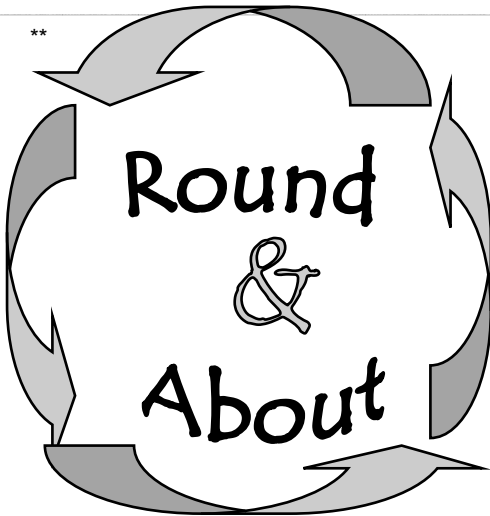


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LAWSHALL



February 2019

www.lawshallvillagehall.co.uk

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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 March 2019 magazine
6pm Saturday 19th February - 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)

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please contact Jenna Kitchen on 01284 830022

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

VILLAGE HALL HIRE CHARGES

Lawshall residents... £14 per hour Other users..... £17 per hour

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There are set fees for children's parties available upon request.

Editorial: Even though we are now getting some really cold weather, there are signs of spring already—the hazel catkins are opening and snow-drops flowering. There is much to do in the garden and the birds will be grateful for seeds and fatballs.

If one of your new year resolutions was to get out more there are opportunities herein. You could help maintain Golden Wood, take up Nordic walking, go circle dancing with the WI or, if you prefer to stay indoors, carpet bowls might be for you. The Garden Club and Tuesday Club offer get togethers, or you can check up what is happening in the world of birds. There are job vacancies at The Willows and information on telephone scams from trading standards.

Do let me know if there is something you would like to see in this magazine, or if you would like to submit something. Do tell any of the advertisers you use where you found out about them. Stay warm and upbeat as we enter what is often a tough time of year for many. Best wishes, Jenna, Editor

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What's On in Lawshall in February 2018

Carpet Bowls on **Mondays 2-4pm** in Village Hall—give it a try, see p23

Tuesday Club 2-4 pm in Village Hall most Tuesdays—see p15

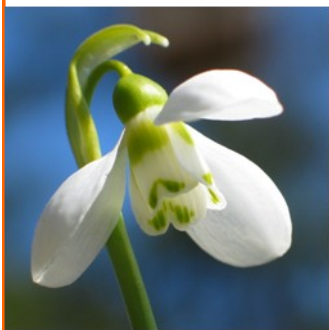
Table Tennis Dates : Fridays 6.30-7.30
February 22nd, March 29th, April 26th

Tuesday 12th **Parish Council meeting**
7.30pm **All Welcome.**

Women's Institute: A trip to Calendar Girls in Norwich , see p21

Sunday 27th **Community Woodlands** : come and lay a hedge
with us from 09.30-12.30 with tea break see p19

Wednesday 30th **Garden Club** 7pm in Village Hall, see p 17



Future Events:

Monday 4th March **Village Hall
Management Committee** 7.00pm

Wednesday 13th March
Women's Institute:
Circle dancing, 7pm see p21



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Hello fellow residents of Lawshall. I hope you have all recovered from the excesses of Christmas and the New Year celebrations. I am sure the gyms and diet clubs have all got massive increases in subscribers. At least for the short term.

We are busy planning the year ahead for the village hall. I hope to have the planters looking resplendent again and the hanging baskets full of colour to brighten up the hall. I have planted about 200 daffodil bulbs around the perimeter of the hall which will hopefully burst into life later on this spring and I will be planting more this autumn. We are trying to make the hall a welcoming venue for you to enjoy and would invite any ideas or suggestions that you have for ways to make the hall better and for events or clubs that you would like to see there. We currently have a number of clubs at the hall, including the very successful Tuesday Club and the Lawshall Garden Club. Why not pop along to one of our clubs to see for yourself. The Garden club will be meeting on with a talk on pruning for any budding or even seasoned gardeners among you. **Wednesday 30th January at 7pm**

We are hoping to plan a number of events this year for your entertainment but it would be so much easier if you told us what would attract you to attend such events. We also still need help on the committee to run the hall and to plan events. I would like to start a **coffee club** and run **charity events** such as Mac-Millan coffee mornings or other similar fund raisers. Have you ever planned such things and would you be willing to help us?

Please get in touch if you are willing to help out because **we really do need you**. The village hall is an asset that we need to protect.

All the best.

David Henderson.

Chairman Village Hall Committee. 07783 076332

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Parish Infrastructure Investment Plans (PIIPs) and Community Infrastructure Levy (C.I.L.): In last month's magazine the P.C. asked for project suggestions for PIIPs. At the P.C. meeting on the 8th January it was suggested that an explanation for this would help residents to understand a bit more about it. This is a new venture for the P.C. and we are still learning about it!

The "pot" for C.I.L.(money paid by developers for new dwellings), is allocated: 5% BDC admin; 25% to villages with a Neighbourhood Plan, the remaining 70% is for C.I.L. "bids" (C123).

Parish councils can "bid" for future investment in the village but to do this Lawshall has to have a PIIP in place and it has to be registered with BDC. If any bid is in conjunction with a neighbouring village this could be an advantage. If you have any suggestions for future investment in the village please contact the Clerk or any Councillor.

Dog fouling: It has been reported that this is occurring around the walkways in the village. May we please ask all dog owners to clear up after their dogs, and a reminder that this is a punishable offence with a large fine.



Crime report: 3 crimes reported as per the Police website

December 2018:

1) On or near Bury Road: includes damage to buildings and vehicles and deliberate damage by fire. Under investigation.

2) On or near Bury Road: includes offences against a person such as common assault, grievous bodily harm and sexual offences. Under investigation.

3) On or near Golden Lane: includes offences where a person enters a house or other building with the intention of stealing. Investigation complete. No suspect identified.

Dorothy Griggs Parish Clerk. 01284 830813

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PLANNING ISSUES: Information from Babergh D.C. "Build it right with Babergh D.C." If you are thinking about building an extension, internal alterations, converting your garage, creating an annexe, your council can help. BDC have a dedicated, independent and impartial team with specialist knowledge, they can help you through the processes, ensuring you meet mandatory Building Regulations. For more information go to:

<http://www.babergh.gov.uk/building-control/>

Planning: No planning applications received for 8th Jan 2019 meeting.

PLANNING PERMISSIONS GRANTED for 8th January 2019 meeting:

Application No. DC/05148: Teme Cottage, Donkey Lane: erection of two storey rear extension following demolition of conservatory.

REFUSAL OF PLANNING PERMISSION for 8th January '19 meeting.

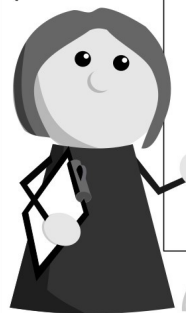
Application No. DC/18/2099: land west of The Willows Nursing Home, Bury Road: erection of 15 dwellings (including 5 affordable) with associated parking and new vehicular access.

Dorothy Griggs, Parish Clerk , 01284 830813

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Bird Notes February 2019 By Cliff Cooper

On 14th January we paid our first visit of 2019 to Lackford Lakes. It was a cold morning, but clear and bright so we could see the birds out on the large boating lake really nicely. There was a large gathering of various duck species on the lake - the highlight was a pair of goldeneye quite close to us. The male looked spectacular with his black and white plumage and bright orange eyes. We counted six other species of duck on the lake as well as three types of goose plus coots, moorhen and mute swans.

Moving round to the shallower waters of the Slough, we encountered lots of teal, gulls (mainly black-headed), and a sizeable flock of lapwings. Again, the teal looked so crisp and bright in the sunshine: very pretty little ducks that are so easy to overlook along the banks of the water.

Next we walked through the woodland area where we saw and heard what seemed like hundreds of great tits, all calling and singing to make their presence felt by the others around them.

It was also pleasing to note quite a few chaffinches throughout the reserve as their numbers seemed to have been dwindling in recent years. All the males are now starting to look their best ready for the start of the breeding season.

Moving on to the large lakes beyond Fuller's Mill, we came across at least four little grebes, yet we didn't find a great crested grebe (perhaps they had all gone to the seaside for a break?). Of course there was the now ubiquitous little egret to complete the picture.

We spent about two hours on the reserve and saw forty five species of bird in that time. The impression we got was that there appeared to be more birds in general around the area, whether that is due to the mild winter or good management is a matter of conjecture.



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Tuesday Club

We are maintaining our numbers despite the colder weather and a few colds amongst our membership.

Time certainly flies by as we get older and already we are beginning to look forward to Spring and the start of our monthly outings.

Our programme
for February

includes the visit
of Gerry Baxter.

Gerry was the
pearly King of
Southwark in
South London for
a number of
years and has a
great sense of
humour. I am
sure we are go-
ing to have a
great afternoon as he speaks and interacts with us.



Why not come along to the Village Hall at **2pm on 5th February** and join us for the afternoon, you will be made most welcome and tea/coffee etc is provided.

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Lawshall Garden Club

Hi there fellow garden enthusiasts. It's the middle of January as I write this and it has not been too bad weather wise so far. There is the threat of another 'Beast from the East' apparently, sometime during late February to March. We can only wait and see.

The other day, I took a stroll around my garden to see what was happening. It was really useful as I was able to identify jobs that needed to be addressed later in the spring and with the garden being mainly open at this time of year, I also came up with new ideas for replenishing borders and moving existing plants that didn't fair quite so well last year. I noticed some areas of grass that needed repairing and marked them off with canes ready for seeding or turfing in March. One bed that has struggled will be moved due to the close proximity of a number of conifers that swallow up all the moisture from the soil. My walk helped me to identify a new area to replace this border.

I have a new circular bed that I have been designing in my head and I took the opportunity to plant a number of bare root Beech hedging plants around the northern half of the bed. This is a good time of year for planting bare root plants although it is best to avoid frosty days if possible. By planting these, I have created a micro climate, protecting the new plants that I am planning, from cold north winds. Among the plants I would like to plant there are some ornamental grasses. Having not had much success with these in the past, I have started an on line course on designing with grasses and the care necessary to keep them healthy. This course is only £29 and has been really useful so far. You can get some great advice and courses on line and now is an ideal time to start if you are able to do so.

Talking of advice, the Lawshall Garden Club will be at the Lawshall Village Hall on **Wednesday 30th January at 7pm**, where will be enjoying a talk by an expert on pruning. This is an ideal time to think about pruning and so many of us need help and advice on what to prune, how and when. If you fancy joining us then please come along. Your first visit to the club is free and if you enjoy it you can join the club and learn more about all aspects of gardening from a variety of experts. There's also free tea, coffee and biscuits. For more information, give me a call on 07783 076332. I look forward to seeing you there.

All the best and happy gardening,

David Henderson

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Lawshall Community Woodlands

A Forest for Our Children

Our next volunteer morning will be...

Sunday 27th January, 9:30-12:30, Golden Wood, Bury Road

Why not start the new year off with something different and come along? It's great exercise and nice opportunity to meet people. Golden Wood is a community woodland, so depends *entirely* on the support of those who use it.

This month we'll be hedge-laying. This is an important part of woodland maintenance with centuries of history.

By cutting and bending trees, and weaving sticks through wooden stakes, we make a living barrier! It looks beautiful and makes an excellent habitat for different creatures.



If you'd like to join our mailing list, just email themcclellands1@gmail.com

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

January 2019 Monthly Village Hall Draw Results (for December 18 payments)

December Bonus Prize £100 423 Mrs Williamson;

First Prize £50: 102 - Mike Wright;

Second Prize £20: 297 - Lucy Kent;

Third Prize £10: 27 - Pauline Morgan;

Fourth Prize £10: 116 - Mrs S Jones

Fifth Prize £10: 85 - Jenna Kitchen

If **you** would like to support your Village Hall lottery please contact John Chappell on 01284 830530

or download the application form from the village hall website at

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



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Lawshall WI

Hello from **your** Lawshall WI.

At our January meeting, our President of 3 years stepped down and we now have a new incumbent. We would like to thank the previous post holder for all of her hard work in helping to establish and build the Lawshall WI, and of course wish our new President all the very best going forward.

We also had an extremely interesting talk about the history and restoration of the Guildhall from one of the very well-informed volunteers. Although the exact age of the Guildhall is unknown, it's thought to be around 900 years old, making it the oldest civic building in England. It was built for the guilds by the Abbot of St Edmundsbury. However, the rents charged to the townspeople of Bury were onerous and sometime in the

1400's John (known as Jankyn) Smyth purchased the building from the monastery. It was his bequest, along with that of Margaret Odeham and others that established the Guildhall Feoffment Trust. Restoration on the Guildhall was completed in July 2018 with help from the Lottery Fund.



In February, instead of our usual meeting, we are attending a performance of Calendar Girls in Norwich. We are a friendly bunch and would love to welcome any new members. You are welcome to come along as a non-member to see what we are about. The WI is a great way to make new friends and explore new interests. We also have a book club and a very active stitch and bitch which is open to non-members and is held monthly at The Swan (some people stitch – and some just enjoy coming along to do the other!)

Our next meeting is on **Wednesday 13th March** where we will be having a go at Circle Dancing, which sounds like a lot of fun.

To see what we have planned coming up, find us at www.thewi.org.uk/Lawshall
Or if you'd like to ask us a question, please email lawshallwi@gmail.com

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Lawshall Carpet Bowls Club Is this the end?

Lawshall Carpet Bowls Club have been meeting in the village hall for almost 30 years.

In days gone by the club represented the village in many competitions run by the Suffolk County Carpet Bowls Association. The team always looked smart in their Maroon tops proudly showing off the village crest. Indeed we are still currently members of the Association but do not have a team any more.

During the past year we have lost three valuable members who have moved away from Lawshall and two other members through serious illness, and this has made a huge dent in our membership and now we find ourselves in the position where more often than not we are playing on one mat instead of two.

I have been secretary/treasurer of the club since June 2011. Apart from one other member, who is often away on other business, I alone am able to put out and put away the heavy mats required for the games. I myself am now finding this more and more difficult.

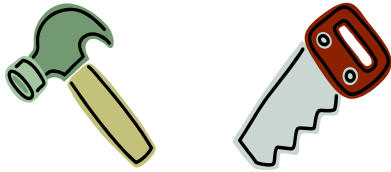
I have appealed through our magazine for new members on a number of occasions without success, but I am making one final appeal in the hope that a number of our villagers will join us before it is too late. I certainly do not wish to see the end of our carpet bowls club but I am afraid it is looking more and more inevitable this year.

We meet almost **every Monday between 2pm and 4pm** so please come along and join us.

John Payne 830466



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- The superfit wanting a new form of cross fit training
- The unfit wanting a gentle and fun way of returning to exercise
- The overweight wanting to lose weight
- Those wanting to improve their posture
- New arrivals to the area wanting to meet others
- Those who dislike exercising indoors
- People looking to strengthen their lower back and core
- Those wanting to improve balance and prevent falls
- Walking enthusiasts who enjoy outdoor exercise
- Pre op hip / knee replacements wanting to strengthen muscles
- Post op breast cancer survivors wanting to improve lymphatic drainage
- COPD sufferers wanting to maintain lung capacity
- Parkinsons sufferers wanting to slow the rate of neuropathy
- Those who practice the adage of "use it or lose it"
- Long distance walkers attempting challenging treks
- Dog walkers who want to turn their daily walk into a workout
- Those at risk of type 2 Diabetes wanting to prevent the condition
- Competitive types aiming to improve their walking speed
- Non-competitive types who are looking for a non-competitive class
- Arthritis sufferers who want to improve flexibility and mobility
- People wanting to alleviate depression, anxiety and stress
- Ex runners looking for an endorphin rush
- Those wanting to reduce risk of heart disease and stroke
- People wanting to exercise their brain by learning a new skill
- Those wanting a new weekly social activity, and coffee stop!
- This list goes on...

If you would like to find out all the fantastic health benefits of this inclusive form of exercise for yourself, then join our next Beginners' course on

Monday 4th (12.30pm-2.30pm) and Tuesday 5th March (10.30am-12.30pm) Nowton Park, Bury St Edmunds IP29 5BD

If you would like to learn more about Nordic walking or to book please contact:
Katharine on 07789 872435 / katharine@nordicwalkingeastanglia.co.uk



nordicwalkingeastanglia.co.uk

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BURY ST EDMUNDS. I P33 1QG

Clergy:

Canon Mark Hackeson - Parish Priest
Fr. Jay Magpuyo - Assistant Priest
Rev. Alan McMahaon - Deacon

MASS SCHEDULE

AT LAWSHALL

Sunday	10.30am
Wednesday	2.00pm
Holy Days	7.00pm (Vigil Mass)

From Trading Standards:



As of last week (9 January), companies that make unsolicited phone calls to people about their pensions will be liable to enforcement action, including fines of upto £500,000.

The ban has been introduced in a bid to prevent people falling victim to cold call scams that can lead to them losing their life savings.

As many as eight scam calls take place every second - or a whopping 250 million calls a year – according to research from the Money Advice Service (MAS).

Victims of pension scams can lose their life savings, and be left facing retirement with limited income. According to the Financial Conduct Authority, pension fraudsters stole on average £91,000 per victim in 2018.

If you receive a cold call about your pension, get any information you can, such as the company name or phone number, and report it to the Information Commissioner's Office via their website or on 0303 123 1113.

If you have been a victim of this type of fraud, report it to Action Fraud by calling us on 0300 123 2040 or by using their online reporting tool

<https://reporting.actionfraud.police.uk/login>



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

STAFF VACANCIES
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SENIOR CARER -This position offers full training; we encourage on-going progression and self-development for all staff. A minimum of 21 hours per week Inc. alternate week-ends and bank holidays, NVQ/QCF Level 2/ 3 qualification will be required.

NIGHT CARE ASSISTANTS

We are looking for two Night Care Assistants to join our team. Full training will be given in all aspects of the role. This is for approx. 11 to 22 hrs per week, which will include alternate week-ends and Bank Holidays, and flexibility in the covering of Annual leave and sickness.

DAY CARE ASSISTANTS: We are looking for two-day care assistants to join our team. Full training will be given. We are offering approx. 21 hrs per week. This will include early shifts and late shifts, with some flexibility on hours

If you are looking for a new direction and are unsure if caring is the job for you, please come and have a chat to see if you could become part of our friendly and compassionate team.

NVQ OR QCF in Health and Social Care would be an advantage but not essential as all training will be given

CONTACT MARGARET ON 01284-830665

FAX MARGARET ON 01284-830892

E. MAIL AT margaretholtuk@yahoo.co.uk

OR CALL IN TO COLLECT APPLICATION FORM

Richard Kemp

Councillor
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Events in Frithy Wood, Lawshall for 2019

Children's Bushcraft -

9.00am – 4.30pm

February half-term

Tuesday 19th February - 7-11 years

Friday 22nd February - 11-16 years

Easter holidays

Wednesday 10th April - 7-11 years

Friday 12th April - 11-16 years

Wednesday 17th April - 7-11 years

May half-term

Thursday 30th May - 7-11 years

Friday 31st May - 11-16 years



Woodland Workshops

GAME PREPARATION & COOKING ON A CAMPFIRE: Saturday 9th February

BEGINNERS BUSHCRAFT DAY: Saturday 13th April

FORAGING & FIRE - FLORA: Saturday 28th September

DEER IN A DAY: Saturday 5th October

ANIMAL TRACKS & SIGNS: Saturday 9th November



Taking place in our ancient woodland Frithy Wood in Lawshall.

For more info or to book:

01284 830829

forestschooll@greenlighttrust.org

Follow our Facebook page:

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Lawshall Weather Report

December 2018

Yet again this month was warmer than last year by both day and night. Rainfall was well down although the number of rainy days was 14 this year against 15 last year. As a matter of interest, the water table has not risen enough to show in local ditches, whereas normally the water is lying from around mid-November onwards.

Full details are shown below:

Total Rainfall: 62mm in 14 days 2017 was 87mm in 15 days

Stowmarket 10-year average is 52mm in 11 days

Daytime average temperature: 9.4 2017 was 7.1

Stowmarket 10-year average is 6.9

Highest temperature: 13.8 2017 was 11.8

Night-time average temp: 5.5 2017 was 3.3

Stowmarket 10-year average is 1.6

Lowest temperature: 0.6 2017 was -1.2

All temperature figures shown are in °c

According to official records, December 2018 features in the top ten warmest December figures since records began. You can see the full breakdown of data for the last two years on an adjacent page.

Malcolm Edgar

Annual Summary of Lawshall Weather 2018

	<u>AV.DAY TEMP</u>	<u>HIGH TEMP</u>	<u>AV. NIGHT TEMP</u>	<u>LOW TEMP</u>	<u>RAINFALL</u>
	°c	°c	°c	°c	mm
Jan	7.9 (6.3)	12.5 (10.4)	3.5 (2.7)	0.6 (-2.4)	66 (51)
Feb	6.8 (8.3)	10.6 (16.6)	0.6 (0.8)	-3.9 (-1.3)	39 (49)
Mar	9.4 (14.3)	15.9 (21.7)	3.5 (6.4)	-3.1 (-0.2)	67 (40)
Apr	14.9 (16.5)	28.9 (24.7)	7.5 (6.4)	4.1 (1.3)	64 (16)
May	21.1 (19.8)	28.7 (27.2)	10.2 (10.8)	5.6 (5.2)	27 (61)
Jun	22.9 (23.6)	29.6 (31.6)	12.3 (13.9)	9.6 (10.8)	1 (72)
Jul	28.6 (22.8)	36.5 (27.0)	15.7 (14.3)	12.5 (10.5)	18 (71)
Aug	23.9 (22.1)	33.1 (28.3)	13.9 (13.4)	8.9 (9.5)	71 (78)
Sep	20.5 (18.5)	27.0 (21.8)	10.9 (11.0)	5.6 (8.2)	29 (62)
Oct	15.9 (16.0)	24.7 (21.2)	8.1 (10.0)	2.2 (4.7)	45 (16)
Nov	11.3 (10.0)	15.6 (15.2)	5.8 (4.7)	0.6 (0.2)	53 (38)
Dec	9.4 (7.1)	13.8 (11.8)	5.5 (3.3)	0.6 (-1.2)	62 (87)
Av.	16.1 (15.4)		8.1(8.1)		45 (53)

Figures in brackets represent 2017

It can be seen from the above that January to April were in line with average figures but May saw a rise in temperature that coincided with the drop in rainfall. The lovely summer weather from May all through to September was the reason why average annual day temperatures rose from 15.4 in 2017 to 16.1 in 2018 and rainfall fell from 53mm last year to 45mm this year. 2019 appears to be following the warmer pattern but time will soon show us if this is a trend or merely a weather blip.

Malcolm Edgar

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USEFUL VILLAGE CONTACTS & INFORMATION

Village Hall Management Committee

Chairman: Dave Henderson

Secretary: position vacant

Treasurer: Karen Wilcox 830725 karenjwilcox265@gmail.com

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

Committee Members: David Henderson 828156 Ian Carrington 830497,
Ian Copping 830430, John Chappell 830530, Julian Delefortrie 830544

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

Chairman: Andrew Irish 827500 **Vice-Chairman:** Trevor Elmer 830870

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

David Griggs 830813 David Page 830968

Laura Williams 828477 Karen Whordley 830316

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

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

Women's Institute: 2nd Weds of month, 7.30pm, info www.thewi.org.uk/Lawshall

Table Tennis Friday evening monthly Contact Julian on 830544

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 Email: help@suffolklibraries.co.uk Tel 01473 351249

Route 7 : 4 weekly: 14 February, 14 March, Stopping at Free Church 9.50am ~ 10.20am,
Swanfields 10.25am ~ 10.40am & Village Hall car park 10.45am ~ 11.25am.

Route 10: Melons Green, Tuesdays 12.50-1.05 , February 19th, March 19th, April 16th

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 * Pre-School 827588
All Saints' Church Revd Jeremy Parsons 846166
Catholic Church 01284 754358 * Free Church, Paul Mitchell 828694
Village Hall 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

The Swan P H 828477
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UK Power Networks Emergency number: 105
EDF Electricity emergencies 0800 7838838
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Suffolk County Council 0345 606 6067

Police: Bury Police Station 774100
Crime Stoppers 0800 555111
Police HQ main switchboard (non-emergency) 01473 613500
contact 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 116123 (Freephone)
Bury Train Station Customer Service 0845 600 7245
BBC Radio Suffolk 0800 1412121
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