

Village Voice

Spring 2024

INSIDE THIS ISSUE

COMMUNITY COUNCIL NEWS

Lots of updates from our busy community council and notification of the Annual General Meeting!

CHURCH NEWS

Updates from the church community and a call for help keeping our beautiful church tidy.

NEWS AND EVENTS FOR THE VILLAGE

Ros Alexander our Parish Council Chair tells us important news about our river, the Lark.



IT'S HELLO FROM MAZ!!

'Allow me to extend to you all the warmest of greetings as I step into the role of editor of your Village Voice. I am humbled to have been asked to take on this role; new to the village, the role gives me with a wonderful opportunity to learn and embrace the traditions of the life here, understand the history and get to know more the wonderful people who define this very special place. Susanne has done an amazing job turning the 'old' Hawstead Journal into the Village Voice; I am sure you will all join me in thanking her for all her hard work!! On a personal note, she has been amazing supporting me with this first edition of 2024, so it's a HUGE thank you from me! I don't mind admitting it's been nerve-wracking getting this first publication out to you all. I am learning as I go, and I will admit I am by no means an expert on computer design, but it's really the content that matters..... This is your Voice and your Village, so I really want to hear from you. Please email any content you wish to share with the village to.... hawsteadvoice@gmail.com Best wishes and see you all soon!

Maz



HAWSTEAD COMMUNITY COUNCIL NEWS

- **An investment for Christmas** -This January we took advantage of the Christmas/New Year sales to purchase a quality artificial tree for the village hall plus additional lights and decorations. Our real tree cost us nearly £100 annually, and each year the price is increasing. Plus, the needle drop is an additional cleaning issue. So, we hope that the new artificial tree will be a worthy replacement and supply us with many years of needle drop-free enjoyment!
- **Advent at Hawstead Village Hall** - Once again the early December Advent Service and Christmas Lights Switch On at the village hall was well supported by villagers. About 40 residents attended to reflect on the true meaning of Christmas, and to recognise the start of preparations for Christmas. Afterwards participants enjoyed a selection of festive food and mulled wine, provided by Hawstead Community Council and the All Saints Church Team. Our thanks to Lesley for organising the event, to Fran, Rosemary, Ray and Ros for the musical accompaniment, and to Caroline Miller for lending us her Christmas tree for the evening! *'We had the pleasure of attending our first Advent at the Village Hall in early December, what a wonderful way to meet many of you. We sang carols, enjoyed some wine and nibbles, and listened to beautiful live music; this is an event which is already pencilled in our calendar for 2024! Maz & Joe (Old Forge Cottage)'*
- **Spring Plant Fair** – Have you started planting your seeds yet for this year? The annual Plant Fair will be taking place on Saturday 25th May; it's a great way to help the environment and share your spare seedling, as well as meet your fellow village growers.
- **New – Monthly Relax and Reset Session** – a new addition to our Health and Wellbeing for the village, the first session took place on 21st February which was very popular! Focusing on bringing peace and meditation to your life, the 90-minute sessions include mindfulness, guided meditation, and a soothing sound bath. You'll need to bring a yoga mat, pillow/cushions and a blanket to help foster your inner zen. Chairs are available for those who prefer to sit, or bring your own. These events are proving very popular. For more details of the next session please contact Jane at Kalmer Karma on Jane@kalmerkarma.com or visit her website at kalmerkarma.com for details of future sessions to book your place.
- **New! - Community Council Member** – We are delighted to welcome Joe Sheehan (Old Forge Cottage) as a co-opted member of Hawstead Community Council. New to the village with his wife Maz, now editor of Village Voice, both are keen to get involved and meet villagers. Joe brings a wealth of experience from business relationship management and event planning, so we are looking forward to working with Joe and seeing what new ideas he has for the village. There are now no spare places on the Community Council, and that reflects the active, and well supported nature of the work of the Committee.
- **New! - Community Village Voice** – New resident Marianne Sheehan has kindly volunteered to take on the task of gathering articles from villagers and bringing them all together to make a quarterly issue. While there is a regular core of villagers who supply updates on the various village activities, if you have something of interest to say, please contact Maz on hawsteadvoice@gmail.com
- **New! - Village Hall Floor** - In December we had to postpone the Christmas Drinks Party to allow the hall to close for a few weeks (with minimal disruption) for replacement of the hall and corridor floors. We had a significant radiator leak last winter which resulted in part of the floor getting very wet under the vinyl planks and also a marked depression forming across one end of the main hall. As a result, we had to take up the old floor, dry the room and have a full replacement of all the wood-effect floor... all under our insurance policy. We also took the opportunity to upgrade the carpet in the entrance to trap more wet and dirt on entry, and to have our plumber attend to replace and recheck all the radiator connections. It took a long time to decide on the replacement floor vinyl, and we think we must have done a very good job because we have had no complaints!

- **New! – Post-Event Cleaning Opportunity** – We are seeking a post-event cleaner to focus primarily on the washing up, cleaning the kitchen and tidying away (possibly wiping tables, stacking tables and chairs (if physically able etc.) after hire events at the Village Hall. We already have someone who is hoovering, washing floors and cleaning toilets. Ideally we would like to gather together a small group of villagers who will be shown the dates of upcoming events and select which they would like to cover. The post-event timings will likely be Saturday evening or Sunday afternoon/evening, although we have the occasional mid-week event. **The role is paid**, and ideally more than two people would be ‘on duty’ for each post-event kitchen clean. Cleans (not including the weekly cleaning tasks completed by our current cleaner) can be anything from 1-4 hours of washing up, depending on how large the event and how much cutlery, crockery and glassware is used. We will have an idea of the likely volume of washing up ahead of time. If you are interested in learning more about this paid role, please contact Amanda Lomas-Farley on bookings@hasteadvillagehall.co.uk
- **Oil Theft in Hawstead** - The village hall's oil tank was raided at 6.45pm on Monday 22 January and half the oil taken. It took the two thieves around 15 minutes to arrive (from the direction of Bury St Edmunds at 18.43), reverse and park, hand pump out the oil and leave (in the direction of Lawshall at 18.57). This was 3 days after the tank was filled and will have cost the village ~£360 in oil alone. This was also at a time when plenty of vehicles were driving past the hall, although the thieves had turned off their headlights.
 - **Please be vigilant with your own tanks and be aware that thieves are around.**
 - **Please can we ask anyone who regularly walks their dogs around the village green to walk past the oil tank and check the locks are still in place? We can then act sooner to check video footage/warn others.**
 - **If you are driving past and see a vehicle parked close to the oil tank (especially in the dark), please report it immediately to any member of the Community Council. No vehicle should ever be parked there unless there is an event on at the hall.**



- **Hawstead Community Council’s AGM will be held on Monday 13 May**, at which annual reports will be presented and a new Committee elected. We are keen to see some new faces involved, bringing along new ideas and a willingness to take on some responsibility. Our AGM is when you as a resident have the opportunity to hear what’s been happening at the hall and maybe even consider joining us to help shape the future of the village hall. Getting involved with your Community Council will:
 - improve life in your village for all residents and
 - help you make new friendships to enhance your enjoyment of life in Hawstead.

Please consider joining our small and friendly Committee. The more active members we have involved, the less pressure on the few who are currently committed and the more likely we are all to enjoy the meetings and plan and experience fantastic social events for everyone here in the village. Please step forward and be part of our Community Council team! Our existing Committee consists of John Shipley, Louisa Jackson, Susanne White, Caroline Miller, Bob Brough, Ali Bovill, Amanda Lomas-Farley, Tam Alexander and Joe Sheehan. We can have up to nine members.

All members of the current Committee will be stepping down as per our constitution at the upcoming AGM, leaving all posts to be proposed and elected. Please let John Shipley (ajsrowans@gmail.com) know if you will be joining us so we can prepare the venue. **Make a note in your diary NOW!**

Notice of Annual General Meeting (AGM) of Hawstead Community Council

Every village resident is a Member of Hawstead Community Council. As such, the current Executive Committee needs to inform villagers of its upcoming **Community Council AGM at 6.30pm on Monday 13 May** at Hawstead Village Hall).

- **Making the meeting safe**

We will meet inside the hall. Please do not attend if you have symptoms of COVID. Please let us know in advance if you would like to join us, and a record will be kept of all attendees.

- **What will happen at the AGM?**

At the AGM we will be voting to elect our new Honorary Officers and Executive Committee for 2024/25. All positions are available for election as per our Constitution. Nominations are invited for the following positions which all have voting rights at General Meetings:

- **Chair** – Shall chair meetings, represent the Council at functions/meetings to which the group has been invited, to act as the spokesperson for the Council when necessary.
- **Vice Chair** – Shall support and stand in for the Chair when necessary.
- **Secretary** – Shall prepare, in consultation with the Chair, the agenda for meetings, take and keep minutes of all meetings and collect and circulate any relevant information within the Executive Committee.
- **Treasurer** – Shall supervise the financial affairs of the Council and keep proper accounts that show all monies received and paid out by the Executive Committee and shall provide a financial statement at each meeting and produce accounts, independently examined by a competent person, to the Annual General Meeting.
- **Executive Committee Member** (up to 9)

Would you like to be on the Executive Committee?

If you wish to have a vote on Hawstead Community Council issues throughout the year, you need to be elected as a member of the Executive Committee. You must arrange for a nomination, a proposer and a seconder and forward the details to our Secretary, Louisa Jackson, at louisamariejackson@me.com by Wednesday 8 May to enable us to prepare ballot papers. You will need to supply:

- Name of Nominee:
- Address of Nominee:
- Email address of Nominee:
- Position(s) sought:
- Details of Proposer: Name, address, email
- Details of Seconder: Name, address, email

Just to be clear, the nominee, proposer and seconder **MUST** be villagers resident at a village address. You should also read the Constitution, in particular clauses 7 and 10, to ensure you meet the requirements of the Constitution. To vote, you must be present at the AGM.

Come and join us

All villagers are most welcome to attend the **AGM of Hawstead Community Council on Monday 13 May** at Hawstead Village Hall from 6.30pm. Please do not come along if you are showing any of the symptoms of COVID.

Our AGM is a good opportunity for you to make sure that the Community Council is looking after your village hall as you would like, and you will be updated by reports from the Chair and Treasurer. While the AGM itself is a meeting somewhat limited to the elections, we will break for a short time afterwards and then reconvene for a more informal General Meeting of the new Executive Committee, to which all are invited. Given the time taken for the AGM, this General Meeting is likely to be a short meeting to discuss the essentials, with less urgent items being deferred to our next meeting.

We are always keen to welcome new members to our meetings, whether as an observer or someone willing to offer new ideas for social activities. Whatever your skill set or age, do please come along to learn what we are all about and to see whether you would like to get more involved. Dates for our meetings are advertised through the Village Voice and our online village hall calendar, but please just email bookings@hawsteadvillagehall.co.uk if you are unsure of dates/times.

PROVISIONAL AGENDA FOR THE ANNUAL GENERAL MEETING OF HAWSTEAD COMMUNITY COUNCIL

**Monday 13 May 2024 at 6.30pm at Hawstead
Village Hall**

Please sign in on arrival.

1. Welcome and apologies.
2. Chair's report for 2023/24
3. Treasurer's report for 2023/24
4. Election and appointment of Chair, Vice Chair, Treasurer, Secretary & other Executive Committee Members for 2024/25
5. Appointment of the Auditor for 2024/25
6. Any other business (previously notified to the Chair)



HAWSTEAD PLANT FAIR
SATURDAY 25TH MAY



An Invitation from the Horringer Benefice to prepare and donate...
A Lent Box for local families in need

Every year, the Benefice organises the collection and donation of a Lent Box for local families in need. Rather than giving something up for Lent, why not acknowledge it by an act of kindness?

Over the past few years, the Churches of Horringer Benefice have sought help to create special Lent Boxes filled with food items, as well as love. Can you provide a Lent Box for those less fortunate? You could even combine forces with a neighbour to create a joint Lent Box.

Each box contains ~40 items, one for each day of Lent, including food, toiletries and other useful bits and pieces. Lent Boxes should be delivered to Lesley 386132 or Rosemary 386157 before 25 March to ensure that the families receive them before Easter. Thank you.



Services

- 2nd Sunday – Morning Prayer
- 4th Sunday – Eucharist
- Each month at 11am

'It is with great regret that I have to inform you, if you don't already know, that Max our Priest is leaving. He is very sorry to be moving on so soon, it was not his original intention. Health, family, life in short has taken over, necessitating a move. We will all miss him, Angie and Noah. Rev Mel is a first-class Assistant Curate and will have the support of local clergy as well as our Ministry Team. As Mel will remain with us for her third year there is less pressure of time during an interregnum to find an immediate successor'.

Max's last Service will be a Benefice Service, Easter Sunday, 10.00am at Horringer Church. Everyone is very Welcome.

Lesley Carey

An Invitation to breakfast on
Mothersing Sunday
from 10.15am, Sunday 10 March
All Saints Church, Hawstead
Serving croissants and jam, bacon butties, tea and coffee
followed by Morning Prayer at 11am
including a flower posie during the service for all mothers!

CHURCH YARD MAINTENANCE

'As the year gets going, so do the weeds, brambles and plants which make our churchyard look untidy! We rely on village volunteers to keep up the battle to make the area pleasant to be in, and to look at. If you can spare an hour or two on an occasional Saturday morning in 2024, we'd be most grateful for your assistance'.

- 23rd March
- 20th April
- 18th May
- 15th June
- 13th July
- 10th August
- 7th September
- 5th October
- 2nd November

I will remind villagers of the dates via email; feel free to turn up any time after 10am; expect a break for tea/coffee and biscuits. We do have a couple of mowers, and a supply of fuel -, but additional equipment and hand tools welcome. Andy Parrett





YOUNG HAWSTEADERS IMPORTANT NEWS - EASTER BUNNY RETURNING TO HAWSTEAD!

Village children will be pleased to hear that the Easter Bunny may well be returning to Hawstead this year, leaving some tasty treats for all aged 16 or under. Hawstead Community Council has been in touch with the Easter Bunny's Suffolk representative and hopefully a visit will ensue over the Easter period.

- We are updating our list of village children. If you have children aged 16 or under in 2024, please contact the Easter Bunny Liaison Officer at treasurer@hawsteadvillagehall.co.uk and provide names and dates of birth.

Without this information we cannot give instructions to the Easter Bunny or the Christmas Elves!

All data collected will remain confidential.



Between March – November our play area needs a watchful eye kept on it, to ensure that no weeds start taking hold in the bark and the 'holes' under the swings are filled and raked. If you feel you could check it for us a couple of times a month and pull up the odd weed, please do get in touch. There's now a brown waste bin at the back of the village hall, so weeds are easily composted. Contact bookings@hawsteadvillagehall.co.uk for more details or to offer your time.



Dates for local Spring/Easter Events

**Kentwell Hall – Lambing
Weekends – 2nd March –
31st March**

**Easter Egg Hunt –
Ickworth Estate – 29th
March – 14th April**

**Easter Trail – Clare Castle
Country Park – 29th March -
7th April**

Something a little bit lovely.... Easter Nests

Ingredients

- 22.5g dark chocolate (in bits)
- 2tbsp golden syrup
- 50g butter
- 7.5g cornflakes
- mini eggs to decorate

Method

- Melt chocolate, golden syrup and butter together in a bowl over a saucepan of gently simmering water, stir until melted & smooth
- Remove bowl from heat and gently stir in cornflakes.
- Spoon into paper cases, top with eggs and chill for around hour in the fridge
- Eat and enjoy!





Helping our rare and special river!

'You're probably aware that several tributaries of the River Lark meet in different parts of the village. And you've probably been cursing the recent recurrent flooding and resulting potholes. You may not be aware the Lark is a chalk stream, one of about only 280 in the UK, which has most of the world's supply of such rivers.

In their natural state chalk streams support a huge variety of plants and animals. They have been described as the UKs equivalent of the Great Barrier Reef. But sadly, almost all of the UK's chalk streams are suffering high levels of pollution from a variety of sources. The Government has now identified eight chalk streams, one in each region of the UK to be 'flagship' examples of restoration over their entire river catchment areas. The Lark is one of these eight, and this is what has led to the designation 'Lark Corridor' in West Suffolk Council's recently published draft local plan.

Our little stream is of national, even international importance!

A local charity, the River Lark Catchment Partnership (RLCP), with the support of some 20 other organisations, including Anglian Water, West Suffolk Council and the National Trust is now aiming to restore the entire river from its source in Lawshall, and its merger with the River Linnet in the Abbey Gardens, through to its outfall into the Great Ouse in Cambridgeshire.

Starting in mid-March, a group of village volunteers will be contributing to the RLCP's Citizen Science programme regularly monitoring water quality and flow as the river meanders across the parish. This will provide the baseline data against which to measure water quality further downstream. It will help plan how to restore the river, which in turn will encourage wildlife, mitigate the ever-increasing threats of flooding, and enable residents to enjoy a beautiful natural resource.

I am delighted to say we already have over a dozen people who are keen to take part!

Ros Alexander – Hawstead Parish Council



THE RIVER LARK CATCHMENT PARTNERSHIP

www.riverlark.org.uk

admin@riverlark.org.uk



registered charity number 1177318



Yoga – the benefits are countless!

‘There are countless benefits in practising yoga. Every movement requires our full attention, calming the mind, relaxing the body, banishing worry and anxiety and relieving depression. Deeper breathing sends life-giving oxygen to every part of the body, improving lung capacity, reducing blood pressure and strengthening the heart.

Yoga promotes flexibility by stretching and strengthening our muscles, improving balance and enhancing our agility, stamina and general fitness. Increased blood flow to the skin helps prevent frown lines and wrinkles.

We are very fortunate to have an exceptional yoga teacher here in Hawstead. Her name is Siobhan Kemp. Siobhan’s classes are both challenging for the more experienced and gentler and manageable for beginners.

*She is friendly and welcoming. Her classes run at the village hall on **Thursday mornings from 9.30am to 11am**. Call Siobhan on 07780 873138 or email her at siobhan@saffronyoga.co.uk or visit her website www.saffronyoga.co.uk for more information.’*

Geraldine West

The following are **open to all Villagers** and are run at the Village Hall

- **Yoga with Amber** – Every Tuesday from 6pm
- **Bowls club** – Every Tuesday from 7.30pm
- **Saffron Yoga (Siobhan)** – Every Thursday from 9.30am
- **Fitness with Michelle** – Every Thursday from 7pm
- **Mindfulness with Jane** – Once a month on a Wednesday Afternoon/Evening – starting 21st February. – kalmerkarma.com

Please check the village hall bookings calendar for dates and contact the organiser to confirm your space.



Drop in Yoga Classes

A graceful progressive flow class working on strengthening the mind and body, leaving you feeling balanced and grounded.

Tuesdays 6pm
Hawstead Village Hall

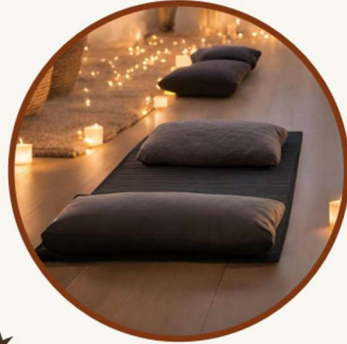
Sundays 9am
The Unitarian Meeting House,
Churchgate Street, Bury St Edmunds

£8 drop in

Please contact me on 07983 573157
or at ambersparkle84@gmail.com for more details.

RELAX & RESET SESSIONS

90 MINUTES OF CALM, PEACE
AND RELAXATION



Mindfulness
Guided Meditation
Breath Work
Sound Bath



WEDNESDAY 20th MARCH
HALL ON THE GREEN, HAWSTEAD, BURY ST EDMUNDS

Sessions at 4.30pm & 7pm **£12.50**

For more info or to book visit

kalmerkarma.com

Limited Places - booking essential



Kevin Seggie -Electrical Services

- Part registered with NICEIC –Reg no Epp2417.
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All types of electrical works carried out including new build, rewires, extensions, all testing, minor works, PAT Testing and more.

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Beechwood Cottage, Bury Road, Lawshall IP29 4PJ.

Email: kevinseggie@yahoo.com

Your Village..... Your Voice.....

Moving into 2024 I want your Village Voice to focus on your own voices. To that end we need Content Writers. If you have something you would like to share this publication is your opportunity to join in... big or small, it really doesn't matter; we need your voices,. Here are some ideas that may interest you.

- **Village Values** - We all come from a wide range of backgrounds, rich family histories and cultures. Would you like to share your story? Your traditions, your culture, your values, your favourite foods and recipes, your favourite art, your music passions,
 - or a brilliant book you have read? Why not share it in your Village Voice?
- **Sports Clubs** –Are you a member of a local club? Do you need help? Are you looking for new members?
- **Schools** – Is your child's school putting on an event? Would you like to let our community know? Do you need volunteers?
- **Top Tips** – We all have a diverse range of skills and knowledge. Would you like to share a top tip? It could be anything... gardening, cooking, pet care, children's activities. Do you know something which could help someone else? Let us know.
- **For Sale, Freecycle, Give Away** – Are you planning on clearing your shed or garage and want to avoid putting something in the rubbish? If you have something you no longer need that you think may be of value to someone else. Why not share it here?
- **People Library** – Do you have a particular skill/area of expertise that you would be willing to share? Could you spare an hour with someone to help them develop a skill or build knowledge, be it for leisure learning or to help someone develop a career path?

Share it for the next issue – content deadline: 18th April 2024

Email your content to: hawsteadvoice@gmail.com

Next Village Voice due out 1st May 2024