



# Hundon Herald

THE ORIGINAL SOCIAL MEDIA

July 2024

**Remember to  
Vote!** Page 3

**Broadly speaking,  
this is Hummus...** Page 9

**It must be Love**  
Page 7

**Historic Hundon**  
Page 14





Remember folks, it's *your* village, *your* paper, *your* stories - so tell us what you've been up to. Send in your photos, let us know if you had a good time at the dance, or tell us what happened when you all got together on that fateful Tuesday ... entertain us!

I had intended for the 'Contact Page' to be in the last issue, but having been made aware that some of the numbers are no longer correct, I am still waiting to hear back from all the clubs and groups contacted in May. If you didn't hear from me, it seems likely that I don't have your correct email address, please get in touch! I had also hoped to do a feature on 'what to do in Hundon', but again, only a few people responded to my request for "what does your club do / when does it run / who do folk contact?". Perhaps I'm ending up in spam folders or have been given the wrong contact details, either way, if you are running a group/event and haven't heard from me since I joined the Herald, PLEASE get in touch with me. I'm trying to promote things that are happening in the village, while also trying to provide people with accurate contact details for said happenings. I need *your* help, to promote *you*.

Tune in next month for a **bumper Summer Holiday issue**, including our very first Hundon Village Board Game. You may want to get some dice and counters ready, but there'll also be instructions in the next issue for making your own.

Happy reading!

Gillie

Hundon Herald Editor

Email : HundonHerald@post.com

Text / Voicemail : 07983 419806

An **Information Drop-Off & Suggestion Box for the Hundon Herald** is now situated by the magazines in the Village Shop.

Deadline for the August issue is :  
Tuesday 23rd July (12 Noon)

Early submissions are very welcome, and are advised to avoid disappointment.

The editor reserves the right to edit, and also the right not to include submissions.

The Hundon Herald is a non-profit, community paper, run by volunteers who freely give their time and energy to make sure the Herald continues to be created and delivered to your door (or inbox) free of charge, every month, whatever the weather.

Figures for the Hundon Herald July 2024 Issue

Advertising Revenue : £221

Printing Costs : £267

Donations : £50 from Ms Nonny Mouse.

£0 Shortfall this month.

Donations for future prize funds and printing costs greatly welcomed and appreciated.

DON'T LEAVE IT ON  
THE GROUND, YOU  
KNOW IT'S A SIN,  
PLEASE LEAVE  
YOUR DOGGY'S  
DOO-DOO IN THE  
DOGGY-DO BIN!



Anyone who fails to clear up after their dog can be issued with a Fixed Penalty Notice of up to £100. If the case goes to court this could cost the owner or person in charge of the animal up to £1,000. The law states that being unaware a dog has fouled or not having a suitable bag is not a reasonable excuse. Keep Britain Tidy [www.keepbritaintidy.org](http://www.keepbritaintidy.org)

Would you like to receive a digital copy of the Hundon Herald via email? Send an email to [HundonHerald@post.com](mailto:HundonHerald@post.com) and ask to be added to the mailing list. You can also find back issues on the Hundon village website : [www.hundon.org/herald](http://www.hundon.org/herald)

**Small Adverts for Local Businesses from only £7 per month**

Width : 90mm (1062 px)

Height : 65mm (768 px)

Resolution : 300 dpi. Black and White





File Type : png, jpg/jpeg, pdf

Design Help / Advice Available

To help you visualise your advert space, this image is the maximum space for a £7 advert.

Contact : [HundonHerald@post.com](mailto:HundonHerald@post.com) for more prices and sizes.

**MOON PHASES FOR JULY 2024**

			
New Moon	First Quarter	Full Moon	Last Quarter
July 5th	July 13th	July 21st	July 28th
23:57	23:48	11:17	03:51

**WEEKLY SUNRISE AND SUNSET TIMES FOR HUNDON**

Mon 1st	Mon 8th	Mon 15th	Mon 22th
Rise : 04:41	Rise : 04:47	Rise : 04:55	Rise : 05:05
Set : 21:21	Set : 21:17	Set : 21:11	Set : 21:02
Mon 29th			
Rise : 05:15			
Set : 20:52			

(All times are in British Summer Time. UTC+ 1 hour)

# MOBILE LIBRARY VAN

Bury St Edmunds Mobile Library Route 18.  
Calling in at Hundon (Village Hall car park)  
every four weeks on a Wednesday afternoon.

**Wednesday 10<sup>th</sup> July 14:50–15:50**



"A word after a word after a word is power."

- Margaret Atwood  
Canadian Poet and Novelist.  
Born 18th November 1939

# Hundon Village Shop and Post Office

It appears that summer has finally decided to put in an appearance and hasn't it been lovely to experience warmer and sunnier days. With the expectation of more of the same over the next few months you will find chilled wines and beers, soft drinks and various lines of chocolate in our chillers. You will also find sausages and burgers from the Keddington Butchers for the all important BBQ's.

The second delivery of bedding plants arrived a few days ago and very colourful they are too and at very low prices. We also have plenty of compost available from the Garden Shed.

From time to time we hear third hand comments about matters relating to the shop. It is really useful if feedback is given directly to the shop management team, so please if you have ideas or suggestions do speak to Megan, Julie or Sue at the shop.

- Stewart Alderman  
Chairman - Hundon Village Shop Committee

## UK Parliamentary General Election Thursday, July 4th, 2024

You will have one ballot paper to fill out.

### West Suffolk Constituency Candidates :

- Henry Batchelor - Liberal Democrats
- David Bull - Reform UK
- Rebecca Denness - Labour Party
- Mark Ereira - Green Party
- Ivan Kinsman - Social Democratic Party
- Luke Thomas O'Brien - Independent
- Katie Parker - Independent
- Nick Timothy - Conservative and Unionist Party

**You'll need to take photo ID with you if you're voting in person.** Check the list of accepted forms of photo ID here :

<https://www.electoralcommission.org.uk/>

### Where to vote

If you're voting in person, the polling station for Hundon is :

Hundon Village Hall  
North Street  
Hundon  
Sudbury  
CO10 8EE



**Polling stations are open from  
7am to 10pm  
on polling day.**

## SHOP & POST OFFICE REGULAR OPENING TIMES

### SHOP

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

### POST OFFICE

Monday to Saturday 9am – 1pm

Telephone : 01440 786223

A graphic of musical notation on a five-line staff. It features several eighth and quarter notes, a treble clef, and a large, stylized treble clef at the end. The notes are arranged in a curved path across the staff.

**Music Nights  
at The Rose & Crown**

Acoustic Night  
first wednesday of the month

Folk Night  
third wednesday of the month

7:30 / 8pm Start

## HUNDON SOCIAL CLUB

Revised Sunday Opening Hours

12.30pm till 5pm



# Rector's Ramblings

## July 2024

### (O Summer, where art thou?)

Dear friends, as I write this the rain has been lashing against my study windows, a far cry from the sun-drenched days we usually associate with July. It's tempting to sigh, "O summer, where art thou?" and retreat indoors with a cup of tea and a good book. But hold on a moment!

While the weather may not be cooperating, there's still much to celebrate in this vibrant month. Here at the church, July is a time of growth, looking outwards, of embracing the community spirit that thrives even amidst unpredictable skies.

The sun may be hiding, but the warmth and light of faith remain constant. Our Sunday Services are always open to everyone, they are there to welcome you just as you are, and wherever you are on the journey of faith, even if it's just "dipping your toe in the water" and there is usually a short sermon which gives everyone a chance to explore themes like hope, forgiveness, and the power of love, all in a relaxed and welcoming environment.

We all experience times of darkness, personal struggles that can weigh us down. But just like the darkness of night gives way to the dawn, faith reminds us that despair isn't the final word. There's always light within us, waiting to be rekindled. Our services each week, and especially so when there are refreshments afterwards, are a space to share stories, find comfort and friendship, and reignite the spark of hope within.

Even with the rain, life finds a way. Flowers bloom defiantly in gardens, and nature continues its relentless cycle. This spirit of resilience is something we can all learn from. During the summer months the colour of the vestments and church decorations change to green, to remind us that it is a season of growth, where we metaphorically planted, watered, nurtured, and grow in faith.

The Church of England, at its core, celebrates hope, light, and the enduring spirit of love. These are the very things we associate with the summer months. So, even as the skies remain grey, we can cultivate a sense of "summer within" – a warmth that transcends the weather.

While the weather may be dampening our picnics, there are still ways to spread warmth and joy. July marks the beginning of the school holidays, a time when some families might be facing financial strain. We continue to operate a free Community Pantry from the Parish Church in Clare where anyone can "take what they need, or leave what they can" and we would encourage everyone who is able to contribute non-perishable goods, ensuring that everyone in our community has enough to eat during this time.

Acts of kindness, no matter how small, can have a ripple effect. By reaching out to those in need, we create a sense of warmth and compassion that goes far beyond the summer sun.

So, dear friends, even if the summer sun is playing hard to get, let's not despair! Let's use this month to explore the light within, celebrate the bounty of our community, and share warmth with those in need. Remember, the Church is always there, a beacon of hope regardless of the weather. We may not be able to control the rain, but together, we can create a vibrant and welcoming space for everyone to find solace and connection.



With love and blessings

**Mark**  
- The Revd Mark Woodrow  
(Rector)

## ALL SAINTS CHURCH

### July Services

**Sunday 14th July 2024**  
**Communion at 9 am**

**Sunday 28th July 2024**  
**Evensong at 6 pm**

Followed by refreshments.

**CHURCH'S ANNUAL FLOWER FESTIVAL**  
**Saturday 24th and Sunday 25th August 2024**  
11am till 4pm. Free Admission. Refreshments,  
Raffle, and more...

## Hundon Educational Foundation

### Trustees needed

Our village is fortunate to have this small charity which makes grants to residents of Hundon under 25 years of age for educational purposes.

The trustees meet for a maximum of one hour, three times each year in March, July and November. This is their only commitment.

We need at least two trustees to replace those who have resigned after many years of service.

If you are interested in becoming a trustee please contact me for further details.

Bernard Beer  
Administrator

beaufordlodge@hotmail.com

07899 922418



# HUNDON POST OFFICE

## Six Years On

It doesn't seem six 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 continue to have a working PO and shop here in the village and it also gives us banking services to save us having to travel. 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 those who keep the Village Shop stocked and open.

Six 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 at the time 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 the say the job is contracted and it relies on commission to make up the bulk of the pay. It would be impossible for anyone to live on the salary the POL pay!! I am sure I speak for everyone in the village in saying THANK YOU to the FOHPOs for their financial contribution over the years, as without them we would not have a PO. The FOHPO fund has now been running successfully for six years and we need to keep it going if our PO is to survive. We would also like to increase the amount we pay out each month in line with inflation as that didn't happen last year.

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, Julie and Rachel receive a living wage for the excellent service they give us we ask you all to consider whether you are willing to help, particularly those of you who use the village PO a lot for parcels, business, etc. It doesn't need to be a big contribution – every little helps. If you would like to give please contact either me (01440 786489) or Jane (01440 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.

Hopefully we can work together to ensure we keep our Post Office and Village Shop into the future.

- Jill Brown



## HUNDON COMMUNITY CAFE



**OPEN 2PM - 4PM**

**MOST THURSDAYS**

**DURING SCHOOL TERM TIME**

Cover required during School Holidays, see below.

### HELP WANTED

We are seeking a volunteer to run the cafe during the Summer school holiday; the dates are 25th July, & 1st, 8th, 15th, 22nd & 29th August. There should only be about 5 to 8 customers, therefore two cake options would be ample, and the current volunteer bakers may be able to help with the bakes.

Please contact Loraine Callow if you can help; 07976 927443

## HUNDON VILLAGE HALL HIRE CHARGES 2024

**Category 1:** Wedding receptions - £395 for the whole day and evening, plus any agreed setup/breakdown time on evening before and following morning.

**Category 2:** All other functions/events such as parties, anniversaries, family gatherings, public fetes/fairs/shows, business meetings - £17 per hour.

**Category 3:** Regular commercial/business hirers - £14 per hour.

**Category 4:** Other village based groups, clubs, organisations, charities, fundraising events - £12 per hour.

For Village Hall Bookings please contact Simon Clements on 07743 082195 or email : [villagehall@hundon.org](mailto:villagehall@hundon.org)

**The next Village Hall Meeting  
(Committee and User Groups) will be  
August 5th, at 7pm, in the Social Club.**

## VILLAGE HALL EXTERIOR \* THE VOTES ARE IN \*

The colour preference was for a lighter green with 34 votes, (the darker green and black both had 12 votes each). Hopefully it will also complement the green cladding of the new changing rooms as well for a co-ordinated look.



## HUNDON HEDGEHOG RESCUE

Thank you to everyone who has supported us by buying plants at our Spring plant sales at the end of April and May (in conjunction with HATA). You helped us raise over £500 which we need to buy food and medication for the hedgehogs in our care. We would also like to thank those friends of the late Mary Evans who have donated money to us in her memory. Mary worked with us after she retired as our County Councillor.

Usually we are fairly quiet this time of year but not this year as we have had a few surprise 'packages' arrive as well as the normal sick and injured hedgehogs. Pat Smith got a shock when she started cleaning out a cage one morning to discover three newly borne hoglets under mum. We have now had another two litters of hoglets delivered by mums who were found out in daylight. A lovely addition to the hedgehog population.

We are planning to hold another plant sale of perennials and herbs mid-September. Autumn is the best time of year to plant perennials as it allows them to get established ready for next Spring. Pots of herbs can be useful during the winter months. We haven't fixed a date yet but watch this space in next month's herald. In the meantime Barbara Waldron and I will be happy to hear what people would like to see on sale. Hopefully we will have wide range of plants on offer.



- Jill Brown  
Hundon Hedgehog Rescue

## Hundon Sports Association

### "The Astro"

At the "Astro" we are required to take measures to prevent climbing in this area. This notice is to inform that the anti-climb paint has been re applied to the perimeter fencing and gate above the level of normal reach and to areas where anyone may try to reach through. People will only come into contact with the paint if they are attempting to gain unauthorised access. This substance is not harmful to skin although it is hard to get it off and it will ruin clothes. For those with youngsters of an age where they play out unsupervised can I ask that you speak to them and encourage them not to climb the astro fencing or gate.

It is possible to have a family membership of the Astro which costs £65 a year and allows use of the pitch at any times where it is not block booked for group activities. For further details please contact me on [stewartalderman.sa@gmail.com](mailto:stewartalderman.sa@gmail.com).

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

- Stewart Alderman

Chairman – Hundon Sports Association

## Caring for Nature in All Saints Churchyard : Churches Count on Nature



Those who came along joined us in recording the grass species that have sprung up in the wildflower area in the sunny grassland area on the North side of the church.

We were able to add to the wildflower species list.

The children explored and discovered trees, leaves, flowers and small creatures, and left their joyful colourings for us to add to the **display about Hundon's Nature Recovery Plan which is in the church**, so do drop in at your convenience.

People signed up for **the bat id evening we are planning to hold towards the end of August**, weather permitting. Look out for further announcements in the Herald.

The swifts have been slow to arrive but a screaming party of 8 to 9 has now been seen around the church and North Street area.

Thanks to all who joined us and to the church and, in particular, Ann McGregor and Marion Argent who served the delicious cakes and welcome cups of tea.

- Jan Chambers & Fiona Gould



# Hundon Cricket News

It's that time again when we look forward to the new cricket season starting with the first game on the 1<sup>st</sup> May away at Chesterford in league 4 of the Adams Harrison Midweek Cricket League.

Our home games are scheduled for (6:30 pm start) :



## JULY 2024 DATES

17<sup>th</sup> July Hundon v T.A.C

31<sup>st</sup> July Hundon v Ickleton 2

As always we welcome new members and players (male & female), with or without experience. You just need to be over 15 years old and available to play midweek, normally on a Wednesday. Please get in touch if you would like to play -

oliverclark16@gmail.com • 07948357352  
(we are playing in a gentle league!)

This year we are grateful for the continued support from the Parish Council and to the Rogeron's Trust, without which we, like many local sporting clubs, would struggle to survive.

Many thanks to everyone for your support.

"Massive well done to the team for chasing the opposition's total in just 14 overs [on the 5<sup>th</sup> June]. Honourable mention of star batter, Simon Stone, scoring 60 runs not out.

[Also in June] Hundon cricket team thumped Ickleton away, chasing 136 runs in 20 overs, we won in 19 overs for the loss of one wicket. We are now 3rd in the league."

- Jumbo



## Hundon FC

A.G.M

Hundon Social Club

10<sup>th</sup> July 2024

Start 7.30pm

All Welcome

Come and get involved with your local club...

# IT MUST BE LOVE

"Booking the court  
couldn't be easier"

"Super friendly club,  
lots of support and  
encouragement"

## FOREVERYONE

### Free tennis coaching

Stoke By Clare Tennis Club is welcoming new members and the membership fees INCLUDE a group coaching session every month. In addition, all new members are being offered a coaching session within three months of joining.

Whether you are a 'rusty racquet' or a 'budding Alcaraz', two lovely carpet tennis courts in Stoke by Clare are only a short hop from Hundon and members can come and play with their friends. There are club sessions on a 'come and play' basis on a Sunday morning and some fun socials throughout the year.

### Want to know a little more?

There is an Open Day on Saturday 6 July 2024 from 2pm to 4pm where you can meet members and find out more about the tennis club.

Paid annually, membership runs 1st May 2024 to 30th April 2025 and the fees are as follows:

£60 full member; £96 for family (2 adults and children under the age of 19); £30 student; £24 junior.

### How to find us

Stoke By Clare Tennis Club  
Barn Lane, Off Ashen Lane  
Stoke By Clare  
Suffolk  
CO10 8JA



### Our website :

<https://clubspark.lta.org.uk/StokebyClareTennisClub>

### Introduce us to *your* world.

Have you got a gardening tip to share? A winning recipe? Or a seasonal crafting activity to show the community? Do you have a favourite walking route? **Article submissions are very welcome.** Please email the editor : HundonHerald@post.com



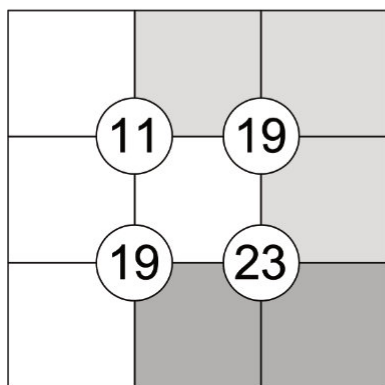
# Kobayaashi's Puzzle Page!



Turn to page 15 for the solutions...

## SUKO®

“Place the numbers 1-9 in the spaces, so that the number in each circle is equal to the sum of the four surrounding spaces, and the totals for each coloured area are correct.”



## RHYMACRYPTICS™

The answers to this cryptic clue all rhyme with each other...

If only he'd realised that the sinister old woman had lobbed the rock at the Royal Seat, he could have stopped what happened next...

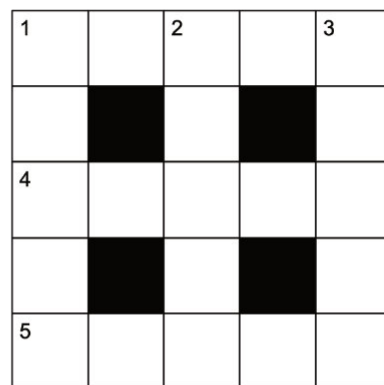
(5 words)



More exclusive puzzles from the twisted mind of Mr Kobayaashi can be found on Amazon.

## Five by Five

Mini Crossword Puzzle



Across :

1. A perfect fit
4. In plain sight
5. Located

Down :

1. Satellites
2. A luxury
3. Despised

**Note of apology :** please accept my apologies for the error in last month's puzzle. Obviously, the answer given 'YATCH' was supposed to be 'YACHT'. This was down to my own very human error. I hope this didn't cause too much upset, and I promise to try harder from now on. Thank you for playing. :)

## WORDSEARCH

Can you find all the Kings & Queens of England & Britain since 1066 hidden in the grid below?  
Answers may be written forward, backwards or diagonally...

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



# LETTERS SECTION

Want to discuss a village issue? Or share your thoughts on something in the Herald? Please be sure to be kind. Personal attacks or negative comments about individuals will not be tolerated.

You may request to be published anonymously, but any emails/letters/voicemail messages sent anonymously to the editor will not be acknowledged or included. The editor reserves the right not to include letters.

Please use the subject heading "Letters Page" and email your letters to [HundonHerald@post.com](mailto:HundonHerald@post.com)

You can also submit letters via the HH Drop Off & Suggestion Box, which can be found above the magazine rack in the Village Shop.



Dear Editor,

In response the letter in last month's Herald, (July '24), I agree that the weather and diverted traffic have contributed to verges being damaged.

However, I believe that the trend in recent years for cars and SUVs to become ever wider is a major contribution to the damage.

In the days when the lanes around the village were only used for horse drawn traffic, they were wide enough for carts to pass each other, but not so modern vehicles. Now it is virtually impossible to do so without mounting and eroding the verges, creating potholes and degradation of the edges of the tarmac surface.

I do not think that there is a simple solution beyond drivers taking care when passing another vehicle.

Widening every lane or 'shrinking' our vehicles are not feasible solutions!

- *Martin Waldron*  
(Address supplied)



Dear Editor,

as summer finally approaches, I'm put in mind of a wonderful fête-style gathering I attended in the fields next to the Village Hall about seven or so years ago. Stalls, food, candy-floss, a dog show and more...

Unfortunately, my memory isn't all it should be, and so I was wondering whether any Herald readers had photos they'd like to share of that lovely summer's day. Also, I'd like to ask whether anybody knows of any plans to put on a similar show sometime soon? It really was a fantastic community event, showing village life at its best.

- *A nostalgic Hundon resident.*  
(Name and Address supplied)



Dear Editor,

I'd like to take this opportunity to say how much we appreciate the journalism of Holly Proud. How lovely it is to have a regular contribution from a youngster and we sincerely hope she will continue to inform us of interesting village matters from her viewpoint. We also hope that Holly will be the inspiration for many more budding journalists, there are after all so many aspects of village life that could be covered by the young.

Thank you Holly and well done.

- *Clare Road, Hundon Resident*  
(Name and address supplied)

I couldn't agree more, and thank you for writing in. It's been a delight to have Holly on the HH team, and wonderful to have some younger writing on these pages. Thank you, Holly - write on!

- *Gillie (Editor)*



## Recipe for Broad Bean Hummus/Houmous



With a good crop of Broad Beans I decided to turn them into Houmous / Hummus, here's the recipe:

- 500 grams of fresh broad beans
- 1 small garlic clove, chopped
- 2 tablespoons of tahini
- 1 lemon, juiced
- 3 tablespoons rapeseed oil or oil of choice
- Salt and pepper

Cook the beans in a pan of boiling water for 10 mins, what I do is bring them to the boil then turn off the heat and leave them for 10 mins. Drain and rinse in cold water to halt the cooking process. Drain and tip into a food processor with the garlic, tahini, lemon juice and oil. Season well, then blend until the mixture is creamy and smooth.

The recipe says to remove the broad bean skins but I don't, it's all fibre!! If you want it completely smooth then by all means remove the skins (fiddly!).

Pour into a container, cover with cling film and keep in the fridge.

Enjoy!

- *Janet Burrows*



## Psychology's got it backwards!

This month's topic is anxiety - which is distress or uneasiness of mind and most often related to thinking about the future. Recalling times when you have felt anxious, you most likely can come up with logical reasons why - you were giving a speech, had a doctors appointment, were travelling somewhere new - there are many seemingly acceptable reasons. Here I'll suggest that the way forward is to recognise anxiety for what it is - simply your own thinking.

The fact is that if you are feeling anxious and you don't attribute that onto anything outside of you - then you are actually mentally healthy. Conversely, if you're in a wonderful feeling and attribute that to something outside of you - such as an animal or a loved one, or the weather - then you are actually under an illusion! Mental imbalance comes when we start to think our anxiety is due to something external, a circumstance, a person, a job, a deadline but the simple fact is that we live in the feeling of our own thoughts and not of our circumstances.

Here's a more useful way to see it: anxiety is not something we have to deal with, control, manage, work on - it's simply a feedback mechanism to let us know how much thinking is going on at that moment and whether we are overthinking things.

To illustrate this, imagine that you have a speedometer attached to your mind - but rather than measuring Mph it's measuring Tpm (Thoughts per Minute). Your mind, like a car has an optimum speed where it runs best, not too fast, not too slow where it is balanced and fully functioning. Also like a car, when we rev up our thinking we start to stress the system a little and we might feel mildly anxious, overloaded or overwhelmed. Many of my clients tell me this is their normal functioning - that they have a naturally high idle, but in fact it is a learned habit. When our mind really starts revving thoughts, building future scenarios out of thin air and catastrophising, then anxiety really starts to build, our mind is spinning out of control and it may lead to panic attacks, depression, burnout and medication.

So continuing the car metaphor you don't have to slam on the brakes in order to slow down, you just have to take your foot off the accelerator. It's the same with your thinking - you don't need to find ways to stop it, or slow it down, you can just learn to stop revving it up! If you understand that feelings of anxiety are just telling you that your mind is going fast, in the same way that feelings of peace tell you your mind is calm and slow, then you have a built-in feedback mechanism that you can begin to use to settle yourself down.


Simply noticing when you are revving your thinking is all that is needed. You may have the insight that you are just overthinking again and it will seem less and less of a good idea, and a much better idea to allow thoughts to settle down. You'll begin to rest in peace more and more as you point your busy thinking out to yourself, and sometimes even smile at how wrapped up in it you were getting!

Until next month... when we'll take a new perspective on the subject of high performance.

My warmest,  
- Libby

Sculptor & Transformative Coach  
Libby@innateclarity.com





**MOBILE THERAPY SESSION:  
ACCESS BARS®**


# Stress Release

A hands-on treatment, involving light touch to various points on the head.

An Access Bars Session can help with:

- Reduced Stress
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## Holly's School Report : Part 3 To the Castle!

Need help deciding which secondary school to study at? In part 3 of Holly's School Report, Holly interviews a student from Castle Manor.

“ It seems we have come to a conclusion on the journey through the 3 secondary schools; Samuel Ward Academy, Stour Valley and now this is Castle Manor Academy.

I first asked for the name of the interviewee and what year they are in, he answered that he is called Seth and he is in year 8.

I next asked what he did in the morning when he first arrives at school. He said “I have muster with the rest of the year group, this is where we all line up with our tutors and tutor group and have uniform checks. We also hear the notices for the day!”. This is interesting because this is very similar to Samuel Ward. This is most likely because Samuel Ward and Castle Manor are in the same Unity Trust.

I wondered what his favourite lessons were and why, he answered “I enjoy double PE on a Wednesday as the teachers are very good!”

I know that my school uses lots of different websites for our homework so I wanted to see how similar our ways of work were. I asked ‘what sort of different homework do you get?’ to which he replied “we use the websites Seneca and Sparks Maths to do science in particular.”

I next asked if there were any lunchtimes or afterschool clubs? He said “yes, lots of them including music, sports, arts, Duke of Edinburgh, homework and Dungeons and Dragons. However, my favourite is MM Manor Musicians.”

Finally, I asked if there was any wellbeing support, like someone who is available to go to if you are upset. He replied “Absolutely, I can go to the wellbeing team, my fantastic tutor, or my maths teacher!”

This is now the end of my series showing you what life is like at Samuel Ward Academy, Stour Valley and Castle Manor Academy. I hope this has been insightful and helpful to use to find out where you would like to go to secondary school! ”

Holly Proud  
Junior Journalist



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## Allotment Field Update

The main growing season is getting off to a very slow start, with a lot of us commenting on how poorly the post-last-frost plantings are doing. Hopefully we'll get some warmer weather soon.

We're starting to see some of our prettiest wildflowers around the field – look out for these:



Bee orchids (*Ophrys apifera*).



Jack go to bed at noon (*Tragopogon pratensis*) – you only see the pretty flower for a short time but the seedhead is magnificent – like a spherical dandelion.

## Vandalism

On a less pleasant note, we have been disappointed by recent repeated acts of vandalism to our notice boards. They have been pulled up, sometimes thrown in ditches, and posters have been ripped off.

These signs display a reminder for dog walkers to pick up after their dogs and to keep their dogs on leads. We know that the vast majority of dog owners behave responsibly, but the less respectful minority cause allotment holders in particular a lot of trouble. It is not pleasant to tread in dog poo when working the plot, nor to have to worry if a loose dog has been pissing all over your strawberries or salad.

Neglecting to pick up poo is illegal, as is allowing your dog to be 'dangerously out of control'. A dog does not even have to bite or physically injure someone for an offence to take place, but we have had several instances of dogs on leads being attacked or frightened by loose dogs.

## Rights of way on the field

The allotment field is private land, owned by the Rogeron Trust, our local charity. There is only one right of way on the field – from Church Street down to Lower Road. Traditionally, the Trust has permitted access from all adjoining streets and since HATA took over the management of the field, these permissive paths have been maintained by volunteers (thus saving the Trust thousands of pounds a year that can be used for the good of the village.)

Apart from when using the right of way, the only people who have the right to use the allotment field are the allotment holders, who pay for the privilege. We appreciate how valuable a resource the field is to the many dog walkers who use it every day, but we need the support of the community to try and change the behaviour of the irresponsible dog owners. If you see someone committing an offence – vandalism or not picking up after their dog please let us know and the HATA team will handle reporting it to the appropriate authority. Also, if you or your dog are ever frightened or injured by loose dogs, please also contact us. And photographic evidence would also be appreciated. Call Fiona on 07740 823106.

## Gate

We have finally heard from the Rogeron Trust and, by the time you read this, the gate to the field will have been replaced!

- Fiona Gould

Hundon Allotment Tenants Association

## 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](mailto:liz.hickes@hotmail.com)  
or telephone 01440 786321



# SEEKING INFORMATION

HELP PLEASE!

## Looking for information regarding a 1930 Bentley.

"In 1968, my late father and I were very fortunate to buy a 1930 Bentley for a few hundred pounds. After all these years I still own and drive it. We bought it from a dealer in second-hand cars in a mews garage in London. Screwed to its dashboard was an engraved brass plate reading "Restored 1966 by Peter Wilkins, Clare - Hoffman & Burton, Henley - T.H. Nice, Bury St Edmunds - O.G. Barnard, Stowmarket - for Lt. Col. A.L. Galloway, Bachelor's Hall, Hundon, Suffolk." It has taken many years to gradually piece together the car's history, but there are many gaps and I still have no early photographs.

I wondered if there is anyone in Hundon, who remembers the Colonel and his distinctive car - and even perhaps what he had done to restore it? I suspect it was a sales ploy, but the dealer brought tears to our eyes as he tried to close the deal, by suddenly finding a battered old hat in the back of the car, with fishing flies hooked into its band. "Oh NO!" he said, "the poor old Colonel. He was upset enough about selling his car, but to have lost his favourite fishing hat as well! I must get it back to him immediately..." Our hearts of course melted at the thought of the poor distressed old man. I wrote to the present owners of Bachelor's Hall to ask if they had known the Colonel. They kindly suggested that the Hundon Herald was the best place to find an answer."

If you have any information, please send it via the editor : [HundonHerald@post.com](mailto:HundonHerald@post.com)

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# Historic Hundon

Views around Hundon from almost 100 years ago.



## HUNDON SOCIAL CLUB



### BINGO!

**Saturday 13th July**

**Doors open 7pm - Eyes down 8pm**

**Raffle and bar**

Players must be 18 or over and must be members of the Social Club. Non members may join on the night only £5 membership for 2024.

## HUNDON SOCIAL CLUB

### Euro 2024

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# Hundon Gardening Club

## Newsletter July 2024

**Wednesday 25th May** - Five of us visited **Fullers Mill at nearby West Stow**. 2 of us are members of the RHS so got in for free as Fullers Mill is a Partner Garden to the RHS and Wednesdays are free for us. "Fullers Mill is an enchanting and tranquil seven-acre garden created by the late Bernard Tickner MBE (1924-2017), who started developing the garden in 1958. He spent over 50 years creating the garden you see today. It combines light dappled woodland with a plantsman's collection of shrubs, perennials, lilies and marginal plants enhanced by the reflective cooling waters of the River Lark, Millpond and Culford Stream. It is a garden of truly year-round interest." "In 2013 the garden was gifted to Perennial, the UK charity dedicated to helping everyone who professionally makes or looks after gardens, parks, sports grounds, woodlands and other green spaces." Our visit was all of the descriptions above. Very well managed, well worth a visit if you get the opportunity to go.

**Monday June 17th - Bressingham Gardens**. 16 of us journeyed to Diss, most on the CLASP minibus, very handy to hire. The weather was fantastic, where did the sunshine come from?? We enjoyed to Garden Centre Shop, the Teashop and the grounds. Beautiful vistas developed over many years and with much knowledge.



**Thursday 20th June** - We very much enjoyed the journey that Bryan Thurlow took us on when a small boy started working at the big house after his father had a very bad accident down the mine and couldn't work to keep the family. He advanced over many years to become head butler. A very thought provoking story. Thank you Bryan.

**Saturday 29th June - Hundon Gardening Club along with Cavendish Horticultural Society** have been invited by **Clare Horticultural Society** to an afternoon social visit to Roughacre Brewery Clare Hall Barns, Clare CO10 8PJ. 2 - 4 pm.

**Thursday 4th July - A visit to Greg Harrison's Sunshine and Green Organic, veg box scheme farm in Cavendish**, along with Clare and Cavendish Horticultural Societies.



**Thursday 18th July - Paula from Fox House Flowers**. A local grower and florist who regularly sells her flowers at Clare Monthly Market.

**Thursday 15th August - Honey Bees with Jo Nohre**.

**Sunday 25th August - A visit to Porters Lodge at Cavenham**

**Saturday 7th September - Clare Horticultural Annual Show at the Town Hall**

**Sunday 8th September - A garden visit to Clare Bulbs, Riverside House, Stoke Rd, Clare.**

**Sunday 15th September - Helmingham Hall Autumn Plant Fair.**

**Thursday 19th September - A welcome return from Jade Coffey, Perrywood Garden Centre, Sudbury talking on Herbaceous Perennials, dividing ..... etc.**



# Hundon Wine Club

Our next meeting will be on Thursday 25<sup>th</sup> July at the Village Hall. This is the rescheduled visit by Simon Lawson, Managing Director of Casella Family Brands (Europe) and Wickhambrook resident who will be sharing his experiences at a senior level in the wine industry.

Looking ahead:

- Saturday 27<sup>th</sup> July - Dinner at Christ's College in Cambridge for members and their guests
- Thursday 29<sup>th</sup> August at the Village Hall - James Aldridge from Corney & Barrow, Newmarket will be presenting
- Saturday 6<sup>th</sup> September – Tapas lunch at Louise's Pop-Up Restaurant in Assington Green
- Thursday 26<sup>th</sup> Sept12ember – Annual Social at the Village Hall
- Thursday 31<sup>st</sup> October at the Village Hall – Charles Eaton from Nethergate Wines will be presenting

If you'd like to know more about the Club or would like to attend a meeting please let me know.

Andy Turner  
Chairman & Secretary  
07802 175144  
andy.turner1@btinternet.com



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## HUNDON 40'S DANCE 1ST JUNE 2024

Well, what started with an idea down the pub turned into a fitting commemoration for D Day with great support from the village and further afield (130 people). It was great to have the 95th Bomb Groups' (9 piece) Skyliner Band, where some member travelling all the way from Bedfordshire. From the raffle we raised £250 for the veterans' charity SSAFA.



Thanks to Handyman Paul, Tea's Maid Becky, Swing Dance Barry, our District and Parish Councillors for their support. Special thanks go to Jock Whitehouse for providing an exceptional display of RAF Stradishall memorabilia and it's D-Day role.



See you on Saturday 7th June 2025 for our 'Dance for Victory'.

- Caroline, Jaff, Liz, Richard and Sharon  
aka Hundon Dance Crew. 18



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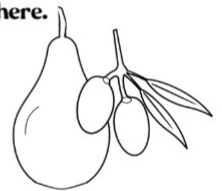
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**Haverhill  
Twin Town  
Association**

A group of 23 members travelled to Ehringshausen (our twin town in Germany) - this was a five-day cultural visit from 29<sup>th</sup> May – 2<sup>nd</sup> June. Members that participated in this trip were asked to give feedback - all feedback was positive. One member said

*“We thoroughly enjoyed the whole trip and think our hosting committee planned great trips - great idea to have the coach for the wine tasting trip....*

*I thought it was just the right amount of time that we stayed there. Thank you for all your communication and planning to make it run smoothly”*



HTTA chair (Bruce Davidson) presenting the painting of St Mary's Church in Haverhill, to Ulrich Diehl (chairman of DEG), to mark our 40 years of friendship. The picture was commissioned & painted by a local Haverhill artist, Rose Hubbuck.



*Sad farewells after such a special trip celebrating 40 years of friendship.*

**Summer Lunch on Tuesday 16<sup>th</sup> July**

We shall be holding the HTTA annual summer lunch, will be held on Tuesday 16<sup>th</sup> July at the Rose & Crown, North St, Hundon, Sudbury CO10 8ED. Starting at 12:30. The cost will be £15.00 per person for members and £17.00 for non-members. The bar will be open for you to purchase your own drinks. Please bring cash for the raffle, no need to bring a raffle prize thanks.

For more information and to book your place please see poster (page 23) or email the committee at: twintownhaverhill@gmail.com

**French visit to Haverhill 15<sup>th</sup> – 20<sup>th</sup> August**

Our friends from Pont Saint Esprit are visiting us between 15<sup>th</sup> – 20<sup>th</sup> August. The French sub-committee have worked very hard with the forthcoming visit – please see the itinerary below. Once this is all confirmed, we will need numbers of those joining us for functions. PLEASE see next newsletter (July) should you wish to join in functions. At this moment we have a possible twelve on the list to come over for this cultural five-day break.

**Itinerary for French Visitors  
(15/08/2024 – 20/08/2024)**

<b>Date and time</b>	<b>Timings / free time with hosts</b>
Thursday 15 <sup>th</sup> August – arrive at Stansted airport.	Committee members will collect visitors from airport. Back to Haverhill. The rest of the evening with hosts.
Friday 16 <sup>th</sup> August	Guided tour of Bury St Edmunds. Picnic in Abbey Gardens. — — — Evening (19:00) Haverhill in the Park. Open to the public.
Saturday 17 <sup>th</sup> August	Trip to East Coast Distillery for Gin experience at 14:00. — — — Haverhill Singers in concert at West End Congregational church hall at 19:00. Cost £7.50 for others, to include tea and cake. Open to public
Sunday 18 <sup>th</sup> August	BBQ at HTTA chairman's house for afternoon.
Monday 19 <sup>th</sup> August	Cambridge's Colleges and Classic Sights Tour. Lunch at University Arms. — — — Evening with hosts.
Tuesday 20 <sup>st</sup> August <i>Flight due out at 18:00</i>	Trip to Yum Yum fudge factory. A summer lunch at Hundon Rose & Crown at 12:00. Open to members and non-members. Leave Hundon at 15:00 prompt for airport.

Our calendar of events are always wholesome fun, extremely popular and attended by many people from Haverhill and surrounding villages.

If you would like more information about any of the HTTA functions please feel free to contact the secretary on twintownhaverhill@gmail.com



**HTTA Calendar of events 2024**  
(subject to change)

**July (16<sup>th</sup> Tuesday)** - summer lunch at Rose & Crown Hundon

**August (Wednesday 14<sup>th</sup> – Tuesday 20<sup>th</sup>)** - Visitors from France

**September (Sunday 15<sup>th</sup>)** - Paella and Sangria

**October (Saturday 19<sup>th</sup>)** - Race night at Kedington Community Centre in partnership with KCA

**November (Saturday 23<sup>rd</sup>)** - Mulled wine and mince pie (social evening) TBC

**and finally .....**

If you know anyone who is interested in any of the above, please feel free to share.

If you are not a member and wish to join or you are interested in attending any of the events, please feel free to email the Association:  
twintownhaverhill@gmail.com

For more information, also see Facebook: Haverhill and District Twin Town Association.

**CLASP 2024 TABLE SALES**

CLARE TOWN HALL 9:30am to 1:00pm on the following Saturdays:

- July 20th\*
- August 17th\*
- October 19th\*
- November 16th\*



\* *dates coincide with Clare Market.*

For information and table bookings  
tel: 07980 948167  
email : fundraising@clasp-clare.co.uk

Table £9 (+Tombola Prize Donation)  
Double Table £15  
Tables (6' x 2') are provided  
Doors open to table holders at 8.45am.  
Doors open to the public at 9:30am.

Refreshments and Tombola in Aid of CLASP.

For more information please visit the CLASP website: <https://clasp-clare.co.uk/>

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**Haverhill & District Twin Association Summer Lunch**



**Tuesday, 16<sup>th</sup> July 2024**  
**12:30pm**  
**Rose & Crown, Hundon**

£15.00 per member,  
£17.00 for non-members.

The bar will be open to purchase your own drinks.



Please pay by 7<sup>th</sup> July

Bank transfer  
**Haverhill Twin Twin Assoc.**  
Sort : **60-10-21**  
Acc : **90178882**  
(with your name as a reference)  
Payment will confirm your place.

Contact : twintownhaverhill@gmail.com. Please include your name and dietary requirements.



Hundon Village Hall & Playing Field Charity  
Presents an evening with the

## Abba Stars (Duo)

Saturday 27<sup>th</sup>  
July 2024

7.30pm–11.30pm

Ticket Price £12.50

Show Times  
8.30pm & 10pm



Bar, Raffle & Nibbles

Tickets on sale in the shop from July

To Reserve Tickets – Contact: -

David – Tel: 07895 708519 -

davidmgrusso@gmail.com

Sharon – 07919 408742 -

sharong.mott@yahoo.co.uk

Donated Raffle Prizes would be Greatly Appreciated

All Proceeds going to the Family Panto:

14<sup>th</sup> December 2024 - Jack & The Beanstalk

## STEPHEN PLEDGER

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• Brickwork

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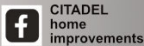
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[info@citadelhomeimprovements.co.uk](mailto:info@citadelhomeimprovements.co.uk)

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### DO YOU DO FACEBOOK?

Search HUNDON on Facebook to find the various Hundon based pages, including : Hundon Village. Hundon Village Shop & Post Office. Hundon, Suffolk, Buying & Selling. Hundon Nature - sights and sounds.

## CLARE FIRE STATION

70th Anniversary Celebration

Saturday 13th July 10am-4pm  
Clare Castle Country Park

FREE  
ENTRY

RAFFLE



Classic Fire Engines

Live Demos

Miniature Railway

Face Painting

Food, Drink & Ice Cream

& Lots more!

@ClareFireStation

ENQUIRES: [Warren.rodwell@suffolk.gov.uk](mailto:Warren.rodwell@suffolk.gov.uk)



Clare Fire Station and Clare Country Park  
Station Road, Clare

# Clare Flower Club



The Four Amigos  
(our talented members)

“A little bit of this  
and a little bit of that”



Thursday 4th July 2024 at 7:30pm  
Clare Baptist Church Hall CO10 8NY

Visitors Welcome £7.50  
Refreshments & Raffle

For more information, visit our  
Facebook page or call 01787 278400

## HUNDON PARISH COUNCIL

**Full Minutes will be available on the Hundon Parish Council Website**

Hundon Parish Council met on Wednesday 19th June 2024 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.

<https://www.suffolk.gov.uk/roads-and-transport/roads-and-pavements-and-verges/report-a-highways-issue/>

### **Football Club Changing Rooms**

Work continues on the changing rooms and the project is moving forward according to schedule.

### **Hedge and Verge Cutting**

The Parish Council are in negotiations with a new contractor for hedge and verge cutting. Suffolk County Council provide one hedge and verge cut a year around July and the Parish Council will usually provide an additional cut which is usually completed before the Suffolk County Council cut. Unfortunately, with the ending of the current contract, the Parish Council have struggled to find a new contractor but are hopeful there will be one in place soon.

### **2023/2024 Audit**

The Parish Council have received another successful internal audit. Paperwork will now be sent for the external audit.

### **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**

**Planning Application No.** DC/24/0507/HH

**Address :** 14 Windmill Rise Hundon Suffolk

**Details :** Householder planning application –

- a. conversion of existing garage to habitable rooms
- b. raising of garage roof. **Granted.**

Minutes can be viewed on the Parish Council Website.

- *Amanda Parrett, Hundon Parish Clerk*  
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)



## **Suffolk Neighbourhood Watch Members Meeting & AGM 2024**

The Suffolk Neighbourhood Watch Association invites you to the Annual Members Meeting with Speakers and AGM on **Tuesday 2nd July at 7pm** in The Coddendam Centre, Mary Day Close, Coddendam, near Ipswich. IP6 9SR

Come along to hear and question our two guest speakers:

Tim Passmore, the Suffolk Police & Crime Commissioner; and Inspector Ben Richards of Suffolk Police Constabulary.

We value your attendance and contribution to the debate: a strong presence and voice for Neighbourhood Watch across our county underlines the importance of your work and our work at grassroots, village and town level.

There will also be a range of crime prevention items available for purchase before 7pm and during the refreshment break.

FREE refreshments are provided.

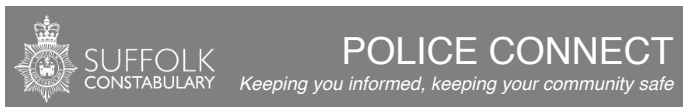
Numbers are limited so please confirm your attendance by registration via <https://suffolknwa.co.uk/2024-agm.html> or alternatively please forward your apologies to [comms@suffolknwa.co.uk](mailto:comms@suffolknwa.co.uk)

(If you are not able to attend yourself do please consider inviting a fellow Neighbourhood Watch member or representative of your community.)

We hope you can join us. You will be most welcome.

Kind regards

- *Suffolk Neighbourhood Watch Association committee*





# HUNDON VILLAGE EVENTS CALENDAR JULY 2024

Unless otherwise stated, events listed here take place in the Village Hall.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><sup>1</sup> 09:30 - 10:45 Yoga for Everybody</p> <p>11:30 - 12:30 Chair Yoga</p> <p>14:00 - 16:30 Evergreens</p>	<p><sup>2</sup> 09:30 - 10:45 YFE 13:30 - 14:30 TC</p> <p>15:00 - 16:30 FC</p> <p>18:30 - 19:30 P</p>	<p><sup>3</sup> 16:45 - 21:30 BSW</p> <p>19:30 - 20:30 Hundon Educational Foundation (SC)</p> <p>20:00 (Start) Acoustic Night (RC)</p>	<p><sup>4</sup> GENERAL ELECTION VOTING (SC)</p> <p><i>Polling station open 07:00 - 22:00</i></p> <p><i>See page 3 for details.</i></p>	<p><sup>5</sup> 14:00 - 16:30 Carpet Bowls</p>	<p><sup>6</sup> 08:00 - 12:15 BSW</p>	<p><sup>7</sup></p>
<p><sup>8</sup> 09:30 - 10:45 Yoga for Everybody</p> <p>11:30 - 12:30 Chair Yoga</p>	<p><sup>9</sup> 09:30 - 10:45 YFE 13:30 - 14:30 TC</p> <p>15:00 - 16:30 FC</p> <p>18:30 - 19:30 P</p>	<p><sup>10</sup> 14:50 - 15:50 Mobile Library Van VH Car Park</p> <p>16:45 - 21:30 BSW</p> <p>19:30 FC AGM (SC)</p>	<p><sup>11</sup> 14:00 - 16:00 Community Cafe</p>	<p><sup>12</sup> 14:00 - 16:30 Carpet Bowls</p>	<p><sup>13</sup> 08:00 - 12:15 BSW</p> <p>19:00 - 22:30 (Eyes down at 20:00) Bingo (SC)</p>	<p><sup>14</sup> 09:00 Communion (ASC)</p>
<p><sup>15</sup> 09:30 - 10:45 Yoga for Everybody</p> <p>11:30 - 12:30 Chair Yoga</p> <p>14:00 - 16:30 Evergreens</p>	<p><sup>16</sup> 09:30 - 10:45 YFE 13:30 - 14:30 TC</p> <p>15:00 - 16:30 FC</p> <p>18:30 - 19:30 P</p>	<p><sup>17</sup> 16:45 - 21:30 BSW</p> <p>18:30 (Start) Cricket (CF)</p> <p>19:30 - 21:30 Parish Council Meeting (SC)</p> <p>20:00 (Start) Folk Night (RC)</p>	<p><sup>18</sup> 14:00 - 16:00 Community Cafe</p> <p>19:30 - 21:30 Gardening Club</p>	<p><sup>19</sup> 14:00 - 16:30 Carpet Bowls</p>	<p><sup>20</sup></p>	<p><sup>21</sup></p>
<p><sup>22</sup> 09:30 - 10:45 Yoga for Everybody</p> <p>11:30 - 12:30 Chair Yoga</p>	<p><sup>23</sup> 09:30 - 10:45 YFE 13:30 - 14:30 TC</p> <p>15:00 - 16:30 FC</p> <p>18:30 - 19:30 P</p>	<p><sup>24</sup></p>	<p><sup>25</sup> 14:00 - 16:00 Community Cafe</p> <p>19:30 - 21:30 Wine Club</p>	<p><sup>26</sup> 14:00 - 16:30 Carpet Bowls</p>	<p><sup>27</sup> 19:00 - 23:30 Abba Stars Music</p>	<p><sup>28</sup> 18:00 Evensong (ASC)</p>
<p><sup>29</sup> 09:30 - 10:45 Yoga for Everybody</p> <p>11:30 - 12:30 Chair Yoga</p>	<p><sup>30</sup> 09:30 - 10:45 YFE 13:30 - 14:30 TC</p> <p>15:00 - 16:30 FC</p> <p>18:30 - 19:30 P</p>	<p><sup>31</sup> 18:30 (Start) Cricket (CF)</p>	<p>EVENT CODES : YFE = Yoga for Everybody. TC = Tai Chi. FC = Fun Kurling. P = Pilates. B = Badminton. BSW = Ballet Shoe Workshop. FC = Football Club. LOCATION CODES : SC = Social Club. VH = Village Hall. ASC = All Saints Church. CF = Cricket Field. RC= The Rose &amp; Crown.</p>			