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NOTES FROM THE EDITOR

JUNE 24

Hi and I hope you're all keeping well. I know you'll be receiving this for June, but I'm writing this from a boat on the Norfolk Broads, on the Early May Bank Holiday Monday and we have had the most amazing weather, even had to crack open the sunscreen. It's been so lovely, and I hope you all had the opportunity to enjoy the lovely early may sunshine.

Recently we featured a request for someone to join the Telstar committee to support in the advertisers' role and I am pleased to say our request was answered. Jezza Giles will be taking on the role from Sally in the very near future, and we are grateful to Jezza for offering his support. Like me, Jezza is a relative newcomer to the village, and I discovered we are very close neighbours, literally round the corner, so I got to meet a neighbour as well. Sally, by the way, is not leaving Telstar, she will be continuing as our treasurer, a role which has got so much busier with the success of our community events, and we have all been very thankful to Sally for doing both roles so expertly for as long as she has – thank you Sally, and welcome Jezza. Talking of community events, we have two this month, quiz night on Friday 14th June and Bingo Friday 28th June. On Bingo, the sharp-eyed amongst you may have noticed the error in last month's edition, the Bingo was incorrectly advertised as being on Friday 30th May, when of course it was Friday 31st May – Mea culpa, I think I've just been running a day behind, so needed the break on the Norfolk Broads. Anyhow I have double checked this month, and the dates are correct – I hope!

Some dates for your diary this month, the second community litter pick is taking place on 15th June. March's was a great success, but it will be great to see more villagers at this one, to help keep our village looking lovely. When you've done, you could nip over to Holy Trinity to enjoy the flower festival and have some well earned refreshments.

June also sees the commemoration of the 80th anniversary of D-Day, when the beacon will be lit on the village green, details are inside.

Lastly, please put 8th September in your calendars, it's the 'Walkers Cup', and I am determined that Stowupland will triumph. Details on the back page.



THE LARGEST NAVAL, AIR AND LAND OPERATION IN HISTORY

Villages, towns, cities and organisations of all sizes are being asked to mark the 80th anniversary of D-Day by lighting a beacon at 9.15pm on 6th June 2024, in celebration of the 'light of peace' that emerged out of the darkness of war, followed by an event to commemorate one of the most momentous achievements in living memory.

Stowupland Parish will be marking the Anniversary by lighting their beacon on 6th June 2024.

Please gather around the beacon from 8.30pm.

The reading of The Tribute will be made at 9.00pm.

The beacon will be lit at 9.15pm.



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DISTRICT COUNCIL REPORT

MAY 2024

Housing IT system

The Cabinet at Mid Suffolk approved a new job management system for the council's housing. The current system is not fit for purpose and the new system will allow tenants to book appointments when they request a repair, get the work programmed, reduce the need to chase for updates and improve the overall service for tenants.

Energy efficient housing

The Council was successful in gaining an £800k grant for decarbonising council housing stock. Mid Suffolk will add to this to ensure as comprehensive programme as possible.

Supplementary Planning Documents

At May's Council meeting, councillors will discuss several Supplementary Planning Documents (SPDs) which will support the Joint Local Plan. Although these are not planning policies they provide detailed guidance for applicants:

- Housing (including open market mix, community-led housing, affordable housing and self-build)
- Biodiversity and Trees (including permitted development, biodiversity net gain, veteran trees and expectations of developers)
- Intensive Livestock and Poultry (especially the impact on habitats and the local population)

Skills and Innovation Centre at Gateway 14

The Council will also discuss the final funding proposal for developing the Skills and Innovation Centre site on Gateway 14. This is an £18 million investment that will help to address green skills and innovation across the district working with local companies and educational facilities. If agreed, planning permission will be applied for to progress the work.

Recycling

The Government is introducing "Simpler Recycling" which will include a food waste collection from April 2026. The first stages in this project will be discussed by Cabinet next week as plans are being put in place to ensure we have the resources and facilities to meet this timetable.

Note that in Suffolk over 50% of waste thrown into the black bin is recyclable!

Free Compost events

International Compost Awareness week runs from 5th-11th May. To help promote home composting and reducing waste the Council have events around the district to give away free compost – at Needham Lake on Sunday 12th May from 9am.

Locality Awards 2024/25

Applications for this year's Locality Awards grants are now open, so we would welcome applications from any community organisation or group. Do get in touch with either of us to discuss options. Information and application forms are available on the website and completed forms should be sent to either of us. <https://www.midsuffolk.gov.uk/web/mid-suffolk/w/locality-awards>

Cllr Rachel Eburne
Rachel.Eburne@midsuffolk.gov.uk
01449 673311

Cllr Janet Pearson
Janet.Pearson@midsuffolk.gov.uk
07928 512592

STOWUPLAND COLLECTION POINT

If any individual, school, church or business would like to become a collection point for the Eco Future Group in Stowupland please contact Stowmarket Eco Future Group directly. Contact details can be found in their article.

Please don't leave your recycling on the editor's doorstep as I'm unable to help with this.

Ed.

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PARISH COUNCIL REPORT

MAY 2024



The meeting opened with 5 members of the public, 6 Parish Councillors, SCC Cllr Welham and MSDC Cllr Eburne present.

Chairman/Vice Chairman: It was agreed that Cllr Bridges should be re-elected as Chairman and Cllr Studd as Vice Chairman of Parish Council for the forthcoming year.

Councillors' Reports: The full SCC and MSDC reports can be found elsewhere in Telstar. Cllr Welham enquired whether the PC had received a response from SCC regarding footpath 19. He was asked as to what was happening with the flooded road between the Tesco and A14 roundabouts. He advised that although SCC deemed it a high priority, their budget was limited, and they are dealing with areas where properties were being flooded first. He stated that the water table had risen considerably on this stretch of road, and it needs a new drainage system from there to the river and that was likely to cost in the region of half a million pounds and there was no likelihood of the project getting underway in the next 2 years. MSDC Cllr Eburne reminded the PC that the locality awards are open for groups to apply for in this new financial year.

Matters of Report: Linden Homes have confirmed that the bus shelter in Thorney Green Road will have its roof re-felted and painted and they have acknowledged receipt of email relating to the track off The Green. New dog bins have been ordered for Thorney Green Road. The fence work at the allotments has been completed and letters have been sent to new residents on The Green regarding parking restrictions. An email has been sent to the Management Company regarding duck signs at Trinity Meadows. All other items are ongoing.

Public Forum: One resident enquired as to whether any decision had been taken yet about the state of the track leading from Chapel Lane and the damage being done to her entrance where cars use it for turning. She was advised that it was wet at the time of the last Green inspection but it will be checked at the next one. She was also still not happy about the state of the grass cutting in the cemetery. Regarding grass cutting, another resident stated that one section of grass near his property had not been cut at all this season and the state of the cutting on the football pitch was not good. However, the flowers growing on it look lovely. He also enquired about volunteers being included on the Green working group. Two other members of the public enquired about the proposed National Grid pylons which was going to be discussed in another part of the agenda.

National Grid Consultation: The PC have already submitted an earlier objection to the plan for new pylons to be erected but after much discussion it was agreed to submit another objection jointly with Creeping St Peter PC. The Creeping representative has some fliers available which can be distributed to the Saxham Street residents, and it was suggested that they as well as the PC get together and submit a joint objection. Even if anyone has objected in the past, it is important that they do so again.

Statutory Business: Councillors have reviewed the terms of reference for committees and found no changes required. They also confirmed the appointments of Parish Councillors to the various committees and working groups for the forthcoming year and a representative to liaise with the Village Hall Committee and confirmed the continuation of the Parish Clerk as the Responsible Financial Officer, and approved the revised meeting timetable for 2024/25.

Sub-Committee Reports:

Biodiversity & Wildlife – It was agreed that the biodiversity group and the PC get together to formulate a new joint survey of the whole parish on how residents feel about biodiversity. This would then give a balanced view of everyone’s feelings. The sunflower seed project was very well received, and it was felt that the hedgehog boxes were superb.

Environment – Councillors agreed a quote for a new post and rail fence by the Retreat Pond on The Green and for this to be funded from CIL monies.

Finance and Policy – Councillors approved all the financial reports for the year ending 31st March 2024.

Footpaths – Councillors agreed a quote for a new footpath to be installed between Birch Close and the Chip Shop and for this to be funded from CIL monies.

Planning – There were no planning applications or District Council decisions this month.

Play Park – Following a report from the Play Park committee, it was agreed that a meeting should be arranged with members of the Village Hall Committee to discuss the future of the Play Park. It was also agreed to seek quotes for repairs to equipment because of the recent inspection. The final recommendation was to purchase a new toddler unit at a cost of £28,602.27 funded by Parish CIL monies. However, as there are new plans for the re-development of the Village Hall, it was decided to hold this recommendation for a further month to see if these new plans would encroach onto the current Play Park.

Councillors' Reports: Cllr Voden had been asked by a resident to highlight the problem of children getting into the drainage tunnel at the Linden Homes site.

Cllr Studd reported that a car sometimes parks on the bend by Linden Homes making it very difficult for the bus or any sizable vehicle to get past.

Cllr Easter reported an overgrown hedge encroaching onto the footpath on Church Road.

Clerk's Report: The Clerk reported that it has been agreed with all parties that the half a mow should be cut in mid to late July as this gives time for the flower seeds to have dropped. A section of the half a mow will be left for wildlife and a small strip will be cut early as a preventative fire break. She advised that in the first week of the new surprise bus service that she and the Chairman decided to catch the bus into Stowmarket to try out the route. They got to the bus stop at the allotted time. However, despite waiting for around three quarters of an hour, no bus turned up. It was seen arriving around another half an hour later. It was generally felt that during the middle of the day, a 2 hourly service would suffice. A meeting is going to be sought with a representative of the Passenger Transport group. Councillors agreed a budget of £150 for the D-Day tribute event.

Correspondence: There were 7 items of correspondence received this month, including one from Trading Standards requesting the attachment of 'No Cold Calling Zone' signs to street lighting columns in Maple Road and one from Stowupland Falcons advising on details for the forthcoming 5 a side tournament on the 8th/9th of June. Three items of correspondence were from residents, including one advising on the structural condition of a garage on The Green, one requesting footpath stiles be changed for kissing gates to help access to those with mobility problems etc. and one complaining about the grass cutting outside her property. Also, an email from St Elizabeth Hospice requesting permission to install a gazebo on The Green as part of the Open Gardens event and one from MSDC advising on a CIL payment made to the Parish Council.

The meeting closed to the public at 8.46pm. A reminder that the June PC meeting will also be held on the second Thursday of the month at Holy Trinity Church Hall.

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COUNTY COUNCILLOR'S REPORT

MAY 2024

Health Scrutiny

At Health Scrutiny Committee on 17 April, we heard from colleagues in the NHS about their digital integration work, to join up the different IT systems they use and to make information sharing easier between health and care providers. This is especially helpful given the UK's aging population. There was also a report from Norfolk and Suffolk Foundation Trust on mortality data for the period November 2023 and January 2024 – this relates to the deaths of patients in hospital and within six months of discharge, with their system of recording having recently been overhauled. You may have read recent articles in the press about their failure to record such deaths correctly in the past. Finally, the committee reviewed an improvement plan produced by James Paget University Hospital NHS Foundation Trust following the CQC inspection of their maternity services in 2023. Maternity services were found to be inadequate during the inspection, and the report detailed the actions they were taking to address the areas where they needed to improve.

Strategy for Care Leavers

In April, Cabinet reviewed the Leaving Care Strategy which details the ways in which the council aims to improve the service it provides to young people leaving our care. The council acts as a 'corporate parent' to all children taken into care and must always ask itself with every decision: 'would this be good enough for my child?' Plans in the new strategy for young people leaving care include help with housing, employment, mentoring and extension of the current council tax exemption scheme for care leavers who are living outside of Suffolk. The Leaving Care service offers support to all young people leaving care up to the age of 25, and care leavers regularly attend meetings with council officers to provide feedback and ideas for improvement.

New Appointments in Children's Services

As well as the council's new £4.4m investment in additional staff to improve SEND services, two new appointments have been made to the leadership team. Sarah-Jane Smedmor will be the new Director for Children's Services, with a start date of 8 July. An Independent Chair for the new SEND Improvement Board has also been appointed: Kathryn Boulton, who will start in June and lead the SEND improvement the council needs to deliver following the poor Ofsted/CQC inspection in November 2023. The council submitted an action plan after the report was published and this has been approved by Ofsted, CQC and the Department for Education.

New Government Funding for SEND Schools

The council will be receiving an additional £10.9million from the Department for Education to create new specialist places for children and young people with special educational needs and disabilities. The Department for Education also announced it was funding a new SEND school in Suffolk,

sponsored by the Unity Schools Partnership, which will provide 126 new places in Suffolk for pupils aged three and 16 with severe learning difficulties. Earlier this month, the Chancellor also announced a new Alternative Provision (AP) free school, the SENDAT New AP Suffolk Free School, in West Suffolk. The sites for both schools are yet to be confirmed.

More Suffolk Homes Eligible for Energy Improvements

More families will be able to secure free assistance to make their houses warmer and more energy efficient using the Warm Homes Suffolk scheme. Residents and landlords of eligible properties can apply for energy efficiency measures such as insulation, solar panels or heat pumps; average funding of £18,000 is available for homeowners, and £12,000 for landlords and their tenants. Warm Homes Suffolk has been funding home energy efficiency improvements for two years, with funding from the Department for Energy Security and Net Zero. To be eligible, the following conditions must be met:

- Homes must have an EPC rating of D, or below,
- Homes are not heated by mains gas,
- And then either of the following conditions:
- Households have a combined pre-tax income of under £36,000 (this was previously £31,000), or
- Homes are in one of the listed postcode areas (you can use this pre-qualified postcode checker); but none are in Mid Suffolk.

New Resurfacing Investment Gets Underway

Across Suffolk 421 roads are to be resurfaced or surface dressed this year - almost double the number of roads treated last year. This is a result of the extra £10 million investment by the council into resurfacing roads, which was announced last May immediately after the 2023 local election result. 102 roads will be surface-dressed and a further 319 sites will benefit from a full machine resurfacing during the year. Surface dressing and machine resurfacing treatments prolong the life of a road surface and remove potholes. During the last six months, Suffolk Highways has repaired over 9,000 potholes and resurfaced 41 roads, with a further 278 roads planned for resurfacing in this financial year.

Useful websites

Cost of Living help and advice: <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/family.page?familychannel=6>

Benefits advice and support: <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/adult.page?adultchannel=0>

Flood preparation advice: <https://www.suffolk.gov.uk/suffolk-fire-and-rescue-service/fire-and-rescue-safety-advice-in-the-community/preparing-for-flooding>

Flood recovery advice and support: <http://www.suffolk.gov.uk/about/flood-recovery-information-for-suffolk>

Keith.Welham@suffolk.gov.uk 01449 673185 or 07831 705 714

COUNTRYSIDE RAMBLER

BRIAN WARD

This is a wonderful time in the garden everything looking lush and fresh with this year's new growth. I am a fan of hostas, and you can see them grow daily; I keep them slug free by having gravel around the base of the plants and this seems to keep them at bay. The hedgehog visits the garden almost nightly for his food and, if he leaves any, the magpie finds his food bowl and will devour any leftovers. I have noticed one small frog in our tiny garden pond; I can only hope it will find a mate for next spring.

There was plenty of blossom on the trees and shrubs in the hedgerows but, due to the cold, wet and windy weather we have had, I don't know if it will affect the crops of berries and fruit. The weather also held back the emergence of insects to pollinate the blossom, so only time will tell.

I have recently returned from a birdwatching trip in mid Wales. It was quite eventful and, as a group of six, we managed to see almost all of our target species. However, one notable exception was the wood warbler; this clean-looking warbler, with its distinctive white belly and unusual song, was nowhere to be seen. The conclusion we came to was that they were late arriving into the country as they are summer visitors. The redstarts were in good numbers compared to other years, but dippers were scarcer than other years and were not present on the stretches of streams we normally find them.



Our local wildlife appears to be doing okay as we go through their breeding season. I have seen local garden birds with beaks full of food ready to feed their young. I have noticed young rabbits and leverets in the fields and butterflies are about but not as abundant as in years gone by.

May and June are great months for rambling with so much to see and with the weather improving all the time, so on with your walking boots and go and enjoy it.



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RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

I don't think I am the only one this month just hoping for some warmth! As you read this in June, May will have hopefully left us with the odd taster of 20 degrees. One good thing about the wet weather is that the ground is a lot easier to dig. This month I will focus on roses and the moist to crumbly soil is a bonus. The Plant Fairs are now in full swing with many of our favourite destinations hosting excellent events. The Suffolk Garden Trail leaflets can be found all over the place along with the NGS booklets, mentioned in last month's column. Work at the Meadow continues apace, and my garden is very slowly taking shape, although nothing will really be worth looking at for another 3 years. I suspect one or two apples from my fruit trees and a fig or two may be the sum total of this year's harvest, but it all takes time!



This month jobs focus on emerging from soggy ground to potentially parched. June will see me tackling the following:

- Pebbles and flints around the bottom of Clematis and Honeysuckle will stop the roots drying out too quickly if we get a hot day.
- Catch and train the fronds of the Wisteria plant especially if you have an established climber. Be careful not to wrap around guttering or downpipes, those tendrils soon fill out and become trunk like! There are fine examples along the road as you turn out of Asda in Stowmarket.
- Digital thermometers are useful in greenhouses. Remember to reset them especially if it's been a really hot day. Also have an old sheet ready to throw over the glass roof if it gets really hot; tender leaves will burn otherwise.
- Tomato growbags will need daily watering and I am currently carrying mine outside the greenhouse if it rains, although the size of the plants will stop me in a couple of weeks.

- Place a few bug hotels around the garden as the bees are already doing the rounds. Butterfly boxes are also useful near buddleia.
- Have a spray bottle to hand with your favourite aphid killer in. Mine is a dab of washing up liquid and water, kills all aphids immediately while saving tender buds.
- Redcurrants, blackcurrants and gooseberries are all developing fruit now. Maintain good conditions by keeping the growing area weed free and water when dry.

June's trending tips on social media come from @dutchmarketplace where Alex encourages us to buy smaller perennials and bring them home to your garden to establish in your own particular soil and weather system. Here at the Meadow it's very windy behind the houses, so the sooner the young plants get in the soil, the quicker they can prepare wind defences by growing strong. My regular follow @nettlesandpetals advises on Polyculture – more food, same space. Scattering a range of seeds on a prepared bed at the same time to give produce at different points throughout the season. I think I am too much of a neat freak for this, but I do get it!

This month's feature garden centre is Simpsons of Ely. About 30 minutes from Stowupland and well worth the drive. A vast great value nursery covering acres with an excellent café (you know I like a coffee and cheese scone on my garden travels). They specialize in good value unusual plants as well as vastly reduced old stock ranging from fruit trees and hedging to pots and fencing. Its easy to get lost in the undercover growing area but the range of products is stunning. They also have a huge area set aside for plants that have gone over, or the 'rescue area' as I call it. Many a bargain can be picked up here and my trolley is always full of these rescues.

I popped to Peter Beales in early May, a lot smaller than I thought it would be and quite expensive. Good, well-established roses and plants (and another great café). About 25 minutes from Stowupland through Old Newton and Rickingham. A really lovely drive and some great pubs enroute. Their advice is, when buying roses, keep them in the pots for up to 4 weeks before placing in the ground. A lot of nursery stock is re-potted, and the roots need a chance to strengthen, which is best done in the pot you buy the rose in. Useful advice as we move from bare root to pot purchases.

Finally, I hope some of you were able to purchase the Gardens World magazine last month. The 2for1 gardens card is well worth having. It's reuseable, allows one free entry and also allows substantial discounts on the more expensive garden visits. It's also really useful if you are a solo visitor, with over 129 gardens operating a single visitor discount.

Right, that's all for this month. I write having retreated into the house during a thunderstorm and incoming rain. I do hope by the time I write July's column I am moaning about how dry everything is! Enjoy the wonderful colours in our gardens and the fresh green of the young leaves on trees as you wander around the village. Happy gardening!

STOWMARKET ECO FUTURE GROUP

<https://stowmarketecofuturegroup.co.uk>

Email: stowmarketecofuture@gmail.com



Collection of hard to recycle items Please take your foil and plastic blister packs to a Superdrug Pharmacy, nearest one is Bury St Edmunds): **A little bit of good news – some packs are now foil on both front and back.** These packs can be scrunched into a ball (putting them with metal foil containers makes this easier) and put in your recycling bin.

2nd Sunday each month (9th June) at Red Gables 2-4 pm plus REPAIR CAFÉ stowrepaircafe@gmail.com and **4th Thursday each month (27th June) on Marketplace 9:30 to 11.30 am.** We collect Coffee pods, clean pet food pouches, cheese wrappers and nets, pens, flattened crisp packets, (all count as “soft plastic”), make up packaging and pringles tubes, also clean and flattened tetra packs – see our website for details. **The Dental products scheme has changed – Brushes are fine, but not toothpaste tubes now.** [Terracycle Collections | Stowmarket Eco Future Group](#)

Problem Shared...Problem Halved EcoCafé Drop in 1:30-3:00 pm Friday 14th June 2024 Osier Café in St Peter and St Mary’s Parish Church.

Come and share your eco enthusiasm, concerns and questions, the aim is to encourage each other. Eco action has moved on – more and more people are trying to make a difference and ordinary people are making their voices heard.

“I just wish it would stop raining!” “We don’t seem to have seasons anymore” Extreme Climate events have been regularly in the news for some time and affected many Suffolk villages at the end of 2023. It doesn’t have to be extreme though to be happening. Changes in weather patterns are showing just as clearly that the things we do are impacting the systems of our planet and should make us think twice about our lifestyle. **Did you know that to continue living as we do, we would need four-and-a-half planet earths??**

Some things you might want to do:

Restore Nature Now campaign is holding a march in London on 22 June 2024 at midday. The march is legal, peaceful, inclusive, and family friendly and is calling for everyone who cares about wildlife, rivers, landscapes, biodiversity to come along. The website (www.Restorenaturenow.com) says that the march is asking for UK politicians to show strong domestic and global nature and climate leadership by:

1. Giving a pay-rise for nature
2. Making polluters pay
3. Delivering more space for nature
4. Putting a right to a healthy environment in law
5. Ensuring fair and effective climate action

Surveys by Norfolk and Suffolk Nature Recovery Partnership. [Get Involved with the Local Nature Recovery Strategy \(nsnrp.org\)](#) please complete online by 30th June.



We would just like to thank all of our customers for being so understanding the past few weeks after our break in and for the help and donations people have provided in getting us back up and running.

The support and kindness has been very overwhelming, and we look forward to seeing you all at Orchard Garage DMS very soon.



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We've booked a package holiday to Spain. It's our first time booking this sort of getaway, and a friend recently had a terrible experience when things went wrong on a similar trip. What sort of help is available if something does go wrong?



Hopefully, you'll have a lovely time but if something does go wrong with your package holiday, Citizens Advice has lots of information about what to do and what compensation you may be eligible for.

Examples of things going wrong include:

- If the holiday you went on turned out to be lower in value than the one you originally booked.
- The hotel was a bus ride away from the beach rather than across the road as advertised.
- Big parts of the trip you booked didn't happen or services weren't provided, for example a planned two-day excursion was cancelled, and no alternative was organised.

It's worth noting that you can't get compensation if you simply didn't enjoy the holiday or if the problem was out of the holiday company's control - like bad weather.

If something does go wrong, firstly, tell the company or travel agent you booked with as soon as possible. Don't wait until you get home. And check the information you received when you made the booking to see what you're supposed to get.

Citizens Advice are currently seeking volunteers to join them at their Stowmarket office. If you are interested, please call us on 01449 676060.

If you would like to become a volunteer with Citizens Advice, please visit our website for more details <https://midsuffolkcab.org.uk/volunteer/>

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

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STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



Holy Trinity Spring Fair – Village Hall 27 April 2024

We put together a display in the small meeting room concurrently with the Spring Fair. We showed photographs of our activities around the village and had available a range of information on wildflower, wildlife and biodiversity issues; we had a beehive for our visitors to look inside and fudge made from local honey to taste. We also gave away small packets of wildflower seeds to encourage residents to sow a small patch of native pollinators in their gardens.

Attendance at the spring fair was disappointing; even so, we had well over fifty people come along to see our exhibition and 43 people completed our questionnaire. The responses have been analysed and show:

Support for wildflower meadows	91%
Support for more bulb planting	79%
Support for more tree planting	91%
Support for No Mow May on The Green	84%
Support for advice on growing wildflowers	51%

Sunflower Competition

We provided in the April edition of Telstar a small packet of sunflower seed (collected in a local garden and therefore free). Our report in Testar gave details of a competition to enter for tallest sunflower. The prize of a carved wooden coaster will be designed and made by a member of the group. This initiative has been well received; Holy Trinity church have been given a larger number of seeds and plan to plant sunflowers in the churchyard.

Work with Schools

We are continuing to work with both schools in the village. The raised beds installed at the Mulberry Centre have been planted by students; we look forward to seeing the vegetables growing over the next few weeks.

Wildflower Meadow

Look out for the abundance of insects which we expect to see hovering over the grass and wildflowers. We know that some residents would rather have all the grass cut shorter, but mowing destroys the habitat of a wide range of species. Spend time watching the insects and birds, and compare the biodiversity of this patch with the mown areas of The Green.

Dates for next meetings – These will be on 5 August, 14 October at 7.30pm in the URC Meeting Room. We especially welcome any resident with an interest in biodiversity issues, and anyone wishing to join us in our projects.

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Community Litter Pick

Saturday 15th June 2024

Time 10.00am

MEET AT:
Village Hall Car Park

Stowupland Needs You

Litter pickers and Hi Viz jackets provided

A chance to meet new people

Children supervised by an adult are very welcome!

Help improve your neighbourhood

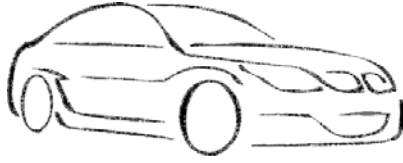
Let us have a greener cleaner Parish

*Other Litter Pick Dates:
Saturday 14th September
Saturday 14th December*

**Stowupland Parish Council working with
Stowupland Falcons**



Clerk: parishclerk@stowuplandpc.co.uk | 01449 677005
Chairman: donnabridges@stowuplandpc.co.uk | 07736 348335



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IMPORTANT CONTACTS

Citizens Advice

www.midsuffolkcab.org.uk - 01449 676060
or 01449 676280 - 5 Milton Road South,
Stowmarket, IP14 1EZ

Doctor

Emergency - 999
NHS Direct - 111
Combs Ford - 01449 678333
Stowhealth - 01449 776000

Emergency Numbers

Power Cut - 0800 31 63 105
Gas Leak - 0800 111 999
Water Leak - 0800 771 881

Good Neighbour Scheme

HELPLINE: 07591 539621

Member of Parliament

Jo Churchill - jo.churchill.mp@parliament.uk -
Constituency Office, 10 Hatter Street,
Bury St Edmunds, IP33 1LZ - 01284 752311
House of Commons - 02072 198487
<https://www.jochurchill.org.uk/>

Mid Suffolk District Council

www.midsuffolk.gov.uk

Janet Pearson - janet.pearson@midsuffolk.gov.uk
07928 512592

Police

<http://www.suffolk.police.uk/contact-us>
<https://www.suffolk.police.uk/advice>

Samaritans – 116 123

Stowupland Village Website

www.stowupland.com

Parish Council Website

www.stowupland.suffolk.cloud

Suffolk County Council

www.suffolk.gov.uk 01449 673185
Keith Welham - Keith.Welham@suffolk.gov.uk
SCC - General Contact No. 0345 606 6067

Schools

Stowupland High School -
www.stowuplandhighschool.co.uk - 01449 674827
Freeman Community Primary School -
www.freeman.suffolk.sch.uk - 01449 612067

Vets

Cedarwood - 01449 676966
Stowe Vets - 01449 613130

DIARY DATES

If you know of any events happening in the village I may not have picked up on please do get in touch by 7th of the month at stowman@stowman.plus.com or on 01449 616275.

JUNE

WED 5	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 5	14:30 various locations	Book Group (contact 01449 67127 for details)
WED 5	7.30 Village Hall	Local History Group – "A Glimpse in our Archive - 1930/40s
THURS 6	19:00 Village Hall	Short mat bowls
THURS 6	21:15 The Green	D-Day commemoration, lighting of beacon
SAT 8	Playing Fields	5-a-side football tournament
SUN 9	Playing Fields	5-a-side football tournament
SUN 9	19:30 Village Hall	Country & Western music club
MON 10	19:30 Village Hall	Village Hall trustees meeting
TUES 11	09.30 Jubilee Crt. 09.55 Green	Mobile Library
WED 12	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 13	19:00 Village Hall	Short mat bowls
THURS 13	19.30 Parish Church hall	Parish Council meeting
FRI 14	19:30 Village Hall	Community Quiz
SAT 15	10:00 Village Hall	Community Litter pick
SAT 15	Holy Trinity Church	Flower Festival
SUN 16	Holy Trinity Church	Flower Festival
WED 19	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 19	10.00 Sports & Social Club	SOAP club
THURS 20	19:00 Village Hall	Short mat bowls
SUN 23	19:30 Village Hall	Country & Western music club
WED 26	14:00-16:00 Village Hall Car Pk.	Mobile Post Office

WED 26 19:30 Village Hall
THURS 27 19:00 Village Hall
FRI 28 10:00 URC chapel
FRI 28 19:30 Village Hall
SUN 30 Various locations
SUN 30 19:30 Village Hall

Suffolk Wildlife Trust
Short mat bowls
Coffee Morning
Community Bingo
Open Gardens Day
Country & Western music club

LOOKING AHEAD

WED 3 14:00-16:00 Village Hall Car Pk.
WED 3 19:30 Village Hall
THURS 4 19:00 Village Hall
SUN 7 19:30 Village Hall

JULY
Mobile Post Office
Local History Group
Short mat bowls
Country & Western music club

SUN 8 The Walker Cup

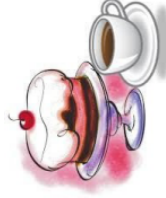
SEPT

SOAP Club



Calling all over 60's

Come along to meet old friends, new friends and enjoy a morning of company, activities & good cake in a welcoming social environment.



Our next event is

Wednesday 19 June 2024, 10:00 - 12:00
at Stowupland Sports and Social Club.

Please do join us.

If you would like any further information, please do email paulamurton@stowuplandpc.co.uk or call 01449 677005

Rachel Eburne - rachel.eburne@midsex.suffolk.gov.uk -
01449 673311

MSDC General Contact No. 0300 1234000

Mobile Library - 07721 879855

Parish Council

Donna Bridges - Chairman - 07736 348335
donnabridges@stowuplandpc.co.uk

Terry Easter - 079558906176

Terry.easter@stowuplandpc.co.uk

Laura Beeson - 07918 808387

laurabeeson@stowuplandpc.co.uk

Laura Johnson - 07826 851030

laurajohnson@stowuplandpc.co.uk

Debra Melhuish - 07979125904

debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817

paulamurton@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

Clerk to the Parish Council - Claire Pizzev

parishclerk@stowuplandpc.co.uk - 01449 677005

2 Broomspath Road, IP14 4DB

Parish Council Minutes of meetings and agendas

are available on the Parish Council Website

www.stowupland.suffolk.cloud

Village Hall Bookings

Lisa Tunbridge - Phone - 07862740830
stowuplandvillagehallbookings@gmail.com

Village Clubs

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - Graham Newman - 01359
240846

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club
www.stowuplandcricketclub.co.uk/

Stowupland Falcons Football Club -

stowuplandfalconsfc.co.uk

Stowupland Sports Centre -

info@stowuplandsportscentre.co.uk - 01449 672531

Stowupland Wildflower & Biodiversity Group -

Keith Welham - 01449 673185

Stowmarket Wildlife Group - Heather Salmon

-heathersalmon50@gmail.com - 07722 871205

COLLECTING

Many people made collections,
In the past, or still today.
I used to collect all sorts of things,
All are gone, all thrown away.



You may have collected foreign stamps,
And swapped with some you'd missed.
And if you had some clever friends,
They'd call you a philatelist.

Collecting cards was popular,
From products such as tea.
It even covers Pokemon,
It's called cartophily.



Some may have been palaeontologists,
Their trilobites, from Monkswood.
My ammonites came from Charmouth,
I collected when I could.

Did you have a money box?
Collecting money has a twist.
I saved my coins to buy things,
Were you a numismatist?



Some genteel folk collect thimbles,
These people do exist.
Surely there's no name for them.
But yes, it's a digitabulist.

I even collected matchboxes,
Put logos on a list.
There aren't so many around today,
But I was a phillumenist.



People keep hold of beer mats,
They flip them with their wrist.
If you save the coasters under drinks,
You are a tegestologist.

Community

BINGO

NIGHT

All Cash Prizes

FRIDAY 28th June

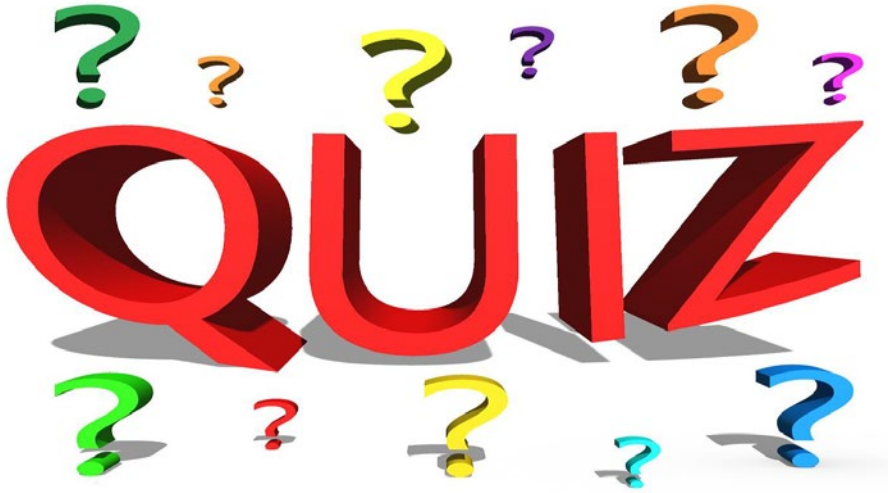
STOWUPLAND VILLAGE HALL

Doors open 7.00 pm

Eyes down 7.30 pm

Everyone Welcome (over 14's only).

Bring your own drink and nibbles



NIGHT

STOWUPLAND VILLAGE HALL

FRIDAY 14th June

Doors open 7.00 pm

Quiz starts 7.30 pm

£3 Per Person - Teams of up to 6 people

Village Hall bar will be open for drinks

To enter a team please ring Keith on 01449 673185

THE FOOD MUSEUM



Forty Farms opened at The Food Museum Saturday 25th May 2024 and will run until February 2025

An extraordinary photographic exhibition documenting the stories of 40 Cumbrian farmers comes to The Food Museum, Suffolk.

This year, The Food Museum is delighted to be hosting an exhibition by British Life Photographer of the Year, and Cumbrian farmer, Amy Bateman in the recently refurbished exhibition space, the William Bone Building. Forty Farms offers a unique insight into the everyday lives, fears and hopes of forty extraordinary farmers, through photography, products, film, and words to create an immersive experience.

In March 2020 Amy Bateman embarked on a journey to record the stories of Forty Farms in the Lake District and Cumbria to produce a sumptuous coffee table book. From the Herdwick-grazed Lake District commons to the big-sky Solway marshes; from isolated farmsteads unchanged in generations to businesses at the cutting-edge of innovation; from world-class sheep breeders to award-winning cheese makers, the book is a visual record of farming at a period of profound change.

Over the course of a year, Amy conducted frank conversations with the farmers about the financial challenge of farming; about the tightrope balance of producing quality food in a nature-rich landscape; and about the highs and lows of working in area, known, and loved internationally. With contributions from, among others, best-selling author James Rebanks and L'Enclume's Simon Rogan and veteran damson grower Harley Trotter. The book evolved into the Forty Farms exhibition.

The exhibition will also feature delicious tasters on offer in the museum's adjoining demonstration kitchen, inspired by the stories told through the exhibition. Amy Bateman's award-winning book and prints will be available to purchase in the Food Museum shop.

Forty Farms is a touring exhibition that comes to East Anglia from the South Lakes. It opens on Saturday 25th May 2024 and runs until February 2025. Exhibition and taster entry is included in standard museum admission. The Food Museum offers an annual ticket, so you can pay once and visit all year.

Photographer Amy Bateman says, "I'm absolutely thrilled to be working with The Food Museum to bring Forty Farms to Suffolk for its this stop, on its national tour. It's so important to me to tell the stories of the people and landscape of Cumbria and what a spectacular location to continue the exhibition's journey."

Website exhibition link <https://foodmuseum.org.uk/events/forty-farms/>

British Beauty Salon

Upstairs in The Crown, Stowupland, IP14 4BQ

June

SPECIAL OFFER

£30

THIRTY MINUTE
MASSAGE

SCAN ME!



Introduction

I am delighted to have been appointed Freeman's new Headteacher and very excited to be taking on a new challenge.

Having taught at the school and been the Deputy Headteacher for the past 9 years, I have had the privilege of seeing the school and children develop and grow; something I am passionate about continuing. I am extremely thankful for the support the children, parents and carers, staff and governors have afforded me so far and look forward to everything we will achieve together in the future both in school, and in the wider community.

Emma Gerry, Headteacher

Sporting Achievements

At the end of last term, three teams took part in the Schools' Gymnastic Competitions and ALL three teams, Year 1 & 2, Year 3 & 4 and Year 5 and 6 scooped GOLD!

They performed brilliantly and worked really hard to perfect their vaults and floor routines. We are extremely proud of them all.

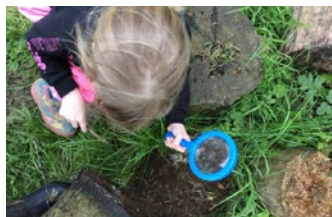
Our thanks also go to Mrs Durler and Mrs Oxborrow for their ongoing commitment to our gymnastic superstars!



Forest Schools

Children in Year 1 had their first afternoon at Forest School this week and were joined by a pair of ducks and a muntjac! In the log circle everyone shared their Forest School name. After some games, the children created 'Stick Men' and were delighted to find a millipede during a bug hunt.

One group built a bird-watching den, others climbed trees, made magic wands and nature bracelets and swung on the rope swings. A wonderful afternoon exploring the forest!



Special Visitors and School Trips

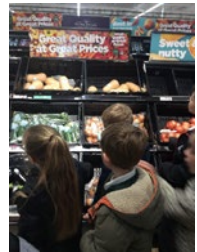
The whole school were recently treated to a visit from author C.S.Clifford. Each class received a writing challenge followed by a workshop linked to one of Steve's books.

The children thoroughly enjoyed listening to stories, learning how to develop a sentence and taking part in Q&A sessions about writing a book. Steve captured their imagination and several parents commented how children came away feeling inspired to write!



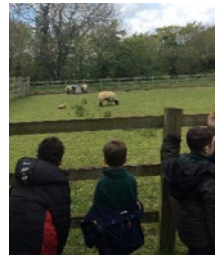
At the start of the term, Year 3 visited the Farm Fair at Trinity Park, Ipswich.

They spent the day learning about the importance of farming in Suffolk, looking at the lovely animals in our area and trying lots of local produce. They learnt about the story of milk, from the dairy all the way to a milkshake! One of their favourite experiences was looking at the Suffolk Punch and learning about the fight to save this very special, local breed. Thank you to Suffolk Agriculture Association for hosting such an amazing day!



Children in Years 1 and 2 recently visited the Food Museum and Asda in Stowmarket to reinforce their learning. They looked at where food comes from and talked about the five main food groups for healthy eating. They also thought about animal habitats and what different animals need in a habitat.

'From tiny acorns do mighty oaks grow'





LOCAL HISTORY GROUP

You may have missed our May 1st talk by Geoff Robinson on Parish Fire Engines. Geoff always manages to turn what could be a boring, uninteresting subject into a fascinating, even amusing and intriguing passage of discovery.

Your Telstar should have been delivered in time for you to plan to join us on June 5th for our **Look Back on Stowupland in the 1930s, 40s and 50s**. Since June 6th will be the 80th anniversary of D-Day my search through our archives has been focused on the decades before and after 1944. Perhaps unsurprisingly we have no details in our archives of how preparations for or the aftermath of D-day affected life in Stowupland. However, with so many men away serving in the forces, usually in unknown places, the days around the D-Day landings must have been terrifying for friends and families.

In preparation for June 5th, we have been dusting off our archive material looking for anything that may give us a taste of what was happening in Stowupland from the late 1930s to the early 1950s. This photo comes from Margaret Catchpole's collection and shows members of the tennis club enjoying a picnic at The Firs on August 18th, 1934.

Some of you possibly remember playing tennis on courts behind the Bowls Club, in the 1980s. I have been told the courts had a raised grass bank next to them for spectators to sit and watch?



Please contact Jerry on 01449 703717 or voden@btinternet.com if you want to make a comment or have a query about Stowupland's history or our meetings. And especially if you have any memories or photos of the 1940s.

Our April meeting took us back further in time, and here is Jerry's report from when Kate Jewell took Stowupland Local History Group back to school in the "Medieval Era."

This month Neil had brought the "talks" neatly together with his mix and match; first, Victorian life in a Stowmarket school and then Kate Jewell's research into medieval schooling. We were about to find out that many terms relating to school life had originated in the medieval period of history and are still in use today. Examples include "form streaming and the year system" as pupils got older. This was brought in to standardize the system and standards in education were adjusted to suit the times. Many medieval schools were boarding schools, under the control of the Church and only boys attended. Lessons and written work were in Latin and, as Kate explained, the three-term system, i.e. Autumn, Spring and Summer, was introduced. Girls stayed at home with mum, learning domestic service; they did not go to school until more recent times.

Kate told us that not all boys were allowed to go to school. This was the time when the 100-Years War was raging across Europe so most of the Lords of the

Manor were away from their estates fighting, as were many of their tenant farmers; this left the sons at home to do the farming. At this time families had to seek permission from the Lord of the Manor for their sons to leave home to attend school but, as sons were expected to work the farms in the absence of their fathers, permission was not always forthcoming.

With their Lords away the "Ladies of the Manor" were expected to look after the day-to-day running of the estates, as even in times of war crops needed to be grown, harvested and income gathered. The introduction of the 3-term system was important as it gave first sons who had been granted permission to go to school time off to be at home and help on the farms, especially at harvest time.

With this comprehensive background, Kate explained some aspects of daily life at school, which was also not cheap. Once their sons were accepted as boarders, parents paid 35 shillings a term, in today's money that's around £1,350: a vast amount for parents to find in those days. In addition, parents were expected to provide paper, quill pens and ink, plus clothing. A typical day for the scholar was up at 5am, breakfast at 6am, then to lessons, with instruction from the teacher all in Latin – and children were expected to not only write in Latin but also converse. At 10am there was a break, lunch at 12, then back at 1pm for a further 4 hours of lessons and high tea at 5pm. Any "Prep" - homework in our terms - had to be completed in their own time before bedtime for class the next morning.

Kate had examples of beautifully written script in Latin, but you would need to see the presentation to get the full benefit of this script. Days were long and hard for the pupils, progress depended on age and ability, hence the introduction of the form system. Kate showed us a handwritten text from a pupil who had recently enrolled in school and was missing home life and his mum's input to his life, and having difficulty adjusting to being expected to fend for himself. He found it hard to adjust to having to get up very early, and enduring punishment from his teacher for being late to lessons and his laziness in class. His explanation is written in "Old English Script" and shows how hard school was in these times.

Listening to this I drifted back to my first night at boarding school at 13 when I was suddenly in a room with five others and having to fend for myself. Just a bed space, but you grow up fast in these circumstances and it stood me in good stead for my RAF training 4 years later. Kate had researched her subject well and it is a fascinating look at these turbulent times. Neil thanked Kate for coming and took questions from our audience. Liz and Annie were on hand to bring us all back to reality with a welcome cup of tea and biscuits.

Fortunately for our group, Neil Langridge likes to spend quite a bit of time at the Suffolk Record's Office in Ipswich. It would be naïve to assume that over the centuries all interesting documents that might be of use to today's historians were automatically lodged in an accessible, well-catalogued format, within the geographical location to which they were relevant. That would be to live in cloud cuckoo land!

Without getting into the debate over the accessibility of using the material held in The Hold, here he explains about a group he is involved with who are vital to ensuring that, as new 'old documents' come to light, they are retained within Suffolk for historians of the future to make use of. It is surprising how often old documents do come to light and there is always a risk of vital historical knowledge being lost to the county.

New Suffolk Archives acquisition The Friends of Suffolk Archives (FOSA) were formed in 1983 as the Friends of Suffolk Record Office, as a registered charity. One of their aims is to facilitate the acquisition and conservation of archival material of relevance to the county of Suffolk. Suffolk Archives do not have a budget for acquiring items and rely on donation of documents. The Friends have purchased many archives; in many cases these might have been lost to the county without their action. Recently a Court Roll for the Manor of Thorney Hall came up at a London auction house. As this Manor included much of Stowupland and also part of Stowmarket, both local history groups donated funds to aid FOSA in bidding on this item. Fortunately, they were successful and the document will eventually be deposited at The Hold in Ipswich. It dates from the 1580s, a period for which we have very little archive material for Stowupland and Stowmarket. I hope to write more on the document here in the near future.

From our Archives This is the time of year when fundraising fetes or 'fayres' are held. I'm not sure of the year when Poplar Farm hosted this Summer Fayre. Although Jubilee Court can still be found on local maps, you won't find Dents or Spencers. Dents was the newsagents near Little China; do you know when it closed? Do you remember Pauline Spencer's article in Telstar about their butcher's shop on The Green between 1963 to 1987? It is now M&Ms.

Enjoy an afternoon in the gardens of **POPLAR FARM**, by kind invitation of Pam & Ron Nixon.

Transport.. if needed from **JUBILEE COURT DENTS, SPENCERS** at 2.15 p.m.

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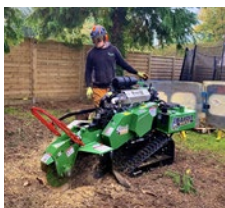
9.00am – 12noon



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Our Village Hall is just the place for clubs and groups to meet or for special functions, such as parties, receptions and exhibitions.

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Interested? Look on our website at <https://hallbookingonline.com/Stowupland>

Or contact Lisa Tunbridge our booking secretary

Tel: 07515 859337 email: stowuplandvillagehallbookings@gmail.com

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STOWUPLAND BOWLS CLUB

JOHN MOLLETT

We had a lovely afternoon for the opening of the green. Most came dressed for winter but found it necessary to strip off (not that far) because it was so warm. In true bowls weather, when the matches started, Arctic conditions resumed. However, 11th April was glorious.

The results of matches played showed some promise with two games won Tuesday afternoon and one Monday evening lost.

There are two important dates to note:

- 1st June is the Jubilee Cup, open to all residents of Stowupland starting at 1pm
- 22nd June, open Afternoon, also at 1pm.

There are posters around the village. Further details about these events or the club in general can be found by contacting Graham Newman on 01359 240846. Happy bowling to one and all.

STOWUPLAND BOWLS CLUB



OPEN

AFTERNOON

Saturday 22nd June

1 pm to 5 pm

next to the Village Hall,

Church Road, Stowupland

COME AND JOIN US FOR A CUP OF TEA AND PIECE OF CAKE AND TRY YOUR HAND AT BOWLS

EVERYONE WELCOME

Children under the age of 16 must be accompanied by an adult

ALL equipment will be provided

Wear whatever you like, BUT, please wear shoes with a flat sole

Club Members will be available to help



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STOWUPLAND LADYBIRDS LATEST

Stowupland Ladybirds have now been running very successfully for over two and a half years.

We have had many fantastic speakers/ visitors and lots of wonderful entertainers too!

We meet on the second Thursday in the month at 7pm in the URC, Church Road.

We are now able to invite new members, so if you would like to know more about us, please contact either Colleen on 774466, or Mary on 678403

Stowupland Open Gardens

Thorney Green Stowupland,
IP14 4AD

Sunday 30 June
10am - 4pm

Adults £5, under 16s free



Stowupland Village Gardens and gardeners include two that have featured on BBC Look East, one in Modern Gardens Magazine, an award-winning Chrysanthemum grower, a Daily Mirrow Shed of the Year Winner, thatched cottages and new-build house with recently created gardens. Over ten gardens will be open providing ideas and inspiration for visitors.

No parking on the green.





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Church

U.R.C CHAPEL

NEWS

Minister: Revd Robert Sheard
Telephone 01449 678173

As I write this the sun is shining and the rain has stopped. A walk and coffee morning took place again on the first Monday in May for Christian Aid. Is it really a year since this event was previously held? Those who were able walked around our lovely village enjoying God's beauty around us and good company. Coffee and cake were enjoyed by the walkers and others less able, curtesy of the Gurneys.

Our next Coffee Morning is on **Friday 28 June 10 to 12 noon**. Give us a visit for a cuppa and cake.

Services will be held at the URC Chapel each Sunday at 10.30am and you are cordially invited to join us in worship. A warm welcome awaits you.

The Speakers for June are as follows:

02 June	Nigel Crisp
09 June	Stephen Horrex
16 June	Alison Fenning
23 June	John Webb
30 June	Veda Berriman

Joyce Gardiner

MINISTER'S MESSAGE

Psalm 23 1-3

The LORD is my shepherd; I have everything I need.

He lets me rest in fields of green grass and leads me to quiet pools of fresh water. He gives me new strength. He guides me in the right paths, as he has promised.

At this time of year our thoughts turn to holidays, where are we going to go this year? Are we going to go abroad this year or is money short? Should we stay in this country, and hope that we will have good weather! But did you know that holidays did not used to be about sitting on a beach somewhere and doing nothing.

The word holiday used to be Holy Day, a time in the year which people were given to take time off from work to celebrate festivals in the Christian Church which did not fall on a Sunday, a time to make a pilgrimage to a church, cathedral or shrine. It was a time in someone's journey of faith to find a time of renewal, a deeper understanding of God and Jesus.

Holidays are still meant to be the same, a time to recharge the batteries, a time in this busy world of ours that we slow down! So that we can come back to our work, or everyday lives, renewed.

But do we really come back renewed and full of life, or do we end up wondering why we bothered in the first place when we see the washing that needs doing and other jobs that we need to catch up on? This makes us just as tired, so what's the point in going away!

Is it that we just need a time to stop and take stock, a time to be quiet, a time to let the world go by for a few moments without us? Would we really miss out on that much? So, do we need to find some peace and quiet more than just once or twice a year?

Do we really need the shops open every day of the week for 24 hours, do we need to fill our days with paid work, have the pubs open 24 hours, panic if we forget our mobile phone, or can't check our emails?

Where is our time for our family, to just go for a walk, talk face to face with a friend, even play a game, even a time for ourselves, a time each day or each week, a time to recharge the batteries?

We all need a time to slow down. Christians find this time with God either in private prayer or in worship with other people. It is amazing how God can help us to recharge the batteries, to give us a new focus on life that helps us to slow down, to learn how through Jesus we can truly live.

So next time you need a holiday have a Holy Day instead and see how much better it makes you feel.

God Bless.

Robert

Reverend Robert Sheard Minister of the Stowmarket group of Churches. The group consists of Stowmarket, Debenham, Mendlesham, Haughley & Stowupland

COFFEE MORNING

Friday 28th June 2024



Stowupland URC Chapel
10am – 12noon

Coffee, Tea and Cakes

All welcome

HOLY TRINITY CHURCH

NEWS

HOLY TRINITY CHURCH
STOWUPLAND



Rector: Revd Paul Clarke
Churchwardens: Mrs Ann Doubtfire Tel. 770363
Mrs Sue Hayter Tel. 613710
Elder: Mrs Alison Roberts Tel. 613037

All Christians are called to use their gifts to serve God and others in the name of Christ.

God creates each of us for a purpose and gives us a unique place in the world. Christians describe this as their calling or 'vocation'. Vocation is about the whole of human life, not just what we do in church.

The Church of England offers a range of authorised ministries that serve the ministry and mission of the whole church and work collaboratively at all levels. Discovering what God is calling us to be and to do is a life-long process, as we grow individually and the needs around us change.

Authorised ministries include Children's and Families' Minister, Chaplaincy, Elder, Evangelist, Ordained Minister, Pioneer, Reader and Youth Minister to name but a few.

Here in our Benefice, we have Elders, Readers and Ordained Ministers. So, what is each of these roles? An Elder is someone chosen by the local church to support the priest, training is provided, and they are licenced by the Bishop into this important Lay ministry. Some may focus on assisting with leading worship, while others may fulfil a pastoral ministry within their communities by visiting those at home. At church you may have met Kevin or Alison; they are our Elders at the moment.

Reader ministry is a nationally recognised lay ministry, where people are trained and licensed to preach, teach, lead worship and assist in pastoral, evangelistic and liturgical work, providing a bridge between the church and the world. Rachel is a Reader for our Benefice.

Ordained Minister. Priests and Deacons are called to represent the church in the wider world. They lead the church's mission and ministry through worship and prayer, preaching and teaching, community engagement and pastoral work. As you may know, Revd. Paul Clarke is our Ordained Priest and Rector for the Benefice.

But something is about to change. For the past couple of years Alison has been listening to God's call and has spent this time discerning, with others, what her vocation is and where her future ministry is leading. She has been an Elder for about 15 years but is now heading towards Ordination. She has spent the last year training for ministry and on June 29th she will be ordained as a Deacon at Bury St. Edmunds Cathedral by the Bishop of St. Edmundsbury and Ipswich. She will then become a Curate for our Benefice of Haughley, Wetherden and Stowupland. Alison has always felt her ministry is within her own community and is delighted with all the support, prayers and blessings she has received from so many people as she develops her vocation.

If you feel that God may be calling you to do 'something' please do speak to anyone on the Ministry Team or one of the churchwardens in your church. Through prayer, reflection, Bible study and conversation, one of the Ministry Team or other Christian friends can all help us to listen to what God is asking of us.

With God's love and blessings from the Ministry Team,
Paul, Rachel, Alison and Kevin

Services in June 2024

Date	Stowupland	Haughley	Wetherden
2 nd June	9.30 Morning Worship	11am Sunday Praise	11am Morning Worship
9 th June	9.30 Worship for All	11am Parish Communion	11am Sunday Praise
16 th June (Father's Day)	9.30am Morning Worship	11am URC led service	11am Worship for All
23 rd June	6.30pm Parish Communion		11am Parish Communion
30 th June	11am Benefice Communion followed by a bring & share lunch		

A PRAYER: Give perfection to beginners, O Father; give intelligence to the little ones; give aid to those who are running their course. Give sorrow to the negligent; give fervour to the lukewarm. Give to the perfect a good consummation, for the sake of Christ Jesus our Lord. Amen

Prayer of St. Irendaeus

2024 FLOWER FESTIVAL: Please see full details in this month's magazine and come along to enjoy the splendid flower displays on Saturday 15th and Sunday 16th of June. Displays will focus on the theme of '**Occupations**' - you won't be disappointed! There will be refreshments in the Church Hall for you to enjoy!

FOOD BANK BOX: If you would like to donate items for the Food Bank to help those in need of a helping hand, there is a box at the back of the church for you to leave your items. The church is open during service times and on the 3rd Saturday morning each month to accept donations. Thank you!

CHURCH HALL HIRE: Please remember that the well-appointed Church Hall is available for hire at reasonable rates and would be ideal for children's parties and small groups/meetings. For more information, please contact Sue Hayter on 01449 613710. Thank you.

FLOWER FESTIVAL

Theme : Occupations

June 2024

Sat 15th & Sun 16th

10.00am - 4.00pm each day

Holy Trinity Church

Stowupland

IP14 4BQ

*Refreshments in
the Church Hall*

Further details from Ann Doubtfire (01449) 770363

TOOLS WITH A MISSION

I'm a local collector of unwanted tools for a charity known as Tools With A Mission (TWAM), which is based in Ipswich. I've been doing this for around 20 years now and I get calls from all around the Stowmarket area. Sometimes it's someone wishing to donate a sewing machine, DIY equipment or gardening tools that they no longer use; on other occasions I have been asked to arrange collection of a shed full of tools, everything from bench-mounted lathes to sets of spanners, chisels and screwdrivers. Tools need to be in usable condition; new handles can be fitted to rakes, hoes, forks, spades and all sorts of hand tools; and saws and chisels can be sharpened.

There are collectors all over the country; many of the tools are brought to the refurbishment centre in Ipswich, where they are prepared for sending out to third world countries, usually in eastern or central Africa, where people are trained in a skill such as carpentry, plumbing, motor mechanics, building, agriculture, sewing and needlework.

When ready to send abroad, tools are loaded into shipping containers and transported to an east African port where they are handed over to a local TWAM representative who arranges delivery to TWAM projects, many across central Africa.

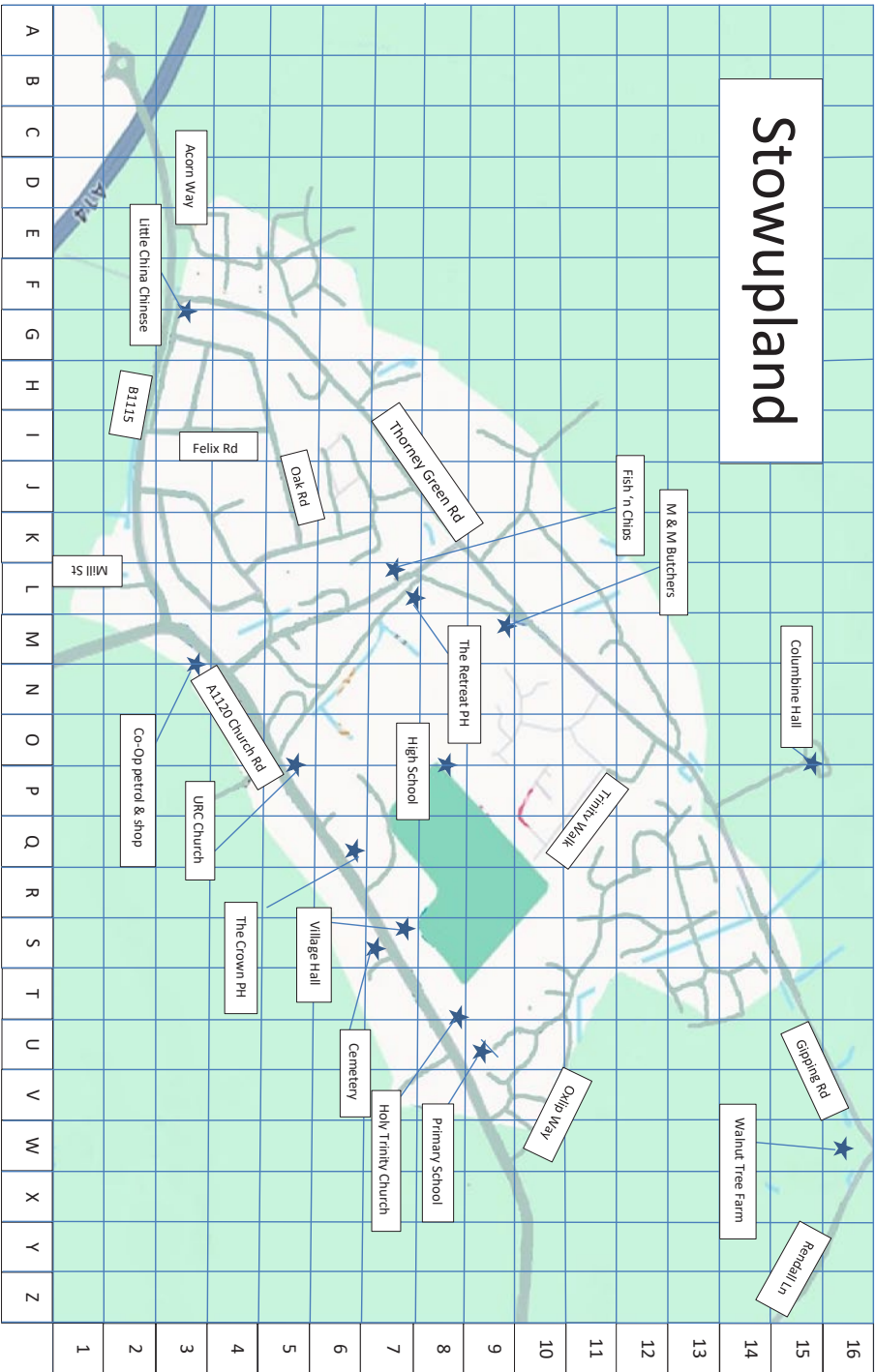
Good, fairly recent, textbooks in key subjects, bibles and children's and adult's reading books of good quality are also sent abroad for schools and libraries. Materials for making clothes and knitting wool are gratefully received. If you have any you could donate, please let me know.

I store everything that has been donated in our garage until there is enough for a TWAM van to come and collect. Please give me a ring (673185) if you think you have something which you wish to donate, and we can arrange a drop off at 2 Rambler Cottage.

Keith Welham



Stowupland



THE TELSTAR TEAM

Editor - Sarah McManus – 07849 506898 - The editor welcomes contributors. Please send all articles and contents to articles4telstar@hotmail.com or write c/o 4 Oak Apple Drive, Oak Farm Meadow, Stowupland, IP14 4FH.

Business Advertising - Sally Wray - adverts.telstar@hotmail.co.uk. Businesses with a Stowupland connection can advertise at very reasonable rates.

Diary Dates - Neil Langridge – stowman@stowman.plus.com 01449 616275. To let the village know the date and venue of your event contact Neil to be included in the diary dates.

Distribution Co-Ordinators - Keith and Cathy Welham – 01449 673185. Colin Vickridge and Keith Welham are our proof-readers and Jerry Voden chairs meetings of our team. The entire team are unpaid volunteers.

Telstar is distributed by a team of volunteers who deliver the magazine to over 1,250 homes in Stowupland. The magazine is produced every month, with the exception of December and January, which is a combined copy that gives our trusty team of volunteers a well-earned Christmas break!

Telstar is funded by grants from Stowupland Parish Council and Mid Suffolk District Council as well as income from business advertisers.

From the Telstar Committee

Please note that the opinions expressed in letters and articles are not necessarily those of the Telstar Committee. We cannot be held responsible for the accuracy of material submitted for publication. We reserve the right to include, edit or amend as we think appropriate. Telstar is produced in good faith but errors or omissions may occur during the process of production. If this is the case, please let us know so that errors may be corrected.

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Telstar – for the community, by the community.

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Save the Date

Sunday 8th September

'The Walkers Cup'



Stowupland Sports and social club to Old Newton sports and Social Club and back, through beautiful countryside and the village with the most participants wins - couldn't be simpler.

There'll even be a BBQ for you to enjoy when you finish.

Minimum donation of £2 to raise funds for St Elizabeth's Hospice

Register at Stowupland Sports and Social Club from 10.00am onwards and complete the walk by 4.00 pm, at the latest.

Contact: Keith and Cathy Welham 01449 673185