

VIOLIN, VIOLA, and PIANO **LESSONS AND COACHING**

ALL AGES WELCOME
AT ALL LEVELS

AVAILABLE AS ACCOMPANIST FOR EXAMS ETC.
COMPETITIVE RATES

For more information contact:
KATIE LEWIS BA. (Hons)(Mus Perf) on
01728 603618 or 07887 812759

Kelsale Football Club



Action from the match against Taverners

January 20/05		
09	A	Ipswich Police - Martlesham Police HQ
16	H	Worlingworth
23	A	California - Holywells A
30	A	Bourne Vale Res. - Bourne Vale Sports Club
February/ 2005		
06	H	AFC - Woodbridge
13	A	Colonials - Holywells A
20	A	Stow Eclipse - Stowmarket High School
27	A	Copleston - Copleston Centre A
March/ 2005		
06	H	Felixstowe Harpers
13	H	Ipswich Hospital
20	H	Ipswich Area Police

The team is holding its place in the middle of its new (higher) division so please do come and support them.

Here's real HELP with your Benefits



Suffolk County Council has set up a new service called the "Practice Advice Team". They will help with a particular problem that has been with us for years. Putting it simply, State Benefits are just far too complicated for most people to fathom. A complete maze. But now the Team is here to help - and they're free!

Patients of the Lambsale Surgery who are over 65 are eligible for this. Phone 01473-581562 and you can arrange a free visit from a Team member, to your own home, at a time to suit you, to help explain the benefits, fill in the forms, and make sure you are claiming all the funds that you deserve. Remember, not all benefits are means-tested. Attendance Allowance, for example, is paid to anyone who qualifies for help with their personal care, regardless of their wealth or fortune. By way of an example, imagine a couple, in their seventies, who both need some personal help, and whose weekly income consists of their state retirement pensions of £127.25. They have savings of £19,000. After claiming Attendance Allowance and Pension Credit they could be entitled to an extra £200 per week. This could also mean they would get further help with any rent they pay or with their Council Tax. It's YOUR money - **CLAIM IT!**

Do you know anybody who might benefit from such a visit? And prosperity breeds more prosperity. Better benefits claims would mean there would be more money spent in the shops and on local services - so everyone benefits.



The County Council has targeted four doctors surgeries in Suffolk for this facility, at Bildeston, Saxmundham, Fressingfield, and Burlington Road, Ipswich. So, take advantage. Just a quick conversation with one of the advice team could produce a substantial amount of additional extra income.

If YOU would like help call: 01473-581562