Shimpling News

Winter2019

Issue 119



CHRISTMAS MARKET 2PM – 4.30PM SATURDAY 14TH DECEMBER SHIMPLING VILLAGE HALL

An opportunity to purchase your Christmas door wreath and gifts, enjoy a cup of coffee/tea and a mince pie.

Proceeds in aid of Alpheton and Shimpling Churches

Parish Council News

Parish Council News

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The Parish Council:

 Mrs Liz Brunwin – Chair
 01284 828122

 Ms Katherine Haselhurst (Vice Chair)
 01284 827370

 Mr Daniel Sharpstone
 01284 838394

 Mr Gerry Shrimpton
 01284 827219

 Mr Ken Rush
 01284 830180

 Mr Colin Johnston
 01284 827131

 Mr Mike Atkins
 07814 576401

Contact details for the clerk are:

12 Old Court, Long Melford, Suffolk CO10 9HA. (Correspondence and Appointment only)

E.mail: Shimplingpc@gmail.com

Telephone: 01787 370199/ 07986 990846

The Parish Council meet bi-monthly in January, March, May, July, September and November of each year.

Annual Parish Assembly – Reports presented by the Council and local groups / charities/ committees from within the parish. Members of the public can speak freely at this meeting, raise issues and ask questions relating to the reports.

Annual Meeting of the Council (AGM) – Election of officers of the council. Declarations of acceptance of office.

Parish Council Meetings – Council considers matters relating to finance, planning and the Parish. Additional extraordinary meetings are held when required.

Dates of meetings: Parish council meetings will be held on the following dates;

Monday 13th January 2020

Monday 16th March 2020 (moved from 9th March)

Monday 11th May 2020**

Monday 18th May 2020

**The Annual Meeting of the Parish, and the Annual Meeting of the Council will both take place on 11th May 2020.

Parish Council Website and Social Media and Notice Boards

The village notice boards by the Village Hall and bus stop have been refurbished thanks to good support from a villager and council information can be seen there. Alternatively, the village website is now being regularly updated again as well as our Facebook and Twitter account. Please follow us on Twitter and like our Facebook page:

Twitter: @shimplingpc

Facebook: Shimpling Parish Council

Website: http://shimplingpc.onesuffolk.net

What's been happening:

Recycling

Please remember that the parish council receives money from the paper and glass deposited in the recycling bins near the Bush PH. This income helps to run the council and therefore is a direct benefit to the village. Please keep recycling.

Ideas and Views needed:

Having a sustainable lifestyle is an important consideration in our current climate. With this in mind, we are looking into the possibility of a textile and/shoe recycling bank in the village. This will not only provide a place for clothes and textiles to be usefully recycled but will also raise important funds for the village.

We have been thinking for some time about creating a screen around the bottle and paper banks, we will also be looking at this in more detail in connection with the additional bank.

If you have any questions, queries or ideas, we would be delighted to hear them. Please contact Cllr Katie Haselhurst on kh.shimpling@gmail.com or the Clerk, Stuart Palmer on shimplingpc@gmail.com

Playground

Following the annual inspection, work was carried out at a cost of £720 for the replacement of a worn spring on the Aerial Runway and adjustment to the seat. It should be noted that the play equipment is designed for children and youths only.

Public and School Transport

Despite concerted efforts by the Parish Council (PC) with the County Council and suppliers the village has now lost the 375 service in the village and the ability to use the school bus. The PC will continue to petition and try to influence authorities in an effort to replace or reinstate the service. District Councillor Michael Holt has asked that all those affected by the changes to the school bus service/passes should contact him on

Michael.holt@babergh.gov.uk so that he can canvas the cause on your behalf.

District Councillors

Following the elections on 2nd May, Current District Councillor James Long stood down. The Parish Council sent thanks on behalf of the village. New District Councillors can be contacted as follows:



Michael Holt

Phone: 01787 281712 Mobile: 07801 766813

Bus. email: michael.holt@babergh.gov.uk



Stephen Plumb

Phone: 01787 280890

Bus. email: stephen.plumb@babergh.gov.uk

Parish Council Training

The Parish Council received initial and development training from Suffolk Association of Local Councils to ensure professional development on 23rd October.

Planning: There have been 2 new applications since our last newsletter in August. Others are updated below:

Application	Shimpling PC Comments	Planning Authority Decision
Maltings Farm, Shimpling	Objected to the application	Refused - Appeal dismissed
6 Slough Hill, Shimpling	No issues raised	Approved
Cracketts, The Street, Shimpling	Appeal supported	Awaits
Lyndhurst, Little Chadacre	No issues raised	Approved
Land North East of Gents Lane (Appeal)	Objected to by PC	Appeal dismissed
Plot adjacent Gents Lane	Objected to application	Application Withdrawn
Mount Farm Barns, Shimpling	Supported application	Prior Approved
Rye Cottage, Bunkers Hill	Responded for more information	Awaits

ALTERNATIVE BUS ARRANGEMENTS TO BURY ST EDMUNDS

We are hoping that Suffolk County Council may have a change of mind about the 375 bus service but in the meantime they have informed us that Connecting Communities offer a limited bus service from Shimpling to Bury although these must be booked in advance. Bookings can be taken up to two weeks in advance.

To book, call 01638 664 304

Unfortunately bus passes cannot be used for this service.

To use this service, you will be required to pay an annual £15 membership fee and the round trip to Bury St Edmunds costs £7.30.

PLEASE SPREAD THE WORD TO ANYONE YOU KNOW WHO MAY WANT TO USE THIS SERVICE AND WHO MAY NOT HAVE SEEN THIS MESSAGE

This is a new service for Shimpling so if you have any issues booking or wish to feedback any information, please do not hesitate to contact

Liz Brunwin, Chair of Shimpling Parish Council on 01284 828122 or via lb.shimpling@gmail.com

<u>Christmas Market - Saturday 14th December - 2 until 4pm</u>

Below are photos of fresh wreaths made last year for the Christmas Market. If you would like to preorder one please email lizbrunwin@hotmail.co.uk. Prices are £10 for the medium size and £15 for the large size. A selection of different designs will be made up for collection at the Christmas Market on a first come, first served basis.











CAROL SINGING AROUND THE VILLAGE FOLLOWED BY BEER AND CAROLS AT THE BUSH

Friday 20th December 2019

Get in the festive mood - join us at the Village Hall at 6.30pm for carol singing around the village finishing at The Bush for beer and more carols.

Children welcome

A collection will be taken in aid of the Alpheton and Shimplingthorne Church Fabric Fund and the Bahamas Hurricane Appeal

I'm so sorry

I'm so sorry to the lovely family with their buggy for the doll.

They were out for a family stroll.

They didn't know, they didn't see, they don't have one yet in their family.

I'm so sorry that in being polite,

the teenager who stopped was left with a plight.

He didn't know, he didn't see, he was probably thinking about pizza for tea.

I'm so sorry to the elderly chaps, who were out walking in Shimpling with hats and maps. They didn't know, they didn't see, eye's both focused on "what's in the tree?"

I'm so sorry to the couple who regularly run, they both train profusely in the name of fun. They didn't know they didn't see, they were both competing to get a PB.

I'm so sorry to the young AirB&B.ers attending "The Wedding", hangovers to be walked off before home they should be heading. They didn't know, they didn't see, they were reliving the drunken reverie.

I'm so sorry to our cutters of grass, who enable us on the footpath to pass. They didn't know, they didn't see, Luckily for them, eyewear is compulsory.

I'm so sorry to those with problems to erase, who walk to think on all sorts of days. They don't know, they don't see, they are hoping for their headspace to be free.

It wasn't me, I planned my trip, boots, phone lead, <u>bags</u>, pockets closed, zip.zip,zip I do know, I do see, I've stopped counting now after 23!

I'm so sorry for <u>YOU,</u> that <u>YOU</u> don't know, the Parish Council have really tried to inform <u>YOU</u> though.

I'm sorry that <u>YOU</u> don't have time to prepare, but I've not yet seen <u>YOU</u> walking with feet that are bare. <u>YOU</u> don't know, <u>YOU</u> don't see, <u>YOU</u> don't understand our misery

I'm so sorry to tell <u>YOU</u> how everyone feels, about our shoes, our trainers and our wheels. <u>YOU</u> now know, <u>YOU</u> must see, the need to keep the paths free of dog debris.



Thank you and apologies to any poets in the village

'You'll have to wait till we get home, I've run out of bags.'

CartoonStock.com

THE PARISH OF ALPHETON AND SHIMPLINGTHORNE



Speeding Grace

'SLOW DOWN!' flashes ahead of you in yellow, together with a number representing your speed as you approach a 30mph zone, or even perhaps when you are within one. It's tempting to find these speed indicators a bit irritating. They seem to be flashing in our faces everywhere; they are unsightly, and it can feel patronising being told what to do by a machine. At the same time I do find them helpful. It is easy to unwittingly slip above the speed limit in today's cars which are so smooth and powerful; and the speed limits are there for very good and well-researched safety reasons. If you are a cyclist there is an added advantage ... you can use speed indicators to assess your sprinting speed!

I recently reflected on what happens when you reduce your speed to the mandated limit. Whereas the machine would be entitled to display, for all to see: "YOU SELFISH IDIOT, DON'T SPEED AGAIN", in fact it rather politely says "THANKYOU"? Rather than condemning those who speed, there is an appeal to our better natures, encouraging us when we drive lawfully and more considerately.

This is a bit like God's heart of grace to us. He warns us about sin in order to stop us hurting ourselves and hurting others. If we repent when we step over the mark, forgiveness is possible, and we are encouraged to move forward in a more loving way. Rather than living our lives feeling condemned as 'idiots' – in Christ we are encouraged to look ahead with faith and hope, whatever might be behind us.

I hope that you will be able to get safely to one of our services this Christmas, and taste more of God's loving grace ... grace which he gave to a world which does seem to displaying quite a lot of idiotic behaviour at the moment. Wishing you

behaviour at the moment. Wishing you grace and peace this Christmas.





Rector: Rev'd Matthew Lawson 01787 310845, Churchwardens: Charlotte Blyth 01284 827008 charlottefblyth@btinternet.com

www.alphetonandshimplingchurches.org.uk

Benefice Services

Sunday 1st December 10.30am—Family Christingle at Long Melford 5pm—Lights of Remembrance at Alpheton 6.30pm—Advent Carol Service at Long Melford Sunday 8th December - 9am at Shimpling Friday 20th December— 6.30pm Carol Singing **Ending at The Bush** Sunday 22nd December 4pm—Carol Service at Alpheton 6.30pm—Carol Service at Long Melford Christmas Eve—Tuesday 24th December 3pm—Crib Service at Long Melford 6pm—Carol Service at Shimpling Christmas Day—Wednesday 25th December 10.30am—Family Communion at Long Melford Sunday 12th January Tea at 3—Shimpling Village Hall Sunday 26th January—9am at Shimpling Sunday 9th February

Tea at 3—Shimpling Village Hall
Sunday 23rd February—9am at Shimpling

There is provision for children at all 10.30am services, Most services include communion.





HELP!

If you feel that you would like to help our loyal band of helpers at St George's (flowers, cleaning etc) you would be more than welcome.

Please contact charlottefblyth@btinternet.com

For more events and services, don't forget to look at our website www.alphetonandshimplingchurches.org.uk. (see also www.longmelfordchurch.com).

Electronic Version of The Shimpling News

The Shimpling News is now available on the Village Website so if you would prefer to receive an email informing you when the latest issue is available, rather than have a printed copy delivered to your door (by the dedicated local Distribution team!) please let me know so that we can reduce the number of printed copies we produce. This will all help to reduce the cost to the Parish Council and less printing means less carbon resources used— a win/win situation??

http://shimplingpc.onesuffolk.net/assets/ Newsletters/Autumn-2019.pdf

Email: sarah@slsconsulting.org.uk to register for notifications



Connect Baby and Toddler Group - Songs, Story, & Craft

Monday mornings term-time 9 -11am, St. Catherine's Church, Long Melford, CO10 9JU

Pop in for a drink and a chat while your little ones play.



@longmelfordconnect

www.longmelfordchurch.com

... providing a solid foundation for the adventure of life



EVERY SUNDAY 10.30 – 11.45am* Holy Trinity Church Long Melford

For children aged 4 – 11 years
All welcome; free admission
You are welcome to stay or drop-off

Game ...



Craft ...



Story ...



Parents & carers welcome to stay with kids, join the main service, or pick up at the end.

If coming for 1st time please arrive early to register - part of our Safeguarding Policy.

Any questions 01787 310 845 / nickyisfound@gmail.com.

* Except 1st Sunday in the month which is a family service.

YOUR VILLAGE NEEDS YOU!

The Annual Village Clean Up Morning will take place on Sunday 15th March at 11.00am from the Village Hall.

We look forward to seeing you there.

We have some high vis vests and litter picking sticks but if you have your own high vis vest and gloves, please bring them along

Under 18s must be accompanied by an adult



Tea @ 3

Sunday 12th January and Sunday 9th February 2020 Shimpling Village Hall Tea and cake, chat and reflections

Alpheton and Shimpling Churches

The Hallifax Trust

Grants available for young people at college or Uni, must be under 25, have attended the primary school serving Shimpling and Alpheton, or have parents currently living in Shimpling. Funding is also available to help with travel costs for 6th Formers and for other village projects.

Help us to Help our Children

If you are interested in making a donation or legacy,

please get in touch.

Contact Jayne Schofield jas.65@btinternet.com 01284 828322

jennypine@aol.com 01284 827073

(Registered Charity No 310396)



SHIMPLING & ALPHETON WI

In July our speaker was Angie Jones telling us about walking in the slow lanes of Suffolk and of the many interesting

people she had met as she walked. In September we spent a very pleasant and interesting afternoon at Hedingham Castle with a very knowledgeable guide. In September we enjoyed listening to Rory O'Brien from the Theatre Royal in Bury St. Edmunds telling us all about its history including

when it was used as a bottle store for Greene King. In October our speaker was Paula Baker of Suffolk Prickles Hedgehog Rescue. Although she is a teacher the hedgehogs keep her extremely



busy and it is amazing that she is able to fit so much into her days.

November brought the 70th Anniversary of the founding of Shimpling & Alpheton WI in 1949. The Hall was decorated with appropriate bunting and even the plates and napkins were decorated with 70s. There was a super spread for refreshments and the star turn was beautifully iced delicious cake made by Ro Northcott. Many former members were invited and it was lovely to catch up with so many of them.

It will be back to normal for our next meeting on 10th December at Shimpling when the speaker will be Oggie Weldon on the subject of Couture Millinery. The competition will be for a favourite hat. As usual visitors will be most welcome.

Paddy Trevelyan



We have started up a Painting Group in Shimpling Village Hall.
We aren't teachers, but we have been successful in selling our art and craft work and can pass on tips etc.

We enjoy painting and chatting.

Beginners are welcome and any medium can be used.

The cost of the hall will be split between those attending.

Just come along with your paints and paper and have fun!!

Time 2 – 4 pm Wednesday afternoons.

For more information please call: Diana and David 01284 827635

Forthcoming Films at Alpheton Village Hall

Dec 17th Stan and Ollie (Story of Laurel & Hardy)

Jan 21st All Is True (Story of Shakespeare)

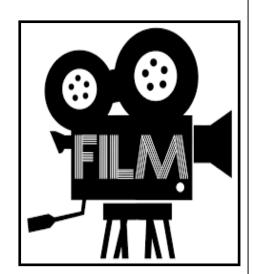
Feb 18th Fisherman's Friends

(Story of Cornwall's fishermen)

March 17th Rocketman (Story of Elton

John)

7.30pm Start, £4 entrance including tea/coffee & biscuits, licenced bar



The Undergardener's Diary





Corn on the cob. Freshly picked, lightly boiled, dripping with butter - there's nothing better. Every year, when the risk of frost has passed, the Head Gardener gives me the seedlings to plant out. They're wind pollinated so arranged in a block, in a sunny, sheltered position, under-sown with squash to make best use of the patch and with lots of compost dug into the soil. Keep the roots covered, the plants well-watered, watch them grow and thenharvest late summer and enjoy. That's the plan. But let me tell you about 2018 – a very hot and very dry summer. The sweetcorn needed a lot of watering but the crop looked promising and, mid- September, the Head Gardener checked for ripeness – pull back the husk a little, pierce a kernel and squeeze. If the liquid which squirts out is watery it's not ripe, if it's like paste the corn is past its best, if it's creamy – yippee, twist, pull and head for the kitchen. Well, mid-September it was not quite ripe – 'a couple more days should do it' said HG. So two days later with sweetcorn for lunch in mind, down to the veg patch andDISASTER! It looked like a tornado had struck every sweetcorn plant knocked down AND every cob eaten. BADGERS! No doubt about it. A burrow under the fence in the front garden, divots all over the lawn where it/they had snouted up worms for a starter before going on to the main course, **my** sweetcorn, then a burrow under the back fence to leave.

I repaired to the Bush to drown my sorrows and seek sympathy and advice. Although I got very little of the former the agricultural fraternity helpfully offered a number of solutions and after a pint or two things didn't seem so bad, the advice seemed a bit radical and I thought, well, badgers will be badgers. They've had a bad press with the bovine TB. Live and let live, give and take...........

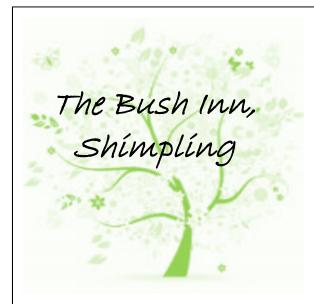
I improved the defences in the garden and tried again. It was a better summer this year - not so hot nor so dry and another promising crop developed. Mid-September HG tested for ripeness and picked and cooked one cob – lovely.... but..... not quite perfect. 'A couple more days' she said .



Then....DISASTER!AGAIN!

How did they know it was ripe? Did they put a note in the diary last year? 'Mid-September – nights drawing in, fatten up for winter, check sweetcorn on Mill Hill' Does Monty Don have this trouble? What does the RHS have to say? - 'Beware of slugs and birds which may damage seedlings' – no mention of badgers. Now this is not sensible Mr Badger from Wind in the Willows. This is delinquent Badger. There's no give and a lot of take in our relationship. The gloves are off for 2020 – I'm going to build a wall.

Note from the Editor—this year we resorted to 6 strands of Electric Fence Once we had picked all the ones we wanted we took it away and left them to clear up!





The Bush Inn Public House is a family run business close to the historic market town of Bury St Edmunds and tranquil Lavenham. The Bush dates from the 16th century and retains many of its original features. In the cold winter months, you can keep warm and cosy by the inglenook fireplace whilst enjoying one of our exceptional guest ales or a glass of wine from our varied selection. During the long summer days why not enjoy the peace and tranquillity of our enclosed garden, perfect to enjoy some of our wonderful food and beverages as the evening draws in. The garden provides a safe, spacious environment for all the family to relax and enjoy their visit.

The Food

We offer traditional home cooked food using all locally sourced fresh ingredients that are delivered daily.

Dawn – our Landlady and Chef – has been creating amazing dishes for over 17 years and to that effect our menu offers an array of delicious meat, fish and vegetarian options to cater for all tastes. We have daily special boards and a range of speciality coffees and hot beverages throughout the day to finish off your meal.

All our desserts are homemade and change daily. We are sure there will always something on the menu that will tickle your taste buds.

Disabled Access, Family Friendly, Dog Friendly, Real Fire

Call us on 01284 828257 to make your reservation

Shimpling Village Hall Committee

Thanks to all those who came along to support Vernon's quiz on November 2nd. In spite of a slow take up, it was a very good evening and really nice to see some new faces - hope you'll join us again.

The next Village Event will be our Christmas Meal, although it will be held on January 12th. at The Bush. So please put this date in your diaries. We will confirm the time, menu, prices booking details nearer the time.

We will soon be looking to arrange events for next year, so if you've any ideas, please let us know. As always, we continue to look for new members to join the committee, which meets approximately every 6-8 weeks. At the present time we are also looking to recruit a new treasurer, as Stan, who has done the job for a number of years, would lile to stand down.

If you can help us in any way, please contact Marian 828187.

Don't forget the hall is available, not only for big events, but if you would like to make use of the table tennis, or just some space for a couple of hours, please contact Stan (828866) or myself for availability.

With Best wishes for Christmas and New Year from all the members of the VHC

Marian Peck Chair..

Copy for the Spring 2020 issue is required by 20th Feb 2020 Submit copy (preferably in A4 WORD) format to: sarah@slsconsulting.org.uk

Vine Cottage, Gents Lane, Shimpling, IP29 4HP 01284 828035

Village Hall Hire Charges

<u>Summer</u>	<u>Winter</u>		
Half Day—Morning or afternoon up to 6pm			
£20	£25		
£26	£31		
Evening from 6pm to Midnight			
£26	£31		
£38	£43		
Concessions (Subject to Approval)			
£18	£20		
Hourly Rate per hour (max 3 hrs)			
£5	£6		
£6	£7		
	£20 £26 t £26 £38 oval) £18 ors)		

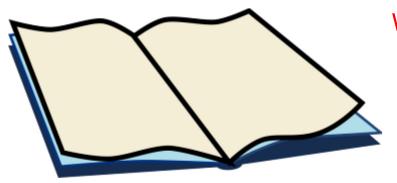
Sessions AM 8am—1pm

PM 1pm-6pm

Evening 6pm-midnight

Summer period 1st April to 30th September Winter period 1st October to 31st March

Rates available to village residents & for village events. Hire Enquiries – Contact Stan Milsom on 01284 828866



Would you be interested in receiving your copy of the Shimpling Magazine by email or downloading it from the Parish Council website?

If you are, please email lb.shimpling@gmail.com





We believe in a fun and active path for early years education, allowing the children in our care to develop at their own pace, in a safe environment with activities they love.

We are located within the grounds of All Saints' Primary School in Lawshall, Suffolk.

Our mission is to help each child make the transition from preschool to reception and onwards into the main school with confidence and ease.

Accepting children from the term after their 2nd Birthday.

Rull day sessions available 8:30 - 3:30





Established & locally based

(Alpheton)

- Quality foot care
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- Expert advice
- Experienced with additional nursing qualification

If you are unsure as to whether chiropody is for you, please do not hesitate to contact me.

Elizabeth Gibson

Health & Care Professions Council Registered • Reg. No. CH20192



CLINIC Casabella Hall St. Long Melford CO10 9HY T: 01787 370300

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Long Melford, Sudbury, Clare & surrounding villages. T: 01284 827380 M: 07798 806184

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- NPTA member
- £5million public liabilty





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info@angliapestmanagement.co.uk ■ www.angliapestmanagement.co.uk

BOTTLE & PAPER BANKS

By placing your empty bottles and papers in the bins provided near The Bush Pub, we receive money for the village community. Keep these telephone numbers handy so that if the Banks are full you can help by phoning and having them emptied.

BOTTLE BANK-01842 820804 PAPER BANK-01473 830948

Keeping in touch.....

If you wish to receive email communication about what is going on in the village please email

lizbrunwin@hotmail.co.uk

who will add you to the circulation list.

FOR SALE

Panasonic Viera

TX-P42VT30B 42"
3D 1080p HD Plasma Television
Accessories Remote, 2 pair of 3D glasses,
Wifi Dongle
£100 ono

Contact Fred & Joan Raison 01284 830603

"Incredibly tender and juicy... utterly delicious"
Tessa Allingham – Food Writer

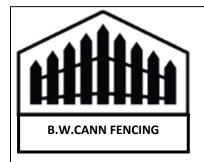
Shimpling Park Lamb

The best organic meat born, raised and butchered within 5 miles

Small or large boxes available direct from the farm Info@shimplingparkfarms.com www.shimplingpark.com

Or for single pieces, ask for it in your local butchers Ruse and Son Long Melford, Lavenham Butchers, and Humphrey and Sons Clare

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Mobile: 07949 107 920

Email: tool-den@hotmail.co.uk





Do you need your lawn mowed, car washed, odd jobs done or babysitting?

If so, James Ross 17 years old, is available to do gardening and/or odd jobs in the summer holidays from the end of June.

Please call/ text James on 07814 239359 or 01284 828288

COFFEE POT

Looking for good company, tea or coffee, and a selection of tasty cakes and sandwiches?

Then join us at Coffee Pot, which is held at Alpheton village hall on the last Tuesday of each month from 10:30 to midday.

For just £3 you get good food and conversation, and a chance to catch up with what's going on in Alpheton, Shimpling and the villages around

Marquee for Shimpling

The Marquee 20ft x 40ft (6.1m x 12.2m) is available for loan to anyone in the village of Shimpling for functions free of charge.



David Campan, Stuart Campan and John Reynolds would be happy to erect/dismantle the Marquee free of charge for communal events such as the Church, Village Hall, Pub, Fêtes, but would charge modestly for their time in case of private functions such as weddings, parties.

Please contact <u>gabriel@clara.net</u> at Thatch End to book the Marquee.

ARGENT GARDEN MACHINERY SERVICES



Servicing and repairs to all types of machines

Parts supplied Local Collection and Delivery service available



Contact Luke on Tel: 01787 372885 Mobile: 07791 281855 argent1985@hotmail.co.uk redrose993@hotmail.com



LARK VALLEY YOUNG FARMERS' CLUB

Are you bored of staying in on a Friday night.⁹
Looking for something fun to do.⁹
Aged between 10 and 16.⁹

Lawshall Village Hall, Fridays, 7.00-9.00pm

Take part in competitions: Make new friends

Be part of a national organisation that makes a difference - And you don't have to come from a farming background!

More information from County Office on 01473 785547 office@suffolkyoungfarmers.com



Ollie's Pet Care (Oliver Schofield) Covering Shimpling and Alpheton

For the past 5 years Ollie's Pet Care has helped many pet owners in the village of Shimpling, from a one-off feed to a months pet care.

I offer a bespoke service.

Bins, post and small gardening jobs can also be considered.

If you are going away for a night, or going on holiday, contact me and I may be able to solve your pet care problem!

Rabbits, Hamsters, Guinea Pigs, Fish Birds, Dogs, Cats, Chickens etc

To find out more please contact me 01284 828322 / 07813 762799 scoil4@hotmail.co.uk

Your Charity needs you....

We are offering the village hall free once a month to anyone who wants to put on a fund raising event for their favorite charity. We can also help with organising and promoting your event. Contact Bernard Essery for more details.

Bernard.Essery@gmail.com. Tel 827196





The ultimate workout for Mind & Body Suitable for all levels of fitness Women & Men Welcome!

YOGALATES at Shimpling Village Hall Tuesdays Chair Based Pilates 2.00 to 3.00pm Mixed Ability 4.30 to 5.30pm

For bookings or more information please contact Ramona Bryson Mob 07878 324745 or

Email ramonabryson@hotmail.com

*If pregnant please contact before booking ** It is advised that anyone with prior injury or moderate back pain should consult your GP before attending

- Fusion of Core Firming Pilates, with Stretching Postures & Meditative aspects of Yoga
- Strengthen, Tone & Stretch yourself to a Leaner You
- Strengthens Lower
 Back & Core muscles
- Focusing on Posture,
 Flexibility & Balance
- Safe & Progressive exercises







Singing Flute, Piano



(Also Celtic Harp, Violin, Ukulele, Guitar and Viola)

Lessons in Shimpling Suffolk

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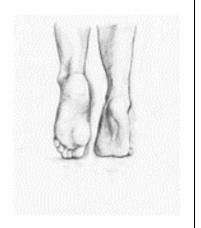
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