



This young pigeon
was snuggling up
for a hug



LAWSHALL

June 2020

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 July 2020 magazine

6pm Friday 19th June - 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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Check out our **website** at **<http://www.lawshallvillagehall.co.uk>**

To discuss anything about the website

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

Charges for Groups regularly using the hall are:

Weekly users.. £11 per hour

Monthly users.. £14 /hour (+ 10% reduction if paid 3 months in advance)

Bi-monthly users. £14 /hr (+5% reduction if paid 3 months in advance)

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

Editorial, Once again June's R&A is online only. Please do let me know if there are any things you would like included. I've picked some things up from the Lawshall Facebook Group messages in case some of you might want to see those but don't use Facebook.

Even though the Wednesday Market has started again in Bury the vegetable stall at the **village hall will continue as long as we use it** - please keep getting your fruit and vegetables there.

I'm told the post box at Lawshall Green has been stolen! So there are no more collections from there.

Community Survey: Although the original closing date to return forms was 10th April the coronavirus related restrictions mean it is sensible to extend the period for replies: —please download and print returning to the Swan Pub or to any parish councillor, If collection is needed please phone 827500 or send by email to dorothygriggs@btinternet.com (copy of form also available by email from Dorothy) The forms are on pages 18 & 19

The Food bank is still at the Swan. If you need something, call Laura on 828477

A big THANK YOU for all you are doing to support each other and our village during these extraordinary times. There are many acts of kindness. Jenna

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The Swan Inn Lawshall

Tel 01284 828477

www.swaninnlawshall.com

We would like to thank all our customers for their on going support to help us keep the pub going. Lawrence and I are very thankful and look forward to hopefully opening soon.

Takeaways can be ordered over the phone 01284828477

Email theswanlawshall@gmail.com WhatsApp 07548315134

Collection times are Wednesday to Saturday 5 -8; Sunday 12 -2pm

Afternoon tea and dessert boxes can be flexible on collection or delivery

We recommend ordering the day before especially on weekends.

Menu updates are made on instagram and facebook or we can email you.

Laura and Lawrence

for menus see pages 40-42

What's On in Lawshall in June 2020

This Month:

Most meetings are not taking place until further notice.
Some may take place virtually Please check before attending.

Tuesday 9th **Parish Council Meeting** online (2nd Tues)

Future Events: may be cancelled due to Coronavirus

Monday 1st June **Village Hall Management Committee** online

Sat 31st October 10.00 - 12.30 pm **Sing** with Chris Rowbury, Hartest Inst.

Suffolk Libraries: <https://www.suffolklibraries.co.uk/>

The Mobile Library Service continues to be suspended.

There are lots of things available online through Suffolk libraries:

Online Groups and Activities : Library livestreams, groups and recordings:

Children's activities, book & film discussion groups, quizzes, competitions and podcasts.

eLibrary : Free eBooks, eAudio, films, documentaries, courses and streaming for your phone, tablet or PC.

Former village shop, 52 The Glebe, Lawshall, from Hazell's Property Management:

We have been marketing the former shop premises seeking commercial occupiers for in excess of 12 months and have had no serious interest. The owner has asked me to contact the Parish Council to see if they have a use for the property or indeed know of any local organisations of community uses who would be interested in taking the premises on.

The owner would need to receive a rent for the premises but has indicated that they would agree to something below the market rent.

I would be grateful if you can discuss this with your fellow Council members and let me know if this opportunity is of interest.

Yours sincerely, Richard Pyatt. (see details page 6&7)



**52 The Glebe, Lawshall,
Bury St Edmunds, Suffolk,
IP29 4PW**

GROUND FLOOR LOCK UP RETAIL UNIT IN VILLAGE LOCATION

- Open plan unit providing an approximate sales area of 596 sq. ft (55 sq. m)
- Two demised parking spaces and garage
- Ancillary storage, kitchen and WC
- Suitable for a variety of uses (STP)
- Up to 100% small business rates relief available for qualifying businesses
- Located in the village of Lawshall five miles south of Bury St Edmunds

LOCATION

The property is situated in a prominent location at the entrance to The Glebe, Lawshall's largest housing estate. Only five miles south of Bury St Edmunds, with good access to the A134, the main road between Bury St Edmunds and Sudbury.

DESCRIPTION

The property comprises a ground floor, lock up retail unit with UPVC glazing and customer entrance. The unit provides a generous open plan retail area with some ancillary storage and toilet facilities at the rear of the unit. The specification includes fluorescent strip lighting and night storage heaters.

Externally there are two demised parking spaces and a garage.

ACCOMMODATION

The following approximate Net Internal Area is provided:

Sales:	596 sq. ft	55 sq. m
Ancillary:	129 sq. ft	12 sq. m
Total:	725 sq. ft	(67 sq. m)

PLANNING

The property currently has consent for A1 retail use. Interested parties should make their own enquires with the local planning authority.

SERVICES

Mains electricity, water and sewerage are all connected but have not been tested.

RENT

£6,500 per annum exclusive.

LEASE TERMS

The property is available on a new lease on terms to be agreed.

VAT

The landlord reserves the right to charge VAT on the rent in accordance with current legislation.

SERVICE CHARGE

The tenant will be required to contribute towards the landlords incurred costs for repair and maintenance of common areas.

RATING

The premises is listed in the April 2017 Ratings List under "shop and premises" and has a **rateable value of £4,300**. For further information please contact Anglia Revenues Partnerships on 01362 656871.

ENERGY PERFORMANCE CERTIFICATE

D-79, A complete copy of the EPC is available from the marketing agents on request.

LEGAL COSTS

Each party are to bear their own legal costs. There will be the option to use one of our in-house leases which will negate the need for any legal costs.

VIEWING & FURTHER INFORMATION

For viewings or further information please contact the sole agents Hazells Chartered Surveyors on **01284 702626** or email the following:

Richard Pyatt MRICS

richard@hazells.co.uk

Edward King

edward@hazells.co.uk

AGENT NOTE

There is a recently refurbished flat above the retail unit which is also available to let on a new assured shorthold tenancy by separate agreement.



Viewings strictly by appointment only with Hazells.

The Long Melford Practice Tel 01787 378226

website : <http://www.mysurgerywebsite.co.uk/ppg.aspx?p=D83014>

Long Melford Opening Hours:W

Weekdays 8.00 a.m. – 6.30 p.m.

Address: Cordell Road,
Long Melford Sudbury CO10 9EP

Dispensary Opening Times

Monday – Friday 8.30 am - 1.00 pm
and 2.00pm - 6.30 pm

Lavenham Opening Hours:

Weekdays: 8.30 a.m. – 1.00 p.m.
2.00 p.m.—6.30 p.m.

Address: 36 Church Street,
Lavenham, Sudbury CO10

We are doing our best to maintain an appropriate primary health care service in these challenging times.

Key messages re the coronavirus for people in general:

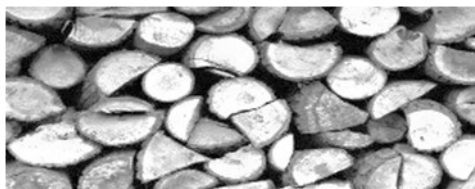
Good Hand Hygiene is essential - frequent washing of hands with soap and water.
Cough into a tissue & Bin the tissue.

Re: contacting the surgery: If you have a new continuous dry cough and/ or a fever to self-isolate for 7 days. If you become unwell during this time to call NHS 111. **Do not** come down to the surgery. **Do not** go to the Pharmacy. **Do not** go to hospital unless you have been advised to do so. Thank you for your patience.



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LAWSHALL VILLAGE HALL

– for you to use and enjoy

www.lawshallvillagehall.co.uk

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

The Village Hall is not open at the moment, but rest assured our caretaker Sharon is keeping a close eye on it. We hope the planters at least will be able to show something this year and maybe even the hanging baskets. Something to cheer us up as we go by. Thank you to the garden club.



The fruit, vegetable and egg stall at the village hall on a Wednesday morning 10.30 to 12 has been joined by Danny Parker offering pre-ordered baked goods. These will continue as long as we use them even though Bury market has started up again. Please do come along or let Laura know if you need help—see page 19. Jenna, for VHMC

Village Hall Booking:

Please contact booking secretary:

Sharon Marshall on 01284 830182

email: shazy68@hotmail.co.uk

<https://www.facebook.com/sharon.marshall.581>



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Email: cudbatey@yahoo.co.uk

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Parish Council Report May 2020

www.lawshall.suffolk.gov.uk

Due to the current situation; new legislation received from HM Government allows Parish Council Clerks to hold "virtual" meetings (via email or telephone) with Councillors. This will continue for any urgent business during this pandemic. A "virtual" agenda for any such meeting will be placed on the website and also Draft Minutes (after approval by the Chairman) recorded after any virtual meeting; these will be signed at a future date.

BABERGH D.C. BROWN BIN COLLECTIONS resumed on 18th May

The Councillors offer their congratulations to Mr Grenville Clarke on his Award of The Suffolk Medal for his work with the Green Light Trust and Suffolk Wildlife Trust.

Contact numbers for anyone needing support:

Lawshall Coronavirus Help Group:

Contact Laura on 01284 828477 or 07548 315134.

Coffee Caravan: 0345 037 686.

**Home but not Alone: Suffolk County Council 9-5pm 7 days per week
0800 876 6926.**

**James Cartlidge our Member of Parliament can be contacted
on 020 7219 4875.**

Message from the Police: Beware of all scams during this current situation, such as large stores offering gift cards etc. Also to make sure that all your property, outbuildings, sheds and garages are securely locked.

Crime report:

On or near Lambs Lane: reported March 2020, updated April 2020: includes offences against a person such as common assault, grievous bodily harm and sexual offences. Under investigation.

Dorothy Griggs - Parish Clerk. 01284 830813.

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OFTEC Registered Technician No. 28970

Home 01359 760528 Mobile: 07828639138

Email: Jeremy@watersonplumbing.com

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Planning Applications:

ALL PLANNING APPLICATIONS ARE NOW VIEWED

BY COUNCILLORS ON LINE:

COMMENTS WILL BE SENT TO BABERGH D.C. ON LINE.

Application No. DC/20/01657: Potash Farm, Donkey Lane: (Received 28/4/2020) application to determine if prior approval is required for a proposed erection or alteration for a building for Agricultural or Forestry use. The Town & Country Planning (General Permitted Development) (England) Order 2015 (as amended) Schedule 2, Part 6 - erection of an open sided steel portal framed building. Application supported, no objections. **Returned to Babergh D.C. 4/5/2020 as this was a 7 day return.**

FORMAL APPROVAL FOR DC/20/01657: SEE ABOVE FOR DETAILS: FORMAL APPROVAL OF THE PROPOSED DEVELOPMENT IS NOT REQUIRED.
(RECEIVED 7/5/2020)

PLANNING APPLICATIONS RECEIVED:

Application No. DC/20/01848: The Red House, Bury Road: erection of rear side extension. **RECEIVED 12/5/2020 (after agenda had been prepared).**

WITHDRAWN PLANNING APPLICATIONS:

DC/20/01848: The Red House, Bury Road: details above. **(Received 13/5/2020)**

DC/20/00900: land north of Ransom, Lawshall Green: for outline permission for 1 dwelling.

DC/20/00813: land west of Sydena, Lambs Lane: for Full Planning Permission for erection of 2 dwellings.

PLANNING PERMISSION GRANTED FOR THE FOLLOWING::

No. DC/19/05618: Green Farm Barn, Lawshall Green: erection of 1 dwelling and cartlodge (following demolition of existing barn).

No. DC/20/00783: 4 Windsor Close: installation of rooflights including increase in roof height to create first floor.

Dorothy Griggs Parish Clerk 01284 830813.

District Councillors for Chadacre Ward:

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

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

Dcllr **Stephen Plumb** holds a Ward Surgery in **Glensford** 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

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LAWSHALL PARISH COUNCIL

Hello!

We live in Lawshall and are setting up a ***"CORONAVIRUS LAWSHALL HELP GROUP"*** to ensure that no one is left totally alone during the Government's order for self-isolation. In short, we do not want you feeling isolated and alone.

We are here for you and want to help. This Group will **NEVER** ask you for:

1. Money. We will only ask you for money once we have purchased any items you have asked for AND have a receipt for your shopping. If we do not have a receipt then you do not have to pass money over.
2. Bank account details.
3. Personal Information. unless you volunteer it.
4. Passwords.

We would like to be there for you during your isolation. We can:

1. Ring you, just to have a chat and find out how you are, what you have been doing and if you need anything,
2. Help with any pets if you do feel unwell, or if they do – during your isolation - by taking them to the vets of your choice.
3. Go to the shops for you and pick up anything you need, (so long as it is available in the shops!)
4. Post letters for you or pick up mail for you from the sorting office, if necessary.
5. Contact your loved ones if you feel unable to - or be there for them, if they live away from the area and cannot get in to see and be with you.
6. Help you ensure you have supplies of your correct medication. We could either pick it up for you, or ensure that the pharmacy knows that you would like it delivered.
7. Pass your details on to a village resident, who lives near to you and would really like to stand by you.
8. Help a friend in Lawshall whom you think may be self isolating, if you give us their details.

Please can you contact us, through Laura or Lawrence at The Swan Public House on 01284 828477 or 07548 315134

IDEALLY – please complete the attached form in and drop it into the Pub OR pop it into an envelope and post it to:
Mrs Laura Williams, The Swan Public House, The Street, Lawshall, Bury St Edmunds, IP29 4QA.

Please do not worry if you cannot – the important thing is that YOU ARE NOT ALONE OR ISOLATED.

Any personal details you give is will be kept securely and will only be used to provide the support
you have asked for and will not be shared with anyone else.



My name is: Age:

****I live alone/with someone**.** ****I do/do not** have an animal who may need help (dog/horse/cat/other)**

****I would/would not** like someone to keep in touch with me during my isolation**

****I would/would not** be able to be there for someone who is self-isolating.**

My address is:

My Telephone number is:

**** Please delete as appropriate**

Wellbeing during COVID19

In these times it is important that we all pay extra attention to our wellbeing including our physical, mental, and emotional health. “5 Ways to Wellbeing” is a well researched framework that helps you make sure that you are paying attention to the key elements that will support you:

The Five Ways to Wellbeing

- Being Active - visit the Keep Suffolk Moving website for ideas
- Staying Connected - keep in touch with family, friends and neighbours
- Learning - keep your mind active learning new skills and topics
- Awareness - do mindfulness, take notice of the little pleasures around you
- Giving - offer help and support to others, write a gratitude diary

For more ideas and advice visit:

<https://www.healthysuffolk.org.uk/projects/5-ways-to-wellbeing/advice-for-staying-well-at-home> see also OneLife Suffolk (page 43)

Helplines and Support

The **Village Help Group** has been offering practical support to people in the village e.g. help with shopping and collecting medicines if you are self isolating. Call Laura on 01284 828 477

The Group has also identified some local volunteers who can offer befriending or some limited wellbeing or mental health support- call Greta on 0771 555 2101 Note all calls are treated confidentially.

If you are worried about someone's safety call CustomerFirst (the Suffolk Safeguarding Partnership) 0808 800 4005.

Domestic Violence see also page 42

24 Hr National Domestic Abuse Helpline 0800 2000246

Bury Women's Aid (Bury Refuge) – 01284 753085

admin@burystedmundswomensaid.org.uk

Are you hurting the ones you love? Choose to stop.

For support go to <https://respectphoneline.org.uk> or call the Freephone no: [0808 8024040](https://www.nhs.uk/116116)

If you or someone else is in **immediate danger**
make an emergency call: 999.

Financial Help

National Debt Helpline: 0808 808 4000

<https://www.nationaldebtline.org/Pages/coronavirus-and-your-money.aspx>

Farmers Help <https://www.farminghelp.co.uk/> 03000 111 999

Worried about your mental health?

First Response is a new 24/7 helpline offering immediate advice, support and signposting for people with mental health difficulties in Suffolk. If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health you can now call the helpline on **0808 196 3494**. <https://www.nsft.nhs.uk/Find-help/Pages/Helpline.aspx>

If you are having thoughts of suicide call The Samaritans on 116 123 available 24/7

Lawshall Community Project Please return your surveys—either the original print version, or If you need a new copy you can print the following 2 pages. For email version please contact Dorothy Griggs.

A very generous Lawshall resident is willing to donate an area of land behind the current Village Hall to the village, to be used to create a new Village Hall and additional recreational facilities.

Such a facility would be eco-friendly and financed hopefully, by various local, regional and national grants. In order to find out the wishes of village residents a survey questionnaire is enclosed and we would **urge you to complete it** and let us know what facilities you would like for yourself and the village. The completed survey **can be handed to any Parish Councillor or to The Swan Public House.**

A Community Project Committee has been set up and if any residents are interested in joining and helping with the many aspects this project will entail, please let Andrew Irish (Lawshall Parish Council Chairman) know. **See page 18-19**

Lawshall Community Centre

Survey Questions

Thank you for taking the time to complete this survey. The Community Centre Committee would like your help to develop plans for a new community centre. We need information that only you can provide, to help with preparation of a design brief for an architect, and to make a case for grant funding. This survey is being distributed to every household in the village and after it has been evaluated the results will be published. If you would prefer to scan/photograph the survey and send it electronically it can be emailed to dorothygriggs@btinternet.com

1. What facilities would you like to see in the Lawshall Community Centre.

Facilities	Person 1	Person 2	Person 3	Person 4	Person 5
Village hall including disabled access/toilets					
Kitchen and toilets					
Separate meeting room					
Stage facilities/film projection					
Community village shop – post office.					
Small library					
Coffee shop					
Eco friendly build – renewable energy (wind, solar panel heat source)					
Provision of electric car charging point					
Bar facilities					
Storage facilities					
Sports facilities					
Football pitch					
Cricket pitch					
Tennis court					
Basketball court					
Hockey					
Athletics track					

2. Would you be interested in participating in any of the following organisations?

Organisations/Activities	Person 1	Person 2	Person 3	Person 4	Person 5
Lawshall ladies					
Youth club					
Rainbow/Beavers/Scouts/Cubs/Brownies/Guides					
Parents and toddlers					
Over 60's					
Educational classes, e.g. languages and IT					
Keep fit classes, e.g. Yoga, Pilates					
Arts and crafts					
Gardening club					
Table tennis					

Indoor bowls					
Martial arts e.g Judo, Karate, Tai Chi					
Drama					
Dancing					
Card games					
Quiz nights					
Cycling club					
Classic car club					

3. Do you currently use the village hall?

Response	Person 1	Person 2	Person 3	Person 4	Person 5
YES					
NO					

4. Please indicate your age group:

Age Range	Person 1	Person 2	Person 3	Person 4	Person 5
0-14					
15-21					
22-40					
41-60					
60+					

5. Would you be interested in joining the Community Project Committee and/or willing to help with fundraising? **Please supply name and contact details.**

Response	Person 1	Person 2	Person 3	Person 4	Person 5
YES					
Name:					
Telephone:					
Email:					
NO					

6. Have you any other suggestions?

Wayne Mills Construction

We are a small building company with 35 years experience in the trade covering all aspects of building including extensions, alterations & renovations.

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Bird Notes by Cliff Cooper June 2020

As the spring turns towards summer all our summer birds are now here. My local house martins arrived early (see last month's notes) but have as yet shown no interest whatever in our artificial nests. Unfortunately, there are very few house martins around the Glebe area- I can only ever see about six, and I worry about how long this small group can be sustained.

The situation also seems to be no better for our swifts. The regular party flying around the Glebe started off in early May as just four birds, but now that is down to three! On one single evening I did see seven swifts together overhead, so I assume our birds were joined briefly by a small party from further afield.

On a slightly happier note, one turtle dove and one cuckoo have been reported from the Lawshall Green end of the village. I haven't seen or heard either but thank you to those who let me know of their presence.

Golden wood and the hedgerows around our local fields all seem full of birds this year. There appears to be a blackcap in almost every tree, and similarly the whitethroats and lesser whitethroats are vying for position in the bushes. Greenfinches, goldfinches, and chaffinches all singing together with the occasional yellowhammer makes for a very pleasurable walk.

As the skies blackened and threatened some much needed rain late one recent afternoon, I was scurrying home when I heard what for this part of the village is an unusual song- that of the mistle thrush. I can't explain why they don't seem to favour this area, maybe they are here and I simply don't notice them? His close cousins, the song thrush and blackbird are always around making their presence heard in the dawn chorus.



Environmental champion who has inspired thousands receives Suffolk's highest honour during special broadcast

Since 1963 Grenville has devoted the majority of his life to initiating and volunteering for environmental projects. He later helped hundreds of disadvantaged adults and children benefit from the restorative and educational power of nature and inspired thousands of people to connect with their natural environment.



In Frithy Wood, Lawshall, Grenville worked with Green Light Trust to obtain funding to purchase the woodland, working with marginalised and disadvantaged individuals to restore it.

He then documented the project's impact, coordinating multiple surveys and finally compiling them

into a book to inspire similar projects. Grenville was instrumental in establishing 62 community woodlands across Suffolk and Norfolk, now owned by the communities which surround them. Green Light Trust now support thousands of adults and children each year through woodland wellbeing and educational programmes .

Grenville has also been involved with the Suffolk Wildlife Trust for 22 years. Grenville played pivotal roles in several key developments such as the establishment of Lackford Lakes. Volunteering as a vital member of a small group, he helped establish one of the most important nature reserves in the county. Grenville was involved at a critical stage in SWT's development, chairing a working group in building the current visitor and education centre. As a trustee from 1997 to 2005, he initiated a review of the Trust's governance, enabling the trust to become the strong organisation it is today.

All who come into contact with Grenville still talk about him years later, and speak warmly of his calm, generous support; delivered in an entirely selfless and understated manner. Grenville has personally motivated 1000s of people during his lifetime of contribution to this region.



On April 30th, Lord Lieutenant of Suffolk Lady Clare Euston presented the medal to Mr Clarke, who is in the advanced stages of motor neurone disease, on Lesley Dolphin's BBC Radio Suffolk show.

She described the medal as Suffolk's "greatest accolade to one of its own" and said the honour is "an opportunity to single out people who have done something extraordinary for this county".

Lady Clare said: "Grenville, it gives me great pleasure – and you'll have to imagine that I am with you – to present you with the Suffolk medal which comes with enormous gratitude from all those of us who live in Suffolk and love this county."

"We owe you an enormous debt of gratitude."

The medal itself had been delivered to Mr Clarke's house prior to the ceremony so that his wife Elizabeth was able to present him with it during the investiture broadcast.



Presenter Lesley Dolphin asked how the couple were feeling and Mrs Clarke simply said: "We're very emotional, I'll say no more."

She then proceeded to read the words Mr Clarke had prepared for the ceremony, which read:

"I was totally surprised when I learnt I had been granted this award. I have to thank those who, over the past 50 years, have given me the opportunity to have such a rewarding and enjoyable time with so many lovely people."

"This award is not just for me, but for all those who have preceded me and followed through with projects like the Community Woodlands with Greenlight Trust and Lackford reserve with the Suffolk Wildlife Trust."

Adapted from an article in East Anglian Daily Times written by Holly Hume 30.4.2020 and other online sources.

More about the Suffolk Medal on page 35.

ESSENTIAL INFORMATION FROM THE LONG MELFORD PRACTICE FOR OUR LOCAL POPULATION DURING THE COVID-19 VIRUS CRISIS

If you currently have a **booked appointment** at the surgery, keep it as arranged. We will contact you if we need to cancel or re-arrange it. **BUT** if you develop a new continuous cough and/or fever, telephone the surgery to cancel it and self-isolate for 7 days.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

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

We will be operating a telephone triage system for all new requests for patient appointments as from Monday 16th March 2020. If you need **medical or nursing advice** and DO **NOT** HAVE A NEW CONTINUOUS COUGH AND/OR FEVER, telephone the surgery (01787 378 223) and the receptionist will book for you a telephone triage call on that day from a doctor or nurse who will decide with you an appropriate plan for your care. Please be aware that we are likely only to be able to deal with urgent matters.

Routine Clinics (eg diabetes, COPD, asthma): We will not be asking patients to come to the surgery for your surgery for routine checks but you might be telephoned by a Nurse who will complete the check via a telephone consultation.

Cervical smear tests Continue to contact the surgery to make appointments in the usual way. A nurse will call you back to confirm whether or not you need an appointment. BUT if you have an appointment and develop a new continuous cough and/or fever, telephone the surgery to cancel it and self-isolate for 7 days.

Childhood immunisations: Parents will continue to receive appointments for their child in the usual way – attend the appointment BUT if you or your child develops a new continuous cough and/or fever, telephone the surgery to cancel it and self-isolate for 7 days.

We are sorry that it is anticipated that we will be able to staff only one surgery; The Lavenham Surgery will be closed for a while and if you are invited to a physical consultation with a nurse or GP it will be at Long Melford.

This protocol is based on the latest Government advice as of 13th March. If you come to the surgery, please try to attend on your own and certainly do not bring anyone who has a new continuous cough and/or fever.



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WHATSAPP (LAWSHALL VILLAGE GROUP – PRIVATE MAIL)

IF YOU CANNOT GET TO THE STALL YOURSELF AND DON'T KNOW ANYONE
WHO CAN HELP BUT NEED PRODUCE FROM IT,

PLEASE LET THE LAWSHALL CORONAVIRUS HELP GROUP KNOW (**Laura or
Lawrence at The Swan Public House**



on 01284 828477 or 07548 315134)

AND THE ITEMS CAN BE DELIVERED TO YOU.

NB: Please can you **check the quality of the produce before** you leave the stall. If it is not up to your standard, then we shall exchange it. We want you to be happy with the service we are providing. If, however, a piece of produce slips through the inspection, please let us know.

Even though the Wednesday Market has started again in Bury the vegetable stall at the **village hall will continue as long as we use it** - please keep getting your fruit and vegetables there.

CORONAVIRUS AND THE RESIDENTS OF LAWSHALL.

I have been asked to write something to clear up some of the legal myths of do's and don'ts during this lockdown for those who live in Lawshall. Unfortunately, because of the space available in the magazine, I shall have to address things as briefly as possible I start from the premise that I am not a politician, a member of the NHS or any other practical group. I have been a WPC, and am currently practicing law – albeit remotely at the moment. My angle in this article will be personal, and one that is set out to help, but cannot be taken as tramlines in which to walk.

The Coronavirus Bill 2020 was rushed through Parliament It was enacted on 25th March 2020, becoming law. However, the measures were already being applied on 23rd March 2020. This Act ordered a lockdown of all the residents of England. Thus, ensuring that this pandemic, Coronavirus or Covid19, did not claim more lives and put further strain on the NHS than humanly possible. Effectively, by reducing the contact of individuals with others, thus the reduction in the spread of the virus is being achieved.

Questions I have been asked:

Q: Can I go out and exercise? How many times in a day can I exercise? Is it true that I can only exercise for an hour?

A: The law does not prevent us exercising for as long as we want and as many times as we want. There was a myth, a few weeks ago that it should be for “an hour”. This arose from a misquoting of Michael Gove who actually said “I would have thought for most people a walk of up to an hour, a run of 30 minutes or a cycle ride of between that, depending on their level of fitness, is appropriate.”

Q: Can I use my car during the lockdown?

A: It depends! NO you cannot drive your car if you do not have a specific destination in mind. Driving from, say, home to Chapel and Wakes Colne merely to turn Around and go home again, without having done something specific at Chapel and Wakes Colne is not allowed.

THE EXCEPTION TO THIS RULE is Domestic Violence. If you have no idea where you are going but need to get out of the house to keep safe then you MUST leave the house immediately. The fact you have no idea of your destination is not an issue you must keep safe.

YES if you have a specific and reasonable excuse for taking the car out – such as, but not limited to, driving to a shop, seeking medical attention, going to work, going to a place (ideally nearby) to exercise or as a carer. **BUT**—please bear in mind that driving should be kept to a minimum for a number of reasons, not least of which is if you are involved in a serious accident then you could, potentially, be putting others lives at risk and you will be taking up the time and resources of NHS staff which could usefully be applied elsewhere.

Q: My MOT is due up now, what should I do?

A: Your vehicle's MOT expiry date will be extended by 6 months if it's due on or after 30 March 2020 - but you must keep your vehicle safe to drive.

Q: I have a child who is under 18. I am no longer together with their father.

My child lives with me but wants to see their father.

A: The law is clear on this point. Children under 18 must maintain contact with both parents. They can be taken between the homes by the most direct route possible. (This point is, of course, dependent on the safety of each parent with the other, or members of their households.).

Q: My dog has just injured himself and is bleeding everywhere.

The cat is unwell. Can I go to the Vet?

A: Of course you can. The Vets are Coronavirus compliant, so you will have to be guided by them when you get to the surgery.

Q: 1) I am the victim of domestic abuse. I am so scared, what can I do? 2) If I do go to someone else's home, as a place of safety, will I be in trouble, or get them into trouble?

A: 1) You must make sure, first and foremost, that you are safe. You are allowed to leave the place of abuse to go to a place of safety. Also, if you can, talk to someone about what you are going through. You are not alone.

2) If you are a victim of domestic abuse and you want to go to another person's home then they should not get into trouble if you turn up on their doorstep.

Q The Church should be the focal point of village life – why aren't they ringing the bells on a Thursday at 8pm or allowing us into the Church?

A: Quite simply the law says they cannot. Even our Rector, Jeremy Parsons, is not allowed into the Church at the moment. At the moment (27/4/2020), the only reason for the Church to open its doors is for "an important reason" such as a funeral – and that can be graveside only. The Church remains interested and wanting to help all the residents of Lawshall and Jeremy has asked me to say he can be contacted on 01284 846166 or via email on rector@stedmundway.uk. He is holding daily services by telephone.

Q: 1) My neighbours are having people over. I know that they are maintaining the 2 metres apart rule, but I thought they weren't allowed to do this during the lockdown.

2) If I see the neighbours having people over, what should I do?

A: 1) This type of socialising, even if you are family living in different properties is not allowed during the lockdown. It is against the law. You cannot go to a property you are not resident in for social reasons. You can go to deliver medicine, food etc or as a carer or to fulfil an essential role but otherwise you cannot go. The police can, and will if they find out about it, give advice or sanction those whom they believe are disobeying the law.

2) This has to be your personal decision, there are no laws, yet, as to what we must do. Really, there are three options open to you:

1. Report them to the police, but remember you will probably

be living next to them for many years after this is all over

2. Ring them up and ask if it is a good time for a chat, and then discuss what you have seen and your concerns.

3. Do nothing.

Q: Often when I am out shopping or exercising, others don't keep their distance from me what should I do?

A: The law says that you must maintain your social distance. That is 2 metres apart. Apart means, from the front, back and sides (I cannot imagine a situation where it is above or below, but they apply too!!). If someone is so close to you that you can touch them (don't!) but move yourself away. There is no obligation on us to keep others safe. The obligation is on us to keep ourselves safe. If the same person is failing to maintain social distancing you could ask them, politely, to keep their distance. It is a matter for you and your judgement at the time.

Q: If I go to the Village Hall on a Wednesday between 10.30hrs and 12.00hrs in Law-shall to pick up some fruit and vegetables, am I breaking the law if I am there as there are more than two people there?

A: No you are not breaking the law, buying fruit and vegetables, even from a "pop up" stall is considered to be shopping. What you MUST do is to maintain the Social Distancing rule of 2 metres apart.

Q: I have to go to work and am scared because they are not maintaining the social distancing rules. What can I do? What should my employer be doing to keep me safe?

A: In brief, the law says that employers should seek, where possible, to ensure that their employees maintain the 2 metre Social Distancing . If you are really concerned then consider raising it with your employer. The employer should also be providing hand sanitiser and access to soap and water to enable you to wash your hands for a minimum of 20 seconds. If your employment requires you to go into someone else's home then the obligation on you is to ensure that you are well and not suffering from symptoms and the obligation on everyone is maintaining the 2 metre distance from each other. The Government also says that no work should be carried out in any household which is isolating or where an individual is being shielded, unless it is to remedy a direct risk to the safety of the household, such as emergency plumbing or repairs, and only if you are willing to go into that property to carry out those requirements.

Q: None of these rules really apply to me, do they?

A: Yes everyone MUST abide by the measures and the Laws laid down by the Coronavirus Act 2020.

Q: If I am caught by the police, there is nothing they can do to me anyway.

A: WRONG! The police, and other relevant authorities, have the power to enforce the Act where people do not comply with it. IF the police believe that you are breaking the rules they MAY do one of three things:

1. instruct you to go home, leave an area or disperse
2. instruct you to take steps to stop your children breaking these rules if they have already done so
3. take you home – or arrest you – if you do not follow their instructions or where they deem it necessary.

Furthermore: if the police believe that you have broken these rules – or if you refuse to follow their instructions – a police officer may issue you with a fixed penalty notice for £60 (reduced to £30 if paid within 14 days). If you have already received a fixed penalty notice, the amount will increase to £120 and double on each further repeat offence. There have been a handful of cases through the country where the offender has been taken to Court and received a Criminal Record.

DISCLAIMER: This document has been prepared with care and to inform, but is not intended as legal advice.

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Covid-19: Help from your MP during the outbreak

James Cartlidge MP Member of Parliament for South Suffolk



HOUSE OF COMMONS

Dear Constituent,

I hope that you and your loved ones are safe and well, and that you continue to follow the advice on how to reduce the risk to yourselves and others from the Covid-19 coronavirus. In line with social distancing guidelines, I am not currently holding constituency surgeries and my team are working remotely. As such, I wanted to highlight the ways in which you can contact me if you require assistance:

Email: james.cartlidge.mp@parliament.uk

Telephone: 020 7219 4875

Website: www.jamescartlidge.com/covid-19

The most important point for me to underline as your MP is that it is vital that we all follow Government health advice, particularly on social distancing, all of which is designed to save lives.

Although I don't know how long this outbreak will last, or how long these restrictions will be in place for, I do know that our community is strong and that working together we will beat this coronavirus outbreak. In the meantime, I am here to help.

James Cartlidge

Member of Parliament for South Suffolk



STAY AT HOME

PROTECT THE NHS

save lives

- Stay at home
- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.

Other Advice and Support

Do you need a volunteer's help while you are isolated at home? Call: 0800 876 6926.

Latest Advice & Guidance – www.gov.uk/coronavirus

NHS – 111.nhs.uk (Only phone if you cannot get help online)

Universal Credit – 0800 328 5644

Business Support – 0300 456 3565

Suffolk County Council - 0345 606 6067

Babergh District Council – 0300 123 4000

Education coronavirus hotline – 0800 046 8687

HMRC – 0800 015 9559

This poster is funded by the Independent Parliamentary Standards Authority (IPSA) for the purpose of assisting James Cartlidge MP in the performance of his Parliamentary duties.
Printed by Keith Avis Printers, 68 High Street, Hadleigh, Ipswich IP7 5EF



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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

Hello to Lawshall Ladies –

There will be no formal meeting in June
Watch this space for future meetings as this emergency evolves and resolves.

Lawshall Ladies Book Club

The Lawshall Ladies are planning to discuss their book online.



What have you read that has inspired you?

Neighbourhood Watch

If you are a resident and would like to join please find us on Facebook under “Lawshall Neighbourhood watch “

Lots of useful ideas are being posted on the Facebook group—thank you to all those who are involved in helping our village and villagers.

For example: we have a small food bank in the pub thanks to Laura and Lawrence. The idea is that if you are in need of a particular item you may take it as long as you can also add one item to the stock !! Do let them know if you are running out of food.



From **Rev Jeremy Parsons** -- Just a quick note to say that our theme in the St Edmund Way Benefice churches is that physical isolation doesn't have to mean social or spiritual isolation! Please check our website www.stedmundway.uk and Our facebook page facebook.com/stedmundway to see what's on, including a daily service of morning prayer by telephone and a live streamed Sunday morning service (with after service chat on the phone) and a Bible study video series accessible by dial-in or online. We're learning new skills, and I think we may continue some of these initiatives as and when restrictions begin to be lifted. Stay safe! -- Jeremy

Lawshall Village Hall Draw Results April 2020

First Prize £50:	270	Margaret Fenemore-Jones
Second Prize £20:	59	Mr & Mrs Prout
Third Prize £10:	38	Liz Francis
Fourth Prize £10:	269	Mrs Davis
Fifth Prize £10:	63	Liz Francis

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

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

Or set up donations via your online bank account.

The Village Hall Account details are on the standing order form.



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

It is located on the outside of the front entrance for easy access.

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



The other Defibrillator in Lawshall is located at The Swan Public House. To access phone 999.

Are you confident in how to use an automated defibrillator?

Do you know that the ambulance service offer support to guide you through the process.

Is it time to refresh your basic life support / First Aid skills?

Tuesday Club



I have to say with sadness that the Tuesday club will have to be postponed until further notice due to the governments advice. I will endeavour to keep in touch with all members on a regular basis during our shut down.

As soon as we are able to resume, we will. I will keep you all posted as to what happens regarding our outings as time progresses. If you have any concerns please ring me.

John Payne

The Suffolk Medal



The medal, designed by Suffolk artist Maggi Hambling, was first awarded last year as a way of honouring people in the county that have gone above and beyond to create fundamental and lasting improvements to the local area.

Three medals were handed out last year: to Rural Coffee Caravan founder Sally Fogden MBE, former East Anglian Daily Times editor, Terry

Hunt, and philanthropist Richard Martineau.

The Suffolk Medal was the idea of George Vestey from Haverhill who was the High Sheriff of Suffolk in 2018-19, and it is administered by Suffolk Community Foundation and funded by private individual contributions to the fund they manage on behalf of The High Sheriff of Suffolk.

The judging panel meets at least once a year and nominations for future medals can be made directly online by any Suffolk resident via www.thesuffolkmedal.org.uk.



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reflections and prayers

Are you in need of some daily
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If you, or someone you know, needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our **NHS Volunteer Responders** are here to help.

Join the thousands of others throughout England who are already receiving support – even if it's just for a friendly chat.

Call 0808 196 3646 or visit
nhsvolunteerresponders.org.uk

Help is available if you have a medical condition which makes you vulnerable to COVID-19, especially if you are over 70. You also qualify if you are pregnant or have a disability.

Royal Voluntary Service is a registered charity 1015988 (England and Wales) & SC038924 (Scotland).



Lawshall Community Woodlands

A Forest for Our Children

WILD SPACE COMPETITION!

How wild is your garden? Do you share it with birds, wildflowers, creepy crawlies, maybe a hedgehog if you're really lucky? Are you busy with any outdoor projects? We'd love to hear about you and your garden!

We're looking for the best wild spaces in Lawshall.

There are 3 categories:

1. GARDENS

2. CHILDREN'S GARDEN PROJECT

3. BUSINESSES, FARMS & COMMUNITY SPACES

So what makes a space wild? There's no one right answer! We're looking for the things that encourage wildlife to make a home in your garden, for wildflowers that flourish, for ways you re-use your home & garden waste, such as compost, mulch and using natural materials in fences and garden supports. Look out for more detail in my next post.

How to enter: let us know in the first week of June if you'd like to enter. You can send us a message on here, email FOC Chairperson Debbie at debbiesu9@gmail.com or give Laura & Tom a call on 827686.

Judging will take place mid-July. At the moment we don't know what form judging will take - we'll make lots of options available. You might like to send us a video, tell us a story with pictures, send us a diary you've kept or make up a scrapbook showing off your wonderful garden. This is a celebration of how much our wild spaces mean to us, especially at the moment, so we'll leave it up to you how you'd like to tell us about the place you love. And maybe win a prize!

In the meantime, please send us pictures of your wild spaces in progress. We'd love to see what you're all up to!

www.forestforourchildren.onesuffolk.net



Lawshall Community Woodlands

A Forest for Our Children

WILD SPACE COMPETITION!

So what makes a garden wild? Our lovely committee member Connie put together this beautiful poster, which would have been a nice big display at our AGM. Here are some of Connie's wild ideas:

BUTTERFLY FRIENDLY PLANTS - such as blackthorn, fruit trees, ivy, honeysuckle, bell flowers, fox gloves, daisies and many many more....

WATER IN THE GARDEN - ponds, water butts

BIRDS - bird feeders, bird baths and bird boxes

WILD AREAS - let areas of the grass grow, leave leaf piles and wood piles as habitats for creatures

HEDGEHOGS - hedgehog houses/hogitats and holes between garden boundaries

BATS - reduce or remove artificial lighting, plant flowers with evening scent such as honeysuckle and evening primrose

WILDFLOWERS - leave flowers such as dandelions, nettles, thistles and ragwort to grow

And anything else you can think of! If it's wild and it's in your garden, we want to hear about it!

If you're thinking of starting a little wild project, don't forget we'll be judging the competition in mid-July so that's when you need to be aiming for.

Have fun and let us know how you're getting on!

www.forestforourchildren.onesuffolk.net

LAWSHALL SWAN INN

Afternoon Teas £8.50 Can be delivered within Lawshall and surrounding villages Wednesday through to Sunday.

Includes the following

Cake and tarts

3 cakes or tarts will be selected for your Afternoon tea box. The 3 will be selected from Carrot cake, Victoria sponge, Chocolate delice, Mini lemon tarts, Mini chocolate tarts, Mini white chocolate tarts. Unless there is a large order for a particular cake or tart we cannot guarantee which items you will receive. Thankyou for your understanding.

Scones

1 x cheese and 1 x plain served with strawberry jam and cream

Quiche

2 mini slices of quiche of the day

Freshly baked croissant

Choose from 1) smoked salmon, capers and rocket, 2) Egg mayonnaise and chorizo 3) Bacon, rockets and tomato 4) Avocado, feta and tomato, 5) smoked ham and cheese.

Prosecco ... £6.00

Add a mini bottle of prosecco

Dessert Box

3 desserts per box ... £10.00

Choose three... White chocolate and raspberry cheesecake, honeycomb and butterscotch cheesecake, double chocolate hazelnut praline torte, lemon tart, treacle tart and chocolate brownie.

Please call to order and we will arrange a pick up time with you.



AVAILABLE FRIDAY AND SATURDAY NIGHT

LAWSHALL WOOD-FIRED PIZZA CALL 01284828477

All our dough is freshly prepared here in our kitchen. Please choose from the menu, we sometimes can not make amendments to the menu at busy times. . Please let our staff know of any allergies or intolerances.

SUPREME ... Smoked ham, Pepperoni, sausage, mushrooms, peppers, pineapple, olives

VEGETARIAN ... Roast sweet potato, feta, chilli, pine . . 10.95
nut and shallots, topped with mint yogurt sauce

PEKING DUCK ... Marinated duck breast, shallots, 10.95
tomato, hoisin base garnished with sesame seeds fresh
chopped chilli and dressed with basil oil

PERI-PERI CHICKEN ... Chicken, peppers, 10.95
caramelised red onion, shallots, Bocconcini on a tomato base
with Peri-Peri sauce

MEATFEAST ... Ham, pepperoni, chorizo, sausage on . . 10.95
a BBQ base, topped with jalapeño and Franks Hot sauce
(optional)

HAWAIIAN ... Ham and pineapple on a tomato base 10.95

PHILLY CHEESE STEAK ... BBQ base, onions, 10.95
strips of sirloin steak loaded with cheese

You must book a Collection time available Wednesday - Saturday 5-8pm and Sunday 12 - 2pm

== LAWSHALL SWAN TAKEAWAY PUB FAVOURITES MENU PH 01284828477 ==

Classic beef burger - \$10.00

Classic 100% beef patty on a brioche bun, served with smoked bacon, onion, mushrooms, cheese, salad, mayonnaise, chips
- Choice of blue or smoked cheese Add a fried egg for 50p

BBQ Ribs - \$13.50

Marinated BBQ pork ribs, grilled on the BGE (big green egg) served with chips and salad

Caesar salad

Salt and pepper squid or chicken Caesar salad.
Chicken £9.95 Salt and pepper squid £10.95

Lasagne - \$10.00

Beef lasagne served with garlic bread and chips

Fish and Chips - \$10.00

Beer battered 8-10oz fish, served with peas, tartar sauce, tomato ketchup and a slice of lemon

Chicken burger - \$10.00

Panko crumbed chicken breast, bacon, oak smoked cheese, chipotle mayo, sweet chilli sauce, salad, served on a brioche bun with a side of chips

Sambal - \$11.95

Hot, Spicy chilli curry with mixed fish and prawn

8-10oz Sirloin steak - \$16.95

Served with half bbq plum tomato, mushrooms and chips

Halloumi burger - \$10.00

brioche bun, halloumi, peppers, mushrooms, crispy onions, chipotle sauce, chips

Laksa

Malaysian creamy coconut curry soup with egg noodles
Vegetable £8.95 or Chicken £9.95

Schnitz - \$8.95

Chicken schnitzel served with chips and your choice of gravy or curry sauce

Pie - £10.95

Steak and Kidney pie, short crust pastry, carrot, broccoli, mash potato and gravy

== CHILDRENS MENU AND SIDES ==

Sides

Loaded chips - £4

loaded with bacon, cheese, chipotle and jalapeños.

Bowl of Chips - \$3.00

- Cheese £1

Childrens Fish and chips - \$5.00

served with peas, chips and tomato ketchup

Childrens Homemade lasagne - \$5.00

One homemade beef lasagne served with garlic bread and chips

Childrens Chicken nuggets - \$5.00

Home made chicken nuggets, served with peas and chips

Childrens Beef burger - \$5.00

served with cheddar cheese, salad, mayonnaise, brioche bun and a side of chips

== SUNDAY ROASTS SERVED 12 - 2PM ==

Roasts

Beef, Lamb, chicken or nut roast Served with all the trimmings Please order before Saturday
- £10.95 adults £5.50 for children

LAWSHALL - LOCAL FOOD SERVICES

get your weekly food supplies with



BUTCHERS

Jamie's Meat Inn at Sudbury

Delivery to your house
Call 01787 311104 to order

Hartest Butchers - B. S. Clarke

Open Monday - Wednesday 8am - 1pm
Thursday & Friday 8am - 4pm (closing 1pm Good Friday)
Saturday 8am until 12.30pm
Call to order and collect on 01284 830232

St Edmunds Butchers

Possible collection at the village hall
Call Neil Price 01284 768351

FRUIT & VEG

A supplier will be visiting the village hall on Wednesday 11am-12noon
Please visit and place an order for the following week
Vegetable boxes £10
Fruit boxes £5 and Berry boxes £5

FISH

John Skelly Fish
Call John & Jenni on 01502 583164

NEWSPAPERS & POST OFFICE

Sicklesmere Post Office is currently still open.
They can deliver newspapers Call 01284 386303

TAKEAWAYS

The Swan Inn is offering takeaway food
Good selection from burgers, curries, pies, kids meals plus
Sunday roasts!
Wednesdays to Saturday pick-up 5pm - 8pm
Sunday lunch pick-up 12noon - 2pm
Call before 5pm 01284 828477 to order.

Make Yourself Heard

In danger, need the police, but can't speak?

- 1 **Dial** 999
- 2 **Listen** to the questions from the 999 operator
- 3 **Respond** by coughing or tapping the handset if you can
- 4 If prompted, **press 55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.



#MakeYourselfHeard
#SilentSolution



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We're Open!

You can still refer to one of our services by calling the number below

01473 718193

**One
Life
Suffolk**

Or by visiting our website: www.onelifesuffolk.co.uk

During this difficult time, OneLife Suffolk are here to support you by offering our FREE services in the safety of your own home. Our dedicated teams can help you stop smoking, offer advice and support with managing your weight along with how to get active safely during this time.

Our Children's team are also running a fun, informative programme for all children in Suffolk to participate in, which includes free webinars accessible from our website.

Please see our website, www.onelifesuffolk.co.uk for more information about how we can support you and your family, alternatively speak to a member of our Client Services Team on 01473 718193.

Alison Begley, Behaviour Change Training Practitioner



LAWSHALL GARDEN CLUB: June 2020



June, the month of the rose. If you're like me and love roses, then this is the month you have been waiting for. Yes I know that some of your roses will have flowered in mid to late May but it is in June that they come into their own. But the rose isn't alone in its splendour. Many other shrubs are also flowering now, including the flamboyant Peonies, the towering Lupins, fragrant Philadelphus and the delightful Dianthus to name but a few.

June is the month to sit outside and enjoy the fruits of your labours but there are a few things you still need to be getting on with. Plants need to be kept watered, especially in these dry conditions and they need to be deadheaded regularly too. I would do both in the evening when the heat of the sun has died down giving the water a chance to work its way down to the roots where it is most needed.

Now is the time to dig up your tulip bulbs to be stored in a cool dark place if you intend to replant them in the autumn. Plant out summer bedding now that all chance of frosts has passed and tidy up perennials after flowering.

In the vegetable garden you can sow a variety of things now including lettuce, spring onion, radish, carrots swede, peas and many more according to space and individual tastes of course. Remember though that vegetables will need regular watering and if you are on a meter, this can prove quite expensive so bear this in mind when planning and planting.

You can't call yourself a gardener unless you're willing to propagate a few plants of your own. Many people use the lack of a greenhouse as an excuse not to propagate but in June, there is no excuse and it makes financial sense to grow your own plants from seed or to take cuttings. Seeds can be sown direct into the soil now that it has

warmed up. Simply follow instructions on packets of seeds and watch them grow. It's wise to sow too many to cover for any that fail and to have extra plants to give away to family and friends or perhaps to sell at a show or fete somewhere (once we are allowed to of course). It is a good month to take softwood cuttings from plants such as Fuchsias and Pelargoniums too. There is so much advice available online now to show you exactly how to do this.

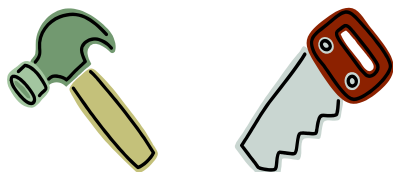
In my garden, I have planted all sorts of flowers and veg that I have managed to grow from seed including red cabbage, lettuce, spring onions, parsnips, sunflowers, cosmos etc etc. it is fun and rewarding growing plants from seed and I would recommend it to all of you. A packet of seeds is cheap so have a go and see how you get on.

Finally, enjoy your garden and if you have roses, look after them by deadheading and watering at the base. A good rose feed should also be added in June. Keep safe and well.

David Henderson



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The COVID-19 outbreak has affected almost every aspect of our daily lives and whilst we are all in lockdown or self-isolation, there are still thousands of vulnerable young people coming into care, in need of a safe and nurturing home. I work for Nexus Fostering, and we desperately need to recruit more foster carers, even amid the coronavirus outbreak..

could you foster?



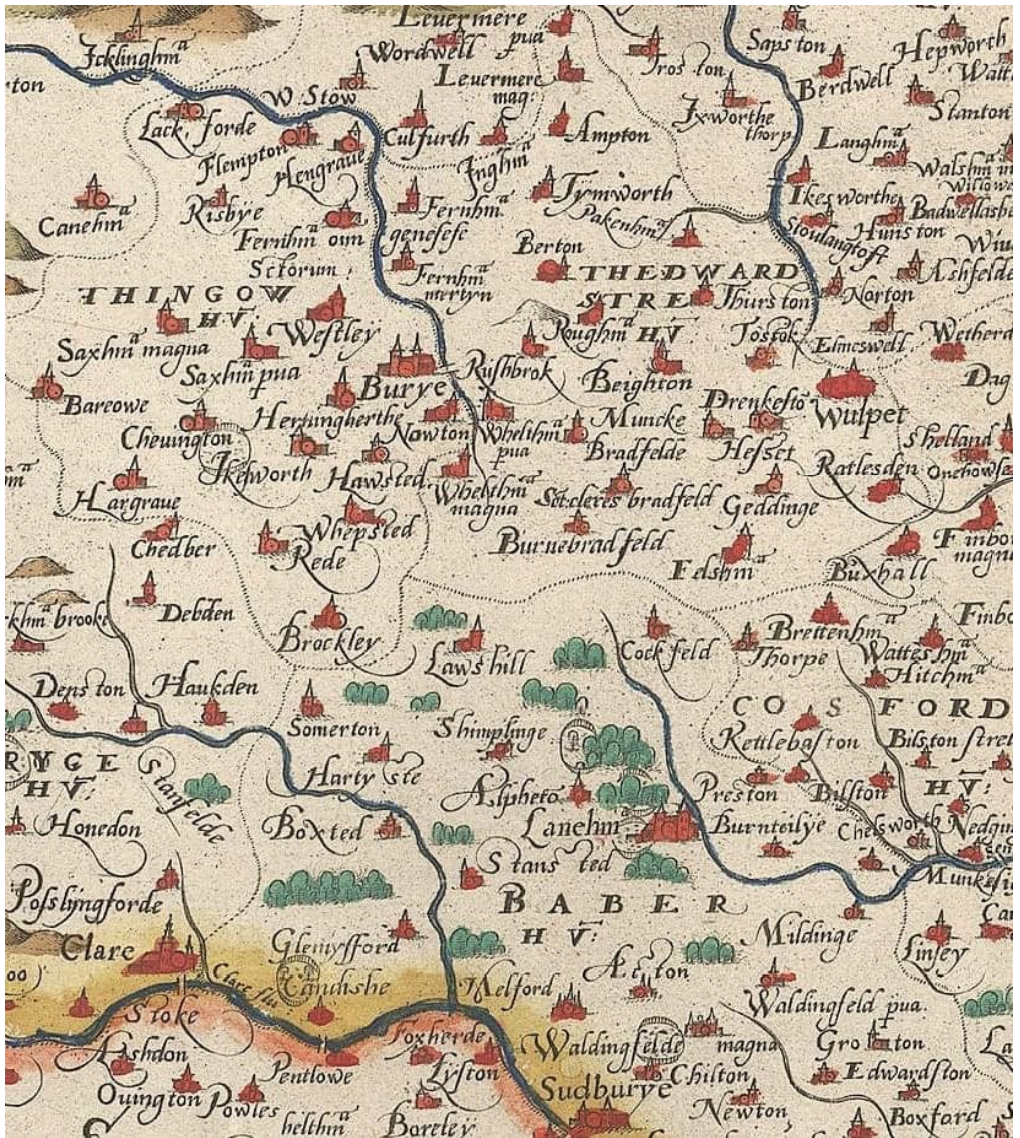
**we urgently need
foster carers
in your area**



We can help you to provide a young person with a stable, secure home.

Call us on 0800 389 0143

Visit us at www.nexusfostering.co.uk



Extract from 1575 map of West Suffolk — from Angela Stevens

More information on Lawshall's name: The original meaning of Lawshall was a hut on a hill. We presume the hill is in the Anglican church area which is the highest ground in the village.

FROM RECORDS : The village was originally known as "Hlaw-gesella" which meant the shelter or hut on a hill or high ground. Early records indicate that in later years the name was recorded as "Laushella" (972), "Lawesselam" (1086), "Laveshel" (1095), "Laweshell" (1194) and "Laugesale" (1253).[2] Other names identified in the County of Suffolk records include Lausel, Lausele, Lausell, Lauselle, Laushalle, Laushill, Laushille, Laushull, Laushulle, Lausill, Lawcell, Laweshill, Laweshille, Lawishille, Lawsall, Lawschyll, Lawsele and Lawsell. Elizabeth Clarke

Notes from Lawshall Pre-School:



There are lots of great activities available to keep us occupied at the moment. Here are links to some of them -

www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation

<https://www.booktrust.org.uk/books-and-reading/have-some-fun>

<https://www.nhm.ac.uk/take-part/try-this-at-home.html>

If you would like any further information about Pre-School please feel free to e-mail us on lawshallpreschool@hotmail.co.uk

See also resources available through Suffolk Libraries. (P5)



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 2020 April

With the passing of time it is easy to forget how dry the month was until the last few days. As you can see below, we had 23mm of rain which is below the average for this region, but 22 mm fell in the last four days of the month. Other than that, we enjoyed some long hot days which show in the overall temperature figures as being much higher than last year. The full details are shown below:-

Total Rainfall: 23mm in 5 days 2019 was 5mm in 3 days

Stowmarket 10-year average is 41mm in 9 days

Daytime average temperature: 18.9 2019 was 16.9

Stowmarket 10-year average is 12.7

Highest temperature: 25.8 2019 was 26.4

Night-time average temperature: 6.7 2019 was 5.4

Stowmarket 10-year average is 4.1

Lowest temperature: 3.3 2019 was 1.1

All temperature figures are shown in degrees C.

Malcolm Edgar



Richard Kemp

County Councillor
01787 378149

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info@angliapestmanagement.co.uk

www.angliapestmanagement.co.uk

USEFUL VILLAGE CONTACTS & INFORMATION

Village Hall Management Committee

Chairman: rotation through committee

Secretary: 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 2nd and 4th Mon 2-4pm ; info 830693

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

Lawshall Ladies : 2nd Weds of month, 7.30pm

Table Tennis last Friday of month, 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.

NO Sunday collections.

Chambers Bus Times route 375 ~ Lawshall to Bury: Alternate Weds June 10th on

From Sudbury bus stn 09.30, Lawshall School 10.12, arriving BSE Bus stn 10.39
Return from Bury Bus Stn 13.00, arr Lawshall school 13.27, Sudbury bus stn 14.10

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: Thursday Suspended until further notice Free Church 9.50 ~ 10.20am,
Swanfields 10.25am ~ 10.40am & Village Hall car park 10.45am ~ 11.25am.

Route 10: Melons Green, Tuesdays Suspended until further notice 12.50-1.05

Refuse Collection

Early every Monday or Friday morning alternating weekly with blue bin & black bin
(Tuesday/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 789503 / 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 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