



Coronavirus Village Helpline

See page 13.



**LAWSHALL**

January 2021

[www.lawshallvillagehall.co.uk](http://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 February 2021 magazine**

**6pm Tuesday 19th January - 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

### **Black and White Adverts**

Quarter page £6 per issue

Half page £10 per issue

Full page £20 per issue

Back cover £30 per issue

**Wanted / For Sale - £2 per entry; Lost or Found items - Free of charge**

**Welcome to the Village - free of charge, just let the editor know.**

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 upkeep 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.** Just a week before Christmas we have had grey and drizzly or frankly rainy weather for days with only a few glimpses of the sun or clear skies. I've not yet been able to catch a view of our "Christmas star" the conjunction of Saturn and Jupiter that should be visible in the south-west just around dusk. I'll keep looking.

We are taking tentative steps towards some kind of normality with a community cafe starting on market Wednesday mornings thanks to Lindsay Bennett it's first day was very successful with cakes and drinks to take away as well as sit and eat in—all managed in a carefully socially distanced way. Thank you also to Sue who assisted her this week. There will be no cafe on 30th December—do come along in January.

Thank you to all those who have steadfastly contributed to the magazine this year. I look forward to even more diverse pieces maybe even something from some schoolchildren. Photos, observations, notes on your lockdown projects, stories all welcome. Or anything else that interests you.

If you are one of the no doubt many who are struggling somewhat with covid restrictions and with winter, do remember there are sources of help available—through our village as well as through various local and national helplines as well as Citizen's advice bureaux.

Stay warm and well this New Year and let's hope all our efforts to stay distanced enable a move to a more normal way of living in 2021. Meanwhile, remember you are not alone—pick up the phone to someone—these holidays can be a lonely time of year.

Jenna, Editor

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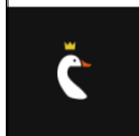
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Laura and Lawrence

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## What's On in Lawshall in January 2021

### This Month:

Tuesday 12th **Parish Council Meeting** (2nd Tues)

### Weekly Regulars:

**No Market or Fish and Chips between  
Christmas and New year. Back to normal in January.**

**TUESDAY 5-7:30pm Fish N Chip van** - village hall car park

**WEDNESDAYS, 10.30HRS – 12.00HRS** Outside Lawshall Village Hall

- \*\* Stall Of Fresh Fruit, Berries, Vegetables and Salad, Eggs
- \*\* Fresh Meat Van
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**NEW! Coffee mornings** at Lawshall Village hall—drinks and cakes to eat in or take away

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### 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.

# 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.

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## Dispensary Opening Times

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## 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

Warmest of Christmas and New Year  
wishes to our patients from all our staff.

Thank you for your patience and understanding throughout this extraordinary year.

**All flu appointments must be booked by calling reception on 01787 378226.**

To protect our vulnerable patients and ensure social distancing, patients will be allocated a time slot for their vaccination. First clinics will be prioritised for our most vulnerable patient groups. **Please do not attend outside of your time slot.**

Later in the year the flu vaccine may be given to people aged 50 to 64. But if you are aged 50-64 and in at-risk group, you should not delay having your flu vaccine. Visit <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/> for further information.

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# LAWSHALL VILLAGE HALL

## – for you to use and enjoy

[www.lawshallvillagehall.co.uk](http://www.lawshallvillagehall.co.uk)

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

### Village Hall News:

As we are in Tier 2 some activities are permitted in the hall where limited numbers of people can remain at least 2 metres apart for the whole time.

This includes during arrival and departure as well as during the activity.

The karate class has started again with small numbers practicing their moves distant from one another.

We hope so much more will be possible next year. If you would like to be part of making that happen please do contact one of us if you would like to join the committee. YOU may be exactly who we need.

A big Thank you to Karen who has stepped down as treasurer and Leane who has taken over. Thank you to all of the committee who oversee and care for the hall and its grounds.

**Market** — bread, Wendy Harris has taken this on. Wendy will bring breads and bakery products pre-ordered from the Friendly Loaf in Nowton for collection in Lawshall on Wednesday Mornings during the market times.



**Coffee mornings** - coffee, tea, hot chocolate, cakes and snacks available on Wednesday mornings at the village hall. Stop for a socially distanced chat. Eat in or take away. See page 18 Check it out!



**Wifi** - is now available at the hall. We hope this will entice future hirers.

A very happy, peaceful and fulfilling new year to all.

Jenna, for VHMC

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# Parish Council Report for December 2020

[www.lawshall.suffolk.gov.uk](http://www.lawshall.suffolk.gov.uk)

The Agendas for all meetings are placed on the P.C. website and in the notice boards. The Draft Minutes, for any meetings are always placed on the P.C. website by the end of the month of the meeting.



**Christmas Tree Collection:** Trees can be left near the Bottle Bank opposite The Glebe between **Saturday 9th January 2021 and Sunday 10th January 2021.** Collection will be made from 6.30am on Monday 11th January 2021. Trees must be less than 7ft tall and must have all decorations, stands and pots removed.

**Scams:** Please be aware that all sorts of scams are now taking place. Some by telephone calls, emails etc, **do not ever give out any personal details e.g. passwords, bank account details.**

**Locality Budget:** The Councillors would like to thank Cllr. Kemp for the donation of £400 from his Locality Budget to help with the payment for work on the trees/hedges at Lawshall Row. This work will be carried out in the New Year.

**Cllr. Richard Kemp:** Offers his thanks to all the people who helped in any way during this current pandemic. See page 15

**Crime report as per the Police website:** No crimes reported for Lawshall during November 2020.

**The Parish Council would like to wish all residents a Happy Christmas and a Peaceful New Year and to say thank you to all those who have helped any residents during 2020.**

Dorothy Griggs - Parish Clerk 01284 830813

From Babergh DC: *Real Christmas tree recycling* If you have a garden waste (brown) bin - During January, you can leave your real *Christmas tree\**, with all decorations removed, beside your brown bin on *collection day*.

# **WATERSON**

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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 APPLICATIONS:**

**Application No. DC/20/05132: Plot 4 Lambs Lane:** application under Section 73 of the Town & Country Planning Act for DC/19/04659 for the variation of condition 2 (Approved plans and documents.) This application was discussed at the remote P.C. meeting on the 8th December, and the decision was 1 Objection, 6 No objections, therefore application is supported.

**Application No. DC/20/05190: Plot 3 Lambs Lane:** application under Section 73 of the Town & Country Planning Act for DC/19/04660 for variation of Condition 2 (Approved plans and documents.) This application was discussed at the remote P.C. meeting on the 8th December, and the decision was 1 Objection, 6 No objections, therefore application is supported.

**Application No. DC/20/05387: 5 Windsor Close:** erection of single storey rear extension. This application was supported at the remote meeting on the 8th December, and the decision was No objection, application supported.

**PLANNING PERMISSION GRANTED: This was received on the day of the P.C. remote meeting 8th December 2020:**

**Application No. DC/20/04506: Leathean House, Bury Road:** demolition of the existing dwelling and garage and erection of a new replacement dwelling and garage.

Dorothy Griggs - Parish Clerk 01284 830813.

To Contact our Local MP: especially in regard to covid –19 issues

[James.cartlidge.mp@parliament.uk](mailto:James.cartlidge.mp@parliament.uk) Telephone 020 7219 4875

Website [www.jamescartlidge.com/covid-19](http://www.jamescartlidge.com/covid-19)

### **District Councillors** for Chadacre Ward:

**Stephen Plumb.** email: [Stephen.Plumb@babergh.gov.uk](mailto:Stephen.Plumb@babergh.gov.uk) and

**Michael Holt.** email: [Michael.Holt@babergh.gov.uk](mailto: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 830813

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## 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 & Food bank**

**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** 24hr National Domestic Abuse Helpline 0800 2000246

Bury Women's Aid (Bury Refuge) – 01284 753085  
[admin@burystedmundswomensaid.org.uk](mailto: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**.

### **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** 24/7



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- 2** Listen to the questions from the 999 operator
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- 4** If prompted, press **55**  
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# At Lawshall Village Hall Car Park

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## **MESSAGE FROM County CLLR RICHARD KEMP:**

**HOME BUT NOT ALONE** phonenumber goes live again 3rd November 2020 The Home, But Not Alone free phonenumber, which supports vulnerable people in our communities who may be struggling with the impact of Coronavirus. The service was paused in August because of low demand and the lifting of Covid-19 restrictions. However, considering Thursday's national lockdown, the service is now up and running again.

The telephone number is freephone **0800 876 6926** and will be staffed from 9am to 5pm Monday to Friday. Call handlers use resources and information from across many Suffolk organisations and specialist providers, which are tailored to individual needs.

### **PERSONAL MESSAGE FROM RICHARD:**

I am very proud of how our communities have worked together to make sure the lonely feel connected and that those who need additional help have received the support they need. To everyone who has helped, by offering emotional, mental and physical support, I extend my sincere vote of thanks to you all, you are amazing!

Stay safe, know you are not alone, and I wish you every health and happiness for Christmas and New Year and let's all hope 2021 is safer for us all.

## **YANA (You Are Not Alone) is here to help**

If you are involved with farming or another rural business in any way and are feeling low or if you are worried about a member of your family, a colleague or a friend, YANA can help. Call our helpline 0300 323 0400 for confidential support or email [helpline@yanahelp.org](mailto:helpline@yanahelp.org).

Remember, you don't have to struggle by yourself – good help is available. <https://www.yanahelp.org/>

If you are very seriously worried about someone else and their mental state go to our [Concerned about someone](#) page NOW. Please don't hesitate to take action.

YANA offers specific help for those involved with farming or other rural businesses in Norfolk, Suffolk and Worcestershire through our work:

- Providing confidential support & counselling
- Building understanding of mental health

Investing in [Mental Health First Aid training](#) & suicide prevention

Wherever you live and work, we hope you find YANA useful.

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[Reab84@outlook.com](mailto:Reab84@outlook.com)

## Bird Notes by Cliff Cooper January 2021

The middle of December during one of the wettest times I can remember, with a Covid pandemic thrown in for good measure, is probably not the best time to attempt to write about exciting bird activity; yet there is always something of interest if you are prepared to look for it.

Last week I was walking the dogs in Golden wood when I heard long tailed tits calling to each other as they travelled through the trees in search of food. As they seemed to be coming in my direction I just stood still and let them come. A flock of about twenty of these ridiculously long



tailed birds passed within two metres of me, unaware of my presence. Following this flock on its meandering course through the wood were tits of two other species – blue tit and great tit. There was also a rather bright looking male chaffinch tagging along to see what food the tits would find. This certainly brightened up my day!

Similarly, I was walking down the waterlogged fields and stopped to admire a male yellowhammer, perhaps not at his summer canary-like best but beautiful nonetheless. As I stood there, a small flock of linnets flew up into the topmost branches of the hedge in front of me. They must have been down on the ground on the very wet ploughed land to the side of the path, yet I had not spotted them. For a few moments the light was good enough for me to see the lovely diffuse shades of pinky red on their breasts before they all flew off together, chattering away as though suddenly startled by something.

So there we are, nothing earth shattering but something to remember during these gloomy days. Hopefully things will improve rapidly at the start of this new year.



**Happy New Year**



**from the Community Café  
Lawshall Village Hall**

**Open Weds from 10.30am –  
12.30pm**

**Eat in or take-away**

(Depending on the current tier state –  
Covid government rules in place)

The following will be available:

Various teas, coffee & hot chocolate

Veggie and sausage rolls

A selection of home-made cakes and cupcakes

**The café will open on a weekly basis from **Weds 6<sup>th</sup> Jan 2021**  
and will run in conjunction with the farmer's market.**

We would love to grow this Community Café into a thriving hub for the local community. This will be possible if you come along and support us.

There is endless potential and we are open to suggestions.

Some ideas include:

Expanding to a lunch menu

Book swap venue

Story telling sessions

Mother and baby support group

Over 50's friendship groups

Come and support us and let us know what you think.

If you would like to get involved, volunteer or have any ideas then please contact me:

Lindsay Bennett: 07827323711 [lindsaybennett@btinternet.com](mailto:lindsaybennett@btinternet.com)

## **Census 2021 will provide a snapshot of modern society**

Households across Lawshall will soon be asked to take part in Census 2021.

The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It has been carried out every decade since 1801, with the exception of 1941.

It will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets.

“A successful census will ensure everyone from local government to charities can put services and funding in the places where they are most needed,” Iain Bell, deputy national statistician at the Office for National Statistics, said.

“This could mean things like doctors’ surgeries, schools and new transport routes. That’s why it is so important everyone takes part and we have made it easier for people to do so online on any device, with help and paper questionnaires for those that need them.”

**Census day will be on March 21**, but households across the country will receive letters with online codes allowing them to take part from early March.

The census will include questions about your sex, age, work, health, education, household size and ethnicity. And, for the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

Results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

For more information, visit [www.census.gov.uk](http://www.census.gov.uk)





Literally next door to the Muslim tombs area was Golconda Fort.

It was absolutely massive and at the top there was a magnificent view of the tombs, the suburbs of Hyderabad and in the distance the modern city. Built

as a fortified citadel and capital city in the 14<sup>th</sup> century it flourished as a trade centre because it was close to diamond mines. There weren't many people there. Only stupid tourists climb the heights when the temperature is over 35C.



Inside the Charminar. Built in 1591 as a mosque and monument to commemorate the eradication of the plague. This was my favourite building with great craftsmanship and design.



The Charminar on the outside. It was impossible to take photographs without people being in the way.

And you think we have traffic problems!!! Cows first, vehicles second, pedestrians well down the pecking order.



Three days before we flew back to Kolkata Don came out of hospital. He was particularly disappointed about the accident since he had planned on all sorts of safari trips for us to take which were not to be. However we had quite enjoyed ourselves apart from the heat which reached 40C. In the morning we would take our outings and in the afternoon just plop on the bed with the fan blowing at full speed. On our return to Kolkata we spent a few days at the Oberoi Grand Hotel prior to flying back to London. The Oberoi Grand is the best Hotel I have stayed in or am likely to. Pure unadulterated luxury, and after some of our little episodes we appreciated the pampering.

**SICKLESMERE STORES AND POST OFFICE NEWS update**  
**NEWSPAPERS** available for delivery

**Mobile Post Office** Tuesday mornings  
09.30 to 11 am

Work is progressing steadily in the Shop and Post Office, and happily the house is nearly finished (hooray!). The builders stop for a 2 week break soon so work will recommence in the New Year. Realistically we are looking at the end of January/start of February for re-opening all being well.

I would like to say a big thank you to all our customers and friends who have been very patient and understanding, and have supported us since June. We look forward to seeing everyone again in the New Year and wish you all a very Happy Christmas! Here's to a much better 2021!!! Caroline & Daryn

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## Lawshall Community Woodlands

### Forest for Our Children

Despite the difficulties and restrictions imposed because of Covid-19 we were still able to run two 'skeleton' work parties of six volunteers each during December. Coppicing went ahead over two subsequent Sunday morning sessions; the teams sorted the cordwood timber and created habitat stacks using the smaller branches. These stacks provide an important element to the diversity of the woodland and although they tend to rot down quite quickly there is an ever-changing pageant of wildlife associated with them. In the meantime, the remaining trees have space to flourish without competition from their rivals and the unshaded ground will become covered with plants and their associated wildlife. The coppiced trees will, of course, sprout and provide a shrub layer beneath the remaining timber trees.



Winter is the traditional time for hedge-laying, so this will be carried out during January and February while the hedgerows are bare of leaves and the berries already eaten by birds. Some volunteers now have good hedge-laying skills. However, it is most likely that restrictions on numbers attending work parties will still apply so we may not be able to invite those who might wish to try their hand at this immensely satisfying craft. That will have to wait until next year.

However, it is with great hope that we now look forward to the time when we shall be running full work parties once again, complete with the obligatory and most enjoyable tea and delicious cake break. When that time comes, we might see you there.

And finally, a very big thank you to everyone who took part in our Golden Wood Christmas tree decorating.

[www.forestforourchildren.onesuffolk.net](http://www.forestforourchildren.onesuffolk.net)

# Alexander Technique for everyday life

With Andrea Walsh MSTAT

## Why not take up, rather than give up for a New Year's Resolution?

When we make New Year's resolutions we often give up or cut down on something. How many of us give up chocolate in January, only to dip into the choccies by the end of the first week? Resolutions we make are frequently health related. Who doesn't want to look and feel better?

Why not think about taking something up, rather than giving something up? The Alexander Technique can make you look and feel better without giving anything up. Lessons can improve posture, breathing, reduce stress and last, but not least, it helps alleviate back, neck and joint problems.

The British Medical Journal published the results of a clinical trial involving back pain sufferers who undertook Alexander Technique lessons. The average number of activities limited by the participants fell by 42%. The number of days' pain per month was 3 days, compared with 21 days in the control group.

If you'd like any further information or would like to book a one to one online taster lesson with me for only £20\* please contact me on **01284 736807**.



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Tel: 01284 736807 07949 083629

<http://>

[www.alexandertechniqueworks.co.uk](http://www.alexandertechniqueworks.co.uk)

[andrea@alexandertechniqueworks.co.uk](mailto:andrea@alexandertechniqueworks.co.uk)

<https://www.facebook.com/alexandertechniqueworks/>

\*Available for readers until 31.1.21

*"The Alexander Technique helped a long-standing back problem and to get a good night's sleep after many years of tossing and turning"* Paul Newman, Actor



## Village Hall Booking:

For meetings, classes, gatherings of no more than  
30 people under Covid guidance

Specific conditions apply



### Hiring Charges:

£14 per hour for Lawshall Residents: £17 per hour for non residents

\*All day hire and small meeting rooms by arrangement

\*Large Main Hall - 15m by 9m with stage and high ceiling

\*Jubilee Room 8m by 4m with hatch to kitchen

\*Outside Lawn suitable for large marquee;

\*Good sized parking area. \* Full kitchen facilities

- 10% discount for regular hirers paying in full in advance
- We do have a **projector** available on request
- WiFi now available



*Please contact booking secretary:*

**Sharon Marshall** on 01284 830182 email: [shazy68@hotmail.co.uk](mailto:shazy68@hotmail.co.uk)



Happy New Year!

We hope that you all had a lovely Christmas!

This term we will be welcoming some new children and families to Lawshall Pre-School. We know that our new friends will soon settle in and we look forward to getting to know them.

The adults at Pre-School will be thinking about what we have already learnt and planning exciting new activities for us so that we can learn even more in 2021.

We are looking forward to putting on our wellies and our wetsuits and going out to play in our outdoor area, come rain or snow.

We still have spaces available for some of our sessions.

If you would like any further information please feel free to contact us on 01284 827588 (please leave us a message if we are having too much fun to hear the phone) or e-mail us on [lawshallpreschool@hotmail.co.uk](mailto:lawshallpreschool@hotmail.co.uk)

## Lawshall Village Hall Draw Results December 2020

**£100 December bonus:** 116 Mrs S Jones

First Prize £50: 77 Janet Gazeley

Second Prize £20: 166 Vera Hammond

Third Prize £10: 85 Jenna Kitchen

Fourth Prize £10: 283 Jill Carington

Fifth Prize £10: 21 Paul Branch

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/>**

Two people who would have won in August  
missed out as they hadn't paid, so make sure you can take part.



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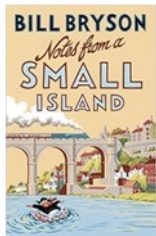
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**Coopers Farm, Lawshall.**

**Tel 07908 656098 01284 830262**

**[raydebenham@hotmail.com](mailto:raydebenham@hotmail.com)**

## Lawshall Ladies Book Club

Unfortunately we did not hold a meeting in any shape or form this month. On the day allocated to meet it was one members birthday, two ladies had not read the book at all for various reasons, one was half way though and the other ladies I did not hear from. I did actually read the book although confess that I only finished it on the day of the meeting.



The book was Bill Bryson's "Notes from a Small Island". It was a humorous read recounting the Author having a final trip around England before taking his British wife and children back to Iowa to experience life where he himself had been brought up. He obviously has a great affection for the UK and was very insightful in the quirks and mannerisms of us British particularly with regard to weather related topics.

He was also very fond of the traditional British Pub and British Beer!! He seemed particularly fond of the Dorset coastline and went into great detail about some of the fantastic views he had from some of the vantage points he struggled to reach. He gave a very humorous description of his first introduction to a B & B Landlady when he had first arrived in the UK in what we now call a Gap Year.

There were also moments that put you to shame with his historical knowledge of some of the places he had visited. He also had a great love of Architecture and expressed great horror at what had been done to a lot of Cities in the name of progress. I felt this was a good light-hearted enjoyable read.

Our next book is "Once Upon a River" by Diane Setterfield. As usual I have yet to start this book as I am gripped in another book at present but it looks to be another good read.

Rosemary



**Lawshall Ladies** in line with other groups in the Village have still not been able to meet. Hopefully if this new vaccine rolls out in the New Year we will see life return to some normality..

Easyfundraising is a way to raise a little money for the village hall through your online purchases. Sign up is easy.

Rosemary

## LAWSHALL GARDEN CLUB

So, a year that has brought so much misery has finally come to an end. We can hopefully look forward to better times ahead with the circulation of vaccines and enjoy a healthier and happier 2021. January is all about looking forward and planning the year ahead in our gardens. Many of us were able to spend much more time in our gardens in 2020 and have probably come up with new ideas about what we want in the garden this year. This month is all about preparing to make those changes.

First of all, we are in the two most barren months of the year and who knows what the weather will bring. Will it be snow and heavy frosts or are we in for a wet and windy period? It is the weather that dictates what we can do in the garden but one thing we can do, whatever the weather is tidy our sheds and outbuildings and clean the tools ready for using in the spring. Simple jobs like cleaning and sharpening blades on spades,



secateurs, loppers and other similar tools. Lightly sanding wooden handles and perhaps coating with linseed oil. Another simple job is to prepare your canes or other supporting wood by protecting the ends that will be in the ground. This is something often overlooked and yet we all suffer from canes

and supports snapping off in the ground. Simply fill an old tin can with preservative of some kind and stand the ends of the canes in them overnight. It's as simple as that.

If we get snow, make sure to clear it from the tops of greenhouses and fruit/veg cages. It's also wise to clear snow from branches of evergreen trees and shrubs to prevent them from snapping under the weight. It is



also best to stay off your lawns while they are so wet. If you must cross a lawn, dedicate a specific path that you always use which can be repaired easily in the early spring.

Enjoy the plants that produce their magic at this time of year such as dogwoods, witch hazel, winter jasmine and hellebores, among others. Cut the old leaves from your hellebores so that the flowers stand proud and beautiful in your border. While you do that, picture what you want those borders to look like in the seasons ahead. Write down your thoughts as it is so easy to forget ideas until it's too late. Draw a plan if it helps and research the plants in books or online. January is a good time to start ordering plants, bulbs, corms etc from the numerous online plant retailers.



Plan your veg patch and order any seeds you may need. Check any existing seed packets to see if they are in date and healthy.

January is the perfect time to prune apple trees, fig trees and vines. Fruit bushes can be rejuvenated now and perhaps consider forcing some rhubarb for a delicious early treat. Early seed potatoes can be chitted under cover for extra early baby spuds. If you haven't done so already, move any pots with plants in close to your house to protect them from the elements and check they don't dry out too much if under cover.

Many people advocate winter digging to prepare plots for planting later but beware of digging over sopping wet soil or frozen soil. I prefer to do this earlier in autumn or leave it until spring.

Whatever you do this January, enjoy your gardens. I hope to be able to restart the garden club at the village hall this year so watch this space for updates. A very happy new year to you all.

David Henderson

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## **Santa Visits Law- shall**

Bury St Edmunds Round Table have run their Santa Sleigh through the town and villages for a number of years. This year they visited

Lawshall for the first time. Santa was not able to stop due to covid but toured through the village enjoyed by many.

Donations can be made to support the work of the Round Table via the website: <http://bsesanta.org/>

### **Santa in Lawshall**



That's us done for another year, it's been great to have been able to run this for 9 days to give joy to our communities, including to some new locations. On top of this, thanks to our sponsors and your donations, we've raised nearly £4000 for local good causes. You can still donate.

See you next year, hopefully in our more normal format!



# *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](http://www.extrafriend.co.uk)**

**Email: [margaretholtuk@yahoo.co.uk](mailto:margaretholtuk@yahoo.co.uk)**

## **Lawshall Weather Summary 2020 – November**

This month was much warmer overall than last year with less rain.

Full details are listed below

**Total Rainfall:** 37mm in 13 days. 2019 was 89mm in 15 days.

Stowmarket 10-year average is 60mm in 11 days

**Daytime average temperature:** 11.5 2019 was 9.3

Stowmarket 10-year average is 9.7

**Highest temperature:** 16.3 2019 was 13.6

**Night-time average temperature:** 6.4 2019 was 4.7

Stowmarket 10-year average is 3.9

**Lowest temperature:** 1.4 2019 was -0.1

*All temperature figures are shown in °C*

*In addition to this normal weather summary I will detail the full year's data next month. From January 2021 I will alter the format of the monthly summary and compare our figures with the Met Office station at Brooms Barn which is just 6 miles outside Bury St, Edmunds. I have obtained average figures from the last 30 years from this weather station so they should offer an interesting and more accurate comparison to our own.*

*Malcolm Edgar*

## Richard Kemp

County Councillor  
01787 378149

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# USEFUL VILLAGE CONTACTS & INFORMATION

## Village Hall Management Committee

**Chairman:** rotation through committee

**Secretary:** Rosemary Riches. 830757 richesrosemary32@gmail.com

**Treasurer:** Leanne Hornby 830895 leanneandpeter2@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/](http://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](http://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](mailto:help@suffolklibraries.co.uk) Tel 01473 351249

**Route 7:** Thursday Dates not yet published : Free Church 9.50 ~ 10.20am,  
Swanfields 10.25am ~ 10.40am & Village Hall car park 10.45am ~ 11.25am.

**Route 10:** Melons Green, Tuesdays Dates not yet published 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 \*  
Lawshall Community Woodlands - Forest For Our Children - Debbie Thomas 827470

The Swan Public House 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