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From 22nd November to 23rd December

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Round & About Lawshall



November 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 December 2025 magazine 6pm Saturday 15th November - 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**

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
Local History Recorder: Valerie Monk 07961 816605
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 babergwest.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)
The Suffolk Advice and Support Line 0800 068 3131

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: Glensford 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

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@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.

Konectbuses Bus Times route 45 ~ Lawshall to Bury: Monday-Friday

From Sudbury bus Stn 09.15, Lawshall School 10.01, arriving BSE Bus Stn 10.32

Return from Bury Bus Stn 13.00, arr Lawshall school 13.25, Sudbury bus Stn 14.10

On Saturday two buses on route 45 depart Lawshall School at 10.21 and 14.21, arriving at
BSE 10.51 and 14.52 respectively. Buses leave the BSE Bus Stn at 10.55 and 15.42
arriving back at Lawshall School at 11.20 and 16.07.

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, 13 November, 11 December - Free Church 9.50-10.20am, Swan-
fields 10.25am-10.40am & Village Hall car park 10.45am-11.25am.

Route 10: Tuesdays, 18 November, 16th December - Melons Green, 12.50-1.05pm

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).

Editorial

Hello everyone and welcome to the November edition of Round & About Lawshall. With the clocks going back and the weather turning colder, Autumn has well and truly settled in.

This seasonal transition is reflected in several of our articles this month, with Cliff keeping us up to date with local bird life (p25) and Debbie reminding us of the value of leaf mould (p15). Adrian Walters (p31) tells us about the new cordwood store that has been built by volunteers at the Community Woodland, creating a dry location to store logs for firewood.

November is inevitably a reflective month, with Remembrance Sunday falling this year on the 9th. Full details of arrangements for walking to the church, observing a two-minute silence outside the church and the subsequent church service can be found on p16.

Readers may not be aware, but advertising revenue plays an essential role in the viability of our village magazine. We are grateful, therefore, for a grant of £300 recently received from Suffolk County Council to ensure that we can continue to keep you up to date with all that is happening in our village.

Congratulations to W Mitchell, who wins this month's £50 lottery prize. The lottery is an important source of income for the Village Hall, so if you haven't yet joined, please see p10 for information on how to sign up. Multiple tickets can also be purchased if you would like to increase your chance of winning!

With very best wishes,

Julia

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THE TELL-TALE SIGNS THAT IT'S TIME FOR A NEW WEBSITE

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- It looks outdated
- It doesn't sell your products
- It's difficult to maintain
- Your website isn't being found in search engine rankings



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The Swan Inn

Don't forget to book your Christmas party for December.

Get in touch with us for our menus. Prices start at £25 for 3 courses.

Breakfast with Santa dates have now been confirmed as Saturday 20th and Sunday 21st December.

Lunch with Santa will be Sunday 21st December.

Menus and pricing for the Santa meals will be available soon.

Laura and Lawrence
www.swaninnlawshall.com
email: theswanlawshall@gmail.com



**Friday 28th
November**
Cockfield
Village Hall
Doors Open
7pm
Film starts
7:30pm
Tickets on
the door
Adults: £4.50
Under 16s:
£3.00

Raffle, Refreshments & Licensed
Bar available from 7pm

Lawshall Evangelical Free Church

Hanningfield Green,
Lawshall,
IP29 4qd



Just a Thought....

A lawyer once said, "An ounce of mediation is worth a pound of arbitration and a ton of litigation!" And given the number of conflicts currently in the world, and the great gulf there is between opposing sides, many mediators with much wisdom are needed to bring about reconciliation.

Likewise, God tells us, that because of our sin, there is a great gulf between us and Him, which it is impossible for us to cross on our own (Luke 16 v 26). "But God, who is rich in mercy, because of His great love with which He loves us," (Ephesians 2 v 4) has provided the mediator we need in sending the Lord Jesus Christ: "For there is one God, and there is one mediator between God and men, the man Christ Jesus" (1 Timothy 2:5). In the death and resurrection of the Lord Jesus Christ He has dealt with what is so offensive to Him and which makes us His enemies, i.e. our sin. However, His door of welcome is only open to us in this life so He now pleads with us to be reconciled to Him (2 Corinthians 5 v 20) by coming to Him in repentance and faith. Jesus encourages us to "Strive to enter through the narrow gate, for many (after this life) will seek to enter and will not be able to" because the door will be shut (Luke 13 v 24 & 25). And outside of a relationship with Him "Our God is a consuming fire" (Hebrews 12 v 29).

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. 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 10.00 to 12.00. Please refer to the "Little Treasures" diary page for further information on the website www.lawshallfreechurch.org.uk

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 November. £8 entrance (cash only) to include one book of four games, cash prizes. 18+. Refreshments and BYOB.

QUIZ - Saturday 22nd November

SWITCHING ON THE CHRISTMAS TREE LIGHTS and pop-up choir, Saturday 6th December 6pm at the Village Hall,

More details to follow. Everyone welcome! We look forward to seeing you!



Community Café

Join us on **Wednesday 19th November**

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,

Also on sale: Home-made preserves, freshly-baked biscuits and seasonal plants.



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 Ladies

Our McMillan Coffee Morning raised an amazing £664.10 for Macmillan Cancer Support. Thank you to all who supported this event.



On Thursday 9th October, we listened to an interesting talk given by a representative of East Anglian Air Ambulance.

Our next meeting will be a Ghost Walk in Bury St Edmunds on Friday 7th November at 7pm,

For any further information about Lawshall Ladies, please contact:

Sarah Warboys 07885 470385 or Claire Ramsey 07415 195289



Participants at the Harvest Supper heard an interesting talk given by Lawshall resident Neil Cobbett about his experience of working in the Antarctic. This was also the first outing for the Hall's new table lamps, which helped to create a warm and cosy atmosphere.

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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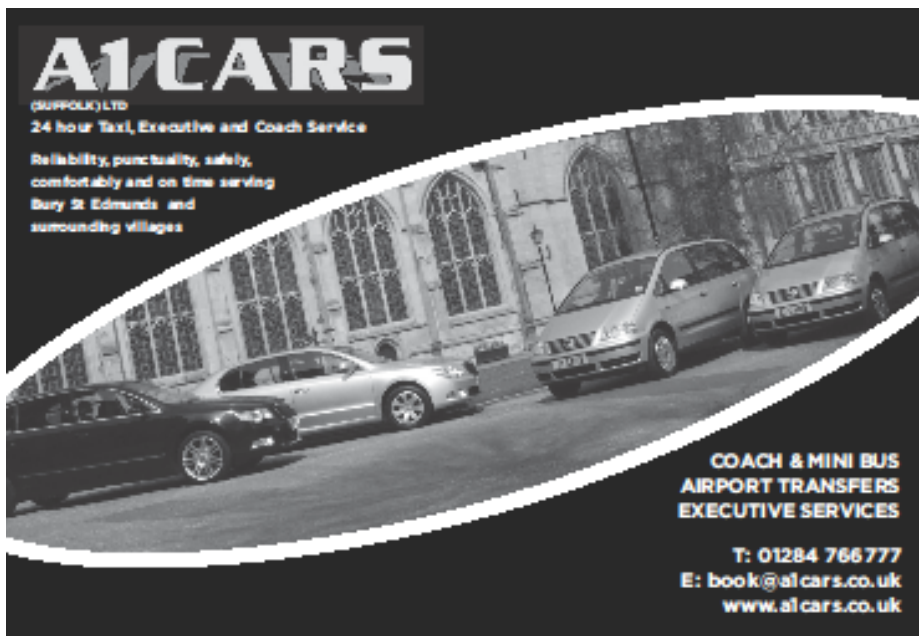
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www.lawshallvillagehall.co.uk
View or download a colour copy of R&A from the website.



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 Jubilee room for meetings, classes, gatherings and performances, with serving hatch to kitchen.

- * Sound system
- * Kitchen with dishwasher
- * WiFi with Bluetooth
- * Projector available on request
- * Bar service can be arranged
- * Wedding package available

Please contact Leanne Hornby 01284 830895 leanneandpeter2@gmail.com
See inside front cover for prices

Lawshall Village Hall Draw Results
October 2025 Draw

1st Prize £50	W Mitchell	132
2nd Prize £20	R Riches	104
3rd Prize £10	L Francis	63
4th Prize £10	C Dickinson	160
5th Prize £10	R Riches	105

If **you** would like to support your Village Hall lottery 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.

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SJP Approved 15/09/2025

St Nicholas Hospice - Light Up a Life

St Nicholas Hospice Care is once again inviting people across West Suffolk and Thetford to come together for its annual Light Up a Life remembrance events, offering a meaningful way to remember those they miss during the festive season.



This year's events will be held at local churches across the area including Sudbury, Newmarket, Bury St Edmunds, Lavenham, Thetford, Haverhill, and Mildenhall, with services starting in late November and continuing throughout December.

Each gathering will feature music, readings, and moments of reflection, providing comfort and connection for all who attend.

The hospice warmly welcomes everyone, whether or not they have a direct connection to St Nicholas Hospice Care. As in previous years, attendees are invited to have the names of those they wish to remember read aloud during the event. Names can be submitted via the hospice's website.

To find your nearest event, submit a name for remembrance, or make a dedication online, please visit www.stnicholashospice.org.uk/lightupalife or call the charity's Supporter Care Team on 01284 715566.

St Nicholas Hospice Care provides compassionate support for people living with dying, death, and grief throughout West Suffolk and Thetford. The charity relies on the generosity of the local community to continue its vital work.

Light Up a Life 2025: dates, times and venues:

Sudbury: St Gregory's Church, CO10 1BA on November 23 at 3pm

Lavenham: St Peter and St Paul Church, CO10 9SA on November 25 at 7pm

Thetford: Methodist Church, IP24 2BQ on December 4 at 7pm

Bury St Edmunds: St Nicholas Hospice Care, Hardwick Lane, IP33 2QY on December 6 at 3.30pm (booking required)

Bury St Edmunds: St Mary's Church, IP33 1RT on December 7 at 4.30pm

Mildenhall: King's Church, IP28 7EF on December 9 at 7pm

Newmarket: All Saints Church, CB8 8ES on December 11 at 7pm

Haverhill: St Mary's Church, CB9 8AX on December 13 at 3pm

Bury St Edmunds: St Nicholas Hospice Care, Hardwick Lane, IP33 2QY on December 14 at 3.30pm (booking required).

Richard Kemp

County Councillor
01787 378149

Richard.Kemp@suffolk.gov.uk

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

Please contact for
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Adam.kemp@amas.co.com



Based in Lawshall

Contact Tim Cox on:

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T 01284 831042

info@angliapestmanagement.co.uk

www.angliapestmanagement.co.uk

LAWSHALL PARISH COUNCIL



Sadly there has been a recent burglary in the Bury Road area. A rusty, white transit van was seen cruising in the area beforehand. Please be vigilant and ensure property is safely secured.

PLANNING APPLICATIONS

Planning applications are discussed in meetings, but the Parish Council can only submit their own comments. There is an 'Application search, track and comment' tool at www.babergh.gov.uk/planning which residents can use to find out more detail and make their own comments.

APPLICATION FOR PLANNING PERMISSION - DC/25/04294

Proposal: Householder application - Extending existing bedroom to line with front of bungalow, rising roof of garage, converting garage space to bedroom with ensuite, render to rear walls, cladding applied to front walls, erection of boundary wall with railings & piers, erection of 1.8m high side boundary fence. Location: 5 Churchill Close, Lawshall, IP29 4PQ.

APPLICATION FOR OUTLINE PLANNING PERMISSION - DC/25/03831

Proposal: Application for Outline Planning Permission. (Access to be considered, Appearance, Landscaping, Layout and Scale to be dealt with under Reserved Matters Application). Erection of 5no self-build/custom build dwellings. Location: Land At Melford Road, Lawshall. Comments invited by 21st October 2025.

APPLICATION FOR LISTED BUILDING CONSENT GRANTED - DC/25/03595

Proposal: Application for Listed Building Consent. Relocate the kitchen in the utility /dining space and convert the kitchen to a lounge. Alter doors and remove a partition. Location: Folly Farm, Folly Lane, Lawshall, IP29 4TJ.

APPLICATION FOR PLANNING PERMISSION - DC/25/03201

Proposal: Householder Application - Erection of a 3 x wooden clad stables, tack room, hay store and storage where existing static caravans were positioned. Location: Folly Farm, Folly Lane, Lawshall, IP29 4TJ. No objections from Lawshall Parish Council.

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DISCHARGE OF CONDITION(S)

TOWN AND COUNTRY PLANNING ACT 1990

Proposal: Discharge of Conditions Application for DC/25/02970 (DC/25/03855) - Condition 3 (Great Crested Newt Precautionary method statement). Location: Drakes Moat, Lambs Lane, IP29 4P.

APPLICATION FOR PLANNING PERMISSION GRANTED- DC/24/04368

Proposal: Householder Application - Raising of the existing roof by 2.3 metres. Erection of 2No two storey front extensions, 2No two storey rear extensions (one with a covered balcony), 2No rear dormer windows, 1 No one and a half storey front entrance extension. Removal of double garage and erection of a detached 2 bay carport. Location: Chegada, Melford Road, Lawshall, IP29 4PX.

DISCHARGE OF CONDITION(S)

TOWN AND COUNTRY PLANNING ACT 1990

Proposal: Discharge of Conditions Application for DC/22/05023 (DC/04213) - Condition 5 (Access Surface Treatment) and 6 (Access). Location: Corner Farm, Lawshall Road, IP30 0JP.

APPLICATION FOR PLANNING PERMISSION – DC/25/03203

Proposal: Householder Application. Erection of an extension to existing annexe. Location: Freors, The Street, Lawshall, IP29 4QA. No objections from Lawshall Parish Council.

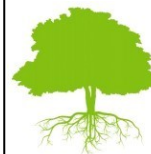
The easiest way for Lawshall residents to support their village hall is to participate in the monthly lottery. A ticket costs just £2 per draw and setting up payment using your banking app could not be easier. You just need to create a payment of £2 payable to:



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



Lawshall Community Woodlands Forest for Our Children



Regular visitors to Golden Wood will have seen the various stages of progress in the building of the cordwood barn. The decision was taken to create this because keeping cordwood under plastic sheeting out in the open did not always guarantee dry firewood logs.

The first cordwood was moved into the store at the end of September with further timber from October's management morning also stacked inside so it is already being well used. The exterior cladding of the store does not reach to the ground, and this is intentional to allow airflow around the timber to help it to dry out. We always aim to offer logs that have a minimal moisture content which means that a negligible amount of tar will accumulate in wood burner flues.

Great numbers of volunteer hours have gone into the construction. The addition of gates along with clear signage will signal that the store should not be entered other than by authorised volunteers, as there is a lot of heavy timber stacked inside which could fall if interfered with.

The Lawshall Community Woodland volunteers are particularly indebted to the Friends of FOC/LCW as their regular financial contributions have been put towards this project and a sign will be erected in due course to reflect this wonderful support. Green Light Trust also kindly donated the telegraph poles used in the construction.

On the last Sunday morning of the month we will be competing the clearing of coppiced timber and stacking any remaining brushwood into habitat piles.

Adrian Walters



The Suffolk Mermaid Mobile Fish and Chip Van is under new management and will be in the Lawshall Village Hall Car Park on Wednesdays from 4.45 to 6.15pm.



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.

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: "The Willows is a care home where 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

Quiz Night!

At Lawshall Village Hall

Saturday 22nd November 7pm



£12 per table, maximum six per team

Licensed Bar, BYO Snacks, Raffle

To book a table email:

lvhevents1@gmail.com

All proceeds to Lawshall Village Hall, registered charity no. 304911

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Mark's Gardening Services

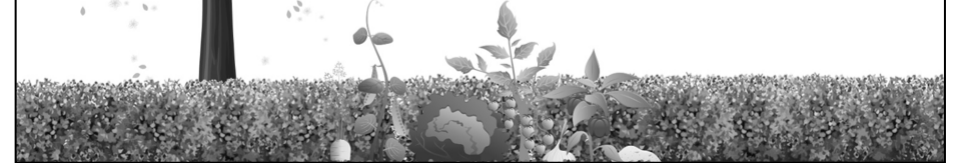
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COMMUNITY FRIDAY ...

Guest appearance Friday 28th November



Wesley Ukulele Band *Everyone is welcome!*

Lawshall Village Hall 2-4pm

Tea, Coffee & Cake £2 - New activity each month

No need to book, but if you have a question contact Wendy on:

07900 617833

All Saints' Church

November services at All Saints' Lawshall:

- Sunday 2nd November 4.00pm: Family Service
- Sunday 9th November 10.45am: Remembrance Service
- Sunday 26th November 6.30pm: Evening Communion at All Saints', Lawshall

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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Christmas Tree Festival



Lawshall Village Hall

Saturday 6th December from 2pm, followed by carol
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**Come along and vote for
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Lawshall Little Saplings

All About Me at Little Saplings Pre-School

Our theme this month has been "All About Me". The children have been busy talking about who is in their families and creating wonderful representations of them in our art and craft area, using all sorts of different materials and resources.

We've been looking closely at ourselves in the mirror, chatting about what makes each of us unique - from the colour of our hair and eyes to our favourite colours, activities, and foods. It's been such a lovely way to get to know one another even better while enjoying all the fun and learning that happens every day at Pre-School!

We've been turning our attention to *all things Autumn* and *spooky Halloween fun!* The children have been exploring the feel, colour and texture of conkers, acorns, pinecones and other seasonal treasures!

We currently have spaces for 2-4 year olds and we'd love to welcome more little explorers into our safe, nurturing environment. If you're looking for a pre-school where your child can play, thrive and grow - come and visit us!

To arrange a viewing or for more information please get in touch:

Phone: 01284 652344

Email: manager@lawshalllittlesaplings.co.uk



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.

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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Lawshall Garden Club

We are now fully into autumn. The leaves are falling from the trees, while misty mornings and colder temperatures leave me just looking out and thinking of what I can improve next year!



However, there are still jobs to be done, including pruning trees and adding spent bedding plants to the compost bin and also gathering the fallen leaves to make leaf mould. To begin the process of collecting leaves for making leaf mould, clear fallen leaves from the grass areas and away from crowns of other plants to prevent rotting. Ideally, leaf mould should be left for two years or more for it to become fine and fresh, but it can be used after one year. Two-year-old leaf mould is ideal as a mulch for healthy plant growth and for soil improvement. Mixed with soil, it can also be used for potting on young plants. If it is only a year old, it is best used as a mulch under young trees and fruit bushes.

Other things to do:

- Plant tulip bulbs in pots and borders, covering them with at least twice their depth of soil or compost
- Protect plants that are borderline hardy, such as agapanthus, with a thick mulch of straw or garden compost
- Continue to mow the lawn in mild spells, if the grass is still growing, but raise the height of the blades
- Check bonfires carefully before lighting, to make sure no hedgehogs or other wildlife are sheltering inside.
- Look after the garden wildlife, as winter approaches, by providing additional food and shelter
- Clean out and scrub bird feeders regularly, to maintain hygiene

If you would like to join our band of keen gardeners (with varying forms of experience) please get in touch, we would love to meet you.

Happy gardening everyone.

Debbie Parker

LAWSHALL GARDEN CLUB TREASURER
info@johnparkerandco.co.uk

Remembrance Sunday

On Sunday 9th November there will be an Act of Remembrance and a Two Minute Silence held at the Church Porch.

You can join in by going straight to Church. Please assemble by 10.50am.

Walking from the VILLAGE HALL. Please join wreath carrier Michael Whordley (Parachute Regiment, retired) departing at 10.30am.

Walking from the bottom of DONKEY LANE. Wreath carrier Vincent Acheson (Queen's Royal Irish Hussars, retired) will set off at 10.51am.

Veterans and serving or retired members of any of the uniformed services are most particularly welcome to march with them to the Church from either end of the village. Wear your headdress with pride if you have it, but please do not worry if you don't.

Any others who wish to join in are just as welcome - be they adult or younger.

There will then be an Act of Remembrance and Two Minute Silence at the Church Door.

After this, there will be a short service in church, including laying a wreath at the church memorial for Johannes van Mesdag.

Vincent Acheson



BOOKS WANTED



We are collecting second hand books for a Church book sale in spring 2026, to raise funds for repairs to All Saints Church.

All donations gratefully received to be dropped off to Jan and Simon at Pantile Cottage (next to School House), or contact

Simon Hughes on 074 69048832 or

Wendy Harris on 079 00617833

Bird Notes

Just about a week ago (it's the middle of October as I'm writing), I heard a chiffchaff singing, albeit half-heartedly, from a hedge near home. As there had been a chiffchaff in that area all summer I am assuming it was the same bird and wonder now if he will stay all winter as many of his species have chosen to do so. Certainly at present the weather is mild enough to encourage overwintering rather than risking the long migration.



Chiffchaff

Because the weather throughout Northern Europe has been so mild so far, the fieldfares and redwings have not yet felt the need to come this far south. I have seen just one redwing this season.

Having said that about the weather, the small birds seem to be making good use of the garden bird feeders. We regularly have greenfinches, goldfinches, blue and great tits, wren and robin in our little garden. Some of them will have been reared here - in fact I have just cleaned out the nest boxes, which showed signs of successful breeding. I also closed up the entrance to my swift box to prevent the sparrows usurping it come next spring in the vain hope that the swifts will use it. Must remember to open it up again before next May!



Firecrest

One lucky, or very observant, neighbour had not one but two firecrests together in his garden recently, showing that it pays to be on the lookout all the time. Firecrests are very similar to the more common goldcrests, but have a very visible white stripe (supercilium) above the eye. An expert could also tell them apart by the difference in their very high pitched call notes, but I'm afraid I don't come under that category though I have seen quite a few firecrests, including one in Golden Wood.

Cliff Cooper



Knit Knot & Natter

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

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Green Light Trust

Green Light Trust is proud, as ever, to have the support of the local community.

We recently held our first online auction, and thanks to the generosity of our supporters we raised just under £500.

There were some fantastic prizes donated including a family day pass to Jimmy's Farm, tickets to The New Wolsey Theatre and a Greene King brewery tour.

A big thank you to the Swan Inn for hosting another pub quiz and raffle for us in September, which raised a fantastic £285. We are pleased to announce that we will be holding a fire and glass walk fundraising event at the Swan Inn on Friday 27th March 2026.

We are also delighted to invite you to our Woodland Wonderland which will take place at The Foundry on Saturday 13th December 10am-4pm. Kids entry £6 and accompanying adults £2. Come and meet Santa, browse our festive stalls and enjoy a hot chocolate and mince pie.

All money raised helps to support children, young people and adults so they can connect to nature and improve their health and wellbeing.

Further details can be found on our website: www.greenlighttrust.org



Party time?



Why not hold your next children's party in **Lawshall Village Hall?**

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Pilates Classes @ Lawshall Village Hall

Tuesdays



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Stay strong and mobile while reducing your risk of trips and falls.
There is a Pilates class to suit all abilities.

- **10am - 11.am Pilates Mat Work** Improver class suitable for those who have done Pilates before. Involves standing balance & strength as well as mat work
- **11.30am - 12.15pm Inclusive Pilates (NO Mat Work)** Involves standing, supported & chair-based options. Suitable for beginners, those with injuries/health conditions and those who have difficulty getting down onto the floor

6 - week course £48
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Contact Lindsay Bennett to book a space

lindsaybennett@btinternet.com or call 07827323711

The Power of Pilates

Pilates is a form of exercise that focuses on Balance, Posture, Strength, Mobility & Flexibility. There are now two Pilates classes available at Lawshall Village Hall suitable for people of all ages and ability levels (see advert above for timings.)

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.

Pilates is for everyone

Inclusive Pilates - There is NO mat / floor work involved and is specifically aimed at those who are new to Pilates, those with long term health conditions and anyone who is worried about trips and falls. The class offers a variety of standing, supported and seated exercise so is ideal for everyone, especially those who find it difficult to get up and down from the floor.



Pilates Mat Work / Improvers is aimed at people who have done Pilates before and would like to improve their practise, it includes standing balance & strength and mat work.

Your Instructor - Hi I am Lindsay Bennett and have been working as a Fitness Professional for over 30 years and have gained many advanced health and fitness qualifications including, Advanced Pilates, Exercise for Older Adults and 'Management of Chronic Back Pain'. I hold the required public liability insurance. Everyone will receive a health screening prior to joining the class.

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 😊

Coldham Sunday team with their first league game took the 3 points with a outstanding victory over Bury Wanderers 8-0. They also defeated Cedars Park in the cup, winning 3-2 on penalties. Callum Richardson and Robert Haydon with two hat tricks. The veterans had a very tough game over at Cavendish in the cup coming away with a 5-0 defeat.

Stu Fowler



Harry Hughes against Moreton Men FC

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teams of up to 4, £10 per team, cash prizes.
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Evening events for the Autumn

Oct 3 Team Quiz
Oct 17 Lightning Talks

(volunteers wanted to talk for 5 minutes on any subject of your choice)

Nov 7 Team Quiz
Nov 21 An Evening with Dan Bigham
Cycling World Record Breaker £10 per head.
Dec 5 Team Quiz



at the former Metcalfe Arms, Hawstead IP29 5NR

ALL SAINTS' CEVCP SCHOOL



Inspire Challenge Succeed

We are quickly coming to the end of a very industrious first half term. Autumn is fully upon us and Year 1 have been the first class to participate in their annual Seed to Tree session. They spent the morning collecting and testing acorns before planting them in our school nursery.

In D.T., Year 3 investigated and designed pneumatic systems for a moving monster before spending the morning creating and evaluating their final product. They were very impressive and some were even scary!

Last week the school was invaded by Romans when Year 4 took part in their Roman enrichment day. They spent the day making papier-mâché theatre masks, pitta bread pizzas and clay broches all while dressed as Roman gods, soldiers and citizens.

Earlier in the month, some of our older children from Years 5 and 6 took part in the Bury Games cross country competition and three children have now qualified for the West and South Suffolk regional competition.

The children are always excited to receive visitors at school. They were very pleased (and proud) when they were able to show off their work to their parents at our first 'Open Books' session of the year. They also thoroughly enjoyed the always-entertaining collective worship led by Revd Lawson and Pam, which featured marshmallows and plenty of laughter!

We will now be turning our thoughts to the even busier festive season which will be jam packed with the Christmas fair, nativity plays, crafts, carols and all kinds of fun.

If you have a little one and would like to find out if All Saints' is the place for them, please get in touch for a chat or tour with Mrs Lamb, our headteacher: 01284 828223.

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Coldham Hall FC

Autumn has so far been a busy time for the club. At the end of September, Chairman Ben Mapston and Chris Toole attended the Suffolk FA Awards 2025, very proudly picking up their Grounds Team of the Year award 2025. The many complements on our playing surface paid by visiting teams is testament to the many hours they put into it.



For those who may not know much about the club, Coldham Hall Football Club goes back many many years, as far back as 1935! When a friendly match against Elveden is believed to have been the earliest recorded match, Coldham winning 6-0 on the 16th November 1935.

The club has been on and off over the years. I believe this season is the biggest of them yet, as we have mixed U6 Development, U7 and U8 training and playing friendlies, our U9 boys playing in the Suffolk Youth Football League, our Saturday Men's team, Sunday Morning Men's and Veterans teams. This is a fantastic achievement since it was only a couple of seasons ago that the club almost folded. Our Sunday morning and veterans home matches are played at New House Farm in Lawshall, fixtures are regularly posted on our Facebook page, if you'd like to come along and watch some local football it really is a great setting for it. Hot drinks are also available!

Our Saturday team play at British Sugar for their home games. There is a bar so if you'd fancy popping over the fixtures are also updated on the facebook page each week.

October round up:

No shortage of goals for Isaac Thomas and our SIL Team. He certainly knows where the back of the net is with 16 goals in 7 games so far. The Saturday team are currently sitting second in the league following a 6-2 win over East Bergholt and a 4-0 away to Kesgrave Kestrels.