

# Six Sense

- Metfield
- Weybread
- Mendham
- Stradbroke
- Withersdale
- Fressingfield

A Monthly Magazine for Six Villages in North Suffolk



If a 99yr old soldier can keep going  
I'm sure we all can!

May 2020

## Church Contacts

To contact any of the parish churches, you can call the churchwardens:

Fressingfield	Anne Pickstock - 01379 586493
	Philip Eastgate - 01379 586196
Mendham	Toby Hart (PCC Treasurer) - 01379 854980 or Erika Clarke (PCC Secretary) - 01379 853014
Stradbroke	Peter Chetwynd - 01379 384069
	Karen Ruth - 07845 176632
Weybread	Paula Robinson - 01379 852110
Withersdale	Marj Hudson - 01379 586408

**Rev'd Canon Susan Loxton** - Rector of the Sancroft Benefice  
Rural Dean of the Hoxne Deanery - 01379 388493  
[revloxton@gmail.com](mailto:revloxton@gmail.com)  
**Rev'd Peter Schwier** - Assistant Priest - 01379 586517  
**Rev'd Gini Williams** - Curate - 01379 586414  
[rev.giniwilliams@godsearch.co.uk](mailto:rev.giniwilliams@godsearch.co.uk)

The deadline for next month's magazine is Monday 11th May

Distribution takes place from Thursday 28th May

**SIX SENSE depends on you. We welcome reports, reviews, profiles, news, opinions and pictures from the local community.**

Items for inclusion should be sent to:

David Jacobs,  
3 The Old Post Office,  
Church Street  
FRESSINGFIELD IP21 5PA  
[david@sixsensesuffolk.co.uk](mailto:david@sixsensesuffolk.co.uk)

Editor: Rev'd Susan Loxton,  
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### Advertising

#### **Box Ads**

Contact Chris Martin  
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#### **Flyers**

You must provide these and pre-book them with Maurice White on 01379 586424. 1,190 copies (A5 only) to Maurice White. Distribution (per village): £3 church/charity or £5 commercial.

#### **Small Ads**

£5 per issue. 30 words max. Contact David Jacobs (see above). If using email, please put 'classifieds' as the subject.

Dear friends and neighbours

These are strange times we are living in; however, I am so proud of the way so many people are helping their neighbours with getting shopping, prescriptions and chatting on the phone, as well of course all those who have been working non stop during this time.



Also, my heart goes out to all who are struggling with health, isolation, missing family and friends, the anxious and distressed. I can't do much to relieve you of much of this, but I can do three things:

- I can listen to you, I am at the end of a phone and if I am not in, I will ring you back. It doesn't have to be about anything in particular, but if you need to talk to someone, I can help.
- If money is short and you are running out of food, I can help by arranging a delivery from the foodbank.
- I can pray for you and those you love.

For any of the above you can contact me by phone on 01379 388493 or email [revloxton@gmail.com](mailto:revloxton@gmail.com).

I know it is hard to ask for help but please don't suffer on your own, we all need some help now and then. When I am struggling with something there are a few verses in the bible that I often turn to, I share them with you now:

*Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

I believe it.

God loves you, even if sometimes he feels far away, he sees you and wants the best for you. So, brothers and sisters take heart, do what you can and leave the rest to God. And remember that day always follows night, sunshine comes after the rain, and we will soon meet again with friends and family. What a celebration it will be!

God bless, Susan

# Memories

Do you have a piece of sewing or embroidery worked by your mother or grandmother or any sewing or knitting accessories which belong to a bygone era? Do you still have your wedding dress? If so, would you be prepared to loan these items to Fressingfield Craft Group to be used for an exhibition to be held in the Sancroft Hall. It was originally proposed to hold this exhibition on 4th July, but due to the present restrictions we cannot, as yet, set a date. We will not be charging an admission fee but, as usual, there will be refreshments for which there will be a charge.

If you would like to take part, or want any more information, please contact Christine Lindsay (01379 588150) email chrislindsayfour@outlook.com or Jill Blyth (01379 588489) email jillblyth@mymailbox.co.uk We will make a note of your names and contact details and get in touch when we are able to set a date. We also hope to have a display of work carried out by members during the lockdown, so ladies, keep on crafting!

Jill Blyth, Secretary,  
Fressingfield Arts and Crafts Group



I have been contacted by an RAF historian specialising in Bomber Command 1939-45, a Mr Rob Davis. I have already put him in touch with the Flixton collection, but wonder if the text below can be included in the next edition of Six Sense?

Mr Davis from Telford is an historian specialising in wartime Bomber Command. He is seeking information on the aircraft crash which took place on May the 17th 1944, somewhere near Mendham. The plane was a Wellington type X bomber on a training flight from RAF Bruntingthorpe in Leicestershire, and the crash sadly resulted in eight fatalities. Mr Davis is particularly interested to know the exact location of the crash - which is recorded in the official record only as 'in the vicinity of Mendham' - though any other information would also be gratefully received. Contact rob.davis@blueyonder.co.uk

Thanks in advance, Toby

**Happy memories of the community coming together to learn more about how to care for the environment in All Saints', Mendham Church on 6th-8th March before the lockdown.**

On Friday, all the children of Mendham Primary School spent an hour in activities at the church. They learned from the Waveney Trust about the bats that inhabit the building and the life of the churchyard especially the worms! John Brownsfield answered their many questions on bees as they explored an empty hive. Sally from Natural Spa Supplies in Weybread performed exciting science experiments with her products based on rocks and plants. The Mendham Maker demonstrated his machine invented to shred plastic and the artistic remoulds created, in true Wallace and Gromit style. The children discovered their own exhibits on the theme around the altar.

Saturday brought more members of the public and the church filled with animated conversations about the possibilities of recycling items not allowed in recycling bins, places to buy 'green' products, the photographs and crops from the Kent's farm, looking after hedgehogs, and Debra's nature articles in Six Sense, growing your own, whilst drinking Fairtrade tea and coffee with vegetable cakes, or Fen Farm Dairy cheese. The Waveney Trust helped families to construct a fantastic bug and hedgehog hotel in the churchyard and bug boxes to take home. Adults learned to make beautiful boxes with WI or firelighters from old teabags.

Sunday introduced Café Church, with a celebration of creation, the Lenten theme, a visit from the eco-church diocesan leader and the head boy of the primary school talking about reduction of food waste.

Diane would like to thank all the organisations and people who gave so generously of their time to make the event a success.

## FRESSINGFIELD BOWLS CLUB

As I am sure that you are aware we have lost the whole of the 2020 bowling season to 'you know what'. But the good news is our dedicated team of ground staff are keeping the green maintained so that next year we will have the best bowling green in the county. So there is no excuse for not having a go! More information, contact Ray Estall on 07575 044944.

## News and Events

### FYI

The duties of the churchwarden at St John's, Metfield are being shared by a number of parishioners until another churchwarden can be appointed. The Parochial Church Council (PCC) is supporting the interim committee. The duties shared are - the church building, churchyard, flower and cleaning rota, bell tower captain, church security, clock and tower flags, services rota and all ancillary duties.

Many thanks to Mark, staff and volunteers at Sir Alfred Munnings Hotel, Mendham for delivering food and provisions, and cooked meals daily: excellent service for us all in these difficult times. Well done!

Hope you are keep yourself safe? Diane and Granville



Denis, Simon, Jennifer, and Elizabeth would like to thank the many friends who sent cards expressing their condolences, following the death of Mary Williams. Sadly the 'Service of thanksgiving' for Mary's life had to be cancelled, due to the present situation.

**It will come as little surprise to all of you that we have had to cancel/postpone the Fressingfield VE 75 Celebration of Peace, that was due to have taken place on Friday 8th May.**

You will be pleased to know that the plans have not been abandoned, they have been put on hold. Depending on how the current situation develops, we are exploring the possibility of holding the service in August, sharing the event with the VJ Day Commemoration.



Watch this space for an update! Our sincerest thanks to everyone for your enthusiasm and your willingness to participate in this village event. It was much appreciated.

Ken Rowbottom.



It is a testament to the ethos of the Scouting movement, and the skills that we have all acquired, that one of our top considerations (after our own families) was to keep our young people safe during these difficult times. All face to face Scouting has been suspended for the foreseeable future.

So how do we keep engaged with our Scouting family and support our local community? Keeping active at the same time as sticking to the government isolation rules, particularly for us 'outdoorsy' types, is difficult! In the coming days and weeks the Leader team will continue to provide opportunities for all our young people to engage in.

We are continuing to provide scouting to our young people and support to our members and communities through virtual meetings using Zoom, activities and online resources. There have been quizzes, mini raft building and testing, conversations about various hobbies, unusual Scavenger Hunts, games of bingo and kahoot and even Investitures.

Crisp bag boost: Thanks to everyone who are collecting empty crisp bags and thanks to Karine, one of our Executive Committee Trustees for organising the campaign. An unseemly amount of bags have been sent in for recycling and we have just received a contribution of £200. This cash will go towards purchasing new kayaks (made from recycled plastic). We have raised 45% needed for the first kayak. Please continue to collect crisp packets at home, but hang on to them until the current situation returns to normal.

To find out more about 1st Fressingfield Scout Group have a look at our website  
<http://www.1stfressingfieldscouts.org.uk>

## CORONAVIRUS

Due to the coronavirus situation, some of the advertised events in this magazine may be postponed or cancelled.

Get up to date information from your village website, village hall website, the benefice website - [www.sancroftbeneficechurches.org](http://www.sancroftbeneficechurches.org)  
- or facebook - Sancroft Benefice Churches.

**Stay safe and well!**

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# Gardening under Corona

Digging for virus victory! As food supplies remain a bit uncertain, and we look for things to do during lockdown, growing what we can in even small spaces may become important – and is fun and good exercise! Almost all flower and veg seeds can be sown from May onwards, even tomatoes if under glass, and it's the best time for bedding plants. By now online and local garden centres will hopefully be open for business, and even Aldi/Morrison sell seeds and plants.

## **SHORT TERM/DO NOW**

Seed sowing – Leafy lettuce, rocket, cress, beetroot, radish (water well!), beans, carrots, onions from sets, courgette and squashes are all easy to grow, sown directly in the ground, or in pots or containers – deep ones, 2 feet high, for carrots. Sow every three weeks to ensure fresh cropping through the summer. Get creative - large milk containers with top cut off, orange juice cartons, old wine boxes, bird feed tubs, compost bags for potatoes.

Veg from the fridge/cupboard - Shrivelled potatoes with green shoots could be planted now, herb seeds like coriander, dried peas, sunflower, pumpkin seed, and other saved items.

Grow plants to swap - tomatoes - Gardeners Delight for quantity, Roma for size, Tigrella for taste, tumbling types in hanging baskets. Cucumbers, squashes, pumpkins.

## **MEDIUM TERM**

Use the freezer to manage gluts. Courgettes best frozen with other veg. Fruit can be frozen but may be best cooked when thawed - strawberries make a splendid sauce - or as ice cream flavourings. Tomatoes can be sundried especially for soup. Label everything.

Storing – onions dried and hung up will last through next April, carrots need a cold store in peat, many apples including Bramley will keep well past Christmas and even become dessert sweet. Squashes and pumpkins for autumn cropping, Butternut will keep well. Potatoes in the dark.

Brassicas including swede and turnip grow well on clay soil for autumn and winter staples. Keep the pigeons and slugs off at all times and keep weed free.

## **LONGER TERM/sustainability**

In August plant/sow with all the summer veg you've tried. Be ready to mulch and protect. Peas, mangetout under glass, new carrots in November, new potatoes for Christmas too.

Let some of the plants go to seed for next year's crops. Lettuce, last year's carrots and parsnips, peas and beans in variety. Tomato seed keeps well.

Use plastic sheeting to create cold frames and cloches for early and late crops. Clear plastic bottles have infinite uses for protection.

Garry Deeks and Tony Newton, Fressingfield Community Gardeners Club

# FRESSINGFIELD NEIGHBOURHOOD DEVELOPMENT PLAN

March 2020

The Neighbourhood Development Plan has come into full effect from Friday 27th March 2020. It was signed off under delegated powers by Mid Suffolk District Council and is now 'made'. It will be taken into account by the Planning Authority for every application which is made until 2036.

On 12th March the electorate of Fressingfield endorsed the plan whole-heartedly when they voted in favour by 86.6% majority.

Thank you to everyone who took part in the consultations over the last two years and to those who shaped the plan in response.

Fressingfield Neighbourhood Plan Steering Group.

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# Mendham Primary School



So we have a nursery pupil who is cleaning her hands - everyone is doing this upon entry and multiple times throughout the day.



Here at Mendham we have been carrying out our online learning in the classroom, but also making the most of the outdoor learning space. We have spent afternoons playing outdoor games, calculating the perimeter of the grounds and today we are using science to see who can make the best paper airplane.



As you are aware these are unprecedented and strange times for everyone. As educators the government has asked us to change our way of working and at Mendham that is what we are doing. Both schools in our partnership hub, St Edmund's and Mendham have joined together to create an education centre- for pupils to attend whose parents are critical workers. We have also established an online learning platform for pupils who are at home to engage in their learning. This has been a testing time for pupils, parents and staff but with the resilience that all of our school community has we are now forming the new 'normal', for now. We would like to thank our parents who have been extremely supportive to us all, thank you and we will see you all soon.

The school is developing its own recipe book, we are appealing to members of the local community to contribute recipes towards this. The recipes can be as simple as favourite cakes or as complex as a gourmet meal. Please contact Caroline Pearson on [c.pearson@wvpschools.org](mailto:c.pearson@wvpschools.org) with your recipes.

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## VE DAY REMEMBERED

Written by one of the Jarvis family - submitted by Mary Cufley

VE Day 'Victory in Europe' - the end of the War - 8th May and celebrate our village did, along with the whole country!

Bunting everywhere, the village hall decorated inside and out ready for the 'Beano' (party). Trestle tables set up, white bed sheets used as cloths, many of them holey – but who cared? All of us children were issued with red, white and blue hats, small flags to wave, and badges. It was a kind of hysteria, everyone being friendly to each other, even sworn enemies! Joy is a fickle thing! On the day of the village parade and party we could not keep still for excitement. We must have driven our parents mad all children must have felt as we felt. Posters of the Queen and Winston Churchill giving his V for Victory sign were everywhere – separate posters I hasten to add. I don't think the Queen would have associated herself with two fingers stuck up in a V sign!

Off went the lot of us at 2pm to watch the parade – hats on, flags being waved, badges pinned on our clothes. Mum and dad wore badges too. We three youngest girls, Jeannie, Connie and myself were dressed in red, white and blue. I remember so well, blue full skirts, white tops, red ribbons round our waists and in our hair. Mim, being a little bit older, felt it was too childish for her! Can't blame her, looking back. Ron and Dad wore white shirts with red ties, the concession to the blue being navy blue trousers.

The 'Big' parade started on Stradbroke Road, carried on to Laxfield Road, turned at a crossroads and back down Lower Road, naturally it did not go up any of the smaller roads, New Street, The Gull, or The Cut. Tractors drew decorated trailers, each representing a part of rural life. One had a farm theme – a milkmaid, men with pitchforks and straw sticking out of their hats et cetera. Another was a produce theme, wooden framework with vegetables attached and hanging down from it everywhere. Stacks of fruit showing along the sides – like a greengrocer's shop. Bernie Belderson stood in the middle of the displays with a red, white and blue paper boater hat, his cheeks as rosy as the apples! The Home Guard were represented, they'd done an invaluable job all over the country. They wore their tin helmets, Home Guard uniforms, stood upright one arm across the top of their rifles, saluting with the other. Then came the decorated bicycles, red, white and blue crepe paper

making patterns through the spokes of the wheels, the riders dressed brightly. Our postie, Mr Whatling, rode by, his front carrier filled with mock parcels in the three colours of the day. How we all enjoyed this celebration. I was nine years old then, so the six years of the war had been the biggest part of my life up to then. Off for VE tea in the Sancroft Hall.

The children were seated at the long trestle tables, to be fed before the adults. Everything was still rationed, it was at least another three or four years before everything became de-rationed. But what a feast!! Sausage rolls, sandwiches, buns iced in pink, white and blue (we heard after that blue ink had been used to make the blue icing! Who cared?). The proverbial jelly, no ice cream, but lumpy cold custard, next best thing then. A bag of sweeties given to each child, a take away. I remember we helped mum and dad bag them all up, Dad managed to supply them, but we were not to tell other kiddies and spoil the surprise. We drank loads of Corona Pop, I loved the cherry or soda ice-cream flavours.

When the ‘bears had been fed’ as our parents said, we were all sent to play in the playing field at the back of the hall, whilst the adults cleared the tables and had their own teas. Games had been organised for us, prizes for winners, we were keen when we knew that! Six adults were in charge of us – who would envy them? We played in groups. Blind-man’s buff, statues, follow my leader and several others, prizes dished out to the winners. Then came hunt the parcels. Six parcels containing little things, pencils, balls, sweets, yo-yos, had been hidden round the playing field. I found one hidden under the hedge across the bottom of the field.

All the parents came out, glasses in their hands, beer and ‘whatever’ in them. Dad and several other men, still with the glasses, linked arms and sang Doing the Lambeth Walk. Soon everyone joined in, all singing loudly. Reverend Pitts was tiddly and his straight-laced wife dragged him off the field and home. All the old songs and wartime ones got sung, we children joining in. We knew them all as we had sing-songs round our piano – ‘We’ll Meet Again’, ‘It’s A Long Way to Tipperary’ and ‘Pack Up Your Troubles in your Old Kit-Bag and Smile, Smile, Smile’ (this last one being our favourite).

What a day it was, all so tired, it was midnight when we all walked home, happy, tired and contented. A day to remember.





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# **NEWS FROM MENDHAM AND WITHERSDALE VILLAGE HALL**

## **Dear Friends, Villagers and Supporters**

As you are all no doubt aware, following the announcement from the Prime Minister on 20th March, the committee are sorry to have to inform you that Mendham and Withersdale Village Hall has been closed until further notice. As soon as we get the ok to reopen, please rest assured that we will do so. Keep an eye on the website [www.mwvillagehall.com](http://www.mwvillagehall.com) for updates. The monthly markets will not be running but will resume as soon as the situation changes. The committee will arrange for the grass/playing field to be maintained where possible, to allow use for the permitted one piece of exercise per day (correct information at time of going to print - please comply with any updated information from the government in this respect) Thank you for your continued support and understanding. We so look forward to seeing you back at the hall as soon as it is possible to all come together again. These are extremely difficult, unprecedented times, so stay safe, stay at home whenever possible and please look after each other.

10 years ago on 17th April 2010, the new hall was officially opened by Rebecca Knight from the Operababes. The committee were planning to celebrate this milestone. The hall hopes to hold an event in honour of more than a decade of tireless hard work by committee members and friends, past and present. When the hall reopens after this pandemic crisis - please keep an eye on the updates on the website and in Six Sense. We will all need a celebration to look forward to after this.

Keep well everyone!

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Get up to date information from your village website, village hall website, the benefice website - [www.sancroftbeneficechurches.org](http://www.sancroftbeneficechurches.org)

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# A VOLUNTEERS VIEW

When I knew there was a question as to if Six Sense should be published in May I felt yes as I know of several people who would appreciate it and do not use the internet. They would miss out if an online edition was produced instead. So I offered to write something to help fill it up!

I have always been very thankful to God to work and live in the lovely village of Fressingfield in the Suffolk countryside, but never more so than now we are in lockdown trying to contain the spread of this life-threatening Coronavirus.

There are many people helping others in so many ways, including the volunteers that set up and are part of the emergency plan that our excellent parish council got the wheels in motion for. I am one of the many volunteers who are able to help others who are more vulnerable than we are. To see and hear of the many ways they and many others are helping neighbours, family and friends is heart warming to say the least.

There are too many people to mention but one I must, is our brilliant local shop which has provided a life line for essentials and I don't know where we would be without them.

What a wonderful community spirit exists here in Fressingfield, so much love and care.

On a personal note, it tore at my heart strings when I got my letter asking me to go back to work for the NHS to help in this crisis, having retired as a practice nurse less than 3 years ago. But I felt it was impossible for me as I am caring for my 92 year old mum now. So it has given me much pleasure to be able to offer my services as a volunteer. Maybe it will help those of you who are the ones who have to ask for help and feel you are bothering someone else to know it helps us to know we are helping you!

I am sure I am not alone in feeling this current situation helps us to appreciate the things we all too easily take for granted.

Trusting in God, praying and counting my blessings are helping me through this difficult time. I plead with everyone to obey the government's rules to help our NHS and all the other key workers as well as keep ourselves safe.

Best wishes to you all, Cathy Tooley

# VOLUNT ACROSS TH

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Mendham and Withersdale Support Team has volunteers willing to help anyone who needs shopping, prescriptions, or just a friendly chat.

Simply phone Jan 01986 782226 and we will be with you.

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In March an information sheet was delivered to all Metfield residents – if you think you missed it a copy can be found on the parish notice board outside of the village hall, or on the Metfield village website. It will be updated as the situation changes on which services remain available and how residents can get support if they need it.

We are all in this together and the community spirit in Metfield has been fantastic – thank you all those who have volunteered and/or are helping neighbours

If you have a query or concern, however trivial, please don't hesitate to contact

Peter Mortimer (chair) on 01986 785396 or Lindsey Duckett on 01379 586218, or [metfieldparishcouncil@outlook.com](mailto:metfieldparishcouncil@outlook.com)

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## Stradbroke COVID-19 Support

Details of support are in the online Stradbroke Monthly magazine.

The Good Neighbours scheme we have in the village has been extended by 50 extra volunteers willing to collect medication prescriptions and shop locally for those unable to get out. There is no charge for any of the visits. We have stopped offering car lifts to hospitals or surgeries as this is too close proximity for the safety of us all. GN Mobile phone is monitored every day 07749445531

Various phone links are operating to keep people connected who would usually be talking/meeting. Most of the clubs and societies are managing this support; anyone wanting a phone link can call Peter or Jennifer Chetwynd whether for faith support or isolation support on 01379 384069.

# FEERING VILLAGES

## Fressingfield COVID-19 Resident Support

Thank you, firstly, to the 70 volunteers who are now involved in the Fressingfield COVID-19 support scheme. Your response has been amazing! 21 volunteers have been allocated streets and the others are 'in waiting' to support them, when required.

All homes in Fressingfield should now have received a leaflet with the name and contact details of their neighbourhood volunteer. We have been advised to stay at home to stop this virus spreading. Please allow your assigned volunteer to help you. Whether it is for shopping, prescriptions or just someone to talk to, please call them. If you have not had your leaflet, please email Nigel Lucker at nlucker.fresspc@gmail.com or Stuart Balmer at sjbalmer34@gmail.com and we will allocate you someone. Or, if you are not online, please phone Virginia on 07900 350117.

We must also thank Fressingfield Stores, the Medical Centre and businesses in the village which have all responded so enthusiastically and efficiently. A culture of mutual support has been created which will undoubtedly long outlast this COVID-19 threat. Stay safe and keep well.

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# VOLUNT ACROSS TH

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**H**ere in Weybread when it became apparent that people were returning from holidays and having to self-isolate or were living on their own and feeling vulnerable, the parish council decided to set up a network of volunteers to give practical help to those residents such as shopping, collecting prescriptions or posting mail or even just phoning for a friendly chat. I volunteered to be the co-ordinator as I was already self-isolating due to my asthma and have had experience and training in emergency planning through my former work in local government.

We put together a leaflet with information about the help available as well as asking for volunteers to supplement the parish councillors who had already offered to provide assistance to their fellow residents. Over the weekend of 21st/22nd March, we hand delivered a leaflet to every house in the parish and left copies in the church, the shed selling local produce and Middleton's nurseries. I also put the same information on NextDoor, the social network hub for local communities and neighbourhoods.

As a result of the leaflet and NextDoor notice, we have been contacted by a few people requiring help and have had a number of volunteers come forward. Since the lockdown period started, we have been getting shopping for people who are classed as vulnerable, taken prescriptions to be filled etc. I have also drawn up a list of places where food and other supplies can be obtained together with the opening times of local shops and details of places providing takeaway and this is available on the parish website at [weybread.com](http://weybread.com). We are also posting the daily COVID-19 Bulletin our clerk receives from the Suffolk County Council which sets out the up to date information for the country and Suffolk specifically and gives links to Government and medical guidance.

If you are living in Weybread parish and need some help or are able to volunteer to provide that help, then please give me a call on 07855 203178 or email [sueofyewtreefarm@gmail.com](mailto:sueofyewtreefarm@gmail.com).

Sue Hardy - Weybread Support Network Co-ordinator

# EEERING EVILLAGES

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Many key workers and volunteers feel they should leave medical grade equipment for nurses and those on the front line. Shortages are on our doorstep and many essential workers who would like to use a mask cannot access them or find the time to make sufficient masks to use in a safe way. The reduction of transmission with cotton masks is minimal and advice varied but for some, they are still better than nothing. Until the production chains of medical masks filter through, some locked down locals with sewing machines have started making cotton, washable masks to a CDC pattern to offer some support to those who feel vulnerable, starting with packs of 3, which allow for a cycle of "wash, dry, wear". This is a small and practical gesture of our gratitude for those people still working out of the home and a very good way of feeling useful under the circumstances.

If you would like to get involved and receive a link to a pattern please contact Liane who is co-ordinating pick ups at ourliane@gmail.com

Additionally, if you feel your sewing skills extend to making hospital scrubs for either Ipswich or West Suffolk hospital, patterns and delivery contacts can be found here - <https://www.facebook.com/groups/1500699350098765/files/>





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While Harleston's exciting Mayflower 400 programme is on hold you can learn fascinating stuff about life in this part of the world in the 1600s through a Mayflower



400 e-Newsletter. The first issue will be sent out at the start of May and will focus on the inns of Harleston, in particular the history of The Swan Inn, and their role in local society, as well as the realities of travel in the early 17th century.

Future issues will be sent out on 1st of each month until October and will focus on the role of parish constables, the history of Redenhall Church and the role of churchwardens, politics in the reigns of James I and Charles I, history of the plague in the first half of 17th century and the economy and society in early 17th century Norfolk.

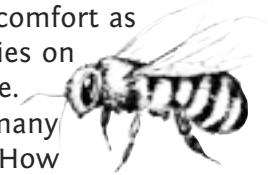
This includes new research from original documents carried out by the Harleston Local History Research Group, led by Stephen Poulter. Thanks to Gordon and Janine Lascelles, David Seddon, Pat Douglas, Jill Tan, Margaret Griffiths, and to Julie Craven of Hoxne for her transcribing expertise.

To receive these e-Newsletters, email nmstainton@gmail.com or info@harlestonsfuture.org.uk . You can unsubscribe at any time. Also check out the website www.visitharleston.org.uk for extended information.

# Connect with Nature and it will Always be There for You

At times of crisis the natural world can offer us great comfort as modern life has put us on pause. Outside, nature carries on regardless and is even showing signs of positive change.

The air is cleaner and water quality has improved in many countries. Wildlife too is benefiting from our absence. How quickly does it improve and thrive when given the space. Maybe getting back to 'normal' is not the right action as 'normal' isn't working for our planet. Nature is sending us a message and now is the time to listen.



May, and the sunshine casts its spell over the world and it lures us outside. So much to look at too. I have a robin nesting on my greenhouse shelf, a pigeon in the jasmine, blackbirds in the honeysuckle, ducks by the pond and pheasants stealing all the birdseed. After installing a night vision camera I know we have regular visiting hedgehogs and three neighbours' cats!! Most of us can recognise the popular birds who visit us but how much detail do we actually see? A little experiment of drawing the colours of a blue tit without looking at it demonstrates just what we don't see. Since I have been taking photos, I have noticed so much more, especially the colours and complexity of the subject.

When we hear a bee buzzing around, remember that a third of our food crops are pollinated by them and other insects. Up to 90 per cent of all wild plants exist because of these and other pollinators. The bee has been declared to be the most important living beings on Earth and the only living beings who do not carry any type of pathogen.

In our gardens they help maintain biodiversity and plant growth. We can help them by providing native wildflowers, plants with single flowers like dahlias, tubular flowers like foxgloves, honeysuckle, and snap dragons. They can see the colour purple more clearly than any other so lavender, alliums, buddleia and catmint too. Our lawns could include clover, common thyme, daisy, dandelion and violets. To help protect these hard working creatures some activists believe that we should immediately prohibit the use of pesticides, and promote completely natural agricultural alternatives.

The quote 'If bees disappear, humans would have 4 years to live'. Whether these words were said by Albert Einstein or not might act as a warning when considering that bee decline is a global problem.

Growing vegetables is hugely rewarding and getting our children involved will

help them connect with the environment around them. They love to touch the soil whether its to help plant or simply play. Being brave enough to hold a wiggly worm or find an ants' nest, it's great earth therapy. Planting seeds and watching them grow. Allowing them to explore and get dirty! Learning about nature teaches them empathy, pattern recognition, social skills and scientific curiosity. Nurturing their inquisitive minds and letting them discover the intricate web of life will ensure that they grow up protecting it for their future.

May is a time to look for the frothy white flowers of hawthorn hedgerows; watch out for the arrival of our summer migrant visitors like the swift, swallow, house martin, look up at the full 'flower' moon on 7th and make a scarecrow to watch over the veg patch! Bee happy!

Debra

Wash your hands we were told,  
Stay at home we were told.

The schools are shut,  
Shops are closed.

How long will it last nobody  
knows!

It makes me mad,  
It makes me sad.

So much we were going to do  
this year,  
All had to stop.

Our world has changed,  
Don't touch nanny,  
Don't hug grandad.

Don't kiss nanny or grandad.

I miss my friends,  
I miss my school.  
Don't touch this!  
Don't touch that!

Don't go out!  
Stay safe,  
Don't go out,  
Cos the virus is about!

NHS will sort it out!  
Thanks to them,  
We will all be saved.  
And I hope that it will go away!

From Lily F

*Six Sense is produced and published by the Sancroft Benefice on behalf of the villages of Fressingfield, Mendham, Metfield, Stradbroke, Weybread and Withersdale. Opinions expressed in this publication are not necessarily those of the editorial board. Six Sense accepts no responsibility for the content, offers or validity of any flyers or any advertisement.*



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## Local Parish Churches during May

Following the guidance issued by the Prime Minister, our parish church buildings are now closed and no public worship will take place until further notice.

Morning and Evening Prayer will be available to listen to every day on our facebook page (Sancroft Benefice Churches) or via the website. Information will also be provided about online services on Sundays.

Please check our website for further updates

[www.sancroftbeneficechurches.org](http://www.sancroftbeneficechurches.org)

The ministry team is doing its best to offer prayer and worship via our online resources but if you would like to speak to someone, please contact:

Rev'd Susan (Rector) 01379 388493/ [revloxtton@gmail.com](mailto:revloxtton@gmail.com) or Rev'd Gini (Curate) 01379 586414/ [rev.gini@godsearch.co.uk](mailto:rev.gini@godsearch.co.uk)

*For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8)*

To protect the vulnerable amongst us, please do not leave your home except for essential trips.

## Baptist Services in Fressingfield during May



[www.fressingfieldbaptist.church](http://www.fressingfieldbaptist.church)

The building is closed, but the church isn't!  
We're meeting online - Sundays at 11am  
See our website or facebook page for details.  
Come and join us!