

HANDY LOCAL NUMBERS

All Saints' Primary School 01284 828223
Little Saplings Pre-school: manager@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 baberghwest.snt@suffolk.pnn.police.uk Tel 101 or 999 for emergency
Suffolk Fire Service 01473 260588 e-mail: fire.admin@suffolk.gov.uk

Citizens Advice Bureau 01284 753675
Samaritans 116123 (Freephone)
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: 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



February 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 March 2026 magazine
6pm Friday 16th February - earlier welcome!**

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

To place an **advertisement** in this magazine
please contact **Leanne Hornby** at leanneandpeter2@gmail.com
Telephone 01284 830895 or at Hills Farm, Bury Road, IP29 4PJ

Black and White Adverts: price per issue:

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

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

Welcome to the Village, Births, Marriages, Deaths - free of charge, just let the editor know.

Check out our **website** at <http://www.lawshallvillagehall.co.uk>

To discuss anything about the website
please contact Jenna Kitchen on 01284 830022

The proceeds from this magazine will go towards the upkeep and improvement of Lawshall Village Hall, registered charity number 304911

VILLAGE HALL HIRE CHARGES

Lawshall residents... £15 per hour Other users.... £17 per hour

Groups regularly using the hall on a weekly or monthly basis... £12 per hour

Groups that are not regular users... £17 per hour

Children's parties £47 for four hours, to include setting up and clearing away.

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

USEFUL VILLAGE CONTACTS & INFORMATION

Village Hall Management Committee

Chairman: Peter Ward 07931 898326

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

Treasurer and Booking Secretary: Leanne Hornby 01284 830895

leanneandpeter2@gmail.com

Caretaker: Sharon Marshall 01284 830182 07943 215537

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

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

Chairman: Mark Anson 07990 773469 **Vice-Chair:** Catherine Baynton 07799 364147

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

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

District Cllrs: Stephen Plumb. email: Stephen.Plumb@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.

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

Route 10: Tuesdays, 10 February, 10 March - 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).

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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>

★★★★★★★★★★★★★★
★ Is this you? ★

- ★ 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 February edition of Round and About Lawshall.

I do hope this month's cover picture has reproduced successfully in black and white. In colour it is a pretty spray of delicately shaded magnolia, which I thought appropriate for the season.

A couple of years ago, following advice to keep my ageing brain 'active' I started to learn Dutch using the Duolingo app. One of the phrases I recently learnt is 'de tulip is een belangrijke gewas' - 'the tulip is an important crop'. I have to confess that I had never really thought of tulips as a crop and decided to find out more. You can read my findings on p15 as Debbie takes a break.

Elsewhere in the magazine we have all the regular features, including a very readable article from Cliff on the Corvid family and a special plea from Adrian on behalf of Lawshall Community Woodlands (see p29).

Congratulations to T Warner, who won January's £50 prize. 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!

With very best wishes,

Julia

Contents

5	What's on	19	Bird Notes
6-7	Village Hall	21	Coldham Hall FC
7	Lottery Results	23	Community Cafe
9-11	Parish Council	25	Lawshall Little Saplings
12	Pilates	27	Green Light Trust
13	All Saints' Primary School	29	Community Woodland
15	The Tulip	31	All Saints' Church
16	Pilates	33	Lawshall Evangelical Free Church

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

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



If any of the above sound familiar then maybe now's the time to do something about it.

Why not talk to the team at Kall Kwik - our web designers will help you turn visitors into customers.

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www.kallkwikburystedmunds.co.uk



COMMUNITY FRIDAY ...

Fancy a cuppa with great company?

Come along and brighten up your week.

Everyone is welcome!

Lawshall Village Hall 2-4pm

Tea, Coffee & Cake £2

New activity each month

NEXT EVENT

FRIDAY 27th February

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

**COCKFIELD COMMUNITY CINEMA
THE COLOUR ROOM (PG)**



Friday 27th February
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....

The German philosopher Immanuel Kant once said; *"Give a man everything he wants and at that moment everything is not everything"*

There is a man spoken of in the Bible who would support that view. Solomon, the third king of Israel, was a man who literally had everything: extraordinary success, wealth, and incredible intellect and wisdom given him by God. Yet it all became meaningless and he ended up feeling empty. Why? Simply because he had turned his back on God to pursue his own selfish desires. He was a classic example of a good man who started strong, but turned the wrong way and wound up empty.

But late in his life, Solomon came to his senses and turned back to God. In the book of Ecclesiastes which he wrote, he said; 'Here now is my final conclusion: fear God and obey His commands, for this is everyone's duty.' God's primary command to everyone since Jesus came is to repent from ignoring Him and just living to please themselves, because He has appointed a day on which He will judge the world in righteousness by the Man (Jesus Christ) whom He has ordained. He has given assurance of this to all by raising Him from the dead.(Acts 17vs30,31). Jesus declared that He had come that we might have life to the full (John 10 v 10), and through Him, God has declared that He has given us eternal life, such that anyone that does not have Him does not have life (1 John 5 vs 11,12). So, contrary to the statement of Immanuel Kant, if anyone receives Christ, He becomes to them everything.

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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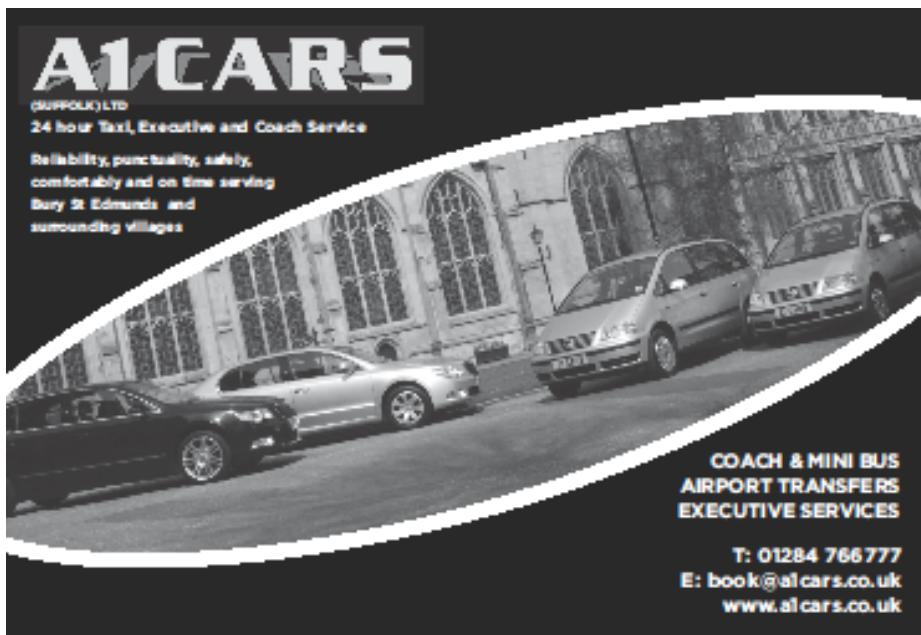
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What's On in Lawshall February 2026

Coming up...

Tuesday 10th 7.30pm	Lawshall Parish Council in the Village Hall	
Wednesday 18th 10.30am - 12.30pm	Community Café in the Village Hall	p6
Friday 20th 7pm	Bingo in the Village Hall	p4
Sunday 22nd 9.30am - 12.30pm	Lawshall Community Woodland meet at the Foundry	p29
Sunday 22nd 4pm	Quiz at the Swan	p8
Friday 27th 2pm - 4pm	Community Friday in the Village Hall	p26

Regular events...

Monday 2pm	Carpet Bowls in the Village Hall	
Monday and Wednesday 7.30 - 9.30pm	Table Tennis in the Village Hall	
Tuesday 10 - 12.15am	Pilates in the Village Hall	p12
Wednesday 4.45-6.15pm	Fish & Chip Van in the VH Car park	
Wednesday - fortnightly	Knit, Knot & Natter at the Swan	p13
Friday 3-4pm	Fresh Fish Van - John Skelly visits Lawshall	

Dates for your diary...

Wednesday 18th March	Community Café in the Village Hall
Friday 20th March	Bingo in the Village Hall

LAWSHALL VILLAGE HALL

IS PLEASED TO PRESENT THE FOLLOWING EVENTS...

BINGO

Monthly on the third Friday of each month 7-9pm. Next session Friday 20th February. £8 entrance (cash only) to include one book of four games, cash prizes. 18+. Refreshments and BYOB.

The Village Hall Events Committee will shortly be drawing up a list of events for 2026. Watch this space!



Are there any events that you would like to see held at the Village Hall this year?

Please get in touch via lvhevents1@gmail.com with any ideas you may have for events that would be popular with residents and could raise funds towards the ongoing maintenance of the hall. All ideas welcomed and no obligation to be involved in the organisation!

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

Party time?



Why not hold your next children's party



in Lawshall Village Hall?

We can offer:

- Plenty of space inside or out for organised games and a bouncy castle
- A Separate room for adults to retreat to
- A well-equipped kitchen
- Wi-fi with Bluetooth
- Good parking.

£47 for 4 hours - to include setting up and clearing away.

Contact Leanne on 01284 830895 leanneandpeter2@gmail.com

All Saints' Church

February services at All Saints' Lawshall:

- Sunday 1st February 4.00pm: Informal Service featuring the new Lawshall School Choir
- Sunday 22nd February 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



Coldham Hall Veterans

Richard Kemp

County Councillor
01787 378149

Richard.Kemp@suffolk.gov.uk

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

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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

* 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 January 2026 Draw

1st Prize £50	T Warner	201
2nd Prize £20	G Noble-Jamieson	160
3rd Prize £10	S Minns	358
4th Prize £10	D Griggs	30
5th Prize £10	Mr Pampanini	86

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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Email: Jeremy@watersonplumbing.com



Lawshall Swan Quiz Dates - get them in your diary and let us know which ones you would like to book for.

Maximum 6 players - £10 per team.

Entry money is split between a chosen charity and the winning team!

This year we are introducing play your cards right at the end of each quiz, half the money will go to charity and the other half if you win!

Here are all our dates and Quiz masters for 2026! All on a Sunday and start at 4pm

26th January - Andy

27th September - Andy

22nd February - Kel and Ash

25th October - Peter

29th March - The Parker Brothers

29th November - Parker and Coe

31st May - Becca

20th December - TBC

June/July/August - summer break



Lawshall Community Woodlands

Forest for Our Children



This month's news comes with a heartfelt plea for everyone's support and cooperation in our woodlands.

In particular a number of volunteers were upset to find that our special yew tree, planted by Kaku, Chief of the Eagle Clan in Papua New

Guinea, had, unaccountably and for no good reason, been trimmed back. An authorised post has been added to social media but for those like me who are averse to such things, here is the text:

"In the last few months some of the trees in Golden Wood have been damaged by unauthorised 'work' being done to them without the steering committee's knowledge or permission. So we're asking, PLEASE don't undertake any pruning or planting unless you're there as part of our Sunday volunteer mornings.

Both Golden and Crooked Wood are open for everyone to enjoy but they're looked after by a small band of very hard working volunteers who follow a well thought out plan for woodland management.

If you're keen to help, come along to our next volunteer morning – Sunday 25th February, meeting at 9.30 at the Foundry on Bury Road. We'd love to see you. Otherwise please leave the tools at home and enjoy the woods in peace."

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

WARM HOMES SUFFOLK

Suffolk residents living in properties which are not energy efficient, could be eligible for funding to make their homes warmer and reduce their energy bills. To check your eligibility, or to find out more about how Warm Homes Suffolk could help you, visit www.warmhomessuffolk.org or call the team on 03456 037 686.

CHANGES TO BIN COLLECTIONS

As part of a national initiative to reduce waste, our bin collections will be changing this summer, and from June there will be a rotating 3-weekly collection of non-recyclable waste (black bin), general recyclables (blue bin, which will change to include glass), and a new green-lidded bin for paper and card. There will also be a new weekly collection for food waste, with a food waste container and a smaller caddy provided for our kitchens. Brown (compostable) waste collections will not change. Further details on this change are expected to be communicated by Babergh District Council, and we can expect our new bins to arrive later this Spring along with new guidance on what we can put in each bin, and details of the new bin collection dates. For further information on this change, please see www.babergh.gov.uk/future-changes-to-bin-collections.

CHANGES TO RECYCLING

Once the above changes have taken effect, it will not be necessary for the village to have bottle banks like we do at present. Glass will instead be collected and recycled direct from our homes. The existing bottle banks in the village will remain for a period following the changeover but will be eventually removed.

PARISH COUNCIL PRECEPT FOR 2026-27

The Parish Council precept is charged to every household in Lawshall that pays Council Tax, and you can see it at the bottom of the Council Tax notice that is issued every year. For this next Council Tax year, the Parish Council will be requesting an increase of 5.25% on the previous year. This is to cover our increased costs for grass cutting and maintenance of the public spaces that the Parish Council own, play area inspections and repairs, dog waste bin collections, and other operating costs. The Parish Council currently operates at a small deficit, and the shortfall is made up from the reserves each year.



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The 'St James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St James's Place representatives.



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Work completed in Lawshall - reference available on request

For examples of recently completed projects, check out our facebook page

Swann Property Improvements

Green Light Trust

Happy 2026 Lawshall from Green Light Trust! We hope everyone in the village had a wonderful Christmas and a very happy New Year. We are already super excited for this year and can't wait to watch the amazing progress of our participants as well as sharing our fundraising plans for anyone and everyone to get involved in.

January can often feel like a difficult month for people; the come down from Christmas festivities and the grey weather doesn't always put us in a positive mood.



At Green Light Trust we believe being outside in nature can significantly help to boost your mood, mind-set, and physical wellbeing. Simple steps to help be proactive and avoid the 'January blues' include: morning walks, flora and fauna identification in your local area, or meeting up with friends in a green space - just think creatively!

We also have our first fundraiser of the year coming up this Spring... a fire AND glass walk hosted at The Swann Inn, Lawshall. This is an excellent chance to have a go at something new and step outside of your comfort zone for 2026 all whilst raising money for GLT which will goes directly towards supporting children, young people and adults we work with. Take a look at our website to find out more details and how to sign up, greenlighttrust.org.

Phoebe Lucas
 Marketing and fundraising officer

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26

In future years, we expect to have to increase the precept further, as the recycling credits we receive from Babergh District Council for operating the glass banks will be discontinued.

CHURCH CLOCK

Those of you who live in The Street may have noticed that the church clock, which has been out of action for several years, is now working again, is striking the hours correctly, and is keeping time to within a few minutes each day. The church clock is the property of the Parish Council, even though it sits at the top of the church tower, and is a war memorial gift to the village. It was made by the same company that made the Great Clock of Westminster. The Parish Council have paid for an extensive series of repairs to the mechanism. We are grateful for the efforts of Ian Carrington, who makes regular trips up the tower to make adjustments to keep the clock to time.

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/25/05345

Proposal: Planning Application. Erection of an agricultural building. Location: Land To The North Of Corner Farm, Lawshall Road, Lawshall, IP30 0JP. No objections from Lawshall Parish Council.

APPLICATION FOR PLANNING PERMISSION – DC/25/04984

Proposal: Full Planning Application - 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 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.

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.

More planning applications on p17...



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

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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 ☺

Lawshall Little Saplings



It is very cold at the time of writing and while we can wrap up warm in our coats, hats, scarves and gloves, we have been learning that the birds in our Pre-School garden need energy to stay warm in Winter. We have been making them some special bird feeders to help them with this. We are also taking part in the RSPB Big Schools' Birdwatch to find out what types of birds visit our garden.

In February we always have a focus on kindness. We will be thinking about how we can help and support each other and about sharing. We will also be celebrating how special and important every member of our Pre-School community is to us.

We currently have spaces for 2-4 year olds and we would love to welcome more little explorers into our safe, nurturing environment. If you are looking for a Pre-School where your child can play, thrive and grow, please arrange to come and visit us.

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

Phone: 01284 652344

Email: manager@lawshalllittlesaplings.co.uk

Lawshall Ladies

For information about Lawshall Ladies, please contact:

Sarah Warboys 07885 470385 or Claire Ramsey 07415 195289



District Councillors for Chadacre Ward:

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

Michael Holt Michael.Holt@abergh.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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ALL SAINTS' CEVCP SCHOOL



Inspire Challenge Succeed

This month, we wanted to share two exciting opportunities the children are getting involved with here at All Saints'.

Our **Forest Schools** sessions have been a much-loved part of school life for many years. From the beginning of January through to the end of July, a different class heads out each week to explore our Forest Schools area. The children enjoy a whole range of outdoor adventures, including pond dipping, den building, fire lighting, arts and crafts, bug hunting and identification, and even learning how to use tools safely. It's always a highlight of their week. (See p17 for photos)

Since September, the whole school has been taking part in an initiative called '**Our School, Our World**', which aims to promote sustainability and help children understand how to care for our planet. During the autumn term, the children learned about sustainability and climate change through fortnightly assemblies, supported by our newly appointed Year 5 Climate Ambassadors, who also help produce our monthly sustainability newsletter.

This term, we're focusing on consumption and waste. To support this, the whole school will be taking part in an enrichment day featuring junk-percussion workshops for every class. We're also delighted to be working with Lawshall Community Woodlands to promote No Mow May and Let It Bloom June. The children have been invited to take part in a poster competition. Designing posters to encourage people to let their grass grow, helping to boost wildflowers and support biodiversity in Lawshall and the surrounding area. Keep an eye out for their creations soon.

If your job or hobby involves sustainability or caring for the environment, and you'd be happy to come into school to talk to the children, we'd love to hear from you.

If you're 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.



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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Community Café

Join us on Wednesday 18th February

10.30 – 12.30, Lawshall Village Hall

Delicious cakes, fresh coffee, good company!

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

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The Tulip

Tulips are native to the mountainous regions of Central Asia, where they originally grew uncultivated and were prized by nomadic tribes as symbols of spring. By the 11th Century they were being cultivated as a status symbol of the Ottoman Empire, with Sultans wearing them in their turbans. It is this practice, together with their shape, that is said to have given the flower its name (*tül bend*, meaning "turban").

In 1554 the Flemish diplomat Ogier Ghislain de Busbecq was sent by Ferdinand of Austria, to negotiate a truce with the Ottoman Empire. During his stay in Anatolia, Busbecq discovered the tulip and sent several bulbs to the imperial gardens in Vienna.

The Flemish botanical scientist Carolus Clusius, physician to Emperor Maximilian II, became fascinated by the tulip and started a collection in Vienna. He later introduced the flower to the Netherlands, where he founded the famous Hortus Botanicus in Leiden.

The tulip grew into a symbol of wealth and became a popular subject in floral paintings and Delftware.

In the 17th Century, a speculative craze known as Tulip Mania emerged. By the 1630s, tulip bulbs were being traded for exorbitant prices. The most prized varieties were "broken" tulips with flamed or feathered patterns. At the peak in early 1637, a single bulb could cost as much as a luxury canal-side house in Amsterdam - roughly 10,000 guilders. The market collapsed in February 1637, leaving many investors bankrupt.

The Dutch never fell out of love with the tulip. Today, the Netherlands produces as many as 3 billion bulbs annually, accounting for nearly 90% of the world's supply.

As many residents of Lawshall will know, tulip bulbs are considered a tasty feast by our local badger population. In the final years of WWII many Dutch people were reduced to eating tulip bulbs to survive the severe famine, known as the "Hongerwinter", when food became incredibly scarce due to German occupation, a railway strike, and a harsh winter. The bulbs were cleaned, the bitter yellow sprout (which could cause sickness) was removed, and the outer skin peeled.





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Coldham Hall FC

Coldham Hall FC

Unfortunately, the adverse weather conditions at the start of the year have resulted in several fixtures being postponed, giving players some unexpected extra recovery time after the festive period.

Before the Christmas break, our SIL Saturday side travelled to Laxfield for a cup fixture, which ended in a tough 11–1 defeat. This was followed by a 2–0 league loss against Witnesham Wasps, bringing 2025 to a close. After Christmas, one SIL fixture did go ahead, with Coldham facing Thurston. Isaac Thomas gave Coldham an early advantage midway through the first half, before Thurston equalised just before the interval. Despite a positive start, Coldham struggled to gain a foothold in the second half, with Thurston pressing strongly to secure a 5–1 victory.

Our Sunday side, however, head into the new year full of confidence. Before Christmas they signed off in style with an emphatic 11–0 win over Bury Wanderers, followed by a convincing 5–1 victory against Moreton Men. As things stand, Coldham sit just six points off the top of the table with two games in hand. With the top six tightly packed, there is still everything to play for.

Goals, Goals, Goals!

Isaac Thomas is currently the SIL Division 5's second-highest scorer, netting an outstanding 22 goals in just 16 games.

Callum Richardson sits second in the Bury & District League Division 4 scoring charts, with an impressive 17 goals in all competitions from only 12 appearances.

Chris Drewery is also making his mark, currently 12th in the table with 8 goals from 10 games.

Justin Crisell leads the way for the Veterans side, scoring 4 goals in just 3 matches.

There are some exciting months ahead for the club, with our youth teams looking forward to summer tournaments and the senior sides pushing hard as they continue their league campaigns.

Stu Fowler



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Annual displays such as the Keukenhof in the Netherlands and the Floralia in Brussels are significant tourist attractions. Boat trips to visit the bulb fields are also widely available. If you would like to visit bulb fields closer to home the "Tulips for Tapping" event on the Sandringham Estate, in support of The Norfolk Hospice, features over 30 acres and 9 million bulbs and has been described as the UK's largest tulip field. Houghton Hall will also be hosting its own event, featuring over 25,000 bulbs.

Julia



Pupils from Lawshall CEVCP school enjoying Forest Schools activities.

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.

REFUSAL OF 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.

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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 18th February

Bird Notes

There are eight species of corvids (crows) living in the British Isles. Of these eight members of the crow family, six can be seen around Lawshall. The two missing members are the chough - a bird only seen on the western coast of England and Wales, and the hooded crow which can only be seen in Scotland.

Our six crows, in no particular order, are as follows:

Carrion crow. A bird of open farmland, all black with a large black beak.

Crows are often seen singly or in small groups.

Rook. The rook is very slightly smaller than the crow and appears slimmer. It has a pointed straight beak which is silvery grey. Rooks are generally seen in large groups on farmland, especially where animals are grazing, and they nest in colonies, for example at Rectory corner.

Raven. Ravens are a recent addition to the Lawshall list as they have become more common throughout the country. They can be recognised quite easily by their size, easily the size of a buzzard, and they regularly give out loud "honks" as they fly with their wedge-shaped tail showing. On the ground you will see the very large, heavy black beak.



Raven

Jackdaw. These are like miniature rooks except that they have a grey patch around the neck area. Busy little birds, always on the move around open spaces and gardens such as a Churchill Close. They have piercing blue eyes if you get close enough to see.

Magpie. Large black and white birds, often heard before being seen in woodland, they are easy to recognise.

Jay. The jay is the most beautiful member of the crow family with its pinkish and grey/brown plumage. In close flight you will see flashes of black and white at the tail area and maybe even see the blue patch high on the wings. It is about magpie size and almost always in woodland.

The corvids as a group have a bad reputation for being marauders that will steal and devour the eggs, and even chicks, of other birds. Unfortunately, from my experience, this reputation is well earned - but that is nature.

Cliff Cooper