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

March 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 April 2026 magazine
6pm Saturday 14th March - 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, Robert Staveley 07717 197137, Hannah Cooke, 07852 649126 and Tom Debenham, 07908 656097

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, 5 March, 2 April - Free Church 9.50-10.20am, Swanfields 10.25am-10.40am & Village Hall car park 10.45am-11.25am.
Route 10: Tuesdays, 10 March, 7 April - Melons Green,12.50-1.05pm

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Early every Monday or Friday morning alternating weekly with blue bin & black bin

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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

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

Editorial

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

As the days get lighter and we start to think about getting out and about more, the question of transport comes to mind. Those of us who are still happy to drive tend to take the car for granted, but not everyone is in this position. Supporters of the no 45 bus are keen to promote its use, in order to keep it viable (please see p31) for further details. On p17 you can also find information about GoStart, an organisation which can provide transport for older people, individuals with disabilities, and members of the community who may otherwise struggle to attend essential appointments. If this applies to you, or you know someone who could benefit from their services, please take a look.

The Community Café is a popular event on the Village Hall calendar and from Wednesday March 4th we are building on this success by offering two cafés each month - on the first and third Wednesday. This means the next café will be on March 4th. It would be lovely to see you there!

Congratulations to N Whatley, who won February'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

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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.

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Friday 27th March
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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 World War II chaplain told the story of a young man he encountered on the battlefield after a particularly bloody day of fighting. The soldier was mortally wounded, and his life was ebbing away. With fearful eyes, the young man looked up at the chaplain and said, "Sir, will I live?" The chaplain knew he was dying, so he said to the soldier, "Son, are you trusting Jesus Christ?" The boy replied, "Yes, sir; the greatest day of my life was the day I submitted my life to Him." So the chaplain looked at that young man and said, "Then yes, son, you will live."

Unless Christ returns during our lifetime, every single one of us will make that journey from this life to the next. On that day it won't matter how much we have, or how many good works we've done, or who our family was. What will matter is whether we have accepted or rejected Jesus Christ. Our eternal destiny hinges on that decision. We will either hear Him say, "Enter into the joy of your Lord," (Matthew 25 v 21) or, "Depart from Me, I never knew you" (Matthew 7 v 23).

We can thank God that His love is so great that He sent Jesus to die on a cross in our place, to bear the awful, but deserved, consequences of us rejecting Him and living to please ourselves. Jesus did this for all who repent and submit their lives to Him. Whoever we are and whatever our background, if we personally put our faith in Him we can step into eternity with confidence! Romans 6 v 23, 'What we deserve because of our sin is death, but the gift of God is eternal life through Jesus Christ our Lord'. Just a Thought Lawshall Evangelical Free Church HANNINGFIELD GREEN LAWSHALL BURY ST EDMUNDS SUFFOLK Ip29 4QD

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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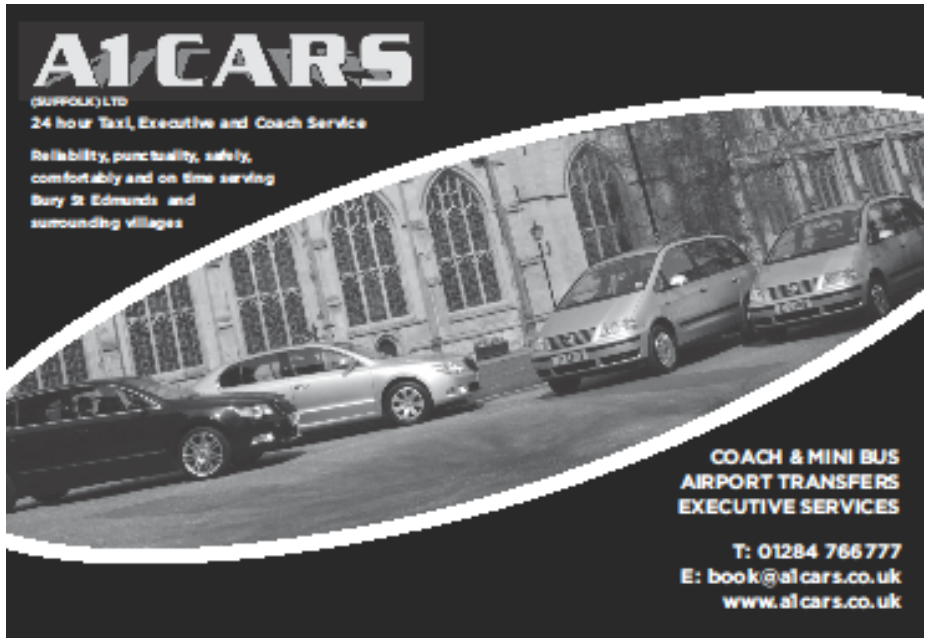

What's On in Lawshall March 2026

	Coming up…	
Wednesday 4th 10.30am - 12.30pm	Community Café in the Village Hall	p8
Tuesday 10th 7.30pm	Lawshall Parish Council in the Village Hall	
Wednesday 18th 10.30am - 12.30pm	Community Café in the Village Hall	p8
Friday 20th 7pm	Bingo in the Village Hall	p6
Sunday 29th 9.30am - 12.30pm	Lawshall Community Woodland meet at the Foundry	p29
Sunday 29th 4pm	Quiz at the Swan	
	Regular events…	
Monday 2pm	Carpet Bowls in the Village Hall (9th and 23rd March)	
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 1st and 15th April	Community Café in the Village Hall	
Friday 17th April	Bingo in the Village Hall	
Sunday 26th April	Afternoon Quiz at The Swan	

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 March. £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

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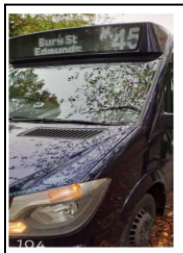

Have you tried it yet?

Take the number 45 bus to Bury St Edmunds (Monday to Saturday). Meet nice people as you travel through the villages.

Brighten up your day, even when it is overcast.

Give it a go this week, you will be amazed how much better you feel. No car park fees, no queuing for a space, no expensive fuel, leave it to the bus driver and see a different view of your surroundings.

Looking forward to seeing you very soon!

Timetables are available on the bus and in the village, or search

www.konectbuses.co.uk or www.suffolkonboard.com

All Saints' Church

March services at All Saints' Lawshall:

- Sunday 1st March, 4pm: Sing Lawshall: informal service featuring the new Lawshall School Choir
- Sunday 22nd March, 4pm: Wild Lent at Frithy Wood
- Sunday 22nd March, 6.30pm: Evening Communion

All Saints Church, Lawshall would like to thank the Suffolk Historic Churches Trust for their grant of funds to enable us to continue much needed work to repair the church tower. We are still fundraising to complete the repair, donations are gratefully received.

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

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

Adam Kemp BA Hons
DipPFS Cert.CII (MP&ER)
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LAWSHALL VILLAGE HALL
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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
- 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
February 2026 Draw

1st Prize £50	N Whatley	403
2nd Prize £20	A Thatcher	72
3rd Prize £10	J Lumley	51
4th Prize £10	C De'Ath	384
5th Prize £10	R Bolton	113

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.

Community Café

Now meeting twice each month.

Join us on the first and third Wednesday of each month in Lawshall Village Hall

10.30am-12.30pm

Next Café:

Wednesday 4th March

10.30-12.30

Lawshall Community Woodlands
Forest for Our Children

The tasks undertaken in our community woodlands change with the seasons just as they do in the farming calendar. When I was working in agriculture, at the end of each harvest I would somewhat predictably say, 'well, it'll soon be harvest' because the seasons came round so quickly. Woodland management is not dissimilar in this respect, which is a good thing because, as volunteers, we all become accustomed to the various tasks that come round again throughout the year.

There are two osier beds in Golden Wood which are coppiced each winter, one bed by the children from Lawshall school and the other by us, although there is little demand for the product. The osier is a type of willow which provides pliable withy stems which were once used for weaving a wide range of items including lobster-pots, shopping baskets, wicker chairs and numerous other objects. It was, therefore, of great economic importance but today its commercial production is largely confined to the Somerset Levels where extensive withy beds are still harvested.

Withy preparation and weaving was common in Suffolk in the nineteenth century and even children 'stripped the willow' which entailed peeling off the bark and this action is remembered in the ceilidh dance of that name.

John Steggall recorded his time with gypsies, while on the run from daily floggings at school in Walsham-le-Willows. Writing in 1856, his memoir relates to 1797 when he was just eight years old. He recalled that when the village constable came looking for him, the gypsies who had taken him in put him to stripping willow, the gypsy daughter having shown him how to do this. The children also wove baskets.

Adrian Walters

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

COUNCILLOR CO-OPTIONS

Members voted and welcomed Hannah Cooke and Tom Debenham to Lawshall Parish Council.

ILLEGAL E-BIKE RIDERS IN THE VILLAGE

The Parish Council is aware of a number of incidents where illegal e-bike riders have been seen riding at speed through the village, and damaging play areas by riding through them. These facilities are maintained by the Parish Council and the cost comes out of the Parish element in all our Council Taxes. If you see any incident like this, please report it to the Police or to the Parish Council. E-bikes must have pedals that propel the bike, and can only be propelled up to 15.5mph by their motor without pedaling. More information is available at www.gov.uk/electric-bike-rules.

INFORMATION ABOUT LOCAL ROAD CLOSURES

The roads in and around Lawshall are subject to many closures at the moment, for highway maintenance, work by Anglian Water, and a rolling series of roadworks to lay broadband fibre for City Fibre. This work is being performed in phases around Lawshall and surrounding villages to help space out the disruption. Sometimes these roadmaps are shown on Google Maps but often they are not, and a more accurate source of information showing planned closures and dates can be found at Causeway One Network (https://one.network/) which can be searched not just for the current week but also for weeks and months ahead.

PLANNING APPLICATIONS

These are discussed in meetings, but the Parish Council can only submit their own responses. 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. Lawshall Parish Council have no objections to this application (by majority vote).

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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.

SJP Approved 15/09/2025

Senior Partner Practice St James's Place

Green Light Trust

Hello to the lovely locals of Lawshall from everyone at Green Light Trust. We hope you are all well and starting to enjoy the early signs of Spring weather, we certainly are and can't wait to watch our woodlands begin to bloom again.

Our Step by Step group at the Foundry have been out foraging for items to go in their sensory boxes… Ollie had an especially lovely time collecting natural items that represent each sense. The idea is to add to the box each week and end up with a full collection of items from our environment that help connect us to our senses.

We also want to remind everyone in the village that our fire and glass walk is coming up at the end of March!

Help us reach our fundraising targets and have a go at something new.

It's going to be a great evening hosted at The Swan Inn, all whilst raising money for the vital work we do at Green Light Trust.

We would love to see the community join in and show their support. Just go to our events page on our website to sign up and have some fun!

www.greenlighttrust.org

Phoebe Lucas
Marketing and fundraising officer

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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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. To be considered by external planning committee (expected in April, date to be confirmed).

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.

PLANNING PERMISSION: GRANTED - DC/25/03201

Proposal: Householder Application - Erection of a 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.

THANK YOU

Thank you from the Debenham family at Coopers Farm to everyone who contributed to the weekend anniversary event in memory of Ray Debenham on the 17th & 18th January. Over £1,113 was raised for the British Heart Foundation.

Thank you to the Farm Machinery Preservation Society for all the arrangements for the Tractor Run and the Open Day at the farm. Thanks to everyone who attended and to the local village stall holders, it was a wonderful community event.

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Pilates Classes @ Lawshall & Stanningfield Village Halls

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.

Lawshall Village Hall – Tuesdays

- **10am - 11.am Pilates Mat Work** 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 up & down onto the floor

Stanningfield Village Hall – Wednesdays

- **10.30am – 11.15am Inclusive Pilates (NO Mat Work)** As above

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

Are you new to the village or recently retired?

If so, you may like to know more about all that is going on at Lawshall Village Hall. In addition to being available for private hire, the hall is the home of popular Carpet Bowls and Table Tennis clubs as well as a regular Community Café, Bingo, Lawshall Ladies' events and a pilates class. Contact details for these activities are to be found above and on p35.

The Hall is also home to a thriving hub of volunteers involved in maintenance and running the café. If you would like to find out more about getting involved, please contact Peter Ward on 07931 898326

Lawshall Little Saplings

We love stories at Pre-School and we will be celebrating World Book Day on 5th March by snuggling on the cushions and sharing our favourite books together. There will be lots of story related crafts for us to explore as well. We also get to celebrate Mother's Day in March. We will be thinking about the special people in our lives and creating something special for them to show how much they are loved and appreciated.

We hope that it might finally stop raining so that we can start to prepare our lovely garden area for planting. But the wet weather is great for jumping in puddles and for giving us lots of mud for our mud kitchen!

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

Party time?

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

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Contact Leanne on 01284 830895 leanneandpeter2@gmail.com

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ALL SAINTS' CEVCP SCHOOL

Inspire Challenge Succeed

January and February have certainly thrown a lot of wet weather our way, but in true All Saints' spirit we haven't let that hold us back! Forest School sessions have continued each week, and the children have certainly enjoyed the mud. Year 4 also took part in their first Seed to Tree session, spending a morning "minding and mulching" in Golden Wood.

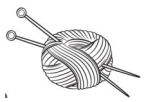
Across the school, we enjoyed three enrichment days. Reception, Year 1 and Year 2 took part in the RSPB Big School Bird Watch, spending the day bird watching, making bird feeders, and creating colourful bird masks that brightened up a dreary February day. Reception and Year 1 also celebrated Chinese New Year with activities including food tasting, dragon making, and learning about the Year of the Horse.

The whole school took part in a Sustainability Day. Each class enjoyed a junk percussion workshop led by our very enthusiastic visitor, Martin. Children also spent time recycling, reusing and repurposing waste within their classrooms. Activities included creating recycled puzzles, making crisps from fruit and vegetable peelings, baking banana muffins, designing new bin labels, and making plant pots from waste paper. It was wonderful to hear that the children took their new knowledge home to share with their families.

Sporting opportunities have continued too, with our Year 5 and 6 pupils taking part in a futsal competition at King Edward's.

A quick note for our neighbours and locals: some of the children will be performing an Easter play at the end of term. As a result, there will be increased traffic and parking on The Street on Tuesday 24th March from around 1pm–3.30pm and Wednesday 25th March from 6pm–7pm.

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



Knit Knot & Natter

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For the date of our next meeting email editorofranda@gmail.com

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Coldham Hall Vets

Our first game since November finally arrived after weeks of postponements due to waterlogged pitches. A trip to Kesgrave meant no such worries on the 3G surface.

It was another well-fought contest, with tired legs beginning to show as the game wore on. Stuart Fowler opened the scoring with a long-range effort that beat the keeper, before adding a second from close range after a ball across the six-yard box — celebrated with a rolly-polly… because why not? A huge shout-out once again to Gary Armstrong, who also played earlier in the day against Rattlesden. That's two double shifts now! - absolute commitment.

The game finished AFC Chelmondiston 6 - Coldham 2, but a strong return after a long layoff.

Plenty of positives across the squads despite the results - onwards and upwards.

Stu Fowler

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Lawshall Garden Club

As we enter March, I look forward to getting out and enjoying my garden (even though there is much work ahead), especially after the wet of the past few months, however I must remember to be **patient**!

I need to begin preparing the ground for planting, weeding before the weeds get too established and applying a good mulch, to retain as much moisture for the coming season as possible (hoping for fewer wet days).

Daffodils, that have finished flowering, just need deadheading. I don't want to cut them back until the plant leaves have collapsed, as this will feed the bulb ready for flowering again next year.

It is also the time to finish the pruning of roses as well as scatter a general-purpose fertiliser over flowerbeds and around roses, shrubs and hedges

Hardy perennials can be safely planted. Just keep them fed, with a good mulch around them and keep them well watered (if the weather doesn't do it for us).

Garden centres are enticing us to buy bedding plants, however, it is important to resist buying plants that will not withstand harsh frosts, as that can still happen this month (unless you have a greenhouse or conservatory to protect them).

This month is also the time to recommence mowing the lawn if it's not too wet, just remember to set the mower on a high setting. However, I need to rake up the moss from my grass (which has multiplied over the winter months) and sow grass seed, to revitalise the lawn.

Other jobs to consider: -

Planting of Lilies and other summer-flowering bulbs in pots and borders.

If you have a greenhouse, you can sow tomatoes, chillies, peppers and aubergines. Make sure that your greenhouse is thoroughly cleaned and keep in ventilated on the warmer days.

As always, enjoy your gardens and take pleasure in the start of spring.

Our next meeting is at The Swan, on the last Wednesday of the month (25th March) at 7pm, if you would like to come along and meet like-minded gardeners.

Debbie Parker (Treasurer)
Lawshall Garden Club – info@johnparkerandco.co.uk for any information.

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Coldham Hall FC

Mixed Fortunes for Coldham Senior Sides

It's been a stop-start period for our senior teams, with wet weather playing its part in a number of call-offs. When we've managed to get games on, though, there's been no shortage of effort, goals, and talking points.

Coldham SIL (Saturday)

A trip to East Bergholt saw the lads pick up a much-needed three points away from home. A strong performance boosted spirits, with Theo Thomas grabbing two goals and earning Man of the Match honours.

That momentum carried into the next fixture at Brooks Hall, where goals came from everywhere in a dominant 14–1 win, with the whole squad getting involved.

Two tougher tests followed. Despite a battling performance, we narrowly lost 2–1 to Achilles, before an end-to-end game against Whitnesham Wasps finished 11–5, with Isaac Thomas adding to his ever-growing goal tally.

Coldham (Sunday)

With several call-offs and limited minutes in the legs, it's been a challenging run for the Sunday side.

Away at SC Harling, we fell to a 2–1 defeat, with Lewis O'Neil scoring to bring us back into the game, but we couldn't quite find an equaliser.

A strong turnout against Bury Titans made for a hard-fought contest. Callum Richardson found the net, while Ryan Hart scored a superb free kick. Unfortunately, we conceded almost immediately from a similar set piece, and the game ended level on effort but not quite on result.

In the cup, a tough away draw against Rattlesden, several divisions above, proved a real test. The first half saw plenty of chances, with Rob Plested unlucky to hit the woodwork. Midway through the second half, Rattlesden broke against the run of play to score the only goal, the match finishing 1–0.

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Saturday 9th May

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Books can still be donated to Pantile Cottage up to 30th April.

"GoStart" Community Transport: Supporting Lawshall Residents and Seeking New Volunteers

GoStart is an independent voluntary organisation providing accessible and reliable transport for people across the Sudbury area. We support older people, individuals with disabilities, and members of the community who may otherwise struggle to attend essential appointments or stay connected with everyday life.

We are pleased to be able to support residents of Lawshall through our MPV transport service, helping people travel safely and comfortably to medical appointments further afield. This includes hospitals such as West Suffolk Hospital, Bury St Edmunds and Addenbrooke's Hospital, Cambridge, offering reassurance to passengers who may find public transport difficult or unavailable.

GoStart is also appealing for new local volunteers to help us continue this vital work. We are currently looking for **Volunteer Drivers** and **Passenger Assistants**. Volunteer drivers use our vehicles to transport passengers to appointments, while Passenger Assistants support drivers by helping ensure journeys are safe and comfortable, offering light assistance where needed.

All volunteers receive full support, including DBS checks, safeguarding training through Suffolk County Council, and MiDAS training for drivers. A clean UK driving licence is required for driver roles. This is a flexible volunteering role to fit around your schedule.

Volunteering with GoStart is a rewarding way to give back to the community in and around Sudbury, meet new people, and make a real difference to someone's day.

To find out more about using our services or volunteering opportunities, please get in touch on 01787 242116 or visit www.gostart.org.uk."

Tyler Goodwin

Development Officer

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Community Café

Join us on Wednesday 4th and 18th March

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.

***Wednesday 18th only**

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

Bird Notes

February was such a wet and miserable month, it seemed even worse this year than normal. It got so wet and muddy everywhere that it became difficult to find somewhere to walk the dogs, so one afternoon I decided to take them around the top half of golden wood. I don't normally go up there with the dogs as it has become a requirement to have them on a lead there all year round. This part of the wood (the new part, as it is often referred to) has put on a spurt of growth in the last couple of years and has become a much better habitat for birds as it has thickened up nicely.

I was wandering round right at the top of the wood with shoulders hunched up against the cold wind, feeling miserable because it was almost dark even though it was only early afternoon. I could hear a song thrush singing despite the weather, so had a look to see what other birds I could find in the gloom.

A party of goldfinches flew overhead, their jingling calls easy to recognise, blue and great tits were in the trees and a green woodpecker bounded into the wood from the open field, again giving its distinctive call.

Green Woodpecker

With a little more effort I found robin, wren and a male chaffinch all low down in the bushes away from the cold and rain. Two more birds flew overhead from the wood towards the buildings, but I couldn't tell what they were because the light was so poor and I didn't have any binoculars with me. I suspect they were linnets from their size and shape, but couldn't be 100% sure.

It just made me think that, no matter how bad the weather is, life goes on just the same for all the wildlife out there. I went home for a warming cup of tea - feeling happier than when I had set off.

Cliff Cooper

Lawshall Ladies

For information about Lawshall Ladies, please contact:

Sarah Warboys 07885 470385 or Claire Ramsey 07415 195289