after.

Mental health is:

"...the emotional and spiritual resilience which allows us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of well-being and an underlying belief in our own, and others' dignity and worth"

Without mental health there is no health. One in four of us will experience a mental health issue in any given year.

### Tips to reduce tension in the body if you spend a lot of your day at a desk:

- Get up and walk around periodically to get your circulation going and to change the muscles your spine is using.
- Raise your feet on something so that your thighs are parallel to the floor so that you can maintain good posture.
- To keep shoulders relaxed, have your elbows bent at 90 degrees with the desk height set so you can rest your forearms down.
- Have the *top edge* of your screen at eye level to avoid tension in the neck.
- Take regular breaks from the screen to allow your eyes to rest – look away into the distance for a few minutes every 20 minutes.
- Gentle seated spinal twists ease out & soften the muscles in your back
- Rotate ankles & wrists to keep circulation flowing
- Go for a walk outside in the fresh air on your break

### Meditation – A brief Beginner's Guide

The essence of meditation is being present in the moment and letting go of thoughts.

Your mind thinks – you can't stop that from happening! Meditation teaches you to detach from your thoughts and become an observer of them, not to eradicate them.

To begin a practice of meditation, firstly choose a regular time of day to set aside just five to ten minutes of quiet time when you won't be disturbed.

- ◆ First thing in the morning is a good time, before the hustle and bustle of the day begins, you might like to just set your alarm 10 minutes earlier than usual.

- ◆ Sit up in bed - stay lying down and the chances are, you'll fall back to sleep!
- ◆ Make yourself comfortable in an upright seated position and rest your hands in your lap, relaxing the shoulders.
- ◆ Firstly, just take a few moments to connect in with your breath – observe the breath and how it affects the movement of your ribcage, notice the soft expansion and release, feel the light touch of the air passing by your nostrils.... and then begin to use Pranayama – breath control.
- ◆ Breathing through your nose, count your inhale to four, take a slight pause at the top of the inhale and slowly release the exhale to the count of four, take a slight pause at the end of the exhale and repeat this process. An effective visualisation is to imagine a square:

Inhaling up the right side of the square – pause –

exhale along the top of the square – pause -

inhale down the left side of the square – pause

exhale along the bottom of the square – pause

...and continue in this way for a few more rounds. If your mind starts to wander, come back to the square and counting the breath.

Bringing focus to your mind and body, even just for a short time in this way, will help you to start the day well. It will begin over time, to train your mind away from that instant churning of the cogs when you awaken, the breath control energises the body and you will have a calmer and more peaceful approach to the new day ahead of you 😊

### **Sites that you may find helpful:**

[www.headspace.com](http://www.headspace.com) - teaches mindfulness

[www.happyhealthyapp.com](http://www.happyhealthyapp.com) – a health app linking brief daily reflection exercises to allow people to make more mindful decisions about lifestyle, exercise, nutrition and sleep to manage mental wellbeing

*Mikk8i Curran Cox and Sally Russo*

## THE RECTOR'S RAMBLINGS: "GORGEOUS GREEN" – AUGUST 2021

Just ask anyone who knows me, and they will all agree that I am not a gardener! However, my complete lack of green fingers doesn't mean that I do not appreciate the beauty that is all around us, or the importance of the environment for our very existence, so I was delighted to support the Church of England's commitment to become "Net Carbon Neutral by 2030" and at a local level we will be looking at how we can do more, and to hopefully achieve "Eco Church" status. *(If you would like to know more or to help us in this important task do get in touch or visit <https://www.cofesuffolk.org/exploring-faith/in-our-communities/in-the-environment/>)*

One of the joys of summer is the explosion of green everywhere, even in cities. Dark green pine trees, soft green grass for picnics, tender green leaves that get darker through the summer.

Next time you are out and about as a family, see how many different green things you can count, and maybe even collect a few things to take home and press inside a heavy book. Pressed leaves and flowers can make beautiful pictures. You can even use them to create home-made cards for birthdays and other celebrations.

Summer is a wonderful time for planting too. Try planting seeds or bulbs with your child to see how they can grow when they are fed and watered. Amaryllis bulbs grow fast and have beautiful big flowers, which children will love. If you want to grow something to eat, why not try rocket, which can be harvested as soon as four weeks after planting?

Your local church will probably feature a lot of green fabric over the summer. During this time, Christians just get on with growing in our life with God, like the plants are doing. And like the plants, to grow, we need feeding spiritually. Praying is a great way to feed our growing faith.

Long summer days and nights can be a good time for prayers. People sometimes worry about how to pray and what to say, but my rule is to keep things simple, I don't think that God is that impressed with long words or lofty language just for the sake of it, but is more concerned at what is at the heart of it, so if you are not sure, or you want to help your children to pray, start with something as simple as saying thank you to God for something you're really grateful for, or asking for God's peace at bedtime each night. These are three examples of simple prayers you could try:

### Saying Thank You:

God the Father, who made us, we thank you.  
God the Son, who saved us, we thank you.  
God the Spirit, who holds us in love, we thank you.  
God, who is everywhere, thank you for being you.

### Bedtime:

God, who is like a mother hen watching over her chicks,  
Keep me under your warm wings as I sleep.  
Send me good dreams.  
And help me wake up ready for another day.

### Prayer for God's help:

Father God, sometimes I am scared.  
Sometimes I am worried.  
Sometimes I need help.  
Sometimes people I love have problems.  
Please be with me and help me,  
Like shepherds caring for sheep.

Mark  
The Revd Mark Woodrow

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### FROM A RESIDENT:

#### A LITTLE MESSAGE FOR HUNDON DOG OWNERS

A friend shared this with me and I thought it is relevant to many Hundon villagers

"Hello everyone,

We just wanted to warn fellow dog owners in our locality about a nasty parasite our puppy recently 'picked up' which resulted in a stay at the vets, lots of medication and on-going recuperation due to weight loss.

The parasite is called Giardia and we are advised it is rare, so isn't covered by typical worming treatments. The symptoms include diarrhoea, loss of appetite and vomiting and can be deadly if not treated, particularly in young animals.

It is picked up from poo primarily, which doesn't have to be consumed as simply sniffing and licking can be sufficient to ingest the microscopic 'hosts'. These embed themselves in the intestines where they lay eggs, exacerbating the symptoms and providing a means for passing the parasite on, as well as reinfection.

It isn't limited to dogs as cats, pigs, cows, birds and humans can catch it too.

We wanted to share this information so other dog owners are aware, not least because there are still uncollected dog poos around the village footpaths, Village Hall playing field, pavements and allotments and this simply shouldn't be the case. We've been informed by the vet that, even if you collect the poo, the 'hosts' of this parasite can live on the grass / soil for quite a while, especially if the conditions are damp and wet.

We quarantined our puppy once he was allowed to come home to protect others, and disinfected all locations he used within our garden to avoid reinfection.

We just want to make other dog owners aware."

*Sarah Upson*

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## START LEARNING BRIDGE FOR FREE

A local bridge club is offering people the chance to start learning the card game for free this autumn - as a result of money it made during the pandemic.

Stansfield bridge club earned thousands of pounds by running online games up to three times a week throughout lockdown.

The club, which has more than 200 members and is one of the largest in Suffolk, is now planning to invest some of that cash into an introductory course for newcomers this autumn - with four 90 minutes lesson for free.

"Anyone who wants to start learning to play the world's best card game now has a one-off chance to do so for nothing," said Richard Evans, the club's chairman.

"Bridge played online, as opposed to in village halls pre-pandemic, offered so many people a lifeline during the past year. We often had 80 or more people from all over Suffolk playing during an afternoon or evening - and even had one regular who lives in Nova Scotia.

"The club now wants to plough back some funds to enable more local people to have the chance to learn what is a fantastic card game. And what better way is there than offering a free introductory course.

"People need have no previous experience of the game. We can teach people aged 7 to 70 even if they have never picked up a pack of cards before.

"Two excellent teachers will be running the lessons in Stansfield village hall - and there will be tea, coffee and delicious home made cakes as well.

"So many people have said to me they have always wanted to learn bridge - well, here is their chance."

If newcomers enjoy the introductory course, they will be offered the opportunity to continue learning and pay a cut rate price per lesson.

If you would like more details or to reserve a place, email [stansfieldbridgeclub@googlemail.com](mailto:stansfieldbridgeclub@googlemail.com)



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### Deadline for SEPTEMBER issue 23RD AUGUST by 12 noon please

Contact the Editor, Gill Shepstone:  
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**Tink is timid but nosey, please could everyone check their sheds or garages.**

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**SELF HELP**

I have been asked to write about my too close for comfort incident when a cricket ball hit my eyebrow, and to list any self-help methods used or others:

1. Firstly – I was handed, within two minutes, a frozen ice block and a bag of ice cubes (well done and thank you Hundon Cricket Club) – both excellent to minimise swelling and pain. But remember let go every so often so that no parts of the anatomy become frost bitten!
2. I did start walking home – escorted – but quickly realised I was shaky/wobbly so asked for a lift, quickly given, by car. Listen to your body!
3. Then arnica cream applied and homeopathic arnica pillules sucked, both as per instructions on the packets. I always have them in and don't hesitate to use them. The cream on the site of any bruise and pills sucked for shock and any larger wound. Listen to your body and be sensible. Some chemists, but not all, stock both these products.
4. Drink copious amounts of water – your body needs it after any trauma – and take some before your body is desperate for it.
5. I am still careful to listen to my body telling me I am becoming tired – so sit and rest, be it am, pm or after only a little exercise or effort.

So far as I know there is no long term damage and my stamina is improving slowly. My eyes have been fully tested an x rayed with no damage noted. The bruising was visually spectacular but very little visual external evidence now remains. The one eyed panda effect is now history, or maybe I have just become used to it.

I have had some lapses in memory and certainly do not have total recall of a few days before the incident and soon after and difficulty in recognising even friends' voices and faces, particularly complete with masks. Apologies to those and thanks to others who helped. Also thanks to 111 service, A & E on the Friday, two and a half hours to clear that and x-ray department, nearly a time record, also Eye clinic on Weds. 21<sup>st</sup> July, all at West Suffolk.

*Clare Howard. 23.7.21.*



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## G.L. CARPENTRY



## GERALD LAW

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Telephone: 01440 704442

Mobile: 0790 1691 526



**IN THE VILLAGE .....****Useful contact numbers**

Hundon Community Primary School :  
Sharon Fitzgerald 786217

Hundon Hedgehogs Pre-School: 786638

Village Hall bookings: hundonvillagehall@gmail.com

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 –  
Pam Deeks 07554 008106

Carpet Bowls: Fri afternoon – Ann Hathaway 786993

Hundon Oil Syndicate, M. Humphries 786415

Hundon WI: Janice Barnett 786903

Gardening Club: Janet Burrows 786554

Hundon Hedgehog Rescue Jill— 786489 / 0781 847 8770  
Fiona— 786821

Astroturf: Stewart Alderman 07725 516265

Hundon Cricket Club: Jumbo Barker 786788

Hundon Football Club: Jenny Gaffan 07900 655188

Ballet Shoe Workshop & Break Dance  
Workshops: Alison Law 01440 707465

Hundon Cinema Melody Gosling 787828

Hundon Harmony Singing Group 821485

Hundon Wine Club Chris Burford 786248

Badminton: Karen Snow 786660 or 07551999496

Fun Kurling (Tues.) : Margaret Blackwell 01440 820795

Pilates: Coco Hamson 07377 380845

Tai Chi: Martin Fayers 07949 850810 01449 736455

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 Hicke 786321

Hundon Golf Society—Mark Wray 707196

**MP:** Matthew Hancock 0207 2197186 or 01638 576 692

CLASP Senior Centre 07561 115158

CLASP Car Aid 07724 698283

CLASP Minibus 07482 141281

Borough Councillor—Nick Clarke 07876 561781

County Councillor—Bobby Bennett 07955 434429

Crimestoppers 0800 555 111

**Local Services ....**

West Suffolk Council  
Waste Management 01284 757320

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

British Gas 0845 6091122

Southern Electricity 0845 7444555

Power cut 0800 3163105

British Telecom 0800 800 150

Anglian Water 0800 91 91 55

**Local Doctors' Surgeries**

**Clare:**

Guildhall Surgery 01787 277523

Stonehall Surgery (Temporarily closed) 01787 278999

**Wickhambrook** 01440 820140

**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

**Police** 101

**NHS Direct** 111

**Samaritans** 116 123

**The Voluntary Network,  
Connecting Communities.** 01638 664304

**Suffolk on Board Community Transport** 01440 712028

Clare Co-Op: Mon – Sun 7am-10pm 01787 277276

Clare Library: 01787 277702

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