



LAWSHALL

July 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 August 2020 magazine

6pm Sunday 19th July - 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 **Leanne Hornby** at **leanneandpeter2@gmail.com**
Telephone 01284 830895 or at Hills Farm, Bury Road, IP29 4PJ

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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: What weather we have had! Scorching hot dropping 10 degrees in one day to cool rainy and blustery. Still the plants seem to be thriving and I'm picking snap peas, courgettes and French beans. The blackcurrants almost look ready to pick too, a fortnight early.

The flash flood in mid June engulfed the Sicklesmere post office and stores—Daryl and Caroline Refell have kindly sent us a message—on page 27. We wish them smooth and speedy recovery.

As the coronavirus precautions continue the various support options remain available. Do let our own village helpline know if you need help with something, or are stuck without food (Call Laura on 828477) . A big thank you to all the villagers who have stepped up to collect prescriptions or food shopping or help in other ways.

The church is starting to have open times again, and the village hall committee are planning how to enable events to happen in the hall.

Thank you to those who have continued to support this magazine and send photos. I hope to get back to a print version next month so keep them coming. Jenna

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The Swan Inn Lawshall

Tel 01284 828477

www.swaninnlawshall.com

We will be opening again soon following guidance from the government.

Please watch our facebook and Instagram pages for updates.

Our takeaway service will continue as normal.

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 July 2020

This Month:

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

29th June—limited numbers of the **Village Hall Management Committee** meet to plan for hall reopening.

Tuesday 14th **Parish Council Meeting** online (2nd Tues)

Notice of FOC AGM

We'll be holding our AGM a little later this year on **July 20th** at the Village Hall. Attendance is by invitation only so if you're interested in coming please send an email to debbiesu9@gmail.com

If you'd like to stand for the committee please send in your application by July 13th.

There won't be the usual **Village & Flower Show** in July this year
—but keep your gardens going, there may be something later in the year.

Future Events: may be cancelled due to Coronavirus

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

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

Suffolk Mobile Libraries - start again from July 6th

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.

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:

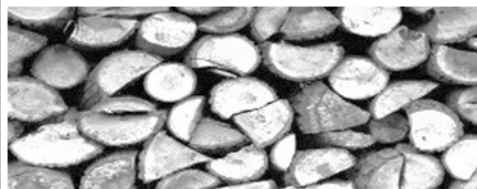
Good Hand Hygiene is essential - frequent washing of hands with soap and water.
Cough into a tissue & Bin the tissue.

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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www.lawshallvillagehall.co.uk

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

Possible Hall Re-Opening....

Thank you for your patience while the hall has been closed and to those of you who have enjoyed the fruit and vegetable stall as well as Danny's baking on a Wednesday morning.

We are hoping to be able to open the village hall again soon. This may have to be in a different way. We may have to limit the size of groups, arrange more cleaning or modify the use of small spaces like the kitchen and toilets.

We have had some of the required signs printed. Just six of the Village Hall Management Committee will be meeting on Monday 29th to plan what is needed for re-opening the hall.

A small work party will also be gathering on 4th July to carry out some maintenance work around the grounds. This is all done on a voluntary basis—if you feel like joining us please contact Ian Carrington 830497.

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 June 2020

www.lawshall.suffolk.gov.uk

Email received from Hazells re: Glebe Stores: Asking if there is any interest in the village to rent the shop. The Councillors instructed the Clerk to contact Hazells stating that we would welcome a shop in the village especially now but there is very little that the P.C. can do at this time of the pandemic. The Clerk will enquire if Hazells could let the P.C. have details of the cost of the rent and other business costs.

Survey for Community Project: Although this project is on hold at present the Councillors would welcome all residents to fill in the survey form. They are available from the Clerk.

White vans: These have been seen around the village several times lately. If you see one take the Reg. No. if you can **and report it to the Police immediately.**

Keep a lookout: When you are out walking if you notice any odd marks on the hedgerows, chalk marks for instance, **report these to the Police immediately.**

Message from the Police: Please be aware that all sorts of scams are circulating at the moment, via email, social media and telephone calls. If you feel that something isn't right **do not answer any of them but report it to the Police.** Also there are many items being stolen in and around the village, so please make sure when you are away from home that all doors and windows are locked, all outbuildings, garages and shed are made secure.

Thank you: The councillors would like to thank all the farmers who allow residents to walk on the footpaths on their land. Please make sure that you clear up after your dogs. **Please use the doggie bins placed around the village.**

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 **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

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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.**

PLANNING PERMISSION GRANTED FOR THE FOLLOWING:

No. DC/20/01540: Lethian House, Bury Road: erection of two storey side, two storey and single storey rear extensions. Erection of front porch extension and double garage (following demolition of existing side extension and garage).

DISCHARGE OF CONDITIONS: No. DC/20/01857: Green Farm, Lawshall Green:

Town & Country Planning Act 1990. Condition 6 (Biodiversity Method Statement). Prior to the commencement of any works a biodiversity statement shall be submitted and approved in writing by the Local Planning Authority.

Dorothy Griggs Parish Clerk 01284 830813.

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.

It's important to know your rights when it comes to energy

Did you know you can get free independent energy advice from Citizens Advice? For example, they can help answer questions about your bills or meters, or if you're struggling to pay for the energy you use.

Find out more : Visit **Citizens Advice** to view your rights in English or Welsh. You can also contact their consumer helpline on **0808 223 1133** for free, independent energy advice. <https://www.citizensadvice.org.uk>

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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.

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

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.

NHS Volunteer Responders 0808 196 3646
nhsvolunteerresponders.org.uk

Domestic Violence

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](tel:08088024040)

If you or someone else is in **immediate danger**
Make an Emergency Call: **999**.

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.

Financial Help

National Debt Helpline: 0808 808 4000

<https://www.nationaldebthelpline.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.nsfh.nhs.uk/Find-help/Pages/Helpline.aspx>

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



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Faith in Later Life

CONNECTIONS

Daily Hope phone line for hymns, reflections, prayers 0800 804 8044

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 16-17**

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.

We specialize in older properties & all the trades have minimum of 35 years experience each. We are happy to do small jobs ~ garden walls, bathrooms & kitchens up to complete house renovations & extensions.

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Bird Notes by Cliff Cooper July 2020

Well here we are coming towards the end of June and I still haven't been anywhere outside the village to do any birding. I have probably spent more time walking the fields locally this year than I have ever done before, but have yet to find anything of any great note. That is in sharp contrast to a friend who lives nearby- he had a honey buzzard fly directly over his head recently. Unfortunately, the honey buzzard did not stay around so yet another one escapes my eyes!

The hedgerow birds seem to be doing well as there is always plenty of song and birds fluttering around as we walk the field edges. Whitethroat, lesser whitethroat and yellowhammers make the chief contributions here, whereas the blackcaps and chiffchaffs take over in the woodland. I am pleased to say that the willow warbler is still singing in the newer part of golden wood, so please keep your dog on a lead in this area as the nest will be on the ground somewhere under the bushes.

At home, the house martin numbers have risen very slightly, bolstered by the little enclave around Harrow Green- still no interest in our artificial nests though. The starlings are having a very good summer with lots of young ones intent on falling down the chimney!

We did have one unsavoury incident in the garden when one of the scavenging jackdaws reached up to a bird feeder and grabbed one of our house sparrows; it pulled the sparrow to the ground then pecked at it continuously until the poor sparrow died. The jackdaw then proceeded to tear at the body and eat it entirely. I suppose that is nature at work.

I have received two reports of spotted flycatchers nesting in different parts of the village- that and the occasional turtle dove sighting are very heartwarming in these worrying times.







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CORRECT STOCKING OF PRODUCE

PLEASE CONTACT: CATHY ACHESON via
FACEBOOK (LAWSHALL NEIGHBOURHOOD WATCH GROUP) OR
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.

SICKLESMERE STORES AND POST OFFICE



25 June : Temporarily CLOSED by flood (p 27)

NEWSPAPERS are available for delivery



Parking available for customers during shop opening hours

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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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Accepting children from the term after their 2nd Birthday.

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Lawshall Community Woodlands

A Forest for Our Children

Although our Woodland Volunteer mornings are on hold for the time being, the woods are still very much open and available. Golden Wood and Crooked Wood are both looking spectacular at the moment, so get on down and take a look!

We're also running a **WILDSpace COMPETITION** to find the best wild spaces in Lawshall. There are 3 categories:

1. GARDENS

2. CHILDREN'S GARDEN PROJECT

3. BUSINESSES, FARMS & COMMUNITY SPACES

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.

How to enter:

Send us photos of your wildspace or get creative with a video, diary or scrapbook. 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 to show us the place you love. Submit your application by **July 31st** then our judges will select a winner for each category. For more information, email FOC Chairperson Debbie at debbiesu9@gmail.com.

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

Woodland Maintenance work continued in Golden Wood

At the end of May a small band of volunteers turned out for a morning of woodland maintenance. Adrian writes: Thanks go to the stalwart team who worked to protect the coppice stools. This was a fine job done and a very necessary one as some of the hazels, in particular, had already been the subject of deer attention.

In addition to the 31 stools earmarked for protection we were, in fact, able to complete the job and protect a further 14 hazel stools.

We managed to be reasonably sociable while keeping to our selected zones in the wood. You will see from the photographs how social distancing was generally much greater than the required two metres and demonstrates how we can, if pressed, carry out essential work. Simon and Lucy worked together in another part of the wood.

On that note, next month would have been ride trimming (and guard removal). Neither is necessary to the immediate health of the woodland so it remains to be seen what government restrictions are in place. In the meantime, Steve has kindly agreed to mow the rides in mid June.



Message From Sicklesmere Stores

Sicklesmere Post Office, owned by Caroline and Daryn Reffell, suffered serious damage in mid June after a torrent of water engulfed their village shop and the first floor of their home. The fire service was called to the store and tried to pump water into a nearby river, but much of the damage was already done.

Caroline and Daryn write:

We would like to say a few words of thanks to our lovely customers, friends and locals, who have been so kind and thoughtful to our family over the last 2 weeks. It has shown us what strength there is in this close knit community, and without them things would be much harder for us. Little things like flasks of coffee, and homemade cakes the day the flood (due to blocked drains) happened, flowers, gifts, letters and cards with kind words, so many offers of help, they have all brought tears to our eyes and we are so very grateful to everyone who has helped us to make it through the last 2 weeks.

We were very surprised to hear about the fundraising campaign as our daughter Beth had kept it quiet, and we cannot believe how generous and kind everyone has been, it is amazing. We hope to put the money towards future flood defence and also for expenses which we are accruing at the moment to get the whole premises cleaned up. We are truly blessed to live in our village, and the last 6 years serving the community and local villages has been a pleasure. We hope to be up and running in a couple of months, earlier if possible as we are already missing everyone!

We are still doing our home delivery newspaper and magazine service, which is great as so many of our customers are still self-isolating.

You can read more from the EADT here:

http://www.eadt.co.uk/news/suffolk-post-office-destroyed-by-flash-flood-1-6709317?fbclid=IwAR3tgy_CnfKURKtrVsU18IN6a2dvmClnlPq1Yk-xBKM-X3yQb9vET3p6A

Thank you, Caroline and Daryn Reffell, Sicklesmere

Lawshall Village Hall Draw Results June 2020

First Prize £50:	83	Martin Garwood
Second Prize £20:	1	Myfanwy Chappell
Third Prize £10:	427	Heidi Page
Fourth Prize £10:	84	Julia Garwood
Fifth Prize £10:	282	Ian Carrington

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.

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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

Hello to Lawshall Ladies –

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



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?

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

Here is a list to help you get your weekly food supplies within (or as close to) Lawshall.



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.

English Country Garden July 20

Well what a strange start we have had to our summer. The country in lockdown with this awful pandemic and shops closed. Many people losing their jobs. You can be excused for thinking that we would all be down and depressed but then nature intervenes. We had lovely warm sunny weather throughout April and May followed by some very welcome rain in early June and our gardens



look all the better for it. Flowers in general and roses, in particular, have flourished in these conditions, filling our gardens with colour and scent. Our gardens are places where we can escape the woes and relax, enjoying all they have to offer.

I have long thought about what type of gardener I am. I like formal gardens, cottage gardens, wild gardens and so the list goes on. I have recently researched what an English country garden is, and I have discovered that I have created exactly that in my own garden, albeit without realising that that

was what I was doing. So, what should an English country garden consist of? I suppose the best way I can describe it is organised chaotic feast of colour and scent. It is not formal and repetitive; nor is it a mixed collage of cottage garden plants. Mine is a mixture of both with a wild aspect thrown in for good measure.



I have occasionally sat down in my garden and found my eyes bouncing around from one part of the garden to another and thinking that this shouldn't be happening. I was wrong. That is exactly what should be happening. You do not want to



sit staring at one single element of planting or design. You want your eyes to explore the whole garden and that is what I have created. There is a need for focal points that draw your eye but have several, in whatever form suits your own tastes. They may be structures like arbours or arches, or they could be artwork or statues. They could be a well-placed bench or simply just the planting.

I have created several beds and borders with varying themes. I have a white bed which holds only white flowers and some plants with silver or blue foliage. I have a pink scented border by a patio and a circular bed of peonies and dahlias. I have also created a small orchard of dwarf

fruit trees which rise out of a sea of wildflowers and grasses. I also have a centre bed that has a mixture of plants that could be described as cottage garden style and a good-sized rose bed. There are several other areas as well including fruit cage, vegetable bed, woodland walkway, and totally wild areas for wildlife to enjoy.

It all sounds like a lot of work and I won't deny that it has been hard at times but now it is all in place, I can manage my time more easily with regular short bursts of weeding, deadheading, and mowing. I have started growing most of my summer bedding and vegetables from seed in the greenhouse which has saved me a fortune too. Each bed or border is a focal point in itself, forcing me to let my eyes wander when sitting and relaxing or when strolling around the garden. I have several places where I have seats and benches set



up which alter the whole aspect of the garden depending on where I chose to sit. I am lucky in that I have a reasonably large garden, but this can also work in a smaller garden by spreading the planting rather than using one spot and changing the angle from which you view it.

So, you can see that I have a good mixture of borders and beds with some formality in the planting but without an overall main theme. I have an English country garden. If you have designs on creating something similar, remember to include structure which might also include trees and topiary. This



will aid in adding interest throughout the winter months. If, like me, you enjoy Salvias and Dahlias, remember to care for them in the winter. Dahlias should be cut back to ground level after the first frosts have hit them and covered in a good mulch to a depth of about 4 inches. There is no need (in my experience) to lift them each year. Perhaps lift and divide them every 2 or three years in Spring. Salvias can be dug up carefully and potted up in a good-sized pot and kept over winter in a cold greenhouse. They should survive well with minimal watering until the following spring when you can replant them outside. They will continue to flower right through to December in the greenhouse. Some will survive winter outside, but a severe cold spell can kill them off and they can be expensive to buy.

We are well into deadheading season now so keep on top of that, especially with your roses. The more you keep on top of deadheading, the fresher blooms will appear. Keep mowing your lawns but not too short. This will aid in keeping them green through longer dry spells. Water your plants at the base. A little watering each day is no good. A good watering at the base once or twice a week will keep them happy.



If you are growing tomatoes or cucumbers, keep them well watered every other day. Cucumbers like moisture in the air too so if growing them in a greenhouse, wet the floor thoroughly every day. This will keep them happy and help to produce good fruit.

I recently joined the national garden scheme online (which is free by the way) and have discovered a lot of gardens close to Lawshall that open their gardens to the public on specific days. You will need to donate towards the owners chosen charity when visiting. One garden I visited

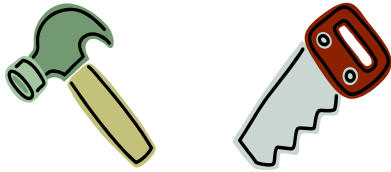
last week was Holm House in Drinkstone. It was beautiful and gave me lots of ideas and inspiration to work on things in my garden. Why not join and give it a try?

I hope you are all safe and well and please continue to enjoy your gardens, whatever type you have.

David Henderson



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Lawshall All Saints Church



Following the Government announcement on 23rd June, The PCC are very pleased to be able to reopen All Saints Church for private prayer and funerals from 30th June. The guidance is under constant review and we will be guided by the Government on when we can allow services and small weddings.

Please see below a statement from the Bishop of London, via Church of England;

"The last three months have been an extraordinary time - the first period without public worship and the sacraments in England in more than 800 years. There will be real joy as we begin to come together again – if even at a physical distance – but I also know that many will be understandably cautious at this news.

"We will not be returning to normality overnight - this is the next step on a journey. We've been planning carefully, making detailed advice available for parishes to enable them to prepare to hold services when it is safe and practical to do so. It is important to say that the change in Government guidance is permissive, not prescriptive.

"I would particularly like to thank clergy and lay leaders for all they have done during the time our buildings have been closed. Not all church buildings will be ready to hold regular services from July 4th, but we are providing whatever support we can to enable them.

"There will still be restrictions and we must all still do everything we can to limit the spread of the virus to protect each other, especially the most vulnerable. The online services and dial-in worship offerings we have become used to will continue"

All Saints church building will be open on:

Tuesdays from 9.30am - 12.00

Fridays from 12.00 - 8.00pm

We are very lucky to be able to open again, but we must adhere to strict guidelines laid out by the Church of England. We kindly ask that you follow the guidelines below which will be under constant review;

-Enter the church by the usual door and

Exit via the opposite door which will be clearly signed

-Hand Sanitiser will be available at the entrance and exit

-Please Leave the Doors Open

-Some areas of the church will remain out of bounds to the public.

Thank you for your understanding. We look forward to welcoming you back.

Alert from Action Fraud: We've received over 2,600 reports about these FAKE British Gas emails. The links in the emails lead to phishing websites that are designed to steal your personal and financial info! If you spot a suspicious email, forward it to: **report@phishing.gov.uk**

Action Fraud 0300 123 2040

Citizens advice Consumer Helpline 0808 223 1133

SCAM WARNING



Watch out for these FAKE emails claiming to be sent from British Gas

Action Fraud has received over 2,600 reports about fake emails purporting to be from British Gas. The emails threaten to disconnect the recipient's gas service if an outstanding bill is not paid. The links in the emails lead to genuine-looking phishing websites that are designed to steal personal and financial details.

Your bank, or any other official organisation, won't ask you to share personal information over email or text. If you need to check that it's a genuine message, call them directly.

Spotted a suspicious email? Forward it to the Suspicious Email Reporting Service (SERS) - Report@phishing.gov.uk



SCAM WARNING



Criminals target Snapchat users in extortion scam that threatens to reveal their private photos

Action Fraud has received over 300 reports since January about Snapchat accounts being compromised as a result of users being tricked into handing over 2FA codes to criminals. In some cases, the victims are then extorted for money with the threat of having their private photos shared publicly.

- Don't respond to messages that ask for your login details or two-factor authentication (2FA) codes. These can be used to compromise your account.
- Use the report functions within Snapchat to flag spam messages, or accounts that may have been hacked.
- If you have been a victim of extortion, or attempted extortion, please report it to your local police force.



Hospital visiting

Lockdown restrictions caused [West Suffolk Foundation Trust](#) to announce the cessation of visits to the hospital on March 25. However, with coronavirus cases continuing to fall and the government relaxing restrictions, West Suffolk Hospital is now among those that have reopened their doors for visitation.

On Wednesday, the hospital trialled the changes on one ward, with one visitor allowed for one hour each day. After the success of the trial, it was announced that one visitor would be allowed each day for an hour on wards which were not Covid-19 inpatient wards.

The list of wards now allowing visitors is as follows: F3, F4, F5, F6, F8, F9, F10, F14, G1, G3, G5, G7 and G8.

[Newmarket Community Hospital](#)'s Rosemary Ward and Kings Suite at [Glastonbury Court](#) care home have also reopened to visitors under the same rules.

Message from Andy Tucker re Scam

NHW: SCAM 'REVOLUT' Text

I have just received the SCAM text message below (I have deleted the suspicious link). I have simply forwarded the SCAM text to **7726** which sends the text to your service provider to investigate further.

Even though I do NOT have a Revolut account, I investigated myself a little further and 'Which' reported on 28th May that Revolut customers were being targeted with phishing texts and a fraudulent Google advert listing fake phone numbers.

The SCAM text I received:

'NatWest: A payment of 3,000 GBP to REVOLUT was attempted on 17/06/2020. If this was NOT you, take immediate action via: LINK DELETED'

So both Revolut customers and non-customers are being targeted.

Warmest Wishes

Andy (SNWA BSE Area B Network Coord)



Lawshall Pre-School

Since we last spoke to you some of us have now returned to Pre-School either because our parents are keyworkers or because we are due to go up to 'Big School' in September. There are currently only six children at Pre-School at one time but we still manage to make lots of noise!

We now have to play in bubbles (but we can't pop them!) with the same adult and the same friends during the session. Lots of our toys have had to be packed away to keep us safe but we get to have our very own pencil cases and our own pots of playdough to play with.

Our adults at Pre-School have to wear masks and gloves and sometimes visors - they look a bit strange but we know it is to keep us all safe and healthy.

We are missing our friends who are not currently at Pre-School but they can share their photos and tell us what they have been doing and learning while they are at home by using their online learning journals.

We hope that everyone will be able to return to Pre-School soon.

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

Suffolk Mobile Libraries - start again from July 6th

Joining

If you live in Suffolk or a neighbouring county complete the [online joining form](#) and we'll post your card to you.

Alternatively, visit any Suffolk Mobile library with proof of identification and we'll give you a card.

It's free. Children and young people up to the age of 16 need a guarantor. To use any of our online services you'll also need a PIN. If you don't know your PIN contact a member of staff, telephone 01473 351249 or email help@suffolklibraries.co.uk

Costs

Books on mobile libraries can be borrowed for 8 weeks. If you don't return a book on time we'll apply an overdue charge. The charge rises for each mobile library visit you miss. If the mobile library is unable to call we'll take this into account when we calculate the charge.

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



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 May

This was the month that broke all of the Met Office records. It was the warmest and driest May ever recorded. Coronavirus lock-down was in place for the whole month which meant that all social meetings had to be in the open and everybody had to queue outside supermarkets at a 'Social Distance' of 2 metres before being allowed in. It was doubly lucky that the weather held for the entire month.

Full details are shown below:-

Total Rainfall: 2mm in 1 day 2019 was 52mm in 13 days

Stowmarket 10-year average is 51mm in 9 days

Daytime average temperature: 21.9 2019 was 19.1

Stowmarket 10-year average is 16.2

Highest temperature: 29.7 2019 was 25.4

Night-time average temperature: 9.3 2019 was 8.9

Stowmarket 10-year average is 7.2

Lowest temperature 3.1 2019 was 3.6

All temperature figures are shown in °C

Malcolm Edgar



Richard Kemp

County Councillor
01787 378149

Sponsors: **Adam Kemp** BA Hons
DipPFS Cert.CII (MP&ER)
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724013 opt7 07988 961240
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Based in Lawshall

Contact Tim Cox on:

M 07776205346 T 01284 831042

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 30 July, 27 Aug, 24 Sept, 22 Oct Free Church 9.50 ~ 10.20am,
Swanfields 10.25am ~ 10.40am & Village Hall car park 10.45am ~ 11.25am.

Route 10: Melons Green, Tuesdays 7 July, 4 Aug, 1 Sept, 29 Sept 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