

#### **July 2023**





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#### **HUNDON VILLAGE HALL AGM AND MEETING**

The Hundon Village Hall Committee are having their AGM on the **3 July at 7.30pm**. This is open to all those that use the village hall for clubs or other activities and anyone that is (or would like to be) involved in supporting village activities at the Hall or generally.

We'll provide a brief update on various projects that we are/have been involved with and get your views on future events/activities. We will elect a new committee (we have been short of a secretary for some years!) and are always in need of volunteers to assist with projects and general activities. Let me know if you are able to assist?

(It would be useful to have an idea of numbers attending so please let me know if possible!)

Many thanks and hope to see you on the 3<sup>rd</sup>.

Chris Callow

07736 123906

## **ALL SAINTS CHURCH JULY 2023 SERVICES**

Sunday 9 July 2023 9.00a.m. Holy Communion

Sunday 23 July 2023

Evening Prayer Followed by Refreshments

## ALL SAINTS CHURCH A DATE FOR YOUR DIARY

Our annual flower festival will be held on Saturday 26 and Sunday 27 August in the church.

More details in the August Hundon Herald.

**HUNDON SOCIAL CLUB** 

BINGO

Saturday 15th July Doors open 7pm — Eyes down 8pm

A chance to win possibly up to £100 Raffle and bar

#### **HUNDON POST OFFICE**

It doesn't seem five years since we fought to save our Village Post Office at a time when many others were closing. Megan has done a great job since taking on the role in serving our village along with Rachel and Julie, her deputies. We are very lucky to have a working PO and shop here in the village – for some it is a lifeline. On behalf of, I'm sure, everyone in the village and beyond I would like to say a big Thank You to them and also to all the volunteers who work to keep the Village Shop stocked and open.

Five years ago, when we worked to save our PO a number of village organisations and individuals agreed to contribute to a village subsidy fund, called Friends of Hundon Post Office (FOHPO), to ensure our Post Mistress receives a living wage for the services she supplies to the village and surrounding area. Indeed without the fund we were told by Post Office Ltd (POL), in no uncertain terms, that our PO would have been closed. POL do not pay minimum wage to Post Masters/ Mistresses as they say the job is contracted and it relies on commission, which in a PO our size is hard to achieve and impossible to supply a living wage. I am sure I speak for everyone in the village in saying THANK YOU to the FOHPOs for their financial contribution, as without them we would not have a PO. Indeed there are many customers from Kedington, Barnardiston and Clare who prefer to use our PO. The FOHPO fund has now been running successfully for nearly four years and we need to keep it going if our PO is to survive. If we lost the Post Office it would almost certainly impact on the Village Shop's ability to stay open.

We are about to rebuild the fund for next year, which starts again on 1st August. Jane Tabram (who helps me manage the fund) and I will be contacting previous years contributors in the next few weeks to see whether they wish to continue but we already know a few have been lost over time. To ensure our PO keeps open and Megan, Rachel and Julie receive the living wage they deserve for the excellent service they give us we ask you all to consider whether you are willing to help by contributing to FOHPO. There is no set amount, it is up to individuals how much they want to give.

If you are happy to get involved please contact either me (786489) or Jane (786501) and we will explain how the fund operates. The names of contributing individuals are known only to Jane and myself and are not shared among the donor group or publicised.

Jill Brown

#### THE LATE MICK BROWN

Mary and the family of Mick would like to thank:

All friends at the church.

Friends who attended the funeral service and donated to the "My Wish" charity.

All who kindly sent cards and messages of sympathy.

Graham and staff at the Village Hall.

And Kezi for delicious refreshments.

Thank you.



thesnackaliciousvan@outlook.com

#### HUNDON VILLAGE SHOP AND POST OFFICE

There are quite a few changes in what you can find at your village shop over the past month.

New ranges of ice creams in the freezer including Haagen Dazs pots which are proving very popular.

A larger selection of breads from the bakery are being trialled and if there is a demand for them then they will become a permanent feature. If you would like a regular order of bread from the bakery just speak to one of the team and this can be arranged.

A complete new range of red wines is now available at very reasonable prices. You can now choose from the following: Rioja Crianza Artessa; Araldica Barbera d'Asti; Soldiers Block Shiraz; Alianca Bairrada Reserve; Domaine de Pre Baron and, unusually, a red wine that is recommended slightly chilled Le Fou Noir Pays d'oc. New white wines will be arriving soon.

For the summer, as well as chilled wines and soft drinks, various lines of chocolates are also being sold from the chillers.

When it is hot and ideal for B-B-Qs we will order in a larger selection of B-B-Q meats from the Kedington Butcher.

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

OPENING HOURS POST OFFICE Monday to Saturday <sup>-</sup>9am - 1pm

Stewart Alderman Chairman – Hundon Village Shop Committee

#### **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.

hundonherald@hotmail.com

#### **HUNDON COMMUNITY 'TEAPOTS' CAFÉ**

The community cafe will open until the summer school break as the children love our cakes.

The last day will be 20th July.

We will then be closing our doors due to low attendance.

Is there anyone who has any new ideas or would like to take on the challenge?

Please contact Loraine Callow 07976 927443

Many thanks to all the volunteers for their lovely cakes and hard work.

Thursdays, 2 – 4.00pm Hundon Village Hall

Refreshments and homemade cakes and treats

**Everyone Welcome** 

Parents and children welcome after school for cakes, biscuits, tea, coffee and squash



FREE MUSIC FESTIVAL THE ROSE & CROWN, HUNDON 15TH JULY 2023 6.30PM - MIDNIGHT

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ADMISSION BY TICKET ONLY TICKETS MUST BE OBTAINED IN ADVANCE NO TICKETS AVAILABLE ON THE NIGHT

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## HUNDON EDUCATIONAL FOUNDATION.

### The next meeting of the Trustees will be held in July 2023

Please apply now - applications received after 2 July 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 **2 July 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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## HUNDON PARISH COUNCIL Full Minutes will be available on the Hundon Parish Council Website

Hundon Parish Council met on Wednesday 21<sup>st</sup> June 2023 at 7:30 pm, 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. <a href="https://www.suffolk.gov.uk/roads-and-transport/roads-and-pavements-and-verges/report-a-highways-issue/">https://www.suffolk.gov.uk/roads-and-transport/roads-and-pavements-and-verges/report-a-highways-issue/</a>

- Benches The allotment bench will be installed this month, with the other 2 to follow once harvest has been completed.
- War Memorial It is hoped the Resin Bonded
  Gravel around the War Memorial will be completed
  in the next couple of months.
- Internal Audit The internal audit has been completed by SALC, the report is available to view on the Parish Council website.
- Hand Shovels for Grit Bins It was agreed hand shovels will be purchased for the grit bins, to make the spreading of grit easier.
- Beacon Post It was agreed to accept the quote from William Murry of £920 to install the refurbished beacon post. The beacon post has been updated with the Queen's Jubilee and the King's Coronation.
- **Grants** A grant of £600 has been awarded to the Church for maintenance of the Churchyard and a grant to the Friends of Hundon Post Office of £2,000.

#### 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.

**Pending Applications** 

**DC23/0954/FUL** - Barn 3 Hill View Simms Lane Hundon Suffolk

Planning application - detached cart lodge The Parish Council raised no objections and support this planning application.

Application Decisions

None

#### **Update from SCC - Cllr B Bennett**

Cllr B Bennett has highlighted with Suffolk County Council the cutting of the verges at Stradishall Crossroads and recommended this junction is added to the yearly verge cutting and not only cut when it is highlighted as obstructing the view of oncoming traffic and causing a hazard.

Cllr B Bennett has been informed there are future works planned in Clare by Anglian Water. She will be requesting that suitable diversions are in place to stem the flow of unsuitable traffic coming through the village.

Minutes can be viewed on the Parish Council Website.

Next Meeting 19<sup>th</sup> July 2023 at 7:30pm, Hundon Social Club

C/o Post Office, North Street, Hundon, Sudbury, Suffolk, CO10 8EE <u>clerk.hundonpc@outlook.com</u> www.hundon.onesuffolk.net

## 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

#### **Hundon Allotment Field**



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

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

There is also an opportunity to take on a raised bed or two on the community allotment if this suits you better.

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

#### LIVING ON A PRAYER

Revd Dr Karen Smith, Curate, Stour Valley Benefice



As I write, I am making final preparations for being ordained Deacon on 1st July, after which I will be joining you as your new Curate, which I am really excited about! I am very much looking forward to getting to know the people of Cavendish, Clare, Hundon, Poslingford, Stoke-by-Clare, and Wixoe as we journey together with God.

But what on earth is a Deacon or a Curate, and what is she going to do here? Over the coming months, as we get to know each other, and I get to know myself as 'Revd' Karen, we can expand on these answers together.

What is a Deacon? The word comes from the Greek for 'servant', from Jesus' charge to his disciples to be servants as he washed their feet. In the Anglican tradition we recognise three orders: Deacons, Priests and Bishops. The process of entry into these orders is called ordination. All ordained people begin their lives as Deacons, some become Priests, and a small few Bishops. Although each order has different responsibilities, they are cumulative. That means that a Priest is also a Deacon, and that a Bishop is also a Deacon and a Priest. This time next year, after one year as a Deacon I will, God willing, be ordained Priest.

As a Deacon, I can conduct funerals and baptisms, preach, assist at Holy Communion, and lead services (though not consecrate the bread and wine or pronounce God's absolution or blessing until I am ordained Priest). As a Deacon I am also called to serve the wider community, in the words of the ordination service, 'searching out the poor and weak, the sick and lonely and those who are oppressed and powerless, reaching into the forgotten corners of the world, that the love of God may be made visible.' The expectation is that Deacons represent the gospel message in the world and bring the needs of the world back to the church. We are to be an ongoing reminder that church is about loving our neighbours, in ways that make a positive difference to their lives.

And a Curate? The word comes from the responsibility for the 'cure of Souls', something Revd Mark as Rector is charged with, and I will assist with. It is akin to an apprenticeship. I have spent four years at Westcott House, Cambridge doing academic training in theology for ministry, and now, over the next three years, Mark will be helping to continue my training with a more practical focus.

I feel so blessed to be called to this wonderful place and my journey to this point has been filled with joy at the prospect of taking the next steps with all of you and with God.

With every blessing,

Karen





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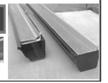
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Classes are designed for all pupils who love to dance, whatever their abilities. The school is very proud of its warm and friendly atmosphere and always welcomes new comers!

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

For further details please contact:

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



#### A RESPECTFUL CORRECTION

Whilst I also thank Paul for his longstanding 'tour of duty' in looking after the surrounds of the lower memorial (June Hundon Herald), might I here clarify the actual reason for its being.

The inclusion of 'Royal Air Force Stradishall' on the panel is to show the size and location of the Station in relation to our VERY LARGE parish.

The memorial was created to remember those service men and women who died within our parish, some having no link with RAF Stradishall itself. It was dedicated on 14<sup>th</sup> May 1955 and unveiled by Bob Hooke, a Stradishall-based 'Stirling' pilot of WW2. Copies of the Roll of Honour are displayed in the Church and Village Hall.

The <u>MAIN</u> Royal Air Force Stradishall Memorial is located directly opposite 'Stirling House' and is accessible via the signed entrance off the A143. The memorial commemorates the 650 personnel who died during the Station's long, varied life, (1938-1970) the majority being bomber aircrew lost during the Second World War. It was dedicated on 29<sup>th</sup> May 1994 and unveiled by Marshall of the Royal Air Force Sir Michael Beetham, being part of a major and lengthy memorial/research project.

Our memorial was the result of a <u>village-led</u> project, mainly funded by a very active, varied and enjoyable events programme and was built (at his request) by the late John Cutts. Its aim was to ensure that HUNDON <u>should</u> be remembered as the main parish linked to RAF Stradishall and as such, was at times VERY close to the action! (e.g. the 'Stirling' crash at Bears Farm on 25<sup>th</sup> June 1942 which claimed six lives including a 20-year-old American citizen hailing from Big Spring, Texas who chose to fight early on by joining the Royal Canadian Air Force).

It may be considered a little 'unique' – if at times somewhat difficult to explain! – perhaps that's its hidden quality, but in its own quiet and colourful way it should help us remember the price paid within our parish (and sometimes very close to the village itself) by young people – FAR FROM HOME.

It could tell many stories.

Jock M Whitehouse

For info: 'ROYAL AIR FORCE STRADISHALL' 1938-1970 Compiled by Spencer Adams – Jock Whitehouse. Published 1996.Square One Publications. 412 pages (Illustrated and Roll of Honour)

(long out of print but does surface on e-Bay – wide price range!)



R.A.F. STRADISHALL MEMORIAL
UNITS AND MAP ON A REVERSE PANEL
DESIGN 'REPLICATES' A HANGAR PROFILE

#### **HUNDON WI**

Our June meeting was an afternoon visit to Ashdon Museum. As the weather was glorious, we sat outside and indulged ourselves with tea & delicious cake from the café before going into the museum.

Glen Miller, curator, had started collecting objects as a young schoolboy and built up quite a collection over the years. By 1995 it was decided the collection should be safeguarded for the future and became Ashdon Village Museum. A committee was formed, and charitable status gained. In 1999 the building, where it is now housed, was purchased with money given by kind individuals.

From the moment you step inside you are transported back in time. Each exhibit tells a story, from Ashdon Halt railway, the post office,



butchers, forge and much more. Even the toilet houses a collection of medicines, and our treasurer, Carol, blended into the jam making exhibit very well even without a hat and pinny! We all recognised items that parents or grandparents had owned, which caused much chatter and laughter.

Top of my list of displays had to be memorabilia from Ashdon WI, formed in 1918. A membership card, copy programmes, badges, a tablecloth to mark the 1953 Coronation, and an exquisitely embroidered verse of Jerusalem, were included.





A photograph of an outing to the coast by Charabanc, which became an annual event in 1926, leaves no doubt in my mind that the ladies of Ashdon WI certainly knew how to have a good time!!

Ashdon Museum & Café open 2-5pm Sunday's & Bank Holidays (Easter to end October). Additional opening hours for groups by arrangement.

Tricia Ager

Next meeting, July 13th is afternoon tea hosted by Carol.

Contact Jan McLardy 01440 786369



#### DO YOU 'DO' FACEBOOK? Hundon Village Group

A group for the residents and friends of Hundon in Suffolk to communicate and exchange news and ideas, and promote village events.

(Not for advertising except For The Rose & Crown and The Plough)

PLEASE remember to answer the membership questions if you are asking to join the group. Also, if you invite someone to join the group they need to answer the questions.

https://www.facebook.com/groups/ HundonVillage

Hundon Village Shop and Post Office https://www.facebook.com/ hundonvillageshopandpostoffice

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

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

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

Hundon Allotment Group https://www.facebook.com/ groups/2450197155294142/

Helping Hundon Hedgehog Rescue https://www.facebook.com/ groups/781931405718884.

Hundon nature—sights and sounds https://www.facebook.com/ groups/1139283413407640

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#### **Allotment Field Update**



Peak allotment season is upon us, and with it the very hot weather and shortage of water. Although we do have a tap on site, we encourage all our allotment holders to collect rain water and we are now experimenting with rainwater capture on a larger scale – you may have spotted capture devices on some of the large containers. Unfortunately, they can only work if we get rain!

#### Caring for wildlife

On the previous subject, animals, birds and other creatures are desperate for water at the moment. Please ensure there is some water available in your garden, even if it is just a saucer of water that you keep filled up.

Also, remember it is peak breeding season for birds, so please try to avoid using hedge trimmers. On the allotment field we have a policy of not touching hedges between March and September – only removing wayward bramble and wild rose stems if they come across a path – and we use secateurs for this.

At this time of year all the hedgehog rescues are getting hedgehogs that have been strimmed. Strimmer injuries are horrible and often fatal. You can minimise the risk of injuring hedgehogs or other creatures by ensuring you can see what might be on the ground where you are strimming. Our policy with long vegetation is to strim first at 12 inches from the ground, and only go lower when we can see there is nothing there we could injure.

#### Wildlife Meadow

This is now growing well. We were delighted to see how well the yellow rattle we sowed has established itself. The wonderful seed heads of *Tragopogon pratensis*, known by many common names including Jack-go-to-bed-at-noon, are everywhere. The pretty yellow spikes of agrimony are showing and if you look carefully, you can see the fascinating bee orchid.







#### **Destruction of wildlife corridor**

The team were surprised and upset to discover that a significant portion of the wildlife corridor on the perimeter of the wildflower meadow had been strimmed to the ground. Judging from the complaints we received, many others were unhappy too. We have spoken with the person responsible, who tells us that the contractor who had been brought in to clear the ditch had overstepped their instructions. And some!

We made the point that the allotment field is private land, owned by the Rogeron Trust and managed and maintained by HATA. No member of the public has the right to engage in tree or grass maintenance activities without the prior agreement of HATA.

Our plan had been to mow this area in the autumn, under one of the minimum mowing regimes that we have in areas around the field, which encourage biodiversity.

Unfortunately, this action has not only removed the lovely swaying grasses and other ruderal plants that formed the mainstay of the vegetation there, but it has destroyed an important wildlife refuge and corridor at the peak of the breeding season. We have also lost this year's seed crop.

Please be aware that if you border the allotment field and have any issues with trees or vegetation on the allotment that are affecting your property, please talk to us before doing something that potentially goes against our management plan. We will always try and find a mutually satisfactory solution.

Fiona

#### **CLARE ANCIENT HOUSE MUSEUM**

Our museum opens on 1 July 2023 with a free exhibition, **Clare Shops: Past and Present**. This exhibition represents a significant shift away from our former permanent history-based ones, although the museum will continue to include information and artefacts on the history of Clare.

Our dual aims with Clare Shops: Past and Present, are to publicise shops in Clare and to engage with the local community.

We have researched the history of over 40 shop premises and prepared a unique poster for each one, with photos showing its previous uses. These will be available to view as part of our exhibition but can also be seen all around the town in the windows of the shop premises they represent.

In the museum we will have large information boards with old and new photos about particular trades carried out in Clare, including butchers, saddlers, drapers and grocers. We have been loaned and given some marvellous exhibits – a large number of Edwardian children's clothes - which can be handled (and in fact, are so robust we are having a dressing-up box for children to try them on) and a collection of traders' invoices from many of Clare's shops in the early 1900s. The numerous photos on display are bound to stir memories and we hope visitors will recognise people they know or once knew.

The exhibition will run from 1 July to 30 September 2023, on Saturdays, Sundays and Summer Bank Holiday. 12 to 4 pm.

Pamela Higgins

#### **HERALD ADVERTS**

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

Business adverts £5 per month.

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#### PARISH COUNCIL WEBSITE

http://hundon.onesuffolk.net/



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phil.propertyrenovation@outlook.com

#### **HGC Newsletter** - July 2023

On Friday 26 May 18 of us set off for a club trip to RHS Hyde Hall. Part of the agreement when a group joins and becomes affiliated to the RHS the club members are entitled to one free entry to one of their gardens once a year, so we chose Hyde Hall. Weather, journey, cafes, gardens, company, perfick, all day!

Thursday 15 June saw 12 of us on a return evening visit to the Solar Park, Broxted, just one or two roads 'closed' on

the way, but we all





made it. Charles Ryder never ceases to amaze me with his enthusiasm and passion for the history of the site and for ensuring the land is farmed and managed for the good of all, flora, fauna and human kind. The problems changing from year to year depending on conditions and weather. We luckily enough also had input from Michael Chinery our own naturalist and Sean Jarvis the 'bird' man. They both talked about the improvements in flora. fauna and bird life due to the land management. We ended the evening gathered round a man made pond that Charles was

hoping would be buzzing with dragon and damsel flies but they were having a night off apart from a few. We did see swifts on a fly-by dipping in for refreshments and spotted a beautiful bee orchid amongst other wild flowers. Great Evening! We are invited back next year.

Sunday 25 June Visit to the Botanical Gardens, Cambridge.

#### Monday 3 July

Tour of Peter Beales, postponed from the very hot Monday last year, hope we make it this year!

Monday 17 July Long awaited visit to Lullingstone Castle and The World Garden following our speaker Tom Hart Dyke in 2019. Combined with Cavendish and Clare & District Horticultural Societies.

Thursday 20 July Bumblebees - Their Life and Conservation with John Taylor. 7.30 at the village hall, all welcome.

Sunday 6 August Visit to Hitchin Lavender - Walk through Lavender and sunflower fields, picking as you go. Tearooms, museum, shop plus lavender plants to buy and lots more!

Saturday 19 August Garden Party/Afternoon Tea at Berrynarbour House, Margaret and Richard Langridge. Please note change of date.

2023 Show Sunday 3rd September - Please save the date and look out for our Show Schedule it will be in circulation very soon. CALLING ALL LOCAL ARTISTS, WE WILL BE HAVING AN ART EXHIBITION AT THE SHOW AS USUAL AND WE WOULD LOVE TO SEE YOUR ART BEING DISPLAYED. More information in next month's Hundon Herald.

Cavendish & District Horticultural Society - Monday 5 June - Cavendish Memorial Hall - Herbs with Jacqueline Aviolet. Three of us went and thoroughly enjoyed her talk, she was hilarious, never laughed so much. Hopefully she will be coming to us in 2024.

Monday 3 July - 7.30 Cavendish Memorial Hall - Butterfly Gardening with Dr Ian Bedford

Clare & District Horticultural Society - Saturday 15 July - Horticultural Show in Clare Town Hall open to the public from 2 - 4 pm

Janet Burrows



#### 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 perform control to the control of th

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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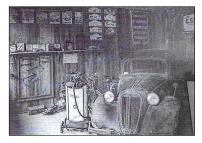
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#### CLARE CASTLE COUNTRY PARK: JUNE 2023 ARTICLE

In the interview published last month\*\* our chairman Jack Dalziel talked about the pressures affecting charities that run public amenities without central or local government funding. One such pressure is on the ability to run events and activities. The Park has only two part-time paid staff (an administrator and a cleaner) and lacks the resources to run a comprehensive programme of events and activities itself. Instead it devotes staff and volunteer time to working in collaboration with a range of partner organisations to ensure that the Park always has something interesting going on.

May is always a busy time but last month's activities in the Park illustrate the point. Things kicked off on the 4<sup>th</sup> with the launch of an 18-day exhibition by the Society of East Anglian Watercolourists in the Old Goods Shed, with the annual Bury to Clare run/walk in support of St Nicholas Hospice finishing in the Park on Sunday 7<sup>th</sup> with some 300 participants and their supporters involved. The following weekend saw the Park hosting the start of the 4-day Challenge Walk, run jointly by Sudbury Ramblers and Clare Walkers, in the Suffolk Walking Festival. This was the 50-mile Wool Towns' Walk from Clare to Sudbury, Hadleigh, Lavenham, Long Melford and back to Clare for the finish. The Town Crier provided a suitably medieval send off at the start and welcome back at the finish.

The same week saw three other circular walks in the Walking Festival start and finish in the Park, whilst on Wednesday 17<sup>th</sup> the Park organised and hosted a Community Information Day. Over 40 diverse local organisations including Park Run, yoga teachers, Glemsford Photographic Club, CLASP, First Responders, Clare in Bloom, the Ancient House Museum and Clare Tour Guides took part, with the day also seeing visits by students from Stour Valley Community School. Finally, Sunday 21<sup>st</sup> saw the Park hosting the start of the West Suffolk Motor Club's South Suffolk Classic, with over 40 vintage cars being displayed in the inner bailey before being sent off at one minute intervals.

All of this took place in addition to regular weekly activities like Park Run, the Town Tour, Tuesday walk and Nordic walking classes, with the Visitor Centre open on Fridays, Saturdays and Sundays. What is pleasing from a Park perspective is the diversity of the activities, and therefore of the people visiting the Park and getting to know what it has to offer. We estimate that over 1,200 different people attended these events, with many more casual visitors also making use of the Park's facilities.

Future events in the period to August include:

Saturday 15 July Rodbridge Walk (8 miles)

Friday & Saturday

25 & 26 August Cinema in the Park

Saturday to Monday

26 to 28 August Clare Art Society Exhibition

In addition to these and our regular events there will also be ponddipping, mini-beast hunting and a children's trail during the summer holidays.

For more information please visit our website <a href="https://www.clarecastlecountrypark.co.uk">www.clarecastlecountrypark.co.uk</a>; email <a href="mailto:info@clarecastlecountrypark.co.uk">info@clarecastlecountrypark.co.uk</a> or telephone 01787 277902 (answerphone).

Derek Blake

\*\*Published in the Clare Focus



### CLARE LIAISON AND SUPPORT PROJECT

(Charity No. 1029710)

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\*dates coincide with Clare Market

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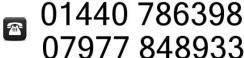
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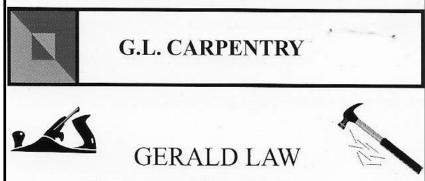


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Pam Deeks         07554 008106         Occrpet Bowls: Fri afternoon – Ann Hathaway         786933         Hundon Oil Syndicate, M. Humphryes         786415         Hundon Oil Syndicate, M. Humphryes         786415         Hundon Wil Jan McLardy         01440 786369         Agrillan Water         0800 9191 55           Gardening Club: Janet Burrows Fiona         07740 823106         Clare:         Coal Doctors' Surgeries         Clare:         Undon Cricket Club: Jumbo Barker         786788         Hundon Football Club: Rod Gaffan         07837 701610         Wickhambrook         01440 820140         Hadwicke House, Sudbury         01787 370011         Hadwicke House, Sudbury         01787 370011         Wickhambrook         01440 702010         Haverhill:         Haverh	The Plough at Brockley Green:	786789	British Gas	0845 6091122
Power cut		7554 000400	UK Power Networks	0800 029 4285
Hundon Oil Syndicate, M. Humphryes 786415 Hundon WI: Jan McLardy 01440 786369 Hundon WI: Janet Burrows 786554 Hundon Hedgehog Rescue Jill — 78740 823106 Filona — 077740 823106 Astroturf: Stewart Alderman 07725 516265 Hundon Cricket Club: Jumbo Barker 786788 Hundon Football Club: Rod Gaffan 07837 701610 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 786660 or 07551999496 Fun Kurling (Tues.): Margaret Blackwell 01440 820795 Fulates: Coco Harmson 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 Hickes 786321 MP: Matthew Hancock 0207 2197186 CLASP Senior Centre 01440 78609 191 55  Local Doctors' Surgeries Local Doctors' Surgeries Clare Doctors' Surgeries Clare Doctors' Surgeries Clare: Guidhall Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277523 Stonehall Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277523 Votenball Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277523 Votenball Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277523 Votenball Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277021 Wickhambrook 19140 707465 Votenball Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277523 Votenball Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277526 Clare: Guidhall Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277526 Votenball Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277528 Votenball Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277528 Vishemble Surgery (Temporarily closed), call Hardwicke House, Sudbury 01787 277526 Valenball Surgery (Temp	İ		Power cut	0800 3163105
Cardening Club: Janet Burrows			British Telecom	0800 800 150
Hundon Hedgehog Rescue Jill — Fiona	i Hundon WI: Jan McLardy 0	1440 786369	Anglian Water	0800 91 91 55
Clare	Gardening Club: Janet Burrows 786554		Local Doctors' Surgeries	
Astroturf: Stewart Alderman 07725 516265   Hundon Cricket Club: Jumbo Barker 786788   Hundon Football Club: Rod Gaffan 07837 701610   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 Hickes 786321   MP: Matthew Hancock 0207 2197186   CLASP Senior Centre Stewart Alderman 786788   Token Workshop & Break Dance			Clare:	
Hundon Cricket Club: Jumbo Barker   786788   Hundon Football Club: Rod Gaffan   07837 701610   Wickhambrook   01440 820140   Wickhambrook   01440 820140   Wickhambrook   01440 820140   Wickhambrook   01440 702010   Wickhambrook   01440 702010   O1440 703667   O1440 820795	Astroturf: Stewart Alderman 0	7725 516265		l
Hundon Football Club: Rod Gaffan   07837 701610   Ballet Shoe Workshop & Break Dance Workshops: Alison Law	Hundon Cricket Club: Jumbo Barker	786788		;
Ballet Shoe Workshop & Break Dance Workshops: Alison Law	Hundon Football Club: Rod Gaffan 0	7837 701610	,	
Hundon Cinema Melody Gosling   787828   Or   01440 703667     Hundon Harmony Singing Group   821485   Hundon Wine Club Chris Burford   786248     Hundon Wine Club Chris Burford   786248   West Suffolk Hospital , Bury St Edmunds   01284 713000     Badminton: Karen Snow   786660 or 07551999496   Hundon Craft Group   Sandra 786410   Or Beryl 786727.     Neighbourhood Watch - Bob Steel   786303   Hundon Parish Council   clerk.hundonpc@outlook.com   Allotments enquiries—Liz Hickes   786321     MP: Matthew Hancock   0207 2197186   CLASP Senior Centre   07561 115158     Clare Pharmacy:		1440 707465	Haverhill:	i
Hundon Wine Club Chris Burford  Badminton: Karen Snow  786660 or 07551999496 Fun Kurling (Tues.): Margaret Blackwell Pilates: Coco Hamson  786248  Hundon Craft Group  Sandra 786410 or Beryl Neighbourhood Watch - Bob Steel  Hundon PCC: - Margaret Langridge (treasurer)  Hundon PCC: - Margaret Langridge (treasurer)  A&E Departments:  West Suffolk Hospital, Bury St Edmunds 01284 713000  Addenbrooke's Hospital, Cambridge 01223 245151  Police  101  NHS Direct Samaritans  116 123  The Voluntary Network, Connecting Communities.  01638 664304  Suffolk on Board Community Transport Clare Co-Op: Mon – Sun 7am-10pm 01787 2777202  Clare Co-Op: Mon – Sun 7am-10pm 01787 2777702  The Mobile Library Van calls at Village Hall car park every four weeks on Wednesday afternoons, 2.50-3.50pm.	Hundon Cinema Melody Gosling	787828	· ·	
Hundon Wine Club Chris Burford  Badminton: Karen Snow  786660 or 07551999496  Fun Kurling (Tues.): Margaret Blackwell  Police  101  NHS Direct  111  Samaritans  116 123  Tai Chi: Martin Fayers  07949 850810  17902 476874  Hundon Craft Group  Sandra 786410 or Beryl  Neighbourhood Watch - Bob Steel  Hundon PCC: - Margaret Langridge (treasurer)  Hundon PCC: - Margaret Langridge (treasurer)  Hundon Parish Council  Allotments enquiries—Liz Hickes  Allotments enquiries—Liz Hickes  CLASP Senior Centre  Vest Suffolk Hospital , Bury St Edmunds  01284 713000  Addenbrooke's Hospital , Cambridge  01223 245151  Police  101  NHS Direct  51  51  61  61  61  61  61  61  61  61	Hundon Harmony Singing Group	821485	•	01787 277315
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 PCC: - Margaret Langridge (treasurer) 786629 Hundon Parish Council clerk.hundonpc@outlook.com Allotments enquiries—Liz Hickes 786321 MP: Matthew Hancock 0207 2197186 CLASP Senior Centre 07561 115158	Hundon Wine Club Chris Burford	786248	•	01284 713000
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 Hickes 786321 MP: Matthew Hancock 0207 2197186 CLASP Senior Centre 07561 115158  NHS Direct 3111 Samaritans 116 123 The Voluntary Network, Connecting 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.	Badminton: Karen Snow 786660 or 0	7551999496	· · ·	01223 245151
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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 Hickes 786321 MP: Matthew Hancock 0207 2197186 CLASP Senior Centre 07561 115158	Pilates: Coco Hamson 0	7377 380845		
Yoga - Sally Russo:  Hundon Craft Group  Sandra 786410 or Beryl 786727.  Neighbourhood Watch - Bob Steel  Hundon PCC: - Margaret Langridge (treasurer)  Hundon Parish Council  Allotments enquiries—Liz Hickes  Text Suffolk on Board Community Transport  Clare Co-Op: Mon – Sun 7am-10pm  01787 277276  Clare Library:  The Mobile Library Van calls at Village Hall car park every four weeks on Wednesday afternoons,  2.50-3.50pm.  CLASP Senior Centre  07561 115158	Tai Chi: Martin Fayers 07949 850810 0	1449 736455	The Voluntary Network,	
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MP:         Matthew Hancock         0207 2197186           CLASP Senior Centre         07561 115158			2.50-3.50pm.	
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CLASP Car Aid 07724 698283	CLASP Senior Centre 0	7561 115158		
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