

**This newsletter is produced & delivered to every house in Mutford by volunteers.  
If you would like to help, contribute or comment, please get in touch:  
MutfordNews@gmail.com or call Jenny 476518**

## **Home But Not Alone**

Suffolk County Council has set up a new Suffolk-focused community service to support people who need help during the COVID-19 pandemic.

Called '**Home But Not Alone**', the service has been launched to help connect people who want to volunteer in their communities with neighbours who are most in need.

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

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

If you are in genuine need of help call **0800 876 6926**  
This is a freephone number & will be staffed from 9am to 5pm, seven days a week.

To volunteer, please register on the **Tribe Volunteer app** from Apple App Store or Google Play Store

The Home, But Not Alone service was created by partners from Suffolk's councils, police, health bodies and charitable organisations which come together as the Collaborative Communities Board.

<https://www.suffolk.gov.uk/council-and-democracy/council-news/show/home-but-not-alone>

## **CORONAVIRUS (COVID-19)**

Things are moving very quickly. Keep informed of the latest advice and guidance on the coronavirus crisis.

**NHS** <https://www.nhs.uk/conditions/coronavirus-covid-19/>

### **Government response**

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

If you are unable to access these sites for any reason, please ask a family member, friend or neighbour to find out the information for you.

## ST. ANDREW'S

In line with the Church of England policy, all Services at St Andrew's are cancelled until further notice.

The tower lights will be turned on for a few hours every evening (between 8.30pm – 11.30pm) as a beacon of hope for our community.

The Church-Wardens

### Update from the Village Hall Committee:

Following advice on action that should be taken during the Coronavirus outbreak, the Mutford & Rushmere village hall committee has announced the closure of the hall until further notice.

All current bookings will be cancelled and those involved informed. No further bookings will take place until further notice.

All clubs using the hall have been informed of the halls closure.

The V. E. Day Celebration on Friday 8<sup>th</sup> May is cancelled.

The Scarecrow Hunt scheduled for July will not take place. Dependent on when we are advised that restrictions can be lifted it may be possible to run the Scarecrow Hunt later in the year.

The Village Hall Committee deeply regrets having to take this action but feel that it is the only responsible approach given the current crisis.

### Dates for Easter 2020

Good Friday (Bank Holiday): 10<sup>th</sup> April

Easter Sunday: 12<sup>th</sup> April

Easter Monday (Bank Holiday): 13<sup>th</sup> April

### School transport

As you may be aware, Suffolk County Council (SCC) changed its school travel policy from September 2019.

The opt-in process for those pupils who are eligible for SCC-funded school travel for 2020/21 opened in early March with a deadline of 31 May 2020.

For more info:

[www.suffolkonboard.com/optin](http://www.suffolkonboard.com/optin)

## MUTFORD PARISH COUNCIL

The Parish Council will not hold its usual monthly meetings until further notice.

For information relating to the Parish Council, please contact:

John Armstrong

Parish Clerk 01502 476418

[jamutfordpc@btinternet.com](mailto:jamutfordpc@btinternet.com)

01502 476418

### Did you know...

There used to be a Post Office at the crossroads, where Serenity Hair & Beauty Lounge is now. The Post Office closed in 2013.

Mr and Mrs Slade used to run the Post Office and general store back in the 1970s. Mr Slade would take orders and then deliver the items in boxes once a week.

[We could do with another Mr Slade at the moment...]

### Litter pick

Mutford Parish Council had planned to organise a community Litter Pick around the village in April, in association with East Suffolk Council's Love Suffolk initiative. However, this event has had to be postponed – possibly until the autumn, due to the current coronavirus crisis.

Mindful of the current advice, and if it's safe, you could take a bag with you and combine a walk with picking up a few bits of litter to keep the village tidy.



### Nature Corner

Seen – or heard - any frogs in your garden? Common frogs are most active at night, and hibernate during the winter in pond mud or under piles of rotting leaves, logs or stones.

They are usually seen (and heard) between March and October



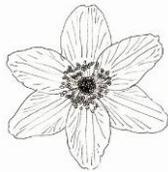
### Did you know...

Last month, we mentioned that a village sign outside the Village Hall was erected in memory of Mary Abbott.

Have you looked at the sign? Carved wooden fish represent herrings, reflecting the connection with the fishing industry, sheaves of corn to farming, and a thatcher's tool (a 'scutch') reflects the connection to thatching....

### Look out for...

There is a fantastic carpet of wood anemones in Mutford Big Wood at the moment. Please remember to keep to the public footpath.



### Did you know...

The Vehicle Activated Sign is located either on Church Road near the old telephone box or near Newson Avenue.

During February, the sign recorded an average 492 vehicles per day – that is vehicles passing in one direction past the sign, with a peak of 1,331 (!) on Sunday 16<sup>th</sup> February.

Over 50% of vehicles passing the sign did so faster than the 30mph legal speed limit.

One vehicle was recorded at 76 mph on Saturday 29<sup>th</sup> February.

The obvious conclusion is that the majority of vehicles travel too fast along Church Road/Hulver Road.

Please drive carefully through the village.  
Respect all other road users.



### Take care of yourself

You will probably have seen me running in and around Mutford; I'm that crazy woman who is out in the rain, wind, snow – and sometimes even sunshine! I have been running for years and I love it.

I love to run around these fantastic lanes to get fresh air, look at the fields, listen to the sounds of nature – and to keep fit.

It makes me feel better physically and mentally.

At the time of writing (Wednesday 25<sup>th</sup> March), the Government has said that you can only do "one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household."

So, for the moment, I will continue to go out for a run.

Life is very stressful for everyone now. Having to stay at home indoors is very difficult – especially when we are not sure exactly how long this will continue for.

But, if you can, step outside to breathe in that fresh spring air. It's getting warmer. The primroses and daffodils are out and look lovely. Trees and hedges are budding, and birds are making nests.

And have you seen the 'Green Goddess' Diana Moran on BBC Breakfast TV? Back in the 1980s she was a fitness expert who wore a green leotard and showed people how to keep fit at home.

And then there is Joe Wicks. The 'Body Coach' has launched daily fitness routines for kids on his YouTube channel after schools were shut down. Look out for 'P.E with Joe' at 9am every day.

Take care, Jenny

**STAY AT HOME** 

**PROTECT THE NHS**



**save lives**

## Suffolk Libraries Mobile Library

Beccles Library is currently closed and the mobile library which usually visits Mutford once a month, has been suspended.

### Don't forget...

You can find previous issues of this newsletter on the parish website <http://mutford.suffolk.cloud/mutford-newsletter/>

### To report power cuts or damage to electricity power lines: Dial 105

If there's a serious immediate risk, you should call the emergency services too. 105 is a free service.

You can call the number from most landlines and mobile phones.

### To prepare for a power cut:

- Keep a torch handy
- Get a battery-powered/ wind-up radio
- Keep warm – keep a blanket and warm clothing handy. Fill a flask or hot water bottle.
- Stock your cupboard with food and drink that doesn't require electricity to prepare it.
- Keep your mobile phone and laptop fully charged.

## Waste Bin collection

Wednesday 1<sup>st</sup> April – Black bin

Wednesday 8<sup>th</sup> April - Blue & Green

Wednesday 15<sup>th</sup> April – Black

Wednesday 22<sup>nd</sup> April – Blue & Green

Wednesday 29<sup>th</sup> April - Black

Bins should be out by 6am

For missed bins call 03330 162000

8.30am-5pm Mon-Thurs

8.30am – 4.30pm Friday

As of 25<sup>th</sup> March the bins are still being collected - but please check for updates <https://www.eastsuffolk.gov.uk/news/>

### RECYCLING CENTRE ('Council tip')

The recycling centre is now closed until further notice

### Keep yourself – and your property safe and secure

There have recently been burglaries in outbuildings in Henstead and Rushmere. Make sure all sheds and outbuildings are locked and secure.

### Police

- In an emergency always call 999
- For non-emergency calls, dial 101
- To report a crime anonymously call Crimestoppers on 0800 555 111

# Coronavirus (COVID-19): what you need to do

## Stay at home

- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

Anyone can spread the virus.

The printing of this newsletter is funded by Mutford Parish Council

To help distribute copies or to provide content, please call Jenny 476518 or email [MutfordNews@gmail.com](mailto:MutfordNews@gmail.com)