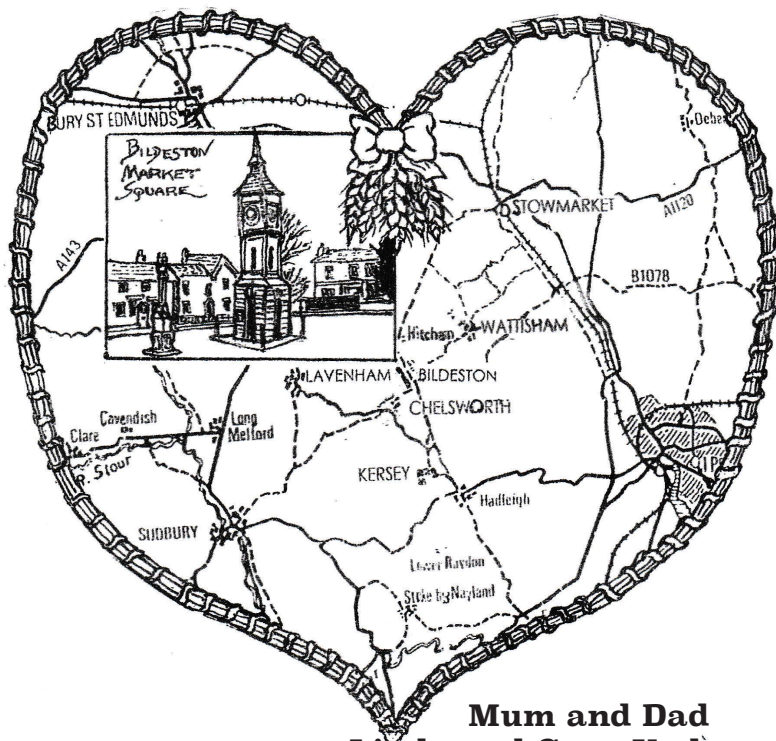


Issue number 355

May 2020



**Mum and Dad
Linda and Gary Underwood**

**You are the parents that
most kids hope to have
You are the couple that
most lovers hope to be**

**And you both are the pillars of support
that every family wishes it had**

**Happy Anniversary to the
Best Parents Ever**

**This issue kindly
sponsored
With Love From
Shelley and Trudie**

**The village magazine produced for the people of Bildeston
www.bildeston.org**

Bildeston Noticeboard Public Group - Facebook



BILDESTON BUGLE ADVERTISING AND FREE CONTRIBUTION INFORMATION

Our aim is to provide every resident and organisation in Bildeston with a magazine which provides information of local interest FREE OF CHARGE. To that end we are required to be efficient in the space we use to print free notices. We endeavour to include interesting items, announcements for events open to the general public for free and items of a charitable nature free of charge. Ongoing free announcements need to be reduced to minimum size or make a contribution towards printing costs. Please check with us before submitting your advert and ALWAYS provide us with all of your contact details in order for us to send an invoice and receipt.

email: editor@bildestonbugle.co.uk

Sponsor a 'Bugle' - £15 per issue

and have a brief message of your choice printed on the front of the Bugle

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	1 issue	12 issues	
1/4 page	£5.00	£35.00	65mm W x 92mm H
1/2 page	£10.00	£60.00	134mm W x 92mm H
Full page	£15.00	£110.00	134mm W x 190mm H

THE SMALL PRINT

All adverts, payments and items are required before the 17th of every month for inclusion in the following month's issue (except December before the 15th).

The earlier free contributions are received the greater the chance of inclusion.

The Editorial Team are not responsible for the accuracy of articles or adverts and reserve the right to alter, shorten or refuse any item submitted for publication.

Ask for BACS details or make cheques payable to Bildeston Bugle and send to:

The Editor, Bildeston Bugle, 14 Squirrells Mill Rd, Bildeston IP7 7DY

If we do not receive payment by the 17th of the month your advertisement may NOT be included

The Bildeston Bugle Management Team is:

Alan Jacobs (Editor) 01449 741645

Tricia Baldwin (Marketing & Advertising Revenue)

Christine Hubbard (Treasurer) 01449 740633

Stuart Law and Alison Sims (Assistant Editors)

Pam Weaver (Distribution)

Lisa Chinery & Tracey Rose (Printing Assistants)

ED'S COMMENT

We have known for some time that viruses have the ability to transfer from animals to humans. That transfer even has a technical name: 'zoonosis' an infectious disease that is transmitted between species from animals to humans (or from humans to animals). We've known because we have lived with rabies for a very long time, thankfully now a rare but very serious infection of the brain and nerves. It's usually caught from the bite or scratch of an infected animal, most often a dog. In recent memory is the terrible impact of mad cow disease and a human version of mad cow disease called Creutzfeldt-Jakob disease (vCJD) which was believed to be caused by eating beef products contaminated with central nervous system tissue, such as brain and spinal cord, from cattle infected with mad cow disease. We still remember the terrible outcome of the recent Foot and Mouth disease which resulted in millions of animals being slaughtered.

A change in our laws concerning the transportation of live stock and pets, the strict identification of all animal livestock destined for the food chain, a massive vaccination programme on some livestock and, controversially sometimes the culling of wildlife deemed to carry diseases thought to be transferred such as TB through badgers, has helped to control these diseases in this country. So it is understandable that we should be incredulous that such strict measures to help protect humans and animals is not applied in the same way elsewhere. Not just that such basic hygiene and welfare standards are not expected or enforced, but changes are not made even after an outbreak with terrible consequences. For example the severe acute respiratory syndrome (SARS) outbreak in 2002 and 2003 led to more than 8,000 infections worldwide and killed close to 10% of those infected. It was caused by a coronavirus that made a species jump from bats to humans through the host of farmed civet cats bred for human consumption in China, including the area around Wuhan. Yet 20 years later nearly 20,000 wildlife farms raising species including peacocks, civet cats, porcupines, snakes, ostriches, wild geese and boar have only now been shut down across China in the wake of this current coronavirus, in a move that has exposed the sheer size of the industry. Until a few weeks ago wildlife farming was still being promoted by the Chinese government as a way for rural Chinese people to earn money. But the Covid-19 outbreak, which has now led to around 112,000 deaths and 2 million known infections, is thought to have originated in wildlife sold at a market again in Wuhan in early December. Much of the meat from the wildlife trade is sold for medicine and other uses, through online sites or to "wet markets" like the one where the Covid-19 outbreak is thought to have started in Wuhan. The timing could not have been worse. Just as the disease began to be noticed Chinese people began their visits to meet up with families for the Chinese New Year, as well as some going to China for the celebrations from countries across the globe, to return a few days later with an unwanted guest deep within their bodies.

The ease with which we can travel huge distances around the world has brought us face to face with the stark reality of how simple it is in the 21st century for a pandemic to spread. This could have been avoided. Respect for a nation's historic cultural traditions is important, so it is difficult to criticise the Chinese for engaging in alternative medicinal practices that have been going on for centuries. But it will be important to see what response they now make to the selling of wildlife in 'wet markets'. The Chinese sent a large contingent of medical staff and supplies to Italy to help. They continue to supply PPE supplies to us. But they do need to get their own house in order. When this is over there are many questions to ask and answer.

KH

Kevin Hollings KITCHEN STUDIO



Unit 14 Lodge Works, Stowmarket Road,
Old Newton, IP14 4EE
01449 257160 www.kevinhollings.com
info@kevinhollingskitchens.co.uk

Bildeston Primary School

Bildeston Primary school closed to most pupils as part of the response to the coronavirus outbreak. However, it was used as the main venue for children of key workers and vulnerable children from other local schools, including Whatfield CofE, Kersey Primary and Elmswell Primary schools.

Many thanks to all the staff, teaching and ancillary, who carried on working looking after those children. You too are the unsung heroes alongside NHS staff, and the others now classified as 'key workers'.

BILDESTON CORONAVIRUS ADVICE 2

While we all **MUST** follow the national guidance to stay at home and stay safe, we must also make sure we take care of ourselves and interact as much as we can from a distance or by helping others. It's a serious message – take care of yourselves each and every day and follow Public Health Suffolk's five ways to wellbeing to improve your physical and mental health while we stay at home.

- o **Connect with others.** Take time to call a friend or family member. It's important to stay in touch with others however you do it, and sometimes simply talking about how you feel can make a big difference.

- o **Be active.** It can improve your physical health, help manage stress and anxiety and generally make you feel better.

- o **Learn.** Take the opportunity to think about learning a new skill or pick up something you have enjoyed doing before. More classes and courses are also available online now than ever before.

- o **Take notice.** It's all too easy to become immersed in the constant, and ever-changing media coverage surrounding coronavirus (COVID-19). Take a break from watching, listening or reading news stories and use the time for the things you enjoy. Techniques such as mindfulness can be helpful.

- o **Give.** Giving your time and energy to others is extremely important, never more so than now, and can pay dividends for your mental wellbeing. Whether it's looking out for and helping a neighbour, or registering to volunteer to offer support in your community, there is plenty you can do.

Treat all 'foreign' items (food packages, parcels etc) coming into the home as potential threats, wipe them and then wash your hands thoroughly.

CHAMBERLIN HALL MANAGEMENT COMMITTEE RESPONSE TO THE CORONAVIRUS SITUATION.

Chamberlin Hall Management Committee has taken the decision to cancel events at Chamberlin Hall for the next month or so involving large numbers of people gathering together. Events planned for April and May have already been cancelled, including the Race Night, Cabaret Evening, Bingo evenings and Indoor Markets. Carpet Bowls has been postponed until further notice and the complete 2020 Lawn Bowls season has been cancelled. Other regular clubs and fitness groups have been left to make their own decisions in this regard. The hall will remain open for hire, but the Management Committee will not be supporting any events in terms of staffing the kitchen or bar. This is to protect both the hall volunteer staff and members of the public by avoiding cross contamination if we were to use crockery, cutlery and glassware.

We endeavour to maintain a high standard of cleanliness at the hall and have made these decisions as a measure to help to protect our village population.

Jo Silburn, secretary CHMC



Chamberlin Hall

BILDESTON'S COMMUNITY VILLAGE HALL



To find out more call our bookings
secretary Debbie: 01449 740375
debandkevbailey@gmail.com

What's on in May

Monday/Tuesday	from 3.45	MLSPA Performing Arts (07957 351941)
Every Tuesday	7.00pm	Snooker Club
Every Tuesday	7.00pm	Adult-dance-keep fit! (part of MLSPA)
Tuesday	7.15pm	Carpet Bowls (practice night & home games)
Wednesday	6.30pm	Drama Group (call Debbie: 01449 740375)
Every Thursday	10.30am-11.30	Zumba Gold with Sarah
Every Thursday	6 - 7.15pm	Yoga contact: catherinerolfeyoga@gmail.com
Every Friday	11am	Pilates for Improvers (call Claire: 07900 440141)
Every Friday	from 12.00	Pilates for Beginners (call Claire: 07900 440141)

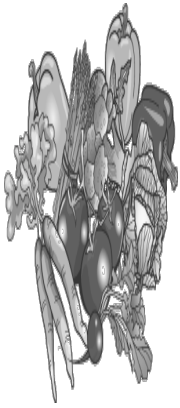
For bookings contact: 07716 921514 and chamberlin.bookings@gmail.com

**Some events may not take place due to the Coronavirus.
Please check with each organiser to make sure.**

VACANCY: SECRETARY FOR CHAMBERLIN HALL COMMITTEE

This voluntary position involves taking minutes, circulating and keeping official records and documents and being part of the active committee.

Anyone interested in joining our friendly committee,
please contact: [**chamberlin.bookings@gmail.com**](mailto:chamberlin.bookings@gmail.com)



BILDESTON

ALLOTMENTS

Have you ever thought
of growing your own
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If you are interested, please contact:

Robin Weaver, 741048, or Ashley Hubbard, 740633



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Save the date!

and get planting, crafting, brewing,
baking and photographing



THE BILDESTON

PRODUCE SHOW

Saturday 22nd August 2020

St Mary Magdalene Church

TIME FOR THE PRODUCE SHOW

Given the fact so many Bildeston residents are choosing to either self-isolate or maintain social distance because of the horrible situation around the Coronavirus, it means at least one 'silver lining' can come from this awful dark cloud hanging over us.

The clue lies in the advert above. For those starting to feel the first signs of becoming 'stir crazy', there is now no need to wonder what to do. This year's Bildeston Produce Show could be the best ever for two huge reasons. Firstly, by the end of August hopefully we are at the end of the isolation period when the country gets to grips with the virus and the number of infections has either stopped or at least fallen significantly, and the village can use this event to mark the occasion, get out and come together in celebration.

Secondly, with all this time stuck indoors from now until then, think of all those creative and culinary items you could produce; jams, chutneys, cakes, biscuits, craft gins, ales, wine, special gifts, plants, artworks... the list and possibilities are endless. Our mouths are watering just at the prospect.

So, as the advert says. Now is the time to save the date and start producing, many don't even have an excuse anymore. Stuck inside? Get stuck in!

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Bildeston Ladies Club

I hope that as you receive this Bugle it finds you and your family safe and well. We are experiencing very strange times as we travel through this



Coronavirus pandemic. Some of you ladies are of course old enough to remember WWII. I think it is rather poignant that the anthem sung all those years ago by Vera Lynn has been used again all these years later, quoted by her Majesty in her recent speech to us all, and played on radio. So, let us all just follow the rules to keep everyone safe in the sure knowledge that "we'll meet again".

At this moment in time our May AGM and the meeting for June are cancelled and I will let you know about future months as things progress.



The talk which we were to have had in June was to be from Able Community Care - their speaker has asked if we would like to join in with a Tallest Sunflower Competition they are running to lift people's spirits. I have received 20 packets of seeds (with 2 in each) and if you would like to have a go at growing them, please contact me and I will deliver them to you when

I am out on my daily exercise walk, or if you do not live in Bildeston you could pick them up from the end of my driveway during one of your car journeys to the shops.

So, keep well, keep safe - if you need any help, please contact me and I will make sure someone is there for you. Or, if you just fancy a chat - just give me a call.

Jo Silburn - 01449 257045

BILDESTON CARPET BOWLS CLUB

The members of our club wish to thank the anonymous person who so very kindly gave the club a large sum of money to buy essential equipment.

We have now purchased a mat roll-up frame. This saves our members from having to kneel down in order to roll up the long heavy mats. They then have to be lifted up on to shelves for safe storage. The frame is also a storage unit with a cover so that it saves us from heavy lifting too.

We also wish to thank the Chamberlin Hall Management Committee via whom we received the gift. The very expeditious help from their Treasurer Kevin Bailey and the prompt delivery by Duke Bowls enabled us to complete our transaction before the onset of the virus. Unfortunately we only managed to use it once before the lock-down as we had a couple of away matches. We are looking forward to maximising its use in the future.

Our Club also wishes to thank Jo Silburn who very kindly helped some of our members spring clean and reorganise the storage cupboard so that we were able to accommodate our new frame on delivery on February 28th.

Our County Association has cancelled all our Summer League Matches but we are hoping to recommence our activities in the Autumn. If anyone would like to give Carpet bowls a try we welcome you to come to one of our Roll-up evenings on Tuesdays at 7.15pm. The dates of these will be posted on our notice board in the foyer of Chamberlin Hall in September.

Alternatively our Captain Mike McIntyre will be pleased to chat to you on 01284 827 688

This month's Bugle is sponsored by Shelley and Trudie as part of celebrating Linda and Gary Underwood's very special anniversary.

At the risk of embarrassing them still further, here they are on their wedding day.

*A lovely photo,
a lovely memory,
to bring some joy and happiness in these difficult times.*

*Many congratulations
Linda and Gary*





KINGS HEAD & Brewery

Nigel, Susie, Ryan, Freya and the team send their very best wishes and hope everyone is keeping safe and well at this difficult time...

www.bildestonkingshead.co.uk

- We also want to **thank all the amazing people** working to support and look after us from the **dustbin men** and **shop workers** to the **emergency services**, **care workers** and of course our **NHS**.
- My family and I are doing our part and supporting the NHS by keeping the pub closed and staying in. We will continue to do so until instructed otherwise by the Government. We are keeping busy home-schooling our children, keeping fit and spring cleaning!
- We have also volunteered to help as part of the **Bildeston Coronavirus Support Group**. If you need assistance, please contact them by email on BildestonCovid19@gmail.com or call on 033 33 355254 (calls are charged at a local rate and phonelines are open Mon-Sat 8am-6pm and Sun 9am-2pm).
- I am planning to re-open as soon as we are allowed, and it is safe to do so. If we are open in time, we plan to go ahead with our **Beer Festival** at the end of **May 22nd to 25th**. There will be lots of live music with **The Kicks**, **Blue Mean Eyes**, **Rockhouse**, **Buzz**, **Don't Tell The Wife** and **The Selion Swing Band**. Plus Morris dancing from **Boudicca Border Morris** and sessions for young and upcoming artists and an **Open Mic**... Ooh and I'd better not forget lots of **real ale** and **cider**!



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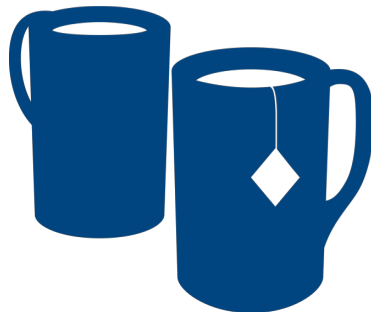
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email: advice@sudburycab.org.uk

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The Citizens Advice logo, consisting of a solid blue circle with the words "citizens" and "advice" in white, lowercase, sans-serif font, stacked vertically.

**citizens
advice**

SUFFOLK'S HOME BUT NOT ALONE

Suffolk's 'Home but not alone' service has been launched to help connect people who want to volunteer in their communities with neighbours who are most in need.

The service will mean willing volunteers, charities, town and parish councils, community and religious groups can all log their details and offers of support on an app, while people who need help can phone to request support.

As the number of offers and requests grows, they will be matched so that the right help can be given where it's most needed. This support could include delivering groceries, medication or essential household goods, in line with Government social distancing guidelines.

The telephone number for those in genuine need of help is freephone 0800 876 6926 and will be staffed from 9am to 5pm, seven days a week.

You can download the free app, called Tribe Volunteer from Apple App Store and Google Play Store.

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#COVID19SUFFOLK

BILDESTON CORONAVIRUS SUPPORT GROUP

Bildeston Coronavirus Support Group (BCSG) wishes to say a huge thank you to the many residents around Bildeston who have stepped up to offer volunteer services. We now have around 30 individuals and couples offering to support those of us in need of help. Some of whom are also volunteering for the NHS.

This situation is changing by the day so please watch any and all noticeboards for the latest updates. We have had many calls from concerned Bildestonians who are currently self-isolating and need groceries or medical supplies. Our triage service is then signposting to where these can be fulfilled, how to order, pay and arrange delivery.

At the moment, both Bildeston Village Stores and our wonderful Health Centre are making deliveries. If this changes, BCSG will step in to support these deliveries.

Our operating hours are Mon-Sat 8am-6pm and Sun 9am-2pm.

Contact details were attached to the last edition of the Bildeston Bugle.

However, if you need to reach us, please message me:


Shaun Moffat at **shaun_moffat@yahoo.co.uk**

or phone 01449 257136.

In the meantime, we strongly advise anyone wanting to offer support, please try to make contact (observing social distancing) with anyone you may think vulnerable who lives near you. Check they are okay. Let them know how to get help if they need it. A lot of elderly people may be scared at the moment and they are not online to get the information available. If they need someone to call, take their telephone number and pass it on to us.

The other thing you can do is contact <https://www.goodsamapp.org/NHS> and support the NHS during this crisis. I am proud to live in Bildeston and be surrounded by such an amazing community that is pulling together to get through these difficult times.

Find support or report comment at **GOODSAMAPP.ORG**



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BILDESTON'S WHO'S WHO

Before the lockdown, I met up with Henry Gold who was born in Windsor and brought up in Buckinghamshire. He followed his father and uncles to Eton and after National Service as an infantry officer, serving in Germany, Malta and Cyprus (during the EOKA emergency) he trained to become a chartered accountant, qualifying in 1962. Henry wanted to go into the family international wine and spirits group founded in the mid 1800's (now part of Diageo), but Henry's uncle, vice chairman at the time, recommended that he first obtain a qualification and introduced him to a City of London accountancy. Henry was invited to become a partner in 1967 and stayed on in the firm. This was fortunate because years later the family drinks business was taken over and all the family members were removed. Henry first married in 1966 and moved to East Anglia. His interest in music led him to conduct the Kelvedon Singers in the late 1970's. Henry and his wife had two children. Henry's son is a freelance documentary photographer and his daughter is a management consultant. Henry's work as an accountant included fraud investigation. His biggest case was of a public company whose misdemeanours took Henry in 1970 to the Bahamas, Florida and California, with two Scotland Yard detectives. In 1978 Henry moved to the Royal Dutch/Shell Group. Henry had been the first Technical and Training partner in his firm and the Shell Group job was to research these and develop responses to them. Henry worked with a number of institutions; the CBI, the International Chamber of Commerce, the EU and the UN among them. Henry went on to finance director jobs within the Shell Group and retired as deputy controller of the world wide group at the age of 55.

Henry was then appointed Technical Director of the Institute of Chartered Accountants. The new job involved Henry in collaboration with the UK Accounting Standards board, the International Accounting Standards Committee and the U.S. Financial Accounting Board. Henry finally retired in 1994 and since then he has served on a government committee advising on new company law, has been Master of the City Livery Company of Chartered Accountants, Treasurer of the Suffolk Preservation Society for 9 years, and more locally, of Keep Bildeston Beautiful Committee, following on from his move to Bildeston in 2003, while auditing the accounts of a small variety of clubs and societies in the area.

Henry was divorced in 1998 and married Susan, who sadly died in 2014. At that time Henry hardly knew Christina, a Bildeston resident, but they married in 2017. He is the Treasurer of the Lavenham Literary Festival. Two of his hobbies were salmon fishing and skiing. For a time Henry was on the Council of the Ski Club of Great Britain. Henry enjoys cricket and has been a member for nearly sixty years of the MCC. Henry continues to enjoy music and quite often is the organist in the Bildeston benefice churches. Henry plays cello in the Bury Friendly Orchestra and for over 20 years the Bildeston annual carol concert. Henry said he particularly likes Bildeston for the interesting variety of its inhabitants.

Cities in England

for the children
some p

Name _____ Date _____

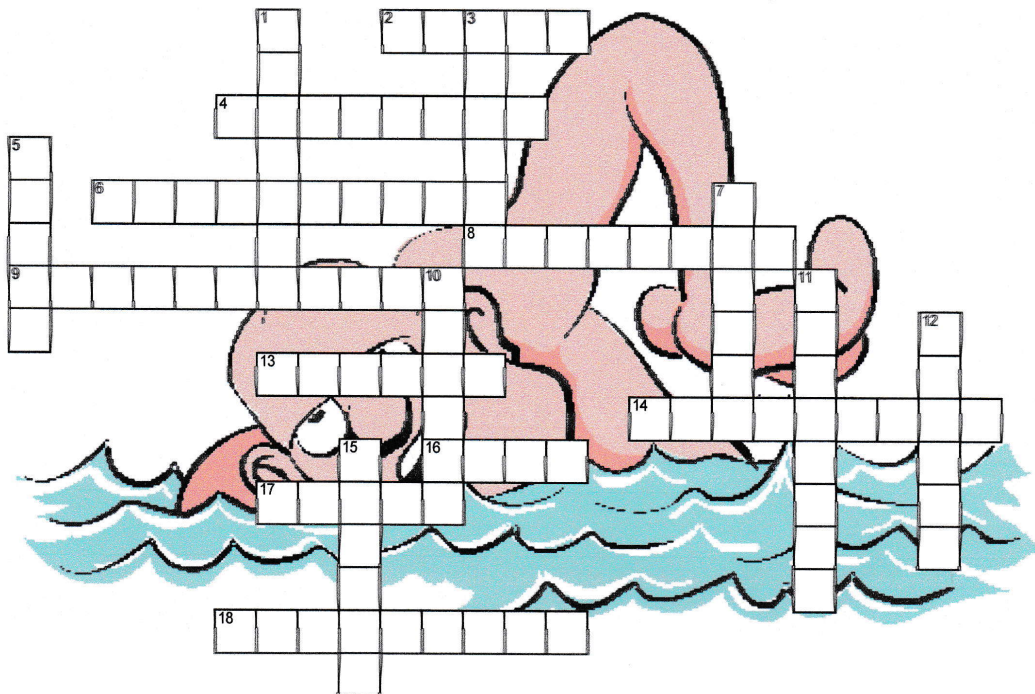


Find the words below in the puzzle

Bath	Chelmsford	Gloucester	Manchester	Preston	Truro
Birmingham	Chichester	Hereford	Norwich	Ripon	Wakefield
Bradford	Coventry	Lancaster	Nottingham	Salford	Wells
Bristol	Derby	Leeds	Oxford	Salisbury	Winchester
Cambridge	Durham	Leicester	Peterborough	Sheffield	Wolverhampton
Canterbury	Ely	Lichfield	Plymouth	Southampton	Worcester
Carlisle	Exeter	Lincoln	Portsmouth	Sunderland	York
		Liverpool			

WHAT ARE YOUR HOBBIES?

Unscramble the words below and fit them in the puzzle



STAMPS COINS GUITAR CHESS FLOWERS COMPUTER VOLLEYBALL GARDENING
MUSIC SWIMMING INDOOR WINTER SUNDAY PARK SOMETIMES SANDCASTLES
INTERNET SHELLS

Across

2. We all love listening to ____.
4. Bob enjoys playing ____ games.
6. I like playing basketball and ____.
8. I usually go ____ in the summer.
9. We can build ____ on the beach during the summer.
13. My brother likes playing the ____ (musical instrument).
14. Mary is always working in the garden. She loves ____.
16. My friend likes walking in the ____.
17. Peter likes collecting ____.
18. I ____ go shopping with my mum.

Down

1. My mother is into planting ____.
3. She likes collecting sea ____ at the seaside.
5. My grandpa enjoys playing ____ (board game).
7. Watching TV is an ____ activity.
10. I like collecting ____.
11. Bob likes surfing the ____.
12. I always play soccer on ____.
15. I like making a snowman in the ____.

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Mrs E. P. Knight RGN, RM, Mr N. Knight (Proprietors)**

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**enquiries@laxfieldhouse.co.uk
www.laxfieldhouse.co.uk**



Member of the Registered Nursing Home Association

Recipe of the Month

Chicken, Sweet Potato and Pesto Tray Bake

with thanks to Alison

Ingredients

A quick and easy lunchtime meal!

8 skin-on chicken thighs
600g sweet potatoes peeled and
chopped
2 peppers deseeded and chopped
1 tbsp olive oil
3 sprigs oregano
4 tbsp pesto
Seasoning to taste



Method

1. Preheat oven to 200C 180C fan Gas mark 6.
2. In a large baking tray mix the chicken thighs, sweet potatoes, oil, peppers, oregano and seasoning.
3. Spread this into a single layer with chicken skin side up and roast for 1 hour.
4. Drizzle with the pesto when out of oven and serve with crusty bread portions.



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Bildeston Bookworms

Hello Bildeston. I am sorry that I have been remiss in writing my reviews of late, but as with all of us at times, life got in the way. However, I am back and in these times of isolation, reaching out is even more important.

I think many of us are wondering how we will fill the extra 'at home' time. Whilst the World around us feels scary and dark a good book can act as an escape. It is also a time to rediscover our love of books, that many of us may have lost in the humdrum of everyday living. For some, it may be the start of an amazing adventure with books that we have never considered before. A time for us to share books with our children, even more important whilst they are house bound and we all struggle to find our new normal.

Our next read is described as a tale of passion and pianos in 1880s France and Russia. The main protagonist travels from fin-de-siècle in Scotland, to France to work as piano tuner trying to escape his past and his tyrannical father. In Paris, he meets a famous pianist which in turn sparks an obsessive love affair with a beautiful Russian soprano, Lika Blum. Moving from Paris to St Petersburg to Edinburgh and back again, Brodie's love for Lika and its dangerous consequences pursue him around Europe.

'Love is Blind' by William Boyd, is an interesting read, but, and there is often a 'but', the main character, Brodie, is a little dull. Lika isn't particularly 'likable' She is mainly seen through his eyes, an object of desire and mystery. The title says it all, Brodie sees what he wants to see, but maybe many of us do, willing to forgive and forget, when others say this is a foolish road to travel.

Generally, the book was not liked. Described by one member as a litany of tragedy. Despite all this, there were sparks to make it worth a look. Fabulous in-depth descriptions, evocative of a time long gone, where Europe was the domain of the rich and titled.

I have just watched an interesting interview with Stephen Fry talking about the changes to our lives. He suggests that we need to redefine our sense of time. Time has altered and we now have more time to do things. More time to read, to chat about what we have read, to share what we have read with others.

We live in a time of technology and never before has it been more important to stay connected via whatever means we have available in our homes. To realise that for the first time in the World's history we are all in this together.

Our book club will obviously not be meeting in person, but already we have plans for a virtual meet. We are reading our next book and have ways to choose and read the one after that. Books and the worlds they show us may prove to be one of our saving graces.

And remember, as J.K. Rowling says, 'There's always room for a story that can transport people to another place.'



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BILDESTON THANK YOU ROLL CALL!

On behalf of the whole village the Bugle takes this opportunity to publicly thank the following people and organisations who have rallied round to perform all sorts of functions to support the elderly and vulnerable in our village during this COVID-19 crisis. A wonderful group displaying all that is best in our village.

BCSG - Shaun Moffatt who was so prompt in establishing the Bildeston Coronavirus Support Group. Fiona Crabtree, who arrived back from working on Grenada for several years, and 'hit the ground running' and has been instrumental in supporting Shaun through setting up the BSCG as well as taking the lead on the ground with the Bildeston Food Bank. She is also running deliveries for Bildeston Village Store. Details on page 21.

Caroline Giles, has worked exhaustively on supporting Shaun and Fiona enabling them to concentrate their efforts on the organisational side.

Food Bank - Fiona, helped by Mark Powell Davies, sorting through the many donations of food received from such a large number of Bildeston's residents. For details please read the advert on page 41 or details on the Bildeston Public Facebook Noticeboard.

Parish Council - Bildeston Parish Council has played an enormous part in helping the BSCG with the 'red tape' of setting up the volunteer organisation as well as providing current information posted on the Bildeston Noticeboard on Facebook and in the Bugle. Special thanks to Fiona.

Village Stores - Many thanks to Bildeston Village Stores: Helen and Philip, Jane, Sandra, Anne, Sheri and Amanda. The Juniors; Maddison, Grace and Alisha. Andrew and the 'Porch Project Ladies', Kayleigh and Julie and last but by no means least, Will! Wonderful effort from them all.

The Crown - Chris and Hayley and the staff who create ready meals available in the Village Store and then their own produce boxes for sale.

Health Centre - Bildeston Health Centre staff, both in the surgery and pharmacy, have worked tirelessly to cope with the extra demand. They have all increased their hours to help each other and the community. An example of the dedication of the NHS right here on our doorstep.

Bugle team for their help and determination to still deliver. Special thanks to Chris Clarke who, despite her own challenges, kept me fed with delicious crumble! Best wishes to her husband.

There are others we have not heard about, so do let us know so we can thank them in the same way.

BILDESTON PARISH COUNCIL

There are no minutes of the meeting of Bildeston Parish Council held in April as the council met too late in April for them to be published.

The Parish Council has issued the following advice regarding the Coronavirus



BILDESTON PARISH COUNCIL COMMUNITY RESILIENCE BRIEFING FOR THE VILLAGE

GENERAL POSITION

Please keep informed of the current position through media channels such as TV and radio and use reputable websites to find out the very latest information.

We appreciate that over-exposure to difficult news can be upsetting but everyone should keep aware of the latest government guidance and requirements.

For the latest advice please visit:

<https://www.gov.uk/.../coronavirus-covid-19-uk-government-res...>;

For advice to businesses please visit:

<https://www.gov.uk/.../guidan.../covid-19-support-for-businesses>

LOCAL POSITION

The Parish Council has links with Emergency Planning arrangements that are taking place across Suffolk and receives a daily COVID-19 bulletin from the Joint Emergency Planning Team via Suffolk County Council. We will help endeavour to share information with the local community about Suffolk-wide support arrangements.

SUPPORTING YOUR NEIGHBOURS

There have been many groups set up in towns and villages, up and down the country, supporting those who are self-isolating who need help in collecting groceries, collecting medicines, undertaking dog walking and being there for a friendly phone call for those worried by the present circumstances.

These volunteer groups involve people looking out for their neighbours and the methods that they are using are quite diverse. Generally however, they start with a Facebook page, a door to door leaflet drop or an article in a village newsletter.

In Bildeston, Shaun Moffat has produced a flyer which has been circulated with April's edition of "The Bugle" promoting the "Bildeston Coronavirus Support Group". This is a free service to those who feel that they need help in the local community. Shaun is compiling a growing list of volunteers who have come forward to help others within the local community.

Shaun can be contacted via email: shaun_moffat@yahoo.co.uk; or by calling **01449 257136**.

Ultimately, it would be useful if a network of volunteers could be established right across the village, encompassing every home in Bildeston so that there is someone looking out for everyone.

The arrangements for the volunteering scheme are evolving and could change, of course, if the government implements a lockdown. However, in the meantime, work is being undertaken to ensure that the arrangements implemented are safe for all parties – both volunteers and those self-isolating. Clearly, safe working practices alongside generous community support within the village will benefit everyone.

The scheme will operate independently of the Parish Council but the Parish Council is ready to consider financial support to help in any way it can to provide necessary resources.

Public Health England considers that the elderly and people with chronic conditions such as diabetes, heart disease and lung disease to be at higher risk from the coronavirus. Therefore, it is important that those with lower risks reach out to their higher risk neighbours and community members, and ask how they can help. Please consider how you can help those around you in the days, weeks and months to come.

CITIZENS ADVICE

Sudbury and District Citizens Advice have closed their Hadleigh Office for face to face appointments but are still contactable and willing to help with your enquiries.

TELEPHONE ADVICE SESSIONS

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www.citizensadvice.org.uk;

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FOOD SUPPLIES

What better time than to support your own Village Store in Bildeston?

A number of businesses in your local community have adapted the way that they operate to ensure that you can make use of their services safely while you self-isolate.

Bildeston Village Stores - Groceries delivery for elderly and vulnerable persons:

Telephone 01449 740 248 to arrange and pay over the phone.

The King's Head - Frozen takeaway meals to heat from home:

Telephone 01449 741434 to arrange and pay over the phone.

The Bildeston Crown - Takeaway food deliveries 12-3pm, 6-9pm. Call 01449 740510 to order and pay over the phone.

There are many more local businesses that offer delivery/takeaways, online fitness, maintenance and plumbing etc. in a safe manner that supports self-isolation and social distancing, please visit our website: www.bildeston.org/corvid-19 for a more comprehensive list. If you want to add your business to the list, please contact us via Bildestoncorvid19@gmail.com

We do understand that everyone will be concerned about food supplies generally, and we have been in touch with local Tesco, Asda and Sainsburys stores to find out the current situation. We understand that the supermarkets are putting out the stock, as soon as it arrives. As deliveries occur around the clock it means currently, arriving at 9am is no more of a guarantee to get pasta, rice, wipes etc than arriving at 5pm. The food retailers continue to state that there is enough for everyone and if everyone only takes what they need, (hence the new product restrictions), stores will eventually begin to fill back up to normal levels and availability will improve. The "Big Four" supermarket chains are in constant communication to ensure that they adopt consistent measures in response to unfolding events. This is to ensure that they take the majority of decisions as one such as the recent decision to close all counters and cafes within their stores. Please keep informed online of the special arrangements that have been introduced this week by stores to support the elderly, vulnerable and their carers with special shopping hours in place in some stores.

HELP WITH TECHNOLOGY – THE BT SKILLS FOR TOMORROW PROGRAMME

Many of us will be having to stay in touch with our loved ones and public services by going online. Help is available, with information, from @BT_UK through their #skillsfortomorrow programme

If you wish to learn more about how to connect with family and friends by using video calling, there is a course available - find this website or share with someone you know who would like help <https://www.learnmyway.com/courses/video-calling>;

SUFFOLK LIBRARIES

Suffolk Libraries closed the county's library buildings to the public for the foreseeable future from Friday, 20th March, 2020 and the mobile library service will also be suspended. Suffolk Libraries has suspended charges for overdue books and extended reservation and return dates indefinitely, so customers do not need to worry about renewing or returning items. Suffolk Libraries is also promoting its extensive and free eLibrary services during the closure. There are around 60,000 items available including eBooks, eAudiobooks, magazines and newspapers. You can also stream music, films and documentaries. People will still be able to contact Suffolk Libraries' customer service team with any enquiries. The team are available Monday to Friday 9-5 and can be contacted at help@suffolklibraries.co.uk or by calling 01473 351249.

STOWMARKET FOOD BANK

As the virus spreads, the Stowmarket Food Bank based at the Stowmarket Community Centre, faces additional pressure with less donations and greater demand. Please could those who have more than they need consider donating non-perishable products to the Food Bank. These can be dropped off to the local supermarkets during normal opening hours.

There is a small food bank at St. Mary Magdalene Church, located in a cupboard in the children's play area, containing non-perishable items which those who need them are welcome to take. Any donations of in-date non-perishable foods are welcomed throughout the year.

SCAMS

There have been reports in Suffolk of people pretending to be from the British Red Cross, knocking on the doors of elderly and vulnerable individuals, taking their money to do shopping – and then not returning. There have also been reports that cards are being put through doors with the British Red Cross branding, offering help. The British Red Cross are NOT utilising a postcard system currently in connection to Covid-19 and any distribution of these cards locally needs to be reported to Trading Standards via 0808 223 1133.

POWER SUPPLIES

UK Power Networks is responsible for distributing power to over 8.3 million properties across London, the South East and East of England. Its engineers are out as normal continuing their core role in maintaining the electricity network, and fixing any electrical faults that occur. With many of its customers now working from home and to support the wider UK economy from the evening of Friday 20th March, 2020, it will be cancelling most of its lower priority planned maintenance work. This is in order to avoid prolonged planned power cuts for people who are currently working from home. If anyone needs information on a power cut, visit the Power Cut Map for live updates, tweet @UKPowerNetworks or telephone the customer service team, 24 hours a day, on 105 or 0800 3163 105. Calls are free from a landline or mobile phone.

SCHOOLS

Suffolk County Council closed its schools on Friday, 20th March, 2020. The government has asked parents to keep their children at home, wherever possible, and asked schools to remain open only for those children who absolutely need to attend. The fewer children making the journey to school, and the fewer children in educational settings, the lower the risk that the virus can spread and infect vulnerable individuals in wider society. If a child needs specialist support,

is vulnerable or has a parent who is a critical worker and who cannot be safely looked after at home so that the parent can work, then educational provision will be available for them in Suffolk. National guidance and list of key workers can be found here: <https://www.gov.uk/.../guidance-for-schools-colleges-and-loca...>

WELL-BEING

Following the latest government guidance, many people in Suffolk will be self-isolating and/or working from home. While these measures are necessary, they will mean a significant change of routine and can create stress and feelings of anxiety which is why it is important to look after your mental wellbeing in the coming weeks.

The five ways to wellbeing is a really useful framework, with practical ideas to support improved mental health. Here are five tips for staying mentally well:

1. Connect with others

Take time to call a friend or family member. It's important to stay in touch with others however you do it, and sometimes simply talking about how you feel can make a big difference. If you have a friend or neighbour who may need support or a listening ear, spare some time to talk to them.

2. Be active

Being physically active can have a real benefit to your mental health. If you are not self-isolating, try building in a walk or other exercise during the day. If you are indoors, take regular screen breaks and stretch at least once every hour.

3. Learn

Take the opportunity to think about learning a new skill or pick up something you have enjoyed doing before. Always wanted to read that book, or learn that language? Now is the time. More classes and courses are also available online now than ever before.

4. Take notice

It's all too easy to become immersed in the constant, and ever-changing media coverage surrounding coronavirus (COVID-19). Take a break from watching, listening or reading news stories and use the time for the things you enjoy. Techniques such as mindfulness can be helpful.

5. Give

Giving your time and energy to others is extremely important, never more so than now, and can pay dividends for your mental wellbeing. Whether it's looking out for and helping a neighbour, or registering to volunteer to offer support in your community, there is plenty you can do. The 'Home, but not alone' campaign is one such example, run in partnership between the East Anglian Daily Times, Suffolk County Council, Community Action Suffolk, Suffolk Community Foundation and the Suffolk Association of Local Councils.

For more information and support, visit the following trusted sources:

www.nhs.uk

www.suffolk.gov.uk

<https://volunteersuffolk.org.uk/>

hwww.healthysuffolk.org.uk/projects/5-ways-to-wellbeing

Please note that the above is accurate as at the time of publication on the basis of the information available. If you have any updates to the above, or any information you wish to be shared, please contact: clerk@bildeston.suffolk.gov.uk;

HWWW.HEALTHYSUFFOLK.ORG.UK

hwww.healthysuffolk.org.uk

Bildeston History Quarterly

In the final issue of the magazine, there is an enquiry concerning the identity of the happy couple on the front cover. Thanks to Betty Robinson of Bildeston and Oswald Simpson of Elmsett plus further research, details of the event can be revealed.

The wedding took place on 22 June 1935 at St Mary Magdalene's Church in Bildeston. The bride is 23-year-old Eva Joyce Webb, known as Joyce, only child of Joshua Robert Webb (deceased) and Frances Harriet Webb nee Levett of No.96 High Street in Bildeston. The groom is 21-year-old George Stiff, son of Walter Stiff and Angelina Stiff nee Fisher (deceased) of Hitcham. At the time, George was working at Nedging Hall as chauffeur-groom to Peter Chevalier, managing director of a fertiliser company, and the couple lived in a cottage on that estate for the first few years of their marriage.

I would like to thank all the kind people who have written or telephoned me about the demise of the magazine, especially members of Bildeston Parish Council. Later this year when the coronavirus crisis is over, I hope to have a table at Chamberlin Hall Indoor Market in order to sell back numbers at reduced prices.

Sue Andrews





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BILDESTON FOOD BANK

When you are doing your shopping could you just add one small non perishable item to your basket and donate it to the Bildeston Food Bank if you can.

The donation boxes are at 3 Manor Road, 2 Brookfield, 9-11 Duke Street, 150 High St, and of course Bildeston Village Stores, which has lots of non perishable items for less than a pound.

Help us as a community Food Bank to help our community. None of us know when we might need help.

And if you do need help please email bildestoncsg@gmail.com in complete confidence and the food bank will help

Tinned veg or fruit, UHT milk, soup, rice, pasta, hygiene products..... non perishable items are what we need.

Many thanks

Fiona Campbell

SESAW is currently closed however if you have an animal, or know of one, in urgent need please contact us. Ring 01787 210888 leaving your name and most importantly your number then a brief description of the problem. The answer phone is regularly checked and we will ring you back.

Please note, cats cannot transmit COVID-19 to humans but could possibly carry the virus for a short time if someone with it had handled them. If someone in your household is displaying COVID-19 symptoms it is advisable not to let your cat out. Obviously for some cats this could be very stressful and they may need to go out if only for a short time. Entire cats should not be let out at all until they have been neutered to prevent unwanted pregnancies. In all cases after touching your cat, wash your hands.

Work goes on looking after the animals at the Centre, unfortunately our fund raising activities are now suspended. If you are able to support SESA W animals by making a donation it would be greatly appreciated. Visit our website to donate via Just Giving or send a cheque made payable to SESA W.

Keep safe until we meet again

Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, www.sesaw.co.uk

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Web site: www.clayhillcattery.co.uk

www.facebook.com/clayhillcattery

Email: info@clayhillcattery.co.uk

Fully licensed and inspected by Babergh & Mid Suffolk District Council – highest Five Star rating awarded

Family run cattery where your cat is treated like a member of our own cat family

Secure, hygienic all year-round boarding

Diets tailored to cat's needs and preferences

Indoor purpose-built luxury suites

Temperature controlled environment designed to be warm & cosy in Winter, and cool & ventilated in Summer

Personal care & attention, a home-from-home for your cat

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Ample parking, or try our collection and drop off service

Idyllic countryside setting surrounded by wildlife

24/7 on-site supervision and CCTV surveillance

****Pilates and Yoga classes now at Kersey Mill****

If you want to exercise both your body and mind as well as improving your sense of well-being, strength, flexibility and mobility then Pilates is for you! We are passionate about bringing the benefits of Pilates/Yoga to everyone and with a highly qualified team of instructors we can certainly help you improve muscle tone and core stability, building strength from the inside out, re-balancing the body and bringing it into correct alignment.

BEGINNERS CLASSES AND FREE TASTER SESSIONS* ARE NOW AVAILABLE AS WELL AS PRIVATE 1:1's

** on selected classes*

We now offer small Yoga classes too to add to your well-being experience at Kersey Mill. Please get in touch if you would like any more information.

Whether you are new to Pilates/Yoga or have been enjoying the benefits for years, we feel confident that we can accommodate your needs to achieve results.



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FUND RAISING PLANT SALE

*A 'Social Distancing' event with all sales from stalls
sited at the entrance to the drive.*

At Malham, 36 High St, Bildeston

On Thursday 14th May

Open all day from 10am until 5.00pm

In Aid of St Mary Magdalene Church, Bildeston

Donation of Potted Plants would be much appreciated.

*Why not stroll past and have a look while you are on
your daily allowed exercise walk?*

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01473 805156

*From Revd Elke Cattermole
Benefice of Bildeston w Wattisham, Lindsey,
Whatfield w Semer, Nedging and Naughton.*

I wish to send to each Parish community in this Benefice, whether you are regular church goers or not Easter Greetings and prayers. The past few weeks and even today has been a very difficult, different, and challenging time for us all. We all have our different stories and experiences that have an impact on our lives now and for the foreseeable future.

I have sent this out on Good Friday, the day Christ suffered and died for us, because he loves us whoever we are. He was a man who did no wrong but had to suffer to save us, rejected by many. He understands our suffering.

Through this deadly virus we live in a time of fear, anxiety, and restrictions. We do not know when they will end, we know though we have had to comply with government guidelines and regulations. To keep us and others, safe and support the NHS. We miss our family and friends and we cannot say goodbye in the way we are used to when they have died. The wise restrictions are for us all, we know it is not wise to gather as families, or friends whether in our gardens or streets.

We will however come through all this and will have our Easter Day! Christ has gone from the cross, the tomb is empty, Christ has 'Risen from the Dead' and the sun is shining. Our lives may be changed and different, but there is a 'Hope in the Resurrection of Jesus Christ' for us now and forever through eternal life for every one of us.

We are not alone as God/Christ is with each one of us, in these challenging times.

Prayer

"O God, help us to trust you, help us to know that you are with us, help us to believe that nothing can separate us from your love revealed through your Son Jesus Christ our Lord." Amen

Blessing

The Lord bless you and watch over you.

The Lord make his face to shine upon you and be gracious to you.

The Lord look kindly upon you and give you peace.

Amen



Bildeston Community Coffee Centre

Baptist Church 9:15-11:30 **Every Friday**

Lunch club

Baptist Church 12.15 for 12.30pm start.....**1st Wed every month**

Craft it Together

01449 740716/741606 for details.....**1st Monday every month**

Strollers & Striders

Baptist Church Car Park 10.00.....**Every Monday**

Baby and Toddler Group

Baptist Church 9.15 to 11.30am.....**Every Tuesday**

Church Bell Ringing Practice

St. Mary Magdalene church bell tower 8.00 to 9.15pm.....**Every Tuesday**

Mens Breakfast

Baptist Church 8.00am.....**Last Saturday every month**

Fund Raising Plant Sale

10.00am to 5.00pm at Malham, 36 High St.....**Thurs 14th**

Several of the usual activities and events planned for May could now be cancelled due to the Coronavirus. Any meetings, clubs etc. still published, the Bugle would strongly encourage participants to check with the organisers if they are still running, before turning up.

**Meanwhile, please observe the social-distance advice
Stay safe and well and let kindness go viral across our community.**

Please tell us about your forthcoming events in **June**
email: editor@bildestonbugle.co.uk



When you're finished with this Bugle please pass it on or recycle it.