# Green Links

March 2021



### Green Links Copy Deadline!

Please note all copy for the April issue must be with me by 15th March please

Janne Cutting-Keyton, Newholme, Smithwood Green, Cockfield. IP30 0JQ 01284 828264 or janne@twerbs.co.uk

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# Green Links



The Monthly Village Magazine of Cockfield Edition 4– No 162 March 2021

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David Simpson Janne Cutting-Keyton Morag Kelly Sue Harrison

Well here we are again with a definite feeling of Déjà Vu - back to an online version only for the March edition of Green Links, I sincerely hope, as I am sure we all do, that we are on the path to a speedy and safe return to some sort of normality soon.

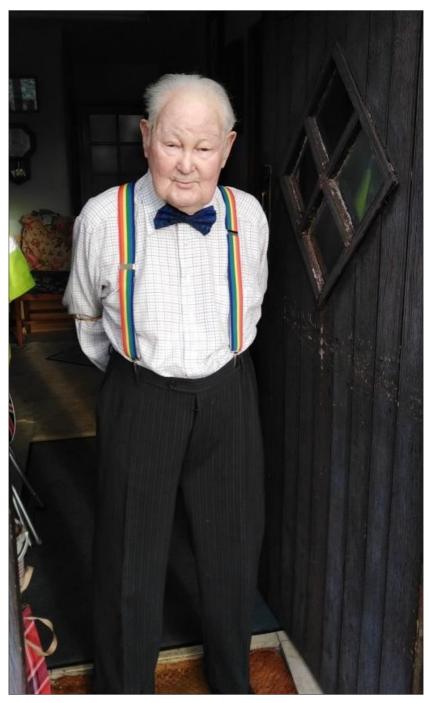
Being online only does have some advantages thought, rather than being limited to one or two colour pictures I can publish an array of super photos sent in over the past few weeks. My thanks to Kathryn, Paula, Steve and Harry, for this months gallery. I have again used up all my reserves so if you are out and about please capture some more pictures of seasonal interest and send them on in.

In Januarys edition I reprinted one of Ken Stewards tales, The Old Stubble Fowl Hut, which was very well received and prompted Ken's son, Edward, to send in a photo if the hut today 99 years on and now residing in Stanningfield. The picture is a few pages on and looks remarkably well for its age as does another 99 year old Norman Gregory who celebrated his 99th birthday on the 26th January, congratulations Norman and looking forward 12 months may we be able to celebrate your 100th in lockdown free style.

Janne

www.cockfield.org.uk

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Our Very Best Birthday Wishes Norman



# Jeffreys Green, Cockfield - Affordable Housing Completing March/April 2021



I'm really pleased to report that despite a global pandemic, and two full national lockdowns, we are still on track to complete the new affordable homes at the end of March this year.

If you think that one of these flats or houses could be your new home, please read the following information to make sure you know what action you should take to be considered.

Priority will be given to people who have a connection to Cockfield and this is defined as having lived in Cockfield for at least two years, or having a close family member who has lived in Cockfield for at least two years, or people who work in Cockfield and have for at least two years. Having worked with the Parish Council for so many years to provide these local homes, we would really like to see as many people as possible with a close connection to Cockfield moving in.

Although we are currently under national lockdown restrictions, Government guidelines still allow house moving activities to take place. Orwell is still letting and selling affordable homes, with COVID Safe practices in place to protect our customers and staff.

#### AFFORDABLE RENTED HOMES

There will be 12 affordable rented homes:

- 4 x 1 bedroom flats
- 2 x 2 bedroom flats
- 4 x 2 bedroom houses
- 2 x 3 bedroom houses

These homes will be owned and managed by Orwell Housing Association and rented on an affordable rent – this is a rent that is no more than 80% of the market rent of that property.



The homes will be allocated through the choice-based lettings system – Gateway to Homechoice. Anybody interested in renting one of the properties will need to be registered with Gateway to Homechoice and have an active application.

The properties will be advertised for bidding in the **middle of February** so your application will need to be registered and active before this time for you to be able to bid for a property. Please note that it can take some time from registering for your application to become live so please register as soon as possible to be considered for these homes.

More information on how to register or check your application is active can be found at www.gatewaytohomechoice.org.uk

Our Housing Officer, Emma Lally, is also available to help with any queries and can be contacted on 07843 328092.

#### SHARED OWNERSHIP HOMES



We have four twobedroom and two threebedroom shared ownership homes at Jeffrey's Green, with prices at £112,500 for a 50% share of a two bed home or £125,000 for a 50% share of a three bed home. The size of share bought can more or less than 50%.

There are some eligibility criteria, for example you need to have a combined household income of less than £90,000 and you can't

own another home. Also, people with a connection to Cockfield will also be given priority should we have more applicants than properties.

We've had quite a lot of interest already so if you're not already in touch and you're interested in becoming a shared owner at Jeffreys Green please contact Sandra Scott or Karen Suddes, Orwell's Sales Team, on 07749 417399 or at <a href="mailto:homesales@orwell-housing.co.uk">homesales@orwell-housing.co.uk</a> as soon as possible.

#### SELF BUILD PLOTS

As part of the first phase of construction, Orwell has provided the services connections and main roads to serve five plots of land upon which individual homes can be built. The plots have outline planning permission for detached houses and will in the first instance be offered for sale by Suffolk County Council to people who would like to have the exciting opportunity to build or procure their own home in the village. Sales will be conditional on the buyers living in the house themselves for a specified number or years and Community Infrastructure Levy (CIL) will not be payable if the houses remain occupied by the original buyer for a specified number of years. A further four larger self-build plots will be available in a later phase of the development.

Suffolk County Council have appointed Fenn Wright as marketing agents for the plots and bids will be assessed based on an agreed weighted system which benefits people with a connection to Cockfield or surrounding parishes. This means that, whilst the plots will be marketed on the open market, bids received will be weighted higher if defined local connection criteria are met by the bidder.

For example, if a bidder permanently lived in Cockfield for two of last five years or has worked in Cockfield for two of last five years, or have immediate family living in Cockfield for 2 years their bid would have a weighted factor of 1.3. If they submitted a bid for a plot of £75,000, and someone who didn't meet these criteria submitted a bid for the same plot of the same amount, the person with the Cockfield connection would be successful as, once the weighted adjustment is applied their bid, it would be worth £97,500 although they would still only pay £75,000.

For full details of the weighting criteria and connection definitions, or to express an interest, please contact Brian Prettyman at Suffolk County Council Corporate Property on 01473 264101 or by email at brian.prettyman@suffolk.gov.uk.

#### **FUTURE HOMES FOR SALE**

The affordable homes at Jeffrey's Green are the first phase of a larger development and we are expecting to start building phase 2, the first of the market sale homes, this Spring. These are likely to be 11 new homes: a mixture of 2, 3 & 4 bed houses.

If you'd like to express an interest in buying a new home on phase 2, please provide your contact details to our sales team - Sandra Scott or Karen Suddes on 07749 417399 or at <a href="https://homesales@orwell-housing.co.uk">home-sales@orwell-housing.co.uk</a> - and we'll keep you updated with further information as it becomes available.

Thank you and stay safe Dawn Edwards Development Manager Orwell Housing Association

### **Garden Tips for March 2021**

#### Flowers & Grasses

- Check whether any containers need watering especially if they are located under eaves or balconies. Aim to keep moist rather than wet.
- If some perennials such as dianthus (old fashioned pinks have become
  infested with couch grass and other perennial weeds these should be
  lifted so that you can remove the roots of the weeds and grass. You can
  then replant.
- Watch out for slugs and protect new shoots coming through. Slugs love Hostas, Delphiniums Sweet peas and Tulips but there are some plants that aren't so popular with them such as foxgloves (Digitalis), Day Lilies (Hemerocallis), Elephant's ears (Bergenia), Verbascum, Sedums, Geums and Aquilegia.
- Finish cutting back dead foliage from perennials to make way for new growth.
- Lift and divide overgrown clumps of perennials. This will refresh the plant and provide extra plants to position elsewhere in the garden. You can also give surplus plants to family and friends.
- Now is the time to put plant supports in. There are many types available but I tend to use natural material such as old fallen branches from my Silver birches or winter pruned twiggy branches from other shrubs (Twisted willow is very good) to support plants like Delphiniums and Peonies.



- Hardy Fuchsias late
   March until early April and as the new growth appears cut back every branch to just above a pair of leaf buds to within three to four inches from the surface of the soil.
- Deadhead daffodils but let the foliage die down naturally.

#### Fruit and Vegetables

- Plant shallots, onion sets and early potatoes.
- Dig in compost, well rotted manure into vegetable beds in preparation for the new growing season.
- Feed Blueberry bushes with an ericaceous plant fertiliser.
- Mulch established Rhubarb with a thick layer of well-rotted manure taking care not to cover the crown of the plant.
- Hand weed Asparagus beds to avoid damaging their shallow roots. Mulch with well-rotted manure.
- Weed vegetable seed beds.



#### Trees, Shrubs & Climbers

- Prune bush and climbing roses by removing dead, damaged and diseased parts of the plant. Prune back to an outward facing bud.
- Overgrown climbers such as Hedera (Ivy) and rambling roses can be renovated. Remove any dead and damaged shoots.
- Feed trees, hedges and shrubs by forking in a slow release fertiliser on the surface of the surrounding soil and then hoe in. Keep fertiliser away from the bark or main stem of the tree or shrub.
- Cornus (Dogwoods) which are grown for their colourful winter stems should be cut back to their bases.



 Evergreen trees and shrubs can be moved in late March depending on the weather. The soil should not be waterlogged or frozen solid.
 You will need to pay careful attention to watering to ensure they survive their first summer after moving

- If you haven't already done so you can prune back winter flowering
  jasmine once it has flowered. Remove dead and damaged shoots and
  shorten all laterals coming off the main framework to 5cm (2inches)
  cutting to a bud.
- Many summer or late summer flowering shrubs can be pruned back towards the end of the month. These include
- Buddleia (Butterfly Bush) These can be hard pruned especially if you
  want to lower the canopy to enjoy the flowers. Buddleias flower on
  new wood. Remove older branches to avoid the shrub becoming congested.
- Lavatera (Tree Mallow) Using clean and sharp secateurs cut all stems down to within 1ft (30cm) of the ground.
- Leycestria (Himalayan Honeysuckle) Once again these can be cut down to 4 inches (10cm) of the ground to produce a neat clump.



- Hardy Fuchsia Once buds have started to appear remove any spindly and dead branches. You can then prune back to the previous year's flowering stems to within one or two buds of the older woody framework.
- Deadhead Hydrangeas before new growth appears. Cut back to about one third of last season's growth.

#### Lawns

- Re-edge your lawns. This makes such a difference to the overall appearance.
- Towards the end of March and if the weather is warm apply a Spring fertiliser



- Mow Lawn if weather permits. Choose a dry day and set the blades higher on your mower.
- Now is a good time to repair your lawn or lay new turf. Prepare the soil for growing a new lawn from seed. This will allow it to settle before sowing.

#### General Maintenance and planning

- Continue to keep on top of weeding whilst easier to control.
- Top up raised beds with good quality compost.
- Permanent planted containers Check that they haven't dried out. Top dress with at least an inch of fresh compost.
- Make sure greenhouses and cold frames are ventilated on warmer days.
- In line with any current Covid guidelines enjoy visits to local nurseries to see what's looking good and in flower.
- Order seeds and plug plants.
- Remove any netting from garden ponds. Do a general tidy up. You can now start feeding the fish. Clean out water filters and check that any pond pumps are in working order.
- If possible try and fill or replenish your pond with rain water rather than tap water.
- Consider installing a water butt and position under a down pipe to make the most of any rainfall.
- Put plant supports in now while growth is still low.
- Consider planting native hedges to encourage wildlife.
- Clean patios and paths.

Happy Gardening Kate Ransom

















Home from Hospital

Disabled Facilities

Minor Adaptations

Terminal Illnes / End of Life

New service to support residents to live independently and safely in their homes

Babergh District Council 'Independent Living Service' has been developed to help improve the quality of life of the districts' most vulnerable adults, young people and children.

The new service will offer advice and support where home adaptations, big or small, are needed to help residents live independently, safely and comfortably in their own homes, for as long as possible.

It will also assist residents with a disability, or those who may need adaptations to their home due to changes in their health, via the Disabled Facilities Grants (DFG) and the councils' Minor Adaptation Grants Scheme processes from application to completion of works.

Proposals to move the service in-house will allow the councils to ensure that the service is right for the residents across the district – with better control in the management of allocation of budgets and the processing of applications.

Cllr Jan Osborne Babergh District Council cabinet member for housing said: 'Bringing this vital service in-house will give us greater flexibility in supporting our residents. This new service will allow us to provide a more efficient and cost-effective service. Poor health is generally unplanned, and not something that you can prepare for. This new way of working will help us to directly support those with unplanned and long-term health issues or anyone needing additional support.

The Independent Living service will help us enable more of our residents to remain in their homes and live more independently. Bringing the service in-house will, in the long-term, help to reduce demands on Suffolk's care system and the NHS – cutting down on the time residents need to spend in hospital.'

Sometimes work needs to be carried out quickly and our teams will ensure that the processes in place allows residents to return to the comfort of their own home, and a safe and secure environment.

The new service will:

- Raise the quality of life, supporting residents to remain in their home independently and safely
- Improve the processing time for Disabled Facilities Grants (DFG) applications and associated works
- Increase the annual number of applications completed
- Reduced demand on the wider Suffolk care systems
- Help to identify the best option to meet the applicants' needs
- Provide help and support to complete DFG application forms
- Carry out home surveys
- Help source reputable local contractors
- Apply for planning permission and building control consent if required

The Independent Living Service will work in partnership with Independent Living Suffolk to provide a high standard supportive network that will facilitate independence at home. In addition to offering signposting, financial and relocation assistance across the district, the service will enable each authority to tailor their provision to meet the changing needs of their communities.

Suffolk County Council will be the first point of contact – and residents needing advice, guidance, or support can start the process by using the contact details below.

Email: ILS@Suffolk.gov.uk

Call: 0800 121 7711 for an assessment by therapy staff.

Once an assessment has been carried out by Suffolk County Council therapy staff, a recommendation will be made on the home adaptations and support needed.





### **Cockfield Community Council Presents**

# A Music

# Speed Quiz!

Saturday 27<sup>th</sup> February Via Zoom

Set up from 7 pm, Quiz Starts 7.30

Take part from the comfort of your own home!

Enter as individuals or family teams

#### Free to enter

You will need a laptop, desktop or tablet for the Zoom session, <u>plus</u> one smart device per team – phone or tablet – which will be your keypad to enter answers.

Additional information is published on <a href="www.cockfield.org.uk">www.cockfield.org.uk</a> and full instructions will be issued to participants.

It's great fun, <u>not</u> technical, typing skills not required

Test Your Music Knowledge! Have a go!!

To register your interest, or to ask any questions please contact Neil on 07900 880888 or email

quiz@cockfield.org.uk

# Self-isolation support payments for low-income earners in Babergh

Residents on low-incomes and unable to work because they have been asked to self-isolate by NHS Test and Trace, can now claim a £500 payment to compensate for loss of earnings.



As part of a nationwide Government scheme, residents in Babergh who are on low incomes and are unable to work because they have been told by NHS Test and Trace that they have to self-isolate can now apply for a lump sum payment from their local councils. Money will be paid into their accounts within days of their applications being verified, to relieve immediate financial hardship.

People who receive notification from NHS Test and Trace to self-isolate because they have been in contact with someone who has tested positive for Covid-19, will be entitled to a £500 support payment if they meet all of the following requirements:

- They comply with the NHS Test and Trace notification to self-isolate
- are employed or self-employed
- are unable to work from home and will lose income as a result

#### AND are in receipt of one of the following benefits:

Universal Credit - Working Tax Credit - Income-based Employment and Support Allowance - Income-based Job Seeker's Allowance Income Support - Housing Benefit - Pension Credit

Discretionary payments may also be available in exceptional circumstances to individuals who meet the main qualifying criteria (i.e. low-income and unable to work because they are self-isolating) but are not in receipt of qualifying benefits and are facing severe financial hardship.

The scheme is being administered on behalf of the local authority by the Shared Revenue Partnership - with a fast and simple application form now available on the councils' websites together with information about how to easily provide evidence required and further details about the scheme.

To apply and find out more:

Babergh residents: www.babergh.gov.uk/benefits/coronavirus-money-and-benefits-advice/

Claims must be made within 14 days of a period of self-isolation ending. Residents are also reminded of the launch of the Suffolk Support and Advice Service earlier this month to help people access information or support relating to debt, benefits, housing or employment.

Citizens Advice Suffolk Alliance, which includes the eight Citizens Advice Bureaus across Suffolk, and Anglia Care Trust and Ipswich Housing Action Group are delivering advice and support to people through a single phone line. The phoneline is funded by Suffolk Public Sector Leaders and has been developed by Suffolk-wide partners on the Collaborative Communities Covid-19 Board, which is part of the Suffolk Resilience Forum.

People can contact the Suffolk Support and Advice Service on 0800 068 3131 between 9am to 5pm Monday to Friday or go to: https://www.suffolk.gov.uk/

<u>coronavirus-covid-19/suffolk-advice-and-support-service/</u>



The Old Stubble Fowl Hut 99 years on!



# Sudbury & District Citizens Advice



We offer a telephone advice service from Mon – Thurs

10am – 1pm



Tel: 01787 321400, 0300 330 1151 or

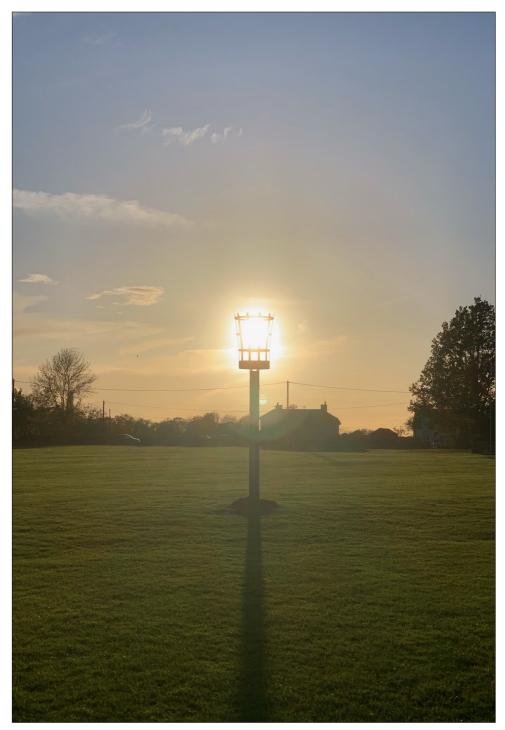
03444 111 444

Or email advice@sudburycab.org.uk website: www.sudburycab.org.uk www.citizensadvice.org.uk

We're here to help you – whoever you are, whatever the problem

Benefits - Debt - Consumer - Housing - Employment Education - Health - Legal - Immigration - Relationships

We provide free independent, confidential and impartial advice to everyone on their rights and responsibilities.







# Children's Page March

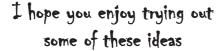
### Easter is next month so start making now

Decorate a jar and pop in some flowers





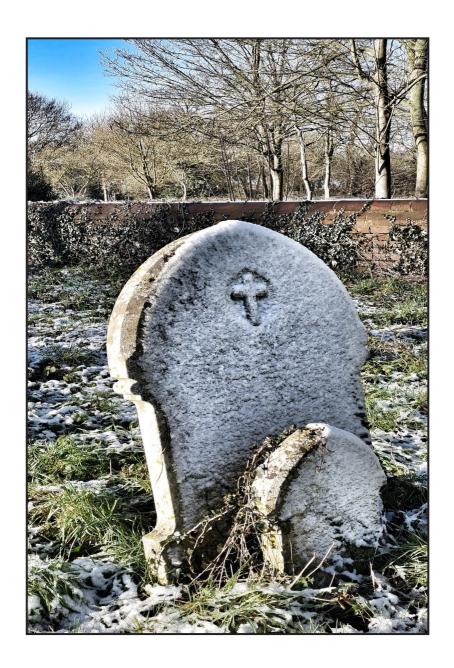
Everyone loves a cute rabbit - especially if it comes with sweets!





Re-purpose a cardboard box











### **COVID-19 VACCINATIONS**

Help stop the spread of COVID-19



#### Who will receive the vaccines first?

Adults aged 80+, frontline health and social care workers, care home residents and staff, and those with clinical conditions which would make them extremely vulnerable if they contracted the virus.



#### Will the vaccine protect me?

The vaccination will reduce the chance of you developing Covid-19 from 2-3 weeks after you have had the first dose. The first dose will give you a high level of protection but it's essential to have the second dose within the next 12 weeks to receive the full benefit of the vaccine. Some people may still get Covid-19, but it should be much less severe.



#### Is the vaccine safe?

The NHS will not offer any Covid-19 vaccinations to the public until independent experts have signed off that it is safe to do so. The vaccines have been tested on tens of thousands of volunteers from all over the world. Funding and scientific resources allowed all of the usual steps for testing vaccines to be done more quickly than usual.



#### What are the common side effects?

Tenderness in the arm where you had your injection, usually worst around 1 to 2 days after the vaccine; feeling tired; headache; general aches, or mild flu like symptoms. These symptoms normally last only a few days. No significant side effects have been observed in the tens of thousands of people involved in the trials.

If any symptoms seem to get worse or if you are concerned, call NHS 111.



#### Will the vaccine alter my DNA?

There is no evidence to suggest that individual genetic material will undergo an alteration after receiving the vaccine. The vaccine works by making a protein from the virus that is important for creating protection. The protein works in the same way it does for other vaccines by stimulating the immune system to make antibodies and cells to fight the infection.



#### Will the vaccine include a trackable microchip?

This technology does not exist. The vaccine does not include any means of tracking people or having any remote influence over them in the future.



Become a Covid-19 message cascader www.suffolk.gov.uk/message-cascaders









## **SELF-ISOLATION**

#### Financial support



#### Self-isolation support payments

If you are on a low income and are unable to work because you have been told by NHS Test and Trace that you have to self-isolate, you may be eligible for a lump sum payment of £500 as part of the Government's Test and Trace Support Payment scheme.



#### To be eligible for a payment you must:

- 1. Have been told to self-isolate by NHS Test & Trace and given a valid ref. number because you have tested positive for Covid-19 or been in close contact with someone who has; and 2. Be employed or self-employed: and
- 3. Unable to work from home and will lose income as a result; and
- 4. You or your partner are in receipt of an eligible benefit, e.g. Universal Credit, Housing Benefit



#### You may be eligible for a discretionary fund payment instead if:

- 1. You meet criteria 1 to 3 above;  $\boldsymbol{and}$
- 2. Not currently receiving an eligible benefit; and
- 3. Earning less than £19,200 gross per annum as a single person or £37,400 per annum as a couple or single parent household; and
- 4. Have less than £3000 in household savings



#### How to apply

To apply for a self-isolation support payment, please complete the online application form from your local Council (who you pay Council Tax to).

Applications must be made within 28 days after the first day of your period of self-isolation. The scheme is currently open until the 31st March 2021.



#### What evidence will I need to provide when making an application?

Notification from NHS Test and Trace asking you to self-isolate (this will include a Unique ID number); and a bank statement confirming your name and address; and proof of employment/earnings, or, if you are self-employed, evidence of self-assessment returns, trading income and proof that your business delivers services which cannot be undertaken without social contact



#### How will payments be made?

Payments will be made by bank transfer to the bank account matching the bank statement provided as part of your proof of eligibility.

#### Further help is available

If you are worried about your bills, your job or your home, call the Suffolk Advice and Support Service free on 0800 068 3131 Monday to Friday 9am-5pm

SUFFOLK NEEDS YOU Become a Covid-19 message cascader www.suffolk.gov.uk/message-cascaders









## **COMMUNITY TESTING**

How to get tested for Covid-19 if you cannot work from home



#### What is community testing?

If you cannot work from home, and have to go into a place of work, you can get a free test through new community testing available in Suffolk. This will help to prevent people who do not have symptoms from spreading Covid-19 to other people without knowing.



#### Who is it for?

Anyone without Covid-19 symptoms can get tested. It is aimed at people who cannot stay at home during lockdown due to work commitments. This includes people who work in roles such as: education and childcare, food production, manufacturing, transport, factories, construction, engineering etc.



#### Why should I get tested if I don't have symptoms?

1 in 3 people with the coronavirus do not show any symptoms.

Through community testing, we can quickly identify those who unknowingly have Covid-19 and stop the spread of the virus to other people.



#### What does the test involve?

Community testing uses a new test known as a Lateral Flow Test. These are processed at the centre where you take the test, instead of being sent away. The test involves a simple swab taken from the throat and nose. Results will be processed and sent to you within 1 hour.



#### What does the test show?

If you test positive, you must go home and self-isolate for 10 days.

Financial support is available in some cases from the local authority you pay Council Tax to. If you test <u>negative</u>, you do not need to self-isolate but it is recommended to repeat the test in a few days as the level of the virus in your body may have increased, or you may have been infected since your last test.



#### How do I get a test?

The first three test centres are in Ipswich, Bury St Edmunds and Lowestoft. More centres will open across the county during February. Find your nearest centre and book an appointment online at <a href="https://www.suffolk.gov.uk/coronavirus-covid-19/covid-19-asymptomatic-testing/">www.suffolk.gov.uk/coronavirus-covid-19/covid-19-asymptomatic-testing/</a> or by calling 0333 772 6144.

SUFFOLK NEEDS YOU

Find out more at www.suffolk.gov.uk/coronavirus-covid-19



#### Census 2021

### will provide a snapshot of modern society

Households across Cockfield will soon be asked to take part in Census 2021.

The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It has been carried out every decade since 1801, with the exception of 1941.

It will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets.

"A successful census will ensure everyone from local government to charities can put services and funding in the places where they are most needed," lain Bell, deputy national statistician at the Office for National Statistics, said.

"This could mean things like doctors' surgeries, schools and new transport routes. That's why it is so important everyone takes part and we have made it easier for people to do so online on any device, with help and paper guestionnaires for those that need them."

Census day will be on March 21, but households across the country will receive letters with online codes allowing them to take part from early March.

The census will include questions about your sex, age, work, health, education, household size and ethnicity. And, for the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

Results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

For more information, visit census.gov.uk.



### National UK Census Sunday 21st March 2021

# The decennial census will take place on Sunday 21<sup>st</sup> March 2021.

It is a statutory requirement to complete a census which will be available online and by hard copy. Parish and Town councils have already been contacted to assist in the message that the census is on its way. All information given and collated is protected by law – not given to any other organisation or government department – and information is withheld for one hundred years.

A postcard will arrive to all households (22-27 Feb) informing of the census date. A letter will follow between 1-12<sup>th</sup> March with an individual code for online completion. The letter will also include a telephone number for queries and/or to request a hard copy if required.

There will be support available to complete the census forms for those who find form filling difficult. It is anticipated 75% of households will complete the census without reminder to do so.

The date for the census is stated above. If after that date the census is not completed a first reminder will be sent between  $22^{nd}$  March and  $1^{st}$  April. In total three to four reminders will be issued and a visit from census personnel. Failure to complete a census through will, would attract an enforcement fine of £1,000.

Notes from last census held in 2011:

On census day in 2011, 1,586 babies were born Under religion 176,632 residents stated their religion as Jedi Under religion 6,212 residents stated their religion as Heavy Metal

Notes on census over the centuries:

The first census was the Doomsday Book of 1086 which was completed over several years and included names, land ownership and usage plus other commodities of value

The first modern census was held in 1801

In the 2011 census the population of the UK was 56,075,912 And 94% of households completed the census in 2011

































As in previous years, the appeal will support older and vulnerable people in Suffolk to stay warm in their homes.

We will also ask individuals about their health and wellbeing, living conditions and isolation, and connect them to people that can help.



### IF YOU NEED SUPPORT CONTACT

The Surviving Winter Helpline 01473 219770



This year, we are expecting more people to need our help than ever before, so we are merging the Surviving Winter Appeal with the central Rebuilding Local Lives initiative that we have been running since the start of the pandemic. We hope that this action will deliver a much louder and easily understood central message to increase local giving and ensure that every vulnerable person in our 'Caring County' is supported to 'Stay Warm, Stay Well and Stay Connected'.

As the Coronavirus pandemic continues to have a profound impact on all our lives, we perhaps have a greater empathy than ever before of what it is to feel vulnerable, lonely or isolated.

At this time of year, for the team at the Foundation and all our annual Surviving Winter Appeal partners and existing donors, thoughts inevitably turn to the coming months and the impact that shorter days and colder nights may have on the health and wellbeing, particularly of vulnerable older people and others experiencing deprivation or serious issues affecting their physical or mental health.

With winter almost upon us, Suffolk is bracing itself for a dramatic increase in need. Last year our annual Surviving Winter Appeal raised enough money to heat over 1000 homes and connected many hundreds of people to other services to help tackle isolation, address physical and mental health challenges, improve poor living conditions, solve debt problems and assist with access to services to help them stay safe and well.







# Discovering items of interest on walks in the immediate area.

During 'lockdown' we are/were very fortunate to have a plethora of footpaths, byways and quiet roads to explore, at the same time as having our daily exercise and protecting our mental wellbeing.

On a recent walk that took us into Bulls Wood, exiting into the Parish of Thorpe Morieux and onto to Green Road, we continued down a concrete farm access track (also a designated footpath) to Valley Farm, through the farm and following the track uphill to where the path turns left down to Birds Farm. If at this junction you turn right, you follow a grass track beside the field on your right that then becomes a passageway through a hedge to both sides. According to the OS Map this is 'Other route with public access', possibly an old 'green' lane or 'drift'. (If anyone knows more about the origin of this track, please let me know). This track finally emerges at the top end of Bullswood Lane.

What did we find of interest?

Two items to look out for on the walk.

If, at the above-mentioned junction you turn left (south-east) you will walk by a large man-made reservoir followed by a small lagoon that has a small building, possibly a pumping station. It is here that you will find the Memorial to the loss of two B-17G Flying Fortress bombers that both crashed after taking-off from Rattlesden Airfield, both incidents occurring with 2 weeks of each other.









However, if back at the junction, you turn right (north-west), on entering the passage between the hedges you very soon come across a separate Memorial specific to the Bomber that crashed on the 27th March 1944.

At the time of our visit, the bench close by, that can provide an opportunity reflective contemplation has what appears to be fragments from the stricken airplane.







#### Rattlesden Airfield.

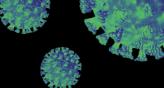
Home to the USAAF 447th Bombardment Group was Station 126 completed 257 missions losing 97 aircraft in enemy action and a further 43 in accidents. By end of July 1945 most aircraft had departed and the airfield was handed over to the RAF. I recently found out that my Grandfather (Mother's side), worked for the Air Ministry and was involved in the decommissioning of the airfields after WW2, a small world.

The information plaques, describe in detail the circumstances around the two crashes, both of which occurred in foggy conditions. The first crash on 27th March saw all 10 crew lose their lives due to the plane diving heavily into the ground, whilst the second crash on 12th April involved the inability to gain sufficient height thus clipping trees, causing damage and the plane sliding on its belly before hitting a tree line. The impact resulted in a fire with 3 of the 10-crew managing to escape, taking cover in a ditch before the bomb load exploded leaving a crater 12feet deep and 30feet wide.

Rumours circulating at the time involved possible infiltration of Rattlesden Airfield by Germans who tampered with the aircraft as both lacked power during take-off and experienced problems with their engines. This story was not exposed at the time to avoid fear of flying at a time when it was important to keep the morale and spirits high.

#### Paul & Jacky Heather





# **NHS**Counter Fraud Authority

## COVID-19: VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.



#### PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS:

#### The NHS will:

- NEVER ask for payment the vaccine is free
- NEVER ask for your bank details
- NEVER arrive unannounced at your home to administer the vaccine
- NEVER ask you to prove your identity by sending copies of personal documents such as your passport

#### **TOP 4 VACCINE SCAMS**



#### **TEXT MESSAGES**

People are asked to press a number on their keypad or to send a text message to confirm they wish to receive the vaccine, doing so is likely to result in a charge being applied to their phone bill and fraudsters collecting personal information to use again.



PHONE CALLS

Victims receive a phone call from a fake caller offering the vaccine for a fee or asking for bank details



#### WEBSITES

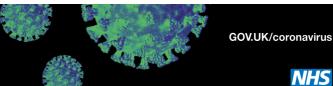
Fake URL links to convincing-looking NHS vaccine booking forms, these look like official NHS forms and may contain some personal information already, at the end of the form it asks for their bank details.



#### IN PERSON

Fraudsters are calling unannounced at the homes of victims by pretending to be from the NHS to administer the vaccine there and then, in exchange for a cash payment.





# **NHS**Counter Fraud Authority

#### LIKE OTHER SCAMS, THE SAME ADVICE APPLIES:



Challenge - Could it be fake? It's ok to reject, refuse or ignore any requests that don't feel right. Check **GOV.UK** to ensure it's genuine.

- 2
- Do not respond to text messages that try to get you to send money, or important personal information such as bank details or passwords.
- 3

Use official government websites and refer to 'Contact Us' sections of websites to access information and service.



Challenge unannounced callers to your home, NHS visits if necessary will be agreed with you directly or via carers, they will never turn up unannounced.

#### **EXAMPLES OF SCAMS**





#### **FURTHER GUIDANCE AND SUPPORT**

#### **Public Sector Organisations:**

The Cabinet Office has formed a COVID-19 Fraud Response Team to assist the government with its counter fraud response. Requests for assistance should be emailed to: covid19-counter-fraud@cabinetoffice.gov.uk

#### Public:



If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to report@phishing.gov.uk. Suspicious text messages should be forwarded to the number 7726 which is free of charge.



If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online; **actionfraud.police.uk** or via phone **0300 123 2040.** 

#### CrimeStoppers.

If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting Crimestoppers COVID Fraud Hotline online; covidfraudhotline.org or phone 0800 587 5030.



Contact: Elaine Gorman 01787 321400 Email: <a href="mailto:elaine.gorman@sudburycab.org.uk">elaine.gorman@sudburycab.org.uk</a> Sudbury & District Citizens Advice

#### **Advice Page**

#### Coronavirus Scams

"I'm really worried about my elderly relatives being targeted by coronavirus scams - are there any warning signs that I can tell them to look out for? What should they do if they think that something is a scam?"

Unfortunately, we've seen an increase in scams since the beginning of the pandemic, so it's good to be thinking about the steps you can take to help protect friends and family.

Common scams we're seeing are about bogus testing kits, coronavirus vaccinations and government refunds or fines. You should watch out for messages about coronavirus from unusual email addresses or phone numbers and shouldn't click on any links. Be aware that you won't be asked to pay for coronavirus vaccinations - they are provided for free by the NHS.

Here are some general warning signs to look out for:

You suspect you're not dealing with a real company – for example, if there's no postal address

You've been asked to transfer money quickly or to pay in an unusual way – for example, by iTunes vouchers or through a transfer service like MoneyGram or Western Union

You've been asked to give away personal information like passwords or PINs You haven't had written confirmation of what's been agreed

If you think something is a scam you should hang up the phone, close the website, or shut the front door. Never feel pressured to make a decision straight away, and don't give out personal details or money unless you're certain that they can trust the person. If you feel threatened or unsafe you can ring 999.

For help with online scams, contact a Citizens Advice Scams Action adviser by calling 0808 250 5050. For more information about other types of scams, visit the Citizens Advice website

We are providing advice by telephone and email, Monday – Thursday, 10am – 1pm. Please phone 01787 321400 if you need advice and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number.

You can also ring our Advice line on 0808 278 7868 or 0800 144 88 48.

Alternatively, contact us via email at <a href="mailto:advice@sudburycab.org.uk">advice@sudburycab.org.uk</a> or by using the contact facility on our website <a href="mailto:www.sudburycab.org.uk">www.sudburycab.org.uk</a>.





# computer Corner

#### Windows 10 Snipping Tool

Windows 10 includes a handy feature called the Snipping Tool. This tool allows you to capture, any portion of your screen, or a window of your screen, which you can then make available in an email, document, presentation – anywhere in fact where you can paste content.

I use this all the time – it's essential when I am responding to a 'how to' request, so that I can document a Windows or program procedure and include the different screens the user will encounter.

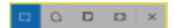
To invoke the Snipping Tool, hold down the Windows key\* and the Shift key, then tap S

\*Windows Kev:



Your screen will turn grey and semi-transparent, and a small toolbar will appear at the top of the screen.

The toolbar provides 4 options.



The first option is the default and captures a rectangular portion of the screen. The second option is a freeform region, option 3 is the window you click, and the 4<sup>th</sup> is the entire screen. I find I almost never use other than option 1. In this case your mouse pointer will change to a cross-hair, and you simply click and drag over your chosen area.

Once the snip has been taken, go to the program in which you want the snip to appear – an email, Word document etc. – click at the required insert point and choose **Ctrl V** to paste the result into the document. You can use the permitter grab handles to resize the pasted content

The snipping tool can be used for any content showing on your display. If this is an image or part of an image, note that the quality of a screen snip is much lower than any original photo. So only use it where the quality is not important, not as a way to distribute a photo.

#### Neil Ashton

computer.circle@cockfield.org.uk

## Cockfield W.I.



We have continued to hold Zoom afternoon and evening social meetings for members who wish to get together for a chat during this period of lock-down. Eight members signed up for a Suffolk West on Your Sofa talk on the Golden Age of Fen Skating. Coincidentally, the return of the "Beast from the East" bringing prolonged, subzero temperatures has enabled fen skating to resume this year after many mild winters.

Suffolk West is also offering members a free presentation 'Friends Against Scams' on Tuesday 11th March at 2.30pm which will offer tips on how to spot various scams and avoid becoming a victim. It's been a year since our last 'proper' meeting, when we celebrated our 91st birthday with tea, cake and a speaker showing us 'How to Look Good in a Bin Bag'! It seems such a long time ago and with no easing of restrictions any time soon it looks like we're set to continue in virtual mode for the foreseeable future.

Let's hope by Easter that the majority of our members have been vaccinated and the weather improves so that we can enjoy time outdoors whether it be in our own garden, sitting on a park bench enjoying a coffee with a friend or having a picnic with family.

Goodbye winter, hello spring and better times for all.

Brenda C

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# Cockfield Parish Council Notes



No report on the January meeting has been received

The Parish Council may be contacted through the Clerk, Steve Ball by email at

parish.council@cockfield.org.uk or 01284 828987

Next Meeting - The next Ordinary Meeting of the Council will be held on Thursday 25th March 2021



Cockfield CEVCP School Cockfield Bury St Edmunds

Tel & Fax 01284 828287

Suffolk IP30 0LA

E-mail: ad-

min@cockfield.suffolk.sch.uk

Dear GL readers,

At present we have a lovely class of Key Worker children in school with numbers varying from 12-16 children a day depending on the work commitments of parents. Hopefully we will be able to see all our children back next month. In the meantime, I get to see them on a Zoom assembly, which has been great, with most of our 70 children joining me on a Friday afternoon.

The children have managed incredibly well during this difficult time. They have worked hard in school and at home. Parents have done a marvellous job keeping up with weekly packs of learning we send each week, balancing work and home schooling. A big thank you to parents, and grandparents who have been helping out.

The children receive Zoom lessons and work relating to all areas of the curriculum. Birch Class children have been learning Spanish at home alongside their geography topic on South America. Wow!

PE challenges are sent home weekly and the children in school have a Sports Coach come in once a week and they have created some amazing art in the afternoons too. I am very grateful to our fantastic staff who have managed to balance so many different challenges.

To help keep everyone safe the adults working in school complete a Rapid Lateral Test twice a week and we have to take many additional precautions of course.

We dream of a summer that will allow us to go swimming, make visits, have picnics together. But first of all, I have promised all our children cake! We usually celebrate great learning, effort and behaviour with WOW awards and WOW cakes. Whilst we have continued with the certificates, I owe quite a few cakes to those at home. I won't forget.

Best wishes, Mrs Harkin Head teacher

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### Victor Keyton

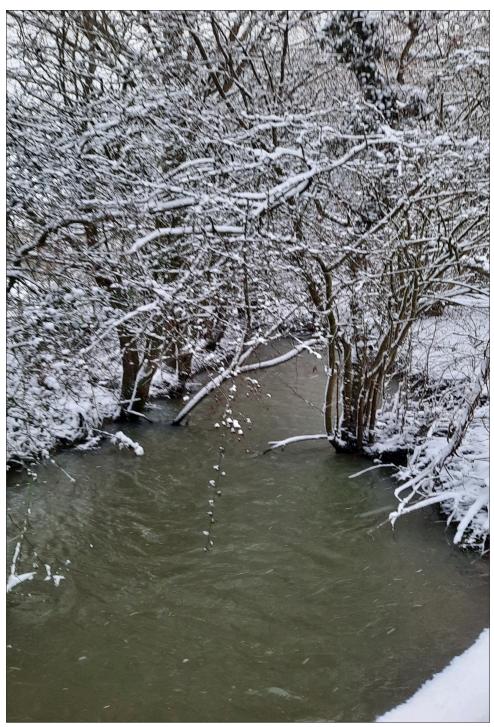
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# Cockfield Community Council News March 2021

The days may be getting longer but at the time of writing (mid Feb) we are all waiting for announcements about the easing of lockdown restrictions on or around 22 Feb.

Whatever the circumstances though the Community Council Trustees have concluded that it is not realistic to attempt to organise either a Duck Race in April or the Art Show in May. However if circumstances allow we are minded to consider a Sale Trail in either June or July and the Trustees will take a view on this in March when the outlook for the summer will be much clearer.

In the meantime the virtual Speed Quiz, organised by Neil Ashton continues to be very well received with next dates being Sat 27 Feb, and most likely Sat 28 Mar. If you have not already participated please do give it a go, the technology is easy to use.

In the meantime if you have any ideas or suggestions do please get in touch with our Secretary Janne Cutting-Keyton ( <a href="mailto:janne@twerbs.co.uk">janne@twerbs.co.uk</a>) or 01284 828264



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Cockfield Community Broadcasts

In February 2015 we introduced a new email system to broadcast information to our community on events, activities and other topics of interest. This system evolved from the original eVine system and has a number of advantages including the ability for recipients to control their own subscription.

Our broadcasts sit alongside Green Links and the website as key methods of engaging with our community. For example when events are published in Green Links, we are able to use the broadcasts to let you know of updates and changes as they happen.

So we really want as many people as possible to subscribe to receive our broadcasts. Of course not all emails will be of interest to every subscriber. But since the introduction of the new system we have issued 135 broadcasts - an average of around 5 per month - so it is not a significant addition to the number of emails you already receive.

To subscribe, please visit our website at www.cockfield.org.uk and follow the link in the footer of any webpage. If you have any questions or concerns please contact me at neilka@btinternet.com.

#### Neil Ashton

#### Dear Friends

I am very much looking forward to the Spring and warmer weather - particularly after the last week or so of icy cold winds and snow! I know that many of you will feel the same, and that you are also looking forward to the time when you can meet up with friends and families without fear of contracting the Coronavirus. I must admit to feeling slight 'vaccine envy' as I hear of many in our local community receiving their vaccine. But I know that I will get my turn, just as many others will as the vaccination programme works through the population. It has been a fantastic feat by the NHS to get through so many people so quickly, and gives us all hope for the future.

In the Church we are also looking forward to being able to meet again for worship and fellowship. Of course we will not be able to do so in the way we did pre-Covid for quite some time, but we are already planning for the eventual return to an almost-normal way of life. We may even be able to hold a service on Easter Day.

The pandemic has felt in some ways akin to a very long Lent, where we have been able in some ways to reflect on all that we do as human beings. So as we enter the real Lenten period, so very much associated with fasting and denial, let us reflect on what life could be like after lockdown. Will we go back to old ways and habits - or will we try to do things differently? I think this is very much an opportunity to make changes in our lives - perhaps to make them simpler and to prioritise what is really important to us?

Whatever you have planned for the next few weeks, may God bless you.

Yours in Christ

Sharon

For more details on any of our services or activities then please contact Canon Sharon Potter at revsharon2@gmail.com or telephone 01284-828599 or 07825 086063

# Cockfield Benefice Rota of services for March 2021

Sunday 7th March -	10am Morning Prayer via
Third Sunday of Lent	via zoom/facebook
Sunday 14th March -	10am Family@Church via
Mothering Sunday	via zoom/facebook
Sunday 21st March -	10am Holy Communion at home via zoom/
Passion Sunday	facebook
Sunday 28th March -	10am Worshipping Together via zoom/
Palm Sunday	facebook

All online services can be access via https://www.facebook.com/cockfieldbenefice/live/

For a zoom invitation to the services see the website or email Canon Sharon.

There will be no morning prayer at Cockfield on Tuesdays until further notice.

Please check the benefice website at www.cockfieldbenefice.com for up-todate details of services





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# **Lavenham** Library

#### **Temporary Opening Hours**

Monday – 10-1 Tuesday - 10-1 and 2-4 Thursday - 10-1 and 2-4

Friday - 10-1 and 2-4

Saturday - 10-1

Sunday & Wednesday - Closed

The library reopened during February offering a limited service. You may now collect reservations or items requested using our Select & Collect service - Call the library during opening hours or complete a form on our website.

However, this is an ideal time to check out all our other services, activities and events that are still running online.

From eBooks, author events and our online reading group to cultural and Wellbeing videos and podcasts we have something to interest everyone.

#### Suffolk Libraries Day - Saturday 20 March 2021

Suffolk Libraries is a charity which runs Suffolk's library service and our aim is to make life better for communities across our county. We've been doing this throughout COVID-19, but the pandemic has been tough for us too.



We need to raise funds to safeguard our services – help us while having fun by supporting Suffolk Libraries Day. Full details are on our website but include an online Book Festival with world famous authors and a scarecrow trail which everyone can get involved with.



#### Get involved in our big fundraising event!

You can get involved safely, even while libraries are closed for events. The activities and author talks are free – we just ask for a voluntary donation.

We will be organizing a family Treasure Hunt testing your knowledge of our village. Look out for more details soon on the Lavenham Library FaceBook page

#### Phone A Friend - our NEW Service

Our Phone a Friend service offers regular phone calls to anyone who is:

An older person; feeling isolated; struggling during lockdown or anyone else who
would benefit from a friendly chat and someone to talk to.

Calls are made by library volunteers and are all DBS and reference checked. If you or someone you know would like a call, please contact phoneafriend@suffolklibraries.co.uk. The service is based on the Lifeline service which involved library staff making calls to customers during the first lockdown.

### Check our Facebook page for our weekly StoryTime session as well as Lego challenges and Family Crafts.

#### **Contact Details**



Lavenham Library, Lavenham Village Hall, Church St, Lavenham CO10 9QT Tel No: 01787 247729 www.suffolklibraries.co.uk

Email: lavenham.library@suffolklibraries.co.uk Suffolk Libraries HMRC charity number XT34476

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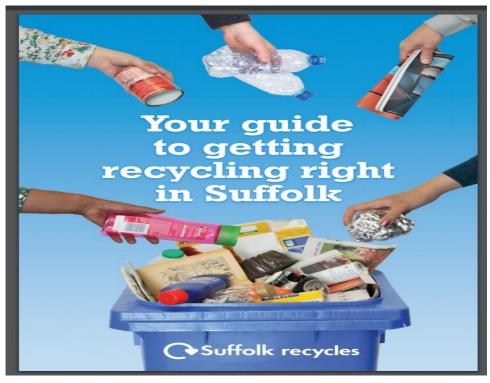
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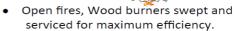
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#### **Congregational Church Corner**

Woodland in springtime is a pageant of renewal. Flowers open on the woodland floor and for the first time in months you can see bumblebees and butterflies, just emerged from hibernation, at the blossom of sallows and black thorn. The very word spring comes from woodland. It originally means the sprays of fresh green shoots that appear as the days lengthen.

Different woods have different springs. Some are woods of primroses, violets and celandines. Others are awash with bluebells, perfuming the air with that faint ethereal honey scent.

It is hard for us to think of a world without flowers. It is amazing to see the different flowers that grow, and how, as the seasons change, different flowers appear. There are indeed wild flowers in the woods but also in the fields and hedgerows. Then there are the flowers we grow in our gardens. Flowers even grow on mountains and in deserts. The Bible tells us that God created the plants on the third day of creation, and "God saw that this was good " (Genesis 1v12). Jesus said that the wild flowers looked more beautiful than king Solomon dressed in all his fine robes (Matthew 6v28-29). God created flowers to look beautiful, and this helps us to understand that God loves beauty. The Bible also tells us that God made people in His image, so it's not surprising that we like beautiful things, especially flowers. And what a wonderful variety God has given us! He could have been content with a few hundred different kinds, but God is so generous that he gave us tens of thousands of different flowers! Next time you see some beautiful flowers, why not give thanks to the God who created the earth, and all that is in it including the wonderful variety of flowers, which we have the ability to appreciate and enjoy.

#### PASTOR GORDON HOLD

Enquiries Pastor Gordon Hold 01284 762663 ghold@gmail.com



Cockfield Contacts	October 2020 Web
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