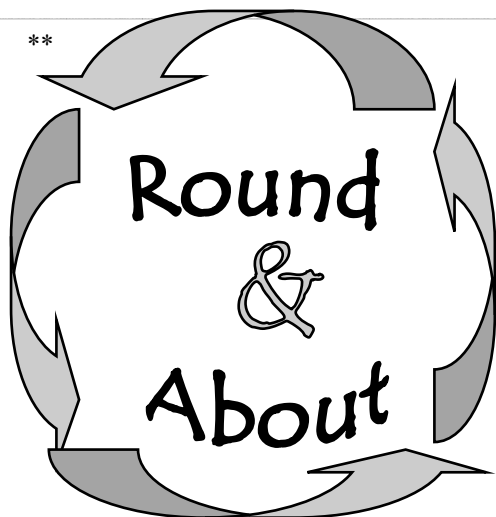


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LAWSHALL



November 2017

www.lawshallvillagehall.co.uk

This magazine is published by
Lawshall Village Hall Management Committee.

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 December 2017 magazine

6pm 19th November - earlier welcome!

**Copy should be emailed to the editor, Jenna Kitchen at
jennalight51@btinternet.com Telephone 01284 830022**
or delivered to Country Lodge, Lambs Lane, Lawshall
(first house on the left, across the crossroads when going from direction of village hall)

**To place an advertisement in this magazine
please contact Dave Henderson at david.henderson8789@gmail.com
or at Pantile Cottage, The Street, Lawshall Telephone 01284 828156**

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**Check out our website at
<http://www.lawshallvillagehall.co.uk>**

To discuss anything about the website
please contact Jenna Kitchen on 01284 830022
or Dave Henderson on 01284 828156

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



Christmas Tree Festival



A Christmas Tree Festival will be held at

All Saints Church on Saturday 9th and Sunday 10th December.

Following the Tree and Crib Festival, there will be a **Carol Service** at 4pm
on Sunday 10th December.

On December 24th the Crib Service will be at 4.30pm

Editorial: Lots to see in here, lots to do. See results of Summer Fair fundraising on page 6. I hope you enjoy this edition, many thanks to the contributors. Jenna

Joint Local Plan

Babergh and Mid Suffolk are currently consulting on their Joint Local Plan and every Babergh resident is entitled to have a say. The consultation is open until **Friday 10th November**. The Plan can be viewed on Babergh's website, where comments can also be submitted, or a paper copy can be requested from the council, along with paper comment forms.

SINGING WORKSHOPS :

Two more harmony singing workshops have been planned before the end of the year, to be held in Hartest Institute. and we do hope you can make them. The lovely Tracy Sharp is returning next month to lead a singing afternoon on **Saturday 4th November** with a start time of 1.30 pm. (There is a farmers' market event at The Institute in the morning)

Then we look forward to another visit from the renowned Chris Rowbury on **2nd December**, again at 1.30pm, (for the same reason)

As usual, all are welcome; singers young and old, new and regular. All the songs will be taught by ear, so there's no music to read, just lend your ears in a welcoming and relaxed company. Don't hesitate to bring along a friend. Usual price of £9.00, with a reduction for students and the workshops will finish around 4pm Looking forward to some uplifting singing with you.

Contact Mo Woods on 07870 944318 or mowoods0@gmail.com,

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Lawrence and Laura Williams

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on Monday the 18th December

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Tapas and grill menu

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new opening hours

www.swaninnlawshall.com

COCKFIELD COMMUNITY CINEMA PRESENTS



**Friday 24th
November
2017**

**Cockfield
Village Hall**

Doors Open: 7pm

**Film starts:
7:30pm**

**Tickets on the
door**

Adults: £4.50 /

Under 16s: £3.00

**Raffle, Refreshments & Licensed Bar
available from 7pm**

What's On in Lawshall in November 2017

Tuesday 7th **Village Hall Management Committee** 7.30pm in VH

Wednesday 8th **Women's Institute Meeting** 7.30pm in VH ,
second Wednesday of every Month (see page 23)



Remembrance Sunday at All Saints Lawshall
on 12th November at 10.45 am. This is a day when we remember
those who gave so much in so many ways. We give thanks.

Tuesday 14th **Parish Council Meeting - 7.30pm** in Village Hall,
All Welcome. Second Tuesday of every month

Thursday 16th **Stitch and Bitch** 7.30 at the Swan (p23)

Friday 24th **Cockfield Community Cinema:** The Time of Their Lives

Sunday 26th **Woodland Morning** in Golden Wood 9.30-12.30

Friday **December 1st : Christmas tree light up and carols** 5.30pm at
Village Hall followed by **A Christmas Carol**—see page 7 & 25

December 9th -10th **Christmas Tree Festival** - All Saints Church

December 10th **Carol Service** 4pm (p2)

****Lawshall Christmas Quiz ****

17th December 2017 Lawshall Village Hall 4pm start

Please join us for this popular fun family event

Entry is just £2.00pp, under 16's FREE

**** The cost also includes a festive refreshment ****

**** Please bring your own drinks/nibbles ****

Pre-booking is preferred due to the popularity of previous years!!
Please contact jonkydd@hotmail.co.uk or call 01284 830590 to
book your place.

Don't miss this great festive event
Raising money to help support village clubs/charities.

Monthly Village Hall Draw Results
– October Draw
Prize Winners:

First Prize £50 – 101 Mrs D Newing
 Second Prize £20 – 430 James Edgar;

3rd Prize – 47 Margaret Fayers;

4th Prize – 51 J Lumley;

Fifth Prize - 116 Mrs S Jones

If **you** would like to support your Village Hall lottery please contact

John Chappell on 01284 830530 or download the form from the village hall website at

<http://lawshallvillagehall.co.uk/lottery-2/>

You can also use this form to set up a regular donation to support the hall.

**** Lawshall Summer Fair 2017 ****

The money raised from the Summer fair has now been distributed.

Our village school, village hall and All Saints Church will each receive £742.68.

Once again many thanks for all that came and supported the fair on 1st July helping to raise a fantastic amount of money.

Jon Kydd,
 Lawshall Parish Council

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You can download a copy of R&A. From the website.

Your Village Hall

WOW! It's November already. Christmas is just around the corner and we have some plans to welcome in the festive season.

On **Friday 1st December**, we will be turning on the all new Christmas lights at the village hall. Come along and watch the lights turning on at 5.30 pm and enjoy mince pies, hot chocolate and lots of other goodies.

There will be carols around the tree and then after the carols, there will be production of '**A Christmas Carol**' (Scrooge) in the hall, put on by the theatrical group 'Keepers Daughter'. Tickets for the show are £6 per adult and £2.50 per child. (this is anyone still at school). Please come along on the night to support your village hall and enjoy the festive fun.



Our hall is also available for your own Christmas parties or any other celebration you may wish to hold. There is discount for village residents so give us a call to arrange a date to hold your event.

Keep an eye open for any other events happening at the hall via the RA magazine and around the village.

Keep well

David Henderson

Chair,

Village Hall management Committee

Weekly Activities:

Carpet Bowls : Monday 2-4pm

Lawshall Mums & Toddler Group

Tuesday morning (term-time only)
from 9.30 am to 11.30 am

Tuesday Club : Tuesday 2-4pm

Circuit Training : Thursday 7pm

Table Tennis 6pm Friday 24 Nov 15 Dec

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NHPlan: By the time you read this issue of the magazine the outcome of the NHPlan will have been decided.

Yellow marks on Bury Road: The Clerk contacted S.C.C. about these marks from The Willows to the Catholic Church on Bury road and the reply from S.C.C. was: "they have assessed the severity of the issue raised and in the light of that assessment they will not be taking any remedial action at this stage." In other words they can't tell us what they are there for!

Crime Report: as reported on the Police website for July 2017:

On or near The Street: includes forgery, perjury and other miscellaneous crimes. Under investigation.

On or near Churchill Close: includes personal, environmental and nuisance behaviour. Details, case timelines and current statuses are not provided for anti-social behaviour.

On or near Lambs Lane: includes sexual offences against the person such as common assault, grievous bodily harm and sexual offences. Unable to prosecute suspect.

The above details are all that are available on the Police website.

Dog bin: The new dog bin has been delivered (requested by a resident) for the entrance to Frithy Wood. It will be erected a.s.a.p. Please make use of all the dog bins in the village and please clear up after your dogs.



Babergh D.C. Boundary Review Consultation for LAWSHALL: if you have access to a computer you can record your views on the Draft recommendations on the Boundary Review. Go to www.babergh.gov.uk and click on **HAVE YOUR SAY ON NEW WARD BOUNDARY REVIEWS**. Or you can write to **Review Officer (Babergh), Local Government Boundary Commission for England, 14th Floor, Millbank Tower, London SW1P 4QP**. All residents are very welcome to participate so please take the time to record your views. Consultation closing date **11th December 2017**.

Dorothy Griggs - Parish Clerk 01284 830813

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Neighbourhood Plan Passed!

Yes votes 218 (92.76%)

No votes 17 (7.23%)

Turnout 236 (29.24%)

N.B. turnout includes one spoiled ballot

Thanks to the Parish Council, the main NP team and its second tier helpers, our consultant Ian Poole, Babergh District Council (especially Rachel Hogger and Paul Bryant), and many others who've helped us along the way. Most importantly, thanks to *you* for getting involved! This is *your* Neighbourhood Plan and it's about to become planning law!

If you'd like a copy of this historic document, or the accompanying character assessment, get in contact. A full colour copy of the NP is £18.80 and for the Character Assessment it's £9.38

**Lawshall NP Webpage: lawshall.onesuffolk.net/neighbourhood-plan/
Babergh webpage for Lawshall's plan: www.babergh.gov.uk/LawshallNDP
For more information contact Laura & Tom McClelland on 07940085394**

REMEMBER – LAWSHALL'S FUTURE IS IN YOUR HANDS

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www.longmelfordpractice.org.uk

Tel 01787 378226

Long Melford Surgery

Cordell Road,
Long Melford, CO10 9EP

Lavenham Surgery

36 Church Street,
Lavenham, CO10 9SA

Seasonal Flu Vaccine Clinics - 2017

If you are a patient at the Long Melford and Lavenham Practice and are 65 and over, or suffer from Heart Disease, Asthma, Diabetes or Renal Disease, are a carer or are pregnant we recommend that you have a flu vaccination. Please book an appointment for an NHS Flu Vaccination.

Our next **Patient Participation group** will be on Wednesday 13th December 2017 at 1.00pm at the Lavenham branch surgery. If you are interested please in joining the patient participation group please contact the practice manager: Nicola Whitehead

telephone on 01787 378226;

email Nicola Whitehead (Nicola.whitehead2@nhs.net) or write to confirm your interest.

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Lawshall Garden Club

Lawshall Garden Club is looking for new members to join our relatively new group which meets every other month at the village hall in Lawshall. We are a friendly group who meet to discuss gardening issues as well as planning guest speakers, arranging trips to gardens and working on local projects to tidy or improve areas that have become untidy.

We have our next meeting on Wednesday 22nd November 2017 at 7pm at Lawshall Village Hall where we will be enjoying a talk and presentation by Richard and Sheena Drane on succulents. Richard and Sheena are Multi Gold medal winners at RHS events across the country. They are also offering to advise and assist in repotting any succulents or cacti that you would like to bring along.



If you would like to join our club, come along on the 22nd where entry is just £1 and have a chat with our founder, David Henderson. The club is open to anybody from Lawshall and the surrounding villages. You can also contact David on 01284 828156 or e mail him at david.henderson8789@gmail.com

Lawshall pre-school is located in a brand-new purpose-built building within the grounds of All Saints' Primary School in Lawshall.

We believe in a fun and active path for early years education, allowing the children in our care to develop at their own pace, in a safe environment with activities they love. Our mission is to help each child make the transition from preschool to reception and onwards into the main school with confidence and ease.

We are delighted to announce that we accept children from the term after their 2nd birthday and have spaces available term time from 8.30am-3.30pm Monday to Friday.

Please contact Janice and the team for more information

Visit: <http://www.lawshallpreschool.co.uk>

Email: lawshallpreschool@hotmail.co.uk or Call: 01284 827588

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Bird Notes November 2017 by Cliff Cooper

Last month I wrote about our local birds and the signs that there might be a recovery in their numbers. Since then we have been on our usual autumn jaunt to the Norfolk coast for some walking and birding, and I have to say that I was quite disappointed with what we saw there. Or rather what we didn't see there!

Over the three days that we were up by the coast we only recorded just over eighty species (we normally get nearer to a hundred). There are possible reasons for this low number of species other than the birds simply not being there.

Firstly, we visited Snettisham when the tide was fully in; meaning all the waders would be tightly packed in one area near the lakes and we had the dogs with us so did not want to disturb their peace. Hence we recorded very little from there apart from one pied flycatcher flitting around the bushes.

Secondly, the weather was warm with a light westerly breeze which would not have encouraged migrating birds to move in or out of our shores. There was one rare bird, a Pallas's grasshopper warbler, however there was a hoard of twitchers searching for it so we steered clear of that! Pity really as it would have been a lifer for me, but I prefer to find my own birds.

Thirdly, as I said, we had the dogs with us, making it impossible for us to go onto some reserves where we might have picked up a few sightings.

The break was not without its high points though: we saw a party of about a dozen bearded tits at really close range, and just onto the marsh at Stiffkey we saw a flock of about 250 golden plovers take to the air in spectacular style as a marsh harrier drifted over.



Our bird was not as smartly dressed as this!

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TUESDAY CLUB

What a busy month October was for our club with firstly a visit from Steve and Frank for a wonderful musical afternoon, then our outing to Buxhall Bygones Museum which started with Coffee and Cakes, a really great visit into the museum and followed by lunch at a local inn. All 17 of us enjoyed the day immensely, thanks again to Julian for arranging this.

As I write this we look forward to a visit from Elizabeth Clarke on the 24th and I am sure we will have a good time together.

November is a little quieter as winter approaches but on the **14th** we have a visit from a relative of one of our members who will be performing 'I'll be your baby tonight' an interactive clowning piece. She has performed this in Paris for 3 consecutive nights so we are very fortunate. We will start at 1pm with a buffet and the performance will begin shortly after 2pm. You are welcome to join us but please give advance notice if you wish to attend the buffet.

We have our Christmas Party and sing song arranged for **12th December** commencing at 1pm. We will be privileged to have a group called 'The Three Pegs' singing for us. They are a first class group who often perform at weddings and other functions. All the money they are given is donated to St Nicholas Hospice so please join us for the afternoon. Again if you wish to attend our buffet meal please give advance warning.

Then on **20th December** we will be having our members Christmas meal at The Swan. Again entertainment has been arranged.

As winter approaches why not start to come along to our club. We know there are a number in the village who would enjoy an afternoon out so just come along and join in.

We are a very friendly and sociable group.

John Payne

See page 27 for Tuesday Club Outing to aviation museum

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Lawshall Community Woodlands

A Forest for Our Children

This month's volunteer morning will be:

Sunday 26th November, 9:30-12:30, Golden Wood, Bury Road

Everyone's welcome and no experience is required. Cakes and hot drinks are provided at half-time and you can stay for as little or as long as you like. As winter sets in we'll be Osier coppicing at the glade and hazel coppicing for wands, stakes & hetherings. We'll be adding to the supplies we gathered at October's 'Grand Coppicing'. If you want some top-notch willow from Golden Wood, just get in touch.



Don't forget, 2-year seasoned logs from Golden Wood are still available at:

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Ian Carrington: 01284 830497

If you'd like to join our mailing list, just email tom.mcclelland57@gmail.com

To find out more visit our website: www.forestforourchildren.onesuffolk.net
or check us out on Facebook: Lawshall Community Woodlands

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Suffolk Trail Running Festival 16th & 17th June 2018

Nestled in picturesque organic farmland between Bury St Edmunds and Sudbury, The Suffolk Trail Festival (TrailFest) is a unique opportunity to enjoy running in the beautiful Suffolk countryside.

The cross-country courses have been selected for their impressive views, and rolling hills to offer a fantastic running experience. There is a [3k fun run](#) for all the family to enjoy, a [10k trail race](#) to get the heart racing and new to Suffolk; a [12 hour / 24 hour race challenge](#).

The 24hr race is the first of its kind in Suffolk, competitors can enter as a solo runner, as a pair or as a team of up to 8 runners and the aim is to complete as many laps of the 5 mile course as possible in 24 hours. This is a test of endurance, speed, fitness, mental toughness and teamwork! Camping, music, refreshments and entertainment will be on hand to add a fun and friendly festival vibe to the weekend.

All profits for the 3k race will be donated to Lawshall Pre-School charity.

About us: We, Katie and Kelly, are a couple of regular mums with a passion for the Suffolk countryside, ultra running and cakes. What better combination than a trail running festival in the village we grew up in. In April 2017 we created the [Chadacre Challenge](#). This was a 10k and 3k race set in the beautiful Suffolk countryside, on the private Chadacre Estate. The event was a huge success, with over 200 competitors and more than 100 spectators, raising £1,000 for the school we both went to.

Some of the feedback we received following the event included;

"I just wanted to say how much I enjoyed the challenge yesterday. You weren't wrong about the stunning views on the trail! Many thanks to the wonderful marshalls who cheered us on. The organisation of the event was fantastic, it was such a great atmosphere for everyone. Thank you so much."

Determined to continue the event but sadly unable to secure our Chadacre venue, we put our thinking caps on, teamed up with Shimpling Park Farm and added the new 24hr and 12hr race to launch the Suffolk Trail Festival.

Our backgrounds come together well to make these events successful. For both of us the outdoors, come rain or shine, is our go to place for sanity, peace and balance. We love sharing the area with our families and we want to extend that to the community and beyond.

Event management is our gig, whether a race or a party, a corporate team bonding or a school trip. Do chat to us about how we might be able to help you with your next event. If you want something done, give it to a busy woman – that's us!





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LAWSHALL WI

With the evenings drawing in and Autumn upon us, it was good to meet up in the Village Hall for an evening of chat, refreshments and friendship.

This month's speaker was Dr Alex Carter, from The Centre for Continuing Education, Madingley Hall, University of Cambridge. Alex gave us a most interesting and thought-provoking talk about the benefits of Lifelong Learning. Andragogy, (Adult learning) has many benefits, including confidence building, reducing the risks of dementia etc. Close to the hearts of the W.I. this year is the elimination of loneliness, so this talk tied in very nicely with our objectives.

Dr Carter told us of the many courses on offer at Madingley Hall, short day courses to weekend and weeklong courses, to longer studies including Masters. Dr Carter himself teaches Philosophy and told us of his academic life at Madingley Hall, teaching in such a lovely place. The Hall grounds are open to the public and well worth a visit if you are in the area. There are a diverse range of courses on offer, all the information is available on their website. The talk prompted many questions from our members. Dr Carter stayed for refreshments and chatted to individuals who had questions until the meeting ended. Everyone enjoyed the evening and Alex certainly gave us food for thought. A huge thank you to him for such an interesting, informative talk.

We look forward to our next meeting on the **8th November** where we will be learning the basics of Flower Arranging. Members have the opportunity to take part, with guidance by our very talented WI member, Jacquie Norman. Jacquie has requested that members bring 'greenery', so time to get out with the secateurs!

November - Tea/coffee: Sue and Kati. Raffle: Wendy, Marion and Diane.
December Christmas Dinner for Members - no meeting
January T&C: Karen & Ali Raffle: Sally, Helen, Ruth

Why not join us? Lawshall W.I. meet on the second Wednesday of the month (next meeting 8 November), in the Village Hall, starting at 7.30pm. Why not come along - and bring a friend? You can be sure of a warm welcome. More information from Jacquie, Lawshall W.I. Secretary, Tel: 01284 828813

Website: <https://www.thewi.org.uk/become-a-member/structure-of-the-wi/england/suffolk-west/find-a-wi/lawshall>

Other activities: **STITCH and BITCH** : For anyone who enjoys needlework of any sort, or just fancies a chat, come along to The Swan, Lawshall at 7.30 on the third Thursday of the month—**16 November**. Contact Jacquie (details above) for information. You don't have to be a WI member to join in!

Village Hall Booking: Parties? Weddings?



Christmas Gatherings?

Plan your events now!

Very Good Value Hiring Charges:

£12 per hour for Lawshall Residents:

£15 per hour for non residents

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 - *Large Main Hall - 15m by 9m with stage and high ceiling
 - *Jubilee Room 8m by 4m with hatch to kitchen
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Sharon Marshall on 01284 830182 email: shazy68@hotmail.co.uk

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TICKETS: Tickets are now being sold at £6 per adult and £2.50 for school age. Each committee member has some in their possession so please contact them. Tickets are currently selling quite well so if you wish to come **please do not leave it too late.**



A CHRISTMAS CAROL!

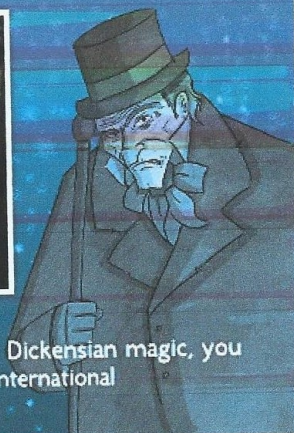
A FESTIVELY FUN FAMILY SHOW

The Keeper's Daughter's A Christmas Carol is an innovative, playful, yet faithful adaptation of the classic story of Ebenezer Scrooge: a cranky old miser, who makes life a misery for everyone who crosses his path, until an evening of Ghostly visitations forces a change in him for the better. Told with precision, vigour and a huge amount of imagination this is a magical retelling, suitable for the whole family, of one of literatures most adored and classic ghost stories.

THE KEEPER'S DAUGHTER AND A CHRISTMAS CAROL

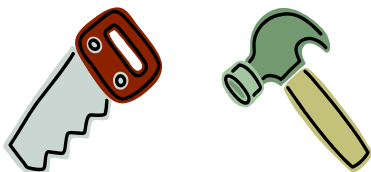
The Keeper's Daughter use theatre and storytelling to stimulate imagination and nurture creative development within East Anglian communities and beyond. We present classic stories in a unique way and work with young people and community groups. The Keeper's Daughter is resident theatre company at The Corn Hall in Diss.

A Christmas Carol has played over 60 rural venues and 2017 will see our fourth tour to schools and community venues of this brilliant professional show, following sell-out runs in 2009, 2011 and 2015.



"If there is any doubt about the durability of the Dickensian magic, you just had to watch the children's reactions" - Plays International

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Tuesday Club Outing to Aviation Museum



Recently I joined members of the Lawshall Tuesday Club on a day trip, visiting The Norfolk & Suffolk Aviation Museum near Bungay. We were driven by club member and experienced driver Julian in the Cockfield Community Bus which seats 14 people. On arrival at the Museum we had a coffee break in the NAAFI cafe on site then wandered around the hangars and huts which house some excellent exhibits and memorabilia from all flying eras. I liked the Anderson shelter area & recreation of a wartime home, with old kitchen tools, dolls & foodstuff.

The museum has clear information on nearly every item - old bits of aeroplanes, flying clothing, plastic models, MOD equipment - all have labels stating age etc and accreditation to the original owner. The main aeroplane exhibits in the big hangars and in the museum grounds are excellently labelled with all the relevant historical information. This museum is a flying enthusiasts heaven!

We ate an excellent 2 course lunch in the Buck Inn, next to the museum, before driving home via Wortham Post Office Stores and Teashop near Diss, for a cuppa..... It was a very pleasant, well-planned day out, with a cheerful group of Lawshall folk who really enjoy their monthly trips out to see something a bit different.

Penny Nicholls

Gwen Matthews born on October 26th 1917 has just celebrated her **100th birthday** and is resident at the Willows. **Congratulations!**

Gwen was brought up in Essex, sometimes accompanied her father to work on the back of his motorbike, clad in leathers. In 1944 she married Eric who was stationed in Colchester with the army. Their two children, Trevor and Hilary, were born while in Winchcombe in the Cotswolds, but they soon moved back to Essex, enjoying 45 years of a happy marriage. Gwen was a secretary of a residential Approved school for boys near Colchester. She worked up to her retirement at a similar school in Stanway.

Gwen's Christian faith has been very important to her, she led the Sunday School at Eld Lane Baptist Church, sang in the choir and did many administrative tasks. When she and Eric moved to Shimpling in 1985, she helped at Southgate Church in Bury St Edmunds.

On retirement she took up water-colour painting, gardening and taking her beloved dog, Toby, for country walks. She still loves to read and keep up to date with the news and to do codewords and sudoku daily, as well as knitting for the charity Faith in Action for the people in Malawi. She now has 6 grandchildren and 4 great grandchildren. **Happy Birthday Gwen.**



Willows

Residential Care Home



The Willows is a friendly residential care home for elderly ladies and gentlemen and is part of the Extra friend group of care homes.

We are situated in the village of Lawshall which is about 6 miles south of Bury-St-Edmunds, Suffolk. Set in 2 acres of tranquil landscaped gardens and surrounded by countryside, The Willows (Originally a farmhouse) has been sympathetically and tastefully extended and refurbished and is now home to 25 residents.

Care Manager, Mrs Margaret Holt says that: "All clients are treated as individuals with dignity and respect and where client comfort and safety comes first".

If you would like further information on admission arrangements and fees, please contact our Care Home Manager on **01284-830665** who will be pleased to answer any questions and arrange a tour of our Home.

You are welcome to visit Willows Residential Home to visit at your convenience.

Willows Residential Home
Corders Farm, Bury Road, Lawshall, Suffolk IP29 4PJ

Telephone: 01284 830665

Fax: 01284 830892

Web: www.extrafriend.co.uk

Email: margaretholtuk@yahoo.co.uk

A message to you about your NHS



As the winter months approach, our local doctors, nurses and paramedics are under a lot of pressure and they are asking for your help. Most of the people we are seeing at hospital emergency departments (A&E) and at GP surgeries need a lot of time to make sure they are treated well. This is not unusual – people who are already quite ill get a lot sicker during winter. We are asking for your help so that the NHS system can cope. Here's what you can do:

Make your pharmacy the first choice for help and advice – many pharmacies are open long hours including evenings and weekends and can help you deal with many conditions, such as if you have a cold, a sprain or strain, if you have small cuts and bruises, have indigestion, heartburn or diarrhoea. You don't need an appointment to speak with the pharmacist

Get online or on the phone for urgent medical advice – Visit NHS 111 Online for help and advice. If you feel unwell, or care for someone who is unwell, and you don't know what to do, visit NHS 111 Online or call NHS 111. The 111 service never closes, it's open 24/7. <https://www.111onlinesuffolk.careuk.com/portal/careuk/>

The **Wellbeing Suffolk** service offers support if you feel stressed or depressed. Call them on 0300 123 1781 to find out how they could help. If you feel in crisis, are in despair or suicidal call the Samaritans on 116 123

Don't leave it too long – please don't let your medical condition get out of hand; the best thing to do is to get checked out. If you look after someone else, encourage them to seek advice. Contact NHS 111 or visit the pharmacy for advice – if you need to make a GP appointment they'll let you know

*If you do have an emergency, we are there for you.
If it is not urgent, help your NHS by trying other ways first.*

SUFFOLK BEREAVEMENT SUPPORT (SBS)

'Easing loss through group support'

Recently bereaved or experiencing a delayed reaction?

Are you in need of help and support?

Why not join a small focused group, of 5-10, sharing bereavement issues?

Groups are led by an experienced facilitator creating a warm, safe environment in which to explore the many aspects of loss.

**Groups are held in Hadleigh (afternoon) and Capel St Mary (evening)
and are free to Suffolk residents**

For more details or to reserve a place contact Patrick or Margaret

Web site: www.suffolkbereavement.org.uk Email: sbsg246@gmail.com

Tel: 01206 299832

*Main funder: Suffolk Community Foundation's Rural Fund, Also supported by Suffolk County Council via Councillors Gordon Jones & James Finch & by Hadleigh Town Council
Suffolk Community Action 29 Registration No. CAS2398/16*

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Reverend Gerard Quigley
Priest in charge

MASS TIMES :

Sundays 1030

Tuesdays 0930

Fridays 1015

Holy Days of Obligation 7pm

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We believe in a fun and active path for early years education, allowing the children in our care to develop at their own pace, in a safe environment with activities they love.

We are located within the grounds of All Saints' Primary School in Lawshall, Suffolk.

Our mission is to help each child make the transition from preschool to reception and onwards into the main school with confidence and ease.

Accepting children from the term after their 2nd Birthday.

Full day sessions available 8:30 - 3:30

www.lawshallpreschool.co.uk | 01284 827588 | lawshallpreschool@hotmail.co.uk

Richard Kemp

Councillor
01787 378149

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Lawshall Weather Summary – September 2017

Details:

Total rainfall was 62mm. 2016 was 37mm.

Stowmarket average was 52mm.

Daytime average temp was 18.5°C 2016 was 21.8°C

Stowmarket average was 18.6°C

Highest temp was 21.8°C on the 2nd. 2016 was 30.8°C

Night-time average temp was 11.0°C 2016 was 13.1°C

Stowmarket average was 10.2°C

Lowest temp was 8.2°C on the 14th. 2016 was 10.3°C

Stowmarket figures are averaged over the last ten years.

This has been a very disappointing month with higher rainfall than last year coupled with much lower temperatures. Many people had switched on their heating before the end of the month. Reports are circulating that we are in for a hard winter. Do the above figures represent a warning or will October return to normal?

Malcolm Edgar

**WE ARE
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Macmillan Cancer Support

Coffee Morning,

Held in Hawstead Village Hall
on Saturday 7th October 2017

I would like to give a very BIG THANK YOU to all who came and supported us on behalf of the above charity and to all the ladies who made the wonderful array of delicious cakes and preserves, and for all your very generous donations.

Together we raised a fantastic sum of over £1880

I would also like to thank everyone who helped to make this a great success for the charity, couldn't do this without you all.

The lovely cake, made by Lesley, raffled on Saturday was won by Colin Rose of Hawstead Thanks again to you all. Joyce Dainty

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USEFUL VILLAGE CONTACTS & INFORMATION

Village Hall Management Committee

Chairman: David Henderson 01284 828156 david.henderson8789@gmail.com

Secretary: Sue Henderson 01284 828156 david.henderson8789@gmail.com

Treasurer: Karen Wilcox 830725 karenjwilcox265@gmail.com

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

Committee Members: Ian Carrington 830497, Ian Copping 830430

John Chappell 830530, John Payne 830466 Julian Delefortrie 830544

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

Chairman: John Kydd 830590 **Vice-Chairman:** Andrew Irish 827500

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

Trevor Elmer 830870 David Griggs 830813

David Page 830968 Laura Williams 828477

District Cllr: James Long 830347 **County Cllr:** Richard Kemp 01787 378149

Neighbourhood Watch Co-ordinator Mrs Pamela Pope 830716

Contacts: Ros Debenham 830640 Dorothy Griggs 830813

Village Clubs and Organisations—held in the Village Hall

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

Lawshall Toddlers: every Tues 09.30am-11.30, info Julie 830948

Tuesday Club: 2-4pm every week, info John Payne 830466

Strength & Balance Exercise Class 10am Wednesdays

Women's Institute: 2nd Weds of month, 7.30pm, info Patricia Burton-Hopkins 830284

Circuit Training Thursday 7pm info Martin 830689

Not in VH: Coldham Hall FC / Cricket - Contact Chris Toole; loftytoole@yahoo.co.uk or

Ben Atkinson on 07921 837296 www.hartestandcoldhamcc.blogspot.co.uk

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 12 midday. NO Sunday collections.

Suffolk Norse Bus Time Table 375 Route ~ Lawshall to Bury

The Street, opp Primary School: Mon-Fri 7.55am; Weds, Fri & Sat 9.51am & 1.45pm
Return leaves Bury Bus Station at: Weds & Sat 1pm & 5.35pm; Mon-Fri 3.50pm & 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)

4 weekly: 23 Nov, 21 Dec: stopping at Free Church 9.50am ~ 10.20am,
Swanfields 10.25am ~ 10.40am & Village Hall car park 10.45am ~ 11.25am.

Refuse Collection

Early every Friday morning alternating weekly with blue bin & black bin
(Saturday morning collection in week following a bank holiday).

HANDY LOCAL NUMBERS

All Saints' Primary School 828223 * All Saints' Church Revd Jeremy Parsons 846166
Catholic Church, Fr Gerry Quigley 830393 * Free Church, Paul Mitchell 828694
Village Lottery Co-ordinator: John Chappell 830530
Local History Recorder, Lawshall Archives Group: Elizabeth Clarke 827275
Willows Residential Care Home 830665
Green Light Trust Office 830829 * Forest For Our Children - Jenna Kitchen 830022
Age UK Suffolk link volunteer, Cliff Cooper 830041

The Swan P H 828477
Newspaper delivery - Sicklesmere Stores Ltd 01284 386303

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Greenline Travel 07754 298690
Traveline 0871 200 22 33

Anglian Water emergencies / enquiries 0845 7145145
UK Power Networks Emergency number: 105
EDF Electricity emergencies 0800 7838838
Babergh District Council 01473 822801 Helpline 0300 123 4000
Suffolk County Council 0345 606 6067

Police: Bury Police Station 774100
Crime Stoppers 0800 555111
Police HQ main switchboard (non-emergency) 01473 613500
Safer Neighbourhood Officers PCSO 3271 Sam Chandler and PC 346 Gary Austin
contactable at baberghwest.snt@suffolk.pnn.police.uk Tel 101 or 999 for emergency
Suffolk Fire Service 01473 260588 e-mail : fire.admin@suffolk.gov.uk

Citizens Advice Bureau 753675
Samaritans 08457 90 90 90
Bury Train Station Customer Service 0845 600 7245
BBC Radio Suffolk 01473 212121
Tourist Information 01284 764667
Bury Leisure Centre 01284 753496
Bury Library 01284 732255

Local Doctors: Glemsford Practice 01787 280484 & Hartest Surgery 830202
Long Melford Practice 01787 378226
Mount Farm Surgery, Moreton Hall, Bury 769643
NHS Direct 111 for urgent (non-emergency) medical help
West Suffolk Hospital switchboard 713000, A & E 713333
St Nicholas' Hospice 766133. Patients' Line 725700

Local Vets: Swayne & Partners (BSE) 701444, (Melford) 01787 370773
Eastgate Vet Group (BSE) 753961
Moreton Hall (BSE) Vets 747000