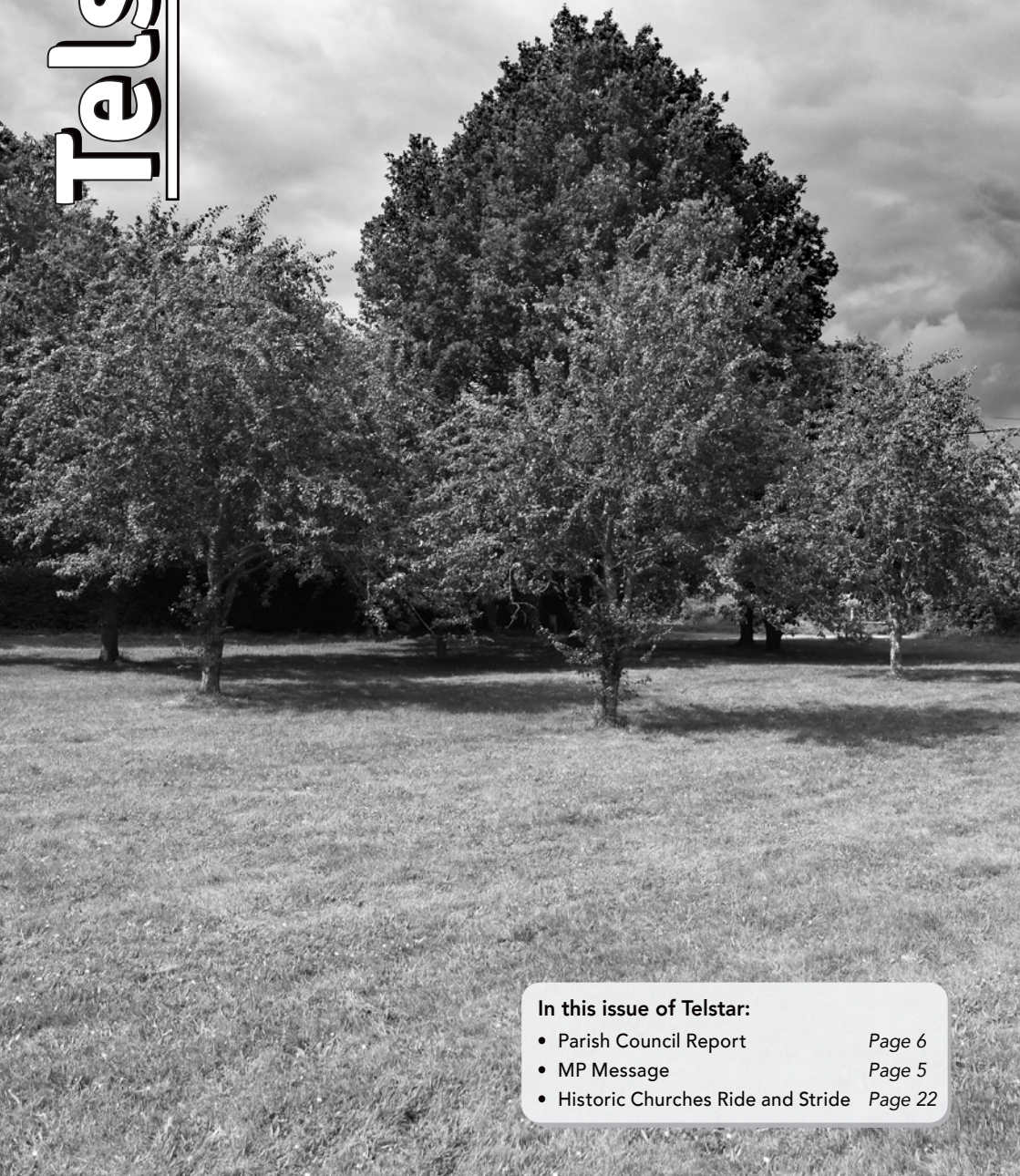


Telstar

Stowupland News

No 378
August 2024



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NOTES FROM THE EDITOR

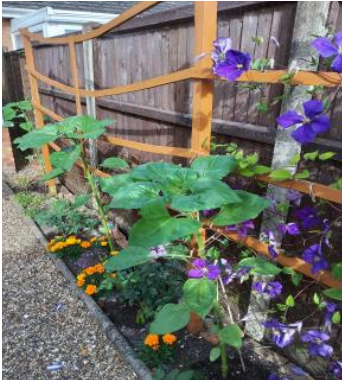
AUGUST 24



Hello and welcome to August. July was a busy month wasn't it! We have a new government and a new MP, in the 'Greens' Adrian Ramsey, so lots of change. I for one just hope it brings with it calm and good things for the future.

Last month, I asked for pictures of your rapidly growing sunflowers, and I have received a couple, and I note the SWAB article has one as well. The closing date for submission of entries for the tallest is 5th August, and details of where to send them are in this editions SWAB article.

Brian Dawson



Thank you to Brain and Carron for these lovely pictures. Could one of them be the eventual winner?

Let's see. The only thing I can guarantee is, it won't be ours, as although

they have started to look a bit better, I'm not convinced that they are likely to grow much taller or flower in time for the closing date. Maybe next year!

Carron Emerick



Taking place next month is the Suffolk Historic Churches Trust – Ride and Stride, an annual event to raise funds for the trust. My husband took part for the first time last year and described it as a gentle cycle ride, with the opportunity to visit some of the beautiful churches which are unique to the region, with a warm welcome at every church visited, where there were lovely refreshments, and overall, a really pleasant day out. So why not get involved, full details of the event are inside.

Lastly, please don't forget that next month is the 'Walkers Cup' and I'll have no excuses about not knowing about it!!! Our poem in this edition is about the walk and is a further reminder. I even get a mention and I have definitely never had a mention in a poem before! So come on, polish off those walking boots, trainers, or any other suitable footwear and come and join friends and neighbours and help us regain the cup and the pride of the village. All details are inside.

DISTRICT COUNCIL REPORT

JULY 2024

General Election results - The result of the General Election on 4th July was the election of a new MP for our new constituency of Waveney Valley. Our MP is now Adrian Ramsay of the Green Party.

We are looking to arrange a meeting with him and Parish Councils as soon as we are able to get something in his diary.

During the election campaign, residents raised a variety of issues with us that we are now following up.

Cabinet meeting - Cabinet meeting was on 15th July with a long agenda. Items for discussion and approval include a proposal to support residents in need, a new social value policy and a regeneration initiative for Stowmarket town centre. This is in addition to other matters as well as agreeing the response to the statutory consultation for the Norwich to Tilbury National Strategic Infrastructure Project (NSIP).

Council meeting - The re-scheduled Council meeting will be on 25th July. Items for discussion and approval include the potential adoption of a local listed building consent order and local development order. If approved this will potentially enable owners of listed buildings to apply specific energy efficiency measures to their homes without onerous planning requirements. The meeting will also discuss the proposal to support residents in need if this is approved by Cabinet.

Economic Lands needs assessment report - Babergh and Mid Suffolk have now published an Economic Land Needs Assessment document. This shows the future employment land requirements in the districts to support the identified growth for 2023 to 2037, in accordance with the National Planning Policy Framework and Planning Practice Guidance. The document can be viewed at [babergh-and-mid-suffolk-economic-land-needs-assessment-report-june-2024](https://www.babergh-and-mid-suffolk-economic-land-needs-assessment-report-june-2024).

Student event - Babergh and Mid Suffolk held an event 9th July for sixth formers to find out about careers in local government and how councils are structured. This is part of the Councils' local democracy project.

Locality Awards 2024/25 - Applications for this year's Locality Awards grants are open for any community group or organisation. Please contact either of us with any queries or access the forms online. Applications need to be sent to one of us. <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

A MESSAGE FROM OUR NEW MEMBER OF PARLIAMENT, ADRIAN RAMSEY

I would like to thank everyone so much for their support over the campaign. It is such an incredible honour to be the MP for Waveney Valley and I am delighted to be representing you in Westminster.

During my first week I spoke in the House of Commons for the first time, and I look forward to working constructively with other parties and pushing the Government to be bolder on issues like protecting the environment and restoring public services.

As your local MP, I am keen to hear from you directly on issues that matter to you. I am running regular constituency surgeries across Waveney Valley and meeting various community organisations. Whilst I finish setting up the Parliamentary office, please email adrian@waveneyvalley.greenparty.org.uk or call 07534 933356 to arrange a time to speak with me. I look forward to meeting many of you soon.

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

JULY 2024



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

Councillors' Report: Full District and County Councillor reports can be found elsewhere in Telstar. There was a full County Council meeting today and it was identified that there are still issues with Highways completing S106 and S278 works. Cllr Welham suggested that the PC needs to push them along if any in the village have not been completed. Cllr Voden was disappointed that the bus company are not willing to extend their route within the village to include Reeds Way where there are a lot of elderly people as well as closer to Trinity Meadows whose residents would be more likely to use the buses. Cllr Welham suggested that the PC write to the bus company, and he will support them.

MSDC Cllr Eburne reported that the Council meeting scheduled for next Monday would be a very busy one including once again discussing the proposed Norwich to Tilbury power lines project. She also advised that the Stowmarket to Gislingham bus service which is well used is to be axed and she felt that it might be a good idea for local Parish Councils to get together and devise a strategy to take their joint concerns to the new MP for Waveney. She reported that following the recent purdah for the General Election, she could now respond to the various requests for locality funds.

Matters of Report: Linden Homes have advised that they will be erecting scaffolding around the bus shelter in Thorney Green Road during July and hope to finish all refurbishments by the end of the month. They are also going to carry out repairs to the track at the side of The Green but will wait until they have suitable material available, and this could take some time. MSDC Cllr Eburne is to speak to the enforcement officer regarding the correspondence from the District Council in respect of recent action at Trinity Meadows. SCC have timetabled the work on footpath 46 for August. Everything else is ongoing.

Public Forum: A resident raised the matter of the number of overgrown allotments which are causing a huge number of weeds to blow onto other people's plots and the road closed signs have been left up in Gipping Road despite the road being fully open. Another resident reported that once again there is a group of Columbyne Close residents driving aggressively along the track across The Green as well as delivery drivers driving at speed putting children playing on The Green at risk.

Thradstones Meadow: It was agreed to revisit some of the previous decisions made for Thradstones Meadow following the report from MSDC, in particular the need for either a gate or bollard. Following discussion, it was agreed to leave the entrance open and to revisit if there were problems in the future. It was agreed that Mr Carter will be asked to continue making an annual hay cut and that Birketts Solicitors should proceed with the legal transfer.

Defibrillator Project - It was agreed to install 2 new defibrillators outside M&M butchers and Plain English at a cost of £3918.42 and to apply for a grant from the locality budgets of both MSDC and SCC Councillors of £1000 each to help with the funding and the rest from the Parish CIL.

General Data Protection Regulation (GDPR) - It was agreed to accept the GDPR audit for 2024-25 and the document was signed by the PC Chair.

Sub-Committee Reports:

Biodiversity and Wildlife – Two alternative quotes have been received from MSDC for the conservation cut on The Green, one to remove everything and the other to leave on site. As there was such an escalation in the quotes, it was agreed to go back to MSDC to clarify the reasons for the hike in prices and if necessary to seek quotes from elsewhere.

Cemetery and Churchyard – Councillors agreed a quote for the provision of a skip for the cemetery volunteer day on 20th July,

Planning – There was a confirmation of compliance relating to a proposed car park on site opposite the Church and an application for a rear glazed canopy to a home in Daisy Way. It was agreed not to comment on the first application and to object to the second on the grounds of safety. No decisions have been received from MSDC.

Play Park – Following the meeting with the Village Hall committee to discuss the regeneration project for the play park and, as the park is to stay, it was proposed that a new toddler unit and swings should be purchased at a total cost of £28,602.27 to be funded from Parish CIL. It was also proposed that the PC accept a quote from Wicksteed for a replacement basket seat, including labour, of £1,161,95 + vat. Both proposals were accepted.

Trim Trail – The Council discussed the contents of the letter of engagement from Birketts Solicitors, the terms and conditions, increase in fees and the authority for Birketts to make some key amendments to the licence document. It was decided to reject it all and not to place any equipment on the Linden Homes site due to the financial implications should anyone object to their positioning, and instead to go ahead with the remaining 4 pieces of equipment. Two of these will be on The Green opposite M&M butchers and the decision as to the siting of the other two will be taken following a walk around The Green to find the most suitable spot. This will then be brought back to next month's meeting for the final decision.

Councillors' Reports: Cllr Easter reported that there were a lot of advertising signs popping up around the village. He also wondered how far we are away from completing the Neighbourhood Plan revision bearing in mind the new Government's policy of increased house building. Cllr Murton reported that a bin near the butchers had been kicked over and she felt that the new footpath on The Green was being well used. She also reported that many residents on the Heights were happy with the new bus service.

Cllr Bridges is not happy that the new police officer responsible for Stowupland has failed to reply to her email. She had a word with a police officer carrying out some speed checks in the village and he contacted Stefan who gave the names of the new police officers as PC Adam Ferguson and Sgt Luke Allard.

Clerk's Report: The Clerk reported that the fencing has finally been removed from the Trim Trail equipment on Trinity Meadows. MSDC have bent a couple of signs in the village and Garrods have raked and re-seeded The Green where they stored the spoil from the new footpath.

Correspondence: There were five items of correspondence this month including some information about the services provided by Communities Together East Anglia, a Suffolk funding surgery from the MSDC Grant Team. There was notification of a forthcoming road closure between Thorney Green Road and Mortimer Road on 28th/29th August and a request from Stowupland Falcons for permission to use the Green for training and a match on the 3rd August. There was one from a resident regarding the overgrown trees in front of Birch Close.

The meeting closed to the public at 8.25 pm. A reminder that we are back at the URC in August and the meetings are back to the 1st Thursday in the month.



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COUNTY COUNCILLOR'S REPORT

JULY 2024

SEND Improvement Plans

Scrutiny Committee met on Thursday 13 June to review the council's priority action plan to improve SEND services. The plan had to be created following the poor Ofsted/CQC inspection report which was published at the end of January. The committee heard about the extra £4.4m funding to recruit more staff, including educational psychologists. There are plans to invest more money in the improvements and this will be discussed at the Cabinet meeting in July. The Department for Education will be undertaking 'deep dive' reviews into progress; the first one, into the timeliness and quality of EHCPs, is due very soon. Among the issues discussed were communication with parents and carers and responses to complaints, and the importance of early intervention to support young children with special needs.

Councils call for more Foster Carers

Suffolk County Council is taking part in a new initiative for fostering, under the banner Foster East, along with ten other councils in the region. There is an urgent need for foster carers in the East of England, with more than 7,000 vulnerable children already in the care of their local authority, and a further 150 children coming into care every month.

The Foster East initiative is funded by the Department for Education and is a new, collaborative approach to foster carer recruitment and support. Potential foster carers will be nurtured through their fostering journey by their local council and via a buddy network. Fostering is a flexible role with options for short-term care from a weekend a month to longer term opportunities, all providing life-changing support for local children.

Foster East will give people considering fostering the opportunity to speak to an advisor from 8am to 8pm daily, and the chance to talk to an experienced foster carer to find out more about what the role involves and ask any questions. More information can be found on www.fostereast.org.uk

Funding Secured to boost Digital Technology Innovation

Suffolk County Council, working with Norfolk County Council and Connected Innovation, has secured funding from Barclays Eagle Labs Ecosystem Partnership Programme to boost support for the region's digital technology sector. This funding will be used for 'The Future,' a joint project which aims to support digital technology innovation in Suffolk and Norfolk by:

- Developing stronger connections between experienced entrepreneurs and the next generation of regional startups
- Developing a process for identifying, engaging, and supporting early-stage startups and integrating them into the community

- Creating more opportunities for startup founders from disadvantaged socio-economic backgrounds by offering stipends to those who would not otherwise be able to commit to their venture full-time.

The project will be delivered in Suffolk by Innovation Labs:

<https://innovationlabsgroup.com/>

Eco Month at SCC

During June the council celebrated Eco Month to recognise the work being done internally and externally to tackle climate change, enhance biodiversity and protect the environment. Events included a market at Endeavour House, a workshop for staff on energy bills, wildlife walks, litter picks and a guided visit to the Ipswich tidal barrier. Council staff were also coached on how they can make a difference in their jobs to reduce waste and printing and promote sustainability. SCC has ambitions to achieve carbon net zero by 2030 and has taken many steps already to achieve this, including switching to a 100% renewable energy tariff, moving to electric vehicles for all staff pool cars, and moving streetlights over to LEDs, which are 50% more efficient than traditional street lighting. The council has also reduced its gas use by 38%.

Outcome of the General Election Results

I will now be working with three MPs of three different parties. This will be a new challenge. As a result of boundary changes, I look forward to working with Adrian Ramsey, the Green MP for Waveney Valley, which includes Stowupland. Also, the new Labour MP, Peter Prinsley, whose constituency includes Stowmarket and Conservative MP, Patrick Spencer, who covers Creting St Peter.

Bus Services

I have heard back from SCC Passenger Transport Team: The bus company are pleased with the current number of passengers, which is already higher than predicted, and expect numbers to grow in the future. There are no plans to revise the service at present.

Local Highways Issues

A1120 junction with high school access – No further update from SCC or MSDC. I have asked the parish council if they are prepared to consider providing some funding towards the cost in order to speed up the process.

Hedge at high school access - I have asked Thomas Jarett to arrange for the hedge to be trimmed back.

Overgrown hedge on Thorney Green Road – I reported this to SCC, but no action was taken. I have submitted another report.

Overgrown hedges Gipping Road and Randalls Lane junction - I have heard back that SCC consider these to be the responsibility of the landowners. I have asked that SCC contact the respective landowners.

A1120 SID site between Creting Lane and Barn Cottages – SCC have now approved the new site.

Locality Awards

I have received only one request from a Stowupland group. I will be pleased to hear from any local group that would like to apply for funding for a capital project.

Useful websites

Cost of Living help and advice:

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/family.page?flocalamilychannel=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>

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COUNTRYSIDE RAMBLER

BRIAN WARD

I go rambling with a group of friends once a week. We have done this for many years, normally finding a circular walk within 12 miles radius of home. Over the years we have noticed how the footpaths vary on their upkeep. Some farmers are brilliant at maintaining a clear pathway, others are not so good, but I suppose this happens in all types of industry. Through June the barley has taken on a golden hue and by the time you read this, harvest will be under way. One of our walking group is a retired farmer, so we are kept up to date of how good or bad the crops are doing as we walk through the fields. It seems black grass is a problem in cereal crops these days and you only notice once it is pointed out to you.

In my early teenage years, I used to go "oating," on the local farm to earn some extra pocket money. This entailed walking along the rows of cereal crops and pulling up all the wild oats you came across. The job was fine on a cloudy day but if it were sunny and hot it could be quite arduous due to a lack of shade. When you got to the headland of the field, you laid down the armful of oats you had gathered in a heap, turned about and carried up the next few rows. This was fine on a small field, which in those days many were, but to-day with fields of 100 acres plus this is not feasible. Agriculture has moved forward in leaps and bounds over my lifetime, no more oating or hoeing the sugar beet. I can remember on local farms in Stowupland when a group of ladies would pick Brussel sprouts by hand in the winter months in all weathers. If it snowed, they would simply drape a hessian sack over their head and shoulders and carry on. They looked like ghostly figures hunched over covered in snow as they gathered the sprout crop. Some of the older generation may remember the old way of farming and may have been involved in the work undertaken. The work was hard but there was always comradeship and good banter amongst the workforces. The weather was not an issue, you just got on with it. No air conditioned cabs or GPS systems, I can remember going ploughing in the evening after school, a farmhand would drive and I sat on the wheel arch, it was an old Fordson Major which had to be hand cranked to start and no luxury of a cab. The old tractor did its job but after about an hour, it would overheat, and steam would bellow out of the cap at the front and by the time you returned to the farmyard you were soaked by the hot steam hitting you. I have fond memories of sitting on the wheel arch whilst we ploughed, often the shear point at the front of the plough would drop off when we reversed so we had to hunt for it in the freshly ploughed soil, quite a tricky job at night in the cold. However, enough of farming life in the past, let's talk about what you can see in the wilds of Stowupland.

I have noticed Housemartins in the air over Stowupland, so let's hope they have found suitable nest sites. These birds can be quite messy when nesting with the youngsters droppings, but they have to nest somewhere. I suspect the swallows I have seen are rearing their young in someone's barn or cart lodge locally. I had a goldfinch nest in the garden, and I suspect they have now fledged. The juvenile goldfinch is called a "grey pate," before it moults into adult plumage and obtains its red face. At this time of year many waterfowl, especially geese go into an annual moult, and they lose their flight feathers, making them unable to fly. They have to find a suitable lake or river that has a good food supply to sustain them over the coming weeks. This is why when you walk around a lake with wildfowl, geese, ducks or swans present a large amount of feathers will be found. In the olden days, the large wing feathers would be collected to make quills for writing, as the old feathers had hard centres that could be cut at an angle to produce a point. Pick some up and give it a try, your children will love having a go at this old craft.



There is a multitude to do and entertain your children over the summer holidays at local nature reserves from pond dipping to volunteering. If your children are interested in wildlife this can be enjoyable and may even lead to a career in the future. Happy holidays and good rambling.

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RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

So here we are in August and for many this becomes a pivotal month in the garden. We will inevitably be dealing with some long, dry and hot days characteristically interrupted with heavy thundery downpours, so typical of August. I'm harvesting a lot of potatoes as we speak and am very tempted to pull up my huge onions, but I know I need to wait for the tops to die back. The broad beans are half size now, so I am hopeful for a bumper crop in a few weeks. The dahlias are making their long-awaited appearance, and I will admit to being very excited about the 'dinner plate' varieties. I will hold my hand up and say I didn't cut out the central stem, advocated by so many gardeners this year as I am just going with it!

August will see me getting on with the following:

- Securing the cover to my greenhouse (a canopy bought from Lidl, a third of the price of the greenhouse manufacturers) to ensure those tomatoes, cucumbers and chillies don't get scorched.
- Dividing irises and discarding any shrivelled rhizomes, replanting with at least 2 fans of leaves attached. Ensure the rhizomes sit on the soil surface facing south for a maximum baking.
- There is still time to sow a salad crop, either as a catch-crop between other produce or in a vacant space or container.
- Use some old plant pot saucers and fill with water around the garden. The birds will appreciate a ready, daily supply of water and you may even see a few of them having a wash.
- Ensure there is a shady place in the garden for dogs to keep cool (an old sheet over a couple of chairs always did the trick when I was a child). A washing up bowl or storage box filled with water is also useful for cooling down their paws.
- Go steady with grass mowing. Many of our public spaces are already looking parched and brown. Hold off until the grass looks as though it really needs it and set the blade high.
- The seed and bulb catalogues are already arriving for Spring planting. Time to start planning next year's colour.

On social media this month @the_mediterranean_gardener has been sharing his slug repellent ideas. His quick and easy remedy is to mix salt and Vaseline together and then smear the potion on the rim of the pot. It also works on hanging baskets by applying to the wall bracket. Just be careful the petroleum jelly isn't near anything that will soak up the oil or stain.

My favourite @nettlesandpetals features cucumber pruning this month. He advises removing all the lower leaves of the plant once 2ft tall. He then advises removing the side shoots to concentrate the plants energy on the central stem. This will also prevent powdery mildew due to water splashing on the leaves.

From my own small plot there have been some beautiful blooms from seed. The lavatera plants have thrived in a half shade, half sun environment. Grown from small plugs, I have trained them against a fence which for a new garden has added instant colour and height.



I've also been lucky enough to find a thornless 'vine' blackberry which is again being trained up the fence and will eventually intertwine with the 2 grape vines that are really taking their time! Also below, a shot of 2 types of alliums one dying back and the smaller ones just starting to turn deep purple.



I also planted 40 metres of wildlife hedging in Winter. One or two of the plants are struggling so where the plant has died, I am replacing with Rugosa roses from Narey's. These roses will form an impenetrable barrier in place of the previous plant, but with the added bonus of roses and 'hips.'

Well, that's all from me this month and I am looking forward to my catalogues arriving and starting to think about the second year in the Meadow Garden. I hope you all enjoyed the Open Gardens in the village, fingers crossed, mine will be ready next year! Happy gardening.

COME AND JOIN US

PROBUS CLUB



PROBUS CLUB is a group of Retired & Semi Retired Men & Women who meet monthly for lunches and social activities in Stowmarket. Members come from all over the area and local villages. Probuss have branches all over Great Britain. Our branch meets on the first Tuesday of every month in the Royal British Legion, Stowmarket at 10:30 am. There is ample parking in the area. After morning coffee we relax and listen to one of a number of guest speakers. This is followed by a two-course luncheon provided by 'KELLY'S KITCHEN'.

Talks scheduled for the rest of the year are as follows:

- AUGUST 6th - Muntons.
- SEPT 3rd - RNLI
- OCT 1st - Agriculture 1950 -2002 by David Bishop.
- NOV 5th - Sean Hedges-Quinn, Sculptor (Latest Roy Hudd)
- DEC 3rd - Our Xmas lunch preceded by fantastic entertainment from: The Fantastic 'Wesley Ukulele Band'.

Additionally, we have arranged:

- A lunch out on Wednesday 14th August. This is a two-course lunch at The Lodge Restaurant near Ipswich.
- A day trip on Wednesday 11th September, which is a Suffolk County Tour (with commentary) and includes a carvery lunch.

PLEASE COME AND JOIN US AND MAKE LOTS OF NEW FRIENDS.

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As I count my blessings,
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I'll always be grateful,
for the friends I found with you!

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At first, things seemed to be going well, but then the tradesperson left to do another job and I had to chase them for updates. They did eventually come

back and finish the job, but the work was rough around the edges. They also left all the old tiles and plaster for me to dispose of, which I wasn't expecting. I've now got the invoice, but I don't think the price reflects the work done or the service I got. Can I challenge this?



Mid Suffolk

It's always frustrating when you run into problems with home improvements. If the work is to a degree you consider to be unfinished or unsafe, you should be able to get the tiler to come back to fix it.

Under the Consumer Rights Act 2015, that Act says that work, in this case by a tiler, should have been completed with 'reasonable care and skill'. If this isn't the case, then the law has been broken. You are legally entitled to ask that the problem is fixed (if they provided the tiles as well as the service, as in this case) or get money refunded (if they just provided the service and you bought the tiles). Either way, the tiler should fix the problem or refund you in a reasonable amount of time, without causing too much inconvenience. As you've received the invoice for the work but not paid yet, now would be a good time to ask them to fix the issue or you can negotiate a lower price for the work.

Speak to them in person or contact them in writing/email. Template letters can be found on the Citizens Advice website. Take photographs of the problem. Make notes about what happened, including dates and times. And gather any paperwork and receipts. You can find more information on the Citizens Advice website about steps you can take, including using 'alternative dispute resolution,' which is a way of solving disagreements without going to court.

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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SUFFOLK HISTORIC CHURCHES TRUST – RIDE AND STRIDE

Saturday 14th September 2024



Every year in early autumn you will find folk out on their bikes on the second Saturday in September. They have been sponsored to visit as many churches and chapels as they can to raise money for the Suffolk Historic Churches Trust. The trust gives grants to help Suffolk churches and chapels maintain the fabric of their ancient and historic buildings.

Why not get sponsored to visit churches and chapels in the beautiful Suffolk countryside either on your bike or by walking? If that doesn't interest you, you could get sponsored to sit in the church, or chapel, and sign in cyclists and walkers. If you fancy a day of fresh air and exercise in early autumn, you can contact either Jon Wray (jonwray57@gmail.com) for a sponsorship form to help raise money for Holy Trinity Church, or Joyce Gardiner (jjgardiner@talktalk.net) for a form to help raise money for the chapel.

STOWUPLAND BOWLS CLUB

JOHN MOLETT

Saturday 6th July saw a very emotional afternoon with a presentation to our outgoing chairman, Frank Boxall, of a framed picture of a crushed can and a wonderful rose for Frank and Judy to plant in their new home. Frank has done so much for the club and we are very sorry to see him go, but we wish them much happiness in their new adventure. The presentation was followed by an excellent afternoon tea.

The green looked in excellent condition with some great bowling. Dorine reached the final of the country competition only to lose her final game. But the club was very well represented.



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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 (11th August) at Red Gables 2-4 pm plus REPAIR CAFÉ stowrepaircafe@gmail.com and 4th Thursday each month (22nd August) on Market place 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

What’s the message of the quilt? Each square by itself seems very ordinary and possibly unimportant but together they make up something quite incredible. Some of our members attended the “Restore Nature Now” March in London on 22nd June where more than 60,000 people gathered to remind election candidates that biodiversity loss is a huge problem for human survival. As I write, we have just heard that 2 million people have voted green in the election. 4 Green MP’s have been elected to the House of Commons. In the scheme of things, they are small numbers but like the squares on the quilt they will play an important part in the overall picture. Biodiversity is not just a problem for nature lovers. We ALL depend on a healthy natural world and a climate that is under control for the air we breathe, the water we need, the food we eat and the economy that enables life and work.

The new government will have the responsibility of meeting the climate change targets internationally agreed for 2030. They have a huge number of concerns on their list but if the environmental targets are missed everything else will become even more difficult to say the least. Again, like the quilt, all the squares are needed. The government, business that are small, medium and large, local authorities and members of the public of all ages will all need to do their bit to look after planet earth and everything and every person that relies on it for life. Co-operation and all pulling together will be the way to achieve success. Our children, grandchildren and future generations are all depending on us.

P.S. Its 2285 squares!



This astonishingly beautiful and clever quilt has been crafted from 2” squares by Janet Howard, a member of Sew Silly Sewing Group that meets monthly at Stowmarket Methodist Church. It is made entirely with existing fabrics, no additional purchases were necessary.

Janet has very kindly given her permission for us to share the photographs. Have a guess! How many squares?

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 Ramsey – 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 – That Diary Dates lists community events in Stowupland, for advertising all commercial events please contact Sally Wray 01449 673185

AUGUST

THURS 1	19:00 Village Hall	Short mat bowls
THURS 1	19:30 URC Church	Parish Council meeting
MON 5	19.30 URC meeting room	Wildflower & Biodiversity group meeting
TUES 6	09.30 Jubilee Crt. 09.55 Green	Mobile Library
TUES 6	19:00 Village Hall	Short mat bowls
WED 7	14.30 various locations	Book Group (contact 01449 67127 for details)
WED 7	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 7	19.30 Village Hall	Local History Group - Suffolk Church Bench-ends
THURS 8	19:00 Village Hall	Short mat bowls
SUN 11	19:30 Village Hall	Country & Western music club
MON 12	19:30 Village Hall	Village Hall trustees meeting

WED 14	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 14	19:00 Village Hall	The Filling Station
THURS 15	19:00 Village Hall	Short mat bowls
SAT 17	10:00 - 12:00 Church Hall	Coffee, Cake and Chat
WED 21	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 22	19:00 Village Hall	Short mat bowls
SUN 25	19:30 Village Hall	Country & Western music club
WED 28	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 29	19:00 Village Hall	Short mat bowls
FRI 30	19:30 Village Hall	Community Bingo

LOOKING AHEAD

SEPTEMBER

SUN 1	19:30 Village Hall	Country & Western music club
SUN 8	The Walkers Cup	Starts at Sports & Social Club
FRI 13	19:30 Village Hall Country	Community Quiz
SAT 14	10:00 meet at Village Hall	Community litter pick

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 - 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@stowuplandssportscentre.co.uk - 01449 672531

Stowupland Wildflower & Biodiversity Group -
Keith Welham - 01449 673185

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

THE WALKERS' CUP

Sunday, September 8th 2024

A fun day

"St Elizabeth Hospice provide specialist palliative care to patients across Ipswich, East Suffolk, Great Yarmouth and Waveney." The Hospice relies on the generosity of people, like us, to raise money to help provide local hospice care, free of charge.

How can we help?..... By taking part in the Walkers' Cup on Sunday, September 8th. Simply register at Stowupland Sports and Social Club (behind the village hall) from 10.00 am onwards and complete the walk to Old Newton's Sports and Social Club and back to Stowupland Sports and Social Club by 4.00 pm at the latest. (Please pay a donation for St Elizabeth Hospice at registration.) It is a lovely walk through fields and dogs can be taken on leads.

The primary aim of the Walkers' Cup,
To walk and raise some money.
We trust that many will rise to the cause,
On a day that we hope will be sunny.



Our aim to win the Walkers' Cup,
To have more striders than they.
So, register at the Sports/Social Club,
And have an enjoyable day.

Our editor, Sarah, has already asked,
"Save September the eighth --- please try."
So, at the end of the day, when the counting is done,
We'll lift the trophy high.



*(And donate money from Stowupland and Old Newton
to a very worthy cause).*

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





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STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



Sunflower Competition

We have received a few emails about how your sunflowers are growing, and a few photographs. Lynn sent in a photo (right) of her sunflower, which had reached 53 inches. It's probably a lot taller now.



We'd like to hear from anyone who can beat 53 inches. Please email keithwelham48@aol.com to let us know how tall your plant is. If you can send your photos by 5 August, we'll include some of them in our update in the September Telstar.

Don't forget there will be a prize of a carved wooden coaster, designed and made by a member of the group, for the tallest.

Half-A-Mow

This part of The Green has given us a colourful display again this year. We've had reports of orchids, including a rare bee orchid.

Wildflower Meadow

The yellow rattle seeds which we sowed last autumn have flowered and will, hopefully produce seeds which will disperse over the meadow area. As the yellow rattle spreads, it will suppress the growth of grass and will allow other wildflowers to be introduced in the future, including the oxlip plants which are being cared for ready to plant out later this year. Warmer days are bringing out butterflies and other insects.

Some residents have commented that they thought the area would be transformed much quicker and would, by now, be a riot of colour. But this is a long-term project, a key part of which is to allow wildflower seeds which may have lain dormant in the soil to germinate and produce wildflower plants which can establish themselves.

Retreat Pond

We are still waiting for the pond to dry out; meanwhile we will start to plan how best to use the pond and surrounding area to benefit biodiversity.

Dates for our next meetings – These will be on 5 August and 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, for example planting or recording insects.

Sporting Achievements

Year 6 pupils took part in an inter-school netball tournament at Stowmarket High School. Congratulations to Team A who got through to the County Finals! They all played with great enthusiasm and team spirit and were an absolute credit to Freeman!

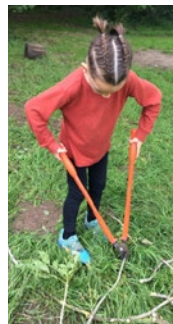


Huge congratulations to our U11 Quadkids' teams. Freeman 1 came first and, again, those taking part showed lots of determination and strength. We are extremely proud of them all.

Pupils in Years 5 and 6 also enjoyed rugby taster sessions led by coaches from St Joseph's College. They thoroughly enjoyed taking part in drills that taught them some of the skills needed for the sport.

Forest School

Year 1 recently enjoyed Animal Yoga and bird watching in Forest School. Ermine Moth caterpillars and ant eggs were found while bug



hunting. They have also learnt how to use loppers and a bow, how to count the annual rings of a tree and the Japanese printing technique *Hapi Zome*, selecting nature to print on their cloth.

Children also had the challenge of who could keep an ice cube as a solid the longest. The winners cleverly buried theirs in the shade under wood chips!

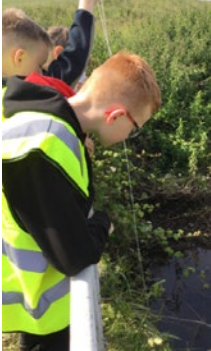
Visits and Visitors

A member of the Royal National Lifeboat Institute recently visited children in Year 1. They learnt about the history of the lifeboat, including Grace Darling and her involvement in the rescue of survivors from the shipwrecked *Forfarshire*. They also learnt about water safety and how to stay safe whilst at the beach.

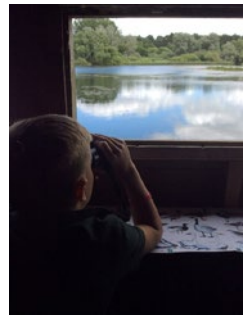


Children in Years 1 and 2 recently visited Colchester Castle and Hollytrees Museum to support their topics on *History of Toys and Kings, Queens and Castles*. Year 1 looked at toys children would have played with in the past, comparing old and new toys. Year 2 discovered what life was like for the people who lived and worked in the castle.

Year 6 pupils walked to the River Gipping in Stowupland as part of their *Rivers* topic. They looked at the landscape around the river, measured its depth, width and speed. They continued their Geography field trip the following week when they went to the River Gipping in Stowmarket. They carried out the same measurements and compared the data between the two locations.



Children in Year 4 visited Lackford Lakes in support of their Science topic *Living Things and their Habitats*. They took part in practical hands-on activities including pond-dipping, bird watching in the bird hide and invertebrate hunting and identification in the meadow.



Summer Fayre

Huge thanks to Stowupland Friends of Freeman for organising such a wonderful event. Attractions included the ever-popular *Sponge the Teacher*, a tombola, a sweet stall, a human fruit machine and *lucky envelopes* containing fabulous prizes. Thank you to all the local companies that gifted vouchers, passes, memberships and experiences.

An Ice-cream van and a mobile coffee van provided refreshments and children, young and old, enjoyed the bouncy castle.

The total amount raised was £855.75 – an incredible achievement. Thank you to everyone who supported the event this year!



Year 6 pupils also took part in a *Make £5 Grow* enterprise scheme. All their ideas were approved by a panel, prior to selling their products and games at the Fayre. There were 6 stalls in total, raising £219.25 between them. The winning team made a profit of £48.80. Lord Sugar would be extremely impressed!

Junior Road Safety Officers

Congratulations to Amelia, Macie, Luke and Maddy for being awarded GOLD in this year's JRSO Scheme Award; a great achievement and fully deserved.

They have all been so proactive and have worked incredibly hard to promote road safety messages and initiatives, including *Walk to School Week*, *Clean Air Day* and *Sustrans' Big Walk and Wheel 2024*.

.... and Finally!

We wish all our Year 6 children the very best for their transition to High School and would like to thank their parents, carers and wider families for the support they have given to Freeman over the years.

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Tel: 07515 859337 email: stowuplandvillagehallbookings@gmail.com

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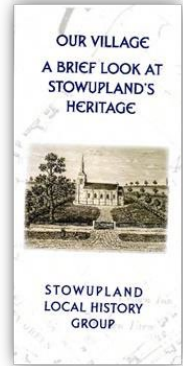


LOCAL HISTORY GROUP

Hopefully, you will have been busy exploring the history of our village using SLHG's latest leaflet to guide you. If the weather has kept you

indoors, and you understand QR codes then the leaflet can help you explore aspects of our heritage from the comfort of your armchair.

Interested in exploring further afield? Then join us for our **August 7th talk** when, from the comfort of the village hall, Robert Halliday will take us around Suffolk, sharing with us what he knows about **intriguing and quirky wood carvings on Bench Ends in some of Suffolk's churches.**



For something completely different, in September we will be joined by local historian Dr Anne Folan to hear about her research into the early days of community health visiting and the importance of health visitors to local communities.

In our last two meetings we have discussed some aspects of very local history. At the start of July, we enjoyed a talk by Darren Dordoy on Stowmarket. Using images from their archives he explored the importance of Stowmarket to the war efforts of the last century. Jerry will give you a taste of this presentation in next month's Telstar but for this and for June's meeting you probably needed to be there, as both presentations depended very much on 'modern magic lantern' technology to stimulate the 'little grey cells.'

In June, Sandra Walker, keeper of Stowupland's archives, helped revive some memories of Stowupland's more recent past. She used images from our archives to give members and visitors a taste of what life in Stowupland was like around the 1940s.

She shared with us that, whilst putting together the presentation, she frequently paused to reflect on how different our lives today are, compared to the 1940s, but at the same time how similar; how little she knew about what life was like for her parents' generation, but how so many changes that occurred during the 40s and 50s have significantly impacted on our lives today.

The evening started with some memorable hit songs from the 40's. Even for those of us from a later generation, tunes such as 'Boogie Woogie Bugle Boy' and '(We're gonna hang out) The Washing on the Seigfried Line' still get the feet a-tapping. We then watched a slide presentation reminding us of the shops and shop keepers that have gone, but who sold most of the essentials needed for everyday life. Village shops were often just the front room of the family home. We went back to the days when tennis was not just a sport but a social occasion with picnics by the court in the grounds of a local house. And, of course, we were reminded of the annual Stowupland Flower Show and Fete that in the first half of the 20th century was held in the grounds of Stowupland Hall.

It was interesting to see the fashions of the day, with all the men 'suited and booted' and even young lads wearing hats, which in the absence of 'sunnies' and sunscreen lotion gave some protection from too much sun.

As this talk was given on the eve of the 80th anniversary of D-Day, we were reminded of the research that has been done uncovering some details about ten brave young men who died in WW2 and are remembered on our war memorial, only one of whom was laid to rest in Stowupland's cemetery. The rest travelled the world to their final resting places across Europe and as far away as India and Thailand. Most served their country in the army but two were in the RAF and one in the Navy.

Sandra included a reminder that the 1940s were before the setting up of the NHS with its promise of '*free health care for all*'. Instead, community nursing associations provided affordable schemes, e.g. in Stowupland and Creeping St Peter local families could pay 1d (old penny) a week so that a local nurse could visit and take care of their health. Many of our members remembered Nurse Minns who lived in the village and did home visits from the late 30s to the 60s. No longer with us, she must have had some interesting stories to tell: dealing with midwifery cases, caring for families who experienced the trauma of WW2 and also working through the transition from the varied private or subscription based health care of the Nursing Associations, friendly societies and National Health Insurance schemes to the early days of the National Health Service.

Our thanks to Liz and Annie who provided a much-needed refreshments intermission whilst other members looked at the archive material on display or took the opportunity to share their own family memories. The evening finished with the launch of the group's new leaflet, A Brief look at Stowupland's Heritage.

At the time we were wondering what to write for Telstar, Neil Langridge felt that, given the national concern about river pollution, it might be a good time to revisit the River Gipping.

Situated between Stowmarket and Stowupland is the River Gipping. Prior to the 20th century it marked the boundary between Stowmarket and Stowupland, but that is no longer the case. This photo from April 1954 was printed in the July 1954 edition of The East Anglian Magazine. The river appears a sorry version of its former self. Yet just 2 years previously in 1952 a press cutting by 'the local Angling association' had announced 'an end to serious river pollution at Stowmarket.



Walking along the Gipping today it is hard to believe that barges used to travel from Ipswich to just below The Pickerel Pub. But in the 19th century before the coming of the railway, the waterway was an important transport link between Ipswich and the industries that grew up along the banks of the Gipping, especially on the Stowupland side. These industries provided alternative employment for local people, replacing the reliance on agricultural work, but this was not without a cost to the environment.

You may remember in 2020, Neil Langridge wrote in Telstar about the pollution of the river that was caused by a Paper Mill. He wrote 'It was left to a Henry Lingwood of Barking Mill to take action and in September 1865 with the backing of many other local residents who lived close to the river he took out an injunction against Stowmarket Paper Making Company to 'restrain from discharging noxious refuse into the Gipping'. The discharge was said to be killing the fish and causing a stench. The company's defence was that the river was already polluted before the paper mill had started production, mentioning that the Combs Tannery, the glue works at Needham (Hawksmill) and the local maltings had all been discharging into the river. The case was heard in October and an injunction was granted for the mill to cease production until modifications to the process were made to allow the discharge to be cleansed before entering the river. Work was done to lessen the discharge into the river at a cost of £3,500 including building settling tanks and it was reported that "a plan was discovered by means of which the refuse could be got rid of without injury to the public" and production recommenced once more. In August 1866 one of the settling tanks gave way flooding the surrounding area with 50,000 gallons of noxious liquid, the resulting stench infiltrated the whole town.' The mill closed down in 1870.

The following year in August 1871 the calamity of the Gun Cotton Explosion occurred, killing 23 local people (many of them under the age of 16), injuring 100s more and causing damage over a large area. Although we have little mention in our archives of the effect on the Gipping, given its proximity we can only assume it wouldn't have been left unscathed.

In 1895 the weather turned so cold that for 16 weeks the Gipping was frozen over to such a degree that long-distance skaters were reportedly able to skate from Ipswich to Stowmarket and back in a day.

In the 1920s pollution of the river was again causing a stink, this time an artificial silk producing factory was to blame, 'by 1929 all fish in this river had died due to pollution...and the inhabitants of towns, villages on or near the river were in despair as the stench arising from the river was appalling during the summer. So much that the people had to leave their houses and sleep in the fields.'



This photo shows the Gipping at the time of the 1912 floods. The wooden footbridge has long since gone but the author of the article of 70 years ago wrote 'although the buildings are practically unchanged the river is now little more than an open sewer'.

We should be grateful to local volunteers for their efforts in trying to ensure the water quality of the Gipping and its associated ecology remain unpolluted.

FROM MEMORY LANE

We have been asked if anyone can put a name to this lovely lady, captured in 1980 at a Victorian Fete at Haughley. If you can help:

Please contact Jerry on 01449 703717 or voden@btinternet.com also if you want to make a comment or have a query about Stowupland's history or our meetings.



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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



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U.R.C CHAPEL

NEWS

Minister: Revd Robert Sheard
Telephone 01449 678173

Not much to report: our coffee mornings are well attended as are our whist drives. Attendance at Sunday services varies from week to week. We have different speakers each week, who all give us a special message.

The weather is still mixed and today I went to Woolpit Garden centre, getting wet feet due to a sudden downpour as I was buying plants, and they had a few leaks. What has happened to the summer?

Please note there will not be a coffee morning in August.

The Historic Churches Ride and Stride takes place on Saturday 14 September. The Chapel will be open for riders to sign in. Sponsorship forms are available from Joyce Gardiner 01449 676149.

Services continue to 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 August are as follows:

04 August	Veda Berriman
11 August	Worship Group
18 August	Keith Scarff
25 August	The Revd Norman Tharby

Joyce Gardiner

MINISTER'S MESSAGE

Isaiah 43: 18-19

18But the LORD says, "Do not cling to events of the past or dwell on what happened long ago. 19Watch for the new thing I am going to do. It is happening already — you can see it now! I will make a road through the wilderness and give you streams of water there.

At this time of year there seems to be a lot of change going on, children starting school, moving school, some moving on to college, others starting work. As I write this, we've just had a general election and now have a new government with Labour taking power and Sir Keir Starmer as our new Prime Minister.

Even in the church, this is the time when some churches have their ministers move on, even retire, and may even get a new minister. People don't often seem to like change, they like things to stay as they are, with what is comfortable, what they are used to, what they feel safe with, but change happens whether we want it to or not. From the changing of the seasons to the changing of the weather, plants have to grow so that we can eat, to days getting lighter and longer then shorter and darker.

Even as we grow older, change is all around us and sometimes we need to expect it to change, because without change how can we hope things will get better. How do we get better at things If we don't learn and grow?

So, we look forward to new things starting for some, some things staying the same. We must remember that change happens whether we want it to or not, sometimes we need things to change; sometimes it is a must.

We may know by now perhaps some of the things our new government will want to do whether for the better or not! The time always comes when we have to try new things to keep moving forward. The Church at times is not always the best at change. When the church needs to change, it is God challenging us in new ways of mission and how He wants His Church to grow and bring about the Kingdom of God.

As the hymn goes:

Through all the changing scenes of life,
in trouble and in joy,
the praises of my God shall still
my heart and tongue employ.

It reminds us that God walks with us as we change and grow, whether that's in knowledge or just in life, he's there beside us and working with us. God does not change, He never changes but He encourages us to change and to think differently, to grow, to change our path, our direction in life and walk a different way. The Church that will not change will not grow! Change is constant. We cannot stop it, yet throughout these changes, God is constant. As Christians we have a focus to become more Christ like. And this can come with sacrifices and being open to be changed from the inside out by God.

Yours in Christ, Robert

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



Support workers required

We are looking for caring new colleagues in **Stowupland** to join us as we support people to lead fulfilling lives, full of choice and opportunity. We specialise in supporting people who have lost their sight and hearing, and may have other disabilities.

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Community

BINGO

NIGHT

All Cash Prizes

FRIDAY 30th August

STOWUPLAND VILLAGE HALL

Doors open 7.00 pm; Eyes down 7.30 pm

Everyone Welcome

**(over 14's only; under 18's must be
accompanied by an adult)**

Bring your own drink and nibbles

HOLY TRINITY CHURCH

NEWS

HOLY TRINITY CHURCH
STOWUPLAND

Rector: Revd Paul Clarke
Curate: Revd Alison Roberts
Churchwardens: Mrs Ann Doubtfire
Mrs Sue Hayter

Tel. 613037
Tel. 770363
Tel. 613710



As I write this the weather has been quite wet and cold again. But hopefully it has improved by the time you read this. It is supposed to be summer! What words do you think of when you hear this? I think of sunshine, heat and holidays.

Americans call a holiday, vacation. It comes from the Latin word 'vacare' which means unoccupied – doing nothing.

The journey to our holiday destination is rarely like this. If we go by car, at some point we will probably be delayed by roadworks or a traffic jam. If we stop for a break, there will be queues for coffee and for the toilets. If we go abroad, getting a family through an airport without losing anyone can be a challenge. We will probably have to keep younger family members entertained during the journey.

But finally, we arrive at our destination and settle in. Then it is time for 'vacare' – doing nothing.

Our thoughts can go from our daily stresses to what we hold most important. We can spend time with our families, giving everyone our full attention while we go exploring and sightseeing, or just sit on the beach or in a sun lounger.

If you relax and go with your thoughts, where does your mind wander to? Is God there? In the Bible, he made the seventh day of each week a day of rest – he wants us to have a holiday.

While on holiday, we can experience God with us. The obvious choice to do this is to visit a church for quiet time, prayer or attend a service. But time spent on a beach watching and listening to the waves, as I enjoy doing in Aldeburgh, or going on a countryside walk, reminds us of God and what he created for us to enjoy and care for.

If you are unable to get away on holiday, we are blessed in Suffolk by having so many great places for a day out whatever your interests are. We can still experience 'vacare' in a single day. If you want quiet, there are plenty of places to go without the crowds.

I do hope you are able to take a holiday or a day out this summer. I pray that when you get there you will find God waiting for you.

Kevin Stanford, Lay Elder, Benefice of Haughley with Wetherden & Stowupland

Services in August 2024

Date	Stowupland	Haughley	Wetherden
4 th August	9.30am Morning Worship	11am Sunday Praise	11am Morning Worship
11 th August	9.30am Worship for All	11am Parish Communion	11am Sunday Praise
18 th August	9.30am Morning Worship	11am URC led service	11am Worship for All
25 th August	6.30pm Parish Communion		11am Parish Communion

A PRAYER: To your mercy and care, O God of love, we commit all who are dear to us, and especially those within our family circle.

Guard their lives; guide their steps; give them peace, and unite us all in your faith and love, for the sake of Jesus Christ our Lord. 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.

A letter from Rev. Paul Clarke

I want to thank you all for the help and support you have given me since I arrived back in Haughley, Wetherden & Stowupland. People have been very kind and graciously afforded me the space that has been needed, particularly over the past six months. I also want to thank the ministry team and wardens who have ensured that the regular service pattern has continued in my absence.

When I arrived in the benefice last year, I had every hope and confidence that being back in village ministry and in a place I knew and loved would allow me to continue my recovery from Long Covid. This has not been the case. My symptoms have continued to decline, and it is with much sadness that I have to inform you that I have made the difficult decision to retire on the grounds of ill health and, therefore, have submitted my intention to leave my position on 2nd October 2024.

Could I please ask for your prayers for Rachel, me, and the family? It has been exciting to see what God has been doing in the parishes and, although I am sad not to walk this journey with you, I will be praying for you all.

Paul

COME AND JOIN US FOR

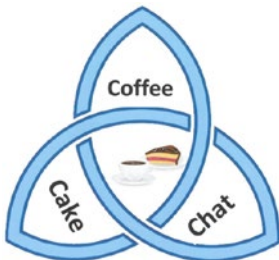
Stowupland Church Hall

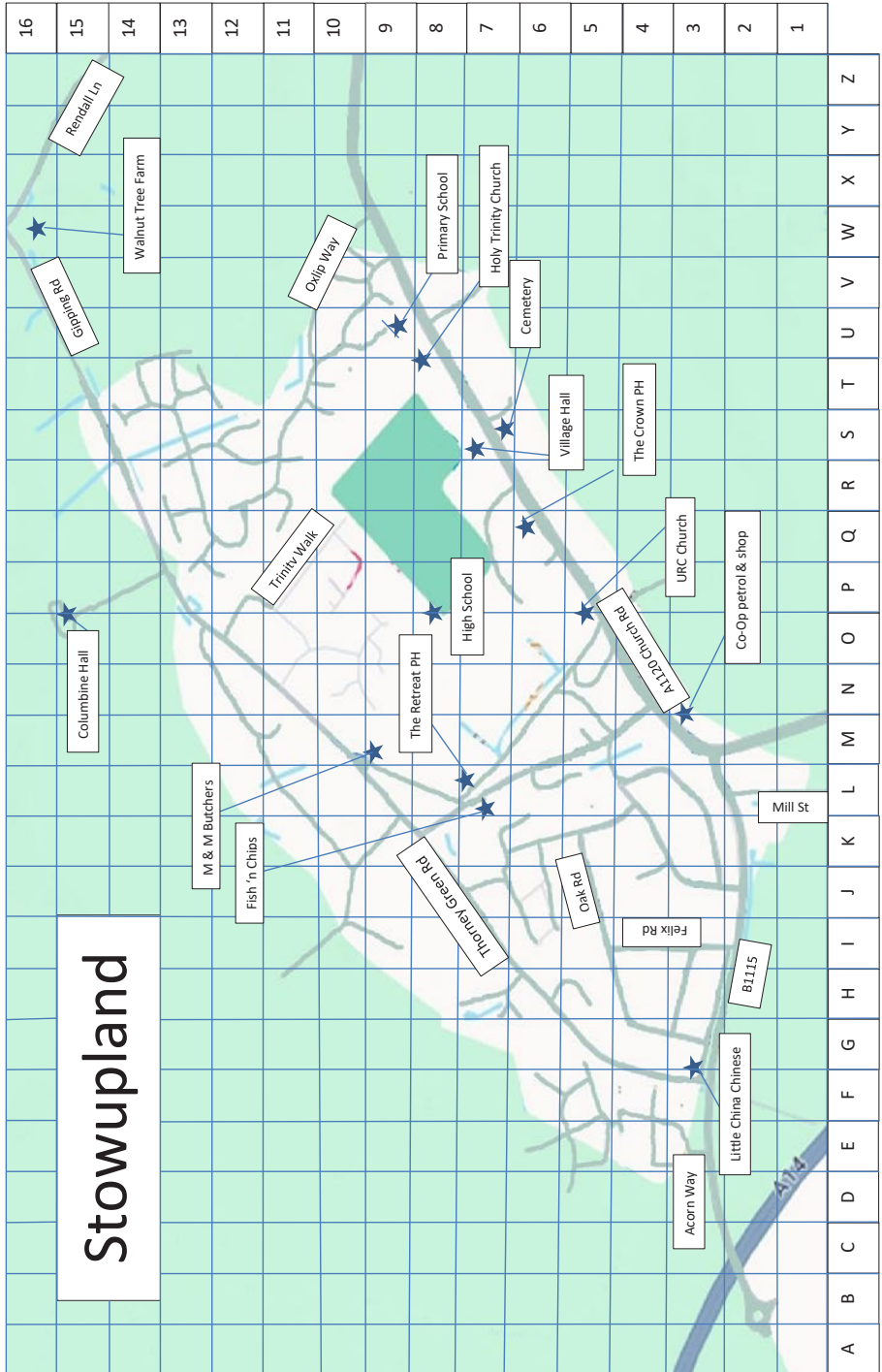
Saturday 17th August 2024

10-12

There will be tea/coffee, cakes,
raffle and good company

Everyone is welcome





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!

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From the Telstar Committee

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It's Nearly Here!

The Walkers Cup

Sunday 8th September

Come and join Team Stowupland

and help our village retake the Walkers Cup



It's not just about local pride, it raises money for St Elizabeth Hospice – there's a minimum £2 donation, on registration, but you're welcome to give more if you can.

You get a lovely footpath walk between the two villages. At a gentle pace it should take a couple of hours from Stowupland Sports and Social Club to the Sports and Social Club in Old Newton, and back again. There will be a BBQ for you to enjoy after your walk. Couldn't be simpler

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