

ISSUE

21

10 October
2022

The Village Voice



Welcome to our village newsletter

Halloween is just around the corner and, dare we say it, Christmas is hot on its heels! This issue celebrates Hawstead's very successful annual fete, with photographs of a memorable day packed with community spirit. As ever, huge thanks to everyone in the village who helped to make this event happen.

Also, a big thank you from me for all your contributions over the last couple of years. This will be the last Village Voice I put together. If anyone would like to take up the reins, I'm sure the village would very much appreciate it. If you'd like to find out more, please feel free to contact either myself (anneng100@googlemail.com) or Susanne White (bookings@hawsteadvillagehall.co.uk).

Copy deadline for next issue: 1 December 2022. Send items to bookings@hawsteadvillagehall.co.uk.

Your Community Council: shaping what we do

This month a residents' survey is coming to your door aimed at gathering information about how you use your village hall and play area, and how you would like to see it develop over the next few years. What events/activities do you enjoy? What would you like to see offered within the village? What sorts of activities would attract you into the village hall? How can we help the community to make better use of this village resource? We need to hear from you – children and adults – so that we can gain a representative sample of opinion to guide the hall's future.

In May each year, you have the opportunity to elect your Community Council for the following 12 months. Your elected Council members are charged with preserving the community's village hall and the nearby fenced play area. Specifically, the current Object of Hawstead Community Council is as follows:

'To provide and manage recreational facilities, playing fields, playgrounds, community centres, social facilities and other amenities of a similar nature in the interests of social welfare for the benefit of the community residing in the parish of Hawstead Suffolk, the advancement of education, the protection of health, the relief of poverty, distress or sickness and in pursuing any objects which are now or hereafter may be deemed in law to be charitable by improving the conditions of life of the persons for whom the facilities are primarily intended'

Your elected Community Council is manned by volunteers from the village. They spend their time focusing on trying to meet the different elements of this objective. The upcoming survey will be designed to help you think



about whether the village hall and play area are meeting your needs, and how we might best move forward. If you are interested, we'll also give you a summary of the hall's usage since 2018 (ignoring 2020 and 2021 for obvious reasons), and will also try to communicate the financial demands associated with maintaining these valuable village resources.



Churchyard Tidy Ups 2022

It's nearly the end of the grass-growing season, so just one more scheduled Churchyard Tidy Up is needed for 2022. We've been blessed with some amazing weather for the majority of our churchyard sessions, and here's hoping that 22 October is no different. Gather together your gardening tools and join the enthusiastic team of volunteers for a morning of mowing, strimming, hedge-cutting and perhaps, even, a bonfire!



Hawstead's final churchyard tidy up for 2022 will take place on Saturday 22 October, starting at around 10am. Work usually finishes by 12.30pm, especially if there's lots of help. Spearheaded by villager Andy Parrett, these monthly dates in the churchyard have fostered a lovely team spirit and also helped the churchyard to look spick and span all summer.

The whole church team would like to say a special 'BIG THANK YOU' to all those who have turned up on one or more occasions armed with gardening equipment and gloves. Without the support of volunteers, the churchyard would very quickly become overtaken by nettles and weeds, and fall into a state of disrepair. We have a church and churchyard of which we can be truly proud... let's keep it this way.



New Compiler needed for the Village Voice

Since the start of lockdown early in 2020, Anne East has worked hard to generate content for this, our village newsletter. While we do have some regular contributors from the Community Council and other villagers, we need more! Anne is now stepping away from managing the Village Voice, so we would like to find another villager who has the necessary skills to pick up the baton. Can you send out emails to remind contributors of upcoming deadlines? Can you lay out content attractively in Word or similar? Can you handle photographs and write content yourself to fill the gaps? If so, and you would like to help villagers stay up to date with what's happening in the village and further afield, please get in touch through bookings@hawsteadvillagehall.co.uk.

Halloween Party!



Calling all Hawstead Village Children for a Spooktacular Halloween Party

To register to attend this event, please contact Sarah Bullen on 07470 097635 or sarahbullen84@gmail.com **before 26 October**. We need to know numbers for catering. Please bring along a plate of food to share if you can, but please don't worry if that is not possible. Sarah will coordinate! There is no cost to join us, just dress up spookily for entry... adult fancy dress too if you can bear it!

Hawstead Village Hall, Friday 28 October, 4.30-6.30pm

This event is funded in full by Hawstead Community Council.

Dare you Join Us?

It's Pantomime Season: 'Oh no it isn't...'

This year's pantomime at the Theatre Royal in Bury St Edmunds is *The Legend of Robin Hood*.

Hawstead Community Council is delighted to be able to fund tickets for our youngest residents... and here are the details.

'Pity the impoverished people of Nottingham. Their scheming Sheriff is relentlessly raising his taxes. Most folks have had to quit the city and move out to Sherwood Forest as Nottingham becomes the preserve of the uber-rich. Yet fear not... a hero has emerged: Robin of Loxley. Not only does he steal from the rich and give to the poor, but he also looks fantastic in tights! But Robin is not alone. Maid Marion, loud-mouthed Little Joan and puny pauper, Young Rob, have joined the fight. It's people power versus 'the Man'. Let's just hope the little guy can save the day!'



Hawstead Community Council will refund the cost of seats for each resident child's (aged 12 and under) ticket up to the value of £19.50 per child. This enables families to choose their own seats. Parents/carers will need to book and pay for tickets direct with the theatre.

Note there are special **family saver performances**, as well as **accessible shows**, including a **BSL performance** on

7 December, a **Touch Tour** on 8 January and a **Relaxed performance** on 8 January. Check out the website at theatreroyal.org/shows/the-legend-of-robin-hood for full details.

To apply for a refund for your child's ticket, please contact bookings@hawsteadvillagehall.co.uk. All we'd like in return, if possible, is a photograph of the family enjoying the show!





'Triple-20s' Christmas Lunch

Once again, Hawstead Community Council is pleased to invite all residents aged 'triple-20' and over to its annual Christmas Lunch. Welcoming superb cuisine, sparkling decorations and great company, this traditional Christmas meal is offered free to all qualifying residents. Get yourself booked in quick to secure your seat at the festive table!



Our annual Hawstead Christmas Lunch is offered **FREE** to all villagers **aged 'triple-20' and over (60+)** as a 'thank you' for all they do, and have done in the past, to make Hawstead a vibrant community. The lunch – and the separate free village Christmas drinks event – are organised and funded by your Community Council. Our aim is for everyone to enjoy a meal together in the spirit of community and friendship. **RSVP to carolinemiller033@gmail.com or 07980 675137.**

Last year, both guests and helpers had a great time. We served cocktails on arrival, followed by the catered three-course meal, and ending with delicious Christmas pudding, port, cheese and biscuits! It was such a success, we are following the same format this year. Remember, we can also cater for **Meals on Wheels** if there are any residents unable to make it down to the village hall. Just let us know!



NB Some villagers have said they would prefer to cover the cost of their meal. We completely understand and will gratefully receive any financial donations. Simply drop them in the village hall letterbox.

Partners from outside the village are very welcome, but we do then ask for a contribution to cover the cost of the lunch (£22). Dress code: party... or whatever you feel comfortable in!

All villagers are invited to the
FREE Hawstead
Christmas drinks party
Saturday 17 December, 6-8pm, Village Hall



Wear a Christmas jumper or hat for the chance to win a bottle of champagne or kids' prizes for the most creative entrants.

* If you'd like a lift to or from the party just ask when you RSVP to carolinemiller033@gmail.com

Free drinks & nibbles provided by
Hawstead Community Council.

Autumn/Winter Diary Dates

Wednesday 12 October – Astronomy evening from 7.30pm – Archaeology and Astronomy and What's in the Night Sky

Saturday 15 October – Jammy Dodgers Working Party at Brook Green from 10am

Saturday 22 October – Churchyard Tidy Up from 10.30am

Friday 28 October – Hawstead's Children's Halloween Tea Party from 4.30pm

Monday 7 November – Hawstead Community Council bimonthly meeting from 6.30pm

Wednesday 9 November – Astronomy evening from 7.30pm – Radio Astronomy

Thursday 10 November – Hawstead Parish Council Meeting from 7pm

Sunday 13 November – Remembrance Service, 10.45am at All Saints, Hawstead

Saturday 3 December – Hawstead's Advent Service and Christmas Tree Lighting Ceremony from 6pm at Hawstead Village Hall, followed by mince pies and mulled wine

Friday 9 December – Hawstead's 'Triple-20s' Christmas Lunch, 12.30pm for a 1pm start

Saturday 17 December – Hawstead's Christmas Drinks Party, 6-8pm

Sunday 18 December – Carol service from 6.30pm at All Saints, Hawstead, followed by mince pies and mulled wine

CALL FOR VILLAGE VOLUNTEERS to help set up for and serve our festive 'Triple-20s' Christmas lunch

Traditionally, this event is set up and served by younger members of our village who also join the guests for lunch. Volunteers will be well fed and watered, so it won't be all work! And you'll also have the opportunity to socialise with neighbours. Volunteers are also needed to help decorate the hall on the evening of Thursday 8 December, including hanging fairy lights. We will also need waiters to serve lunch and clear away on Friday 9 December (12–4pm, or part thereof). Please contact Caroline Miller on 07980 675137 or carolinemiller033@gmail.com if you can help as a volunteer.

All Saints, Hawstead

The Church Team works hard to maintain the church building and surrounding churchyard, and to keep offering services of reflection and celebration. Here's an update for residents from the Church Team.

On behalf of the Church Team, we would like to offer a BIG THANK YOU to anyone who has helped with maintenance of the churchyard at All Saints, Hawstead during 2022.

We've welcomed a range of ages and abilities into our midst, and everyone has simply got on with the hard work with a smile on their face. We've had a hot, dry summer which has helped suppress the growth of the grass, hedges and weeds, so we have managed to keep the churchyard in very good order. Do come along and join us at our last work session for 2022 on Saturday 22 October 10am-12pm.

Upcoming Services at All Saints, Hawstead

All are welcome to the following services.

Remembrance Service (shared with Nowton) –

Sunday 13 November 10.45am at All Saints, Hawstead

To remember those who gave their lives in the Wars from both Villages.



**Advent Service – Hawstead Village Hall from 6pm,
Saturday 3 December**

To coincide with the turning on of the Village Tree Lights and followed by mince pies and mulled wine

**Carol Service – Sunday 18 December from 6.30pm at All
Saints, Hawstead (shared with Nowton)**

Come and celebrate Christmas with the singing of traditional Carols, followed by mince pies and mulled wine

Historic Churches Ride+Stride

On Saturday 10 September 2022 the Annual Ride and Stride fundraising event took place to raise funds for the historic churches. As our nation mourned the passing of our longest reigning Monarch, Queen Elizabeth, the event organisers acknowledged her deep Christian faith. In accordance with that, and the guidance that whilst we were in national mourning celebratory events were not allowed, quiet community activities like Ride+Stride went ahead. Many participants welcomed the chance for a quiet reflective walk or cycle/car ride and the opportunity to visit churches for moments of silence.

This year, like last, our All Saints Church, Hawstead was included in the accompanying Classic Car Rally. We welcomed plenty of classic cars to visit our lovely church and churchyard.

Ride+Stride is the single largest source of income for many Historic Churches Trusts, enabling them to make grants to places of Christian worship. The funds raised can be split between the nominated Trust and the participant's chosen church or chapel. If you would like to take part in 2023, please visit <https://ridestride.org> for more information or talk to a member of the church team.



Book of Condolence

Following the death of Her Majesty, Queen Elizabeth II on Thursday 8 September 2022, a Book of Condolence was placed at the back of All Saints Church, Hawstead for residents and visitors to write messages. It was kept in place until the period of national mourning ended. In keeping with tradition, all Books of Condolence will be sent to the Royal Archives at Windsor Castle.



Bringing the Stars Closer to Home...

If the night sky fascinates you but you don't know your Little Bear from your Big Bear, why not find out more with the Athenaeum Astronomy Association?

Whether it's the recent images from the James Webb Space Telescope of Neptune's rings, or discovering NASA deliberately crashed a spacecraft into an asteroid, it may have got you wondering about the Universe and our night sky.

Now is a great time to stop and stare at the night sky. You may see the Orionids meteor shower, planets Jupiter and Saturn, the Pleiades star cluster and much more. You may already love stargazing or would like to learn more about the planets, our moon, or deep space objects, like galaxies and star clusters. Perhaps you're curious about astrophotography or simply enjoy discussing space and the Universe with like-minded people. Whatever the reasons, your local astronomy group is here to help.

The **Athenaeum Astronomy Association** (AAA) is a group of local enthusiasts of all levels and interests who can guide you on how to observe with the naked eye, binoculars and telescopes, how to star hop and provide tips for observing. We usually meet at Whepstead Community Centre, but for a brief period we are enjoying the facilities at Hawstead Village Hall. We meet every other Wednesday at 7.30pm and, now that it's getting darker much earlier, we will hopefully be spending most of our time observing the night sky. We'd love you to join us, but if you're not sure astronomy is for you, just come along and enjoy the first couple of meetings on us for free. Our next meeting is **Wednesday 12th October at Hawstead Village Hall from 7.30pm** with a presentation on Archaeology and astronomy and What's in the Night Sky.



The Orion Nebula: Image by member James Dale



Whitsun Fayre, Bury St Edmunds

There's a second opportunity to learn more about Astronomy, again free to Hawstead residents and any students studying GCSE Astronomy at local schools. On Wednesday 9 November from 7.30pm the Athenaeum Astronomy is welcoming guest speaker Mr Paul Whiting (Fellow of the Royal Astronomical Society and Chartered Scientist) to give a talk on **'Radio Astronomy'**.

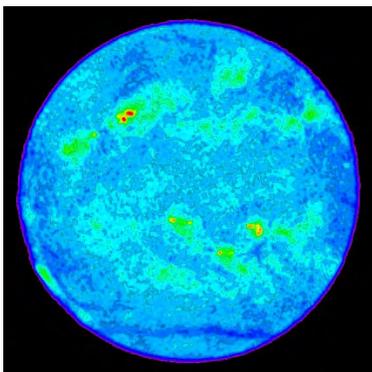
Radio Astronomy is the technique of looking at astronomical objects using the long wavelength portion of the electromagnetic spectrum, so using wavelengths beyond infra-red and undetectable to the human eye. It was first used in 1933, and has been responsible for the detection of objects such as Quasars, Pulsars and Radio Galaxies. It was also the technique that first detected Cosmic Background Radiation, the most important step in confirming the Big Bang Theory relating to the origin of the Universe. Radio Astronomy is also used closer to home to map the sun and planets, etc. Famous radio telescopes in the UK include Jodrell Bank and, closer to home, the Mullard Radio Astronomy Observatory (right below) just outside Cambridge. The talk will last anywhere from 45 minutes to an hour depending on questions. Attending the session will give you a flavour of the Association's interests and offer a mentally stimulating evening.

The group does as much observation as it can in the darker months, although weather is the controlling factor in the winter. Interspersed with direct observing are some thought-provoking outside speakers. The Association also has a number of members who give lectures, with recent topics including Galaxies and the Future of the Universe, and Stars and Constellations Visible at this Time of the Year. So do pop down to the village hall for one of these sessions and see what the

Athenaeum Astronomy Association is all about. And you might even get a cup of tea/coffee and a biscuit if you are lucky!

To discover more, and to get in touch, visit www.3a.org.uk or email enquiries@3a.org.uk. You can also find us on Twitter and Facebook @AthenaeumAA.

Mike Kirkham, Chairman, Athenaeum Astronomy Association



Regular Weekday Events at the Village Hall

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

Weekly events

- **Yoga** with Sam every Tuesday morning from 9.15am
- **Bowls Club** every Tuesday evening from 7.30pm
- **Yoga** with Amber every Tuesday evening from 6pm (picture on the right in the summer)
- **Yoga** with Saffron Yoga (Siobhan) every Thursday from 9.30am
- **Fitness** with Michelle every Thursday from 7pm



Other events

- **Astronomy evenings** – as advertised until Christmas
- **Fish & Chips Fridays** – dates as advertised, 5-7pm



Litter Picking Heroes!

The fine summer weather also inspired Eddie and Wilbur Mayes to carry out some much-needed litter picking. Sadly, there was a lot of litter and, in particular, beer cans. They managed to fill an entire bin bag! Well done boys, great job in helping keep our village neat and tidy.



Hawstead's 2022 Jubilee Book Needs You!

Photographer Rick Senley is looking for more residents to take part in the 2022 Hawstead Jubilee Book. To be part of this special Hawstead project, make contact quick!

As some of you might know (since you have already had your portrait photograph taken!), Rick is building on an idea he started during lockdown in Gloucestershire when he photographed as many villagers as possible as they navigated a rather unexpected pandemic. The result was a wonderful and memorable book of photographs featured

in the national and local press, combined with an exhibition and fundraising for his village's church roof.



Rick is now doing the same in Hawstead so will be popping up for visits over the next couple of months. He would love you to take part in the project. All it requires is as little as five minutes of your time to have your photograph taken. The photograph can be either of you alone or with your family or pets, at home or in your garden, or in a setting relevant to your role in the village or your hobbies. Rick is also now proficient at socially distanced photography!

There will be an exhibition of pictures (portraits, Hawstead's landscapes over the seasons, drone shots, flowers and of course the summer Jubilee party) either in Hawstead Church or at the village hall, and books will be for sale (dates and costs to follow, the latter dependent on the number of portraits and the book's size and how many villagers pre-order copies... the bigger the print run, the lower the price). If you would like to take part, or have any questions about this project,



please email ricksenley@yahoo.co.uk or speak to Caroline Miller for more details. If you know anyone who may wish to be involved but who won't have seen this article, then please suggest the idea to them, or print out this article and pop it through their letterbox.

For an online preview of Rick's Guiting Power book (the format of which will inspire Hawstead's), please take a look at:

<https://www.blurb.co.uk/b/10772548-guiting-power-a-year-in-lockdown>



Goodbye Summer

Summer might be behind us, but here's a reminder of just how hot it was with this huge specimen of a sunflower in one Hawstead garden!

Rosie Donald would like to extend her thanks to everyone who organised the village plant sale in May, where these sunflower seeds came from. Rosie says the flowers and seed heads were enormous and beautiful, and really inspired her children to get planting.

Here's to next year and more gargantuan sunflowers (but not quite Day of the Triffids stuff!).



Macmillan Coffee Morning

Once again, Macmillan's Big Coffee Morning came to Hawstead Village Hall, this year on a beautifully sunny and warm October's day. As well as lots of human visitors, we also welcomed family dogs and ponies!

This year's Coffee Morning began with a BIG THANK YOU from the local Macmillan representative to villager Joyce Dainty (below right). Over the past 12 years, Joyce has spearheaded the volunteer team to raise nearly £18,000 for the charity. Joyce was presented with a framed certificate acknowledging her hugely successful fundraising efforts, as well as a bouquet of flowers by Geraldine West on behalf of the village.

2021 was Joyce's last year in charge of the coffee morning, but she has been on hand to guide the new recruits for 2022 led by Amanda Lomas-Farley (and Jim). As usual, lots of fabulous homemade cakes and cookies were donated by generous villagers. These were all enjoyed by the visitors, together with a cup of coffee, tea or squash. There were also enough cakes donated to enable purchases to be made for enjoying later at home.

The hardworking volunteer team in the kitchen kept the drinks flowing all morning. There was also Lesley Carey's famous fruit cake as the raffle prize (won by Bob Brough), and Harriet's Tea Rooms in Bury St Edmunds donated a Special Afternoon Tea for Two which was the prize (won by a visitor from Bury St Edmunds) for 'guess the number of coffee beans in the jar' (there were in fact 3,024!). Donated homemade jams, jellies and chutneys were also sold to raise funds.



Our special thanks to the village volunteers who rallied to support this good cause in one way or another, including Judy Carter, Bob Brough, Michael and Rosemary Harrison, Geraldine and John West, Pat and Joan Baker, Ethel Lebbon, Adrienne Linfield, Angela Parrett, Nicola Daynes, Sonja Monk, Chris Pamplin, Susanne White, Sarah Bullen and Alf Dawson.



This long-standing village fundraising event is always very well supported and will next take place in 2023 on Saturday 7 October. Hawstead

Community Council supports this event by supplying the hall at no charge for set up and the duration of the coffee morning.

At the time of writing, the total raised was £848.73. There may well be some late donations too. Once again, a huge thank you to all involved in running the coffee morning and baking goods for sale.

Remember, if you missed this year's coffee morning but would like to make a donation to Macmillan Cancer Support, please visit their website at <https://www.macmillan.org.uk> and click on the 'DONATE' button. If you can also sign up to Gift Aid, that will add to the value of your donation.

Amanda Lomas-Farley



Hawstead Village Fete 2022

Hawstead's village fete took place on Sunday 4 September 2022. The sun shone, and village families and their dogs came out to enjoy the afternoon's activities.



Our traditional fete activities included the coconut shy, family races, produce show, second-hand bookstall and tombola, with face painting as popular as ever with the younger children. As a fun extra for football fans, we also ran an inflatable goal challenge. Food and drink offerings included a tasty BBQ, well-stocked bar and tea and homemade cake/cookies.

Young villager Charlotte Barneveld organised and judged the fun dog show once again. And this year she extended the canine activities to include a dog agility course!



We were also treated to live music by another young resident Nik Lowe. Nik is an experienced event singer, and we are so fortunate to have his support when he isn't booked for another event... thanks Nik!

Dancers from local group Green Dragons Morris also returned to the fete this year, performing several times throughout the afternoon, including a 'have-a-go' session for all!



Veteran fete volunteer Pat Baker gathered together a spectacular display of vintage tractors, supplemented by a wonderful turnout of the many Land Rovers resident in the village, organised by Christabel Carr.

A special mention must go to Ethel Lebbon (pictured below) who has run the bric-a-brac stall at Hawstead fete for 50 years – what an achievement!



The aim of Hawstead

Village Fete is to keep up the traditional village fete activities and provide a fun afternoon for everyone to enjoy. We deliberately keep the prices low or free for activities and refreshments so that no one is left out for fear they can't afford it. We hope that the fete will create memories the visiting children will keep for a lifetime.

This year's fete was organised and led by Sarah Bullen.

Sarah was supported by her family and an extensive team of volunteers. She also cooked a delicious chilli for the volunteers who were able to sit down together at the end of the event to enjoy a well-earned break before clearing up.



Our thanks to the large army of village volunteers who turned out to help in many and varied ways.

In no particular order, and apologies if we've inadvertently missed anyone out, thanks to:

- Louisa, Giles and Charlie Rushen and Sharna
- Charlotte Barneveld
- James, Christabel, Imogen and Reuben Carr
- Fran and Andy Evershed
- Bob Brough
- Ali and Giles Bovill
- Rita for judging the produce show
- Adrienne and John Linfield
- Pat Baker and his army of tractor friends
- Terry Andrews
- Jayne Robertson
- Clive Robinson
- Antony and James Holliday and family
- Chloe Baker
- Sonja and Bruce Monk
- Sally and James Tolhurst
- Rosie and Giles Donald
- Sue Scott
- Nik Lowe
- Rosemary and Michael Harrison
- John and Chris Shipley
- Rebecca Popham and James Bedford
- Bill Crockford
- John and Geraldine West
- Ethel Lebbon
- George, Keith and Teresa Campen

Caroline Miller



- Amanda and Jim Lomas-Farley
- Caroline Miller, Rick Senley and Julian Satoor
- Sarah, Shannon and Faith Bullen, Jess and Luna
- Christine and Nigel Gossett
- Roger and Sheila Mead



Pumpkin Picking 2022

If you're looking for some pumpkin picking family fun, try these local offerings...

Windy Pumpkins – Windolphins Farm, Stansfield, CO10 8LU (closest)

Open: 15–16 and 22–30 October (10am–4pm)

Booking needed: No

Cost: Parking and entry are free (although there is a £4 charge per child for entry to the Maize Maze plus a kids' 'Muddy Ditch Run'); free Pooch Pen (enclosed area for dogs to run)

Refreshments available: Yes (coffee van and hog roast!)

Facebook: @suffolkpumpkins **Instagram:** @windypumpkins

Other relatively local family-friendly pumpkin (details correct as of the beginning of October, but check out their websites to avoid disappointment) include:

Siam Hall Pumpkin Patch – Boxford

Open: 22–30 October (10am to 4pm)

Booking needed: No

Cost: Parking and entry are free, pumpkins start from £1

Refreshments available: Yes

Website: www.siamhallpumpkins.co.uk



The Helmingham Pumpkin Patch – Stowmarket

Open: Every weekend in October (10am to 4pm)

Booking needed: No

Cost: Entry is free, pumpkins start from £1 (up to £12 for the very biggest!).

Parking is available (no mention if there is a charge).

Refreshments available: Yes

Website: www.helmingham.com/events/the-helmingham-pumpkin-patch

Rougham Estate PYO Pumpkins – Rougham

Open: Every weekend in October and 20–30 October (9am to 5pm)

Booking needed: No

Cost: Parking and entry are free, pumpkins priced individually

Refreshments available: Yes

Website: roughamestate.com/farm/pyo-pumpkins/



5* Pumpkin Soup

One of the tastiest soups around is pumpkin soup. And at this time of year it has the added bonus of using up all the scraps from the pumpkins as you carve out your scary faces. Here's a recipe from BBC Good Food rated 5* by more than 200 reviewers. You can find many variants of the recipe online.

You will need:

- 2 tbsp olive oil
- x2 onions finely chopped
- 1kg of pumpkin, peeled, deseeded and chopped into chunks
- 700ml veggie or chicken stock
- 150ml double cream
- Croutons & toasted pumpkin seeds to serve if you like



Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured. Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden. Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft. Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. Pour the soup through a fine sieve for an extra-velvety consistency. The soup can be frozen for up to 2 months.

Join Caroline for a Screening of Don Quixote

Villager Caroline Miller's day job is Chief Executive of Birmingham Royal Ballet (BRB). On Sunday 6 November at 1pm you can watch the company perform Carlos Acosta's new production of Don Quixote at Abbeygate Cinema in Bury St Edmunds. If anyone would like to attend, Caroline suggests meeting for a drink in the cinema bar before the film.



The new show is an explosion of Spanish sunshine, spectacular dance and comedy. Created especially for BRB, Don Quixote introduces us to Cervantes' famous knight himself, lovers Kitri and Basilio, and a host of supporting characters. As the Don sets out on a quest to track down his true love, with his loyal friend and servant Sancho Panza at his side, he finds himself embroiled in an unlikely adventure of love and dreams.

Carlos Acosta, Caroline and the BRB team produced the spectacular new production during lockdown, and it was the biggest touring show to go on the road after lockdown lifted. The show features music by one of the founding fathers of Russian Ballet music, Ludwig Minkus, performed by the BRB's own orchestra, the Royal Ballet Sinfonia.

Carlos Acosta says: 'For this new production, I wanted to give it a completely new take and a new look to the one that I gave to the Royal Ballet so that Birmingham has its own. It's a new production with new concept and designs, re-orchestration, new elements of the choreography, new colours, a whole new palette. This ballet is really popular with dancers. It is a ballet for virtuosos.'

Listings details: Carlos Acosta's Don Quixote, performed by BRB at Abbeygate Cinema, Bury St Edmunds, Sunday 6 November at 1pm
Book tickets through:
www.abbeygatecinema.co.uk

Caroline Miller



All photos courtesy of Rick Senley,

A New Holiday Venture Starts in West Suffolk

A couple of Sundays ago I was invited to attend a special event at **The Star** pub in Lidgate, a village just a few miles west of us here in Suffolk. It was billed as an occasion to celebrate the start of Autumn, and promised 'local food and drinks'.

This sounded like a good idea! We know this pub from having enjoyed meals (and drinks) there in the past, so Angela and I made a diary note and duly turned up on the appointed day. Many invitations must have been sent out



(perhaps including the whole population of

Lidgate) because there was an excellent crowd already there when we arrived.



What we hadn't been told was that this event was

being jointly hosted by the pub and a company called 'Outdoor Inns'. The owners of The Star have gone into partnership with this company as '*a cost-free way for independent publicans to increase revenue and extend their offering*'. This has been done by allowing Outdoor Inns to place two glamping pods on a lawn area adjacent to the pub (with a third to be added at a later date if the venture is successful).

These pods are substantially larger than the Wigwam versions at Maglia Rosso in Hawstead, accommodating 4–6 people at a time. One pod was open to visitors, and we found it most attractive, with two twin bedrooms, two bathrooms and a convertible sofa in the lounge area. There was an outside deck area with seating and a small kitchen – small because people staying there will be encouraged to have their main meals in the pub.



The Star is the first location that Outdoor Inns has developed, and they have a number of others in the pipeline. They are looking for suitable rural locations in English counties which have ready access to attractive countryside for rural pursuits. They see a gap in the market for small groups of friends wanting to go on short-

stay holidays together to enjoy activities like walking, cycling, angling, golf, etc. What better place to stay than at a pleasant and characterful country pub serving good food and real ale?

The company has already appraised an initial list of 9,000 pubs in 30 counties, which resulted in a shortlist of 200. In conversation with the Outdoor Inns representatives present, Adrian and Josh, it was clear that their aim is one of 'win-win'. In an environment where many rural or village pubs are struggling, they are potentially helping to increase footfall. So, for instance, the landlord of The Star had been restricting the opening hours to just 5 days each week. Now the pub is open every day, and the restaurant is open 6 days per week, plus lunchtime on Sunday. They are hoping to attract groups of people (ideally but not exclusively) in the 18–80 age range to come and stay in the pods and spend the evenings in the pub.

When you read this I will have returned from a long weekend in Caernarfon with a group of friends, hopefully enjoying the scenery of Snowdonia during some energetic walks. If there had been a set-up similar to the one I have described above, it would have been much more enticing than the Premier Inn we booked into!



For more information see: <https://outdoorinns.com>

Andy Parrett

What is the Energy Price Cap?

There's been a lot of confusion over what an energy price cap means and what an 'average' energy bill might look like this winter. Here, Anne clarifies the position.

What is the energy price guarantee?

The energy price guarantee replaces the previous 'energy price cap'. It is essentially a limit on what you pay for one unit of gas or electricity (measured in kilowatt hours, i.e. kWh).



The current caps, effective from the 1 October, are:

- 34p per kWh of electricity
- 10p per kWh of gas

The cap only applies to each unit of gas or electricity that you use. It is not a limit on your total energy bill. It means that homes in Great Britain should see average energy bills of £2,500. If you use more energy, your bills will be higher (and vice versa). Remember, your bills will also include a standing charge on top of the cost of the energy you use.



The energy price guarantee only applies to people on a default tariff (known as a standard variable tariff or SVT), so that is anyone who does not have a fixed-term energy deal in place.

What if you are on a fixed rate tariff?

If you're on a fixed rate tariff, you will see the unit rate of your energy reduced if it is over 34p per unit for electricity or 10p per unit for gas. The reduction you can get is limited up to 17p per kWh for electricity and 4p per kWh for gas. Customers on fixed tariffs where the unit prices are already below the energy price guarantee will not have their rates discounted because their energy bills will already be below the £2,500 average.

What is the energy bills support scheme discount?

The energy bills support scheme discount is the £400 discount promised by the Government. It is being applied automatically to all eligible households (i.e. all homes with a domestic electricity connection). Because the scheme operates automatically, you won't need to apply for it. Be aware that any letters, emails or texts about applying for the discount may well be a scam.

The total £400 discount will be applied to your monthly bills like this:

- £66 taken off in October and November
- £67 taken off in December, January, February and March.



Energy Bills Support Scheme

£400 off energy bills for households from this October

This is a government discount which you don't pay back

Help for Households

If you pay by direct debit, you'll receive either a reduction in the direct debit amount or a refund after the debit is collected.



Help with energy bills

If you're in debt, some energy companies have grants that can help you to pay it. They include EDF, Bulb, Shell and E.ON. You can find a full list at www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/get-help-with-bills. If your supplier isn't on the list, contact them. Don't ignore it.

Most suppliers will be willing to work with you to an agreed plan.

If your supplier can't give you a grant, the British Gas Energy Trust offers grants to everyone, and not just customers. To apply, you'll need to have spoken to a debt advisor first (find out more at Citizens Advice).

Other funding options available, include:

- **Cost of living payment (£650)** – to be eligible, you'll need to be in receipt of certain tax credits and low-income benefits; find out more at www.gov.uk/guidance/cost-of-living-payment#low-income-benefits-and-tax-credits
- **Pensioner cost of living payment** and **winter fuel payment** – these payments sit alongside each other, so if you're eligible, you could receive anything between £250 and £600 to help pay bills. Visit these pages to find out more:
www.gov.uk/guidance/cost-of-living-payment#pensioner-cost-of-living-payment
www.gov.uk/winter-fuel-payment

Helpful websites

- **Ofgem – energy price cap explained:** www.ofgem.gov.uk/sites/default/files/docs/2020/07/ofg1125_price_cap_info_sheet.pdf
- **Energy bills support factsheet:** www.gov.uk/government/publications/energy-bills-support/energy-bills-support-factsheet-8-september-2022
- **Getting the energy bills support scheme discount:** www.gov.uk/guidance/getting-the-energy-bills-support-scheme-discount

Getting into the Christmas Spirit 2022

With Christmas just around the corner, you may be thinking about gifts for family and friends. Here are links to a handful of events and activities running this year close by.

Christmas at Blackthorpe Barn: arts and crafts, Christmas trees, country Christmas shop

- www.blackthorpebarn.com/christmas

Christmas 'booze and brushes': create your own Christmas decorations (choice of three events)

- www.theapex.co.uk/whats-on/details.cfm?id=742747&ins=1053390
- www.theapex.co.uk/whats-on/details.cfm?id=741347&ins=1047990
- www.theapex.co.uk/whats-on/details.cfm?id=741549&ins=1049248

Gift Fair at The Apex

- www.visit-burystedmunds.co.uk/events/the-apex-gift-fair

Christmas market at St Edmundsbury Cathedral

- www.visit-burystedmunds.co.uk/events/st-edmundsbury-cathedral-christmas-market

For more Christmas-themed events and ideas visit...

Bury St Edmunds: <https://www.visit-burystedmunds.co.uk/christmas-in-bury-st-edmunds-beyond>

Norwich:

<https://www.visitnorwich.co.uk/article/christmas-events-in-norwich-norfolk-2021/>

Cambridge: <https://www.visitcambridge.org/whats-on/>



connecting **Communities**

rural transport



What is Connecting Communities?

Connecting Communities is for people traveling around Suffolk that don't have access to a regular bus or train service.

What could it be used for?

Social, appointments, study, shopping, work (you can book multiple return journeys in advance)

For more information or to book a journey

01638 664304

www.suffolkonboard.com/CC

Cheap

Fares are based on what a normal bus journey would cost

Flexible

Journeys can be booked online or by phone around your schedule

Convenient

Pick-up and drop-off from your door or a convenient location

Modern

Clean, comfortable and well maintained vehicles

BARRE DEFINE



Ballet-inspired fitness classes for adults with an emphasis on toning up and improving core strength, posture and flexibility.



We have a range of class styles with both daytime and evening options so there is something for everybody!



Locations:

Lawshall Village Hall

Hazelwood Dance Studios,
Bury St Edmunds

Book your FREE trial at www.barredefine.com

Email Sophie Ward on info@barredefine.com



[Facebook.com/barredefine](https://www.facebook.com/barredefine)

[Instagram.com/barredefine](https://www.instagram.com/barredefine)

Puzzle page answers from previous issue...

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|---|---|---|---|---|---|---|---|---|
| 1 | 4 | 6 | 7 | 9 | 8 | 2 | 5 | 3 |
| 7 | 9 | 8 | 2 | 3 | 5 | 1 | 4 | 6 |
| 3 | 5 | 2 | 4 | 6 | 1 | 8 | 9 | 7 |
| 5 | 3 | 4 | 9 | 7 | 2 | 6 | 1 | 8 |
| 8 | 6 | 1 | 5 | 4 | 3 | 7 | 2 | 9 |
| 9 | 2 | 7 | 8 | 1 | 6 | 5 | 3 | 4 |
| 6 | 1 | 9 | 3 | 5 | 7 | 4 | 8 | 2 |
| 2 | 7 | 3 | 1 | 8 | 4 | 9 | 6 | 5 |
| 4 | 8 | 5 | 6 | 2 | 9 | 3 | 7 | 1 |

1sudoku.com

Sudoku - Easy - n° 129921

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| 4 | 9 | 7 | 2 | 5 | 6 | 1 | 8 | 3 |
| 2 | 6 | 3 | 8 | 9 | 1 | 5 | 4 | 7 |
| 8 | 1 | 5 | 3 | 7 | 4 | 6 | 2 | 9 |
| 3 | 8 | 6 | 4 | 1 | 9 | 2 | 7 | 5 |
| 1 | 5 | 9 | 7 | 2 | 8 | 3 | 6 | 4 |
| 7 | 4 | 2 | 5 | 6 | 3 | 9 | 1 | 8 |
| 5 | 3 | 1 | 6 | 8 | 7 | 4 | 9 | 2 |
| 6 | 2 | 8 | 9 | 4 | 5 | 7 | 3 | 1 |
| 9 | 7 | 4 | 1 | 3 | 2 | 8 | 5 | 6 |

1sudoku.com

Sudoku - Easy - n° 112160

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|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 1 | 8 | 3 | 2 | 6 | 9 | 7 |
| 3 | 2 | 7 | 6 | 5 | 9 | 4 | 1 | 8 |
| 9 | 8 | 6 | 7 | 4 | 1 | 2 | 5 | 3 |
| 1 | 7 | 5 | 4 | 9 | 3 | 8 | 6 | 2 |
| 6 | 9 | 4 | 2 | 8 | 5 | 7 | 3 | 1 |
| 8 | 3 | 2 | 1 | 6 | 7 | 9 | 4 | 5 |
| 7 | 1 | 3 | 9 | 2 | 4 | 5 | 8 | 6 |
| 4 | 5 | 8 | 3 | 7 | 6 | 1 | 2 | 9 |
| 2 | 6 | 9 | 5 | 1 | 8 | 3 | 7 | 4 |

1sudoku.com

Sudoku - Hard - n° 35644

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|---|---|---|---|---|---|---|---|---|
| 2 | 3 | 5 | 4 | 1 | 9 | 8 | 6 | 7 |
| 6 | 4 | 9 | 2 | 8 | 7 | 1 | 5 | 3 |
| 1 | 8 | 7 | 3 | 6 | 5 | 4 | 2 | 9 |
| 3 | 5 | 6 | 9 | 4 | 2 | 7 | 1 | 8 |
| 7 | 9 | 2 | 1 | 5 | 8 | 3 | 4 | 6 |
| 4 | 1 | 8 | 7 | 3 | 6 | 5 | 9 | 2 |
| 8 | 7 | 1 | 6 | 2 | 4 | 9 | 3 | 5 |
| 5 | 2 | 3 | 8 | 9 | 1 | 6 | 7 | 4 |
| 9 | 6 | 4 | 5 | 7 | 3 | 2 | 8 | 1 |

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Sudoku - Hard - n° 310537