

Easton Parish Magazine



August 2020

ALL SAINTS' CHURCH, EASTON



**EASTON CHURCH
OPEN TUESDAYS AND
SATURDAYS
ONLY
10 AM TO 4 PM**

Priest-in-Charge : **Rev Graham Hedger**
14 St Peters Close, Charsfield
IP13 7RG
Tel: 01473 737280
Mobile: 07388 117656
Email: revgrahamhedger@outlook.com

Churchwarden : **Jane Woodbury-Eggins**
Bickley, Harriers Walk
Tel: 746667

Treasurer : **Malcolm Plews**
Easton House
The Street
Tel: 746443

Magazine Editor : **Clare Owen**
5 Harriers Walk
Tel: 745015

Orebeck Benefice Update

The government has given permission for churches to resume Sunday worship. As a group of churches we are aware that, although some people are very eager to attend, others will be more reticent.

During August we will hold a Communion service at 11 am in one church for the whole benefice. We have to follow government guidance on social distancing etc, and sadly at the moment we are not allowed to sing. The wearing of masks (at the time of writing) is optional.

The 'Zoom service' will also continue for the foreseeable future. We will also hold one mid-week service in Hacheston. Towards the end of August we will review what we are doing, with a view to increasing the number and frequency of services.

The service schedule for August:

Every Sunday 9.30 am Zoom service. (If you would like to join in please contact Bill Clark for a link at bill78@btinternet.com)

9 th	11 am	Holy Communion	Marlesford
16 th	11 am	Holy Communion	Brandeston
23 rd	11 am	Holy Communion	Campsea Ashe
30 th	11 am	Holy Communion	Parham
Wednesday			
19 th	10 am	Holy Communion (BCP)	Hacheston

Graham Hedger

Taizé Services

During the summer months last year, Taizé Services were held in Easton Village Hall and were appreciated by many folk locally and further afield. Taizé is a quiet, reflective form of worship, which includes prayer, singing, meditation and silence. The plans made for 2020 have been adapted to streamed services at 4pm on 16 August and 20 September. The YouTube link for August is:

<https://YouTube.be/I1FqhA1jU7c>

If you would like to access past services, visit the website for Cretingham church - www.mid-loes.com/cretingham

Daily Hope T: 0800 804 8044

Daily Hope is a free phone line which offers a simple ministry to those who might struggle to access services and prayers online. We know churches across the country have risen to the challenge of engaging many creatively online with worship and prayer during lockdown. We were also aware that this also highlighted the 'digital divide' between those for whom the online world comes easily and others for whom it is inaccessible and alien. We know that less than a quarter of over 75 year olds regularly engage in online platforms and so wanted to make sure they weren't excluded from worship in a time of isolation.

That's where Daily Hope comes in. Daily Hope is an example of a great working together across the church - backed by the Archbishops' Council - to deliver a solution to a real need. Specialists whose vocation is to minister amongst 'seniors', those who have got great tech skills, liturgists and musicians, those from Comms and the Evangelism and Witness team at Lambeth Palace gathered together at the beginning of April to see if they could make this happen. **On 26 April the free phone line was launched. The line offers each caller a number of options – a collection of well-known hymns, the stories behind the hymns, joining in with Morning or Evening Prayer, or receiving the latest relevant public health advice.**

From the office of the Archbishop of Canterbury



Andrew Hedger

We were very sad to hear of Andy's death from cancer. He had been receiving palliative care and died at home in Charsfield with Graham and Sue. He was only 33 years old.

This has been a long and sad journey for Graham and all the family and we send them our love and our sympathy, and pledge our support.

Jane Woodbury-Eggins

The Rev'd Canon Richard Ginn



An engaging smile, an encouraging way, an insightful mind, a deep and imaginative faith which was infectious ... just a few thoughts that describe Richard. In an era when most clergy remain in a post for around seven years, Richard ran counter culture and exercised his ministry as Vicar of a group of parishes around Westleton for over twenty years, until his retirement to Hacheston. His other posts were his curacies (initial training posts) in London.

Over time he took on more responsibility as more parishes were added to his care. He was a faithful pastor, caring for all, and an able communicator. His simplicity of faith hid an incisive theological mind. Indeed, it is the mark of a good theologian to be able to communicate the faith in bite size chunks that we can all grapple with. He continued to study throughout his ministry and gained two degrees for his studies, and was working towards another when he died. Just before he died he celebrated forty years as an ordained minister in the Church of England.

The rural church would not survive without our retired clergy who take services, cover holidays and vacancies. Richard took services throughout our benefice and many people were encouraged in their own faith journeys by his faithful preaching and pastoral care. I greatly valued having him as a colleague and being able to sit in the mid week services at Hacheston which he had started several years ago.

May he rest in peace and rise in glory.

Graham Hedger

Jane Woodbury-Eggs adds:

It was with great sadness that we learnt of Richard's death. He had had cancer for some while but until recently it had been under control and he was able to continue taking services, including the morning communion at Hacheston on a Wednesday.

He was such a lovely man, and everyone took to him. He was always cheerful and able to see the good in things. His enthusiasm for life and for the Gospel were contagious and we always enjoyed his services (he took a joyous baptism for Louis Ransome just before Graham arrived).

He was buried at Westleton where he was the minister for 28 years. His son-in-law is now the incumbent there. We shall miss him very much and we send our love and sympathy to Linda and the family.

HEDGEHOGS



As you may be aware, the hedgehog population in Britain is in serious decline and needs our help. As well as predation, they are under serious threat from poisoning.

Sadly, in the last few days we have found two dead hedgehogs (an adult and its young hog) in our front garden. Another resident found one on Pound Corner. None showed any signs of being attacked, so at this stage we can only assume they have accidentally been poisoned.

As you may know, slug pellets containing metaldehyde are poisonous to hedgehogs, even after they have been ingested by slugs and snails and the hedgehogs then eat them. If you use slug pellets, please check the container for ingredient information. It would of course be better to use alternative harmless methods of deterring slugs and snails from around plants, such as using copper tape, used coffee grounds, egg shells and recycled wool pellets – to name but a few.

We are sure we are all in agreement that we want to help our spiky friends who help keep our gardens free from pests.

Thank you.

Clare & John Owen



Easton Parish Council

Emergency Planning

We are now in phase 3 of the COVID-19 pandemic and restrictions are easing. We are very aware that there are individuals who still need some help. Please do not hesitate to contact us if you need any assistance or advice.

Contact Bob Gibbon, Easton's Emergency Planning Officer, on 01728 746866, or the Parish Clerk, if you require any assistance.

Easton's Automatic External Defibrillator

On a positive note, we would like to report that we have installed our AED in the centre of the village on the Hunt Kennel building. The Parish Council would like to extend their thanks to the Hunt Kennel Association for allowing this vital installation on their building.

See page 8 for more details & basic AED and CPR instructions on pages 9 and 10.

Highways

The Parish Council are in the final stages of discussion with the Highways Department regarding the proposed Traffic Calming Scheme. The proposal will be published for comment.

Playground

We are delighted to announce that the Playground is now open. There are a few simple rules which families need to follow to keep everybody safe. See page 7.

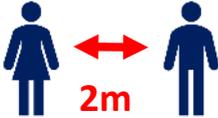
Parish Meetings

At present, all face to face meetings have been cancelled. However, we successfully held our first zoom Parish Council meeting on 13th July. The next meeting is scheduled for 27th July 2020 at 7.30pm. Please contact the Clerk if you wish to join this meeting or you have any issues to raise.

<http://easton.suffolk.cloud/>

Easton Play Area

We have a few simple rules to keep you safe



Maintain your distance
Between yourself and others



**Sanitise
your hands**

Sanitise your hands before,
during and after using the
Play park. Especially after
touching play equipment and
the gate



Wash your hands thoroughly
when you get home



If the play area is busy,
please wait or come back
another time



No food or drink, please
take your litter home
with you

**Thank you for your patience & cooperation, play safe and
we hope you enjoy the play area
Easton Parish Council**

Thank you to the Hunt Kennels

Easton Parish Council is extremely grateful to the Hunt Kennels for offering to site the village AED (**Automatic External Defibrillator**).

James Chadwick and Tegan have come to Easton to manage the Hunt Kennels and pack of Bloodhounds. They are very much welcomed to the village.

The Bloodhounds are a different breed of hound to the Hare Harrier hounds that previously occupied the kennels. When the Bloodhounds and riders take pursuit, it is to follow the scent of the soles of running shoes, with the aim of finding the runner to give them a well-earned refreshing lick! To watch the hounds in action or take part as a rider or runner, current crisis permitting, riding out will be twice a week from early September, and the Hunt welcomes everyone.

The photograph shows left to right - Cllr Bob Gibbon, Emergency Officer, Easton Parish Council; James Chadwick, Huntsman Hamilton Bloodhounds; Cllr Sue Piggott, Chair, Easton Parish Council; Clare Simper, Hamilton Bloodhounds.

Photograph by E Piggott



Easton's Automatic External Defibrillator

As you may have noticed, Easton now has an Automatic External Defibrillator [AED] located on the Hunt Kennels wall. It is accessible to all in case of emergency and as part of its programming it will automatically guide you through the process of its use. They are designed to only administer a shock to the patient if the AED determines it is safe and applicable so there is no risk of accidentally giving a shock to someone and doing them further harm.

Sudden Cardiac Arrest [SCA] kills a staggering **270** people each day in the UK alone, which is more than Lung Cancer, Breast Cancer and Aids combined. It can happen to anyone, any age, and it does. Fifteen young people die each week, that's over 700 young lives, each year, many of which could be saved with an AED.

If you have access to an AED, the chance of saving a victim of SCA is increased by 50% if used within 4 minutes. For every minute that passes, their chance of survival reduces by 10%. A patient in suffering from SCA will sadly not survive if no help is given. Contrary to some speculation, the process of giving CPR (see opposite) and using an AED to administer a shock to a patient cannot make the situation worse.

As soon as the current Covid-19 and social distancing guidelines allow, we will be organising some basic emergency lifesaving classes to include CPR and AED use. We will publicise when these can take place as soon as we have any news. I hope as many people as possible will attend and will also soon realise that using an AED is nothing to be afraid of should you have to use it and that you can easily make a real difference and possibly save someone's life. Meanwhile below is a basic guide containing the steps that should help to safely administer lifesaving CPR.

Remember the Mnemonic **DRS ABCD**

D: Danger: Always assess the area for dangers that might pose a risk to you before giving help.

R: Response: Call to, shout at or shake the patient to see if they are responsive.

S: Send for Help: If there is someone nearby ask them to call **999** asking for an ambulance and tell them where you are, if no one is about go yourself at this point. Collect or ask someone to bring you the AED.

A: Airway: Check the casualty's airway is open and clear, tip their head back using two fingers under their chin

B: Breathing: Check their breathing. Gasping or irregular breathing is not normal.

C: CPR: Start giving chest compressions. 30 fast compressions should be followed by 2 rescue breaths (if unable or unwilling to give rescue breaths continue with chest compressions)

D: Defibrillator: Use the defibrillator following the visual guide on the machine to place the pads and follow the audible instructions it gives you. Continue with CPR and follow the AED instructions until the ambulance arrives.

If you have any queries regarding the AED, please contact Bob Gibbon, Emergency Planning Officer on 01728 746866



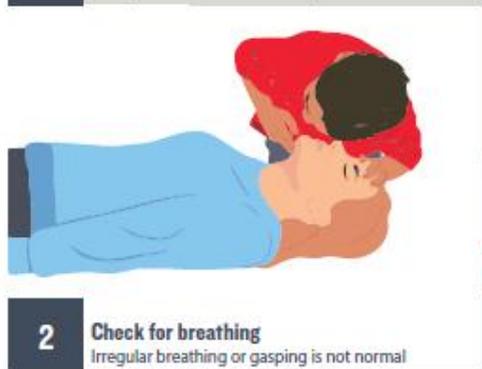
Steps to CPR

Less than 1 in 10 people in the UK survive an out-of-hospital cardiac arrest. And every delay reduces a person's chance of survival.

A cardiac arrest is the ultimate medical emergency. Follow these steps to save a life.

CALL PUSH RESCUE

To learn life saving CPR visit bhf.org.uk/cpr



EASTON'S HISTORY — THE GREAT GALE OF 1909



Clearing up after the gale of 12th April 1909. School in background.



Opposite School Lane



Kennels



**I would welcome any other photographs of the 1909 Gale.
I have the facilities to copy and return any additions.**

Brian Boon



Village Business Profile

Travel with Jules

What products or services does the business provide and what makes it different from others?

Travel With Jules is an independent, award winning, fully bonded travel agency. We offer a bespoke travel planning service – always available for impartial, professional travel advice - particularly useful in recent months when holidays booked with online companies have proved the value of being able to get through to a real person on the phone!

How long has the business been established in Easton and why?

I worked in Africa until 2005 when I moved to Letheringham. TWJ started trading in 2011, initially from my bedroom in Easton and since 2016 in our lovely garden office.

How many people work with the company?

Currently there are just two of us, between us there is hardly a destination in the world we haven't been to!

Where are your customers based? Do you have many from the village?

I have worked in the travel industry for several decades so we have a national client base. Since we opened the office we have gained more local clients but would love more!

How difficult have the past few months been for your business?

The impact of the pandemic on the travel industry has been horrendous. As travel agents we earn our income when people travel. All bookings between March – July have been cancelled, so we haven't earned a penny since March. We worked round the clock to get our clients home from long haul destinations and have been successful in refunding or re-booking ALL of our clients who lost their holidays.

Are you fearful or hopeful of the next 12 months?

Now that the world is slowly opening up again, I'm hopeful that we can survive, but it's going to be a long journey.

Are there any ways in which the village could be improved for working or living?

The best thing which would help us would be decent mobile signal!

How could the the village (Parish Council, local people etc) better support you?

It would be lovely if the villagers would let us book all their holidays and recommend us! We can book with hundreds of tour operators, so if you have seen something in a brochure or online you like, we can book it for you and take care of the small print.

Do you have a website for anyone who would like to learn more?

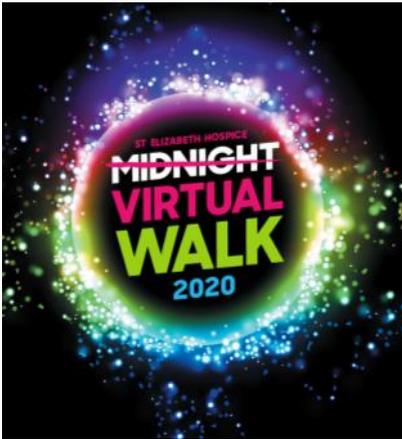
www.travelwithjules.co.uk



Mags and Jules at the official opening of the new office in 2016.

Our sincere thanks to Derek Balcombe for this new and interesting monthly feature.

Ed.



St Elizabeth Hospice's Midnight Walk Returns with a Virtual Twist

Independent Suffolk charity St Elizabeth Hospice is calling on supporters to sign up to its popular Midnight Walk and help the organisation during the coronavirus pandemic.

For 14 years, the much-loved annual event has seen thousands of people don colourful clothing and take to the streets of Ipswich to complete a sponsored six or ten mile walk at midnight in support of St Elizabeth Hospice.

This year, in accordance with Covid-19 government guidelines, the flagship fundraiser will see participants complete their walks individually or in small, socially distanced groups between 19th to 26th September at any time of day.

However, the party atmosphere will not be lost as walkers are encouraged to share photos of their challenges online and decorate the hospice's social media channels with colour and vibrancy as part of a weeklong Virtual Midnight Walk 2020 social media takeover.

"We cannot wait to see what is in store with the unique adaptations we have made to the Midnight Walk," explained Becky Jedrzejewski, Events and Challenges Fundraiser at St Elizabeth Hospice.

"We explored all routes to continuing the Midnight Walk in the same way we normally would but unfortunately this was not possible and as a result we have chosen to do a virtual event to ensure the safety of our supporters and to comply with government guidelines.

"Participants can complete their walks whenever and wherever they would like but we would encourage people to do their walks in daylight. We are really excited to see participants sharing their Midnight Walk experiences across social media to help take Suffolk's biggest party online."

All funds raised from the event will go towards St Elizabeth Hospice's #HereTogether appeal. This is a campaign launched in April to counteract the financial impact of coronavirus on the charity after lockdown saw the closure of its 31 retail shops and postponing of all fundraising activities which are vital income sources needed to support the provision of its end of life care and bereavement services.

Setting a target of £250,000, in less than 3 months communities from across the region have united to help the campaign raise more than £195,000 and now the hospice is encouraging supporters to make the Midnight Walk 2020 the final push needed to take the #HereTogether campaign over the fundraising finishing line.

Becky added: "Throughout lockdown we have been so grateful for all the help and donations from the community in support of our #HereTogether campaign which is vital to ensuring we can provide our much needed service to patients and their families throughout East Anglia.

"The Midnight Walk is always such a special event, full of celebration and people marking the memory of their loved ones and this year will be the same and we wish all who take part the best of luck and thank them for their efforts."

Last year, the hospice cared for more than 3,000 Suffolk patients and their families at a cost of £10.5m, of which 75% was raised by the community through St Elizabeth Hospice's retail shops and local fundraising activities which were made impossible due to social distancing and self-isolation brought by the Covid-19 lockdown.

St Elizabeth Hospice is an independent Suffolk charity providing free services to improve life for people living with a progressive or life-limiting illness. Centered on an individual's needs, the hospice provides specialist support, whenever and wherever it is needed, whether at home, in the community or at the hospice.

To find out more and to sign up to the Virtual Midnight Walk 2020 visit www.eventbrite.co.uk/e/virtual-midnight-walk-2020-registration-106772084178 and www.stelizabethhospice.org.uk/event/midnight-walk-2020/.

To donate towards St Elizabeth hospice's #HereTogether campaign visit www.justgiving.com/campaign/SEHCoronavirusAppeal or to find out more call 01473 727776 or visit www.stelizabethhospice.org.uk.



NEIGHBOURHOOD WATCH

In times of low interest rates a higher return on investments can seem appealing.

From Action Fraud:

Since 1st June 2020 Action Fraud has seen an increase in reports from people falling victim to *Ponzi-style schemes that were advertised to them as “investment” opportunities.

101 people fell victim to these bogus schemes as a result of being introduced to them, usually unwittingly, by a trusted friend, colleague or family member (who was later identified as a victim themselves).

The total reported losses amount to **£2,167,807**.

A *Ponzi scheme is a type of fraud where victims are lured in using the false promise of lucrative “investment” opportunities. In reality there is no investment and the money paid by victims goes straight into the pockets of criminals.

The fraudsters perpetrating the scheme will sometimes pay some victims a little money as a way to convince them that the scheme is legitimate and to incentivise them to recruit other victims. Most recently, the schemes have lured victims with investments including cryptocurrencies and foreign exchange trading (forex).

Fraudsters will often produce authentic-looking brochures and provide fictitious online trading accounts to investors in order to appear as though they're a legitimate organisation. The reality is that they will only keep in touch with victims via difficult to trace social media messaging platforms until the money stops being sent, at which point they will sever contact or demand payments to release the initial investment.

- **Seek Independent Professional Advice:** Before making significant financial decisions, speak with a trusted advisor who isn't involved with the investment; this is equally important if you're introduced to the scheme by someone you know. Just because you know someone who has also invested does not make the opportunity legitimate!
- **FCA Register:** Use the Financial Conduct Authority's (FCA) register to check if the company is regulated by the FCA. If you deal with a firm (or individual) that isn't regulated, you may not be covered by the **Financial Ombudsman Service (FOS)** if things go wrong and you lose your money.

- **Investment Opportunities:** Don't be rushed into making an investment. Remember, legitimate organisations will never pressure you into making a transaction on the spot.
- **Investment Advice:** For more information about how to invest safely, please visit: <https://www.fca.org.uk/scamsmart>

If you think you've been a victim of fraud, report it to Action Fraud online at actionfraud.police.uk or by calling 0300 123 2040.

John Owen

To make you chuckle



Propaganda—what Cockneys do when they're having a good look.

If anyone gets a message from me about canned meat, don't open it, it's spam.



My wife didn't order anything from Amazon yesterday, so the delivery driver knocked on our door to make sure we were alright.

**GET A FREE STICKER TO STOP DOORSTEP CALLERS -
INFORMATION FROM NICK GOWRLEY,
SUFFOLK COUNTY COUNCILLOR**

Suffolk has been targeted by various rogues over the last few weeks as Covid-19 restrictions have started to ease. We have received reports of fish sellers, Nottingham Knockers, traders offering various home maintenance work including work to driveways and roofing, as well as those taking advantage of the pandemic and posing as bogus officials.

Trading Standards always advise residents to refrain from buying at the doorstep and not to buckle to pressure from sales people offering supposedly one-off 'buy it now' low prices.

We can help **stop** such traders calling at your property, and those in your community.

We have produced No Cold Calling stickers (see below) that can be displayed on your door. If you would like one, please email us with your address to tradingstandards@suffolk.gov.uk, and we will pop it in the post to you.

If you are approached by a doorstep caller, please do not engage. Close the door and report them to us by contacting Citizens Advice Consumer Services on 0808 223 1133.



Information courtesy of Sue Piggott, Chair, EPC

Contact details of Councillors that serve Easton

Parish Councillors:

Chair :

Sue Piggott

T: 01728 746622

(Highways/Cemetery/Burials)

Fiona Siddall

T: 07970 450245

(Joint Play Area Officer)

Bob Gibbon

T: 01728 746866

(Emergency Officer)

Maureen Birt

T: 01728 747242

(Joint Play Area Officer)

Ian Palfreyman

T: 07775 652820

(Footpaths Officer)

Derek Balcombe

T: 01728 768215

Clerk :

Alison Bramall

T: 07736 169780

parishclerk@eastonpc.org.uk

Suffolk County Councillor

Nick Gowrley

T: 01449 774297

M: 07743 033243

nick.gowrley@suffolk.gov.uk

East Suffolk Councillor

Maurice Cook

T: 07825 421128

maurice.cook@eastssuffolk.gov.uk

Do you have something to put in the magazine?

Contributions to the next Parish Magazine should arrive by the 20th of the month before, either by email or by handwritten piece, please.

My email address is :-

clareeowen@tiscali.co.uk

or handwritten pieces to me at 5 Harriers Walk,

Village Hall Bookings

Contact Lorna Edwards

Email lornaed@hotmail.com

Telephone: 747970

WEBSITE ADDRESS FOR VILLAGE HALL

www.suffolkvillagehalls.co.uk

... and search Easton

EASTON PARISH COUNCIL WEBSITE

The Parish Council Website is where you will find all Parish Council documents and information. The address is:

<http://easton.suffolk.cloud/>

For more information on your local villages, visit the parish websites:-

www.easton.onesuffolk.net

www.brandeston.net

www.kettleburgh.suffolk.gov.uk

www.campseaashe.onesuffolk.net

www.marlesford.com

www.parham.onesuffolk.net

www.hacheston.suffolk.gov.uk

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