



Hundon Herald

September 2021



Saturday, 2 pm 4th September

Join the sponsored walk round the circular path at Broxted Solar Farm. Car park Lancaster Way, opposite Stradishall Garage and afterwards the Rose and Crown Hundon. Children and dogs on leads welcome

Contact

Jan 07879 674713 - Sally 07922 476874



Fundraising for
MACMILLAN
CANCER SUPPORT

HUNDON PARISH CHURCH

Saturday 11th September 2021

We are having Tea/Coffee and biscuits in the church from **9.30a.m. until 12.30p.m.** Please come and join us for a chat and meet up with others in the village - there will be no charge but a small donation would be gratefully received.

We have been given some beautiful knitted dolls for sale at our Christmas Fair **on 6th November** and we shall be displaying these at the Flower festival. They will be sold on a 'Best Bid' offer and this can be done at the Christmas Fair or by 'phoning 786643.

With many Blessings and looking forward to welcoming you to both events.

Ann McGregor

HUNDON HOUSING NEEDS SURVEY

You may have seen from previous Heralds that the Parish Council is carrying out a Housing Needs Survey of all households in Hundon.

A questionnaire is being circulated with this edition of the Herald for someone to complete on behalf of your household, together with an envelope for you to return it to the village hall. All questionnaire responses remain confidential and are not linked to you or your home in any way.

Please put the completed questionnaire in the attached envelope and drop it into the **village shop by the 17th of September.**

If your household does not receive a questionnaire or if you need any help please email the Parish Clerk (details below) and someone will contact you to assist.

Email: clerk.hundonpc@outlook.com

PLEASE SEE FULL ARTICLE ON P. 7

ALL SAINTS CHURCH

SEPTEMBER 2021 SERVICES

Sunday 12 September
9.00a.m. – Holy Communion

Sunday 26 September
6.00p.m.— Evening Prayer

Followed by our Harvest Supper
Please bring a plate of food to share

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

STOP PRESS

Multiple reports on the Village Facebook page this morning (23rd August) of opportunist thieves going round the village overnight mostly targeting vehicles on drives etc. Some thefts from locked vehicles, some from vehicles left unlocked. Police have been notified .

GREEN TREE WORKS

Professionally Qualified Local Tree Surgery

- Tree Pruning
- Crown Reduction
- Crown Thinning
- Crown Lifting
- Formative Pruning
- Pollarding
- Planting
- Hedge Trimming
- Hedge Height Reduction
- Authority Applications
- Large Tree Dismantling
- Cable Bracing
- Coppicing
- Dead Wood Removal
- Stump Grinding
- Garden Clearance
- Fire Wood Delivered
- Chippings Delivered
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- Climbing Inspections

All Work Completed to BS:3998



City & Guilds
NPTC

Contact: Peter Hall – Owner & Chief Arborist
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Office: 01787 282420 – Mob: 07884004290
www.greentreeworks.co.uk

HUNDON VILLAGE SHOP OPENING HOURS

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

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- Car sales



Stradishall Service Station
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Email: suffolkhairways@gmail.com



Time To Shine

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Twitter
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www.SPMUbyjan.co.uk



New at
Hundon village Hall

Starting Thursday 2nd September

1.30pm
Ballroom & Latin Tea Dance

Monthly workshop starts
2nd September 7.30pm **Lindy Hop**

Contact Amanda on 07769119302
freeborndance@yahoo.com

www.freeborndanceandyoga.co.uk

WARNING TO PARENTS

Recently a young boy (10/11 years old) was seen climbing over the Village Hall roof to retrieve a football.

Clearly this is a very dangerous act, given the risk of injury and the possible damage to the roof and solar panels.

If it happens again, please let me know and I will arrange the safe return of the ball.

Thank you

Martin Warner 01440 787860

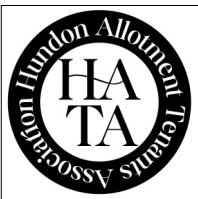
WOMEN'S INSTITUTE

Despite the clouds, 20 members and friends had a lovely picnic meeting last month, and the rain kept away! We had a very moving talk from Maddie of her personal experiences, and raised a generous donation for the Breast Cancer Now charity.

Our first meeting back in the Village Hall will be on **Thursday 9th September at 7.30** when Beverly, a medical herbalist, will be explaining how to reinforce our immune systems ready for the winter months ahead. (But where was the summer, I ask myself!)

We will look forward to meeting our members and hopefully some newcomers, see you then.

Janice B



HATA ANNUAL GENERAL MEETING

**Monday 20th September
at 7.30pm
In the Village Hall**

Allotment holders and all members of the Hundon community are invited to attend our AGM.

We will give a summary of what has been achieved since HATA took over the management of the allotments in July 2020, and discuss some of our ideas for the future given that we are now responsible for the management of the whole allotment field. This will include a Q & A session and the opportunity for attendees to contribute additional ideas for the committee to consider.

There will also be a short formal session, where allotment holders will vote on the draft of the new constitution (updated to reflect our recently acquired responsibilities) and elect the new committee.

If anyone is interested in putting their name forward to join the committee (whether allotment holder or just interested in supporting the future of the field) please contact Liz Hickes (liz.hickes@hotmail.com or 07733 027979)

We would also be grateful for volunteers with useful expertise such as website development, communications, fund-raising etc who might be able to give us ad hoc assistance.



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01440 718310

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SMASH IT BOOT CAMP Boxercise

is BACK by popular
demand @ HUNDON VILLAGE HALL
Every Thursday 6.15-7pm
(from Thursday 9th September)

- Booking is essential
- All ages and abilities welcome
- All windows and doors open for ventilation
- I will provide hand sanitizer
- The gloves and pads will be provided (however if you would like to bring your own you're more than welcome)
- This will be the first indoor class back after we had to close last year due to Covid and I'm really excited to see you all again

My number is **07787395673** or anyone can message me on Facebook via my bootcamp page "Smash It Bootcamp"



ROTARY CLUB OF
HAVERHILL & DISTRICT



6TH ANNUAL QUIZ

Bar
available
from 6pm

Friday 24th
September 2021
Venue Hundon Village Hall

North Street Hundon C010 8EE

6.30pm for 7pm Start

Entrance Fee £10 per person

Each team to comprise a maximum of 4 Persons

Light Refreshments Provided

Trophy for the Winning Team

£70 CASH 1ST PRIZE
2ND PRIZE £30 CASH

Function organised by Haverhill Rotary Club with 100% of the
proceeds going to support good causes

For more information and entry forms
contact Tony Bayley Tel: 07967 007803
Email: anthony.bayley@outlook.com

Evening sponsored by



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.

GARAGE SALE FOR THE EAAA

I would like to thank everyone who participated, supported and gave donations for the sale in July.

We raised £470 .

Thank you .

Helen Melhuish



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w: www.prokill.co.uk

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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Email: monroseamless@btinternet.com



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print

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01440 706911



HUNDON VILLAGE SHOP AND POST OFFICE

Your village shop stocks all of those things that you would expect from a convenience store and much more. Stationery, greeting cards, bird foods and plants are all available alongside a large range of groceries, chilled foods, alcohol, and tobacco. As the evenings inevitably start to get chillier with Autumn just around the corner winter fuels will be available from the shed.

Customer orders can be taken for newspapers, magazines, bread, and rolls and indeed anything else that we stock. If you want to be sure of getting your particular product, then just speak to anyone at the shop who will arrange for it to be put aside for you to collect at your convenience.

Do you have a couple of hours a week to spare?

Your village shop, except for our manager Karen, is run entirely by volunteers. Volunteering is a great opportunity to meet new people, see those you may not have seen for a while and hear all the village news whilst adding something back to the village we all love. Volunteer shifts are generally for two-hour stints. Full training is given and except for our most experienced volunteers there is always someone else with you during your shift. We would welcome new volunteers so please do talk to Karen if you think this could be for you.

Notice of AGM

The Annual General Meeting of the shop will take place **on Tuesday 12th October 2021 at 7pm in the Village Hall Social Club**. There are currently several places vacant for committee members. The committee normally meets four times a year. Any current volunteers or shop association members are eligible to sit as committee members. We do have a working size committee but would love to add a few more members. If you are a current volunteer or association member and would like to be a part of your shop committee then do, please speak to our shop manager Karen or any current committee member.

The current committee is as follows:

Chairman - Stewart Alderman; Treasurer – Bernard Beer; Secretary – Denise Thompson; Committee Members – Bob Shepstone, Margaret Timothy

OPENING HOURS SHOP

Monday to Saturday - 8am – 1pm
Saturday April 3rd - 10am – 12pm

OPENING HOURS POST OFFICE

Monday to Saturday 9am – 1pm

Chairman – Hundon Village Shop Committee

FOR SALE

DYSON DC40 ball vacuum cleaner. Good condition, full working order. Filters regularly cleaned. £65. ☎ 787828.

BROTHER sewing machine. An original model, fully electric, recently fitted replacement motor. Basic machine ready to use for any newcomer to sewing. Selection of different stitch lengths and ability to switch to zig zag, again with different stitch lengths. £40. ☎ 787828

****A PLEA FROM THE OWNERS OF THE HORSES BEHIND THE CHURCH****

My family own the horses who live next to the church yard and I am writing this as a plea not to feed them. On Sunday afternoon we had an emergency vet visit because May (the big bright bay horse, choked on something that she was fed. It was incredibly frightening for myself and my family as we were faced with the sobering thought that we could have lost her, or any of them to something thought to be so harmless. May is ok this time but we may not be so lucky next time. There's no problem at all with coming to see them and stroking them but please, please don't feed them! I couldn't bear the thought of losing them.

Thank you! From all of us x

Lucy Murphy

FROM THE BRITISH HORSE SOCIETY

Getting out and about in your local area, or further afield, may mean you'll encounter horses, for example, when crossing a public right of way with horses in the field or accessing a multi-use path that runs alongside an equine paddock.

Recently, there have been increasing reports on social media, of horses being seriously injured, made extremely ill and in some cases having died because members of the public have fed the horses, put grass cuttings into their field or because of their direct actions, such as not closing a gate.

Although it may seem harmless your kindness may kill! It is important not to feed horses because:

Horses may mistake your fingers for food and accidentally nip them.	Any type of food, grass cuttings or any other plants can make horses extremely ill or even kill them.	Fighting between horses could break out and cause an injury.

Always take your litter home	Keep your dog on a lead and bag and bin your dog's mess	Give horses lots of space and avoid coming between mothers and their young

Leave gates and property as you find them	If you see a horse in distress, alert the nearest farm / yard or check for a sign with owner's details on	Keep to the right of way

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7 days a week days/evenings
Contact Gary Addison D.S.A.A.D.I
Mob 07590 455852
email: garyaddison27@gmail.com

Deadline for OCTOBER issue 23RD SEPTEMBER by 12 noon please

Contact the Editor, Gill Shepstone:
The Farmery, Church Street,
Hundon CO10 8ER
01440 786203
email: hundonherald@hotmail.com



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REMINDER

Please avoid parking on pavements—remember those with mobility scooters, wheelchairs and pushchairs



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HUNDON HOUSING NEEDS SURVEY

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If your household does not receive a questionnaire or if you need any help please email the Parish Clerk (details below) and someone will contact you to assist.

Email: clerk.hundonpc@outlook.com

This survey does not necessarily mean that Hundon will get new housing development, instead it helps us to understand our local housing provision and needs as well as helping to inform our responses to future West Suffolk Plan consultations and potential developers.

The Parish Council will publish a summary report when the survey has been completed and the results analysed.

The Parish Council recognise all the advantages, disadvantages and concerns about future development that have been identified in the 2010 Parish Plan and more recent submissions to the West Suffolk Plan process, and these will be represented in future.

As with any housing development proposals the Parish needs will be considered alongside those of the wider communities of Suffolk, and if housing is to be provided the 'mix' of property types and sizes may be informed by this survey.

Establishing future needs for housing is not an exact science as needs can be varied and change over time. You might, for example, either now or in the future be looking to downsize to somewhere easier to manage, or perhaps move into your own house, or to upsize to start a family. There may be a 'hidden need' for people living outside the village with a connection to Hundon that would like to return if the right types of housing were available. The survey will also look at whether there is need for more affordable housing for current residents or people with a local connection to Hundon.

If you have any questions regarding the Housing Needs Survey or if you need an additional Survey Questionnaire, please contact the Parish Council at the email address above and spare copies will also be held at the village shop. This is your village, and it is important that you have your say so please take the time to complete the survey.

Many thanks for your help.

Health and Well-Being Page

Mindfulness Quote of the month

“The greatest weapon against stress is our ability to choose one thought over another”

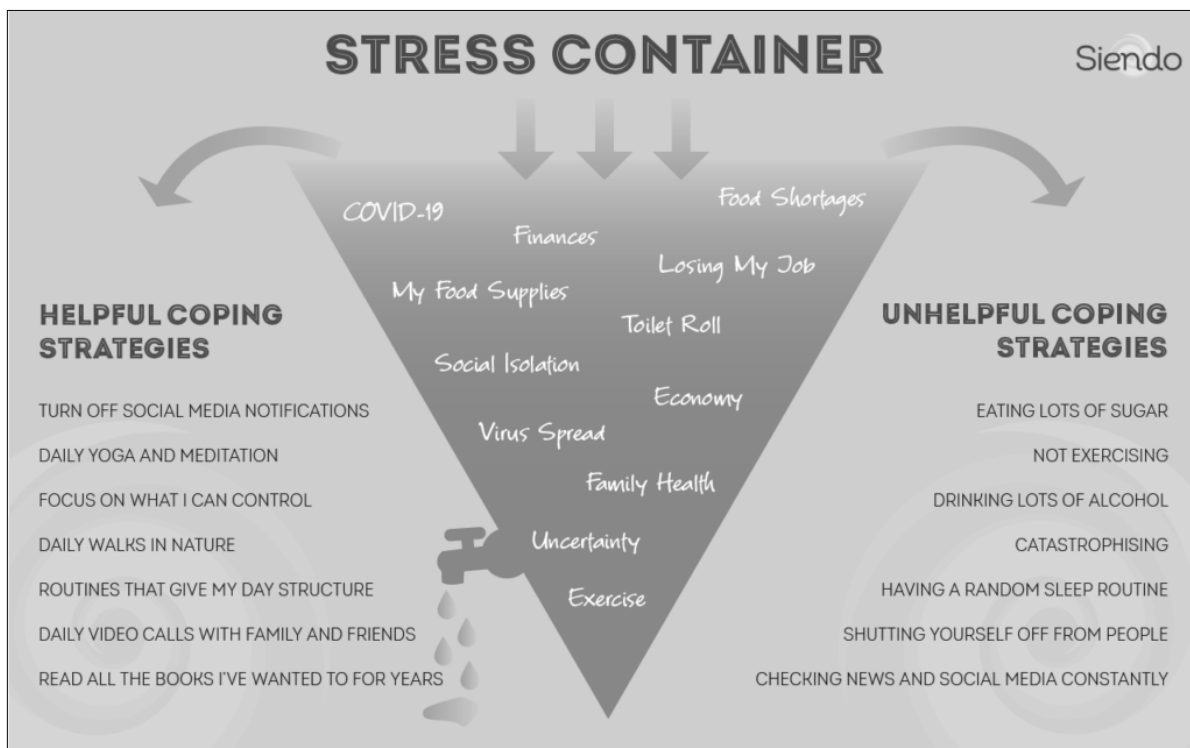
William James

A definition of stress is - the body's response to physical, mental, or emotional pressure. Stress causes chemical changes in the body that can raise blood pressure, heart rate, and blood sugar levels. It may also lead to feelings of frustration, anxiety, anger, or depression.

The Stress container – developed by MHFA England

Helpful strategies – tap at the bottom of the triangle lets the stress out

Unhelpful strategies – tap flowing into the container can become overwhelmed/blocked



What does your stress container look like?

- Grab a pen and paper – it's time to draw your stress container. It can be triangle, it can be a big fat ol' bucket or it can even be a wine bottle – whatever works for you, it's your container.
- Think through what stresses are currently present within your life... I imagine at this time you've probably already whispered to yourself: "my paper's not big enough for that". Take some time to do this and note down the stresses that are floating around in your container at the moment.
- Once you have done this, have a good think about what behaviours, practices or habits you have in your life and on which side of the container you would place them: 'helpful coping strategies' or 'unhelpful coping strategies'.
- Remember, with some behaviours or habits – it can be a fine tipping point. For example, a glass of wine on Friday evening to unwind is very different to 2 bottles of wine to forget. Be honest with yourself while you do this – it is important to be able to pinpoint those behaviours that either help you to or prevent you from reducing your stress levels.
- And lastly, once you have decorated your sheet with all your coping strategies, have a think about how you could make more time for those helpful ones that nourish your wellbeing, and where you could reduce those that are unhelpful. You could call this your – Stress Management Plan.

**Calming Pranayama (breath control) for
Dealing with Stress**

Slowing down and bringing calm to your breathing, is a proven and recognised way to deal with stress.

- Place your hands against your tummy and sit up straight in a comfortable position
- Draw your focus of attention to a deep, slow inhale and a releasing, long exhale
- Maybe the breath is in your chest at the start... Don't force anything, but observe as you begin to become calm, the breath feels deeper into the tummy.
- Notice your hands against your tummy, the soft rise and fall as the breath enters and leaves the body.
- You may want to repeat the mantra "I am breathing in... I am breathing out..."
- Feel your shoulders begin to relax down...
Jaw relaxes...
Calm restored

Dietary Tips for reducing the symptoms of stress

- Cut down on stimulants like tea & coffee, try *chamomile or lavender tea* instead, these natural herbs have relaxing and calming effects on the body.
- But, if you need that caffeine kick-start, you might like to try *macha green tea*, it's rich in an amino acid (L-Theanine) which has powerful stress-relieving properties and gives a more natural boost to the metabolism.
- Research shows that dark chocolate is great for enhancing mood and reducing stress (at last – something you actually *like* that is good for you!). Melt some dark chocolate into a warm milk of your choice at bedtime for a relaxing night's sleep.

Sites that you may find helpful;

www.headspace.com - teaches mindfulness

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

Wellbeing podcasts – www.mentalhealth.org.uk/podcasts-and-videos

THANK YOU

Grateful thanks to those responsible for mowing/strimming in the churchyard—I know Paul Rook and Al Timothy have been giving their time and working hard there and maybe others whose names I do not know. I really appreciate their efforts in keeping the area tidy.

Name and address supplied

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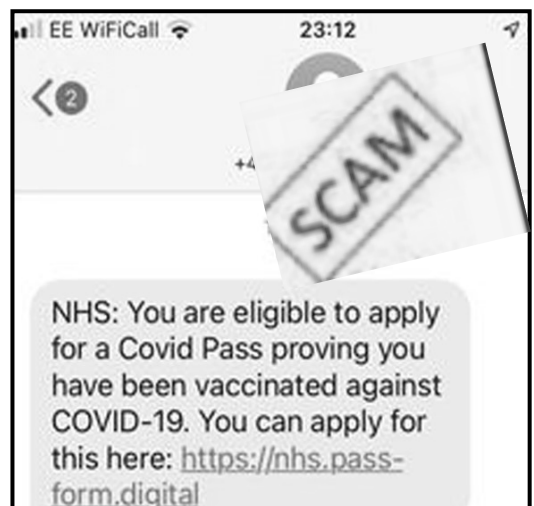
Free friendly advice

07511 889214

07964 889987

SCAM TEXT WARNING

A resident has reported receiving a scam text about a Covid Pass—there is no charge for this, do not follow links in the text.



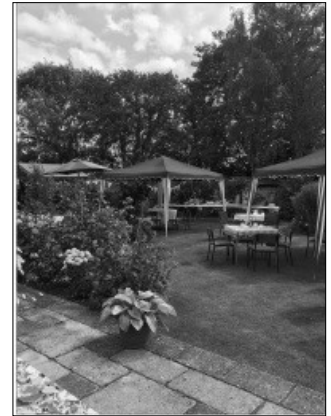
HGC Blog September 2021

AFTERNOON TEA AT BERRY NABOUR HOUSE Saturday 14th August

Everything arranged, bunting up, Gazebos erected, tables laid, garden looking beautiful, fingers crossed the weather will hold! Pimms made, food table groaning, tea urn boiling (must be England!). What's missing? The guests of course!



First to arrive and everyone tucking in.



Down to the serious business of Quizzing ! Hope no one cheated?

A good time was had by all. Our first meeting since the AGM in February 2020



The following is one of the quizzes we had, thought some of you might like to have a go.

Follow the instructions and the answers are on p. 18:-

GARDEN PATHFINDER

Beginning with the R in the upper left-hand corner, follow a continuous path to find a list of gardening related names. The trail passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

R	T	I	O	N	S	Y	R	N	E	U	P	H	O	R
O	A	I	R	I	I	F	E	I	R	E	N	A	I	B
S	N	S	S	D	A	E	W	N	E	R	E	N	N	I
E	R	T	E	D	A	L	O	E	P	E	N	O	M	A
D	A	U	O	E	P	S	R	O	S	C	R	A	E	L
A	C	L	T	H	T	T	T	N	N	U	R	N	N	A
H	A	I	A	O	E	U	S	I	O	T	U	T	A	P
L	I	P	T	L	L	C	G	N	I	T	C	A	M	P
B	U	S	O	L	Y	E	K	E	R	E	D	L	U	L
L	R	H	P	Y	V	R	A	D	O	F	F	L	I	E
O	I	S	T	A	I	A	R	I	E	L	A	D	R	S
V	M	S	A	N	D	D	E	L	B	L	C	L	E	L
E	A	P	R	H	S	I	O	B	E	P	S	E	W	A
I	N	B	E	R	R	Y	H	L	U	R	I	M	O	W
E	G	D	E	H	E	S	O	R	M	I	T	A	M	N

PLEASE NOTE THE DEADLINE FOR OCTOBER ISSUE

23RD SEPTEMBER 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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**SUFFOLK LIBRARIES
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Wednesday 9th September



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2 Steaks or Lamb Shanks and a bottle of house wine for £45.
Choice of steak or lamb served with chips, mushroom, tomato.

2 FOR 1 TUESDAY & WEDNESDAY LUNCHTIMES

THURSDAY PIZZA SPECIAL 2 FOR £16

**FRIDAY FISH DAY – TWO FOR THE PRICE OF ONE
ON FISH OR SCAMPI AND CHIPS – LUNCH AND EVENING**


Hours: Tues to Friday 12-2 and 6-10.00 pm (food 'til 8.30pm)
Sat. 12-10 (food 'til 8.30pm,
Sunday 12– 8pm, (Roast lunch 12-4pm)
Pizzas available 'til 6pm


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Haverhill, CB9 8EE
01440 705656



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In-growing Toe Nail Treatment
Diabetic Foot Health
Verrucas
Thai Foot Massage
Hot Paraffin Wax Foot Treatment
& More**

07446750948 or 07950556092

Family Foot Health Family_Foot_Health

Familyfoothealth@hotmail.com

HUNDON POST OFFICE

**Monday—
Saturday**

9 am—1 pm



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Seats sold on the door only £15 pp
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There will be tea biscuits and a raffle,
this money goes to Hundon Hedgehogs
Pre School for the village children.

Organized by Linda Clayden at
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IS YOUR HOME SAFE FROM FIRE?

Suffolk Fire and Rescue Service



Please contact us if you:

- Have concerns over fire safety in your home
- Do not have working smoke alarms
- You cannot hear your alarms at home

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SFRS Prevention team and Firefighters are dedicated to saving lives by working with the community, discussing fire safety and offering advice to eliminate or reduce the risk of a fire occurring in the home. **Free** smoke alarms will be fitted if you do not have any.



Customer feedback,

Mrs B has phoned in to pass her thanks on to your practitioner for a very helpful Safer Home Visit. Mrs B said the service was excellent, efficient, and feels far more safe after the visit.

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Install smoke alarms on every floor and test them every week
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Put them out, right out
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- ### 6

Plan a safe escape
Make sure you know how to get out of your home in an emergency

Take Extra Care

Call Fire Business Support 01473 260588

HUNDON WINE CLUB

On Thursday 29th July we held our first meeting in the village hall for 17 months. To celebrate our return, we decided to push the boat out and sample some Champagne and sparkling wines.

We started with an excellent, good value Crémant de la Loire moving on to a magnum of Spanish Cava. Then came our first Champagne; a Laurent-Perrier non-vintage followed by a delightful Taitinger Prestige Rosé – perfect for a summer's evening – If only!

Next was a Veuve Cliquot 2012 Vintage Champagne from the house that were the first to produce vintage Champagnes, and were instrumental in inventing the wine we take so much pleasure in today.

We finished off the evening with an English sparkler from Nyetimber which proved to be the group's favourite wine of the evening - not surprising as English Sparkling Wine is every bit as good as wines from the Champagne region in France!

Our next meeting will be on **Thursday 30th September in the Village Hall at 8:00 p.m.** as usual. We are at present working on inviting a presenter from the wine industry. If you would like to join us for the evening, please let me know beforehand so that we can arrange seating and food etc. Cheers!

Chris Burford
cs.burford@btinternet.com
01440 786248

Next meetings

Thursday 30th September; presentation TBC

Thursday 28th October; Wines in other containers presented by Richard Langridge

Thursday 25th November; Wine for Christmas presented by Charles from Charles Eaton Wines

Friday 10th December; Wine Club Annual Dinner (Details to follow)
(Subject to change)

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SUFFOLK LOCAL HISTORY COUNCIL RECORDERS SCHEME

The Suffolk Local History Council Recorders Scheme was established in the early 1950's to form a network of people across the county to ensure the survival of valuable material for future local historians.

SLHC is an umbrella group for individuals, local history societies, family history societies and museums in the county and is a registered charity.

The role I have taken on board as a Recorder is to aim to collect, observe and record what is happening in our parish today as it will become tomorrow's history.

As a parish, Hundon is fortunate to have many organisations, societies and clubs involving numerous members of our parish from a variety of backgrounds and covering a wide range of ages. I would be grateful if all of these groups and individuals would consider keeping me informed of events and changes as they occur in order that I can compile a record of the history of our village.

Hundon has been without a Recorder for 20 years since the death of Leonard Caton, who some will recall, did such a marvellous job in collating Hundon 2000, an invaluable record of life in Hundon at the turn of the millennium. Whilst not seeking to replicate such, it will be great to archive life as it happens in Hundon today for the future.

The detail collected will be deposited within the Suffolk Record Office at Bury St Edmunds and be available for future generations.

Please feel free to contact me if you would like to contribute and assist in the above.

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CONCUSSION

(Follow up to article last month)

After a relatively mild response to the initial cricket ball shock, unfortunately the delayed shock and concussion stage was far worse for me – truly horrible in fact.

The MAIN SYMPTOMS, which may emerge days or weeks after the initial injury and take months to dissipate completely are:

1. Overwhelming weariness.
2. Severe headaches
3. Difficulty sleeping
4. Fogginess in the head
5. Feeling sluggish, hazy and or down.
6. Bothered by bright lights and loud noises
7. Irritability – uncontrollable – involuntary
8. Tremors – of fingers mostly.

So again as in shock listen to your body but in this second phase the messages are not nearly so clear and feeling like doing something does not mean you should or could do something. If in doubt, don't do it is my current mantra, i.e. slowly does it. Do less than you think you can both physically and mentally. If one does too much the headaches etc return with interest and recovery is delayed.

HOW TO HELP THE PATIENT:

Being kind and compassionate is enough. A little kindness and sympathy goes a long way to assist recovery. No one knows how it feels to have concussion unless they have experienced it themselves. Get well soon or similar cards are a great positive boost. A blank stare is no use to anyone, in fact is horribly negative.

This condition could last for 2-3 months. Now I am quietly optimistic that I will return to normal health without much pain or discomfort. My present level of concussion is now relieved with painkillers, never have I been such a pill junkie!

Good luck, Clare Howard.

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HUNDON VILLAGE SHOP AND POST OFFICE

Check out the Facebook group
<https://www.facebook.com/Hundonvillageshopandpostoffice>

H G C September 2021

Answers to Garden Pathfinder:

I have given you the answers in the order they appear, hope you enjoyed having a go:-

Rose, dahlia, carnation, iris, tulip, shrub, love in a mist, potatoes, daisy, fern, euphorbia, nerine, perennial, anemone, cuttings, trowel, spade, holly and ivy, lettuce, radish, raspberry, hoe, rake, red currant, allium, apples, lawnmower, daffodil, bluebell, clematis, primrose, hedge.

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23rd September
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Village Hall Social Club : Caroline Champion –	07986 882795	Crimestoppers	0800 555 111
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