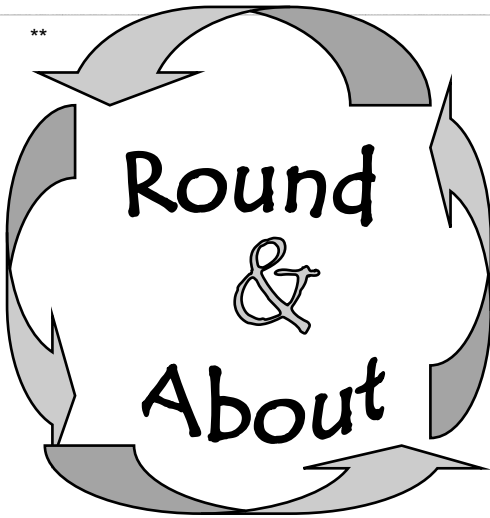


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LAWSHALL



August 2019

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 September 2019 magazine
6pm Monday 19th August - 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 the editor

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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:

July has been a little disappointing so far—a bit cool especially at night but if the weather forecast is correct we will be longing for the cool nights later this week as temperatures soar. My garden is already quite dry so David's gardening tips are helpful.

Many thanks to all of those who organised the Flower Show and Congratulations to all who won prizes. I hear it went really well, sadly I was not able to attend myself.

Babergh District Council are offering free swimming at some pools for children under 16 over the summer—details on page 11.

Have a wonderful summer and stay safe in the sun

We still need someone to take on **managing the advertisers in the magazine**—otherwise R&A will have no funding. Call me.

Many thanks to all those who have contributed this month, please let me know what you would like to see in the magazine, or let me know of any treasures you find in Suffolk that may interest others. Jenna, Editor

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We hope to see you all again soon.

Laura and Lawrence

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What's On in Lawshall in June 2018

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

Tuesday Club 2-4 pm in Village Hall most Tuesdays—see page 13

Table Tennis Dates : Fridays 6.30-7.30 August 23rd, September 27th,
October 25th , November 29th, December 20th

Tuesday 13th **Parish Council Meeting** 7.15pm Village Hall

Wednesday 14th **Women's Institute** : see p21

Friday 23rd **Cockfield Community Cinema — Fisherman's Friends** : p4

Sunday 25th **Community Woodlands** : a morning of maintaining
the wood 09.30-12.30 with tea break at about 11; see p19

Future Events:

Village Hall Management Committee September 2nd

Garden Club: September 18th and November 20th

FOUND: A Fitbit was found in the village hall car park on the weekend
of 6th-7th July , by the basketball hoop. If you are the owner please
contact the finder on 01728 830163



The Defibrillator machine is located at the Willows Residential Home, on
Bury Road IP29 4PJ, telephone Number 01284 830665.

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Access can be gained 24hrs, 7days a week. Access code: C1650



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You can view or download a copy of R&A from the website.

Many thanks to the garden club who have provided and maintained the Planters and hanging baskets that are gracing our village hall.



Committee Vacancies remain as at last month—if you value your village hall please consider stepping up—we are a friendly bunch.

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Next P.C. meeting on the 13th August will start at 7.15pm: There will be a short meeting before the P.C. meeting to discuss the **Parish Infrastructure Investment Plans (known as PIIPs)**: The Councillors invite all residents to come along and give their ideas and suggestions for these plans. For the P.C. to request some funds from the "big pot" (C123) we have to have these plans in place. All ideas and suggestions are welcome for anything to improve things in the village.

Playground in Walcher's meadow: The P.C. decided to try an experiment to try to stop the pigeon droppings on some of the equipment. The P.C. purchased some deterrents which are called "eyes". A large notice was placed near the gate explaining what was being done with a note saying "Please do not remove" These were put up on Tuesday 2nd July in the morning. On Thursday 4th July a check was made at 11am and the "eyes" were all in place but later that day they had all been removed. The P.C. are very disappointed that someone has removed all the deterrents. A Councillor has been going to the playground regularly to clean the seats on the swings etc. Would the person who removed the "eyes" like to take on the responsibility of keeping the equipment clean?

Lawshall Row: The P.C. would like to thank the unknown person/s who very kindly trimmed the overgrown hedge along Lawshall Row.

Possible bus changes: As you are probably aware S.C.C. are looking into the subsidised bus routes to see how well they are used and if they are viable. See below for alternative transport.

Gostart Community Transport: this is available around the Sudbury area on weekdays from 9.15am to 4.45pm. For more details you can check their website <http://gostart.org.uk> Phone No. 01787 242116

Crime report: no crimes reported on the Police website for June/July 2019.

Lawshall Emergency Plan: this has been updated July 2019.

Neighbourhood Plan: The P.C. would like to thank Debbie Thomas for acting as our Watchdog for the Neighbourhood Plan.

See **Free Swimming** on page 11

Dorothy Griggs - Parish Clerk 01284 830813

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PLANNING APPLICATIONS:

No. DC/19/01813 re-consultation (red lined site plan). The Ryes, Harrow Green: details as in July magazine, application supported, no objections. (Mrs K. Whordley declared an interest).

Application No. DC/19/02692: Audley End Farm, Melford Road: siting of static caravan for use as a toilet and rest area for agricultural workers. Application **not** supported. Councillors unanimously objected.

Planning Permission granted for the following:

Application No. DC/19/2399: Meadow Croft, Melford Road: details as in July magazine.

Application No. DC/19/2341 & 2342 LBC: Little West Farm, Melford Road: details as in July magazine.

Agricultural Determination: Application No. DC/19/02393: Coopers Farm, Melford Road: confirmation received that **formal approval** of the details of erection of agricultural building **is not required**. Cllr. R. Debenham declared an interest.

Refusal of Prior Approval: Application No. DC/19/02311: land east of Folly Lane: details as in July magazine.

Dorothy Griggs - Parish Clerk 01284 830813

FREE SWIM ! BaberghMidSuffolk D.C.media release: Cool off with a free summer holiday swim: Babergh & Mid Suffolk District Councils in partnership with Abbeycroft Leisure and Everyone Active, are encouraging younger residents to get active during the summer holidays by offering free swims at their leisure centres.

Children under 16 across the districts, can cool off in the pool during the summer holidays for free during public swimming sessions at Abbeycroft Leisure and Everyone Active centres. The offer will be available at Abbeycroft Leisure Centres from 20 July to 3 September inclusive at Kingfisher Leisure Centre, Sudbury and Hadleigh Pool and Leisure Centre. Users will need to sign up for an Abbeycroft Leisure Free Swimming Membership first in order to claim their free swim.

The Everyone Active offer in Mid Suffolk will run from 25 July to 3 September inclusive at Mid Suffolk Leisure Centre Stowmarket and Strabroke Swimming Pool and Fitness Centre. Customers are advised to check the pool programme on their centre's website for the times of free sessions and terms and conditions. Swimming lessons **are not** included in this promotion.

websites: <http://www.babergh.gov.uk> <http://midsuffolk.gov.uk>

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Update on District Councillors for Chadacre Ward:

Stephen Plumb. email: Stephen.Plumb@babergh.gov.uk and

Michael Holt. email: Michael.Holt@babergh.gov.uk

DcIlr **Stephen Plumb** holds a Ward Surgery in **Glemsford** every 3rd Friday and everyone is welcome to attend with any queries or questions.

Cllr. Plumb is willing to hold a Surgery in **Lawshall** if there are enough people interested in this. If you would like this to start in Lawshall please contact the Parish Clerk. Dorothy Griggs 01284 830183

Tuesday Club

Despite holidays and illnesses our numbers are still holding up and we are having some very encouraging meetings.

Last month we had our coastal outing to Lowestoft. We stopped at the Three Willows Garden Centre, Flixton near Bungay for coffee and scones specially made for our group. We then spent some time around the garden centre chatting to the staff and making various purchases. Then it was on to Lowestoft in glorious sunshine to a meal at The Jolly Sailor and what a lovely meal it was.

Following the meal we had a couple of hours along the cliff top path and just sitting in the sun looking out to sea. The time quickly passed and after a detour to see the most Easterly point in England we travelled home in good spirits.

This month we will be having our annual garden party and BBQ. This is always a very enjoyable day with plenty to eat. If the weather is as kind to us as last year we will be very happy.

September sees us having a trip on the River Deben. As I write, full details are still to be finalised but I expect another great day

I will also be working out our winter programme and am always open to fresh ideas or guests.

We are always looking for new members from the village so why not come along and try meeting with us all. We are a very welcoming and friendly group.

John Payne

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Bird Notes Aug 2019 by Cliff Cooper

Not really much to report this month as this is always a quiet time in the birding world. Most of the adult birds are too busy trying to look after their young to make much of a show.

Our garden continues to be productive from a bird's point of view as the young leave the nest and skulk around the shadier places. The second brood of blackbirds that I mentioned last month has only produced one fully fledged youngster. For no apparent reason, he has been called George, but this might have to change to Georgina as we are not yet sure of the sex. His sibling was taken by a cat (Oh how I wish people would be responsible for what their pet gets up to at night!).

The house martins and swifts seem to have done better locally than we could have hoped for after such low numbers appeared in the spring. I have seen up to eleven swifts over the house at one time; the house martin numbers are now up to about twenty at best from only three nests on the Glebe. This is better than I feared, but is nowhere near the fifty that we used to get.

The birds in the fields seem to have had a successful season too, with many young birds now appearing in the hedges after some good weather. These are often heard rather than seen, and it can be quite difficult to tell one squawking child from another!

There appears to be a goodish number of swallows hunting over the ripening crops. If you get decent views of the swallows as they swoop over the fields you can usually tell the age and sex of the birds by the tail length; the streamers (as they are called) of the males are much more pronounced than the females', and theirs in turn are a little longer than the juveniles'.



Long tail "streamers" of the male swallow

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Locally based in Lawshall. References available on request.

LAWSHALL GARDEN CLUB - AUGUST

August is the height of summer. A chance to sit back and enjoy the fruits of your labours. This month is all about deadheading and watering. There are a few other small tasks but over all, it's time to relax. I love dahlias and mine are all in full flower at the moment. I don't know if I am just lucky or what but I have not seen a single earwig around them for the last 4 years or more. They need regular deadheading in order to promote lots more flowers for picking or for simply enjoying in the garden. To me, dahlias look their best planted in groups as opposed to single specimens dotted around here and there but everyone has their own style or preferences. New buds are rounded and waiting to open into stunning bright flower heads. Spent buds are pointed and should be removed by following the individual stem down to a joint and snipping off. There is no reason why they shouldn't keep flowering until the first frosts.

Dahlias, like most plants require a good amount of watering at this time and this is especially the case with your fruit and vegetables. Tomatoes are particularly thirsty plants and should be watered and fed regularly. Runner beans will be producing well this month and also need to be watered well. Regular picking of fresh young beans will yield even more crops. Onions should be lifted and dried once their leaves have collapsed. Gently ease them from the ground on a dry day and leave them to dry out on the ground. Cover them if it is to rain or keep them in a dry shed or greenhouse.

Rambling roses should be pruned back once flowering has ceased this month and lavender should be trimmed. It is very easy to allow lavender plants to become woody and heavy so trim the gently into shape now to preserve their shape and healthy appearance. Gooseberry and redcurrant plants can also be pruned this year by removing some older stems and shaping like a goblet to allow light and water to the centre of the plants.

Finally, although it sounds early, you can consider planting spring flowering daffodils this month and forcing hyacinths for Christmas flowering. Colchiums are another plant that can be planted now for winter flowering. But overall, as I said earlier, sit back and relax. Enjoy your garden and I will be back next month.

Happy gardening

David

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Lawshall Community Woodlands

A Forest for Our Children

Our next volunteer morning will be...

Sunday 25th August, 9:30–12:30, Crooked Wood, Lawshall Green

This month it's our annual session in *CROOKED WOOD*. If you've not yet found this hidden gem, it's worth a look. Go to the bottom of Lawshall Green and you'll see a sign. We'll be raking the rides and cutting back the encroaching growth. We'll also be marking up trees to be coppiced or thinned out.



Last month we had a wonderful **guided walk** round Golden Wood led by our resident expert Adrian Walters. It was brilliant to learn about how the wood has grown and the vast range of plants, trees and creatures we have here.

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

Lawshall Village Hall Draw Results - July 2019

First Prize £50: ; 59 Mr & Mrs Prout
Second Prize £20: ; 107 Graham Cooper
Third Prize £10: ; 26 Den Morgan
Fourth Prize £10: ; 52 Jean Kirby
Fifth Prize £10: 115 Mr & Mrs Howe

If **you** would like to support your Village Hall lottery
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INSPIRING WOMEN

Lawshall WI

This month, we were introduced to the wonderful art of Chinese Origami or to give it it's proper name , Golden Venture Folding. It is a type of modular origami where models are made by folding hundreds of small triangles of different colours of paper and interlocking them together.



The name Golden Venture Folding comes from an incident that sparked a fierce debate over immigration practices in the United States. In 1993, a group of 286 Chinese men and women tried to enter the US illegally on a large cargo ship known as Golden Venture. There was a struggle on the ship and 10 people drowned in their escape attempt. When the survivors reached the US, they were taken into custody by the Immigration Service and detained while they applied for the right of asylum. Many ended up being detained for several years while their cases were processed. To help pass the time during their incarceration, they began making elaborate paper sculptures that were sold at charity fundraisers and given as gifts to the people who were working to help the refugees gain their freedom.

All of the figures are based on the same triangle with different sized rectangles used to create different sized triangles for different sculptures. You can make 32 rectangles of the size we used to make the flower (shown above in the pic) from one piece of A4. The flower took 24. We all agreed that it was wonderfully relaxing and a good practice for achieving a mindful state.

We hold our meetings on the 2nd Wednesday of every month and our next meeting is on **August 14th** (it's free to come along as a guest – and we promise a very warm welcome!)

If you think you might be interested in joining us , or if you'd like to ask us a question, please email lawshallwi@gmail.com

To see what we have planned coming up, find us at www.thewi.org.uk/Lawshall

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Lawshall Flower Show

Thank you to everyone for supporting this year's show and producing such a wonderful display.

Entries were much the same as last year. Calling all you cooks/chefs to boost the Home Produce classes next year!!

Thank you also to the staff and students of All Saints School for their display of craft and art work.

Trophy Winners ;- Congratulations to all who won prizes

Vegetables and Fruit - C. Grimwood

Flower Class - Joint M. Livall & C. Grimwood

Home Produce - H Bailey

Handicraft - M Hatley

Floral Art - H Bailey

Children's Cookery - Rosie Walters

Photography Cup - Pippa Walters

Pre School Challenge Cup - Arthur Deardon- Phillips

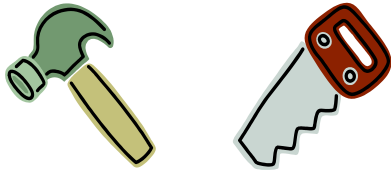
Overall Children's Cup - Rosie Walters

Derek Last Shield - Ruby Mae Moss

This event could not take place without a great deal of work behind the scenes, both beforehand and on the day, thank you to everyone involved in any way.

Any suggestions/ ideas for 2020 to grandmacoe@yahoo.co.uk

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Fax: 01284 830892

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We are looking for people who would like to come and help in providing support to 25 residents, from sharing a coffee to offering small group/individual activities, spending time on a one to one basis, listening and sharing experiences/memories with people who have so much life experience to voice.

We can accommodate any hours that you could give to us, whether mornings, afternoons or evenings.

Age is no barrier, experience in a residential care setting is not required, we are simply looking for people who are interested in people and want to give something back.

Please feel free to call in or contact us for a relaxed and friendly chat to explain more about a voluntary role in our fantastic home.

PLEASE CONTACT MARGARET HOLT MANAGER ON: 01284 830665

Email: margaretholtuk@yahoo.co.uk

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Tel: 01284 754358

E-mail: st.edmunds@btinternet.com

Address for Correspondence:

The Catholic Presbytery,
St. Edmund King & Martyr,
21 Westgate Street,
BURY ST EDMUNDS. IP33 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)

A Brief note to explain the role of Lawshall's Neighbourhood Plan Watchdog(s)

Why? The Lawshall Neighbourhood Plan (NP) was passed in October 2017, following an active process of consultation with village residents throughout the two years of its preparation. The main purpose of the NP is to ensure that any planned developments within Lawshall are in keeping with the full range of policies contained within it, and thus reflect the views of the Lawshall community. The role of the NP Watchdog is to help the Parish Council identify how incoming planning proposals sit with the policies in the NP. This then helps the Parish Council in formulating their comments to Babergh District Council, who are ultimately responsible for decisions on planning applications. Without an NP Watchdog, there would be an increased risk of developments taking place in the village which ignore one or two of the important principles identified by the community in the NP policies.

How? The term 'watchdog' might give some people a misleading impression of our role (depending on your experience of canine interactions). We would not expect to be growling and barking at the first scent of any planning application! Once a new planning application is submitted to the Parish Council, a copy of it is forwarded to the Watchdog(s) as soon as possible. Our role then is to calmly consider whether the new application is in keeping with each of the 16 policies contained in the NP. These policies cover a diverse range of topics, including:

- Where housing would and would not be permissible.

- Protection of biodiversity, recreation spaces, green spaces, environmental assets and areas of local landscape sensitivity.

- Sensitivity of any new houses to the existing character of Lawshall.

- Consideration of facilities, services and infrastructure in the village, including a policy concerning flood risk management.

Having carefully considered whether the planning proposal is in keeping with each of the NP policies, we'd pass on our comments to the Parish Council in time for their appropriate meeting. Our comments would purely relate to the NP policies, and would not include our personal opinions of what we think of the proposal.

A copy of Lawshall's Neighbourhood plan can be found on the Parish Council website: <http://lawshall.onesuffolk.net/neighbourhood-plan/>

Who? There are currently two of us sharing the NP Watchdog role: Claire Osborne and Simon Haffenden. We've taken over the role very recently from our predecessor, Debbie Thomas.



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

Lawshall Weather Summary – June 2019

This was another month that was colder and wetter than June last year. It is strange how memory plays tricks with the mind whereas actual recorded figures make one realise exactly how wrong our memories can be. June had it all this year from cold and very wet to the highest June temperature ever recorded by the Met. Office. Rainfall is a classic example. We had more rain this month than the combined total of January to April – 98mm against 94 mm. After a warm start from the 1st to the 3rd everything changed and from the 4th to the 14th it was cold and very wet. Things then improved and from the 15th to the 30th the temperature increased almost by the day. Full details are shown below:-

Total Rainfall: 98mm in 13 days 2018 was 1mm in 1 day

Stowmarket 10-year average is 53mm in 9 days

Daytime Average Temperature: 20.9 2018 was 22.9

Stowmarket 10-year average is 19.1

Highest Temperature: 31.1 2018 was 29.6

Night-time Average Temperature: 12.7 2018 was 12.3

Stowmarket 10-year average is 9.9

Lowest Temperature 9.1 2018 was 9.6

All temperature figures are shown in °c

Because of magazine copy dates I am writing this on the 14th July, but so far July is looking a very good and dry month. National forecasters are talking about this being the start of a hot and dry spell for the next three months. Time will tell – we'll see!

Malcolm Edgar

Richard Kemp

Councillor
01787 378149

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www.angliapestmanagement.co.uk

USEFUL VILLAGE CONTACTS & INFORMATION

Village Hall Management Committee

Chairman: position vacant

Secretary: position vacant; Minute taker: Rosemary Riches.

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, Julian Delefortrie 830544, Jenna Kitchen 830022

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 Cllrs : Stephen Plumb. email: Stephen.Plumb@babergh.gov.uk and Michael Holt. email: Michael.Holt@babergh.gov.uk **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: 1 Aug, 29 Aug, 26 Sept : 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 6 Aug, 3 Sept, 1 Oct, 29 Oct, 26 Nov.

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 - Debbie Thomas 827470

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

Excelan Chauffeur Services 01284 706133 / 07816 663 542
A1 Cars 24 hr Taxi 01284 766777
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
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 01284 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
Long Melford Practice 01787 378226
Mount Farm Surgery, Moreton Hall, Bury 01284 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