

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
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Suffolk County Council 0345 606 6067

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BBC Radio Suffolk 0800 1412121
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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 26

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 2026 magazine
6pm Friday 16th 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) £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@abergh.gov.uk and

Michael Holt. email: Michael.Holt@abergh.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.

Konektbuses 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, 8 January, 5 February - Free Church 9.50-10.20am, Swanfields
10.25am-10.40am & Village Hall car park 10.45am-11.25am.

Route 10: Tuesdays, 13 January, 10 February - Melons Green, 12.50-1.05pm

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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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Is this you?

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- ★ If you have book-keeping and admin skills and could spare
- ★ some time to help Lawshall Village Hall, we would love to hear from you.
- ★ For an informal chat and role description, please contact Peter Ward at:
- ★ peterjoward@hotmail.com



Editorial

Hello and welcome to the January edition of Round and About Lawshall.

This month's edition is slightly slimmer as the number of events to be advertised and reported on is inevitably reduced after the hustle and bustle of Christmas. Nevertheless the pages are full of interesting articles reflecting the wide range of activities and opportunities that are to be found in our village.

While Cliff takes a well-earned break from writing his bird notes, I have attempted to compensate by finding out more about the humble robin, a bird which is closely associated with the winter months. You can read my findings on p15.

In early December, all Saints' Church and the Village Hall combined forces to put on the Christmas Tree Festival and mark the beginning of the festive period with some communal singing. For me this is one of the highlights of the village calendar. You can read all about it on p11.

Congratulations to J Lumley, who won the £100 Christmas bonus lottery prize and to W Harris who won December's £50. The lottery is an important source of income for the Village Hall, so if you haven't yet joined, please see p6 for information on how to sign up. Multiple tickets can also be purchased if you would like to increase your chance of winning!

Wishing you all a very happy New Year,

Julia

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COCKFIELD COMMUNITY CINEMA
THE ROSES (15)

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Cockfield
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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....

American astronomer, planetary scientist and science communicator Carl Sagan said, *“The dangers of not thinking clearly are much greater now than ever before. It's not that there's something new in our way of thinking - it's simply that credulous and confused thinking can be much more lethal in ways it was never before.”*

Another year past and we are off into the new one. Some would say we've done well to reach 2026 with so much darkness and confusion in a world that appears to have lost its way.

God's word teaches that we have lost our way because we have become alienated from the life that is in Him, which has resulted in futility of thinking, a darkened understanding about life, and a stubbornness of heart that refuses to return to Him. (Ephesians 4vs17&18)

As a light guides our feet in darkness, God's word acts as a spiritual light, so much so that the psalmist was able to say, “Your word is a lamp to my feet and a light to my path.” (Psalm 119v105) God's word is a lamp because it shows us our need for Jesus Christ to be our Saviour. Jesus said, “I am the light of the world. If you follow Me, you won't walk in darkness, because you will have the light that leads to life.” (John 8v12) In 2026 receive the only Person who gives eternal life. God so loved the world that He gave Jesus, that whoever receives Him would not experience eternal death and darkness but have eternal light and life. (John 3v16)

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



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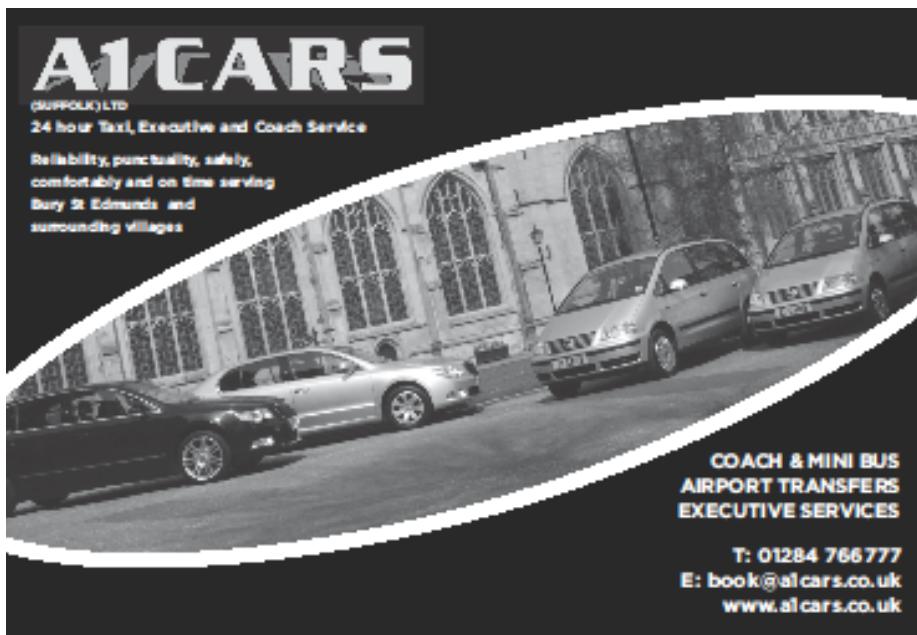
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What's On in Lawshall January 2026

Coming up...

Wednesday 7th 4.45pm	Fish and Chips return to the VH Car Park
Tuesday 13th 7.30pm	Lawshall Parish Council in the Village Hall
Friday 16th 7pm	Bingo in the Village Hall
Wednesday 21st 10.30am - 12.30pm	Community Café in the Village Hall
Sunday 25th 9.30am - 12.30pm	Lawshall Community Woodland
Friday 30th 2pm - 4pm	Community Friday in the Village Hall

Regular events...

Monday 2pm	Carpet Bowls in the Village Hall, January 5th and 19th
Monday and Wednesday 7.30 - 9.30pm	Table Tennis in the Village Hall
Tuesday 10 - 12.15am	Pilates in the Village Hall
Wednesday 4.45-6.15pm	Fish & Chip Van in the VH Car park
Wednesday - fortnightly	Knit, Knot & Natter at the Swan
Friday 3-4pm	Fresh Fish Van - John Skelly visits Lawshall

Dates for your diary...

Wednesday 18th February	Community Café in the Village Hall
Friday 20th January	Bingo in the Village Hall
Friday 23rd January	Community Friday in the Village Hall resumes

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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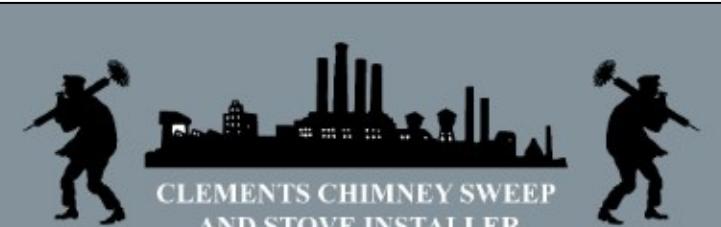
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Village Hall Booking

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

* WiFi with Bluetooth

* Bar service can be arranged

* Kitchen with dishwasher

* Projector available on request

* Wedding package available

Please contact Leanne Hornby 01284 830895 leanneandpeter2@gmail.com

See inside front cover for prices

Lawshall Village Hall Draw Results December 2025 Draw

Christmas Bonus £100	J Lumley	51
1st Prize £50	W Harris	382
2nd Prize £20	J Gazley	77
3rd Prize £10	S Jones	116
4th Prize £10	C Clements	135
5th Prize £10	J Garwood	84

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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Lawshall Community Woodlands

Forest for Our Children



Last autumn turned out to be decidedly wet and yet we were very lucky to have beautiful sunny mornings for our monthly woodland meetings, so plenty was done.

Winters are decidedly shorter than they were when I was a child, and perhaps that is one of the signs of getting older! I remember 1963 particularly, because living out in the wilds of Suffolk, we couldn't get to village school as there were no SUVs or 4x4s in those days. Early last month I was musing on the fact that by late January the catkins on the hazels along the Melford bypass would be lengthening and turning yellow as a ridiculously early sign of spring. Therefore, I was quite shocked to see them already in that state on the 9th of December when temperatures reached a balmy 15 degrees Celsius. Climate change indeed.

In terms of management, this month we shall continue the hedge-laying that we began last winter. This is an old countryside skill that, with some care, can produce a very satisfying result. In addition there will be clearance of some fallen timber because demand for firewood seems to have outstripped supply. However, only so much can be 'harvested' without changing the character of the woodlands which is certainly not an option.

Apart from December, we always meet at 9.30 on the last Sunday of the month. Why not save yourself an often wasted January gym subscription and come and exercise in the fresh air with us? Refreshments provided

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

LAWSHALL PARISH COUNCIL

POTHOLE REPORTING

Please take action to report potholes at <https://www.babergh.gov.uk/report> online so that the district council is aware of the work that needs doing and can get these fixed. Remember to include a what3words reference if possible so that the location can be found easily.

PLANNING APPLICATIONS

These are discussed in meetings, but the Parish Council can only submit their own thoughts. Residents can find out more detail and use 'Application search, track and comment' at www.babergh.gov.uk/planning.

APPLICATION FOR PLANNING PERMISSION - DC/25/04984

Proposal: Change of use from arable agricultural land to Birds of Prey displays, Experiences and Small Reptile Exhibits), including visitor parking, aviaries, reptile and reception buildings. Location: Land At Audley End Melford Road, Lawshall, Suffolk.

Lawshall Parish Council have objected to this proposal due to lack of information on expected traffic levels and other issues relating to Lawshall Neighbourhood Plan Policies LWL17 and LWL21.

This application was discussed at length at the Parish Council meeting on 09 December, where a large number of neighbouring residents attended to voice their substantial opposition to this proposal and this has been noted by the Parish Council. A substantial number of objections have also been made to Babergh District Council Planning.

The deadline for comments has now passed and this application is now being considered by Babergh Planning, however interested parties are invited to read the application and the comments received, which can be viewed at <https://www.babergh.gov.uk/w/application-search-and-comment> (enter DC/25/04984 to search).

REFUSAL OF 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. No objections from Lawshall Parish Council.

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. Objections from Lawshall Parish Council. Does not comply with Lawshall Neighbourhood Plan Policies LWL1, LWL2, LWL3 or LWL13.

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.

APPLICATION FOR PLANNING PERMISSION – DC/25/04806 Proposal: Householder Application. Erection of a new garage / annex for ancillary use. Location: Appleberry House, Folly Lane, Lawshall, IP29 4TH. Objections from Lawshall Parish Council. Does not comply with Lawshall Neighbourhood Plan Policies LWL2, LWL3 and LWL4.

REFUSAL OF NON-MATERIAL AMENDMENT TOWN AND COUNTRY PLANNING ACT 1990 Proposal: Application for a Non-Material Amendment relating to DC/24/04368 - Removal of side wall to cart lodge and amendment to position of cart lodge; Retain existing double garage. Location: Chegada, Melford Road, Lawshall, IP29 4PX.



Party time?

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- Good parking.

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Contact Leanne on 01284 830895 leanneandpeter2@gmail.com

Green Light Trust

Hello, and Happy New Year to Lawshall!

At Green Light Trust December saw us get well and truly into the festive spirit.

Our participants had been getting crafty and thinking of ways to make Christmas decorations sustainably.

We had some brilliant creations including reindeer made out of willow, snowmen out of log discs and presents out of wooden blocks!

We also had our first Christmas event on Saturday 13th which was a huge success. We want to say a special thank you to any locals who joined us and for your understanding if the area around The Foundry was busier than usual.

There were lots of very happy children who got to meet Father Christmas, all whilst raising money for the work we do to help support people who need it.

We have been looking ahead to 2026 and have some exciting plans for next year, so make sure to keep an eye out and follow us on socials to **stay updated!**

Phoebe Lucas



All Saints' Church

January services at All Saints' Lawshall:

- Sunday 4th January 4.00pm: Informal Service
- Tuesday 25th January 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 Wendy Harris 07900617833

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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Everyone is welcome!

Lawshall Village Hall 2-4pm

Tea, Coffee & Cake £2

New activity each month

NEXT EVENT

FRIDAY 30th January

No need to book, but if you have a question contact Wendy on
07900 617833

Lawshall Christmas Tree Festival

Over the weekend of the 6th and 7th December, the Village Hall hosted the village Christmas Tree Festival, which is run jointly by All Saints' Church and the Village Hall. This year saw another collection of beautifully decorated trees, most of which had clearly taken many hours to put together.

Particularly impressive were the trees where decorations had been hand made and involved group collaboration. This was reflected in the voting, with the Garden Club's tree (which could happily have graced the cover of a glossy magazine) coming first, followed by the Community Café with its 'edible' decorations. Third was the sparkly and colourful tree decorated by Lawshall Ladies.

Although it is always interesting to see who the public will vote for, all the entries made a valuable contribution to the event. It is the variety of decorations and the ability to walk the length of the hall admiring them that make the event special.

Refreshments were served and enjoyed in the centre of the Hall and there were also several fund raising stalls and of course, the tombola and a raffle.

Below from left to right: Garden Club, Community Café, Lawshall Ladies.



Lawshall Ladies

For information about Lawshall Ladies, please contact:

Sarah Warboys 07885 470385 or Claire Ramsey 07415 195289



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Lawshall Little Saplings

Little Saplings Pre-School would like to wish you all a Happy New Year!



We are looking forward to seeing all of our friends at Pre-School and sharing what we have been doing during the Christmas holidays. We also look forward to welcoming some new friends who are starting with us for the first time. We remember what it felt like to start Pre-School so we will make sure we look after them.

During this month we will be thinking about animals and the habitats that they live in. We especially like learning about penguins and look forward to making lots of penguin crafts and sharing penguin stories.

As part of our commitment to sustainability we will also be taking part in energy saving week. We will be learning about how to save water by turning the taps off when we wash our hands, and reminding our adults to switch off the lights when they leave a room!

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

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

Another year passes by and we find ourselves in the year 2026!

Looking back over 2025 we have enjoyed visiting members' gardens, which always gives us so many new ideas for our own, as well as being a great social event.

January is a good time to set out a plan. Many times we have ideas about what we would like to do, but we get to mid-summer and realise that we had completely forgotten all about some of our ideas.

So take a walk around your garden, while it is dormant, and make a mental note of what you would like to see happen this year. This is then the time to go indoors, into the warm, and write down your thoughts. If you do this a number of times over the coming weeks, you will be surprised at how many different ideas you may come up with!

Now, finally, a short list of jobs for the garden in January.

- Should we get any snow, you should brush the snow off trees, shrubs, hedges and, of course, greenhouses.
- Wisteria can be pruned back this month along with apple and pear trees, redcurrants, blackcurrants and gooseberries.
- The currants and gooseberries should have about a third of the oldest stems cut back and in the case of the gooseberries, try to form a goblet shape, keeping an open area through the centre of the plant.
- Rhubarb can be forced this month to provide a good early and healthy crop.
- Chit early potatoes.
- Plant new bare root hedges, trees and roses.

Our first meeting of 2026 will be 7pm at The Swan on Wednesday 28 January. Why not come along and meet with us. Looking forward to meeting you there, where we will be discussing what we are going to do in 2026 and plans for our gardens.

Whatever you do this January, we wish you all a very happy New Year and enjoy your gardens.

Debbie Parker LAWSHALL GARDEN CLUB TREASURER

info@johnparkerandco.co.uk



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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

Books can also be dropped off at the Community Café on Wednesday 21st January

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Community Café

Join us on Wednesday 21st January

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

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Bird Notes

While working in the garden I have often found myself accompanied by one or more robins. While Cliff takes a break, I hope readers will be as interested as I was to find out more about this iconic bird that graces our gardens and hedgerows throughout the year.



Robins are extremely common in the UK, with an estimated 6,700,000 pairs nesting here. The country sees an increase in robin numbers during the winter, with migrants from Scandinavia, Russia and Europe joining resident birds when the winters become too cold and food scarce back home. Native UK robins generally don't travel very far during the year, only really moving between their breeding and winter territories. They are incredibly territorial and will fight ferociously to defend their patch. Robins are not usually as shy as other birds when it comes to human contact and will happily accompany gardeners, waiting for them to reveal a tasty morsel.

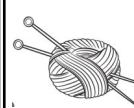
The association of robins with Christmas goes back to Victorian times, when the tradition of sending Christmas cards began. Royal Mail postmen, who wore bright red uniforms, delivered these cards. Even though the robin's plumage could more accurately be described as 'orange', this earned them the nickname of 'robin' or 'redbreast'. Artists often illustrated Christmas cards with pictures relating to the delivery of letters, such as post-boxes or the postmen known as 'robins', and eventually started drawing the familiar little brown and red bird delivering letters instead of the postmen. This trend caught on and became very popular. It continues to this day, with many robin-themed items being seen in shops and online during the festive period.

Robins are one of only a few birds in the UK that sing throughout the year. In the autumn and winter their song is particularly noticeable and changes with the seasons, being brighter and more cheerful in the warmer months and more melancholy in the cold. I have to confess I have not noticed this last point myself, so will be listening extra carefully next time I am in the garden.

Julia (standing in for Cliff!)

Knit Knot & Natter

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





Pilates Classes @ Lawshall Village Hall

Tuesdays



Would you like to Improve your Strength, Balance, Posture & Stability?
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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Classes resume in
January after a
break in December

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 ☺

Protect your home this winter from flooding

This year's long hot summer has increased the risk of flooding across our region.

Why?

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You can act today to protect
your home from flooding.



To reduce the risk of flooding, it's important to:

Check gutters, drains and downpipes across your property, clearing out excess leaves, silt or debris that may have accumulated over the summer period.

Notify your local council of any blocked gullies, drains or ditches in your local area.

Help to avoid blockages that cause sewer flooding by:

Only flush the 3Ps:
pee, poo and paper

Bin wet wipes
and sanitary products

Once cooled, bin any
cooking fat, oil or grease

If you see any flooding coming from manholes or anything in a river, lake or stream that shouldn't be there, we want to know about it as soon as possible.

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ALL SAINTS' CEVCP SCHOOL



Inspire Challenge Succeed

What a joyful end to the year we had at All Saints'. Alongside their usual hard work and dedication, the children embraced a whole host of festive activities with great enthusiasm. They enjoyed a trip to the Theatre Royal to watch the pantomime; made Christingles and took part in a Christingle service at the church; shared a delicious Christmas lunch and were delighted by a visit from Father Christmas. Families of children from Reception to Year 4 joined us for a morning of Christmas crafts, filling the school with creativity and festive spirit. Our wonderful PTA organised another fantastic Christmas Fair at the village hall, complete with games, crafts, tombolas, and a magical Santa's grotto. The term ended on a high note with a beautiful carol concert led by our Year 5 pupils.

The events continued across the school with the Reception children making their nativity play debuts by performing a delightful play for the school and their families. Years 1 and 2 brought smiles and laughter with their lively performance of Knock, Knock! The Nativity. Year 3 enjoyed a Stone Age enrichment day, while Years 3 and 4 sang carols for residents of The Willows. Years 5 and 6 spent a morning decorating Christmas cake and crafting table decorations, and Year 6 also worked with A-level art students from St Benedict's School to design festive cards.



After such a busy and joyful term, the children certainly deserved their well-earned Christmas break before returning with their usual energy and enthusiasm on the 6th January. We do appreciate that some school events can increase traffic along The Street, and we will endeavour to keep everyone updated through this newsletter in the future.

If you are interested in your child joining our wonderful school community, please contact our headteacher, Mrs Lamb, on 01284 828223 to arrange a chat and a tour.



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Coldham V Chedburgh

Coldham Hall FC

Saturday Side

Our Saturday side had just one fixture at the beginning of December, hosting Kesgrave Kestrels. The lads were unfortunate not to come away with at least a point after a competitive performance.

Isaac Thomas opened the scoring with a fantastic free kick, followed by a well-worked team goal finished off by Leo Mourao, who stepped in to help the side. Despite the effort, it wasn't quite enough, with the game ending in a narrow 3–2 defeat.

Bury & District Sunday League

The Sunday side kicked off December against Chedburgh. After an excellent start and going 3–0 up, Chedburgh - as they so often do - fought back, pulling it back to 3–2 by half-time. Unfortunately, we conceded two more goals in the second half, with the match finishing 5–3.

Next up was a tough test against Bedfield, who sit two divisions above us. Coldham started brightly and created two excellent chances early on. Despite going 2–0 down, the lads remained optimistic at half-time. However, Bedfield showed their quality in the second half and progressed through to the semi-final. Final score: 6–0.

Youth Teams

Our U9s enjoyed a fantastic run through November and December, picking up a couple of excellent wins and scoring plenty of goals along the way.

Meanwhile, our U6–U8s have continued to train despite everything the great British weather has thrown at us. Despite the heavy rain, the pitches have held up extremely well. A visit from the big man himself which we were lucky enough to secure at this time of year, Santa himself came to our last training session and handed out gifts to the children.

A huge thank you goes to Chris Toole and Ben Mapston, who are out in all conditions ensuring the playing surface remains one of the best in Suffolk.

We head into the new year full of optimism and positivity as the club continues to go from strength to strength.

Be sure to check out our Facebook page for upcoming fixtures and results, our veterans and Sunday side have some home fixtures it would be great to see some of you, hot drinks are available.

Stu Fowler