



Felsham & Gedding

VILLAGE NEWS

Issue 195, May 2020

Welcome to the May edition of your Felsham & Gedding Village News.

It is a very strange times that we find ourselves living in and I hope this finds you and your loved ones well.

Firstly I want to just give a HUGE shout out and say a BIG THANK YOU to all those people in both villages who are pitching in to help the community. Whether it is the volunteers that are keeping the lifeline that is the Community Shop open, people collecting prescriptions, looking after those who are self-isolating or offering pastoral care. We are very lucky to live in such a community.

Talking of community I know it means a lot to many in the villages that so many people come out to support the Clap for NHS Thursdays

The weather is currently lovely and I am so grateful that we, unlike those living in flats in cities, are able to go out and walk in green spaces under blue skies. I find it really helps lower my stress levels. I'm particularly loving all the beautiful cherry and apple blossom everywhere.

Keep safe - Serena

Next Copy Date: 20/05/2020

Please be aware that items submitted after the deadline cannot be guaranteed to appear in the magazine.

Copy Submissions

Email: villagenews@felsham.org.uk or call Jo Tavernor on 01449 737793

Advertising Email:

villagenewsadverts@felsham.org.uk or call Jo Tavernor on 01449 737793

Compliments, Complaints and Suggestions

The Village News welcomes your feedback. Do you have any comments about what we do, what's going well, anything you'd like us to change?

Newsletter General Policy

We do publish acknowledgements, articles of general interest, artistic works and similar.

We do publish factual material from recognised organisations.

We do publish to the Village Website at <http://felsham.onesuffolk.net>

We do not publish defamatory, rude, blasphemous, racial or other inappropriate material.

We reserve the right to edit contributions to suit publication needs.

We are reliant on contributions from many sources, taken in good faith, and cannot be held responsible for any errors or omissions.

Copyright waiver is presumed implicit on all submissions unless clearly stated otherwise.

Support Available In Felsham & Gedding

Please don't feel alone during this Coronavirus crisis

We must all currently (at time of writing) stay at home to help stop the spread of Covid 19 and should only only leave the house for 1 of 4 reasons:

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- One form of exercise a day, for example a run, walk or cycle - alone or with members of your household
- Any medical need, or to provide care or to help a vulnerable person
- Travelling to and from work, but only where this absolutely cannot be done from home

If you are in a high risk group, are at all vulnerable or need to self-isolate please don't feel alone, there are many volunteers within the village who are happy to help you with things such as picking up groceries and prescriptions, walking pets or simply being someone to talk to over the phone.

If you need help please call one of the following;

Paula Gladwell (Parish Clerk) 01284 828112 or 07702 356246

Ria Crosbie (at the shop) 01449 736042 or 07811 437249

Rev Sharon Potter 07825 086063

and we will make sure someone will assist you in a safe manner.

Also, if you feel you have any time to **volunteer** your help please do call us so we can co-ordinate people.

Medication: If you need to get your medication from Woolpit Surgery but you cannot get out because you are self-isolating then initially phone your pharmacy and they will arrange with Paula to get your medication to you.

Shopping: If you need shopping then call us and we will arrange to drop your essentials on the doorstep for you.

If you need someone to help with your **pets** let us know.

Pastoral: If you just need a friendly phone call to put your mind at rest or to keep in touch just let us know and we will arrange for someone to call you for a chat.

Unfortunately we do not know everyone who may vulnerable and in this unprecedented time we need to pull together as a community. Please do not hesitate to call if we can help you now or in the coming days/weeks.

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SPANISH



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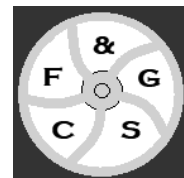
Contact: **Nicola Brazier.GRSM(Hons) ARCM LGSM**

Tel: **01449 737458**

Mob: **07531795064**

Email: nicobraz@hotmail.co.uk

Hi All



I don't need to tell any of you how difficult it is to manage through Lockdown. Some are lucky enough to carry on fairly normally and some of us have to Self-Isolate. Government advice is being followed by the Volunteers who are working really hard to keep the shop running.

Social Distancing was a problem in the beginning with the shop and the Post Office in such a small area. Several of our volunteers had already decided that the risk was just too high for them and it was proving very hard to cover all the shifts. I put a shout out for more volunteers and we were not disappointed. Many of you offered your services and we are still getting offers of help, for which the Committee is grateful.

In view of these and other problems (mainly with stock) the Committee made two decisions, which have helped both us and the community:

1. To close in the afternoon,

2. To start providing a delivery service for the Elderly and Self Isolating.

Our Social Distancing measures are now clearly marked out and explained on notices in and outside of the shop. We ask everyone to please take note of these and follow accordingly. It is 2 metres social distance outside the shop and only one customer at a time in the shop. The volunteer at the door will help with your order while you are waiting if they can.

Bread Orders and Collection: Please collect your bread before 12 noon on the day it is ordered, we have a high demand for fresh bread and very little storage space. If your bread is not collected before noon it will be put out for sale.

Don't forget we are still stocking local produce from Field of Dreams, Lavenham Butchers, Curry with love, Maynards Juices, local Honey, YumYum Tree Fudge and Apple Tree Cottage. We also have a range of gluten free items.

You can place an order at the shop 2 ways: You can call the shop on 01449 736042 from 1pm to 3:30pm. If no one answers leave your name and telephone number on the answer machine and someone will call you back. Or you can email us at: enquires@felshamgeddingstore.org

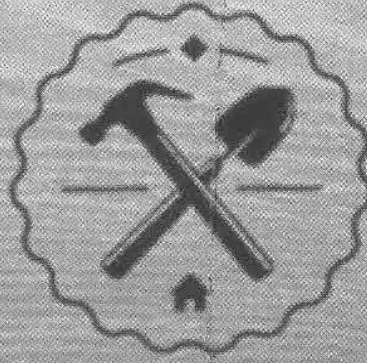
We have several things going on in the shop: A Teddy Bear Raffle for the NHS; please take part, they are doing a wonderful job and God willing none of us will need their help during this horrid time. Also there's a Quiz; the prize is £20 voucher to spend in the shop. The Quiz has been put together by our lovely Beryl, and is available either in the shop or from Beryl. Why not give it a go? We are asking a minimum donation of £3 - it's just a bit of family fun for lockdown.

Whilst we try to keep the shop stocked with all your needs this is proving difficult for some items. Pasta, hand sanitiser and toilet rolls are now available but tinned items, fruit, fish and veg are in short supply. We are working very hard to find all these items for the shop. Please be patient with us.

Lastly, thank you to the Volunteers who have stepped up and made this work.

Stay Safe Everyone

Ria Crosbie, Chair of FGCSLMC



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Groups in Suffolk which can offer support

There are plenty of groups in Suffolk ready to offer a helping hand or a friendly ear.

Here's our round-up, taken from the BBC Suffolk news site, of organisations that can offer you support during this crisis:

- **Home But Not Alone Volunteer App:** Suffolk County Council has launched a free app, called Tribe Volunteer, and phone line - 0800 876 6926 - to connect volunteers with those needing help. The number operates 09:00 to 17:00, seven days a week.
- **Age UK Suffolk:** 01473 357070/01473 351234
- **Community Action Suffolk:** For information for volunteers and communities contact 01473 345400
- **Suffolk MIND:** Help available for emotional needs and mental health on 0300 111 6000
- **Domestic Abuse:** Call 0808 2000247 if you don't feel safe
- **Samaritans:** 116 123 or jo@samaritans.org
- **Alzheimer's Research UK:** If you, or someone you care for, needs support and information call the dementia info line on **0300 111 5 111**
- **Suffolk Trading Standards:** 0808 223 1133 or go to its Facebook page

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Dear Friends

It seems like a long time since we started lockdown and we have had to find other ways to meet together as Church.

It's been a bit of a learning curve but I have learnt how to broadcast services live on Facebook, and started with my first one on Palm Sunday. I was very encouraged by the reception that it had, with a request to sing hymns!

So I did so on Easter Sunday. I have to admit that it was a surreal experience, standing in my dining room singing to my mobile phone, but I know from the comments that I received afterwards that it was very much appreciated. We were able to come together as a community, to share in the celebration of Jesus' resurrection from the dead, sharing in the joy of that Easter morning when Mary discovered that Jesus was alive!

Reading the reports in the news, on websites, and hearing about what is happening across the world has shown us, once again, that the human spirit is amazing. We have seen 99 year olds raising millions of pounds for the NHS. We have seen neighbors making sure that people do not go without food. We have spoken to friends and relatives more often. We have seen incredible bravery, acts of selflessness and pure kindness in many, many people across the breadth and depth of our society.

For me, in all of this, we have encountered the living God, through his Son Jesus Christ, and his Holy Spirit. At times like this we often turn to the Psalms in our bible, as they cover a whole multitude of human emotions, and from which we can draw strength.

Here is one of them which seems to speak to the current pandemic:

'God is our refuge and strength,
and ever-present help in trouble.
Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging'

Psalm 46 v1-3

Whether you believe or don't believe in God, this time that we are living through has also brought many questions to the forefront of our minds. We are thinking about what it really means to live in a 'free' society, where those who are unable to fend for themselves are not always cared for. We are thinking about the effect that humankind has had on the planet which sustains our lives. We are wondering what it truly means to have freedom of choice, and how those choices are in reality dictated by forces that are unseen.

I hope that you have been able to stay safe throughout this crisis, and will continue to do so until such time as we are able to meet together in person once again.

Yours in Christ,
Revd Sharon
revsharon@btinternet.com
01284-828599

Rota of Services May 2020

We would normally publish our rota of services in the benefice for May but as we are currently unable to access our church buildings we sadly cannot do so.

However, we are broadcasting a service every Sunday at 10am via the Cockfield Benefice facebook page @cockfieldbenefice which you can access through the following link (you do not have to be a member of facebook to access it), just copy the link into your browser and you should be able to watch it.: <https://www.facebook.com/cockfieldbenefice/live>

We were due to hold a special service to commemorate the 75th anniversary of VE day on Sunday 10th May. It is anticipated that we will still be livestreaming services at that point, but we would like to ask if any readers of the Village News would be willing to share positive stories about VE day with us.

If so, please send them to William Cardale, one of our Benefice Readers. He can be contacted via email: william@cardale.co.uk , or telephone 01284 386327.

Thank you!



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Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.


Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present






- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional advice is available to families for coping with crying of well babies 
- Additional advice is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

May 2020

Monday	Tuesday	Wednesday	Thurs
4 John's Fresh Fruit & Veg Call 01449 736578 Yoga, VH, 6pm CANCELLED	5	6 TODAY'S VH, 7.30pm CANCELLED	John's Fresh Call 01449 Mermaid Fish VHCP – 6 –
11 John's Fresh Fruit & Veg Call 01449 736578 Yoga, VH, 6pm CANCELLED	12 Women's Touch VH, 7.30pm CANCELLED	13 Carnegie VH, 7.30pm CANCELLED	John's Fresh Call 01449 Mermaid Fish VHCP – 6 –
18 John's Fresh Fruit & Veg Call 01449 736578 Yoga, VH, 6pm CANCELLED	19 Parish Council Meeting VH, 7.30pm CANCELLED	20 Table Tennis VH, 7.30pm CANCELLED	John's Fresh Call 01449 Mermaid Fish VHCP – 6 –
25 BANK HOLIDAY Yoga, VH, 6pm CANCELLED	26	27 Carnegie VH, 7.30pm CANCELLED	John's Fresh Call 01449 Mermaid Fish VHCP – 6 –

day	Friday	Saturday	Sunday
	1 Fresh Fish, VHCP, 10:05am RECYCLING BIN 	2	3
7 Fruit & Veg 736578 & Chips 6.30pm	8 BANK HOLIDAY John's Fresh Fruit & Veg Call 01449 736578 Library Va CANCELLED	9 BLACK BIN 	10
14 Fruit & Veg 736578 & Chips 6.30pm	15 Fresh Fish, VHCP, 10:05am RECYCLING BIN 	16 Film Night, VH, 7pm CANCELLED	17
21 Fruit & Veg 736578 & Chips 6.30pm	22 Fresh Fish, VHCP, 10:05am BLACK BIN 	23	24
28 Fruit & Veg 736578 & Chips 6.30pm	29 Fresh Fish, VHCP, 10:05am	30 RECYCLING BIN 	31

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Lockdown Loaf Recipe

This great and timely recipe originates from New Zealand. Thanks to Marion Knights for sharing it with us: She says it tastes great when hot or warm, or toasted the following day.

Heat oven to 180

Ingredients:

3 cups self raising flour

2 teaspoons sugar

1 teaspoon salt

375ml beer (can make up with water if necessary)

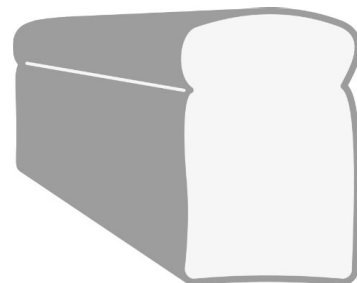
Topping of choice – such as

Finely chopped onion

Grated cheese

Oregano + paprika

Sea salt + ground pepper



Method

Mix dry ingredients

Add the beer and stir in

Scrape mixture into a small loaf tin

Sprinkle on your choice of topping

Bake for 40 minutes

Enjoy

Lockdown Tip



If you have an open carton of milk that you don't think you will finish before it goes off, freeze it in ice trays so you can then pop a couple of cubes in to hot drinks if you haven't got any fresh milk to hand

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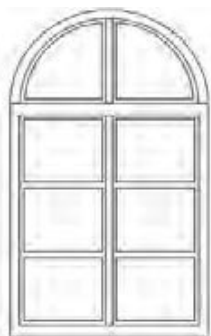
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Heres a really easy game that can be played by all members of the family what ever their age

	<h2 style="margin: 0;">BEETLE GAME</h2>		
	<p>The round ends when the first person draws a beetle (Shout BEETLE!) Everyone then tots up their score - 1 point for each part of the beetle drawn.</p>		<p><i>FOR BEETLE DRIVES : If you have the highest score on your table move to the table on your right if you have the lowest score on your table, move to the table on your left.</i></p>
<h1 style="margin: 0;">3</h1>	<h1 style="margin: 0;">4</h1>	<h1 style="margin: 0;">5</h1>	1
			2
			3
SCORE	SCORE	SCORE	
<h1 style="margin: 0;">6</h1>	<h1 style="margin: 0;">7</h1>	<h1 style="margin: 0;">8</h1>	4
			5
			6
SCORE	SCORE	SCORE	
<h2 style="margin: 0;">Name</h2>	<h2 style="margin: 0;">Total Score</h2>		

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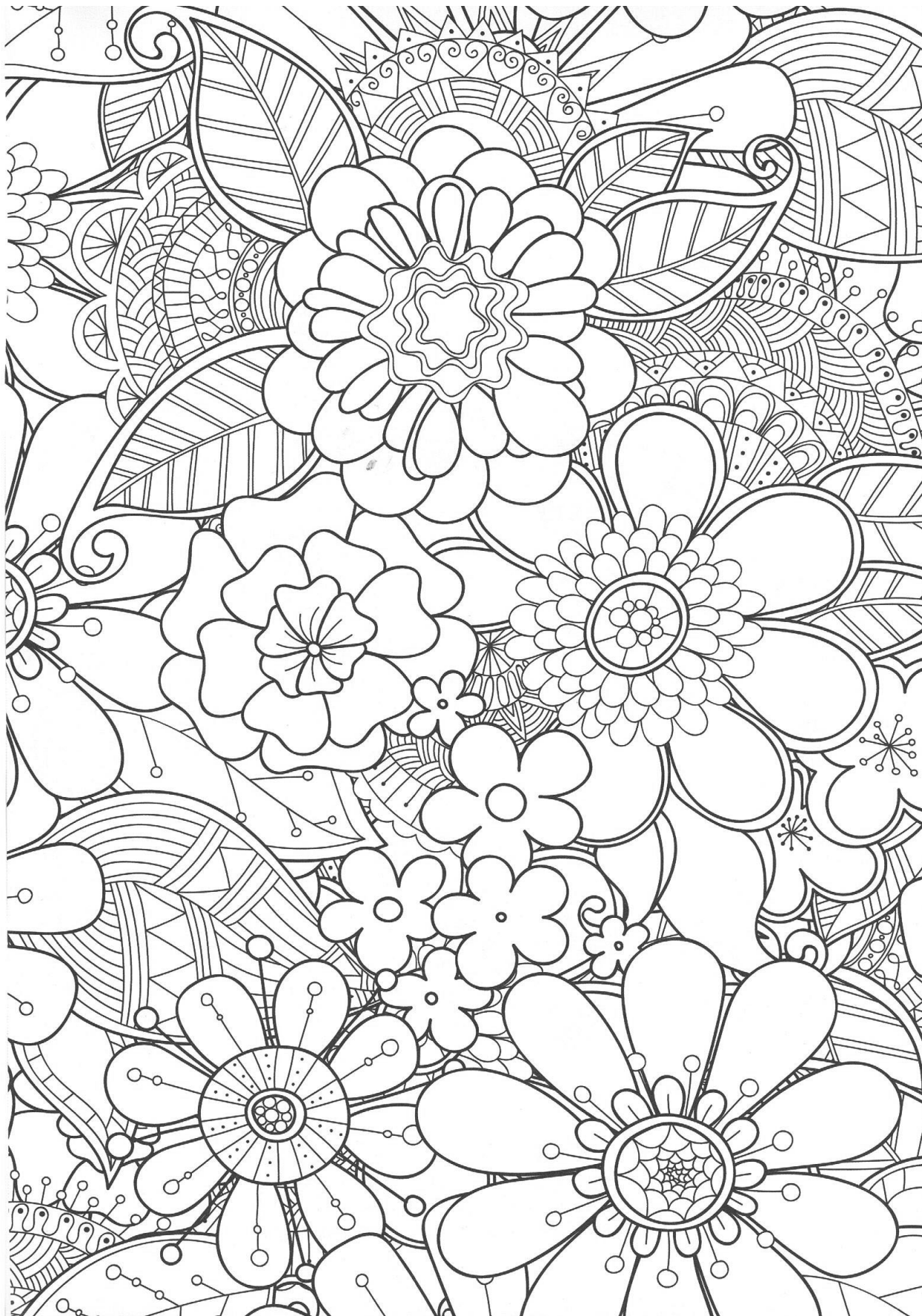
Mark Crawford

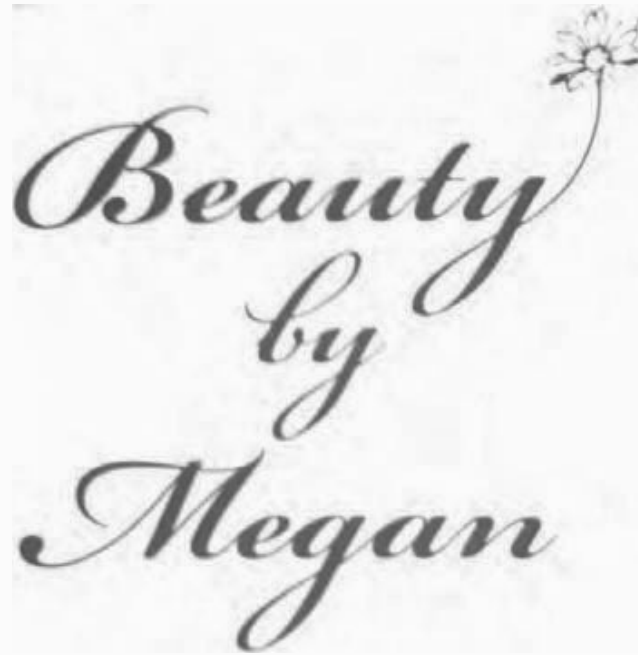
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Dear Felsham & Gedding Residents,

Hello! My husband and I are new to Gedding and we are super excited to be here. We met some of you at the New Year's Dance in the Village Hall and we look forward to meeting many more of you soon.

In the meantime, I'm writing to share with you that, as well as being an anxiety and performance coach for senior executives, I am also a clinical hypnotherapist and psychotherapist. I specialize in helping people eliminate stress, anxiety and depression and would like to let you know that I am currently offering free on-line sessions to anyone who needs help. If you or anyone you know needs support, please get in touch with me. I can offer support to individuals, groups, businesses and schools. In addition, you can download my free „15 Minute Anxiety Relief“ Audio to help you feel more calm, more relaxed and more in control. The more you practise - the better you get! you can get in touch with me at any of the following:

www.execmindsolutions.com, or on e-mail at: corina_ze@hotmail.co.uk, or on LinkedIn @ Corina Zanner-Entwistle or Tel. 0751 339 2725

You can download the free audio here
<http://www.execmindsolutions.com/anxiety-relief-audio/>

Please do not struggle alone. I'm here to help and look forward to hearing from you.

Best Regards,
Corina

Hi Jo and team,

Thank you so much for the fantastic edition of village news. You have obviously all gone to a lot of trouble to be as helpful as possible.

Thanks also to those who delivered the magazine.

Elaine Sunman

THE 59 CLUB

The 59 CLUB are looking for more people to take part.
We have plenty of numbers available

For those of you that don't know what the 59 Club is, it's based on the winning National Lottery Bonus Ball. Simple pick a number that's currently available from numbers 1-59, and if your chosen number is drawn as part of the bonus ball in the National Lottery Lotto, then your number wins.

We have 2 games per week. One on a Wednesday & one on Saturday.

The Wednesday game is charged at 50p per number and if your number comes up you win £15. The Saturday game is charged at £1 per number and for that game if your number is drawn you win £30.

The 59 Club is run on behalf of the Village Hall Management Committee, and raises funds for the Village Hall. So every little bit really does help!

If you would like to take part, or need more information, please get in contact with me: steven1515@yahoo.co.uk or 01449737040.

Thank you, Steven



59 Club

Bonus Ball Game

New Members Always Welcome To Join.



The 59 Club is run on behalf of the Village Hall Management Committee to help maintain, repair & the upkeep of our lovely village hall

Bus Times

To / From Bury St Edmunds		Mon	Tue	Wed	Thu	Fri	Sat	Sun
379	OUTWARD	Felsham Six Bells			10:38			
		Gedding Bus Stop			10:41			
		Bury Bus Station			11:07			
	RETURN	Bury Bus Station, Stand 5			12:55			
		Gedding Bus Stop			13:19			
		Felsham Six Bells			13:22			

Digestive Issues: Did you know that in a lot of cases... There's a pattern emerging here... Good Nutrition is key in supporting your health!



If you would like to have a free initial consultation by phone or face-to-face, you can do so at **Woolpit Compelementary** by calling or emailing.

Call Emma on 07760 124 519 to find out more.

Emma Harvey Lawrence (Nutritionist)

BSc (Hons), ANutr, MNS

emma@nutrition-creative.co.uk

Nutrition *Creative*

Village Directory

ALLOTMENTS	BRIAN FRANCIS	01449 736219
CARPET BOWLS	TREVOR DORES	01449 737936
ST PETER'S CHURCH, FELSHAM	REVEREND SHARON POTTER	01284 828599
ST MARY'S CHURCH, GEDDING	revsharon@btinternet.com	
CHURCH WARDENS	DAVID WILLIAMS (FELSHAM)	01449 737778
	JAMES MORGAN (GEDDING)	01449 737445
DOCTORS SURGERY	WOOLPIT HEALTH CENTRE, HEATH ROAD, WOOLPIT	01359 240298
PHARMACY	WOOLPIT HEALTH CENTRE, HEATH ROAD, WOOLPIT	01359 242394
F&G Community Store & Post Office		01449 736042
F&G FUEL GROUP	pawlinson@btinternet.com	01449 736330
FACEBOOK	FELSHAM & GEDDING COMMUNITY	
FAGENDS	c/o DAVID WILLIAMS	01449 737778
FELSHAM CHARITY	DAVID WILLIAMS	01449 737778
GEDDING PARISH MEETING	GILLY MORGAN	01449 737445
MEMBER OF PARLIAMENT	JO CHURCHILL 10 HATTER STREET, BURY ST EDMUNDS IP33 1LZ	01284 752311
MID SUFFOLK & COUNTY COUNCILLOR	PENNY OTTON penny.otton@suffolk.gov.uk penny.otton@midsuffolk.gov.uk	01449 736482
MID SUFFOLK DISTRICT COUNCIL	NEEDHAM MARKET	0845 606 6170
FELSHAM PARISH COUNCIL	SIMON GARROD, CHAIR	01449 737728
	PAULA GLADWELL, CLERK. GREEN FARM BARN, COCKFIELD felshamparishclerk@gmail.com	01284 828112
PLAYING FIELD	PHILIP COCKELL, CHAIR	01449 671872
SHELTERED HOUSING	MID SUFFOLK DISTRICT COUNCIL	01473 826639
POLICE	SAFER NEIGHBOURHOOD TEAM ONE stowmarket.snt@suffolk.pnn.police.uk	101 999 (emergency)
TABLE TENNIS	ADRIAN KING	01449 737495
TREE WARDEN	MARK TAVERNOR, mtavernor@btinternet.com	01449 737793
VILLAGE E.VINE	faddb1011@btinternet.com	
VILLAGE HALL	ANDREW CONQUEST, CHAIR	01449 737619
	KEN SPARKES, CARETAKER	01449 736373
	DAVID WILLIAMS, BOOKINGS	01449 737778
VILLAGE WEBSITES	FELSHAM: felsham.onesuffolk.net	
	GEDDING: gedding.onesuffolk.net	
WHIST DRIVE	PAT CLARKE	01449 736202
WOMEN'S INSTITUTE	ALISON SHAW	01284 827034
YOGA	PAT CLARKE	01449 736202