



# Hundon Herald

February 2023

## ALL SAINTS CHURCH

### FEBRUARY 2023 SERVICES

Sunday 12 February 2023  
9.00a.m. Holy Communion

Sunday 26 February 2023  
4.00p.m. Evensong  
Followed by refreshments

## Hundon Gardening Club

February Meeting - Thursday 16 - 7.30  
at the Village Hall

If you are new to the village or have been thinking about joining our club please come along for FREE!

### "Traditional Wildflower Names" – Dr Twigs Way



Do you know your Cow Mumble from your Sheep's Parsley or your Pilewort from your Pigs Petticoes? Why should you avoid Priests Pintles but admire Venus' Basin, and how did Love in Idleness inspire A Midsummer Night's Dream?

This talk on the origins of traditional wildflower names will reveal all!

"Twigs is a very experienced speaker who has delighted other groups with her talks. She is always entertaining and enlightening on any given subject. Not to be missed!"

Following Dr Twigs Way there will be a presentation by Fiona Gould to tell us about a Hundon Nature Recovery Project and how we might get involved.

Evening will include a refreshments and raffle extra

£10 per year, meetings £2 each including refreshments

## HUNDON VILLAGE HALL COMMUNITY CAFE

The regular Thursday afternoon café has returned with extras! We are now opening the Village Hall for longer, providing a "Warm Space" for everyone between the hours of 12-4pm.

Between 12-2 warm, light lunches can be enjoyed including hot sausage rolls, toasted sandwiches, quiche etc.

Why not follow on at 2pm to enjoy our homemade sponges, traybakes, cupcakes etc - all the naughty things to stimulate our taste buds. Tea, coffee, filter coffee and hot chocolate are always on the menu.

Come along, keep warm and meet friends old and new.

Please let your friends and neighbours know about us if they are not on Facebook.

Many thanks to all the lovely café volunteers and regulars for making this possible.

~EXTRA VOLUNTEERS always welcome~

Look forward to seeing you.

*Janet, Debbie, Loraine*

## HUNDON SOCIAL CLUB

# BINGO

Saturday 18th February  
Doors open 7pm — Eyes down 8pm

A chance to win  
possibly up to £100

Raffle and bar

## HUNDON. W.I. THE FEEL GOOD EVENING OF 2023

After the freezing temperatures of the last few weeks WI decided we would have a fish and chip supper, who doesn't enjoy a chip supper? And to follow a beautiful film Mrs Harris Goes To Paris, what a funny, sad, colourful adventure for Mrs Harris. We all thoroughly enjoyed the relaxing evening and wandered home with full stomachs and a smile on our faces.

Our next meeting will be on **Thursday 9th February** to be entertained by The Shanty Folk, "The History of Sea Shanties". Come and join us for a joyful evening with refreshment as always. See you there.

Contact Jan McLardy 786369 if you would like details of joining WI.

## HUNDON WINE CLUB

In December we had no Wine Club meeting in the Village hall but we enjoyed our usual annual Christmas dinner. The dinner was held at The Crown Hartest. We managed to put a dent in their wine cellar as well as enjoying the Christmas Fare.

Now we move on to this new year and a full calendar of events await our members. We have arranged some external trips and are planning a trip overseas to either France or Portugal to enjoy some lovely local wine, food and culture. There should be more opportunities to help in our local vineyard which was a great success last year and a smashing day out for all attending.

Our programme in the hall for the next few months (subject to change) will be.....

**26 January:** - wine of Romania and Moldova presented by our members Ian and Daniela Stewart

**23 February:** - a presentation by members Mick and Jenny Brown

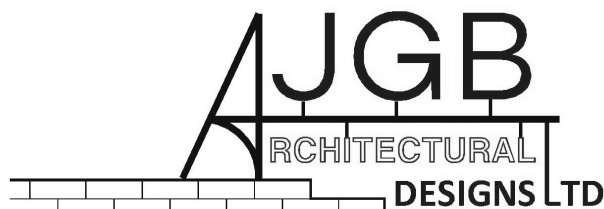
**30 March:** - Corney And Barrow Newmarket will be showcasing a selection of their wines

**27 April:** - Depden wine merchant Charles Eaton, a regular presenter of ours will be talking about his wines. He also helps us later in the year with choosing our Christmas wines.

**25 May:** - a visit to Winetastic in Sudbury where we are able to participate in tasting unique, small producers wine from around the world.

If you would like to join our club, or come along as a guest to see what we are all about, we meet at Hundon Village Hall at 8:00 pm on the last Thursday of the month. If you would like any more information please contact me.

Chris Burford  
[cs.burford@btinternet.com](mailto:cs.burford@btinternet.com)  
01440 786248



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07810 200253

## Hundon Hedgehogs Pre-School



Hundon Hedgehogs

Hundon Village Hall,  
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## FROM WEST SUFFOLK COUNCIL VOTER ID

The UK Government has introduced a requirement for voters to show photo ID when voting at a polling station at some elections. This new requirement will apply for the first time in England at the local elections on Thursday 4 May 2023.

### Which forms of ID can I use to vote?

You may already have a form of photo ID that is acceptable. You can use any of the following:

- Passport
- Driving licence (including provisional license)
- Blue badge
- Certain concessionary travel cards
- Identity card with PASS mark (Proof of Age Standards Scheme)
- Biometric Immigration document
- Defence identity card
- Certain national identity cards

For more information on which forms of photo ID will be accepted, visit [electoralcommission.org.uk/voterID](http://electoralcommission.org.uk/voterID) or call their helpline on 0800 328 0280.

### If you don't have an accepted form photo ID

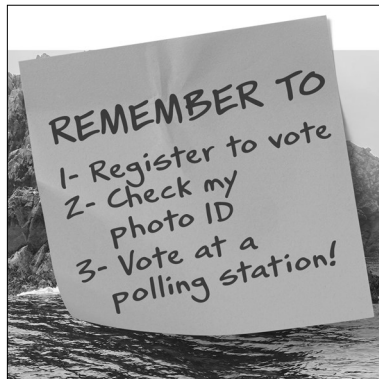
If you don't already have an accepted form of photo ID, or you're not sure whether your photo ID still looks like you, you can apply for a free voter ID document, known as a **Voter Authority Certificate**. You can apply for this at [voter-authority-certificate.service.gov.uk](http://voter-authority-certificate.service.gov.uk).

Alternatively, you can complete a paper application form and send this to the electoral services team at your local council.

If you need any help with applying for a Voter Authority Certificate or want to request an application form, contact your local council. To find their contact details visit [electoralcommission.org.uk/voter](http://electoralcommission.org.uk/voter).

### Find out more

If you have any questions or would like to find out more, go to [electoralcommission.org.uk/voterID](http://electoralcommission.org.uk/voterID) or call their helpline on 0800 328 0280.



## DEFIBRILLATOR

The defibrillator is located on the front of the village hall near the car charging points.

A code is needed to open the box. To get this code ring 999. They will ask for the code on the box and will then give you the code to open it.



## FOR SALE

Small yellow vacuum cleaner £15 ono.

White Morphy Richards floor steam cleaner £15 ono.

Shopping Trolley with stand £15 ono

All items in good condition

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## HUNDON RELIEF IN NEED CHARITY GRANTS AVAILABLE

The Hundon Relief in Need Charity is a branch of the Estate Charity of Thomas Rogeron. It provides monetary help in cases of hardship and need to any resident of the Parish of Hundon.

With the pandemic in mind and the impact of redundancies, part-time rather than full-time working, the significant increases to home heating and energy costs as well as those related to food, Hundon residents are reminded that financial help is available from the charity and all applications are treated in absolute confidence.

If you, or some you know, would like more information about the grant application process please contact trustee:

Brian O'Leary, 01440 786909  
[brian.oleary@btinternet.com](mailto:brian.oleary@btinternet.com)

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## **HUNDON PARISH COUNCIL - Full Minutes will be available on the Hundon Parish Council Website**

Hundon Parish Council met on 18<sup>th</sup> January 2023 at 7:30pm, Social Club, Village Hall, Hundon

### **Village Matters**

Please remember members of the public can report any highways issues via the reporting tool at Suffolk County Council, if you can, provide photos of the concerns and the exact location of the issue to support the submission. <https://www.suffolk.gov.uk/roads-and-transport/roads-and-pavements-and-verges/report-a-highways-issue/>

**Potholes** – Most potholes around the village have been reported. If you find a pothole that has not been reported, please use the Suffolk Highways reporting tool as detailed above.

**Thurlow Hunt** – In November there were 2 incidents where Thurlow Hunt entered the village causing damage to property and distress to animals and residents. The Parish Council have been in communication with Thurlow Hunt and received an apology regarding the incidents on the 3<sup>rd</sup> and 28<sup>th</sup> of November. The Parish Council are working with Thurlow Hunt to minimise any further disruptions which may be caused around the Parish of Hundon.

**Budget & Precept** – The budget and precept for 2023/2024 was finalised and agreed by the Parish Council at the January meeting. All financial paperwork can be found on the Parish Council website, along with information about applying for grants.

**Finances** – Cllr B O’Leary carried out a financial audit of payments. All was found to be in order.

**Football Club changing rooms** – This project continues. Power and water need to be disconnected from the site before the old changing rooms can be removed.

**Coronation** – If any organisations are interested in working with the Parish Council to support an event to commemorate the Coronation of King Charles III, please email the Parish Clerk at [clerk.hundonpc@outlook.com](mailto:clerk.hundonpc@outlook.com).

### **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.

#### Planning Applications

##### **DC/23/0002/HH - 5 Clare Road Hundon Sudbury Suffolk CO10 8DN**

Householder planning application - a. new access gate b. extension of gravel driveway c. detached two-bay carport

##### **DC/23/0031/HH - Appleacre Farm, Appleacre Farmhouse Stradishall Road Hundon Suffolk CO10 8EU**

Householder planning application - a. single storey side extension following demolition of existing lean-to extension and associated areas internally b. reinstatement of two former windows at first floor level to eastern elevation c. insertion of door to northern elevation d. insertion of internal partition wall and glazed internal partition doors e. change of colour to external render on all elevations f. installation of patio wall to northern boundary and repair of southern patio wall following demolition of sections of northern and southern patio walls

#### Application Decisions

##### **DC/22/1613/LB - Appleacre Farmhouse Appleacre Farm Stradishall Road Hundon Suffolk**

Application for listed buildings consent - a. demolition of existing rear lean-to and associated areas internally, as well as sections of North and South patio garden walls b. single storey rear extension to sit between new patio wall to the North, and existing patio wall to the South that is to be made good c. new door to north elevation d. reinstatement of two former window openings to first floor eastern elevation e. new internal partition wall and glazed internal partition doors f. colour render to all elevations - amendment to DC/21/2342/LB

**Granted 20/12/2022**

DC/22/0642/HH - Cornfields Cottage 2 Lower Road Hundon Suffolk CO10 8DZ

Householder planning application - extend driveway

**Granted 04/01/2023**

### **Update from WSC – Cllr M Rushbrook, Cllr K Richardson, Cllr N Clarke**

**Locality funding** is available for Coronation Events, applications to be received by **23<sup>rd</sup> March 2023**.

**Cost of Living** – Information and advice is available via <https://www.westsuffolk.gov.uk/cost-of-living/index.cfm>. The Government website has lots of resources and links to support you and your family at this time <https://helpforhouseholds.campaign.gov.uk/> campaign has been launched to raise awareness of the support that is available nationally for those that need it most.

Suffolk Infolink [infolink.suffolk.gov.uk/kb5/suffolk/infolink/family.page?familychannel=6](https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/family.page?familychannel=6)

details all the support in your community which is local to you and through various national charities and organisations.

### **Government announcement on Council Tax support for vulnerable households - as at 22.12.22**

Following public consultation, West Suffolk Council has already agreed that taxpayers in the Local Council Tax

Reduction Scheme will get a 100 per cent discount for the financial year for 2023/2024.

The Government announced on 19 December that there will be a £100m scheme to help councils offer Council Tax discounts to the most vulnerable households while ensuring that key services that people rely on, can continue to be delivered.

WSC are awaiting more detail from Government about this additional funding and will update the Council Tax webpage ([www.westsuffolk.gov.uk/counciltax](http://www.westsuffolk.gov.uk/counciltax)) when we have more information.

### **Voter ID**

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Find out more

If you have any questions or would like to find out more, go to [electoralcommission.org.uk/voterID](http://electoralcommission.org.uk/voterID), or call their helpline on 0800 328 0280.

### **Celebrating West Suffolk's environmental champions**

Do you know a person or a group who you think deserves recognition for their environmental work? Or are you helping to lead the way in meeting the climate change challenge?

The Creating the Greenest County Awards 2023 are open to everyone and the categories cover everything from small community initiatives and schools to green heroes and large organisations.

You can nominate yourselves or someone else and if you register your interest early, one of the team will be on hand to support you with your entry.

Find out more here [Creating the Greenest County Awards – Green Suffolk](#)

**The deadline for entry is 1 February 2023**

### **Face to Face Parish Council Meetings**

If you would like to attend the parish council meeting in person, please contact the clerk at [clerk.hundonpc@outlook.com](mailto:clerk.hundonpc@outlook.com) as there is limited availability.

**Next Meeting 15<sup>th</sup> February 2023 at 7:30pm, Hundon Social Club**

**+ C/o Post Office, North Street, Hundon, Sudbury, Suffolk, CO10 8EE**  
**[clerk.hundonpc@outlook.com](mailto:clerk.hundonpc@outlook.com)**  
**[www.hundon.onesuffolk.net](http://www.hundon.onesuffolk.net)**

## RECTORS RAMBLINGS – FEBRUARY 2023 (COUNTDOWN TO EASTER)

Dear Friends,

Pancake Day, Lent and Holy Week are all part of the journey to Easter Day, the biggest Christian celebration of the year.

It is a time when lots of people make time to think carefully about their life. For Christians, this means trying to live God's way and remembering all that Jesus did.

### Why we have Pancake Day

Pancake Day is also called Shrove Tuesday and is one last chance for a big party before Lent begins with Ash Wednesday the next day.

Long ago, Christians traditionally used up all the eggs and fat they had in store by making pancakes and feasting on them. This was because when Lent came, they would eat less food, or even fast (do without food sometimes) to help them focus on God and not on the things they wanted. This tradition has been passed down the generations.

Shrove Tuesday always falls 47 days before Easter, a date which changes every year. This year, we'll be eating our pancakes on 21st February, before Lent begins on 22nd February. With eggs, flour, milk and butter, pretty much anyone can join in with Pancake Day.

### Why is Lent important?

Lent is a time of getting ready for Easter.

When Jesus was just getting started with his work, he went into the desert for 40 days to be all alone with God. He even went without food and prayed, and was tempted away from what God wanted him to do in all kinds of ways, but he resisted that temptation. You can read that story in the Bible: Matthew 4:1-11.

During Lent, Christians often do something different too, like praying every day or reading the Bible. This reminds us of Jesus' time in the desert to focus just on God and feel closer to him. The good news is that Sundays are still celebration days – so you can take a break from fasting! The last week of Lent is called Holy Week – during this time, the church remembers Jesus' death on a cross.

Even young children can take part in Lent. For example, giving up a sweet treat every day might remind children that we can live more simply.

### Our churches in Lent

Churches may look quite different during Lent. You might notice the colour purple, or there may be very few decorations or flowers. This is because it's a time to concentrate on God and remember how Jesus gave up his life on a cross to save all of us.

Because Lent is a time to reflect, church music and songs will tend to be more reflective, and services won't ever include the word 'Alleluia' – a very joyful word to express praise for God.

It's a big contrast when Easter Day arrives, when the colourful decorations come out, there's lots of celebration, 'Alleluias' and joyful music! Why not go along to a church service in Lent and play a game of spot-the-difference – how is it different to other services you have been to? Then go at Easter and play again! Talk about how each service feels and why they have these different moods.

You will be made very welcome at any of our services.

Mark  
The Revd Mark Woodrow



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**PARISH COUNCIL WEBSITE**

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## HGC NEWSLETTER FEBRUARY 2023

### AGM and 30 years celebration:

A great turnout on a cold and frosty winter's night and a good time was had by all, hopefully. Unfortunately our entertainment, Bryan Thurlow, had had an accident a few days before so was unable to come along. We all hope you get well soon Bryan. Committee members quickly cobbled together some quizzes to keep us all amused, a 'name the spice', 'name the birds' and a 'general gardening' quiz. We had a minimal AGM, a delicious buffet, brought in by members, a stupendous cake made by Chris Burford, wine and a glass of bubbly to toast our success, lots of members to renew their subscriptions and 2 new members. We look forward to our new 2023 programme, starting below:-



### Thursday February 16th

We will be having a talk by Dr Twigs Way on Traditional Wildflower Names. To encourage new members we invite anyone interested to come along for a free taster meeting and maybe become a member. Fiona Gould of HATA, will also be giving us an introduction to Hundon Nature Recovery Project and how we might get involved. If we have piqued your curiosity, then please come along. We meet at 7.30 in the village hall. Refreshments free, raffle extra. See separate article.

**Thursday March 16th** People and Plants: molecules, medicines and mischief with Dr Gwenda Kyd.

**Thursday April 20th** Hanging Baskets with Jade Coffey returning from Perrywood Garden Centre in Sudbury.

We would like to give you all notice of the subjects for our 2023 Show on Sunday 3rd September, Photograph Classes:



'It makes me smile'

'Harvest Moon' (one is due in July 2023)

'Right Plant (growing in the) Wrong Place'

A four picture entry, mounted on card - 'Clouds - in different forms'

'Frost'

'Wildlife in the Garden'

'Before and After'

'Taken on a Gardening Club visit'

Janet Burrows

### FOR SALE

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## HUNDON EDUCATIONAL FOUNDATION.

The next meeting of the Trustees will be held  
in March 2023

Please apply now - applications received after 6 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 study materials 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 traveling 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 6 March 2023 and will be acknowledged and dealt with in the strictest confidence. Letters, if essential, can be sent to Beauford Lodge, Mill Road, Hundon. Please phone the Administrator, Bernard Beer on 07899-922418 or 01440-786942 if you need any further information.



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**DEADLINE for MARCH issue**  
**21ST FEBRUARY**  
**by 12 noon please**  
**Please make a note**  
**of the deadline**  
**Contact details on p. 17**



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## HUNDON VILLAGE SHOP AND POST OFFICE

With Valentines Day just a few weeks away your shop has a good range of boxes of chocolates and Valentines cards along with cards for every occasion.

It won't be too long now before the trees and hedgerows start to bud and blossom and we can start to think of warmer and longer days. It also means that for hay fever sufferers the tree pollen season is not too far away! Apparently, a good natural remedy to help ease the effects of pollen is to eat honey local to the area that we live in. A new batch of Hundon Honey was delivered to the shop recently so it's a good time to get a jar into the food cupboard and regardless of the hay fever aspect, it's delicious!

### SHOP OPENING HOURS

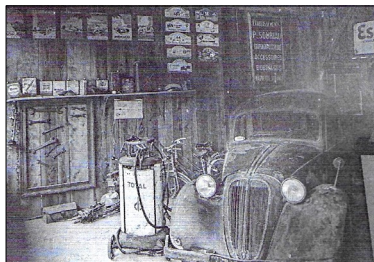
Monday to Saturday 8am – 1pm  
Sunday 10am-12pm

### POST OFFICE OPENING HOURS

Monday to Saturday 9am – 1pm

*Stewart Alderman  
Chairman – Hundon Village Shop Committee*

### JONATHAN DABBS STRADISHALL SERVICE STATION Bury Road, Stradishall CB8 9XX (A143 NEXT TO HIGHPOINT)



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## ALLOTMENT FIELD UPDATE

The weather remains cold and the ground on the allotment field has gone between rock hard and extremely muddy! This has proved a bit of a challenge for our recent phase of tree planting!

Our generous sponsors, the Sicon Foundation, delivered a load of bare root trees in December, that had to be stored as the ground was undiggable! Most of them have now been planted, but there are still a few outstanding.



As promised, in addition to our Jubilee tree, we have planted a number of ornamental trees by the paths at the top end of the field. These include Field Maple Queen Elizabeth and Mountain Ash Olympic Flame.

In our wildlife area at the bottom end of the field bordering the Chilton Brook, our volunteers have planted 2 new silver birch, 2 alders and a group of 3 black poplars – these are small as yet, but if we can keep them well watered this summer, hopefully they will grow strongly. We have also replaced the few fruit trees in the orchard that didn't survive the cruel, dry summer. Species included quince, medlar and mirabelle.

Our allotment holders are also grateful to Sicon for supplying nearly 40 fruit or native trees for planting on their allotments. We think that you will agree what was a fairly barren field will be unrecognisable in a few years.

The tree planting was planned partly to make the field an even more pleasant resource for the community, but also very much to improve the field for wildlife. The trees planted in the last 18 months will be registered as part of the Queen's Green Canopy, the tree planting initiative to celebrate the Platinum Jubilee. They will also form an important part of the nature recovery plan we are starting to develop for Hundon. HATA and the Parish Council will be sharing more about this initiative as plans develop over the next few months.

*Fiona*



# Coronation Weekend

6<sup>th</sup> and 7<sup>th</sup> May 2023

The Parish Council have started discussions about commemorating the Coronation and providing opportunities for everyone - young and older - to celebrate and socialise together.

The 'Coronation Big Lunch' on Sunday 7<sup>th</sup> is a national Street Party event so keep that day in your diaries and look out for further news!

If anyone is planning anything already or wants to contribute/organise some additional activities, please let us know on [clerk.hundonpc@outlook.com](mailto:clerk.hundonpc@outlook.com)



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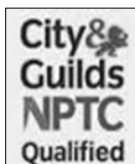
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**CLARE CASTLE COUNTRY PARK**  
**PARISH MAGAZINE ARTICLE - FEB 2023**

It may feel as though nature has been dormant since Christmas, but if you look closely there's plenty to see, touch and smell in the Park, even in the depths of winter.

Our standout trees of the moment are dogwood, its jewel red stems glowing among the greys and browns of late winter, and the ethereal silver birch with its ghostly white bark. You can't walk far without seeing catkins dangling from the trees. Derived from the Dutch word *katteken* meaning kitten, the flowers look like fluffy yellow kitten tails and provide a real shot of colour with the winter sun behind them.

January's hazel catkins are followed by this month's alder catkins. Alders grow close to the river where they thrive in the waterlogged ground. Most of Venice is built on piles made of alder trunks, which become rock hard in water, and they were probably used to support the wooden bridges that once crossed our rivers and streams.

Another tree to look out for in late winter is the old magnolia next to the station ticket office. The large pussy willow-like buds that set last year will continue to swell until spring, when water lily shaped flowers open for a few glorious weeks. The buds are like silk – touch them gently and it's like stroking a baby's head. Our magnolia is on the site of an Anglo Saxon burial ground, which is a mere 1200 or so years old. Magnolia trees themselves are far, far older: the species is so ancient that it pre-dates bees and relies on beetles for pollination.

Snowdrops are always a welcome sign that spring is around the corner. Walk up the Norman motte for swathes of white flowers – or save yourself a climb and enjoy the smaller patches of white opposite the café. As the snowdrop flowers die back we can expect the first wild primrose flowers, culminating in a sea of pale yellow along the railway walk in early spring.

Pushing through the undergrowth at this time of year are the few-flowered leeks which line the section of railway walk alongside the New Cut. Looking more like spring onions or wild garlic than leeks, these delicate plants have sea green leaves and pure white flowers which release a delicious, garlicky fragrance in springtime.

Some of our tiniest plants are best seen now when not competing with more vigorous spring and summer growth. The Park's plentiful supply of deadwood is home to a variety of mosses: a nuisance in your lawn, but a splash of vivid green in the grey days of winter, and vital shelter and food for minibeasts. Delicate ferns and ivy leaved toadflax can also be seen now on the shaded railway platform walls, which are well worth a closer look as you walk between the platforms.

Another woodland plant not always appreciated in our gardens is English ivy, which grows throughout the Park. The birds have already stripped the berries from other plants but leave ivy till last, so look closely and you'll see that much of it is still covered in small black berries. With each berry containing the same calories, gram for gram, as a Mars Bar, they are a feast for hungry birds when the winter cupboard is bare.

From food for the birds to food for humans, the Park is also home to a plant known as Alexanders. A relative of cow parsley it grows all over the motte, despite the best efforts of the Park's volunteers, and was highly valued historically as one of the few fresh plants available in January and February. It was also thought to cure scurvy and so popular with the seafarers of East Suffolk. We believe it was introduced by the Romans and can speculate that it may have been brought to Clare by the Anglo Saxons to provide food for the villagers. Local residents who've cooked it report that it is bland and uninspiring, but they are scurvy free!

Next time you're in the Park, why not take a closer look at the understated gems that late winter offers. It is amazing just how busy Mother Nature remains, even when she appears to be sleeping.

For more information about the Park please see our website, [www.clarecastlecountrypark.co.uk](http://www.clarecastlecountrypark.co.uk), follow us on Facebook, email us at [info@clarecastlecountrypark.co.uk](mailto:info@clarecastlecountrypark.co.uk) or call on 01787 277902. We look forward to sharing the Park's natural delights with you.



< Magnolia

Ivy leaved toadflax >



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# AVON



## Clare Liaison and Support Project (C.L.A.S.P.) Registered Charity No 1029710

**CLASP** was founded in Clare in 1984 to serve those in Clare and the surrounding villages who might be in need of help and support, as well as being involved in a number of worthwhile local activities.

**CLASP operates:**

### SENIOR CITIZENS CENTRE

Every Wednesday from 10.30 to 3.00pm. in the Clare Old School Community Centre. Morning coffee, a three course lunch, and afternoon tea are provided for a small charge for as many as 30 clients, who can participate in table games and other activities. The **CLASP minibus** service picks up clients with transport problems from Clare and some nearby villages. *Contact Sue Packer on 07561 115158.*

### CAR AID

A pool of about 20 volunteer drivers take "clients" needing transport from their homes in the Clare area to hospitals, doctors, dentists or other medical practices. **This is free of charge**, but many clients make voluntary contributions to petrol costs.

*Contact John Webb on 07724 698283.*

### The CLASP MINIBUS

Operated by qualified volunteer drivers, is available for hire at very modest rates for use by local organisations. It also collects "clients" from Clare to take shopping to **Supermarkets in Haverhill**, generally on a Tuesday, for which a small charge is made. *For more information, contact the Senior Centre Phone 07561 115158.*

### FUND-RAISING EVENTS

Are also organised by **CLASP**, principally Table Sales in the Clare Town Hall seven to eight times per year, not only to help fund the activities mentioned above, but also to make donations to other local worthwhile causes, such as recently committing to the part funding of a defibrillator for use in Clare.

**CLASP** is totally managed and run by **VOLUNTEERS** and is always delighted to welcome new people to assist with its activities.

Despite having existed in Clare for many years it is surprising how many residents of Clare and the surrounding area seem to be unaware of the services **CLASP** provides, and it is hoped that viewing this article will encourage local residents to take advantage of and/or assist with **CLASP's** charitable work.

### **DEDICATED CLASP PHONE CONTACT NUMBERS:**

Chairman (Mike Arnold) 07934 087559.

Senior Centre (Sue Packer) 07561 115158.

CarAid (John Webb) 07724 698283.

Minibus 07842 141281.



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- March 18\***
- May 20\***
- June 17? to be confirmed*
- July 8**
- August 19\***
- September 23**
- October 21\***
- November 18\***

\*dates coincide with Clare Market

FOR INFORMATION AND TABLE BOOKINGS:

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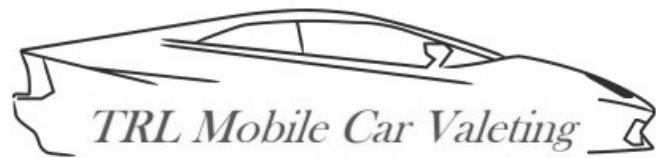
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| Hundon Community Primary School :<br>Sharon Fitzgerald      | 786217                        | CLASP Minibus   | 07482 141281                      |
| Hundon Hedgehogs Pre-School:                                | 786638                        | Borough Councillors -<br>Nick Clarke  | 07876 561781                      |
| Village Hall bookings: hundonvillagehall@gmail.com          |                               | Karen Richardson  | 07756 489726                      |
| Village Hall Social Club :<br>Caroline Champion –           | 07986 882795                  | Marion Rushbrook  | 07795 391938                      |
| Village Hall Committee Chairman:<br>Chris Callow            | 07736 123906                  | County Councillor—Bobby Bennett   | 07955 434429                      |
| Hundon Shop & Post Office :                                 | 786223                        | Crimestoppers   | 0800 555 111                      |
| The Rose & Crown, North Street :                            | 786261                        | <b>Local Services ....</b>  |                                   |
| The Plough at Brockley Green:                               | 786789                        | West Suffolk Council<br>Waste Management  | 01284 757320                      |
| Evergreens (over 55's) alternate Mondays –<br>Pam Deeks     | 07554 008106                  | Suffolk County Council  | customer.services@suffolk.gov.uk. |
| Carpet Bowls: Fri afternoon – Ann Hathaway                  | 786993                        | British Gas   | 0845 6091122                      |
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| Hundon Cricket Club: Jumbo Barker                           | 786788                        | <b>Clare:</b>   |                                   |
| Hundon Football Club: Rod Gaffan                            | 07837 701610                  | Guildhall Surgery   | 01787 277523                      |
| Ballet Shoe Workshop & Break Dance<br>Workshops: Alison Law | 01440 707465                  | Stonehall Surgery (Temporarily closed)  | 01787 278999                      |
| Hundon Cinema Melody Gosling                                | 787828                        | <b>Wickhambrook</b>   | 01440 820140                      |
| Hundon Harmony Singing Group                                | 821485                        | <b>Haverhill:</b>   |                                   |
| Hundon Wine Club Chris Burford                              | 786248                        | Haverhill Family Practice   | 01440 702010                      |
| Badminton: Karen Snow                                       | 786660 or 07551999496         | or  | 01440 703667                      |
| Fun Kurling (Tues.) : Margaret Blackwell                    | 01440 820795                  | Clare Pharmacy:   | 01787 277315                      |
| Pilates: Coco Hamson  | 07377 380845                  | <b>A&amp;E Departments:</b>   |                                   |
| Tai Chi: Martin Fayers                                      | 07949 850810                  | West Suffolk Hospital , Bury St Edmunds   | 01284 713000                      |
| Yoga - Sally Russo:   | 07922 476874                  | Addenbrooke's Hospital, Cambridge   | 01223 245151                      |
| Hundon Craft Group Sandra                                   | 786410 or Beryl 786727.       | <b>Police</b>   | 101                               |
| Neighbourhood Watch - Bob Steel                             | 786303                        | <b>NHS Direct</b>   | 111                               |
| Hundon PCC: - Margaret Langridge (treasurer)                | 786629                        | <b>Samaritans</b>   | 116 123                           |
| Hundon Parish Council clerk.hundonpc@outlook.com            |                               | <b>The Voluntary Network,<br/>Connecting Communities.</b>   | 01638 664304                      |
| Allotments enquiries—Liz Hicke                              | 786321                        | <b>Suffolk on Board Community Transport</b>   | 01440 712028                      |
| <b>MP:</b> Matthew Hancock 0207 2197186 or 01638 576 692    |                               | Clare Co-Op: Mon – Sun 7am-10pm   | 01787 277276                      |
| CLASP Senior Centre   | 07561 115158                  | Clare Library:  | 01787 277702                      |
|   |                               | <b>The Mobile Library Van calls at Village Hall car park<br/>every four weeks on Wednesday afternoons,<br/>2.50-3.50pm.</b> |                                   |