

In this issue of Telstar:

- PC Report *Page 6*
- Sunflower competition *Page 22*
- Stowupland High School *Page 34*
- New Bus Route *Page 37*



**M & M Butchers
Mark Hammond**

Suppliers of high quality meats, poultry, game and award winning sausages.

**Local Meats * Home Cooked Pies
Home Cooked Hams
Dry Cured Bacon & Gammon
Selection of Homemade Burgers
Big Selection of Specialist Cheese**

Local Delivery

Opening Hours

Monday & Tuesday 6.30am to 1.00pm

Wednesday Thursday Friday 6.30am to 2.00pm

Saturday 6.30am to 12.30pm

**The Green Stowupland Suffolk
IP14 4AR**

Telephone: 01449 677720



NOTES FROM THE EDITOR

SEPTEMBER 24

Happy September all. I'm writing this not long after going to Latitude, and I'm still recovering. It was a fantastic weekend, but tiring. However, spending time with the family, including my lovely granddaughters was great, and we were so lucky with the weather, which is always a plus when you're camping. Only disappointment was Duran Duran, definitely not the innovative new romantic band I remember from the eighties, but I guess we all get old!



Right most important thing to mention this month – **The Walkers Cup – it is on 8th September.** There will be a BBQ all day at the Stowupland Sports and Social Club – please get involved, do the walk, and then join friends and neighbours for a well-earned burger. We need as many as possible to take part. All those participating will get their own 'Team Stowupland' badge, and the first 50 children taking part will get their own souvenir 'walkers cup' to keep.

I don't need to remind you that it is a number of years since we won. Last year it went to the wire, with the teams being neck and neck, but the Old Newton team at the last hour got the family that run the post office / Premier store out to do the walk after they closed up for the day, leading to them winning by 4!

I'm told anecdotally that the 'Old Newton' organisers go round houses to round up residents to do the walk – don't think I haven't thought about same!!!

Of course, the event is really about raising money for St Elizabeth's Hospice, which is a very worthy cause. Here's the cheque from last years event being handed over to the hospice. So, it's not just about winning, but it would be great if we did, so please:



COME AND JOIN THE 'WALKERS CUP,'

full details are on the back page.



Thank you to all those that took part in the Sunflower competition. There is an article inside about the winner. It was really heartening to see so many children taking part, and details will be available in the New Year for next year's competition.

Other events taking place this month are the 'Suffolk Historic Churches' cycle ride on 14th September, the community quiz on 13th September, the quarterly parish litter pick in conjunction with Stowupland Falcons on 14th September, and community bingo on 27th September. September is certainly looking like a busy month. Details of all the events are inside.

DISTRICT COUNCIL REPORT

AUGUST 2024

Local listed building consent order - At July's Council meeting, a process was agreed to enable thousands of Grade II listed building owners to make sensitive energy efficiency upgrades more quickly and easily. The first such initiative in the country, it will involve both Mid Suffolk and Babergh working closely with Historic England, and potential upgrades will include improving or replacing windows, and permitting solar PV and other renewable technologies to be installed on unlisted outbuildings. The aim is to enable residents to more easily reduce the energy needed to power and heat their listed homes.

State of the District Report - Suffolk's second State of the District Report (2024) was discussed at last month's Council meeting, the first was produced in 2023. Drawing on a range of open-source data and the Council's Resident Survey, the report provides an overview highlighting many of our district's strengths, alongside some key challenges that the Council is seeking to address. It forms part of the evidence base underpinning the strategic plan (The Mid Suffolk Plan) and helps to inform and support the district's actions.

The Report is available on the Mid Suffolk website here.

<https://baberghmidsuffolk.moderngov.co.uk/documents/s35544/Appendix%20A%20-%20State%20of%20the%20District%20Report.pdf>

New Grants available - MSDC have launched 3 new grant funds which utilise the Government's REPF funding. There are three schemes available for activities which will have a positive impact on rural business and communities. Details and application forms can be found at <https://heartofsuffolk.co.uk/invest/business-support/grants-and-funding/rural-spf-fund/>.

Some of the income generated from Gateway 14 is being used to provide grants to enhance Stowmarket Town Centre. Details of this scheme can be found here: <https://www.midsuffolk.gov.uk/w/stowmarket-town-centre-gateway-fund>.

Household Support - Also at July's Council meeting, the Council committed to further funding for those in need. A new discount on Council Tax for those on very low incomes and extra funds for the household support fund were approved. The fund is available to those who are finding it difficult to pay their housing costs. Please encourage any residents in need to apply via the MSDC website <https://www.midsuffolk.gov.uk/w/household-support-fund> or to phone 0300 1234000, option 3.

Call for Biodiversity Land Summit - MSDC are holding a 'call for land' summit on 5th September, 10am-2pm, at the Mix in Stowmarket. Any landowner who would like to use their land to help wildlife – for example by tree or hedge planting or creating a meadow – is welcome to attend.

This is a free event, and advice, support, and resources from local environmental organisations will be available. Register your interest at <https://www.eventbrite.co.uk/e/call-for-land-summit-tickets-950534031877>

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
Rachel.Eburne@midsuffolk.gov.uk
01449 673311

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



**STOWUPLAND
GOOD NEIGHBOURS**

A volunteer service run by residents for residents

Helpline 07591 539 621

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.

JOHN BULL MOTORS LTD

**Petrol and Diesel
MOT testing
Servicing and repairs**

**Unit 7B Charles Ind. Estate
Stowmarket**

Phone: 01449 774150

Fax: 01449 675898

**Email:
Johnbullmotors@btconnect.com**

PARISH COUNCIL REPORT

AUGUST 2024



The meeting opened with 4 members of the public, 8 Parish Councillors, Cllrs Eburne and Welham. A ninth member of the parish council arrived during the course of the meeting.

Councillors' Reports: Full District and County Councillor reports can be found elsewhere in Telstar. SCC Cllr Welham added that he is checking on the required number of houses have been completed on Aspen Grange to trigger the proposed start of work on the new roundabout on the junction of the A1120 and the expected length of time for its construction. He is also querying the S278 works to be completed by Landex on Church Road outside the school. There appear to be 2 sets of plans, and he is trying to ascertain whether they are complying with the correct one which is to relay the road surface and not the one that involves the narrowing of the road as this would cause problems if two lorries tried to pass at this point. The Clerk has already contacted MSDC about this matter. Cllr Voden asked if Cllr Welham was concerned about the Government's announcement about withdrawing money from the SEND budget. He replied that he does have concerns but as SCC have invested some money from their reserves to fund extra resources, it might not hit them as hard as some other local authorities.

MSDC Cllr Eburne approved the consultation on listed building upgrades to allow energy-saving changes to properties to be made without having to seek planning permission. There is to be a summit on nature on the 5th September and provision is being made to provide up to £50 off some vulnerable people's housing bills. She also confirmed that the outline planning permission for the Landex road upgrading is confusing with two different plans, but she is going to speak to the planning department to make sure the correct plan is followed. She advised that if the Parish Council contributes money from their CIL budget towards the upgrading of the Devon Road footpath, this will be moved up the priority list. With regards to the proposed factory site off Rendall Lane, the planning department are still waiting for some minor details to be clarified before making a decision. If the Parish Council pay £315.14 towards the cost of the proposed bollards in Trinity Walk, then that work will also go ahead. Cllr Studd asked whether the Government's housing strategy would mean more houses being built in this area than already agreed. Cllr Eburne advised that they expected to get the final figures in 4-6 weeks but currently MSDC are meeting their quotas. She also advised that the Community Infrastructure Levy is to carry on.

Matters of Report: Work has started on refurbishing the bus shelter, locality grants for the defibrillators have been applied for, letter sent to SCC Passenger Transport Team and a meeting has been arranged for the biodiversity questionnaire.

MSDC have confirmed that the high quote they gave for the cutting and removing of grass from the wildflower area on The Green is correct, so the Biodiversity Group are going to discuss this at their next meeting and try and come up with an alternative proposal. Everything else is ongoing.

Parish Council Vacancy: Hayden Power has applied for the PC vacancy and was duly elected and joined the meeting.

Public Forum: One resident queried what the situation was with the overgrown footpath along Gipping Road which has now been impassible since May. She was advised that the Clerk is unable to get any reply to her emails to the Trinity Meadows management company or to Bloor Homes so currently at stalemate. Another resident asked why contractors advertising boards have been left around the village so long after they had completed their work. This matter is already in hand.

A third resident asked about the grass cutting contractor, who seemed to have his machine set so high in places that once he had 'cut' The Green, the flowers still had their heads on. The football club had had to cut the football pitch on The Green themselves as the grass was still too high to play on. The Clerk explained that the club had been advised by the PC that they would need to cut and mark out the pitch before any games. The contractor is not answering any of the PC's emails and refusing to attend in person, however, the contract is up in October so hopefully this will then be the end of the matter. Councillors did walk round The Green after the last cut and found some areas were much better but conversely there were others which were not.

MSDC CIL Bid Consultation Letter: Councillors agreed to respond positively to the consultation from MSDC in respect of the proposal to construct a new length of footway adjacent to Church Road along the frontage of The Crown.

Pylon Consultation: Councillors noted the response on the proposed Norwich to Tilbury pylons project and thanked Lynne Jardine of Creting PC for all her had work in putting it together.

Sub-Committee Reports:

Allotments – Councillors agreed changes to the allotment tenancy agreement which will require that tenants are farming at least a quarter of their plot within 3 months and three quarters within 6 months.

Cemetery and Churchyard – It was proposed and agreed that the cemetery extension becomes a memorial garden once ownership has been transferred to the Parish Council.

Environment – Cllrs agreed the proposed new cutting schedule for The Green and that tenders should be sought from 3 different contractors. It was also agreed to seek a quote from W J Jarvis for the tree work required in Birch Close and for 'no turning' signs to be installed on the track opposite the Birch Close bus shelter.

Planning – An application has been received for erection of a proposed new property with garage in Columbyne Close and this is to be supported by the PC. MSDC have granted planning permission for a rear extension and garage for a property in Sycamore Road.

Transport, Traffic and Safety – Cllr Voden thanked Cllr Welham for all his help with identifying a further site on Church Road for another speed indicator device (SID), however, after the volunteers visited the site, they felt that it would be dangerous for them to maintain the kind of SID that are located elsewhere in the village. He now proposes that a permanent flashing 30mph SID sign is instead placed in this location. This idea was approved by the PC, and he was asked to investigate costs etc and bring back to the meeting.

Trim Trail – Following a meeting of the Trim Trail working group it was agreed to their proposal to site the trim trail equipment at the Maple Road Bridge and opposite the butchers on The Green and that the equipment should be ordered. Thanks were given to both Cllr Welham and the Clerk for all their hard work on getting to this point.

Councillors' Reports:

Cllr Melhuish stated that one resident on Linden Homes was parking their car across a shared cycletrack/footway, and the ditch alongside Thorney Green Road was an eyesore.

Cllr Johnson reported that the siting of the Hornbeam Road sign at the corner of Maple Road caused confusion to delivery drivers etc as it indicated that the property on the corner appeared to be in Hornbeam Road when in fact it was in Maple Road.

Cllr Voden asked if anything had been heard about the provision of bus timetables as nobody knows what time the buses are due to leave Stowmarket or where from. Cllr Welham has asked for timetables but First Buses will not put them up so it will be a case of a member of the public needing to do so.

Cllr Power reported that motorcyclists had been riding round Thradstones Meadow on a couple of evenings causing a danger to dog walkers.

Cllr Bridges advised that she had received a letter from the Church advising that the grass cutting in the churchyard and cemetery had improved.

Clerk's Report:

The Clerk reported that the recent cemetery volunteer's day was successful and that she had recently attended a clerk's networking day. Work on the footpath by the Primary School is due to start next week.

The meeting closed at 8.20pm.

You could advertise your business here for only:

Quarter page £11 per month

Half page £22 per month

Whole page £44 per month

Whole back page *black and white* £66 per month

Whole back page *colour* £120 per month

Please contact: Sally Wray by email adverts.telstar@hotmail.co.uk

Reduce your Accountancy costs

Call Sarah Place Accountants

Professional efficient Accountants with over 15 years experience

Accounts • Book-keeping • Payroll • Sage

VAT & Tax Returns

01284 747 139



Orchard Garage DMS Ltd was previously run from Church Road, Stowupland. We moved to Middlewood Green as a Limited Company in 2018. We have over 20 years of technical experience. Our goal is to deliver outstanding customer service to repair, service and MOT all makes and models to the highest possible standard at very competitive prices. We also can supply and fit tyres at very competitive price. We look forward to welcoming you to Orchard Garage, please ring for a quotation or to book an appointment.

Telephone - 01449 711436

Email - Orchardgaragedms@outlook.com

Address - Orchard Garage DMS Ltd, White House Farm, Middlewood Green, Stowmarket, Suffolk, IP14 5HE



Arrow Taxi Services
"We'll get you there"

Weddings

Airports

Race Meets

Contract Work

4 to 8 passengers

01449 677677

arrowservices

@btinternet.com

COUNTY COUNCILLOR'S REPORT

AUGUST 2024

Extra Investment for Special Education Needs

At Cabinet on Tuesday 25 July, the proposal to invest a further £9.1 million in Suffolk's SEND (Special Educational Needs and Disabilities) service was agreed. This is to fund extra staff and capacity to make sure the council can achieve its targets for assessing children and production of Education, Health and Care Plans (EHCPs). The investment will be funded through the council's reserves. It represents an increase of £2.6 million in 2024/25, £3 million in 2025/26, and £3.5 million in 2026/27; the extra money in the coming two years will be subject to ongoing review. This comes at a time when the outcome of the 2023-24 budget was also presented, showing a drop of nearly £15 million in the council's useable reserves. My group also expressed concern that the council's target for EHCPs is to complete 50% within the legal 20-week timeframe, rather than the required 100%.

Scrutinising the State of Suffolk Roads

On Tuesday 23 July, the council's scrutiny committee met to discuss the state of the roads in the county, how much was spent annually and how works were prioritised. Officers from Highways explained how roads are categorised from Green to Red (poor condition), that the optimal resurfacing programme would require around £50m per year in funding, whereas the current amount available for resurfacing works was more like £17m per year. My group are pressing for a review of the county's Highway Maintenance Operational Plan (HMOP) which sets out the parameters on which defects will receive a positive response and the timeframe for completing repairs. We also believe the reporting systems for defects is not working correctly. All of the committee agreed that better communication with residents and timely fixes for road defects would be beneficial to the public perception of Suffolk's roads – as overall the condition of roads rated Red (in poor condition) has dropped since 2012, and the number of roads rated Green (in good condition) has risen.

Suffolk Youth Climate Conference

On 3 July, 250 local schoolchildren pledged to write to their local Member of Parliament about climate change after an inspiring address by Chris Packham, renowned UK naturalist, at this year's Suffolk Youth Climate Conference. The event was held at Suffolk One Sixth Form College and organised by the Suffolk Climate Change Partnership. The partnership is engaging with schools, charities, and community groups to bring about positive change for the environment and also the health and wellbeing of Suffolk residents. A range of workshops were held on topics such as electric vehicles, nature-based solutions, the global food system, coastal adaptation, plastic pollution, flood and water management, sustainable fashion and climate anxiety. Students also had the opportunity to engage with 30 charities and organisations working to improve the natural environment in Suffolk.

Local Businesses attend Carbon Charter event

On 11 July, Suffolk County Council's annual Carbon Charter event was held to honour businesses from Suffolk for their achievements in environmental sustainability. More than 100 delegates from a range of local businesses shared their experiences of reducing their environmental impact. Since they were established in 2010, over 500 businesses have received Carbon Charter awards for taking climate action, by reducing their carbon emissions, supporting their local community and developing green spaces. Carbon Charter Gold Awards were presented to leading print company, Denny Bros, from Bury St Edmunds, and to Seckford Hall for their exceptional environmental contributions.

Bus Services

I have not heard anything more from SCC Passenger Transport Team. I have yet to see a bus with more than three passengers; most buses in Stowupland appear to have just a single passenger.

Local Highways Issues

A1120 junction with high school access – MSDC are currently consulting on a CIL bid from SCC to meet the full cost of the works.

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

Overgrown hedge on Thorney Green Road – Some trimming of the hedge has been carried out.

Overgrown hedges Gipping Road and Randalls Lane junction – some cutting back has been carried out and visibility at the junction has been improved.

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

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

Locality Awards

I have received further requests for locality funding, including the request from Stowupland Parish Council. I have earmarked £500 towards the cost of a defibrillator.

Useful websites

Cost of Living help and advice:

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/family.page?familychannel=6>

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

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

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

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

34TH BOMB GROUP EXHIBITION

The Mendlesham Airfield Association (MAA) was recently reconstituted to create a 34th Bomb Group Exhibition with the artefacts, photos and documents originally displayed in the Fleece Pub, Mendlesham. The exhibition can be viewed in the 'Old Ticket Office' at the Middy Railway Museum during opening hours throughout the season.

The exhibition stands as a tribute to the extraordinary valour and steadfast commitment of the United States Army Air Forces (USAAF) airmen. These brave individuals risked their lives in the face of immense danger during World War II to defeat tyranny and secure peace for the world. The exhibition not only commemorates their heroic efforts but also educates visitors about the crucial role these airmen played in shaping the course of history.

Through an array of artefacts, photographs and personal narratives, the exhibition brings to life the captivating stories of the 34th Bomb Group. Visitors are transported back to an era when the skies were battlefields and every mission carried the weight of the free world's hopes. The display highlights the technical prowess of the aircraft, the strategic importance of their missions and the personal sacrifices made by the airmen.

The exhibition tells the story about the relationship between the Bomb Group, the Middy Railway supporting their operation and the Mendlesham community. Visitors will discover how the railway served as the lifeline for the Bomb Group, enabling the efficient transportation of essential supplies, munitions and personnel.

The exhibition sheds light on the profound impact the Bomb Group had on the local community. Through personal stories, photographs and artefacts, it portrays the camaraderie and mutual support that developed between military personnel and local residents. The enduring support and hospitality from Mendlesham residents became an integral part of the Bomb Group's daily life, providing not just practical assistance but also moral support during challenging times.

Moreover, the exhibition explores the lasting legacy of this relationship by demonstrating how the bonds forged during the war years left an enduring imprint on the Mendlesham community. Testimonials from veterans and local residents offer passionate reflections on how this shared experience shaped their lives long after the war ended.

By honouring the legacy of these gallant airmen, the exhibition serves as a reminder of the price of freedom and the everlasting impact of their service. We pay tribute to those who fought with an unyielding spirit, which ensured that future generations could live in a world free from oppression. The 34th Bomb Group exhibition at the Middy Railway Museum is more than a historical display, it is a celebration of human resilience and a solemn pledge to remember and cherish the sacrifices made for peace and liberty.

CHIMNEY SWEEP

ECO SWEEP CHIMNEY SERVICES

- NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES.
- INDUSTRIAL HEPA FILTERED VACUUM.
- FULLY INSURED.
- INSURANCE RECOGNIZED CERTIFICATES ISSUED.
- SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
- ALL CHIMNEYS, WOOD BURNERS, AGA, BOILER FLUES SWEPT.
- GUILD OF MASTER SWEEPS CERTIFICATED MEMBER.



TEL. 01359 232335



C.M. Hayward

Electrical Services

Lothlorien, Church Road,
Stowupland, Stowmarket,
Suffolk. IP14 4BH

01449 678213

JJ'S Waste Services

- All Types Of Rubbish Cleared
- End Of Tenancy
- Garden/Garage
- Office Clearance
- All Types Of Scrap Metal Collected

FULLY LICENCED

Call Us On: **07912 172826**

www.suffolkwasteremoval.co.uk
johnjames1970@icloud.com

L
E
T
S

G
E
T

W
A
S
T
E
D

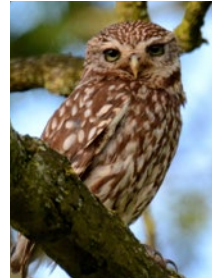
COUNTRYSIDE RAMBLER

BRIAN WARD

As I get older the time seems to whiz past; one week passes then before you know it the end of the month is here. In my youth, in the school summer holidays seemed to last for ever, apart from the last week that seemed to fly by and before you know it the school uniform was laid out to return to school. The first few days back were ok as friends told you about their adventures on holiday during the break, but before long the tales were all told in detail and the daily routine of learning was upon us. I often wonder about my fortunes at school; if I had tried harder, could I have made more of myself? I must admit I wasn't a good pupil and had to report to the headmaster's office more than once. I think I excelled in the subjects I was interested in, but 'excelled' is a bit over the top, 'I did well' is better. I had no interest in maths or history; my problem was I could not wait to get home and wander around the fields or go fishing in the local ponds, which is all I was interested in at the time. If I had tried harder, I may have studied zoology or even studied further for a really good job involving nature or any type of wildlife conservation. Yes, I went through my working life and earned a living, but I feel I could have put my wildlife interests more to the forefront and turned it into a career of some sorts. Don't get me wrong I wasn't a troublesome pupil, I hope, just one that got into mischief.

I have noticed butterflies and insects in general are getting scarcer; the only places I find them in any abundance is in small, localised pockets that are left wild and undisturbed. The farmers are doing their bit by planting wildflowers in the headlands and rewilding where they can, but are we too late? Only time will tell. Insects are the start of the food chain so, if we lose them, we are in trouble, not only for all the wildlife that depend on them for food and survival but us as a human race as we rely on them for most of the pollination of our crops.

One of the local little owl pairs I know have produced young and are doing well. Little owls will hunt during the day, they will often sit in a tree near a road and wait for vehicles to pass by and collide with beetles, butterflies etc. then they will pounce on the stunned insects and devour them. Little owls prefer to nest in holes in old trees and will rarely use a nest box. Barn owls will readily accept a nest box situated within a good feeding area. Tawny owls also will use a nest box if situated in or near the edge of woodland with good hunting grounds in the nearby proximity.



Many people have never seen a badger in the wild, with roadkill the only evidence that they are in the area. There are some individuals that will feed badgers in their gardens; they soon become accustomed to the regular food source and return nightly for their evening feast. If you wish to see "live" badgers some of these people and establishments, for a small sum of money will settle you in for the evening and, often with subtle lighting in situ, you are able to watch them as they go about their nightly routine. They will often squabble over the food and can be quite boisterous and vocal. If you would like to see one of our nocturnal mammals in the comfort of a cosy room visit the internet and book up.

I hope you are all enjoying your holidays, whether in this country or abroad; wherever you are, look out for the local wildlife and enjoy.



DESIGN • PRINT • LARGE FORMAT
MAILING • PROMOTIONAL GIFTS • SCANNING

Gipping Press are proud
to print this publication

01449 721599

enquiries@gippingpress.co.uk

www.gippingpress.co.uk



Locksmiths

**24 HOUR LOCKSMITH
BASED IN STOWUPLAND**

NO CALL OUT FEES

All locks supplied and fitted

TEL: 01449 673770

(HOME)

TEL: 07525 168895

(24 HOUR)



Email: arron@stowmarketlocksmiths.co.uk
www.a1carpentryandlocksmith.co.uk

*Fed up of running around
after your car?*

Why not give us the inconvenience
– it's part of our service

WE COLLECT & DELIVER

Servicing, Welding,
MOTs arranged

Air-conditioning recharged

General Repairs –
shocks, clutches, brakes etc
All work guaranteed

S & P Motecare

Est 1990

Contact: Shane

Tel: 01449 771102 or 07802 545737

***Personal Service at
Competitive Rates!***

RAMBLINGS FROM THE POTTING SHED

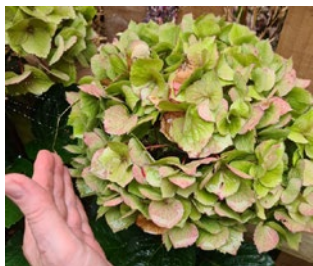
PAULA WILLMOT

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.

I've got to move house and will be renting somewhere on my own for the first time. Do you have any tips or advice on what I should do when looking for a new home?



Whether you're renting on your own or with other people, one of the first decisions to make is whether you want to rent directly from a landlord or through a letting agent.

Renting directly from a landlord might mean you have less to pay before moving in, fewer references and you might not need to do a credit check. Alternatively, renting through a letting agent means that if they manage the property, they'll liaise with the landlord about any repairs that need doing on your behalf.

There are lots of websites you can use to find somewhere to rent but if you can't look online, you could visit a local estate agent or ask friends and family to help you. Remember, never pay any money before you've seen the property.

Avoid renting directly from an existing tenant, this is called 'subletting,' and the tenant might not have the landlord's permission to rent to you. If a tenant is showing you around the property on behalf of the landlord, they should give you the landlord's contact details.

Make sure the property you're going to rent is safe, affordable and meets your needs. Ask the landlord or letting agent how much rent is and how it should be paid. If the rent includes any bills. How long the tenancy is. Opportunity to renew. A break clause in case you need to end the tenancy early.

Check if you'll need to pay a holding deposit while the landlord carries out pre-tenancy checks, this can't be more than a week's rent and should be returned to you at the start of the tenancy. You should also ask your landlord or letting agent what documents you'll need to provide when you agree to rent the property including evidence of your Right to Rent.

Before you go ahead, ask how your tenancy deposit will be protected, if any furniture or appliances are included in the tenancy and, if relevant, whether you can have pets. You should also request any obvious problems with the property are fixed before you move in.

If a landlord refuses to rent to you because of who you are, this may be discrimination. A 'no kids policy' or refusing to rent to you because you get benefits could also be discrimination. You only need to tell a landlord or letting agent you receive benefits if they ask.

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.

Gidney

Plumbing & Heating Ltd

07534 525 263

01449 258 254

Professional & Reliable Service



Plumbing
Bathrooms
Heating
Boilers
Servicing
Underfloor Heating
Tiling
New builds
Renovations

enquiries@plumbinginsuffolk.com

www.plumbinginsuffolk.com

STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



Sunflower Competition - The sunflower competition was a massive success, judging by the number of emails and photographs we received. Three growers produced plants which grew to in excess of 10 feet. It was impossible to determine a single winner, so we decided to award three prizes.



See page 22 for photographs of some of the flowers. It is clear that some growers used very unusual plant food, including aquarium water, which contained fish poo, and banana skin water.

Make sure you save seeds for next year, and some to feed garden birds. Sunflower stems can be cut and stacked to provide a winter home for insects.

Wildflower Meadow - Our yellow rattle has produced seeds which will disperse over the meadow area. We also have yellow rattle seeds which we collected from a wildflower meadow in Needham Market. We expect that, as the yellow rattle spreads, it will suppress the growth of grass and will allow other wildflowers to flourish.

Our oxlip plants are still being cared for and should be ready to plant out later this year.

If you have had a close look at the meadow, you will have seen butterflies and other flying insects. Also, knapweed has flourished, and their seeds will be welcomed by goldfinches in the autumn.

We have a real concern about the cost of cutting and collecting the grass from the meadow. The quote this year is much higher than last year's, way above the figure we budgeted for.

Retreat Pond - The pond is nearly dry so it should be dug out in the near future – assuming the weather stays dry. We will then clear round the edges of the pond and start making inroads into the area at the back of the pond. One of our aims is to remove some vegetation to allow more light into the pond.

Record Keeping - We enjoy what we do out in the community, and watching and photographing flora and fauna. What we're not very good at is keeping records that are easily accessible and clear. So, we're looking for 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.

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, for example planting or recording insects.

Andrew Bingham

INDEPENDENT FUNERAL SERVICE

Stowmarkets Independent Family Funeral Service

24 Hour Personal Service • Private Chapel of Rest • FREE Parking



Telephone: **01449 771666**

www.andrewbingham.co.uk



The Nutshell, Milton Road South, Stowmarket, Suffolk IP14 1EZ

Golden Charter
Funeral Plans

AVC
Architectural
Consultant



07818 417 964

office@avcarchitectural.co.uk

Planning - Building Regs - Structural

**You could advertise your
business here for only:**

Quarter page £11 per month

Half page £22 per month

Whole page £44 per month

**Whole back page *black and
white*** £66 per month

Whole back page *colour*
£120 per month

Please contact:

Jeza Giles by email
adverts.telstar@hotmail.co.uk

SUNFLOWER COMPETITION

The Results Are In

These are the three tallest sunflowers, all three measured between 312 and 317 cm (123 and 125 inches) from the ground to the very top of the plant. So, congratulations to Steve Southgate, Len Isaacs and Chris McCarthy.

They will each receive an oak coaster, designed by Linda Stuart and produced by Don Mobley.



And here are some others that have been grown in gardens around the village. We are so pleased that so many people took part. There are sunflowers, too, on the allotments. So, what should you do now with your blooms?



SUNFLOWER COMPETITION

Thank you so much to everyone who took part in the competition, especially to those who submitted photographs. There were so many that it was impossible to include them all.

Soon will be the time to cut the seed heads off the top of the stalk – on a dry day – and, when the seeds feel quite hard, take them from the flower head and store them in an airtight container ready for next year. It's probably best to select the larger, firmer seeds for storage and feed the rest to any birds that come into your garden.



Cut up the stalks into even lengths and stack them up to provide a home for insects through the winter. You can support your stack with upright canes and incorporate sticks of various sizes. To make the home weatherproof, place tiles or slate over the top.

S.J.P GARDEN SERVICES

Local and reliable with unbeatable prices!

SERVICES OFFERED

- ✓ Lawn Mowing & Strimming
- ✓ Edging & Weeding
- ✓ Hedge Cutting
- ✓ Fence/Shed Painting
- ✓ Patio Cleaning
- ✓ Garden Waste removal
- ✓ Environment Agency registered Waste Carrier, Broker or Dealer**

CONTACT FOR A FREE QUOTE

☎ **07877 288 178**

✉ sjgardenservices@gmail.com

**CBDL545182

Computer Repairs



Hardware diagnosis and
repair, plus....

Need help with Software?

Microsoft Windows, O365,

E-mails not sending or receiving?

Problems searching the internet,

Broadband connectivity issues,

Virus issues, printer setup

Phone Shell on

07733 262116

Support local Business!

Eastern Frames

Bespoke Framing Service

Greeting Cards & Photo Frames

X-Stitches Stretched & Framed

Fast & Reliable Service

www.EasternFrames.co.uk

Red House Farm,
Station Road
Haughley.

Tel. 01449 675897

Monday – Friday

9.00am – 5.00pm

Saturday

9.00am – 12noon



AWesome CLEANING SERVICES

- * WINDOW CLEANING
- * GUTTER CLEARING
- * CONSERVATORY ROOFS
- * SOFFITS & FASCIAS
- * SOLAR PANELS
- * PRESSURE WASHING
- * ROOF WASHING

Stowupland based.
Contact Adam for a quote:

07737270967

awesome-clean@hotmail.com

Rushbrook's

— CHIMNEY SWEEP —

'Guild of Master Chimney Sweeps' registered
Chimney Sweep, providing professional service to
ensure your chimney is clean and safe for your
home.

Services include:

- Open fire, wood burners and Inglenooks swept
- Stoves checked and serviced for efficiency
- Birds nest removal
- Safety Inspections and Smoke Tests
- All work fully insured & certificates issued.

Contact Robert Rushbrook

Email: rushbrookschimneysweep@hotmail.com

Telephone: 07581 352772 or 01449 612296



LINGUISTIC INGREDIENTS FROM OTHER COUNTRIES

Our language comes from around the world,
Our loanwords, you will hear.
Where do these borrowed words come from?
They come from far and near.



People say that we're no good,
At languages we were taught.
But when they've read this poem,
They'll have a different thought.

We all know s of 'We all know lots of loanwords
I'll remind you of a few.

Ombudsman is a Swedish word,
I'm sure that one you knew.



In a café, that's a French word.
You order snack and drink.
A latte and a croissant come,
Must be in France, you think.

Two words that I would like to use,
Are the Welsh words, Popty Ping.
A microwave or a microion.
These loanwords make you sing.



Living in a cul-de-sac,
It's French, there is no doubt.
Like in the bottom of a sack,
There's only one way out.

Did Latin join with English,
Ebo, I shall and gazed?
Gazebo, the resulting word,
If true, I am amazed.



Many have a garden paved,
With a Spanish patio.
And that's just like the way things are,
The Latin, Status Quo.

The Really Lovely Poetry Company R.R.G.

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

SOAP CLUB



Calling all over 60's

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

Our next event is

Wednesday 25 September 2024, 10:00 - 12:00

at Stowupland Sports and Social Club.

Please do join us.



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

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

SEPTEMBER

SUN 1	19:30 Village Hall	Country & Western music club
TUES 3	09:30 Jubilee Crt. 09.55 Green	Mobile Library
WED 4	14:30 various locations	Book Group (contact 01449 67127 for details)
WED 4	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 4	19:30 Village Hall Ipswich"	Local History Group – "Health Visiting in
THURS 5	19:00 Village Hall	Short mat bowls
THURS 5	19:30 URC Hall	Parish Council meeting
SUN 8	from 10.00 Sports & Social Club	THE WALKERS CUP
SUN 8	19:30 Village Hall	Country & Western music club
MON 9	19:30 Village Hall	Village Hall trustees meeting
WED 11	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 11	19:00 Village Hall	The Filling Station
THURS 12	19:00 Village Hall	Short mat bowls
FRI 13	19:30 Village Hall	Community Quiz

SAT 14	10:00 meet at Village Hall	Community litter pick
SUN 15	19:30 Village Hall	Country & Western music club
WED 18	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 19	19:00 Village Hall	Short mat bowls
SAT 21	10:00 - 12:00 Church Hall	Coffee, Cake and Chat
SUN 22	19:30 Village Hall	Country & Western music club
WED 22	10:00 Sports & Social Club	SOAP Club
WED 25	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 26	19:00 Village Hall	Short mat bowls
FRI 27	10:00 URC Chapel	Coffee morning
FRI 27	19:30 Village Hall	Community Bingo
SUN 29	19:30 Village Hall	Country & Western music club

LOOKING AHEAD

OCTOBER

WED 3	19:30 Village Hall	Local History Group – Suffolk’s “Lumber Jills”
FRI 25	19:30 Village Hall	Community Bingo

DECEMBER

FRI 13	19:30 Village Hall	Community Quiz
--------	--------------------	----------------

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

FROM OUR MEMBER OF PARLIAMENT

ADRIAN RAMSAY

It's been a hectic few weeks. After being sworn in as your new MP, I made my maiden speech in the House of Commons. I questioned the Deputy Prime Minister about affordable housing and council housing, which are needed in Waveney Valley, and asked for action to be taken to bring empty homes back into use. There are over a million homes standing empty in the UK at a time of a national housing crisis.

I voted against the two-child benefit cap and signed an Early Day motion calling for water companies to be brought back into public ownership. I put Keir Starmer on the backfoot during Prime Minister's Questions highlighting the need for the UK to take a lead on the nature crisis. Also, I have been elected as vice chair of the Environment All Party Parliamentary Group, one of the key committees of MPs.

Locally, I've held a number of surgeries, including one in Stowupland, and I've heard about local issues, such as school transport and the need for better funding for railways in East Anglia, which are important to residents. I will continue to hold local surgeries; please ring 07534 933 356 to arrange a time to speak with me.

STOWUPLAND BOWLS CLUB

Well, it does not seem possible but we are coming to the end of the season for league games. The club goes on with club competitions until mid-September. Our presentation evening and dinner in the village hall is on October 19th

The club is doing quite well in two leagues but are struggling in the others. The main thing is that you enjoy your bowls and enjoy the company.

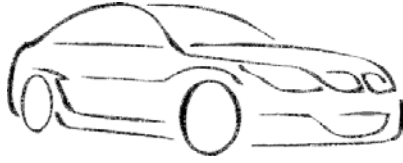
I must apologise to Doreen for spelling your name wrong (and I cannot understand why)

I should explain the note about the Frank Boxall picture. For many years he has collected hundreds of cans which he crushed and raised money for the club and with the cost of looking after the green it was most welcome.

You are most welcome to meet members of the club or contact Graham Newman on 01359240846 or me on 01449775369.

Best wishes to all bowlers and to all who make the games possible.

John Mollett



FAST TEST STOWMARKET

SERVICING ~ MOT ~ DIAGNOSTICS ~ WELDING ~ A/C
TYRE FITTING ~ WHEEL ALIGNMENT

- Main dealer quality of service at local garage prices
- All maintenance & servicing undertaken without affecting the manufacturer's warranty
- Specialist dealer level software for BMW, Mini & Volkswagen Audi group
- Diagnostic equipment for most makes & models of vehicles
- Service, repairs & welding to most makes & models of car & light commercial vehicle
- Friendly & helpful advice always on hand



01449 770902



info@fastteststowmarket.co.uk

Unit 4, Tomo Business Park, Tomo Road, Stowmarket, IP14 5EP

www.fastteststowmarket.com

STOWUPLAND SHORT MAT BOWLS CLUB

Stowupland Short Mat Bowls Club would like to invite you to a free trial of indoor Short Mat bowls. We are a friendly mixed ability group and you would be warmly welcomed.



For those who have never played before, age and ability are not an issue, we have experienced coaches to help you progress. The club have plenty of bowls for you to use if you do not have any of your own. All you need is a flat pair of shoes without tread.

We compete with other local clubs in the Ipswich & District League 2, however, whilst we are competitive, the aim is to provide a positive and social experience.

The club meet every Thursday evening throughout the year at Stowupland Village Hall (IP14 4BQ) from 19.00 to 21.30 with a break for refreshments.

If you would like further information please ring our Secretary- Julie Tubbs on 07927 562052
Committee member- Pam Fayers on 07713 026696
We look forward to seeing or hearing from you soon.

SUFFOLK HISTORIC CHURCHES TRUST

Ride and Stride

Saturday 14th September 2024

Suffolk
Historic Churches
Trust



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 (jigardiner@talktalk.net) for a form to help raise money for the chapel.

STOWUPLAND HIGH SCHOOL

LEE WALKER



I am delighted to have been appointed as Principal, and to have this opportunity to lead Stowupland High School through the next stages of its development. I have previously been a headteacher in two schools and have been teaching Latin, Greek and Classics since 1993.

The Summer Term provided the perfect opportunity for me to get to know the staff and students. It is clear that the school is on an exciting journey despite having faced various challenges since discovering RAAC in parts of the building back in September 2023. We have 17 fantastic new classrooms and laboratories, all fitted with air conditioning and electronic whiteboards. I have dropped in to lessons for all year groups across the curriculum and have been impressed by the dedication of our staff and the hard work of our students.



Beyond the classroom, I have seen so much for us to be proud of. Our students took part in the Suffolk Speak Out public speaking competition, we staged a fabulous performing arts Summer Showcase, a superb sports day and even a mock election on July 4th. Our young actors have performed at the New

Wolsey Theatre, and we have had bronze and silver Duke of Edinburgh expeditions around the country. We said goodbye to our Year 11 and 13 students as they completed their exams and celebrated at their proms, and we welcomed our new Year 7 students on their two transition days at the start of July.

Many trips and visits have taken place to a wide variety of locations including Wimbledon, Geography field work in Felixstowe, a trip to the battlefields in Belgium and a history trip to Castle Acre. I am so



grateful to all of the staff who work so tirelessly to put on these events and provide these opportunities for our students.

Looking forward, I want our students to strive for the best academic outcomes, to develop themselves personally through the opportunities available to them, and to be kind and caring. I firmly believe that they should leave Stowupland with the personal qualities they need to take their place in society. Participation in clubs and various activities, in teams and in leadership opportunities is vital to ensure that children enjoy school fully and grow to be confident young adults and responsible citizens.

In short, at Stowupland we are always striving for success.


materialchange
composting

**ENRICH
YOUR SOIL
AND CREATE A
BEAUTIFUL
GARDEN**

**WITH OUR PAS: 100
SOIL IMPROVER**

**Made from
100% Green
Waste material**

**WE CAN DELIVER
BULK BAGS OF BARK
AND SOIL
IMPROVER
STRAIGHT
TO YOUR GARDEN**

*Ornamental Barks
Play Barks
Border Barks
Mulches
Woodchip
Topsoil
Super Soil 50:50
Soil Improver*

**OPEN
MONDAY
TO FRIDAY
8AM - 5PM**

THE WATERING FARM
GREETING ST MARY
SUFFOLK - IP6 8ND

TELEPHONE: 01449 722318
www.material-change.com

STOWUPLAND NEEDS YOU

Litter pickers and Hi Viz jackets provided
A chance to meet new people
Children supervised by an adult are very welcome!
Help improve your neighbourhood

Community Litter Pick
Saturday 14th September 2024
Time 10.00am

MEET AT: Village Hall Car Park

Let us have a greener cleaner Parish

Other Litter Pick Dates:
Saturday 14th December

Stowupland Parish Council

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

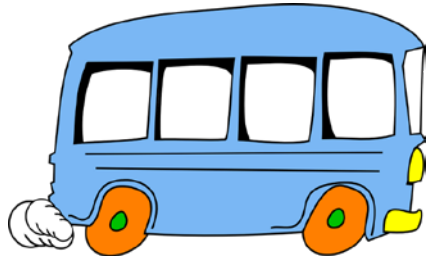


NEW BUS SERVICE

New Bus Service has arrived !!

A few months ago, Mendlesham Parish Council consulted with local social groups and with individuals regarding our bus services.

People said that that they were pretty happy with the services to Ipswich and to Diss but that they would like a regular bus to Stowmarket that went on more than just the one day per week.



We put in a bid to the Suffolk County Council for a slice of some Government funding that had come down to improve rural services. 64 bids went to SCC and ours was one of just 12 that were successful.

We have been working with SCC to finalise routes and timetables. Now, we are delighted to say that **our new daily, Monday to Friday, service will be launched in late August and start regularly in early September.**

The service will be free, after 0930, for people with bus passes and will go from the usual stops in Mendlesham and Mendlesham Green each morning returning around lunchtime.

There will also be a new bus stop on Chapel Road near our Health Centre. A full timetable will appear in the September Newsletter and on social media.

Other parishes will also benefit from the service. Before arriving in Mendlesham, on Mondays, Wednesdays and Fridays, it will visit Gislingham, Finningham and Wickham Skeith. On Tuesdays and Thursdays it will start in Finningham and visit Westhorpe, Wyverstone, Bacton and Cotton on its way to us. The journey will go through Saxham Street and Stowupland and will go via Cedars Park and call close to **Stowmarket Train Station** before completing the journey in Stowmarket town centre. From Mendlesham the journey will take around 30 minutes.

We have the funding for a period of two years and we hope that people will use the service so that it becomes viable and sustainable after that time. **It really is "USE IT OR LOSE IT"**

Mendlesham Parish Council

Parish Clerks

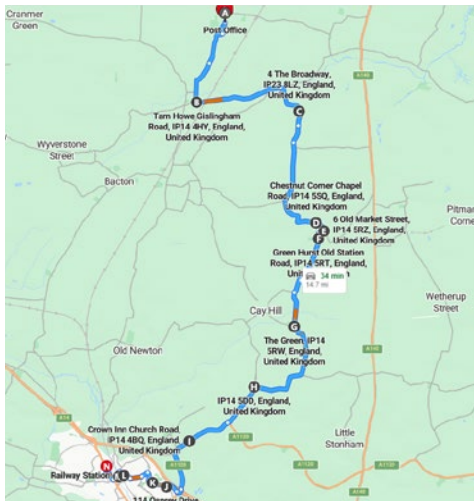
For more info on this you or your members can contact Denise or Norman Foster at nfoster@mendlesham-pc.gov.uk

Tuesday, Thursday
Finningham – Bacton –
Mendlesham – Stowmarket

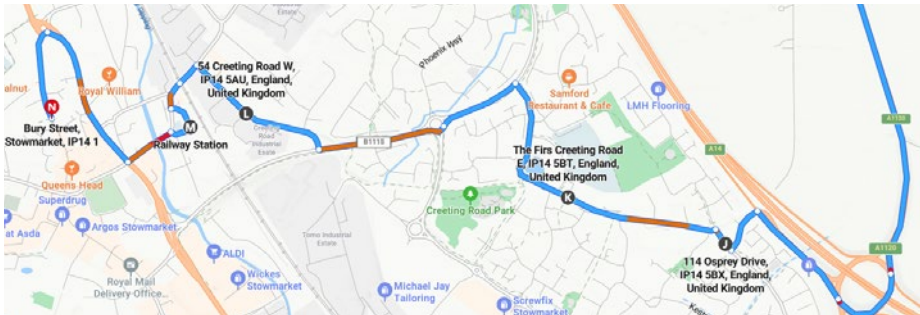
Finningham, White Horse (W-bound)	0945	1346
Westhorpe, o/s Bus Shelter	0948	1343
Wyverstone, adj Church Hill	0950	1341
Bacton, Village Stores (S-bound)	0953	1338
Bacton, Methodist Church (E-bound)	0955	1336
Cotton, opp Trowel & Hammer	0957	1334
Mendlesham, Health Centre	1004	1327
Mendlesham, Kings Head	1005	1326
Mendlesham, Community Centre	1006	1325
Mendlesham Green, o/s Bus Shelter	1010	1321
Saxham Street, Middlewood Green Turn	1016	1315
Stowupland, Crown PH	1017	1314
Cedars Park, Creting Road East, Mill Street	1020	1311
Cedars Park, Creting Road East, Magpie Court	1021	1310
Cedars Park, Creting Road West, Creting Road Ind. Est.	1024	1307
Stowmarket, Railway Station	1027	1304
Stowmarket, Bury Street	1031	1300

Monday, Wednesday, Friday
Gislingham – Mendlesham –
Cedars Park – Stowmarket

Gislingham, adj Post Office	0945	1341
Finningham, White Horse (E-bound)	0948	1338
Wickham Skeith, The Broadway	0952	1334
Mendlesham, Health Centre	0959	1327
Mendlesham, Kings Head	1000	1326
Mendlesham, Community Centre	1001	1325
Mendlesham Green, Bus Shelter	1006	1320
Saxham Street, Middlewood Green Turn	1010	1316
Stowupland, Crown PH	1012	1314
Cedars Park, Creting Road East, Mill Street	1015	1311
Cedars Park, Creting Road East, Magpie Court	1016	1310
Cedars Park, Creting Road West, Creting Road Ind. Est.	1019	1307
Stowmarket, Railway Station	1022	1304
Stowmarket, Bury Street	1026	1300



All days to follow this route through Cedars Park/Stowmarket



Stowupland Village Hall Excellent facilities - competitive prices



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

There is one large room suitable for 140-260 people depending on the event. A small one seats up to 20 people. There is a well equipped kitchen, and a licensed bar, plus an audio-visual system and Wi-Fi. There is ample car parking and an outdoor children's play area.

Interested? Look on our website at <https://hallbookingonline.com/Stowupland>
Or contact Lisa Tunbridge our booking secretary
Tel: 07515 859337 email: stowuplandvillagehallbookings@gmail.com

Do you need help with:

- Personal Care
- Dementia Care
- Overnight Care
- Help around the house
- Companionship

Contact us for more information or a brochure:



01449 678000



www.mycare-at-home.co.uk


My Care
AT HOME

Providing care and support in your own home

RECRUITING
CARE
PRACTITIONERS
NOW!



LOCAL HISTORY GROUP

Hopefully, summer weather is still with us, just not too hot and with gentle rains overnight to freshen up the garden.

Join us on September 4th when we welcome local historian Dr Anne Folan to share her research into the early days of public health initiatives, explaining the importance of health visitors to the well-being of local communities.



'Public Health Visiting in 1907 to 1930'

Visitors are always welcome just turn up - 7.30 at the village hall.
Visitors £5.00, SLHG members £2.00.

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

Or for something different join us next month (October 2) when Nicky Reynolds returns to talk about **Lumber Jills**, i.e. The Timber Corps in Suffolk, which was a branch of the Woman's Land Army.

But for now, let's go back to July with Jerry's review of: -

A Photographic look at Stowmarket featuring Lord Kitchener's visit to the railway station.

Neil had got us a look round Stowmarket, in pictures put together by Darren Dordoy. It was difficult for me as your correspondent to put together this report without the benefit of Darren's excellent powerpoint presentation. Anyway, here goes: to start with you need to picture a crowd scene outside Stowmarket railway station in 1902. At that time Lord Kitchener was very much in the news, the Boer War had just finished in South Africa, and he was doing a whistle stop tour of Suffolk to present gallantry medals to the troops who had been involved in the action during the war. The regiment was on parade in front of the station and the four soldiers who were to be presented with medals were being carried shoulder high for the presentation. Once down on the ground the parade commenced, and the medals were pinned on by Lord Kitchener. Darren explained the officials were then back on the train and on to Bury St Edmunds. The parade was dismissed and, no doubt, into the local for a few well-deserved drinks.

Moving on to December 1914, Darren showed a photo of a local lad just out of officer selection at 17, having passed out as a 2nd Lieutenant and off to join his regiment in the Great War. Switch to a funeral procession through Stowmarket in late January 1915 to show you how life can change very quickly. Again, soldiers forming a guard of honour and the procession progressing to the Parish Church for the funeral service. The young lad had joined his regiment and been wounded in his first action, came home from France but died in early January 1915 of his wounds. Life could change very quickly in those days with the war going on in several fronts and the call-up happening very quickly.

Darren took us through a selection of images from around the town and the Armistice Day, 11/11/1918, showing Stowmarket marking the day and the end of the first world war. We moved on to WW2 and the parade to watch the parade of American troops through the town, and so to VE day in May 1945 and shots of various street events taking place in the streets in Stowmarket. What struck me was there have been few changes to the layout of what we know today as the high street; apart from the changes of name on various business premises and traffic layout not much has changed – though do you remember having three banks?

Sandra thanked Darren for the talk and, whilst Darren answered some questions, the audience enjoyed Liz and Annie's refreshments.

On behalf of those who can't join us at our meetings, I would like to thank Jerry for his written reviews. It is not an easy task and certainly in this instance, whether you have your own memories of Stowmarket as it was or are new to the area, to do Darren's talk justice you really did need to see his full presentation and hear his commentary.

Now, thinking ahead to our September meeting, Neil takes a brief look at health visiting in Stowupland.

District Nurses

In September we will welcome Anne Folan to talk about Health Visiting in Ipswich in the early 20th century. The district nurse service started in the late 1800s; District Nursing Associations could be set up locally which would affiliate with The Queen's Nursing Institute who would provide a trained nurse. In a time before the National Health Service, the service was not free but, by subscribing a sum as low as a penny a week, individuals and families could benefit from the services of a trained nurse. The nurse often became a well-respected member of a community, visiting residents for a wide variety of health-related issues and delivering babies. Nurses Fenn, Hunt, and Wright, who covered Stowmarket in post-war years were so well thought of that they were commemorated by having roads named for them off Poplar Hill.

Using local newspaper reports and Ena Carter's list of district nurses, we can say that Stowupland had its own nurse from 1927. Her salary was £104 a year and subscriptions were 1 penny a week. The service was also supported by grants and charity events. The report of a meeting of the Stowupland District Nursing Association held in 1935 tells us that subscribers had increased on the previous year and paid high tribute to Nurse Keable who made 3,442 visits during the year. Efforts to find her centrally situated quarters have so far been unsuccessful. It was also proposed that a collection be made to buy the nurse a small car. No doubt she would have used a cycle at that time to travel between calls.

Nurse Keable resigned in 1937 after 3 years, she was presented with an easy chair among other tokens of the association's gratitude. Her successor was to be Nurse Cobbold, her stay was brief and later that year we find a Nurse Knights in the post. There were now 370 subscribing members of the Association which would be most of the village. One of the nurse's unofficial duties would be to help judge the baby competition at Stowupland Fete!

1927 – 1931	Nurse Boyce	1937 – 1938	Nurse Cobbold
1932 – 1933	Nurse Gelder	1938	Nurse Knights
1933 – 1934	Nurse Cox	1938 – 62	Nurse Minns
1934 – 1937	Nurse Keable		

The first eleven years of the association saw six district nurses come and go but in 1938 Elsie Maud Minns nee Daws was appointed; she stayed for 24 years. She had been born in Briston, Norfolk and had recently married Robert Minns, a lorry driver. Originally living at 13 Station Road, Stowmarket, they had moved more locally to 19 Broomspath Road by 1941.

In 1951 Nurse Minns helped set up and run the local Over 60s Club. On her retirement Nurse Minns was presented with an electric cooker and a cheque by the District Nursing Association. She later became a resident of Jubilee Court where she died in 1984 aged 85.

There must be some in the village who remember Nurse Minns, maybe she even delivered you – let us know!

During her career Nurse Minns would have seen many changes in the way her work was regulated. I assume the arrival of the NHS in the late 1940s would have caused significant changes in health care bureaucracy. What the people of Stowupland did for their medical needs between 1962 and 1969 I don't know, do you?



Little chance of surgery in Stowupland

I remember when doctors consulted from a room in their family home. Appointments were unnecessary. if you wanted to see the doctor you turned up during surgery hours and waited your turn. For better or worse doctors knew and were known locally by their patients. By the late 1960s larger health centres were replacing house practises, so that doctors and nurses might work together offering a wider range of services. Of course, this meant that many people had to travel further to access medical care. In 1969 this headline appeared in the local newspaper. Whilst acknowledging that there was **'not an adequate bus service and in many cases the journey had to be made on foot,'** Mr Lucas, clerk of the East Suffolk County Executive Council of the National Health Service added **'the provision of a chemist shop or doctor's surgery in the village was a matter for an individual concern or a doctor.'**

Local people have always had to travel to Stowmarket to visit the chemist. I am indebted to Harry Double, Steve Williams and Sue Cowling for their books which give fascinating snapshots and backgrounds to many local businesses, reminders of local shops and shopkeepers who provided invaluable services in the days before on-line ordering and doorstep deliveries. Although they do not specifically mention medical services, they do give some insight into health care options over the last 200 years.

The Victorian era saw many changes in how health care was delivered and regulated, but of course the biggest change came in the 1940s with the

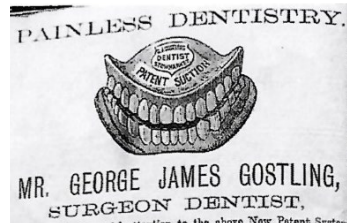
legislation that established the promise of medical treatments that were ‘free at the time of need’, and available to all. Prior to this, in very simplistic terms, individuals might choose to make regular payments into a variety of schemes in the hope of offsetting the cost of their health care needs, or they could self-medicate by purchasing cures from chemists.



Today we are being encouraged to make greater use of the knowledge of our local pharmacists rather than always expecting to see a GP. In the 19th century, shop-keeping chemists did sell a wide variety of health treatments, but we have become suspicious of their curative properties. At best, any positive effects of non-

doctor-prescribed treatments are put down to a placebo effect, and historic cures are viewed as potentially addictive or even deadly.

From Steve Williams and Harry Double’s books we know of at least two 19th century Stowmarket chemists. Many people will remember Stearn’s Chemists seen here in its prominent position in the Market Place. It finally closed in 1992 but over its 160 years in the pharmaceutical business it traded from various locations around the town and had several different proprietors. Until recently a display of its stock could be seen at the Food Museum.



Another 19th century chemist was Mr George James Gostling who could be found at The Medical Dispensary, adjacent to the Fox Hotel. As well as holding qualification in pharmacy he was also a Dental Surgeon. A fascinating and informative advertisement was reproduced in Harry Double’s book ‘**Stowmarket – The March of Time**’ (p33).

The advert goes on to assure interested clients that ***‘the teeth are of perfect workmanship and natural appearance, and are mounted on Gold, Platinum or Vulcanite.’*** It went on to explain that ***‘the Extraction of stumps is in many cases unnecessary, but in those cases where it may, he can ensure Painless Extraction by RICHARDSON’S New Apparatus for producing local insensibility.’***

In a Google search to find out more about his technique for painless extractions, I found instead a letter that had been printed in an Australian paper relating to **A STARTLING EVENT IN A VILLIAGE** (1890, November 6). This asserted that ‘Mr G.J.



Gostling, L.D.S, R.C.S.I, Ph C.I., Licentiate in Pharmacy and Dental surgeon’ had restored mobility to a fifty-year-old lady through the supply of ‘Mother Seigal’s Syrup and Operating pills.’

a year and a half ago she was advised to try Mother Seigal’s Syrup, and after taking three bottles and two boxes of Seigal’s Operating Pills, the use of her limbs were restored, and she is now able to walk three miles to Stowmarket with ease, frequently doing the distance in three-quarters of an hour. Any sufferer who

In some places, well into the 20th century, whilst some chemists might also have been qualified dentists, others chose to offer sight tests. In Stowmarket we haven't found evidence of sight testing chemists, but we do know of jewellers who were watchmakers and qualified opticians.

From the 1850s through to at least the 1920s members of the Tydeman family combined being jewellers with sight testing. Neil has also found from 1868 a William Feltham of Stowupland Street who advertised he was a watch and clockmaker and an optician. And from 1883 through to the early 1900s a Richard Webber was trading in Ipswich Street as a watch and clockmaker and optician. We don't know what qualifications Mr Feltham and Mr Webber held (then as now not all opticians were qualified to examine eyes and test sight) but we do know, as this 1920's advert tells us, that William Tydeman was a Qualified Ophthalmic Optician. To call himself an Ophthalmic Optician he had had to pass examinations and belong to a recognised professional body.

G. TYDEMAN,
 Watchmaker, Goldsmith,
 and Certified Optician,
10, Ipswich St., Stowmarket

IF YOU ARE SUFFERING FROM
Defective Eyesight
in whatever form, if you cannot read
 distinctly, or your distance is impaired,
Have Your Eyesight Tested
BY A
Qualified Optician,
 **WILLIAM**
E.
TYDEMAN 

CONCERNING EYESIGHT! Good, clear eyesight is important to everybody, and the greatest care should be taken to preserve it. Remember—it is far better to have your eyes attended to NOW—if they are just beginning to bother you than be compelled to see a specialist about them in a few months' time. Have your Sight Tested NOW by a Qualified Optician—and you'll save the big bill of an Oculist later on. We test your sight properly, for we are thoroughly qualified opticians. If you would like us to test your eyesight on scientific lines, our skill and knowledge are quite at your service. WILLIAM E. TYDEMAN (Fellow of the Spectacle Makers Company by Exam., London.)

In 1980 Ophthalmic Opticians rebranded themselves as Optometrists, to avoid being confused with opticians who do not test sight. Although Tydeman's can still be found in Stowmarket, they no longer offer sight tests.

Down MEMORY LANE

Checking the diaries of Jack Carter (local farmer) and Margaret Catchpole (retired teacher) both noted that 50 years ago (1974) the first week of September was not very summery.

Both noted that the end of August and beginning of September was very wet. Though Jack did manage to harvest his oats and barley and burn off the stubble. Both recorded that Saturday 7th September had strong winds that brought down trees. Margaret wrote 'very windy showery day, gales of 80 mph, much damage to the garden'.

*Very windy, showery day Saturday 7
 Gales of 80 mph, much damage done*

'I'm in PAIN!' Can Chiropractic help me?



Your initial visit will include:

- A consultation with the Chiropractor
- A thorough spinal examination with Orthopaedic & Neurological tests
- A confidential report of findings
- An explanation of our treatment programme if we determine Chiropractic can help you.



6 Glastonbury Road
Bury St Edmunds,
IP33 2EX

01284 706570



7 Stowupland Road,
Stowmarket,
IP14 5AG

01449 612620

Call TODAY for an appointment

Please visit our website for further information

www.abbeychiropractic.com

Registered with The GCC, RCC, SCA & BCA



W. Jarvis & Son Tree Services & Landscapes



Scan
me!



All aspects of tree surgery,
landscaping and fencing undertaken.

Fully insured, 24hr callout,
council approved contractor
with over 40 years in the industry.

Call for a free estimate & advice

T: 01359 241958

M: 07891 208710 • 07850 046504

Visit our website for information about
our company and the work we do

www.wjarvistreeservices.co.uk



U.R.C CHAPEL

NEWS

Minister: Revd Robert Sheard
Telephone 01449 678173

Our next Coffee Morning is on Friday 27 September, 10 to 12noon, and there will be a draw at this event. Give us a visit for a cuppa and cake.

Where does the time go, I'm now writing this for the September issue, and it doesn't seem a month since the last one. Time, the one thing we never have enough of but can't buy.

Suffolk Historic Churches Ride and Stride takes place on Saturday 14 September when the Chapel will be open to sign in riders and walkers from 9am to 5pm. If anyone is interested in taking part sponsor forms and a list of which churches are open are available from **Joyce Gardiner 01449 676149**. Half of the sponsorship money goes to Historic Churches and half to whichever Church you are supporting.

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 September are as follows:

- 01 Sept Rev Robert Sheard
08 Sept Nichola Glasse
15 Sept United Harvest Festival Service at the Church 9.30am
(No Service at the Chapel on this day)
22 Sept Rev Richard Edwards (Communion Service)
29 Sept Veda Berriman

Please note the Harvest Festival service at the Chapel, on 6 October, will be a United Service with Holy Trinity Church. The service is at 10.30am

Joyce Gardiner

MINISTERS' MESSAGE

Romans 1: 20

Ever since God created the world, his invisible qualities, both his eternal power and his divine nature, have been clearly seen; they are perceived in the things that God has made. So those people have no excuse at all!

Sometimes as I walk around the town centre, I find that some people do ignore me (which is not easy as I am not the smallest of people), people walk in front of me in queues, push past me without saying excuse me, and on occasion I've been run over, or been bumped into, by a pram. I would like to think that not everyone is like this. Where has our common courtesy gone? But this gets me to thinking how often we all walk around not noticing anything.

As for me, as a Christian I am looking and noticing all of God's creation. Once, when I was out walking, I saw at least five different sorts of butterflies; when I see a sight like this I always feel that the world cannot have just come into being, without some great creator behind it. How often do we really not look at things as we walk around; we miss out on the beauty of buildings if we do not look up, or the nature that is all around us and the smile of a passing person to cheer our day.

You never know - by looking up you may notice something you have never noticed before or even make someone's day with a smile.

Yours in Christ, Robert

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

COFFEE MORNING
Friday 27th September 2024
Stowupland URC Chapel
10am – 12noon
Coffee, Tea and Cakes
There will also be a raffle draw
All welcome





British Beauty
salon 

The place for self-care in Suffolk.

Massage
Facials
Holistic Therapy
Lash Treatments

Tinting
Pedicure
Manicure
Facial Waxing

Upstairs in, The Crown, Church Road, IP14 4BQ

07301246223

@britishbeautysuffolk_

info@british-beauty.co.uk

www.british-beauty.co.uk

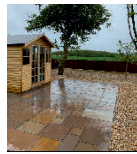


07787 551185
shedbasessuffolk@gmail.com

Existing shed demolition and site clearance
Garden Office ground preparation
Concrete shed bases
Patios
Driveways
Man & Micro Digger Hire
Fully Insured family business



Find us on:
Facebook



F. G. BROWN – OPTICIANS
Denmark House, 41 Bury Street,
Stowmarket.

Tel:- 01449 612812/674030

As independent opticians we offer a more personalised eyecare service that you can trust for all the family including:-

Optomap retinal examination

Colorimetry

A wide range of competitively priced frames and spectacle lenses

Contact lenses

Prescription and non-prescription sunglasses

Your sight care is our priority

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

Creationtide or the Season of Creation

This is the period in the annual church calendar, from 1st September to 4th October, dedicated to God as Creator and Sustainer of all life.

Many churches choose to use this time of year to hold special services and events to give thanks to God's gift of creation, and to renew their commitment to caring for our one planet home. At Holy Trinity we will be holding a joint Harvest Festival with the Stowupland URC on Sunday 15th September. Also, in the week leading to that date we will hold a whole school assembly with Freeman Community Primary School.

The theme for the Season of Creation 2024 is to hope and act with creation.

In the letter of Paul, the apostle to the Romans, the biblical image pictures the Earth as a mother, groaning as in childbirth (Romans 8:22). We are not caring for the Earth as a gift from our Creator, but rather as a resource to be exploited.

And yet there is hope and the expectation for a better future. To hope in a biblical context does not mean to stand still and quiet, but rather groaning, crying and actively striving for new life amidst the struggles. Just as in childbirth, we go through a period of intense pain, but new life springs forth.

While the summer is now behind us, we can hopefully look forward to a pleasant autumn. It will be a new beginning for many, as our children start school, go to a new class or even a new school, and some will be going on to further education or even joining the workplace. Our thoughts and prayers are with them, as they move forward and help us to protect the world that God created for us.

Sue Hayter, Church Warden for Holy Trinity Church Stowupland

Services in September 2024

Date	Stowupland	Haughley	Wetherden
1 st September	9.30 Morning Worship	11am Sunday Praise for Harvest	11am Morning Worship
8 th September	9.30 Worship for All	11am Parish Communion	11am Sunday Praise
10 th September Tuesday		5pm Pizza	

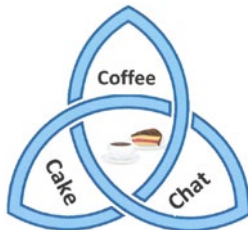
15 th September	9.30am Harvest Service, we welcome our friends from the URC to the church	11am URC led service	11am Harvest Service
22 nd September	6.30pm Parish Communion	9.30am Book of Common Prayer Communion (said service)	11am Parish Communion
29 th September		11am Benefice Communion	

A prayer: O Lord, you mark the journey of life with change. Once again, we witness your creation moving from one season to the other. Change is your instrument of growth that brings us to a deeper relationship with you. May your Word be the lantern that guides the roads of change in our lives. 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



Stowupland Church Hall

Saturday 21st September 2024

10-12

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

Everyone is welcome

Community

BINGO

NIGHT

All Cash Prizes

FRIDAY 27th September

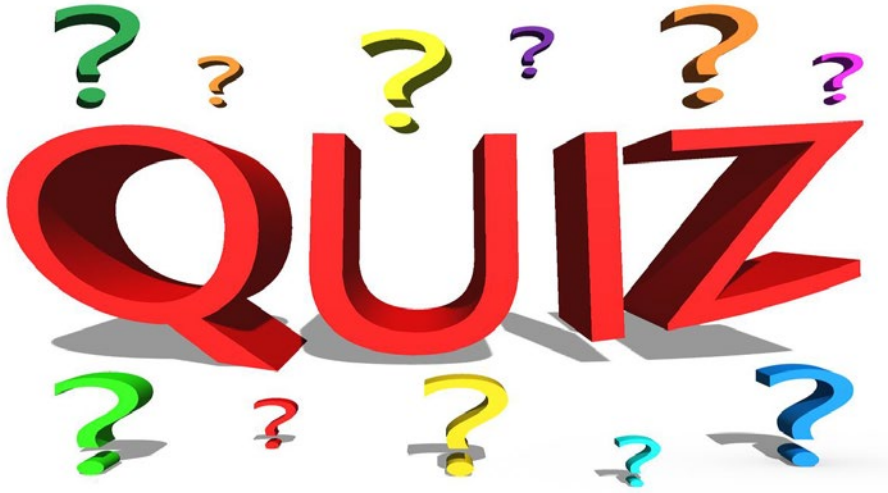
STOWUPLAND VILLAGE HALL

Doors open 7.00 pm; Eyes down 7.30 pm

Everyone Welcome

(over 18's only)

Bring your own drink and nibbles



NIGHT

STOWUPLAND VILLAGE HALL

FRIDAY 13th September.

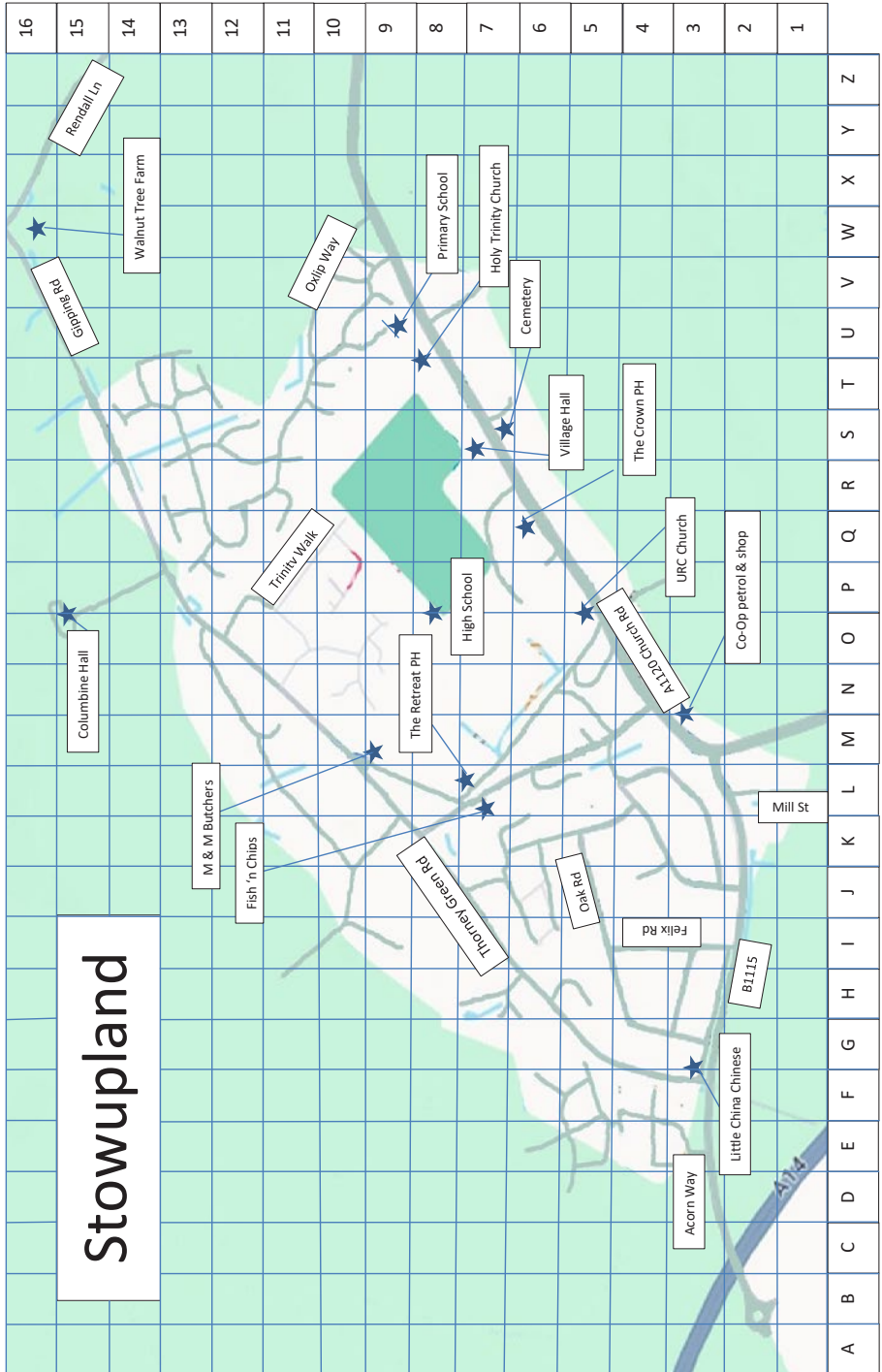
Doors open 7.00 pm

Quiz starts 7.30 pm

£3 Per Person - Teams of up to 6 people

Village Hall bar will be open for drinks

To enter a team please ring Keith on 01449 673185



THE TELSTAR TEAM

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

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

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

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

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

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

From the Telstar Committee

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

Advertising Disclaimer

All adverts are placed in good faith and the publishers cannot be held responsible for any work carried out. Advertisers details are not passed to any other publishers.

Telstar – for the community, by the community.

Deadline Date: 7th September 2024 for October 2024 Edition

Printed by Gipping Press Ltd. Tel: 01449 721599. Web: www.gippingpress.co.uk

The Walkers Cup



Sunday 8th September

Stowupland v Old Newton

Come on Team Stowupland

We can do this!!!!

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.

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