HANDY LOCAL NUMBERS

All Saints' Primary School 01284 828223 Little Saplings Pre-school hello@lawshalllittlesaplings.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 830865 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

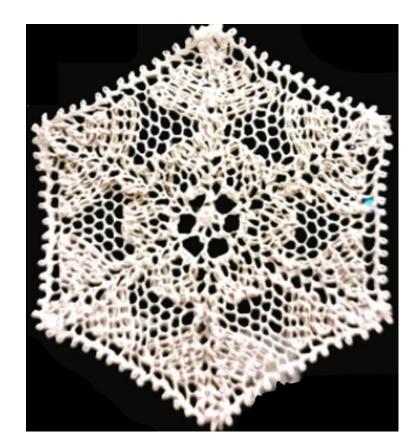
Police: Bury Police Station 701284 74100 Crime Stoppers 0800 555111 Police HQ main switchboard (non-emergency) 01473 613500 contact baberghwest.snt@suffolk.pnn.police.uk Tel 101 or 999 for emergency <u>Suffolk Fire Service</u> 01473 260588 e-mail: fire.admin@suffolk.gov.uk

> 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



January 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 February 2025 magazine 6pm Saturday 15th January - 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) £1
Full page (18x12.5cm)	£20	Back cover £30 per issue

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

£10

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 and Robert Stavelev

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

Michael Holt. email: Michael.Holt@babergh.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, 9 January - Free Church 9.50-10.20am, Swanfields 10.25am-10.40am & Village Hall car park 10.45am-11.25am.

Route 10: Tuesdays Melons Green, 12.50-1.05pm - sorry date not known at time of writing

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

Editorial

Happy New Year everyone and welcome to the January 2025 edition of Round & About Lawshall.

Many thanks to Jan Hughes for permission to use a photo of her beautiful Bucks point lace snowflake for the cover photo this month. Jan made the piece for the Knit, Knot & Natter entry to the Christmas Tree Festival. The Festival goes from strength to strength thanks to the tireless enthusiasm of Wendy Harris and the team who helped to make the event such a success.

Inevitably January is a time for reflection and resolve (if not, as is true in my case, concrete resolutions). If you are minded to focus on physical improvement, I would love to recommend the benefits of Pilates. Since starting a regular class a few months ago I have noticed an improvement in my balance and strength as well as a general sense of wellbeing. If you are put off by the idea of having to buy a mat, or get down onto it, Lindsay Bennett's New & Inclusive Pilates class could be just the one for you. For further details, please see p20.

Hopefully you are reading this in a quiet moment, following the social whirl of Christmas (and not just scanning the mag as you put it out for recycling!). In recent years I have tried to take more time to enjoy the present, and the simpler pleasures of life. So much easier to do, I appreciate, once the daily responsibilities of work and family have been discharged. Even if the blue bin beckons, I do hope you are able to pause at the beginning of another year and take stock of all that we have to be grateful for here in Lawshall.

With very best wishes for a happy 2025,

Julia

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What's On in Lawshall in January 2025

Coming up...

Tuesday 7th 7.30pm	Parish Council Meeting in the Village Hall	p9
Wednesday 15th 10.30am - 12.30pm	Community Café in the Village Hall	p8
Friday 17th 7 - 9pm	Bingo in the Village Hall	p6
Monday 20th 7pm	Lawshall Ladies Cheese and Wine, new members welcome, in the Village Hall	p25
Sunday 26th 9.30-12.30	Lawshall Community Woodland	p17
	Regular events	
Monday 2pm	Carpet bowls, January 6th and 20th in the Village Hall	9
Tuesday 10 - 11am	Pilates	p16
Tuesday 4 - 6pm	Fresh Fish Van - John Skelly visits Lawshall	
Wednesday - fortnightly	Knit, Knot & Natter at the Swan	p25
Wednesday 5.30 - 6.40pm	Fish & Chips in the Village Hall car park	
Wednesday 7.30pm	Table Tennis in the Village Hall	
	Dates for your diary	
Wednesday 19th February	Community Café in the Village Hall	
Friday 21st February	Bingo in the Village Hall	
Sunday 23rd January	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 17th January.** £8 entrance (cash only) to include one book of four games, cash prizes. 18+. Refreshments and BYOB.

On **15th February** local band **Rollercoaster** will be playing at the Village Hall for a Valentines Dance. For further details see p?? and contact Rosemary for tickets: richesrosemary32@gmail.com

Community Café awarded 5 Stars!



Café volunteers recently welcomed Babergh's EHO to the Community Café and were delighted to be awarded a 5* rating.

The Community Café takes place on the third Wednesday of each month, offering a wide range of cakes and pastries as well as hot drinks. We look forward seeing everyone again on Wednesday 15th January.

OUR SPECIAL HEDGES

A while back you may have noticed in Round & About a series of four mini articles about our Ancient Hedges. These special hedges were



praised by famous environmentalist Oliver Rackham when he visited Lawshall. They are more plentiful than in most parishes and provide rich havens for wildlife and biodiversity.

Recently, the mini articles were put together into a little booklet for the Parish Council. The booklet includes the Ancient Hedge Survey that was carried out by Adrian Walters and the late Grenville Clarke a few years ago - on behalf of us all.

IF YOU WOULD LIKE A COPY OF THE BOOKLET

Please contact Ric Edelman on 01284 827078

Lawshall Evangelical Free Church

Hanningfield Green, Lawshall, Ip29 4qd



Just a Thought

The American journalist Doug Larson once wrote, 'The trouble with learning from experience is that you never graduate.'

A New Year begins, and we might wonder what joys or sorrows it may bring. We may either knowingly or unknowingly be about to experience personal or family difficulties that we have at least the potential to learn from, however overwhelming they may appear to be.

It's at difficult times that we may feel that God has abandoned us, but one of the names prophesied about Jesus, whose birth we have recently celebrated, was 'Immanuel' which means 'God with us' (Matthew 1 vs 22, 23). Because of who Jesus is, He is able to invite anyone going through difficulties to come to Him and learn from Him, and He will give them rest by being with them in the difficulty. (Matthew 11 vs 28, 29)

It's easy to think that God is far away and not interested in us when we experience any prolonged time of suffering or difficulty, but that is not true as, 'He is not far from each one of us; for in Him we live and move and have our being' (Acts 17 vs 27, 28). And, contrary to Doug Larson's comment that we never graduate, God declares there is a graduation day, where everyone who has obeyed His command to repent and receive Christ will receive the crown of righteousness (2 Timothy 4 v 8).

We invite you to our Sunday morning services to find out more about the truth of Jesus Christ and the reason He came to earth. We are an evangelical church and our service is from 11:00 to 12:00 every Sunday morning and we can pick up if required. We also run a "Little Treasures" Parent and Toddler Group on a Thursday morning. Please refer to the "Little Treasures" diary page for further information on the website www.lawshallfreechurch.org.uk.



Richard.Kemp@suffolk.gov.uk

Adam Kemp BA Hons DipPFS Cert.CII (MP&ER) AMAS Investments Ltd (Director)

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LAWSHALL VILLAGE HALL - for you to use and enjoy

www.lawshallvillagehall.co.uk

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



Village Hall Booking

Newly painted bright hall 14.2m by 9m, (47ft by 30ft) with good sized stage 4.8m by 2.6m, (16ft by 8.5ft) - walls newly painted and floor sealed. Additional smaller

¹Jubilee room for meetings, classes, gatherings and perfor-Imances, with serving hatch to kitchen.

* Sound system

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* Bar service can be arranged * Wedding package available

Please contact Leanne Hornby 01284 830895 leanneandpeter2@gmail.com

See inside front cover for prices

Lawshall Ladies

NOTES FROM THE VILLAGE HALL

The hall hosted an excellent and well-attended quiz night, with cash prizes going to the winners and runners up. Many thanks to Jon and Sarah Warboys for their hard work in putting the quiz together and presenting it so well on the evening. Very much appreciated.

The Christmas Tree festival held jointly with All Saints Church was a great success, with fifteen trees decorated by various organisations and groups from the Village. An excellent effort by all concerned with thanks to all those who contributed. The day culminated with the hall tree lights being switched on followed by some wonderful singing from the Preston St Mary pop up choir. Hot drinks, sausage rolls and mince pies served by the events team added to the occasion. We also had the privilege of hearing two barrel pianos throughout the day curtesy of Elizabeth Clarke and Ray Debenham. The pianos originated in the village many years ago (see the November '24 issue or R&A for more information). For up and coming event dates please see p6.

Maintenance and improvements to the hall continue and we look forward to welcoming you to our future events, clubs and activities.

Wishing you all a very Happy New Year. Thank you for your continued support.

Peter Ward

Wednesday 15th January at the Village Hall Community Café 10.30 - 12.30

Join the Village Hall volunteers for a morning of convivial company and delicious refreshments.

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



Also available to purchase: seasonal plants and produce, all proceeds of which support the Village Hall.



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.

Our November and December meetings had a seasonal theme with a wreathmaking workshop at Hall Farm, Stanningfield, followed a few days later by a Christmas meal.

Meanwhile, members were busy at home decorating glass bottles for the group's entry in the Lawshall Christmas Tree Festival.

We will be meeting next on Monday 20th January at 7pm, for an evening of cheese and wine, when the programme for 2025 will be shared. Anyone interested in joining the group is welcome to the meeting to find out more.







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





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

There was no meeting in December. The next Parish Council meeting will take place on Tuesday 7th January at 7.30pm.

Useful Online Reporting Tools

Many issues can be reported online by residents at

<u>https://www.babergh.gov.uk/report-online</u> including potholes, overgrown vegetation, littering and fly tipping.

Floods can be reported at <u>https://www.suffolk.gov.uk/roads-and-transport/</u>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 <u>https://www.suffolk.police.uk</u> or <u>https://www.police.uk/pu/your-area/suffolk-constabulary/sudbury-rural-north/?yourlocalpolicingteam=about-us</u>

A monthly local crime map can be viewed at <u>https://www.suffolk.police.uk/</u> <u>area/your-area/suffolk/sudbury-and-haverhill/sudbury-rural-north/about-us/</u> <u>crime-map</u>.

Lawshall Church

To Wendy Harrís and all the ladíes who help to keep the church clean and tídy throughout the year

To Jospeh, who plays the organ for our services

To Keith, John and Ian for all your help in the church and around the churchyard, also the group of gentlemen who help by cutting the grass and keeping the churchyard tidy.

We thank you and appreciate you all.

Jean Clements

Lawshall PCC



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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 gueries 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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All Saints' Church

January's services at All Saints' Lawshall:



• Sunday 12th January 4pm: Cafe Church. A conversation with Rev Canon Malcolm Rogers who was the Anglican Church's

representative in Moscow when the war broke out. This promises to be a fascinating opportunity to hear about his experiences. There will also be crafts available for children and an any adults who would like to get involved too!

• Sunday 26th January 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: <u>www.facebook.com/AllSaintsLawshall</u> or website: <u>www.achurchnearyou.com/all-saints-lawshall</u>

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Village Recorder

Hello,

I am Valerie Monk and I will be the new Local History Recorder for Lawshall from 1st January 2025.



The role of the LHR is to compile a record of current events and changes in Lawshall in order that they are preserved for future interest. I will also be happy to receive old pictures of Lawshall people and activities if you would like them to be saved, also to note any memories you have of the village in times past.

At the beginning of my role I have been asked to collect information on local businesses, clubs, groups and buildings to summarise the village at the outset of the second quarter of this century.

I would be pleased to receive a brief outline of your business, group or building plans to save for the future. All items will be catalogued then sent to The Hold county archive in Ipswich where they will be available for future research.

My address is Saroka, Golden Lane. There is a post box by the gate, if you would like to drop in any items; my two dogs will greet you! If you prefer to hand them to me in person please phone 07961 816605 and we can arrange a time to meet. If you prefer an address in the village then Debbie Thomas, 6 Hall Mead will also receive your records.

I look forward to hearing about all the current activities in the village!

Valerie

A big thank you to everyone who bought packs of cards to support our first Village Christmas Card Competition!
Forty one photographs were submitted and the standard was so high that four images were chosen to be printed onto cards and sold in aid of Lawshall Community Woodlands. Well done to the winning photographers Tracie Emerson, Laura McClelland and Richard Ansell. We chose Burwell Print Centre to do the printing because they are a social enterprise.
We sold out of cards before the end of November and raised £53.23 for our precious woodland spaces (Golden Wood and Crooked Wood).
Keep snapping your wintry photos in case we run the competition again!
Alice Page

Bird Notes

The middle of December is hardly the best time to spend a couple of days birding on the Norfolk coast, but that is just what we decided to do. We arranged to meet up with four of our old friends from our previous life in the midlands and spend some time together.

The idea was that we could do a bit of birding whilst catching up on all the gossip. Of course it didn't exactly work out like that as the old competitive birding instincts kicked in and we were all focussed on the birds as we tackled the reserve at Titchwell. The light was very poor and there was a cold wind blowing in off the sea; however



Black-winged Stilt

we soon got a few decent birds to add to our holiday list - we decided to include the black-winged stilt even though it was an escapee with leg rings.



The sea was very rough and the wind coming straight into our faces made it impossible to use a telescope to scan for seabirds so we concentrated mainly on the shoreline,

Sanderling where a few sanderlings were busily searching for scraps. The number of dead starfish along the beach was astounding - they must all have been thrown in from the sea during the recent storms.

On the way back down through the reserve I lifted my binoculars to look at what I thought was an empty mud island, but in fact it was totally covered with golden plovers, all huddled together with not an inch of space anywhere - there must have been thousands of them!





Next day we visited the cliffs at Hunstanton to have another look over the sea as the wind had now dropped and visibility was much improved. We added common scoter to the list, along with the resident fulmars.

A very enjoyable couple of days with the best of friends produced a tally of 72 species and the promise of another meet-up in the spring.



Cliff Cooper



Keep it local in 2025!

Whether for a wildlife walk, a writing workshop,

or a local organic lamb box for Easter, or even looking for a venue for a party, wedding or conference. Do visit us at Shimpling Park Farm.



www.shimplingparkfarm.co.uk



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Lawshall Christmas Tree Festival





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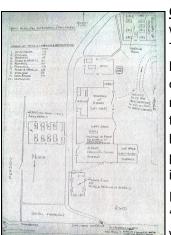
•Cowls & Bird Guards supplied & fitted

HETAS

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From the Archives January 2025



Christmas Tree Festival ~Thank to everyone who came to this lovely event on a very wild day. Thank you for the help in getting two of the Barrell Pianos, that Canon Wintle had worked on, up to the Village Hall. It was good to hear memories from two residents who remembered the Pianos being played in Bury in the 1950s. I had not realised that the monkey we see in photos was a real monkey! Impossible to imagine this now.

I am really impressed by the extent of the 'factory' at The Old Rectory and I hope this plan will print out well enough to show the various

workshops. The main barn has now been converted to a house but one small area which was the Stores has a window with the names of some of the men who worked for Canon Wintle etched in the glass. An amazing survival from the 1920s. Please let me know if you would like to see this plan. I expect it is of real interest to the three sets of residents who now live on the site.

As always I am surprised when people don't know where places are in the village. The cross roads at the top of Melford Road has always been know to many of us as Rectory Corner.

Thomas Hyll of Stansted husbandman deted 1 June 1521	A
dated 1 June 1521	it
to the high alter of Lawsell church 202.	ir
to hawsell church a lamp to be hanged before	re
to have sell church a lamp to be hanged before the rood & after the lamp that hangets in Stansted church	w
also to the said church a cour for to be bought to find oil to the said lamp, for eur, to the Honour of god	S
find out to the said lamp, for ever, to the	0
neven e des	ir

As we continue to catalogue items for the Archives odd bits of information often pop up. This reference is dated 1521. I wonder why Thomas Hyll of Stanstead wanted to have a lamp in Lawshall Church. Even more intriguing is the request for a cow

to 'find oil' for the lamp. I wonder who had to look after the cow, 'FOR EVER'!

You will see that we have a new Local History Recorder for the village. Thank you so much for taking on this important work. Please continue to pass on Lawshall information to Valerie, and remember that every thing that happens today is history tomorrow. **With my Best Wishes to you all for 2025.**

Elizabeth Clarke Lawshall Archives elizlawshall@btinternet.com 07813 430 985



New Inclusive Pilates Lawshall Village Hall



Tuesdays 11.30 am – 12.15pm

Would you like to Improve your Strength, Balance, Posture and stability? Then come and take part in a 'NEW & Inclusive' Pilates class

- No Mat work
- Standing & Seated Exercises
- Suitable for beginners & improvers
 - 6 week course starting on Tuesday 18th Feb £48

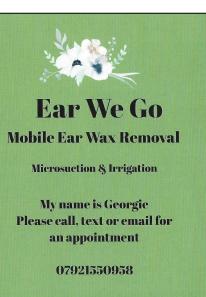
Contact Lindsay Bennett to book a space lindsaybennett@btinternet.com or call 07827323711

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Lawshall Community Woodlands Forest for Our Children

Winter time is the busiest management period in our woodlands. While the

woodland slumbers, work can be carried out on trees and hedgerows including coppicing, pollarding and hedge-laying.

Over the next two months hedge laying will be undertaken, so if you are interested in having a go at this traditional form of management do ioin us in Golden Wood on the last Sundays of January and February. We will be tackling a hedge that



was last laid during the dreadful pandemic, so the stems of regrowth are still slender and short which makes for very easy work.

Traditionally hedges were laid on long cycles by which time they were enormous and required a lot of effort to lay. However, there was plenty of firewood to be obtained when leaving hedges for many years, although they may not have been quite as stock-proof as newly laid ones.

It would be interesting to know whether during the heyday of sheep farming in Suffolk, hedges were laid. I suspect that they were. Once arable farming predominated, stock-proof hedges were less of a requirement and coppicing became the norm. In the Midland counties such as Leicestershire, where sheep farming continues, hedge laying is still very much part of the landscape. Each region has its own traditional style of laying although, as amateurs, our laying is basic but functional.

It costs about ten pounds per metre to employ a contractor to lay a hedge so passing on the simple skills to woodland volunteers in the village makes economic sense.

Adrian Walters