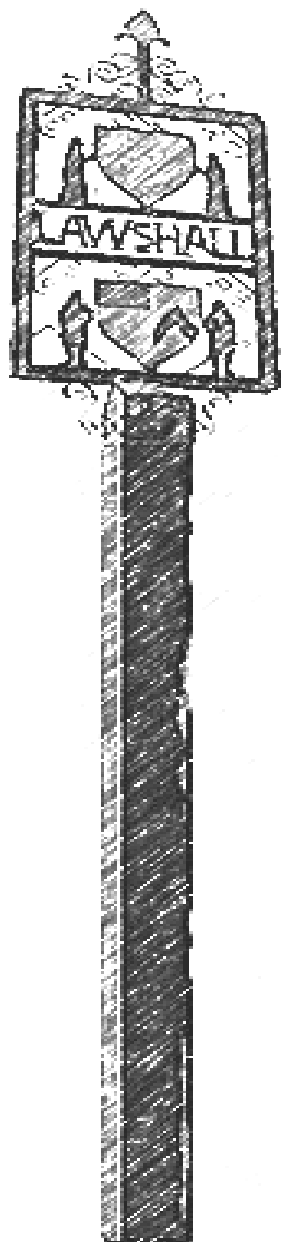




LAWSHALL



September
2015



www.lawshallvillagehall.co.uk

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We reserve the right to edit, shorten or refuse any item submitted for publication and cannot be held responsible for the accuracy of any claims made by advertisers.

**Copy Deadline for the October magazine
6pm Saturday 19th September – earlier welcome!**

**Copy should be emailed to the editor, Jenna Kitchen, at
jennalight51@btinternet.com Telephone 01284 830022**

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£10 – 111 L Elmer; £10 – 358 S Minns

Do you support your Village Hall through the lottery? If not and you would like to then contact Derek Buckles on 01284 830513

Check out our new website at

www.lawshallvillagehall.co.uk

To discuss anything about the website please contact Jenna Kitchen
on 01284 830022 or email jennalight51@btinternet.com

The proceeds from this magazine go towards the refurbishment and improvement
of Lawshall Village Hall, registered charity number 304911.

Editorial:

It is a rare bright and sunny morning in late August and I hope this finds you well and rested from summer holidays.

If you missed the barbeque in Golden Wood, there is a report on page 15 and you can find pictures on their facebook page (details on p17).

This issue includes more information on wedding traditions, and, if you are planning a wedding, the Village Hall could make a great reception venue.

You will find a Quiz on page 33, but be warned – the answers are on page 8 and I could not work out how to print them upside down so you might come across them inadvertently!

Headway have provided some information about their activities and the kinds of support they offer to people after head injury, stroke and with other illnesses.

Please consider sending notes or photos from your summer adventures in this country or abroad to enrich the pages of R&A.

Is there anything you would like included in future issues?

Many thanks to those who regularly or sporadically send in pieces for the magazine. I hope you enjoy this month's edition.

Jenna

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What's On in Lawshall in September 2015

- Thursday 3rd **Midweek Woodland Management** morning
in Golden Wood. **All Welcome.**
- Tuesday 8th **Parish Council Meeting - 7.30pm** in Village Hall,
All Welcome
- Sat 12th September **Historic Bike Ride** will be calling at All Saints
- Sat 19th September **Harvest Supper & Quiz Night**
in Lawshall Village Hall 7pm, Tickets £10 each
from Cherry Clements on 01284 828311
- Sunday 20th **Harvest Celebration** 11 am at All Saints Church
All Welcome
- Monday 21st **Village Hall Management Committee – 7.30pm**
- Sunday 27th **Benefice Harvest Service** at Hawstead 10.30am
- Sunday 27th **Woodland Management Morning** in Golden Wood,
All Welcome

Lawshall Youth Club- every Monday during term time,
Lawshall village hall, 5pm till 6.30pm- still only £1.50 per child.
Good value and good fun. Starting again from 7th September

Future Events:

- Sat 3rd October Macmillan Coffee Morning at Hawstead Village Hall
- Postponed to 2016 **Italian Evening/M meal** in Village Hall, 7pm, ticketed
- Sat 17th October **Victorian Evening** of Music and Entertainment,
7pm-10.30pm Buffet Supper & Bar, a Benefice event at The
Suffolk Barn, Hawstead, by kind permission of
Mr and Mrs Rupert Brown.
Tickets £!5 available shortly
- Sat 12th December **Christmas Tree Festival+Fair** at All Saints, 2-4pm
- Sun 13th December **Carols at All Saints** at 4pm

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have you seen the redesigned website? You can still download a copy of R&A. It is regularly updated with the latest issue, often before the paper copy is out, the photos are in colour ! and you can follow at least some of the links.

Are you planning any celebrations, parties, get togethers? Your village hall might be the ideal venue with space to seat up to 100 people at tables and outside space as well as catering facilities.

The Youth Club starts up again on 7th September after a break for the summer holidays. Mums and Toddlers group continues on Tuesdays, Carpet Bowls on Mondays and the Tuesday Club goes from strength to strength. Young Farmers will be in the hall on some Friday evenings.

Are there other things that you would like to see going on here? Craft club, dancing, book groups, specific events? There is a harvest supper on 19th and we are planning an Italian Evening for 2016, look out also for details for a Casino Night that we are hoping to run in the next few months.

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Quiz on page 33 – Birds – Answers:

1. Robin
2. Dove
3. Mallard
4. Goldfinch
5. Starling
6. Raven
7. Kingfisher
8. Yellowhammer
9. Wren
10. Red Kite
11. Blue Tit
12. Avocet
13. Hobby
14. Blackbird
15. Nuthatch; Magpie
16. Bittern; Sparrowhawk
17. Sparrow
18. Nightingale
19. Bullfinch
20. Chiffchaff ; Chaffinch

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AED: £1030.00 has been raised so far by donations kindly offered and by fund raising at The Swan. The complete cost for this is likely to be more than the amount raised so the P.C. has agreed to make up the deficit. The Chairman will contact the company to arrange for an order to be put in place. The position of the AED was also discussed at the P.C. meeting on the 11th August and a vote was taken by the Councillors and the attending parishioners. Result: at the School 3 votes; Glebe stores/Village hall: 3 votes, The Swan 10 votes. Therefore this would appear to be the best location. More information will be available at a later date.

Neighbourhood Plan: Mr Ric Edelmann was present at the meeting on the 11th August along with volunteers who are interested in carrying out this project. It was decided that the P.C. will go ahead with the first stage, which is to offer a survey to the residents for them to complete. This will be available in the near future.

S106 Funds: This was discussed and the proposal was agreed for placing benches around the meadow, a picnic bench to be placed within the playground area, 1 new item of play equipment, trees and shrubs, daffodil bulbs and also to include a new strimmer. There will also be a wildflower area. Also it was mentioned that the notice board is not in very good repair. The Chairman will obtain costs and then the P.C. will put in a request to Babergh D.C. for funds.

Paths and square near the playground in Walcher's Meadow: It was agreed by the Councillors that the paths and the square (this square is to allow youngsters to play Rounders etc) near the playground will continue to be cut for the summer months.

Crime report: No crimes reported for Lawshall from 1/7/2015 to 31/7/2015. The Clerk has seen a notification that it is unlikely that a P.C. or PCSO will be available to attend any future P.C. meetings. The Clerk will check the Police website for any updates on crimes reported.

A warning to all residents: Please be aware of any suspicious callers as it has been reported that attempts have been made to steal dogs. Another reminder for you to make sure that all dwellings, outbuildings, sheds, garages and entrance gates are made secure to deter criminals breaking into your property.

Playground Inspection: The annual inspection will take place on 2nd September 2015. Dorothy Griggs - Parish Clerk. 01284 830813

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Tuesday Club

On Tuesday 6th October we are having a visit from Gill Nicholls. Gill is a wonderful singer and will be reminding us of the 'Old Time Music Halls'. She has a number of colourful costumes and we are looking forward to an afternoons entertainment. We will start at 1pm with a buffet lunch and then enjoy the singing. I guess, hopefully, we will be allowed to join in at some point!!!

We have a number of friends from nearby villages joining us for the afternoon, so if you are around the 60 yrs mark or over you will be very welcome. **Please let me know if you wish to attend the buffet lunch.** There will be a small charge.

Why not join us every Tuesday afternoon, much better than sitting at home during the winter months staring at four walls. Make new friends, enjoy tea, coffee and cake and be entertained. We are a most welcoming and fun loving group.

Last month our outing took us to The Museum of East Anglian Life at Stowmarket. When we left the village hall, the rain was lightly falling. However once we arrived the sun came out and we had a really good time. Just as well because the museum is set in 80 acres of countryside, with over 20 historic buildings and collections of over



45,000 objects exploring the rural and social history of East Anglia. There are some fascinating displays including steam traction engines, reconstructed historic buildings and lots of animals. Abbots Hall itself is not to be

missed. Many of our group enjoyed the buggy ride around the grounds and our coffee stop on the way home. Thanks go to Julian for all his hard work in arranging the outings.

We will continue our monthly outings through the year, so I hope that I have whetted your appetite.

John Payne 830466

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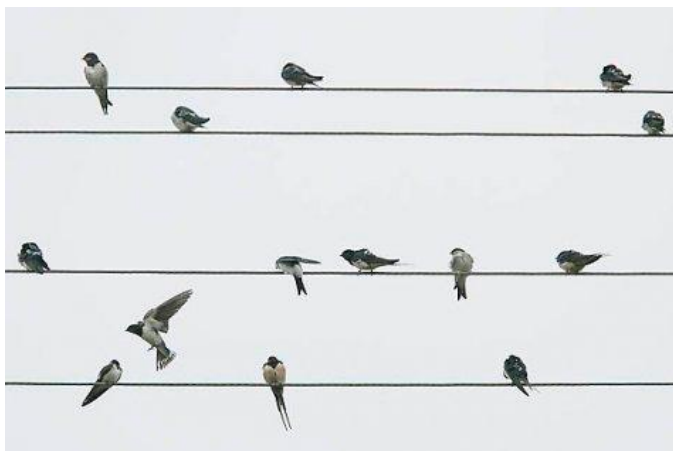
Bird Notes September 2015 by Cliff Cooper

You will recall, hopefully, that I wrote last month about my experiences with bee-eaters. At that time I was unaware that two pairs of these exotic looking birds had nested in Brampton, Cumbria (unfortunately not Cambs!) this season. Two pairs nesting at the same site could well be an indicator of some long term movement of this species to our shores. I do hope so, even if it means that global warming will get the blame- they are lovely birds and would certainly brighten up many a birdwatchers day.

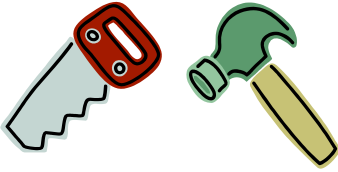
Nothing so spectacular to report locally, but we have had a few birds of prey sightings. Red kites have been fairly regular around Chadacre/Shimpling areas, and one or two hobbys have been seen hawking over the village.

The house sparrows in our garden must have had a good breeding season because they are here in abundance- along with the greedy starlings. The same cannot be said for our local house martins, however, as there are very few nests around the Glebe- I have none on my house compared with three last year. I see about twenty martins hunting for insects over the houses this year when there was a total of over fifty last year as the young birds took to the air.

There must have been a more successful season somewhere nearby because I recently saw a gathering of about seventy five house martins and swallows sitting on the power lines stretching over a stubble field where the wheat had been cut. Of course it will not be long before these larger groups of hirundines start to make their leisurely way to the coast and off for the winter. By the time you read these notes, some of them will already be gone- hopefully to return next spring.



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Summer Barbeque...

It was a beautiful English summer's day for the Forest for our Children BBQ in Golden Wood this year.

Children had faces painted and read stories in the story tent, guarded by a fearsome looking scarecrow witch!

Village families and visitors from afar enjoyed succulent sausages and burgers, wine and beer from the Golden Wood bar and enjoyed the peace of the woods.

Peace that was only briefly interrupted by a light-hearted tug-o-war between mixed teams of men, women and children. I can't say that the teams were entirely fairly matched or that the rules were strictly adhered to but huge fun was had and the winning team captain (Alice) carried away the magnificent FOC champions' trophy.

There were beautiful willow plant support frames, made from Golden wood osiers which were quickly bought by keen-eyed gardeners and could have been sold many times over - keep your eyes peeled for willow weaving activities in the woods over the next year.

Children and adults alike also enjoyed gathering around the glowing campfire among the trees, chatting, toasting marshmallows and making "S'mores".

There was also a treasure trail around the woodland which involved finding and collecting the leaves of various trees and looking for a special treasure of our own to impress the judges, a great way to explore the wood and get to know it better.

I confess that I cheated slightly as I was assisted in this task by a magic wand made from mysterious Golden Wood trees and available for just 50p! Unsurprisingly these too, sold out in no time at all.

After all this marvellous activity the vast array of wonderful cakes also seemed to have somehow mysteriously disappeared.

A magical afternoon in a magical place, thank you to all involved.

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Lawshall Community Woodlands

A Forest for Our Children

Summer isn't over yet and there's plenty of opportunity to enjoy the last of it in the Lawshall woodlands.

Our next activity day is on **Sunday Sept 27th**, as ever we meet at 9:30 at the Foundry on Bury Rd and end about 12:30, absolutely everybody is welcome.

This month we're working up an appetite for tea & cake by cutting, splitting and moving logs from previous year's coppicing.

It's time to start dreaming about cosy fires and Strictly come dancing on TV so remember that you can buy your firewood from your own local woodland.

If you can't wait to get busy in the woods there's also a weekday work party on **Thursday Sept 3rd** same place, same time.

Look forward to seeing you there soon!

To find out more visit our website www.forestforourchildren.onesuffolk.net or Facebook Lawshall community woodlands

Macmillan Coffee Morning

Please come and join us for coffee/tea, cake and chat to help us raise money for Macmillan Cancer Support who do so much to support everyone who has or has had cancer.

We would be very grateful to receive donations of cakes, preserves and any garden produce that you may have to spare.



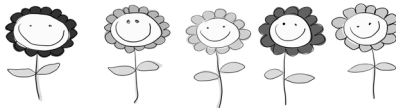
On Saturday 3rd
October 2015 from
10.30am - 12.30pm
In Hawstead Village Hall

For further information or collection of items please contact Joyce Dainty 01284 386314. Do join us, we would love to see **you** there.

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Regular Sunday Services: 11am and 6.00pm at the Free
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A Parent and Toddler Group, meeting at Lawshall Free Church,
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Sparkz

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Headway Suffolk, a registered charity, supports around 250 people with acquired brain injuries and neurological conditions across Suffolk and south Norfolk every week. The services of Headway, that have existed for 30 years in Suffolk, have never been as strong or as extensive as they are now, following the merger of East and West Suffolk in April 2014.

Headway has typically supported those with brain injury caused by a traumatic accident, stroke, virus or tumour, but also helps anyone who has had their brain affected by a neurological condition, including Parkinson's, Huntingdon's, dementia and multiple sclerosis. With fully-qualified and dedicated staff, Headway helps its clients to rebuild their lives, improve skills impaired as a result of their injury or condition and live more independently.

There are two neuro hubs open Monday to Friday in Ipswich and Bury St Edmunds, with satellite hubs open one day a week in Haverhill, Woodbridge, Stowmarket and Mildenhall, with more in other towns to follow to enable access to Headway services without the need of arduous and costly travelling.

The hubs offer structured activities, such as crafts, music, fitness, cookery and IT. Clients are also able to benefit from sessions with our clinical therapy team, with specialists in occupational therapy, physiotherapy, speech and language therapy and counselling.

We also support many individuals in their own home and in the community. This is a bespoke service, delivered at a time and place to suit the client with staff given time to deliver quality care. This can include support to go shopping, access leisure activities or engage in a hobby, help with personal care, medication, appointments and money management.

There is also our unique and popular Brainy Dogs project, where rescue dogs are trained by prisoners to become companion dogs to clients, or we can help to train the client's own dog.

Carers also benefit from counselling, respite, a buddy scheme and being able to drop in, as well as our courses which are also run for the clients, focusing on understanding brain injury, falls prevention, fatigue, stress and anger management and communication.

David Crane, office manager

For more information on Headway Suffolk's services, how to access them or to work for Headway, call us on: 01473 712225 or 01284 702535, or email: info@headwaysuffolk.org.uk. Postal addresses:

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Good value and good fun.

Make new friends, meet up with old friends,

learn new skills, be creative,

be part of the community, get active!

Starting again from September 7th

- look forward to seeing you there.

Caring for All Saints Church

September 2015

Cleaning:

5th & 12th Mike & Ann Chumbley
19th & 26th Margaret Squirrell &
Glenna Reeve

Flowers:

Aug 29th – Sept 5th : Hazel King
12th & 19th Ann Chumbley
26th All to decorate for Harvest

Churchyard:

5th & 12th Paul Parish,
Andrew Clements
19th & 26th Ian Carrington,
David Henderson

Suffolk Historic Churches Bike Ride - 12th September

All Saints Church Lawshall will be holding a **Harvest Supper & Quiz night** at Lawshall Village hall on Saturday 19th September at 7pm
– Tickets £10, ring Cherry Clements on 01284 828311

Sat 17th October 2015

Victorian Evening of Music and Entertainment, with a Buffet Supper & Bar, 7pm-10.30pm. A Benefice event at The Suffolk Barn, Hawstead, by kind permission of Mr and Mrs Rupert Brown . Tickets £15 available shortly

Benefice Harvest Service will be at Hawstead on Sunday 27th September at 10.30am.



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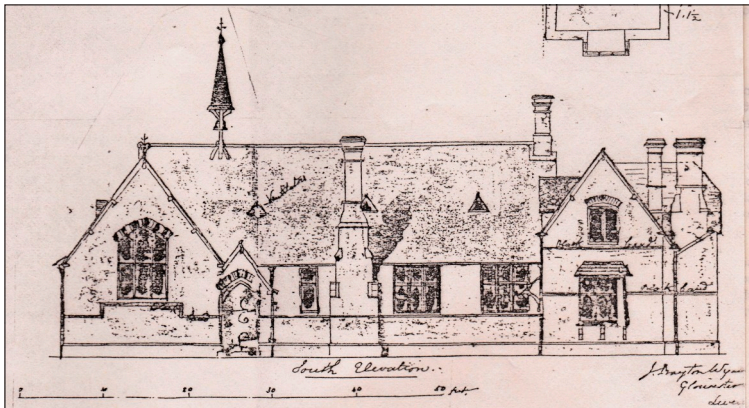
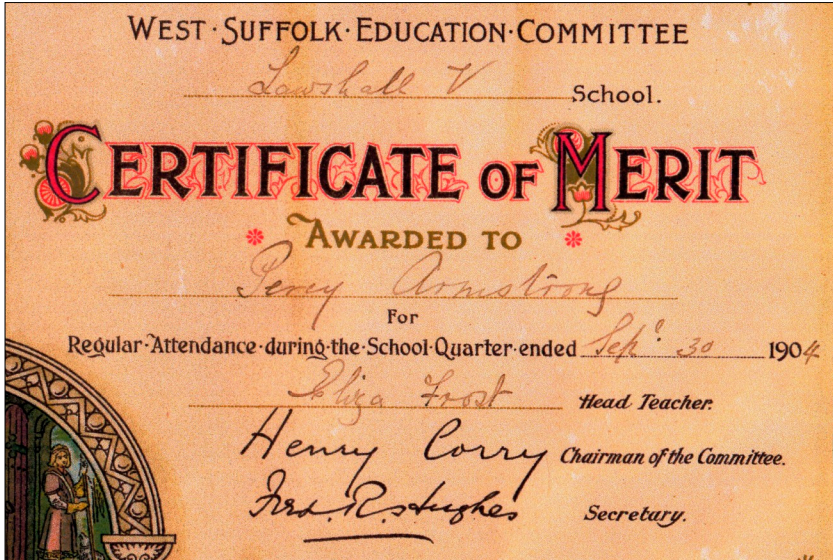
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'From the Archives' September 2015

The diggers continue to work outside the school and with only a week or two to go we hope that the work will be finished in time for the beginning of term. This certificate was awarded to Percy Armstrong in 1904 for regular attendance. I would imagine the family were very amazed to receive such an ornate certificate. The colours on the original are stunning.



This is the plan for the 'new' school and school house in 1871.

Elizabeth Clarke – Lawshall Archives Group/Local History
Recorder 01284 827275
elizlawshall@btinternet.com
<http://lawshallarchivesgroup.onesuffolk.net/>

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NEW YORK

New York, the Big Apple – home to the yellow taxi! The setting for many popular films including Sex and the City, Spiderman and Breakfast at Tiffany's, New York is a place everyone should visit at least once in their life. Famous for landmarks including Central Park, Times Square, Fifth Avenue and the Brooklyn Bridge, New York showcases an array of spectacular sights.

Take a walk to Broadway where you will find plenty of theatre shows including The Phantom of the Opera and Wicked. Hop on the Staten Island Ferry and sail past the Statue of Liberty or shop 'til you drop in one of New York's famous department stores such as Macy's, Saks Fifth Avenue and Bloomingdales. The best way to see New York is by taking the lift 102 floors up the Empire State Building, where you can enjoy magnificent views of Manhattan and the surrounding neighbourhoods. Or take a helicopter ride at sunset over the city and watch Times Square come alive at night from the air.

Top 5 Experiences:

1. A visit to New York isn't complete without seeing one of the many shows and musicals that Broadway has to offer! Pre-book your shows such as Chicago, Kinky Boots or The Lion King to avoid disappointment.
2. Hop on a ferry to experience the beauty and history of the Statue of Liberty National Monument and the Ellis Island Immigration Museum and National Monument, located in New York Harbour.
3. Visit magnificent Central Park in the heart of Manhattan – there are many things to see and do within its 250 acres of green space. Ride the carousel, hire a bike, visit the Zoo or ice skate in winter months on the lake.
4. Take in the views from the top of the Empire State Building or the Rockefeller Center.
5. For those who want to get out of the city, take a ride in a yellow taxi across Brooklyn.

I have travelled to New York twice now and each time discovered new sights, sounds, restaurants AND shops !! It is a truly amazing place and definitely one not to be missed

If you need any first hand information on New York call me Diane Buck now. I have so much more to tell on many other hotels I visited.

If you have any questions or queries call any of the experienced staff on 0844 335 7133 or call in today and see any of my staff at Thomas Cook , Bury St Edmunds (next to Starbucks).



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More Wedding Traditions

The tradition of confetti was started in ancient times, with guests throwing handfuls of grain over the newly-wedded couple to promote fertility.

The first wedding speech was traditionally given by the father with a toast to the bride and groom. Then the groom thanked the bride's parents and the guests, making a toast to the bridesmaids, before standing back for the best man's speech.

Cutting the wedding cake became part of the ritual celebrations at the reception: the couple made the first cut together to symbolise their shared future. The Romans shared a plain cake during the wedding and in Britain early cakes were flat, round and contained fruit and nuts which symbolised fertility.

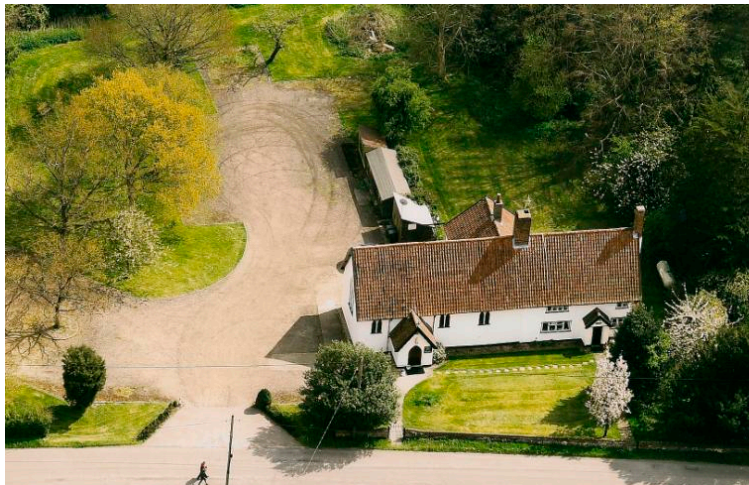
Bonbonnieres (or 'favours') were small gifts given to guests at weddings amongst the French aristocracy: a small box containing five sugared almonds was presented to each guest to represent fertility, longevity, wealth, health and happiness. The bitterness of the almond and the sweetness of the coated candy are a metaphor for the bitter sweetness of a marriage.

The custom of the bride throwing something was originally linked to her throwing one of her shoes over her shoulder. In Tudor times guests would throw shoes at the newlywed couple as they left the reception and it was considered lucky if they or their carriage were hit.... Then the tradition became linked to tying shoes to the back of the newlyweds' car and the bride throws her bouquet. The honeymoon was organised by the groom as a surprise for the bride. Carrying the bride over the threshold of her new home protected her from any evil spirits that could be lurking in the new home.

Many of these traditions are kept alive into the 21st century in the belief that they will bring good luck and happiness to the couple at a time when their lives are changing, hopefully for the better.....

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Reverend Gerard Quigley
Priest in charge

MASS TIMES :

Sundays 1030

Tuesdays 0930

Fridays 1015

Holy Days of Obligation 7pm

Lawshall Weather July/August 2015

All readings are taken in the open but not in direct sunlight so that a true 'Air Temperature' is recorded at all times.

To coincide with magazine copy and print dates, the following information has been compiled from data taken during the period 20th July – 18th August

Average Day Temperature in °C: 22.4 (2014: 22.9) *Stowmarket Av. 21.8

Average Night Temperature in °C: 13.3 (2014: 13.6) *Stowmarket Av. 12.2

Highest Temperature in °C: 27.3 on 9th August (2014: 28.4 on 24th July)

Lowest Temperature in °C: 10.1 on 28th July. (2014: 8.8 on 20th August)

Average Temperature in °C: 17.9 (2014: 18.3)

Total Rainfall in mm: 73 (2014: 86) *Stowmarket Av. 56.2

Number of recorded days rainfall: 5 (2014:9) *Stowmarket Av. 8

*Stowmarket average taken from Met. Office data over the thirty years 1981 – 2010 These reflect more accurately on our local area than UK averages

Features of interest during this period:

The weather pattern appears to be exactly the same as last month. The daily average temperatures now match those of last year as well as showing an increase on the Stowmarket average. Night time figures are down on last year but still above the Stowmarket average.

Rainfall is again down on 2014 but up on the Stowmarket average.

During the first eight months of this year – to the 18th August – 335 mm of rain has fallen against 560 mm in the same period last year.

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Quiz – Bird related....

.....how many can you get?

(Answers on page 21)

1. See me on a box of starch
2. See me on a bar of soap
3. Fast steam train named after me
4. Precious metal in my name
5. Part of my name is in the sky at night
6. See me in the tower of London
7. There is royalty in my name
8. There is a colour and DIY tool in my name
9. Women's unit in the armed forces
10. Men and children play with my name
11. A colour and a cow has 4 of these
12. RSPB emblem
13. People's pastime
14. 4 & 20 of these birds
15. Something edible in my name (2 answers)
16. Another bird's name in my name (2 answers)
17. There is a weapon in my name
18. I sang in Berkeley Square
19. Domestic farm animal in my name
20. Short chopped straw in my name (2 answers)



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USEFUL VILLAGE CONTACTS & INFORMATION

Village Hall Management Committee

Chairman: David Henderson 01284 828156 davidhenderson801@btinternet.com

Acting Secretary: Jenna Kitchen 830022 jennalight51@btinternet.com

Treasurer: John Payne 830466 john.payne1531@btinternet.com

Caretaker & Booking Secretary: Sharon Marshall 830182 shazy68@hotmail.co.uk

Committee members: Ian Carrington 830497, Derek Buckles 830513,

Mike Wright 830807, Bob Hooper 830749, Julian Delefortrie 830544

Lawshall Parish Council www.lawshall.suffolk.gov.uk/

Chairman: Jonathan Kydd 830590 **Vice-chairman:** David Griggs 830813

Clerk: Dorothy Griggs 830813 **Councillors:** Ray Debenham 07908 656098,

Jeyarajah (Jack) Sasikaran 830205/830891, Trevor Elmer 830870

Laura Williams 828477, Andrew Irish 827500

District Cllr – James Long 830347 County Cllr – Richard Kemp 01787 378149

Neighbourhood Watch Co-ordinator Mrs Paula Harber 830492

Contacts: Ros Debenham 830640, Dorothy Griggs 830813, Dennis Morgan 830577

Village Clubs & Organisations – held in the Village Hall

Lawshall & District Carpet Bowls every Mon 2pm-4pm info 830693

Lawshall Toddlers every Tues 10am-noon, info Julie 830 948

Youth Club Monday 5-6.30 pm ages 5- 15years info 830052

Tuesday Club 2-4pm every week John Payne 830466

Other Village Clubs and organisations

Coldham Hall FC – contact Chris Toole loftytoole@yahoo.co.uk

also for local cricket information

Lawshall Postal Collections

Coldham, Mon-Fri 4pm, Sat 7.30am. The Glebe, Mon - Fri 4.30pm, Sat 11.30am

Lambs Lane/Rectory Corner, Mon - Fri 9am; Sat 7am

Donkey Lane, Mon - Fri 4pm, Sat 11am. School/The Street, Mon - Fri 4.30pm; Sat 11.30am

Lawshall Green, Mon - Fri 4pm; Sat 12pm midday

Mulleys Bus Time Table 375 Route ~ Lawshall to Bury

The Street, opp Primary School: Mon-Fri 7.55am; Wed/Fri/Sat 9.44am & 1.45pm

Return leaves Bury Bus Station at: Wed/Fri/Sat 1pm; Mon-Fri 4.10pm & 5.35pm

Felix Sudbury Bus Timetable (Thursday only)

Leaving The Street at 9.40am & return trip leaving Sudbury bus station at 12.45pm

Library Van (Route 7)

3rd September, 1st October, 26th November ~ Stopping at: Lawshall Green 9.50am ~ 10.20am

Swanfields 10.25am ~10.40am & village hall car park 10.45am ~ 11.25am

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(Saturday morning collection in week following a bank holiday).

HANDY LOCAL NUMBERS

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Catholic Church, Fr Gerry Quigley 830393 • Free Church, Paul Mitchell 721127

Village Lottery Co-ordinator Derek Buckles 830513

Local History Recorder, Elizabeth Clarke 827275

Willows Residential Care Home 830665

Green Light Trust Office 830829 • Forest For Our Children - Jonathan Kemp 827340

<http://www.forestforourchildren.onesuffolk.net> Facebook 'Lawshall Community Woodlands'

Age UK Suffolk link volunteer, Cliff Cooper 830041

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Suffolk County Council 01473 583000

Bury Police Station 774100

Crime Stoppers 0800 555111

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contactable at babergwest.snt@suffolk.pnn.police.uk Tel: 101 or 999 (for emergency)

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Citizens Advice Bureau 753675

Samaritans 08457 90 90 90

Bury Train Station Customer Service 0845 600 7245

BBC Radio Suffolk 01473 212121

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Bury Leisure Centre 01284 753496

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Long Melford Practice 01787 378226

Mount Farm Surgery, Moreton Hall, BSE 769643

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Moreton Hall Vets (BSE) 747000