

Telstar

Stowupland News

No 380
October 2024



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NOTES FROM THE EDITOR

OCTOBER 24

Hi everyone, and welcome to October, it'll soon be Christmas!

I can't start this month without talking about the Walkers Cup. I'll begin with the positive, we raised £570 for St Elizabeth's hospice, which was fantastic. A substantial increase from last year. There has been a recent report about a funding crisis with hospice care, so this money will be very welcome.

But now for the bad bit, at about 3pm on the day, it looked like we were neck and neck with Old Newton at 110 each. However, a check on the figures showed we were actually ahead, as the Old Newton figures had been miscalculated. A further 2 for Stowupland arrived, and it looked like we were going to win, but then.....another 7 checked in for Old Newton, and it was too late for us to claw anything back, so yet again we were the losing team. This was frustrating, but we take comfort from a massive increase on the numbers taking part, which was more than double last year, and we are incredibly grateful to all those that joined in. It was a lovely day, with only a short shower at lunchtime. Thank you to the Cricket Club for arranging a BBQ, so those who wanted, were able to enjoy a burger or hotdog after the walk. There was even a friendly cricket match to watch whilst eating. Of course, it's disappointing not to have got the win this year, but there is always next year, and let's not forget it is about raising funds for the hospice and on that we triumphed.

The latest community quiz took place in September, and you'll never guess what, for the first time ever, I was on the winning team. My usual teammates were elsewhere so my husband and I joined the Holy Trinity team, and we became 'The Holy Posse,' so well done to all of my teammates. It was neck and neck between us and Quiz Stars, and it eventually went to a tie break to decide the winner. The tiebreak question was 'what's the area of Australia in square kilometres?' We didn't know but were nearest with 10 million. The actual answer is 7.741 million! It really is a fun evening, so if you want to join future quizzes, you'd be more than welcome. The next quiz will be in December, so our very first Christmas one, so dig out your Christmas jumpers, hats etc. We'll give more details in the November edition. Our Bingo nights continue to be successful, however we have had to introduce an 18 and over only rule as there is some confusion over whether under 18s can take part. We are trying to get to the bottom of this and have contacted the Gambling Commission. We will keep you updated if there are any changes. And talking of the bingo, it is the small Telstar committee who arrange putting out the chairs and tables and the associated administration tasks, so we are always on the lookout for extra pairs of hands. So, if anyone can commit to help with the setting up, helping out, and tidying up at the end, we'd appreciate it, so please do get in touch. Details of this month's bingo night are inside.

DISTRICT COUNCIL REPORT

SEPTEMBER 2024

Local listed building consent - On 25th July, the Council approved a proposal to introduce a Local Listed Building Consent Order (LLBCO) and a Local Development Order (LDO). Both will apply to listed buildings which often suffer from poor energy performance due to factors such as poorly fitting windows and single glazing. At present owners who want to make upgrades have to apply for Listed Building Consent. But the proposed LLBCO to be developed by working closely with Historic England will allow Grade II listed property owners to upgrade or replace windows without having to make individual applications, subject to conditions. The LDO will allow solar PV and other renewable technologies to be installed on unlisted buildings within the curtilage of a Grade II listed property, also subject to conditions. This is a new approach, the first of its kind in the country.

Cost of living support - Also, at the Council meeting on 25th July two measures were agreed to enhance cost of living support for those most in need. The first is to provide £85,000 to fund further support for residents who already pay reduced council tax rates with a possible further cut of up to £50 from their council tax bills. In the second, Mid Suffolk will provide £40,000 to extend a Household Support Fund, which offers help to those struggling with the likes of rent and service charges. In addition, the fund will have increased flexibility to help those in need with their energy bills, food costs, school uniform costs, and other wider essentials where needed. Currently, the Government funds this scheme nationwide, but it is expected that will end in October.

Stowmarket town centre regeneration - In July Cabinet and Council approved creation of a £1.5million fund, made possible by the council's income from its investment in the Gateway 14 business park, for enhancement of Stowmarket town centre.

The first step will be working with landlords to bring under-utilised properties, including empty shops, back into use. This could involve the council buying buildings, renting them for a short term or helping to support refurbishment.

Potential occupiers wanting a town centre presence will then be supported to find a location – opening the door for new businesses, pop-ups and other ventures looking to launch their first store or space.

The types of use that could be encouraged include arts and cultural experiences, tourism, community activities, retail, small business workspaces, leisure or food and drink and activities. The fund is now open for applications/enquiries and information can be found at Stowmarket Town Centre Gateway Fund - Mid Suffolk District Council - babberghmidsuffolk.com

Rural England Grants - The Council has launched three new grant schemes utilising the Rural England Prosperity Fund. Information can be found at Rural England Prosperity Fund - Heart of Suffolk

CIL bid for footpath upgrade - Cabinet will be asked, this month, to approve a CIL bid for £14,950 for upgrade of footpath 35 adjacent to Church Road.

Locality Awards 2024/25 - Applications for this year's Locality Awards grants are now open. <https://www.midsuffolk.gov.uk/web/mid-suffolk/w/locality-awards>

Cllr Rachel Eburne
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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

SEPTEMBER 2024



The meeting opened with 3 members of the public, 5 Parish Councillors, Cllrs Eburne, Pearson and Welham present.

Councillors' Report: Full District and County Councillor reports can be found elsewhere in Telstar. SCC Cllr Welham advised that he had received notification that a public meeting was being held with the Police and Crime Commissioner at 6.30pm on Sept 12th at 'The Mix'. He also wondered if the PC were prepared to take responsibility for the maintenance of a horse chestnut tree that a resident had grown as a replacement for one lost at the junction of Chestnut Close and Hornbeam Road: the bio-diversity group would be happy to plant it and do all the necessary paperwork for it. A meeting with the High School is to be held on 23rd Sept at 2pm at The Bungalow to discuss the proposed safer route to school and he asked for a representative from the PC to attend. The school have accepted responsibility for the maintenance of the hedge running alongside the bowls club to the school entrance and will arrange for it to be trimmed.

Cllr Eburne advised that MSDC Cabinet will next week discuss detailed proposals for simpler recycling and the collection of food waste. They are also launching 'Conversations with Residents' where they want to know what residents feel that the District Council should be investing their time and money into. The survey can be completed online before 1st October. Cllr Pearson gave her apologies about not attending the PC meetings for several months due to clashing events. She reported that MSDC are also setting up 'Economic Strategy' workshops for businesses to help develop strategies for the future. These are to be held on 26th Sept in Ipswich and 7th October in Stowmarket as well as one in Sudbury. The Big Weekend in October is aiming to spotlight areas of interest to visit in the area.

Cllr Easter enquired whether the £1.5 million of investment allocated to improve Stowmarket would be sufficient. He was advised that this was a starting point to try and encourage businesses to move into the town.

Matters of Report: There was a request to increase the Parish CIL contribution by £500 towards the defibrillator. A questionnaire is to be presented to members of the Biodiversity group to discuss at their October meeting before being presented to the Parish Council. Contact has been made with 'Address Management' to reinstate the road sign at Hornbeam Road. A landowner has agreed to cut and remove the grass from the Wildflower Area on The Green. All other matters are ongoing.

Public Forum: A resident advised that the footpath alongside Gipping Road has now been kindly cut by the farmer, however, because of the previous years of neglect, the footpath has become so overgrown that the footpath itself has been reduced from a width of a metre to around 9". Also, because of the ingress of rubbish onto the path, the edges of the path were not visible, and these have been ploughed up in several places. If it had been laid as a decent robust path in the first place and properly maintained, none of this would have happened and in her opinion by this time next year there will be no recognisable and usable path available to use. Cllr Welham advised that he felt it was important to keep this footpath as Gipping Road was quite dangerous to walk along. Another resident reported that the Jarvis advertising notice was still in place on The Green and she felt it was wrong to allow advertising signs on The Green. He will be contacted again to get it removed.

Defibrillator Project: It was agreed that an additional £500 is used from the Parish CIL fund as there were not enough funds available from the SCC Cllrs locality budget.

Trinity Walk Bollards: It was agreed to accept the quote of £315.14 for MSDC to provide the materials and labour to install the bollards in Trinity Walk.

Sub-Committee Reports:

Biodiversity & Wildlife – The group have negotiated a price for the cutting of the wildflower area from a landowner and this will be done on Saturday. There will also be an exhibition of scythe cutting around the edges which machinery cannot reach. They have seeds and plants ready to plant out. All the members of the group will wear high viz tabards to identify themselves. There is still too much water in the pond to carry out the necessary work.

Cemetery and Churchyard – It was agreed to accept the quote of £4,200 + vat for the replacement of the gates at the churchyard as the other quote did not include the posts which would have increased the overall cost substantially.

Finance and Policy – The points raised, and conclusion of the external auditor, were accepted, and the Clerk is to investigate the potential use of Scribe, as an accounts programme better suited to Parish Councils. Her report will be discussed at next month's meeting.

Planning – Amongst the planning applications this month was an application for 2 new semi-detached dwellings in Gipping Road; the PC objected to this on several points. A reserved matters application relating to plot 3200 on Gateway 14 was supported. The final application was for an extension to a property in Thorney Green Road which the PC supported.

It was reported that MSDC granted planning permission for a rear glazed canopy in Daisy Way. The planning inspectorate dismissed the appeal for a housing development on land in Church Road.

The PC have agreed to meet with Taylor Wimpey to discuss the land to the south of Stowupland Road. It was agreed that both the SCC and MSDC Councillors would also attend.

Councillors considered a response to the Babergh/Mid Suffolk Joint Local Plan for sustainability appraisal scoping report consultation. Also to complete the survey on working with the planning service at the Council. A request had been received for a suggestion for a road name for the development adjacent to Rosemary in Church Road. However, the PC felt that this was part of Church Road and not an additional road.

Play Park – It was agreed to accept the quote of £58 + vat for MSDC to organise the annual play equipment inspection for 2025.

Councillors' Reports: Cllr Voden drew attention to the Walker Cup to be held on Sunday with a BBQ being held at the Social Club. Also, he pointed out that a lot of dog poo bags are being dropped in one of the unmaintained landscaping area in Trinity Meadows and wondered if another dog bin would be in order. It was felt that there are a lot of bins within easy walking distance of that area and there is no excuse to just drop bags on the ground.

Cllr Easter advised that he would not be able to do the litter pick.

Cllr Johnson reported that the path at Chapel Lane was overgrown. In Cllr Murton's absence she wanted to remind everyone that the next SOAP event is on 25th September.

Clerk's Report: The Clerk reported that the footpath by the Primary School had been finished and looked very nice. MSDC have declined quoting for the grass cutting of The Green for next year and she is still looking for other contractors.

Correspondence: Stowupland Falcons have requested permission to use The Green for some of their matches during the 2024/25 season. There is a new bus service set to run between Mendlesham and Stowmarket that will come along Saxham Street and Church Road to Cedars Park then via the station to the town centre. It will run Mondays to Fridays and start early September. Cllr Welham advised that some of their timescales for the journey were not feasible and they are looking at it again. An update on progress on a number of projects has been received from them.

Haughley PC have written to Adrian Ramsey MP to invite him to visit their local parishes, including Stowupland, to discuss ongoing issues.

The meeting closed at 8.24pm.

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COUNTY COUNCILLOR'S REPORT

SEPTEMBER 2024

Ofsted Inspection of Children's Social Care

On 21 August, the inspection report for Suffolk County Council's social care services for children was published, following an inspection at the end of May. The report found that social care services for children, which include fostering and adoption, safeguarding, child protection, youth justice and corporate parenting (children in care) 'require improvement to be good.' My group are concerned by this, as Children's Services were rated as 'Outstanding' the last time they were inspected in 2019. The remarks on leadership – that leaders do not have 'sufficient grip' on all the services provided – are especially worrying. A new director for Children's Services started in July 2024.

Information on the plans for improvement are included in a report to the Cabinet meeting to be held next week.

This is a summary of the findings of the report:

- The impact of leaders on social work practice with children and families – Requires improvement to be good.
- The experiences and progress of children who need help and protection – Requires improvement to be good.
- The experiences and progress of children in care – Good.
- The experiences and progress of care leavers – Requires improvement to be good.
- Overall effectiveness – Requires improvement to be good.

You can read the full inspection report here: <https://reports.ofsted.gov.uk/provider/44/80565>

This inspection is separate from the recent inspection into services for children with Special Educational Needs and Disabilities (SEND).

Back to School Transition

Moving up and changing school is a big change for children and a new stage of growing independence. To help parents and carers support children with this transition, Suffolk County Council have made available a selection of Solihull Approach online courses which are free to anyone with a Suffolk postcode. You can access these using the link: www.inourplace.co.uk/moving-up and register for an account using the access code WOLSEY. The Solihull Approach is a parenting support model which was developed by health visitors, child psychologists and psychotherapists in the 1990s and aims to understand child behaviour as part of their development.

Electric Vehicle Charging

Over 60 new community venues across Suffolk will have new electric vehicle (EV) charge points, as Suffolk County Council's 'Plug In Suffolk' project continues to grow.

Fast charging facilities will be installed at 63 new sites, including community centres, village halls, scout huts and other community hubs, and 25 existing charge points from an early iteration of Plug In Suffolk will be adopted under a new contract.

The county council has successfully bid for £7.3 million from the Government's Local Electric Vehicle Infrastructure (LEVI) fund, which supports local authorities to plan and deliver EV charging infrastructure for residents without off-street parking.

£1.4 million of the LEVI funding will go towards the community charging infrastructure, with a further £5.9 million allocated for on-street charging, which will be developed later this year.

In addition, a trial of electric community vehicles is set to launch next summer in Suffolk, with the council's tender process for this beginning this month.

Plug In Suffolk Car Clubs will be placing 16 electric vehicles across eight locations in Suffolk which local residents can book by the minute, hour or day. Planned locations include Ipswich, Bury St Edmunds, Newmarket, Sudbury, Needham Market, Stowmarket, Lowestoft and Woodbridge.

Launch of Solar Together Suffolk

Residents of Suffolk can come together to invest in renewable energy sources through a group-buying scheme for solar panels and battery storage. Solar Together Suffolk helps homeowners feel confident that they are paying the right price for a high-quality installation from qualified installers.

Suffolk residents can join the group-buying scheme, which offers solar panels with optional battery storage and EV charge points, as well as retrofit battery storage for residents who have already invested in solar panels and are looking to get more from the renewable energy they generate. The scheme allows homeowners to increase their independence from the National Grid.

It is free to register at www.solartogether.co.uk/suffolk, and there is no obligation to go ahead with an installation.

Simpler Recycling

Legislation has set out a timescale for the separate collection of a wide range of materials from households and businesses. Collection is the responsibility, in our area, of Mid Suffolk District Council. Collected materials are passed on to SCC who have responsibility for dealing with what has been collected. In future that will include food waste.

There will be a capital cost, estimated at £4.235m, to adapt and improve existing transfer stations. Also, transitional costs of £1m to implement the transformation. Separate collections of glass, Tetrapaks (and similar), and a weekly collection of food waste are due to commence no later than 31 March 2026. Separate collection of plastic film is due to commence by April 2027.

Bus Services

The circular service continues with very few passengers.

New services between Stowupland and Stowmarket have commenced, one bus each way every weekday, via Saxham Street, calling at The Crown at 10.17 on Tuesday and Thursday, 10.12 on Monday, Wednesday and Friday. The return service is from Bury Street each day at 13.00. These services are being provided by Stowmarket Minibus and Coach Hire and replace the service run by Dan's Coach Hire.

Local Highways Issues

A1120 junction with high school access – We are waiting to hear if the CIL bid has been approved.

Safer Route to School – A meeting has been arranged for 23 September. Meanwhile, I am seeking news of the CIL bid for the cost of the works.

A1120/B1115 roundabout - I have asked SCC for details of the design of the roundabout and a likely timescale for construction.

A1120 Tesco Roundabout to A14 – The water has been pumped away, the pipes have been flushed out and intruding roots cut away. A survey of the existing drainage has been carried out and officers are preparing a scheme which should cure the flooding problem once and for all. Works are due to start in the current financial year and be complete by the end of 2025.

Sign at A1120 Creeting Lane junction – I have asked for this sign to be replaced from the signs replacement budget.

Locality Awards

Requests for locality funding, for indoor training for Falcons junior teams and £500 towards the cost of a defibrillator for Stowupland, have been approved. I now have only a small amount unallocated.

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>

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COUNTRYSIDE RAMBLER

BRIAN WARD

I cannot believe summer is over; what happened? A few nice days in a row, perhaps a week if we were lucky, and autumn is now here. I enjoy most seasons of the year, although winter is my least favourite, but a brisk walk on a cold frosty morning is enjoyable. My wife enjoys spring with its new growth and spring flowers, and you have a new year to enjoy as you move onto other seasons.

On my rambles I have noticed the blackberries are everywhere; they are a decent size this year and very sweet. I cannot walk past a blackberry bush with ripe fruit on it and not be tempted. Always pick the higher fruit as a dog or animal may have cocked its leg on the lower ones and avoid the lower roadside fruit as fuel deposits may be present. Crab apples are also abundant with some trees laden with fruit. I have not noticed many fruits on the wild cherry trees, but squirrels and jays are partial to these so they may have enjoyed the crop this year.

I have been watching and photographing the wild roe deer in our area and most of the females have produced a single fawn this year, but one female had twins. They are now about four months old and looking in good condition. I will check on them during the autumn then through the winter months. With a mild winter they will make it to next spring.



The grebes on our local lakes appear to have had a good season; most pairs ended up with two or three offspring. At this time of year, they are building up their flight muscles as they fly from one end of the lake to the other. Local goldfinches and linnets also have done well but I have not seen any young greenfinches yet.

As I stroll along the footpaths it is nice to see all the wildflowers that the farmers have planted along the field headlands and in field corners. Also, the odd small field has been turned into a colourful wildlife haven for the insects and us to enjoy. With the late cool spring we had bees and butterflies, and dragonflies, in particular, were late emerging. I have found a few caterpillars this year, but they were moth caterpillars. No butterfly caterpillars to date, so that does not bode well.

I hope you all enjoyed your summer holidays. I witnessed many full beer gardens this year and a good meal al fresco style on a summer's day is enjoyable, especially if boating on The Broads, or a simple picnic under the shade of a tree. Get ready for autumn and enjoy the autumnal colours on our trees and in the following months to come.

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RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

The season of bountiful harvest is upon us hence many of us will remember attending school Harvest Festival assemblies. September & October bring so many garden preparation tasks as the summer displays have faded. I eagerly await my bulb order with J. Parker, who I have been using for many years. There are some great multiple buy deals and extra bags of bulbs depending on spend total, a mystery bag, always a delight! As I write, the garden has had a good long soak this afternoon, much needed and saves on watering. The tomatoes are in overdrive, and I have harvested pounds and pounds but will not be growing 'Marmande' again, no flavour! Green tomato chutney, however, will be made. I am celebrating every butterfly I see, so very rare this year, along with the wasps who have been noticeable by their absence.... not a bad thing in my book!

October tasks in the meadow garden are as follows:

- Keep dead heading repeat flowering roses. I do this most evenings and am always rewarded with lovely repeat blooms.
- As Dahlias start to brown at the edges, don't be afraid to throw onto the compost heap, they very quickly become soggy and mushy and the heap is the best place for them, but the blooms linger into Autumn thankfully.
- Leave some flower heads to run to seed. The foxgloves and poppies will spread very naturally if you want them to.
- Give sheds and greenhouses a quick clear out as the tomato plants fade and the seed trays are prepared for winter veg. Also, time to sweep, clean the glass and re-organise for winter sowing.
- Time to cut back the whippy stems of wisteria if you didn't manage this last month, mine have wrapped themselves around my downpipes so some serious unravelling is required.
- Grass now needs scarifying, taking a rake through and combing. It will reward you in Spring.
- Fruit trees are approaching pruning season, tips next month but keep regularly watered to maintain healthy trees.
- The village greens are currently abundant with blackberries so time to start collecting and making jam. BBC Good Food has some great recipes online.

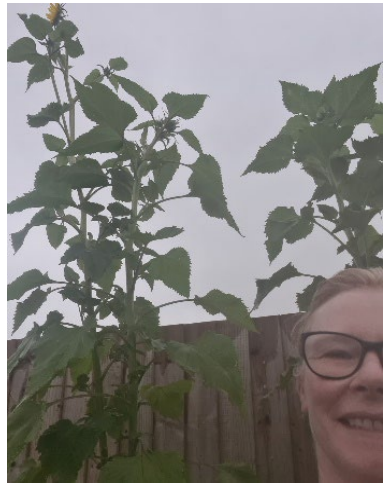
On social media this month my favourite @nettlesandpetals features some analysis on the absence of butterflies mentioned earlier and their importance for pollination and the eco system.

The enthusiastic @the_mediterranean_gardener this month encourages us to prune and tie back our rambling roses, prune lavender and plant kiwi's! He also recommends removing leaves around grapes to allow the sun to ripen them. I only have 2 bunches of grapes this year so I guess the birds will have those. He's also encouraging us to take hydrangea cuttings, something I will be doing from my giant variety. The photo shows my hand against one of the huge blooms, a bargain from the B&Q orphan plant section. I will be cutting and drying these in my airing cupboard (upside down) for indoor displays this, Autumn. The colour tends to hold really well.



My sunflowers are currently 10ft high and still going. I'll be leaving those seedheads for the birds. I'll collect some for next year but essentially, they really are bird food.

One area I am really going to focus on next year are pots. The bulb lasagne is a given, but also putting plants you don't normally see in pots. Hellebores are well known for actively protesting about being moved so my plan is to buy some smaller plants and then pop them into pots with ferns and trailing ivy like the pot below.



Well, that's almost it for this month. Do keep an eye out in garden centres for those plants that need rescuing. I managed to buy 4 more David Austin roses in Dobbie's this week. Again, cut right back, fed and watered, they soon re-appear. Enjoy your gardens and the turn of the seasons, until next month, happy gardening!

Amidst changes to Winter Fuel Payments, Citizens Advice Mid Suffolk offers top tips on affording energy bills this winter.



In late July the Chancellor announced changes to the Winter Fuel Payment (WFP).

The WFP is an annual one-off payment to help pensioners pay for heating during the winter. Depending on age and if you live with somebody else who's eligible, it could provide up to £300 towards your bills.

However, the new announcement means only those receiving Pension Credit or other means tested benefits will now be eligible for WFP.

The changes might be confusing and worrying to some people who have already factored WFP into their household budget.

That's why Citizens Advice Mid Suffolk is on hand to offer their top tips on affording energy bills this winter.

There are also steps those still entitled to the Winter Fuel Payment can take to make sure they don't miss out on this much-needed support. We know a third of people entitled to Pension Credit aren't claiming it, and it's more important than ever to apply for this benefit if you can.

Pension Credit is a weekly benefit to boost your income and is based on how much money you have coming in. If you have reached State Pension age, you might be able to apply for it. Check the Citizens Advice website to see if you're eligible and get instructions on how to apply.

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



Sunflower Competition

There are still sunflowers in bloom into October. If you haven't done so already, collect the seed head, dry them out and keep some to sow next year and some to feed birds in the winter.

The competition was such a success, and many people have asked for a repeat next year. We have saved plenty of seeds, so we hope to distribute them next spring.

Wildflower Meadow

We are grateful to Roger Carter for cutting the meadow. We will be reviewing when the best time is to mow, and whether it would be better to cut some areas early and leave others until late summer.



We used more traditional methods to cut areas which were difficult for machinery to cut – including using scythes. We have started preparing areas for further sowings of wildflower seeds and areas to plant our oxlips. These are the traditional Suffolk flower, and we hope many of them will bloom next spring. Many varieties of insect visited the meadow throughout September and will hopefully return on warm October days.

Retreat Pond

The pond didn't dry out, so the contractor was not able to do any clearing work. We will not be able to do much clearing around the edges of the pond, but we may be able to start making inroads into the area at the back of the pond. One of our longer-term aims is to remove sufficient vegetation to allow more light into the pond.

Record Keeping

We are still looking for someone to help with keeping records that are easily accessible and clear. Ideally this would be someone who has IT skills and can help us set up a system to store photos and a few drawings and pages of text electronically. This might be something that a GCSE or A Level maths or biology student would find interesting, and it might help when applying for college or a job.

New Volunteers

We've welcomed new volunteers to our group and to our team out on The Green. And 'Thank You' to the resident who came along with some seeds from her bee orchids which had bloomed in her garden. We will be planting these very soon, but it may be some years before we see them in bloom.

Dates for our next meeting – We have only one more meeting this year – on 14 October at 7.30 pm 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. Or just get in touch if you would like to join our practical work.

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STOWUPLAND BOWLS CLUB

We had a wonderful weekend of the 6th, 7th and 8th of September. The bowling was excellent with very close games. The weather was very kind and the green looked wonderful. A great deal of credit must go to all who put in an enormous amount of work.

As always at the end of the season work will start to prepare the green for next year. The green will be scarified thus seemingly destroying the beautiful surface. Next year will see the wonderful results. The work never ends.

Best wishes to all, John Mollett

STOWMARKET ECO FUTURE GROUP

<https://stowmarketecofuturegroup.co.uk>

Email: stowmarketecofuture@gmail.com

Collection of hard to recycle items

4th Thursday each month (24th October*) on Market Place 9:30 to 11.30 am. * NB this is not the last Thursday We collect coffee pods, clean pet food pouches, cheese wrappers and nets, pens, flattened crisp packets, (all count as "soft plastic"), make up packaging, toothbrushes and Pringles tubes, also clean and flattened tetra packs – see our website for details.

2nd Sunday each month (13th October) at Red Gables 2-4 pm plus REPAIR CAFÉ stowrepaircafe@gmail.com

Eco Café for October – Please note change of date and venue.

Wednesday 16th October John Peel Centre 11 Market Place 7.30-9.00pm

Thank you!!

At the last eco café we talked about the importance of encouragement, so this month we just want to say a huge thank you to everyone who does their bit for the environment. Stowmarket does a fantastic job – voting for and supporting our Green Party councillors, sorting their recycling, litter picking, reducing their shopping, repairing items, recycling, re-using, thinking about what they buy and dispose of, changing their travel methods, adjusting their diet, supporting eco organisations, the list goes on and on. Sometimes it can feel discouraging, but this is to remind you that every small action matters and that thousands of us are making a difference locally and globally. The ball is definitely rolling, and more and more people are getting on board with changes that care for the planet now and the lives of our children and grandchildren. So, yes, be encouraged.



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

Adrian Ramsay – Green Party
email: adrian@waveneyvalley.greenparty.org.uk.
Telephone: 07534 933356.

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 that I may not have picked up on, please do get in touch by 7th of the month at stowman@stowman.plus.com or 01449 616275.

Please note – Diary Dates lists community events in Stowupland. For advertising all commercial events, please contact Sally Wray 01449 673185

OCTOBER

TUES 1	09.30 Jubilee Crt.	09.55 Green	Mobile Library
WED 2	14.30 various locations		Book Group (contact 01449 67127 for details)
WED 2	14:00-16:00 Village Hall	Car Pk.	Mobile Post Office
WED 2	19.30 Village Hall		Local History Group – Suffolk’s “Lumber Jills”
THURS 3	19:00 Village Hall		Short mat bowls
THURS 3	19.30 URC Hall		Parish Council meeting
SUN 6	19:30 Village Hall		Country & Western music club
TUES 8	16.00 Village Hall		Young Carers
WED 9	14:00-16:00 Village Hall	Car Pk.	Mobile Post Office
WED 9	19.00 Village Hall		The Filling Station
THURS 10	19:00 Village Hall		Short mat bowls
SUN 13	19.30 Village Hall		Country & Western music club

MON 14	19:30 URC meeting room	Biodiversity Group meeting
WED 16	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 17	19:00 Village Hall	Short mat bowls
SAT 19	10:00 - 12:00 Church Hall	Coffee, Cake and Chat
SAT 19	evening Village Hall	Bowls Club presentation evening
SUN 20	19:30 Village Hall	Country & Western music club
WED 23	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 24	19:00 Village Hall	Short mat bowls
FRI 25	10.00 URC Chapel	Coffee morning
FRI 25	19.30 Village Hall	Community Bingo
TUES 29	09.30 Jubilee Crt. 09.55 Green	Mobile Library
WED 30	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 31	19:00 Village Hall	Short mat bowls

LOOKING AHEAD

NOVEMBER

SUN 3	19:30 Village Hall	Country & Western music club
SAT 16	evening Village Hall	Horse Race Night

DECEMBER

Fri 13	19.30 Village Hall	Community Quiz
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Rachel Eburne - rachel.eburne@midsuffolk.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 - 07958906176

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 - 07515859337
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@stowuplandssportscentre.co.uk - 01449 672531

Stowupland Wildflower & Biodiversity Group -
Keith Welham - 01449 673185

Stowmarket Wildlife Group - Heather Salmon
-heathersalmon50@gmail.com - 07722 871205

D.I.Y

To do, or not to do? Is that a question?
We use the term, "Do it yourself,"
This phrase sounds rather coarse.
Some may not care for D.I.Y.,
But have a paid work force.



You may still clean your windows,
Or seek a cleaning round.
These people that you hire,
They never leave the ground.

We may like tidy gardens,
But not the work involved.
Some employ a gardener,
Hey presto, problem solved.



People used to clean their cars,
They washed them at their home.
But now drive to a car wash,
And pay with mobile phone.

Many people love to cook,
Preparing meals each day.
But in a busy world for some,
They like a take-away.



Go supermarket shopping.
Home delivery appeals to more.
Just like in the olden days,
It's delivered to our door.

If you like to mend the house,
But ladders make you scared,
Just employ a professional,
And have your house repaired.



Remember Swann and Flanders?
Their song it gave a clue.
Verses ended making jobs,
"For the working person to do."

From the Really Lovely Poetry Company R.R.G.

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LONDON MARATHON

London Marathon challenge to raise funds for charity close to heart – Vicky Freer

In what will be my 40th birthday year, I thought I would take on my biggest challenge yet and run the 2025 London Marathon for Tommy's Charity. Like many, I have suffered baby loss. We lost our first baby around 10 weeks. Our world went from excitement and joy to being pregnant, to complete sorrow when we were told no heartbeat was present.

No matter how many times the doctor, my wonderfully supportive husband or family told me it was nothing I had done, there was still something in my brain that told me otherwise. I went through grief and sorrow, as well as anger, that something had been taken away from me. It was thanks to my husband and close family that I was able to see that there would be light at the end of the tunnel. I also found Tommy's at this point and used a range of things to help me overcome my grief. I am now incredibly blessed to have two beautiful children.

My little sister was a big part of why I got through my experience and was a constant support. I will never forget how she was there for me - at my worst.

Unfortunately, I had to return the support when she lost her baby at 33 weeks. What was a routine growth scan showed more than expected and my sister had to birth her stillborn baby - knowing she would never get to take them home to the nursery they had prepared. The trauma and experience she, and her loving husband, went through was horrific and to this day I have no idea how they did it.

She now has a beautiful baby boy - who means the absolute world to them, and all of us.

The work of Tommy's charity is vital. Tommy's is now the largest UK charity researching the causes and prevention of pregnancy complications, miscarriage, stillbirth and premature birth. Tommy's also operate PregnancyLine, allowing women and their families to speak directly to midwives and address their concerns. The PregnancyHub also offers expert advice on everything from baby movements to nutrition and exercise, it empowers women to have healthier and safer pregnancies.

Running for Tommy's means the world for me and my sister. They really do support those that feel they have nowhere else to go. Child loss can feel incredibly lonely but with Tommy's there to support, it definitely felt like it was something we could both get through.

I'm sure you will see me running around Stowupland, Stowmarket and surrounding areas as my training begins to increase- if you see me, please say hi!

To raise as much funds as possible, I have set up a JustGiving Page. Any donations, however big or small, would be gratefully appreciated as I gear up to run the 26.2 miles next April.

To donate, please visit: www.justgiving.com/page/victoria-freer-402025



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Food Museum Seeks Public Contributions for Upcoming School Dinners Exhibition



In March 2025, the Food Museum is launching a major exhibition on the theme of School Dinners, bringing to life memories and tastes of school food – good and bad! From nutrition and influence on popular culture, to the evolution of government policies and the role of campaigners, the exhibition will take visitors on a fascinating journey through the past, present, and future of school food.

As part of the exhibition, the Food Museum is looking to borrow objects from the public to help bring the story of school dinners to life. Did you work in school food? Do you have items such as school dinner staff uniforms, lunch boxes, menus or other related objects that you'd like to share the story of? If so, the museum would love to hear from you.

The Food Museum is particularly seeking the following items for inclusion in the exhibition:

- **School dinner staff uniforms:** We are looking for uniforms from any period between 1906-2024. These will help tell the story of the crucial people who made our school dinners.
- **School uniforms:** We are interested in a small selection of school uniforms from any era to add context and atmosphere to the exhibition.
- **Lunch boxes:** Both modern and historic lunch boxes are needed to tell the story of children who brought their meals from home instead of eating a cooked school dinner.
- **Packaging from packed lunches:** Do you have any packaging from packed lunch items that evoke memories—good or bad? This will help us explore the diverse contents of packed lunches over the years.
- **Popular culture objects:** If you own popular culture items where school dinners are featured, such as Olive the Dinner Lady from *Beano* or *Horrid Henry and the Demon Dinner Lady*, we'd like to include them in the exhibition.
- **International school dinner objects:** We want to share school dinners from all around the world! We're looking for objects relating to school dinners from outside of the UK, including packaging, lunch boxes and menus.

This is a unique opportunity to contribute to a major exhibition and share your memories of school life. If you have any of these items, or anything else relating to the theme of school dinners and would be willing to lend them for the exhibition, please email schooldinners@foodmuseum.org.uk.

Whether you remember school meals with nostalgia or dread, had packed lunches or hot dinners, or have wondered about the origins and future of school meals, this exhibition will explore these questions and more. The Food Museum is collaborating with a range of partners including the Quadram Institute, Norse Catering, Museum of the Home, and the School Meals Service Project, along with input from young people and school meal providers. But to make this exhibition truly comprehensive, they need your help!

Media Contact: Ellen Harling - Digital Officer
01449 618238 ellen@foodmuseum.org.uk foodmuseum.org.uk [@foodmuseumuk](https://www.instagram.com/foodmuseumuk)

FREEMAN COMMUNITY PRIMARY SCHOOL



By the time you read this article, we will have started a new academic year at Freeman CP School.

However, we could not start the new year without mentioning the wonderful production of *'Robin and the Sherwood Hoodies'* performed by our Year 6 pupils to the school, friends, family and Governors at the end of the summer term. They worked incredibly hard, during many long rehearsals. Thank you to parents and carers for helping the children to learn their lines and to Mrs Cockle, Mrs Alder and Mrs Greer for making it all possible!

Having said farewell, we wish them all the very best as they begin the next stage of their education at High School.



Trip to Felixstowe!

Also, at the end of the summer term, children in Reception visited Felixstowe.

They travelled by coach to Languard Fort where they were shown round by some very kind volunteers. They discovered that the Fort was built to look out over the sea to watch for enemy soldiers. They had great fun looking at the ammunition and canons, not to mention the old-fashioned bathrooms and toilets that the soldiers used!



The children ate their lunch on the beach and watched the Port of Felixstowe in action. They saw the enormous cranes loading and unloading the ships and watched as boats made their way into the dock. After lunch they played a colour match game, finding items on the beach, including plants and shells that matched their colour cards. Sadly, they also found lots of plastic.



They had a lovely day and many of them fell asleep on the coach on the way home!

Curriculum

Topics for the Autumn term include *Ourselves, Mapping the Locality, Biomes, Climate Zones and Vegetation Belts, Mountains, Volcanoes, Earthquakes and Ordinance Survey Map Skills.*

We look forward to sharing more news with you next month.

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JUBILEE LADIES CHOIR

Ladies, by the time you read this, we will have been practicing Christmas music for about a month, having resumed on September 3rd, after our summer break. It was hard to be thinking about Christmas in September but has to be done.

Our Summer concert was on July 13th, which we all enjoyed. That was followed by our Summer get together at a member's property. This is always popular as it gives us a chance to socialise with people we're unable to speak to whilst singing! We do donate money back to a charity which is democratically chosen by our members.

We are a group of around 40 women who like to sing, no age restrictions and no auditions, and are always pleased to welcome new members.

Practice is Tuesday evenings at 7.30 - 9.30 (with a break for a cuppa) at the United Reform Church in Stowmarket. This venue is used by several choirs because of the excellent acoustics. There is limited parking at the Church, but the Regal and B & M car parks are only a 5 minute walk away.

Several of our members come from Stowupland so car sharing is an option.

Our musical director and our accompanist are both professional and guide us to be the best we can be. We have sopranos, mezzos and alto voices but singers can change to whichever pitch is most comfortable for them.

Singing has been proven to be beneficial both physically and mentally, so ladies, if you feel like giving it a try, please call Di Balaam on 01449 736374 or Avril on 01449 798365 or come to a practice session any Tuesday evening at the URC.

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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

LOCAL HISTORY GROUP

STOWUPLAND
LOCAL HISTORY
GROUP



This month we seem to have a woody theme.

As you read this you may still have time to join us for our meeting on **October 2nd** for **Nicky Reynolds'** talk on the **Lumber Jills**. These were ladies of the Women's Timber Corps who during

World War Two were employed by the Home Timber Production Department to source suitable home-grown timber for the war effort.



Our next meeting will be on **November 6th** when **Dot Marsden** takes us across Stowmarket to **Stow Lodge**. We can hear memories of her time as matron as well as her research into its past, from its origins as **The House of Industry** for Stowmarket and surrounding areas to being the local hospital. This photo is copied from The March of Time by Harry Double (p22)

Looking back to August, we rekindle our wood theme. Usually, it is Jerry, our secretary, who we thank for taking notes during our meetings so he can construct a short review to share with you. In Jerry's absence we must thank Neil for the following account of Robert Halliday's talk about some remarkable examples of church carpentry.

It had been a few years since we last had the pleasure of hearing Robert Halliday give one of his entertaining and knowledgeable talks. This time he took us through examples of bench-end carvings that are a feature of many of Suffolk's parish churches. The journey from A to Z was not based on place name but of the subjects of these carvings from Antelope to Zither!

Maybe surprisingly, many of these carvings are not always obviously religious in subject matter although, as Robert noted, some of the creatures both real and mythological could have a moral or religious parable behind them. We saw such imagined beasts as a Cockatrice at Stowlangtoft, a Griffin at St. Mary's Bury St. Edmunds, something called a Sciapod at Dennington as well as various mermaids. More familiar animals encountered were hares, foxes and camels.

The most creative carvings seem to be from the 15th and early 16th centuries. There must have been many more examples that have not survived the various church restorations, and of those that do some are so worn and damaged that their identity is barely recognisable. However, a second heyday of church carving came in the Victorian period. The master in Suffolk was Henry Ringham of Ipswich whose work often equalled that of the Mediaeval carvers. Visit Combs church to see some of his best. The art was not completely forgotten in the 20th century; a series of characterful faces from the 1920s can be seen at Aldham near Hadleigh. Wilby's battered originals have been copied to show how they may have originally appeared.

You may have discovered that, as well as giving you the opportunity to read his accounts of our speakers talks, Jerry has also recorded them, and these audio versions can be heard on our website.

Whilst Jerry's reviews have their own charm, it is the speakers' presentation and accompanying images that really do bring the subject matter to life.

Looking ahead to Dot Marsden's talk on Stow Lodge reminded me that we know of at least one local resident who spent her last days there. I am not sure of the exact years, but probably the late 1930s. She was Sarah Brame, the grandmother of the Rev Leslie Brame. Her family had been very reluctant to have her admitted to the hospital as memories of it being a workhouse for the poor lingered, but it was not as unpleasant an experience as they had anticipated.

You may remember in an earlier edition of Telstar we shared what we knew then about the Rev Leslie Albert Brame. A very shortened account of his life is that he was brought up in one of the Church Walk cottages, along what is now the A1120. In the 1940s he left Stowupland to work as a missionary in China before finally settling in New Zealand.

Since then, thanks to one of our members, Joyce Gardiner, we now know an awful lot more about his family, his life and Stowupland. In later life the Rev Brame wrote down many memories of his upbringing in Stowupland and his time abroad. The documents have eventually found their way home to Stowupland and Joyce is looking after them for now on behalf of the Congregational Church. SLHG is extremely grateful to her for loaning them to us, and I am being kept very busy making notes about his memories of Stowupland in the early 20th century. With this month's theme of wood, I have focused on his memories of his dad's working life in the carpentry and construction trade. In the future we will share more, either in Telstar, on our Local History Website or at our meetings. As so often happens with historical accounts some of his memories seem to be at odds with what we have from other sources, but *ho-hum...*

This photo shows Rev Leslie Brame with his parents (Thomas William and Ruth) outside their home in Church Walk, Stowupland. He remembered helping his father to build the porch, just one of the many projects that his father completed to improve their home.

Leslie's father was born in Earl Stonham in 1873. Although his given name was Thomas William Brame, Leslie refers to him as Will or William. Will was an only child and in 1881 at the age of 8 he started his working life as an apprentice to a Mr Elliott who was a builder-carpenter. His father could read, write and knew his numbers, but Leslie thinks this had come from attendance at Sunday school. His early apprenticeship served him in good stead as he became known as a journeyman-carpenter able to make anything from *'a barn or a bungalow to a chest of drawers or a coffin.'*



After the death of Mr Elliot, possibly after William had married and moved to Stowupland, he found himself a new job working for Mr W. Meakings, a builder at Creeting St Peter. Although Leslie does not give much detail about Mr Meakings or dates, he does give us a lot of detail about the layout of Mr Meakings yard and the wide variety of processes that his father undertook there. The following paragraphs tell only a small part of the bigger story.

He described it as a *'complex of building activities. It was a large yard, at one end a sawpit fitted for sawing trees into boards. In those days, the carpenters' work started with the tree, generally oak, elm or ash. Pine wood was called deal and imported entirely from Canada. Special mahogany came from Africa, teak from Malaya or Burma.'* After the logs had been stacked in the yard to season for a few years *'the log would be laid on a horizontal rack held fast by a system of chains and levers while the huge eight-foot saws were worked, by one man standing above the tree or on it, and another in the pit. The man on top had to guide the saw to make a straight cut while the one underneath had to stop himself choking to death with the sawdust.'*

On the same site, they also *'did a lot of wagon building and wheelwrighting. Making a wagon wheel was a very complex task involving carpentry skills and metal working and experience... mathematics could not work all that out.'* Because the *'smith's main work was shoeing horses'* a forge was at the front of the yard but *'just inside the yard were two circular trenches for the two sizes of wagon wheels. There was a charcoal fire to heat the steel rim, and when it was red hot, it was lifted off the fire, two or three men were needed to place the wheel carefully in the rim. The wooden fellies would be seared by the red-hot steel, and the whole rim would then be doused in cold water, sending up clouds of steam.'*

Then the wagon wheels had to be painted in the correct traditional colours. There were no ready-made paints, William had to make the paints from scratch from the ingredients which were kept in the paint shop – *'linseed oil, turpentine, driers, spirits, pigments, lead base and zinc oxide''.*

This is only a small taster of what Leslie remembered about his dad's craft skills, but he concluded that his *'Dad could master any job if it were capable of being processed with a handsaw, plane, chisel, spokeshave, and hammer or mallet. Of course, the tools had to be cared for. Dad would sharpen and set his own saws, from the finest tenon saw to the giant two-handed saws used in cutting planks. He had a grindstone dipping in water for grinding chisels and planes and kept an oil-stone on his bench for honing them, and a leather strop hanging from a post to get them razor sharp. As he was fond of saying, "a good workman never blames his tools, because he keeps them in good order!"'*

FROM MEMORY LANE

Do you remember Wilfred Pickles and Mable who hosted the BBC radio show 'Have A Go.' They are seen here at Stow Lodge in 1957 visiting 98-year-old Walter George Philips, photographed by George Wilden, (copied from Stowmarket, Then & Now: Book 2. ed Mike Durrant.)



We know that in the 1980's a TV programme was made about Gipping Farm, but do you remember any other TV or radio programmes that featured Stowupland?

If you have any queries about our meetings or Stowupland's past, please contact Jerry Voden on 01449 703717 or voden@btinternet.com



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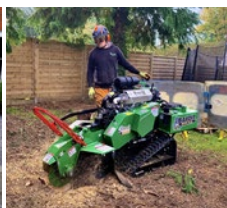
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The Mix is a youth work charity based in Stowmarket supporting young people from ages 9-25.

We support young people in a variety of different ways but one of the programmes we offer is our Open Access drop ins.

DROP IN is essentially our version of a youth club. Drop In runs three days a week, every week, and is a great way of meeting new friends and finding new passions...and it is totally free for young people.

For more info look at our website or social media pages.

www.themixstowmarket.org

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the MIX

OPEN ACCESS

DROP-INS

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Year 7 and 8
4pm-6pm
The Mix

THURSDAYS
Year 9,10,11
4pm-6pm
The Mix

THURSDAYS
Ages 16 to 19
7pm-9pm
The Mix

FRIDAYS
Years 7-11
5pm-7pm
The Hut

LATED



The
United
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Church

U.R.C CHAPEL

NEWS

Minister: Revd Robert Sheard
Telephone 01449 678173

The Summer holidays are over, and the children are back at school. The evenings are pulling in and it is dark quite early. As I write this we are in the middle of a mini heatwave.

We joined with Holy Trinity for a united Harvest Festival at the Church on 15 September and they will join with us for our Harvest Festival on 6 October at 10.30am

Suffolk Historic Churches Ride and Stride took place on Saturday 14 September when the Chapel was open to sign in riders and walkers from 9am to 5pm.

Mary Clark's Funeral service, to celebrate her very long life, took place at Stowmarket URC on 20 August. Our sincere condolences to all of Mary's family and friends. She will be greatly missed by all who knew her, especially the congregation of the Chapel.

Services are 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 October are as follows:

- | | |
|--------|--|
| 06 Oct | Keith Scarff (Harvest Festival United Service with Holy Trinity Church at the Chapel at 10.30am) |
| 13 Oct | Revd Norman Tharby |
| 20 Oct | Worship Group |
| 27 Oct | John Webb |

Joyce Gardiner

MINISTER'S MESSAGE - PROVERBS 3:6

Remember the LORD in everything you do, and he will show you the right way.

A new Year is often seen as 1st January, but a new year is a time for change and moving on and very much can be said about this time of year. Children and young people have moved up classes, or even onto a new school or college, or even onto work.

The weather is changing and getting colder, the nights are drawing in, the leaves on the trees are changing colour, the fields are changing as the harvest has been gathered in, even we ourselves have changed maybe a few more grey hairs, a few more laughter lines.

Change is something that seems to happen daily, and some things we don't always have a choice over, other things we have the choice to change them ourselves.

In the life of a Church, changes are always happening, even we may not notice them, it may be new people coming into Church, and the fact that they are just there will slightly alter things, other changes may be out of necessity, because we do not have the people or finances to do the things we used to, or someone simply has a fresh idea.

Change may not always be welcome but I feel as a Christian that it helps our Faith journey, we may not like what happens, but if we understand why that is, it helps us to move on in our Christian lives, so give change a chance you never know you may like it, grow in faith and, as the hymn by Sydney Carter says:

1 One more step along the world I go,
 One more step along the world I go.
 From the old things to the new
 Keep me travelling along with you.
 And it's from the old I travel to the new.
 Keep me travelling along with you.

5 You are older than the world can be,
 You are younger than the life in me.
 Ever old and ever new,
 Keep me travelling along with you.
 Chorus

Robert

*Reverend Robert Sheard Minister of the Stowmarket group of Churches.
The group consists of Christchurch, Needham Market, Stowmarket,
Debenham, Mendlesham, Haughley & Stowupland)*



COFFEE MORNING

Friday 28th October 2024

Stowupland URC Chapel

10am – 12noon

Coffee, Tea and Cakes

All welcome

HOLY TRINITY CHURCH

NEWS

HOLY TRINITY CHURCH
STOWWIELAND

Rector: In Vacancy
Curate: Revd Alison Roberts Tel. 613037
Churchwardens: Mrs Ann Doubtfire Tel. 770363
Mrs Sue Hayter Tel. 613710



Dear Friends

Autumn is now upon us, but I have been reflecting back over the summer months. We have been delighted to share in celebrating weddings and baptisms at Holy Trinity. We have welcomed so many people into our lovely church. We have also had the privilege of conducting a number of funerals and thanksgiving services. It is always such a joy to share these special times with families and friends.

We also join together every Sunday to give praise and thanks to our wonderful God. During September we had our Harvest services, we welcomed friends from the URC and the school into the church as we celebrated the work of our farmers and gave thanks for the harvest. Many donations were made to the Stowmarket food bank, such a vital resource in these hard time for some people.

Holy Trinity is YOUR parish church, and we are here for YOU, to help you celebrate those special occasions.

At the beginning of November, we will have a special Thanksgiving and Memorial Service where we remember loved ones who have died either recently or some time ago. Letters of invitation will be sent to the relatives of recent funerals, but everyone is welcome to this service. It will be on Sunday 3rd November at 3pm. There will also be a similar service at Haughley at 5pm if you are not able to make Stowupland but would like to attend.

If you would like more information about our regular services or would like to plan a special service, please do get in contact.

Blessing and Prayers to you all
Revd. Alison Roberts

Services in October

Date	Stowupland	Haughley	Wetherden
6 th Oct	<i>No service at the church - we join with the URC at 10.30am for their Harvest service</i>	11am Sunday Praise	11am Morning Worship

13 th Oct	9.30 Worship for All	11am Parish Communion	11am Sunday Praise
20 th Oct	9.30am Morning Worship	11am URC led service	11am Worship for all
27 th Oct	6.30pm Parish Communion	9.30am Book of Common Prayer Communion (said service)	11am Parish Communion

A PRAYER: Almighty Father, help us to come to true maturity in our lives. Help us to learn love and respect for others; a respect which will spring from the ability to see things not only from our own point of view, but that of our parents, teachers, friends, family and especially those people we find difficult to like. We ask this through Christ your Son who died for us. Amen

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.

COME AND JOIN US FOR



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Saturday 19th October 2024

10-12

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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!

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From the Telstar Committee

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