

HANDY LOCAL NUMBERS

All Saints' Primary School 01284 828223
Little Saplings Pre-school hello@lawshallittlesaplins.co.uk 01284 652 344
All Saints' Church - Rev'd Matthew Lawson 01787 310845 (Long Melford)
Catholic Church 01284 754358 * Free Church, Paul Mitchell 01284 828694
Village Hall Lottery Co-ordinator: Leanne Hornby 01284 830895
Lawshall Archives: -Elizabeth Clarke 07813 430985 elizlawshall@btinternet.com
Willows Residential Care Home 01284 830665
Green Light Trust Office 01284 830829 *
Lawshall Community Woodlands - Forest For Our Children -
Hana Jones 07813 984970

The Swan Public House 01284 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: 0800 31 63 105
EDF Electricity emergencies 0800 7838838
Babergh District Council Helpline 0300 123 4000
Suffolk County Council 0345 606 6067

Police: Bury Police Station 701284 74100
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 01284 713000, A&E 01284 713333
St Nicholas' Hospice 01284 766133. Patients' Line 01284 725700

Local Vets: Swayne & Partners (BSE) 01284 701444, (Melford) 01787 370773
Eastgate Vet Group (BSE) 01284 753961
Moreton Hall (BSE) Vets 01284 747000

Round & About Lawshall

Valentine Dance at Lawshall Village Hall

Saturday 15th February 7pm

Dance the evening away to popular hits from
the 60s onwards, played by local band

ROLLERCOASTER

Tickets £15

supper included - bar available

Tickets in advance only

from richesrosemary32@gmail.com

All proceeds to Lawshall Village Hall registered charity no. 304911

Deadline for tickets 2nd Feb to allow for catering

February 25

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 the March 2025 magazine
6pm Saturday 15th February - earlier welcome!**

**Copy should be emailed to the editor, Julia Keys at
editorofranda@gmail.com mobile 07799373454**

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: price per issue:

Quarter page (9x6cm) £6 Half page (9x12.5cm) £10
Full page (18x12.5cm) £20 Back cover £30 per issue

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

Welcome to the Village, Births, Marriages, Deaths - 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... £15 per hour Other users..... £17 per hour
Groups regularly using the hall on a weekly or monthly basis... £12 per hour
Groups that are not regular users... £17 per hour
Children's parties £47 for four hours, to include setting up and clearing away.
Booking Secretary: Leanne Hornby 01284 830895 leanneandpeter2@gmail.com

USEFUL VILLAGE CONTACTS & INFORMATION

Village Hall Management Committee

Chairman: Peter Ward 07931 898326

Secretary: Rosemary Riches. 01284 830757 richesrosemary32@gmail.com

Treasurer and Booking Secretary: Leanne Hornby 01284 830895
leanneandpeter2@gmail.com

Caretaker: Sharon Marshall 01284 830182 07943 215537

Committee Members: Ian Carrington 01284 830497, Julian Delefortrie 07976 313137
Wendy Harris 01284 830449, Julia Keys 07799 373454, Jenna Kitchen 01284 830022

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

Chairman: Mark Anson 07990 773469

Vice-Chair: Catherine Baynton 07799 364147

Parish Clerk: Louisa Mower 07761 737649 lawshallpcclerk@outlook.com

Councillors: Juliet Frost 07790 231136 Andrew Irish 01284 827500 Melvin Coe 07850 445890 and Robert Staveley 07717 197137

District Cllrs: Stephen Plumb. email: Stephen.Plumb@babbergh.gov.uk and

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

County Cllr: Richard Kemp 01787 378149 Richard.kemp@suffolk.gov.uk

Village Clubs and Organisations - held in the Village Hall

Lawshall Carpet Bowls: every 1st and 3rd Mon 2-4pm ; contact 07976 313 137

Lawshall Ladies : meetings once per month, days vary, 7pm for contact see p29

Table Tennis Wednesdays 7.30pm, Contact Julian on 07976 313 137

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

All six postboxes are now collected at the same times Mon - Fri 9am; Sat 7am

Coldham, The Glebe, Lambs Lane/Rectory Corner, Lawshall Green

Donkey Lane, School/The Street. NO Sunday collections.

Chambers Bus Times route 375 ~ Lawshall to Bury: every Wednesday

From Sudbury bus Stn 09.15, Lawshall School 9.57, arriving BSE Bus Stn 10.24
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 Vans Email: help@suffolklibraries.co.uk Tel 01473 351249

Route 7: Thursdays, 6 February, 6 March - Free Church 9.50-10.20am, Swanfields 10.25am-10.40am & Village Hall car park 10.45am-11.25am.

Route 10: Tuesdays, 11February, 11 March Melons Green, 12.50-1.05pm

Refuse Collection

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louisa@thereadingdoctors.com

James Cartlidge MP

James Cartlidge is the Conservative MP for South Suffolk, and has been an MP continuously since 7 May 2015. He currently undertakes the role of Shadow Secretary of State for Defence.



Contact via his Parliamentary Office:
House of Commons,
London,
SW1A 0AA

020 7219 4875

james.cartlidge.mp@parliament.uk

<https://twitter.com/cartlidgemp>



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Editorial

Hello everyone and welcome to the February edition of Round & About Lawshall.

Christmas feels like a long time ago now, but on behalf of the whole Village Hall Committee, I would like to thank the Preston St Mary Pop-up Choir and Alastair Waspe for their musical contributions to the VH event. Music is an essential part of Christmas - the evening would not have been so successful without them.

Bingo continues regularly at the hall on the third Friday of every month, but our next big event is the Valentine Dance on Saturday 15th February. It promises to be a great evening, with local band Rollercoaster covering hits from across the decades. Guaranteed to get you dancing and a tasty supper is included in the £15 ticket price. Get your order in by 2nd February, as catering needs to be arranged. Contact richesrosemary32@gmail.com for tickets.

All our regular contributors are back this month, bringing us up to date with progress in the Community Woodlands and offering advice on how to care for our gardens and the birds that visit them. In addition, you can find out more about the work of the Green Light Trust on p23 and on p16 there is news of a shocking driving offence!

I do hope you enjoy reading this month's edition of Round & About Lawshall and as always many thanks to those who have contributed to the interesting articles.

With very best wishes,

Julia

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If you use the services of an advertiser in Round & About, please let them know you saw them here!

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Join us for **Bingo** at
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Friday 21st February 7-9pm

£8 entry cash or debit card
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18+ only Cash prizes

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All proceeds to Village Hall funds

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Lawshall Village Hall Draw Results

January 2025 Draw

1st Prize £50	I Carrington	268
2nd Prize £20	D Griggs	30
3rd Prize £10	I Grant	120
4th Prize £10	D Morgan	26
5th Prize £10	D Newman	291

If you would like to support your Village Hall lottery see p7 for advice on how to sign up using online banking. Alternatively, download an application form from the village hall website at

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

Or contact: **Leanne Hornby on 01284 830895**

Thank you to Ian Carrington who co-ordinates the collectors.

The **Suffolk Advice and Support Line** is open 9am to 5pm Monday to Friday. Call **0800 068 3131** if you are worrying about your bills, your job or your home as a result of the cost of living crisis.



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What's On in Lawshall in February 2025

Coming up...

- Tuesday 11th 7.30pm Parish Council Meeting in the Village Hall p9
- Saturday 15th 7pm Valentine Dance in the Village Hall p11
- Wednesday 19th 10.30am - 12.30pm Community Café in the Village Hall p8
- Friday 21st 7 - 9pm Bingo in the Village Hall p6
- Tuesday 18th 7pm Lawshall Ladies - Inclusive Pilates led by Lindsay Bennet - Non-mat work only. In the Village Hall
- Sunday 26th 9.30-12.30 Lawshall Community Woodland - Hedge laying. Meet at the Foundry. p17

Regular events...

- Monday 2pm Carpet Bowls, February 3rd and 17th in the Village Hall
- Tuesday 10 - 12.15am Pilates in the Village Hall p19
- Wednesday - fortnightly Knit, Knot & Natter at the Swan p6
- Wednesday 5.30 - 6.40pm Fish & Chips in the Village Hall car park
- Wednesday 7.30pm Table Tennis in the Village Hall p8
- Friday 3-4pm Fresh Fish Van - John Skelly visits Lawshall - **Please note change of day**

Dates for your diary...

- Wednesday 19th March Community Café in the Village Hall
- Friday 21st March Bingo in the Village Hall
- Sunday 26th March Community Woodland

LAWSHALL VILLAGE HALL

IS PLEASED TO PRESENT THE FOLLOWING EVENTS...

BINGO - Monthly on the third Friday of each month 7-9pm. **Next session Friday 21st February.** £8 entrance (cash or debit card) to include one book of four games, cash prizes. 18+. Refreshments and BYOB.

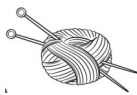
On **Saturday 15th February** local band **Rollercoaster** will be playing at the Village Hall for a Valentine Dance. For further details see p13 and contact Rosemary for tickets: richesarosemary32@gmail.com. Please purchase your tickets before 2nd February if at all possible.

Do check this page in future issues of R&A for details of the 2025 programme of events.

Lawshall Ladies

Our February event is an evening of Inclusive Non-mat Pilates with Lindsay Bennett. Tuesday 18th February 7-9pm.

For any further information about Lawshall Ladies, please contact: **Sarah Warboys 07885 470385 or Claire Ramsey 07415 195289**



Knit Knot & Natter

Every other Wednesday at The Swan. New members welcome.
For the date of our next meeting email editorofranda@gmail.com

Lawshall Village Archive

Please pass on any Lawshall information to Valerie Monk, our new Local History Recorder. Valerie's number is 07961816605 and her address is Saroka, Golden Lane. Or you could deliver to Debbie Thomas, 6 Hall Mead. Debbie is continuing to catalogue the Archives ready to deposit at The Hold in Ipswich.

I will continue to share Archive information which has been gathered over the past 40 years. I hope also to occasionally exhibit some to the many photos that I still hold for the Archives.

Elizabeth Clarke

elizlawshall@btinternet.com 07813430985

Lawshall Evangelical Free Church

Hanningfield Green,
Lawshall,
Ip29 4qd



Just a Thought....

James Baldwin the American writer and civil activist once wrote, "Love does not begin and end the way we seem to think it does. Love is a battle; love is a war; love is a growing up."

These words probably reflect either how he has been treated or how he sees the need to treat others. Whilst we can also probably express our own definition of what we consider love is, God has clearly declared what it actually is in His word. In 1 Corinthians 13 vs 4-7 He states, "Love is patient, love is kind. It does not envy, does not boast, is not proud. It is not rude, is not self-seeking, is not easily angered; it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." Sadly it is something we all fall woefully short of.

However, God, "Commends His own love toward us, in that while we were still sinners, Christ died for us." (Romans 5 v 8). In rejecting the Creator and sustainer of our life the natural consequence is death (Romans 6 v 23). But He has revealed both His love and justice by sending Jesus. God poured out His just judgement against our sin on Jesus when He was on the cross. As a result He can forgive and welcome any into fellowship with Him who recognize their offence against Him and come to Him in repentance and faith. He, "So loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." (John 3v16).

We invite you to our Sunday morning services which are from 11.00 to 12.00 to find out more about Jesus Christ and why He came to earth. We also run a "Little Treasures" Parent and Toddler group on a Thursday 10.00am to 12.00 during school term.

Richard Kemp
 County Councillor
 01787 378149
 Richard.Kemp@suffolk.gov.uk

Adam Kemp BA Hons
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View or download a colour copy of R&A from the website.

The easiest way for Lawshall residents to support their village hall is to participate in the monthly lottery. A ticket costs just £2 per draw and setting up payment using your banking app could not be easier. You just need to create a payment of £2 payable to:




Account: Lawshall Village Hall
 Sort Code: 20-16-12
 Account number: 43282163
 Reference: Your name
 Account type - business

When asked by your app whether this is a regular payment, opt to pay monthly on the 1st. To complete your application, email Leanne Hornby your address so that she can register you and allocate your all important lottery number. leanneandpeter2@gmail.com



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Please contact Leanne Hornby 01284 830895 leanneandpeter2@gmail.com

See inside front cover for prices

Lawshall Table Tennis Club

We are a friendly village club open to players of all ages and abilities.



All equipment is provided - but please wear trainers.

First session free

Regular sessions £4 including tea/coffee and biscuits. Every Wednesday in Lawshall Village Hall 7.30-9.30pm.

Just turn up and play!

Reduce your screen time!



Exercise while having fun!

Make new friends!

Come along and try!

For further details contact: **Julian Delefortrie** on **07976 313137**



Lawshall Table Tennis Club goes from strength to strength, although new members are always welcome. At the last session before Christmas, three tables were in action for the evening.

Community Café

Join us on **Wednesday 19th February**

10.30 – 12.30, Lawshall Village Hall

Delicious cakes, fresh coffee, good company!

Choose Refills: refill your empty bottles with eco-friendly toiletries and cleaning products, plus 'dry goods' - nuts, seeds, fruits, cereals, teas, herbs.



As an additional service to café patrons, we now collect small recyclable items such as batteries, printer cartridges, light bulbs, tetra-pak cartons and plastic bags.

All proceeds to Lawshall Village Hall



Lawshall Community Woodlands Forest for Our Children

By the time this article appears, work to the small pond in Golden Wood will be imminent or may have already been carried out. To those who are frequent visitors to the wood, the work may appear to be rather drastic, but a drastic situation requires a comprehensive solution.

In recent years the pond has dried out every summer, condemning all its inhabitants, other than those which can fly away, to a certain death. The aim of the project is to try to make the pond more resilient to climate change, even though success cannot be assured. However, it is to be hoped that in future some water will be retained through most summers. Time will tell.

Experience informs us that any drastic alteration to the landscape draws plenty of criticism simply because it involves change. Most of us prefer what appears to be the status quo although, of course, in our woodlands the landscape is changing imperceptibly all the time as, little by little, the trees mature.

As for the look of the landscape around the pond, nature will rapidly 'clothe' the scars, and the open sunny and sheltered nature of the area will prove to be a draw for sun-loving insects including butterflies, damsel and dragonflies.

Adrian Walters



**S
M**



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Willows

Residential Care Home



The Willows is a friendly residential care home for elderly ladies and gentlemen and is part of the Extrafriend group of care homes.

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Care Manager, Mrs Teresa Strudwick says that: "All clients are treated as individuals with dignity and respect and where client comfort and safety come 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.

We look forward to welcoming you to the

Willows Residential Home

Corders Farm, Bury Road, Lawshall, Suffolk IP29 4PJ

Telephone: 01284 830665

Web: www.willowshome.co.uk

Email: willows-manager@extrafriend.co.uk

LAWSHALL PARISH COUNCIL

Local History Recorder

Elizabeth Clarke shared the good news that Valerie Monk has now become Local History Recorder for Lawshall. Thanks to Elizabeth for continuing as an archivist.

Public Forum

If possible, please email the clerk by the end of the month with matters for consideration at parish council meetings so these can be included in the agenda and discussions.

Home Insulation

Anyone in Suffolk can receive a 50% discount off their purchase of 200mm or 370mm wide insulation rolls (up to £200) with free delivery, from High Loft, the UK's leading eco loft insulation brand. Go to www.bit.ly/suffolkloft and fill in the short form to receive your personalised link to order, or call High Loft's insulation experts on 01706 248203. The offer is open to anyone in Suffolk and will close once the allocated funding has been spent.

PLANNING APPLICATIONS

Planning Applications are outlined during monthly meetings and residents are able to contribute to the Public Forum, but unfortunately Lawshall Parish Council can only submit their own comments. There is an 'Application search, track and comment' tool that members of the public can use at <https://www.babergh.gov.uk/planning/>. Further details about applications can also be found there.

TOWN AND COUNTRY PLANNING ACT 1990 APPEAL UNDER SECTION 78 Ref no. APP/D3505/W/24/3354153

Appeal by: Ash Property Partnership. Proposal: Application for Outline Planning Permission (access points to be considered, all other matters reserved). Erection of 5 No self-build dwellings. Location: Land to the East of Melford Road, Lawshall, Suffolk. Appeal start date: 5/11/24. Lawshall Parish Council submitted comments reiterating their objections.

PLANNING PERMISSION GRANTED- DC/24/04013

Proposal: Householder Application - Erection of first floor front side and rear extension over existing garage, including single storey front/side extension. Location: 1 Pates Corner, Lawshall Row. No objections from Lawshall Parish Council.



Michael Edwards

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All Saints' Church

February's services at All Saints' Lawshall:

- Sunday 9th February Café Church
- Sunday 23rd February at 6.30pm - Evening Communion



Please keep an eye on the website and Facebook page for details of services at other churches in the Benefice.

For general enquiries please contact: Revd. Matthew Lawson 01787 310 845 or Jean Clements Churchwarden 01284 828 423. For more information on the services and other events being held by All Saints' Church in Lawshall, please check out:

our Facebook page: www.facebook.com/AllSaintsLawshall

or website: www.achurchnearyou.com/all-saints-lawshall

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APPLICATION FOR PRIOR APPROVAL - TELECOMMUNICATIONS – DC/24/05442

Proposal: Application for prior approval for a proposed: Mast and associated apparatus; The Town & Country Planning Order 2015 (General Permitted Development). Location: Land At Village Hall, Harrow Green, Lawshall, IP29 4PB. Comments invited by 10th of January 2025. Lawshall Parish Council objects to this application. They believe that, at local level, the proposal should have been considered against the adopted Lawshall Neighbourhood Plan, especially Policy LWL10 – Local Green Spaces. The proposed development is in a designated Local Green Space (No. 6 – Village Hall Open Space) and this has not been identified or considered in the Planning Statement when selecting the most appropriate site for the proposal.

APPLICATION FOR PLANNING PERMISSION - DC/25/00002

Proposal: Householder Application - Erection of single storey rear extension and front porch with open timber canopy. Location: 1 Brands Lane, Lawshall, Bury St Edmunds, Suffolk, IP29 4SF. Comments invited by 24th January 2025. Discharge of Conditions Application for DC/19/05767 GRANTED Proposal: Conditions 4 (Biodiversity Enhancement Strategy) and 6 (Wildlife Sensitive Lighting Design Scheme). Location: Land East Of Folly Lane, Lawshall, Suffolk.

Useful Online Reporting Tools

Many issues can be reported online by residents at <https://www.babergh.gov.uk/report-online> including potholes, overgrown vegetation, littering and fly tipping. Floods can be reported at <https://www.suffolk.gov.uk/roads-and-transport/flooding-and-drainage/report-a-flood-in-suffolk>. Local road closure information can be found at <https://suffolk.roadworks.org/>.

Details of and contacts for Sudbury Rural North, our local policing team can be found at <https://www.suffolk.police.uk> or <https://www.police.uk/pu/your-area/suffolk-constabulary/sudbury-rural-north/?yourlocalpolicingteam=about-us>. A monthly local crime map can be viewed at <https://www.suffolk.police.uk/area/your-area/suffolk/sudbury-and-haverhill/sudbury-rural-north/about-us/crime-map>.

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District Councillors for Chadacre Ward:

Stephen Plumb stephen.plumb@babergh.gov.uk and

Michael Holt 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.



Do you shop online?

Would you like to support the Village Hall?

You can raise funds by shopping online via the easyfundraising website or app.

Just sign up with easyfundraising online or download their app and select Lawshall Village Hall as your chosen cause to support. If using your computer to shop you will receive a reminder to 'accept a donation'. If using your phone, start each shop by clicking on the easyfundraising app first. From that point onwards, your shopping experience remains the same.

www.easyfundraising.org.uk

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Green Light Trust

At Green Light Trust – your local charity that supports people’s mental health and wellbeing through nature – we work all year round, whatever the weather!



Our camps where we run our programmes – such as in Frithy Wood in Lawshall – have canopies that shelter the group from rain, and a lovely warm fire in the middle to warm everyone even if it’s snowing! But sometimes we do encounter weather-related problems! The storms in December caused a lot of damage at our camps – with the high winds ripping some of our canopies from their strapping. Strong winds can stop programmes from going ahead – our delivery teams out in the woodlands are constantly checking forecasts as storms and high winds mean the site might not be safe.

As part of our work, we look after and maintain the woodlands that we work in too – and some of our team are skilled at forestry and tree surgery. Frithy Wood is an ancient wood and an SSSI (Site of Special Scientific Interest).



While activities carried out with group participants do include conservation tasks such as building habitats for wildlife and nature surveys etc, much of this work can only be carried out by qualified and experienced members of staff. These are needed to ensure that the woodland continues to thrive, biodiversity is maximised, trees remain healthy, and the woodland is resilient to the effects of climate change - while also ensuring the safety of the groups it works with, as well as the local community.

Do check our social media channels for photos and updates of our work, and feel free to get in touch at info@greenlighttrust.org for any information.

Laura Rose, Photos by Lindsay Limmer



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Lawshall Garden Club

February is the month that promises so much with spring just around the corner. There are always jobs to be getting on with this month, so let's see some of what we could/should be doing.

Dig out obvious perennial weeds before they set seed and start to spread. Sow sweet peas in deep pots and keep them frost free, maybe on a sunny windowsill. Organise your seeds into date order ready for sowing. It will make life so much easier.

Shrubs such as cornus and salix cultivars (coloured stems for winter interest) can be pruned back now to the very base of the stems. Wisteria can also be pruned now taking side shoots back to two or three buds from the main stem. Old stems from ornamental grasses should also be cut back this month, before they get too mixed up with the new growth.

Lift and divide snowdrops while still in the green this month, ensuring you replant them straight away and look out for Hellebore leaf spot, removing affected leaves.



February is a good month to begin chitting your early potatoes (placing them on end in an egg box and putting them in a bright, cool, frost free place). Consider covering strawberries with a cloche and forcing your rhubarb, for early crops if required.

Trim back Ivy, Virginia Creeper and deciduous hedges that have overgrown their space, before birds begin nesting, and give your bird feeders a good clean before re-filling.

Any empty pots that have been sitting outside, clean with warm water and mild detergent before using them, to prevent disease. Give your tools a final once over, to check they are clean and healthy for use across the garden. It's also a good time to clean and have the mower serviced.

Finally, once you have done all that you can do, sit inside, maybe draw out a plan for a new project or just sit back and watch the early bulbs gradually introduce colour and light into your garden, but most of all, always enjoy your garden.

Please note, our next meeting is 7pm Wednesday February 21st at The Swan. New members always welcome. Membership is £20 per year or £25 per couple from the same household.

Lawshall Garden Club - jparker.co@btconnect.com for any information.

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The Grapevine 1970's

The monthly Grapevine was produced by Mr. Ripley who lived at Windsor House. He ran a small shop and the William Garage; many of us will remember going to his shop in the 1950's to buy sweets; you could buy a lot for one old penny! In February 1971 the cost of petrol was 34p a gallon. (*The new decimal currency had just been launched in the country*) Mr. Ripley was involved in setting up the new Village Hall and he also reported on the Darby and Joan Club, the Guides, Scouts and the whist drives that were held in the village at that time.

Lawshall Parish News 1980's

In April 1982 All Saints' Church received the sum of £1,000, a legacy from Mr. Mortlock of Lavenham. He was born in Lawshall and his family had been blacksmiths at The Foundry on Bury Road. Now the headquarters of Green Light Trust. Mr. Mortlock was a keen bell-ringer and had a great interest in church buildings. The money was to be used for the maintenance of the church fabric.

In July the same year the Fete raised £250 and there was a carnival procession from Hanningfields Green to the Village Hall, followed by an evening performance of songs and poetry readings given by the Amateur Dramatic Society. The Darby and Joan Club were entertained by Lawshall resident Ann Offord who was Carol Tregorran in The Archers in the 1950's, it was reported that she gave a very amusing talk called 'How I came to Ambridge'. (I wish we had a recording of this!).



Roland & Ann at Keepers Cottage, Bury Road and Mrs. Fulcher, pre 1953, probably the Gamekeeper's wife.

Elizabeth Clarke elizlawshall@btinternet.com 07813 430 985



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Lunch: 12 -2 pm
Bar: 5-11 pm

Saturday:

Bar: 3-11 pm
Wood-fired Pizza from 5pm
Dinner: 6-8 pm

Sunday:

Breakfast: 10-11 am
Lunch (including roasts) from 12 noon
Bar: Closes at 8 pm

We make great coffee and hot chocolates

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Important dates to remember (Please book)

- Sunday 26th January @4pm: Join us for the first quiz round – more teams are welcome! – next quiz Sunday 23rd February
- Friday 31st January: Houseplant bingo with Grow My Well being
- 14th February – Valentines Day – book in for a special meal at the pub
- 15th February – Enjoy an evening of wine and food tasting with Charles Eaton from Nethergate Wines – tickets £65
- 30th March: Celebrate Mothering Sunday – bookings now open

Our opening hours may vary seasonally and during school holidays to allow time with our children. We will always notify changes on social media, the website and in the pub with as much notice as possible.

Ph 01284828477

We are on Facebook and Instagram www.swaninnlawshall.com theswanlawshall@gmail.com



Pilates Classes @ Lawshall Village Hall

Tuesdays



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The Power of Pilates

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Pilates can help build full body strength with a focus on the core, hips, lower back, and pelvic floor. This can aid with injuries, long term back pain, joint issues and preparation /recovery from hip/joint surgery. Pilates also promotes better stability by improving flexibility, posture and balance which can reduce the risk of falls.



There are 2 classes available here at the Village Hall in Lawshall.

The 1st class is aimed at people who have done Pilates before, are happy with mat work and want to progress their practice.

The 2nd class is **NEW** and called 'Inclusive Pilates'. This new class is aimed at beginners and those with long-term health conditions/disabilities. The class is done standing, supported and seated so is ideal for those who find it difficult to get up and down from the floor in a mainstream Pilates class.

I am Lindsay Bennett and have been working in the Fitness Profession for over 30 years and have gained many advanced qualifications including, Advanced Pilates, Exercise for Older Adults and 'Management of Chronic Back Pain'. I hold the required public liability insurance.

If you are interested in joining me then please see the advert above for more information. I look forward to you starting your Pilates journey with me.

Lindsay Bennett 😊