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NOTES FROM THE EDITOR

FEBRUARY 25

Seems a bit late to be saying Happy New Year, but as this is my first opportunity, I hope you all had a merry Christmas, and I wish you every happiness for the year ahead.

Just catching up on the first ever Telstar Christmas Quiz, which took place back in December and thank you to all those who attended. This quiz was eventually won by 'Marshalls Marvels,' who definitely lived up to their name, and there was an editor's prize for the most festively attired team. The prize went to Hayden's Ho Ho Ho's, and as you can see, they look fabulous.



I hope everyone is keeping well, I know there has been a lot of nasty bugs going around. I succumbed to it over new year, and as I like to share, I passed it to my husband. The January cold spell I'm sure was a contributory factor, but I guess there will be some glad we didn't get much in the way of snow, and some disappointed that we didn't get any. I know my granddaughters have been really disappointed, after seeing the snow covered areas around the country, and nothing in Suffolk. But knowing the weather in this country, there's still chance.

You'll see in the centre of this edition there is a pullout survey from the Stowupland Biodiversity and Wildflower group, who are seeking residents' views on our village's nature green areas, so please do complete it; your views are important.

Any of you who are or who have been school dinner staff, should have a look at the Food Museum article, there is something there that could be of interest to you.

Bingo nights have resumed after the Christmas break, and the next one will be Friday 28th February, and our next quiz night is Friday 14th March 2025. Details for both are inside, but as ever, it's great to see as many people there as possible.

DISTRICT COUNCIL REPORT

JANUARY 2025

New Year

We hope that you all had a relaxing holiday break, and we wish everyone a happy and peaceful New Year.

Planning matters

The Council published its Five Year Housing Land Supply Position Statement (Report) on 11th December. This calculation is based on the Annual housing requirement of 535 per year set out in the current Joint Local Plan Part 1 (babergh-and-mid-suffolk-joint-local-plan-part-1-nov-2023) whereas the government has recently announced, in the new National Planning Policy Framework, an annual requirement of 734 dwellings per year for Mid Suffolk. However, the Position statement shows a sufficient Land Supply of 10.46 years. Mid Suffolk's portfolio holder for Heritage, Planning and Infrastructure Cllr Andrew Stringer has commented on the new proposals. Statement in response to Government's National Planning Policy Framework announcement - Mid Suffolk District Council - babergh.gov.uk / midsuffolk.gov.uk

Devolution White Paper

The White Paper regarding devolution was published in December. It does not mention Suffolk directly but strongly suggests a change to the two-tier local government structure. This could potentially mean a large Unitary Authority covering all of Suffolk, abolishing the district councils altogether. The paper also includes the introduction of a "Strategic Authority," which would be likely to include a Mayor for both Suffolk & Norfolk. Whilst there are advantages to be identified from a restructure of local government we are keen to do everything we can to try to ensure that local focus does not get lost in the process. Andy Mellen opinion: A 'mega council' is not good Suffolk | East Anglian Daily Times

Budget

The Council is in the throes of preparing the annual budget for 2025/26. The first draft was approved by Cabinet in December with provision for further update and review. We are in the relatively unusual position for local councils of forecasting a surplus and also of having healthy reserves. The intention is to apply as much as possible of these to investing in the District and implementing the Suffolk Plan. <https://www.midsuffolk.gov.uk/w/the-mid-suffolk-plan>.

Locality Awards 2024/25

We still have a little funding available for Locality Awards for this year and look forward to receiving final applications from eligible groups within the Parish. <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

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PARISH COUNCIL REPORT

DEC 2024 / JAN 2025



The December meeting opened with 2 members of the public, 8 Parish Councillors, Cllrs Pearson and Welham and those present at the January meeting were 3 members of the public, 5 councillors and Cllrs Pearson and Welham and the Chairman wished everybody a Happy New Year.

Councillors' Reports: Full District and County Councillor reports can be found elsewhere in Telstar. There were no other items to add to the December reports that had already been submitted other than the proposed alterations to the A1120. January – SCC Cllr Welham advised that the resurfacing of Devon Road was being postponed until 10th February and a no cold calling zone had been implemented for Broomspath Road. He also advised that the full Council had met today to discuss the Government's proposal to abolish 2 tier local Councils and replace with larger Unitary Authorities led by Mayors. SCC voted in favour and to request cancellation of the May 2025 elections. They will know by the end of January whether Suffolk will be fast tracked to the new system which will mean Mayoral Elections in 2026 and Unitary Elections in 2027. Cllr Welham felt that the whole thing has been rushed and unclear. If the scheduled May elections are to be cancelled, then this will have to be advertised before the end of February.

Matters of Report: December – The oak tree for the cemetery will be ordered and planted in the Spring and the churchyard gates are due to be installed on 25th January. The Parish Council will order the Duck Crossing signs and the solar powered SID equipment for Church Road. The tree work on The Green is due to start this month. The defibrillators have been installed and registered.

January – Work on the bus shelter in Thorney Green Road was completed in December although not to the PC's satisfaction. The Churchyard gates are due to be installed 25th January. Everything else is ongoing.

Public Forum: December – It was suggested by a resident that perhaps the Parish Council could approach the PCC about possibly adding a hedge to the Churchyard. His other queries were to be discussed later in the meeting.

January - A resident asked for an update from Cllr Welham in respect of an email sent to him before Christmas regarding the 300m countdown signs on the dual carriageway between the Tesco and A14 roundabouts that have been installed incorrectly. The one that should be on the righthand side of the road is on the left and visa versa. Why did the highways personnel who installed them not notice that the markers were facing a different direction to the 200m and 100m markers and are road signs not statutory and should therefore be correct. Mr Brown, who is organising with his wife the Garage Sale on 15th June, asked for permission to display posters in the village advertising the event. Another resident enquired whether a licence for the tree in Chestnut Close had been sought yet.

MSDC Cllr Pearson met with the PC in respect of the bollards in Trinity Walk and agreed that they need to be moved to make the pathway wider and then be surfaced.

Grant Application: December - Councillors approved a grant application of £2,995 from Telstar.

Trinity Walk: December – MSDC have installed the long-awaited bollards at the end of Trinity Walk and cut back the hedge, however, the bollards have been set into the footpath in such a way that they are restricting the width of the footpath so that it does not allow a wheelchair or buggy enough room to get through. Cllr Pearson will arrange to meet members of the PC on site and report back to the District Council.

A1120 High School Access Road: December: Plans for the alterations to the A1120 outside The Crown were discussed and it was decided to submit a maximum figure in principle that the PC are prepared to pay for the works and to ensure that this figure will allow the District Council to fund the rest without having to go to Cabinet which would delay the project several months. Although the school have cut back the hedge at the school entrance it also needs to have the height of the hedge reduced considerable to allow the necessary vision to prevent accidents.

Defibrillators: December – Councillors discussed the need for a volunteer to regularly check and maintain the newly installed defibrillators in the village. This will be advertised in Telstar. Thanks were given to Rachel the new Clerk for getting these all set up onto the Circuit system.

SID Device: January – Following last month's complaint about the SID device on The Green shining into a resident's property, it's siting is as per SCC specification although the height of it is 9" lower than it should be although raising it to its correct height may make the matter worse for the resident in question. There is not a shield made for it, so this is not an option. After some discussion it was agreed to keep it as it is as it conforms to Highways regulations.

Sub-Committee Reports:

Finance and Policy - December – Councillors noted the usual receipts and Payments for the month and approved payment for the insurance quote for the play park and trim trail equipment already installed.

January – Cllrs reviewed and approved the precept budget for 2025/26 and agreed an increase of 2.64% which will mean an additional £1.49 per annum per household.

Planning – December - There has been one application for planning permission for an extension in Saxham Street, and one appeal for Thorney Green Road. MSDC have approved 2 applications for Saxham Street and Highfield Road.

January – There were no applications or decisions received this month.

Transport, Travel and Safety – Cllr Voden asked if there was any further progress on the installation of the SID device in Church Road and Cllr Welham advised that the Parish Council has not yet made a formal request for the post for the device. When to request is made, Councillor Welham will ensure that the work is carried out.

Parish Councillors' Reports: December – Cllr Johnson noted the complaints on Facebook about the buses not always turning up in Stowupland as timetabled.

Could residents inform Cllr Welham when buses do not turn up with dates and times so that he can feed this back to the appropriate department at SCC. Cllr Voden also commented about not going via Reeds Way and he was advised that the bus company will not deviate from their routes as they are working with Government money. He also thanked all those who attended the Remembrance service last month and to note that a new wreath is required for next year. He advised in his opinion there was room in a couple of the bus shelters for the lending library to be set up.

Cllr Easter enquired how the bio-diversity group were getting on with the questionnaire and he was informed that the group are waiting for it to be sent back from the PC so that they can make the necessary amendments. He also commented that the new section of the Safer Route to School was breaking up on the surface which was probably because the contractor's roller was broken at the time, and they tried to tamp it down by hand.

Cllr Bridges advised that she had tried to have the fly posters removed but SCC did not want to know about those that were on their land and the link to the MSDC reporting tool was not working but she did finally speak to someone at the Council who were referring the matter to Enforcement.

January – Cllr Power made a request for a grit box for Trinity Meadows and was advised that he would need volunteers to carry out the gritting. He also advised that people park their cars on the bend instead of in the nearby laybys making it difficult to pass safely. There has been no response yet to the speedbumps request. He also advised that a smoke alarm was sounding at the school when he walked past at 6pm on Xmas Day. The fire brigade were called as there were no contact details displayed at the school for a keyholder. This alarm was sounding for 2 days.

Cllr Easter asked if anything could be done to extend the footpath along Devon Road whilst Highways were there resurfacing, and he advised that it could not.

Cllr Johnson asked about exercise equipment but was advised that further information is required before plans can be drawn up showing locations for the equipment. Also, a bench was moved by Anglian Water to carry out their emergency works and was not replaced properly.

Clerk's Report: January – The Clerk reported that a quote for £350 + vat has been received to clear undergrowth from Chapel Lane. A notification had been received that the defibrillator at the butchers had been used but, on checking, everything was unused. The December litter pick, although not well attended, proved to be successful. A local handyman has offered his services for free to convert part of each of the bus shelters into lending libraries in return for a small advertising sign. A meeting is to be arranged. The dates of the forthcoming Parish Council meetings have been displayed on the village notice boards although the one scheduled for the 2nd Thursday in the month instead of the 1st Thursday in May at the Church Hall, may now be moved back to the first Thursday at the URC dependent on whether the local elections are cancelled or not. The annual Parish Meeting will be held at the URC on 9th April.

Correspondence: December: correspondence were received from Suffolk Mobile Library service asking for details of their service to be included in Telstar, from the PCC querying the necessity and cost of new gates for the churchyard and from MSDC promoting their biodiversity initiative to provide hedging, trees and wildflower seeds to local causes. There is also a local initiative to provide sport and movement in the community for all ages; the dates for the collection of real Christmas trees for disposal in January and notification of amendments to be made to the planning rules for livestock/poultry farming. Finally, a notification from a resident about parking issues along Thorney Green Road.

January: Correspondence was received from MSDC advising that the road on the Landex site will be called Pear Tree Gardens, and from a resident advising about the state of the track leading to Chapel Lane following emergency Anglian Water works before Christmas. Following last year's run, the Stowmarket Striders would like to hold another one around Stowupland in March. Tim Passmore would like some feedback on his new Police and Crime Plan Consultation. A resident from the Linden Homes development is not happy about the ongoing roadworks on the site and the resultant disruption with little or no notification from Linden Homes. Cllr Welham has advised that he has arranged a meeting with the residents and would like PC representatives to also attend. The final item of correspondence for January was a devolution update from SALC.

The December meeting closed to the public at 8.30pm and to note that the January meeting closed at 8.22pm.

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COUNTY COUNCILLOR'S REPORT

JANUARY 2025

County Council Budget 2026/26

The first formal stage in the budget process was the consideration of the proposals by the Scrutiny Committee on 14 January. Key points considered by the committee were:

- 4.99% increase in council tax.
- Savings target of £28.4m.
- £5m of savings to be achieved this year via Fit for the Future work, but without any details of how, just a list of 'emerging themes'.
- No proposal to use unallocated reserves to balance the budget this year, acknowledging that the risk reserve level is 'sub-optimal' and needs replenishment but with no way to do this in 2025-26.
- SCC will receive some money from central government to cover increased NIC contributions.
- Inflation pressure for the year is predicted as £33.3m, a 4.4% increase on 2024-25.
- £26.2m additional demand, mostly in adult social care and the rest in CYP.
- Increase in National Living Wage and employer's National Insurance will impact SCC's care purchasing budget (and the care market more widely).
- £11.4m of cost pressure for new social care demand expected, but £15m of savings planned to mitigate this.
- Care purchasing cost pressure expected to be £3.8m by the end of the year (mostly from increased customer numbers).
- £2m saving in housing related support cuts.
- £1.2m cut from social care staffing budgets which will 'focus wherever possible on deleting or reconfiguring vacant posts'.
- In CYP - cost pressures overall of £18.6m, including £4.8m to cover inflation costs, £2.1m on the cost of specialist care placements and £3.5m for SEND home to school transport.
- Savings to be made for CYP over the year are £4.3m, including £1m efficiency savings in home to school transport, reviewing the sufficiency strategy and increasing in-house care placements which reduces costs of external costly ones.
- overspend of £0.6m for 2024-25, with a budget pressure related to 50% increase to 'retained fee' of firefighters due to impact on 2025-26.
- £0.105m of Fire Service 'staffing efficiencies' to be achieved in 2025-26.
- £0.515m of Growth, Highways and Infrastructure 'staffing efficiencies' to be made over 2025-26.
- £6.9m due from Packaging Extended Producer Responsibility from DEFRA in 2025-26 to implement changes to waste management.
- Highways contract cost pressure of £0.3m, and £0.25m increase in lease costs for Highways fleet EVs.
- £1.5m for annual maintenance of Gull Wing Bridge, an increase of £0.5m.

The Scrutiny Committee's recommendations will be discussed by Cabinet on 28 January, following which a further report will be presented to a Council meeting on 13 February for a final decision, which will include setting the council tax level for 2025/26.

In the meantime, the political groups are meeting separately to determine their priorities for funding and will present these at the Council meeting.

Oak Farm Meadow

I had a very useful meeting with a representative of Linden Homes on 7 January. The developer is expecting to have all adoptable works completed by the end of January and, if accepted by SCC, the works will enter a 12-month maintenance period. Alongside the adoption, the Public Open Space areas will be handed over to Giles Landscapes and Management Ltd and payments by householders towards the costs of maintenance will commence. Residents could then set up a group to liaise with Giles over management of the open spaces. I will make contact with one of the directors of the company in the near future.

Devolution and Local Government Re-organisation

An extra Council meeting was held on Thursday 9 January to debate the government's proposals for local government reorganisation. This could result in the demise of SCC and district and borough councils in Suffolk and creation of one or two unitary authorities and a mayoral authority covering Norfolk and Suffolk.

The Conservative administration seem very keen to make a quick decision to agree to reorganisation and delay the SCC elections scheduled for May 2025.

Currently, county council elections are held every four years, but the outcomes of changes proposed by the new government could mean that unitary authorities are not created until 2027 or 2028. This would see the cancellation of county elections in May 2025 and could lead to the county council's Conservative administration being unchallenged for a further two years. This could be seen as undemocratic and out of step with the council's constitution. Furthermore, since the most recent council elections for districts and boroughs in 2023, the Conservative party is no longer part of any second-tier administration. Suffolk County Council is now the only council they run in the whole of Suffolk. All of this could mean that obtaining a consensus across all councils will be very difficult.

Flooding of Properties

A report by SCC on the flooding caused by storm Babet, together with recommendations for preventing future flooding, is due to be published shortly. This will focus mainly on part of Saxham Street, where there was flood damage to a number of properties.

We all need to be on the look out for potential flooding problems as extreme storms become more frequent. Flooding can be reported on the SCC website; it is best to attach photographs to the report. Please let me have details and photographs so that I can monitor any response from officers.

Local Highways Issues

Highways Defects – don't forget that any individual can report a pothole, or flooding, or any other highways defect on the SCC website.

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

COUNTRYSIDE RAMBLER

BRIAN WARD

I sit writing this article on the 4th January 2025 and I wonder where Christmas went? You're looking forward to seeing family and friends over the festive period and in no time it's all over. The new year has been celebrated and over in a flash, the children have returned to their school life and our lives return to normal, and we have spring to look forward to. Maybe winter is not over, as the weather forecasters remind us, yet I look forward to the snowdrops, primroses and all the early flowers of spring. The primroses in my garden have been flowering all through Christmas and the spring bulbs are now starting to tentatively show.

At this time of year, it is important to feed our wild birds, as the wild stocks of seeds have been exhausted by now. Please keep your feeders clean as disease can easily spread as more birds arrive in our gardens.

I go bird watching through the winter months and I am amazed how the hobby has grown over the years. I can remember when you may pass half a dozen people during your visit to a reserve; nowadays you may have to queue to get in and wait your turn to enter a hide on busy days. I try to avoid the busy times by getting up early and get there at first light and watch the sun rise and enjoy the world slowly come to life. I love to see parents and children out for the day at our reserves; the children are the custodians of our countryside in the future and the more we encourage them to take an interest in the wild world out there the better for all of us.

The catkins on the hazel bushes and alder trees are out and looking resplendent as they sway in the breeze on a sunny day. It will not be long before the frogs and toads are spawning and the early nesting birds such as herons, crossbills and rooks attempt to repair or build their nests in preparation for an early start if the weather permits.

There appears to have been a large influx of blackbirds from Europe who have flown here to avoid the harsher weather in their home country. I say this because the blackbird population has probably doubled if not quadrupled in the local area. Song thrushes on the other hand are definitely declining and I actually look forward to spotting one. In my youth we always had song thrush on the lawns throughout the year. What I miss most is their song; yes, it is repetitive but strong and loud and it cannot be beaten on a cold spring day, as it sits atop of a tree, proclaiming to all "This is my territory."

May I take this opportunity to wish you all a healthy, prosperous and happy new year.





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RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

January brings the first signs of our bulbs peeking their heads from our borders and pots. It's still chilly and perhaps a little colder than December, but those determined snowdrops, daffs and bluebells are used to such things. I always try and turn a bit of border soil in January, the frost crumbles our tough Suffolk clay and breaks it down for easier handling. There's also nothing quite like a bit of light digging in bright sunlight with a mug of hot tea and perhaps the firepit glowing gently in the corner. Throwing a tray of M&M Butchers own sausages on the fire for a sausage butty is also a great motivator!

January jobs in the meadow garden are as follows:

- If we are lucky enough to get a cold crisp day, it's a brilliant time for pruning – especially apple and pear trees. Also apply the 3 'D's, dead, diseased or damaged and get rid, including those plants in your borders.
- De-leaf hellebores to celebrate the beautiful delicate blooms and arrest any blackspot. They will almost look like orchids once you have finished.
- The dahlia cutting raised bed will need some new species this year so I will be browsing the catalogues for fresh varieties as well as planting some to fill some border gaps.
- Sound out potato varieties for planting. Whilst the seed catalogues are great, our local Narey's also has a great selection ready for planting.
- Any small painting or staining jobs are good to tackle if we get a warmish day and while any hedging, creepers or climbers are dormant.
- Key crops for indoor sowing are aubergines, caulis, leeks and salad leaves. Whilst outdoors you can plant shallots and berry plants like blueberries and white currants.
- Check the lawnmower and brush away old grass before cleaning off with a dry cloth and giving the blades a spray of WD40.
- Primulas in pots now will add a bit of colour to those porch and patio pots.

I made an interesting discovery in my hunt for an oak tree this month. Many of the online offers were extremely expensive and I had almost given up when I decided to look at the info@woodlandtrust.org.uk. The website is extremely useful and has a huge variety of trees and hedges, helpfully organised into various species. For example, you can buy a wildlife hedge, a 'food' hedge or a hedge pack for screening. The tree packs are individual, wildlife or landowner size. I bought a small tree pack which contained 5 Irish Oaks and 90 other small trees and hedges for under £100. The Trust is keen to promote the replacement of our diminishing forests and copses. So, it's now affordable for us all to 'get planting.' Just don't plant anything close to your property, but there are excellent warnings and info for planting in the packs. Well, that's all for this month, enjoy your forays into your gardens when you can and Happy Gardening.

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Ed.

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I've really struggled with my money and have already spent too much on Christmas. I also recently got caught out by a free trial on an app that rolled into a paid subscription. Even without this though, it feels like every month I end up in my overdraft. How can I keep track of my spending better?



Mid Suffolk

Lots of people will be feeling this way right now, and it can be difficult to stay on top of things like online subscriptions. But there are steps you can take to be more in control of your money.

Firstly, draw up a budget. Remember to include all of your general spending, and any other bills you have to pay. Be realistic about what you'll need for essentials like food and travel. If your income fluctuates, use bank statements, benefit award letters and Universal Credit journals to plan your budget each month.

Your bank should be able to tell you what regular payments you have. If you find subscriptions you don't want, contact the company in question to cancel them. In future, before signing up to anything, make sure you know what you'll get, for how long and what it'll cost. If you do use any free trials, set a reminder a week before the free period ends so you've time to cancel it if you want to. Keep evidence of any subscription cancellations in case you need it in the future.

If you've been relying on your overdraft lots this year or turned to credit cards or Buy-Now-Pay-Later, it's understandable if this worries you. Always prioritise paying your rent, mortgage, plus energy bills and Council Tax first though, because not paying these has the most serious consequences. If you're having trouble managing your debts and paying bills, contact Citizens Advice for support.

Our website has an income checker where you can see if you're getting all you're entitled to, such as benefits or government grants. <https://www.citizensadvice.org.uk> and then search: 'Check if you can increase your income'.

Everyone's circumstances are different, particularly when it comes to managing personal finances. We're here to help you find a way forward.

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

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<https://stowmarketecofuturegroup.co.uk>

Email: stowmarketecofuture@gmail.com



Collection of hard to recycle items Find us on the Market place on 4th Thursday each month which is

February 27th, 2025, 9:30 to 11.30 am. We collect coffee pods, clean pet food pouches, cheese wrappers and nets, pens, flattened crisp packets, (all count as “soft plastic”), make up packaging , toothbrushes and pringles tubes, also clean and flattened tetra packs – see our website for details.

2nd Sunday each month (9th February) at Red Gables 2-4 pm
REPAIR CAFÉ stowrepaircafe@gmail.com

The deadline for magazine articles is quite early which means that I am writing this in early January, when a lot of the past two weeks has been sitting around indoors. The natural world outside has done fog, snow and heavy rain in that time, temperatures have ranged from below freezing to 11 degrees. It is so easy (unless you have a dog that needs walking) to miss what is going on outside. I also know that I rely completely on air and water to live day to day, although I don't often remember it. I depend on the natural world for my breathing, my food, for the decomposition which cleans up around me. In February we think about people we LOVE. For an eco-perspective, how about thinking about the things you LOVE in the natural world? Landscapes, seaside, breezes, trees, sunrises, creatures, plants, the spring bulbs which are just starting to show and by the time you read this, may be flowering. We enjoy it all, and depend on it all for our very life, every day. It is said that we will **protect what we love**, so step outside or look through your window – see the things you love and value them, protect them, they are precious resources.

We are restarting **ECO CAFÉ** (after a break for personal reasons). The February Meeting will be on **Friday 28th February 1-3pm** at the **Osier Café**, St Peter and St Mary Church in the centre of the town. We will discuss the question above – sharing our enthusiasm for things we value in the natural world and looking at the various ways we can care for them.

Eco Café will alternate afternoon and evening meetings and vary the days. Our March meeting will be an evening one. See website for more information.

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Telephone: 07581 352772 or 01449 612296



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Saturday

9.00am – 12noon



COME AND JOIN US



PROBUS CLUB is a group of retired and semi-retired men and women who meet monthly for lunches and social activities in Stowmarket. Members come from all over the area and local villages. Probuss have branches all over Great Britain. Our branch meets on the first Tuesday of every month in the Royal British Legion, Stowmarket at 10:20 am.

There is ample parking in the area.

After morning coffee, we relax and listen to one of a number of guest speakers.

This is followed by a two-course luncheon provided by Kelly's Kitchen.

Talks Schedule:

February 4th - 'LUCK IS THE GAME' - Pip Wright

March 4th - EAST COAST TRUCKERS - Jackie Moy

We will be arranging day trips out starting in the spring and a 5 day holiday is on the cards.

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

Please contact president@stowmarketprobuss.co.uk or telephone Keith on 07395080975.



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2024 REPORT FROM THE CHILDREN'S SOCIETY HAUGHLEY, WETHERDEN AND STOWUPLAND

The Parishes of Haughley, Wetherden and Stowupland are now jointly registered with the Children's Society. I am therefore pleased to be able to include Stowupland in the annual report that I write each year about the fund raising events that have taken place.

This year our three parishes together raised a total of £1389.50p:

£200.00	at the Coffee morning 28 November
£165.50	from the Sale of Christmas Cards in Wetherden Church
£303.00	from the Christingle Services in the three churches
£711.00	Collected from Home Boxes in all three parishes.
£10.00	Single donation

To quote Mark Russell, the Chief Executive of the Society: "Right now, too many children are living in poverty, or struggling with their mental health or suffering abuse. The Children's Society continues to be here for all young people to help them build safe, happy and hopeful futures."

The money raised by our churches this Christmas will help that work. On behalf of all the children who have been and continue to be helped I give a very sincere "Thank You" for your generosity and kindness.

If you have a home box that has not been emptied or if you would like one, (and remember a few coins every week soon add up), please do get in touch with me.

Elizabeth Elbourne, Hon Secretary the Children's Society
Haughley, Wetherden and Stowupland.
Tel: 01359 245118 E mail: lizhel44@gmail.com

STOWUPLAND BOWLS CLUB

JOHN MOLLETT

I am pleased to report that the club has entered four teams in the Stowmarket league and are keen to compete in their usual friendly way.

New members are most welcome and come April or May the current members will be willing to introduce you to the game. You will find us very friendly and all you need to get started are flat soled shoes. We hope to see you soon

Best wishes for the New year, John Mollett

STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



Summary of what we achieved in 2024.

Who are we?

We are a group of volunteers who have a shared aim to improve biodiversity where we can in Stowupland. Our initial aim was to seek out areas where wildflowers could be encouraged to flourish but our scope has widened considerably in the last two years. Around ten of us meet every two months to plan future activities. We work in smaller groups on a range of activities, some of which are listed below.

Sunflower Competition:

We launched the competition by providing a few sunflower seeds to every household in April and asked residents to let us know their sunflowers were growing. We received photos and progress reports throughout the summer and the tallest sunflowers were measured in early August. Prizes were given to the growers of the three tallest plants.

The competition was such a success in 2024 and will be repeated in 2025. We already have enough seeds for every household in the village to have some. There will be more details in the Spring, and we plan to include a packet of seeds in Telstar, just as we did last year.

Wildflower Meadow

There was an abundance of insects buzzing around the uncut area during the summer and into the autumn. There is evidence that wildflowers are fighting their way through the grass, and we have given some assistance by sowing yellow rattle which, in time, will reduce the lushness of the grass and encourage wildflowers. The yellow rattle flowered and produced seeds which we hope will germinate and we've sown more seeds to try to hasten the process. Our wildflower meadow is a long-term project. An alternative would be to remove the grass, cultivate the land and sow a large quantity of wildflower seeds. This would be prohibitively expensive.

But the main purpose of the meadow is to provide habitat for insects and small animals, not just look pretty. We believe that there is plenty of evidence of biodiversity gain.

Working With Schools

We have continued to work with Freeman School, helping with their fruit trees, with Forest School and installing hedgehog homes and bird boxes.

At the high school, we have provided raised beds, converted part of a bike store into a garden shed and carried out work to improve their much-neglected orchard areas. There has been some serious tree surgery as well as general pruning. New trees – local varieties of plum, apple and pear, have been planted

At the Mulberry Centre we provided a raised bed and prepared it ready for planting. Students sowed seeds and were able to harvest vegetables in the summer.

Barley Close

We have been helping tidy up the garden, cutting back shrubs and planting bulbs. We also built a raised bed, set at a suitable height to be worked from a wheelchair. Our aim is to work with the residents to provide a space which is both interesting and accessible all year round.

Household Questionnaire

Jointly with the parish council, we have drawn up a questionnaire to seek the views of residents in respect of a number of issues, including whether the frequency of mowing of The Green should be reduced for the benefit of wildlife whilst retaining space for play, recreation and leisure.

Biodiversity Survey - Why do we need a survey of residents?

We often receive comments about the management of The Green, covering a wide range of issues. Some like to see the whole area mown regularly and the grass kept short. Others would prefer the majority to grow naturally and be grazed by cattle and sheep. And there are many who would like some areas to be mown so that they can be used for sport and leisure, allowing other areas to be 'more natural', or cut less frequently. An example of this would be to mow selected areas in March and April, leave them uncut for a month and recommence mowing in June – in other words 'No Mow May'. Areas for sport and leisure could continue to be cut as necessary between April and June.

If areas are to be allowed to grow more naturally and cut just twice a year, paths through these areas could be mown. In time, wildflowers might become established. There are biodiversity benefits to reducing the number of times an area is mown – food for insects and birds, habitat for small mammals.

Some residents prefer the grass to be kept short and have taken to social media if The Green isn't mown regularly.

Many villages have found a compromise with well-maintained sports pitches and areas for informal play and other areas having a more 'relaxed' mowing regime. The purpose of this questionnaire is to ascertain the views of as many residents as possible. The feedback will be analysed and a report prepared for the Parish Council, and for publication in Telstar. We have kept the number of questions to a minimum, but we would like to hear any additional comments as well as your responses to those questions.

But there are many other issues facing the world; some of these we cannot influence, but some we can all play a small part in seeking change. There is a climate crisis and a biodiversity crisis; some deny this but most of us have noticed that weather has become more extreme and most have noticed the loss of insect and bird species. Where we can make a change is by providing for wildlife in our gardens and open spaces. This could be by providing bird boxes, homes for hedgehogs, newts and other small animals, or wood piles where insects can spend the winter. If you would like to know more, or to join in the activities of the Biodiversity Group, please let us know via this survey or contact one of our group direct – details on the survey form.

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

Rachel Eburne - rachel.eburne@midsuffolk.gov.uk -
01449 673311

Police

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

Samaritans – 116 123

Stowupland Village Website

www.stowupland.com

Parish Council Website

www.stowupland.suffolk.cloud

Suffolk County Council

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

Schools

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

Vets

Cedarwood - 01449 676966
Stowe Vets - 01449 613130

DIARY DATES

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

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

FEBRUARY

TUES 4	16.00	Village Hall	Young Carers Club
WED 5	09.30	Village Hall	Baby and Toddler Group
WED 5	14:00-16:00	Village Hall Car Pk.	Mobile Post Office
WED 5	14.30	various locations	Book Group (contact 01449 67127 for details)
WED 5	19.30	Village Hall	Local History Group - Historic Carpentry in Rural Suffolk
THURS 6	19:00	Village Hall	Short mat bowls
THURS 6	19.30	URC Hall	Parish Council meeting
SUN 9	19:30	Village Hall	Country & Western music club
WED 12	09.30	Village Hall	Baby and Toddler Group
WED 12	14:00-16:00	Village Hall Car Pk.	Mobile Post Office
THURS 13	19:00	Village Hall	Short mat bowls

SUN 16	19:30 Village Hall	Country & Western music club
TUES 18	Jubilee Crt. 09.30, Green 09.35	Mobile Library
WED 19	09.30 Village Hall	Baby and Toddler Group
WED 19	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 20	19:00 Village Hall	Short mat bowls
SAT 22	10.00 - 12.00 Church Hall	Coffee, Cake & Chat
SUN 23	19:30 Village Hall	Country & Western music club
WED 26	09.30 Village Hall	Baby and Toddler Group
WED 26	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 27	19:00 Village Hall	Short mat bowls
FRI 28	10.00 URC Chapel	Coffee Morning
FRI 28	19.30 Village Hall	Community Bingo

MARCH

SUN 9	8.00 – 14.00 High School	Stowmarket Striders Half Marathon
FRI 14	19.30 Village Hall	Community Quiz
FRI 28	19.30 Village Hall	Community Bingo

MSDC General Contact No. 0300 1234000

Mobile Library - 07721 879855

Parish Council

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

Laura Beeson - 07918 808387

laurabeeson@stowuplandpc.co.uk

Terry Easter - 07958906176

Terry.easter@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

Hayden Power - 07716 834111

haydenpower@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

Clerk to the Parish Council - Rachel Belcher-Nairn
parishclerk@stowuplandpc.co.uk - 07704 701095

*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

Your views are important

We need to hear from as many people as possible, so, please, let us know how you would like The Green to be managed in the future. But also, please let us know how you would like our village to respond to the biodiversity crisis.

You can give us your views by cutting out the form opposite and returning it by hand to one of the addresses at the bottom of the page. If you prefer, you could email keithwelham48@aol.com for an electronic copy of the form which you can complete and return; or ask for a paper copy.

The questions are few and very straightforward to respond to. If space is insufficient, please add extra information on a separate sheet or via email.

Please respond by 1st March 2024 so that we can put forward recommendations for action starting as soon as possible.

Stowupland Biodiversity and Wildflower Working Group Biodiversity Survey



The Parish Council set up a Biodiversity and Wildflower Working Group who are a team of volunteers dedicated to enhancing and preserving biodiversity by implementing a range of initiatives that are put forward to the Council for consideration.

The Parish Council acknowledges that our village green is a wonderful space for everyone to enjoy. The Biodiversity and Wildflower Working Group are interested in hearing your thoughts on how to balance areas dedicated to nature and recreation within the parish.

1.	Would you like to see some or all of The Green left uncut during the month of May in order to participate in No Mow May.	Yes, all	Yes, some. Do you have any preferred areas?	No
2.	The Green is currently mowed fortnightly from April to October (other than the half a mow and wildflower area). Would you like to see more areas of The Green left un-mown, with mown paths through for people to walk along?	Yes	Comments. Which areas should be left uncut?	No
4.	Do you have any thoughts or ideas about encouraging biodiversity in the parish?	Please add your comments here:		
5.	Would you like to be more involved in the working group? If yes, please provide your contact details below: Name - Address - Tel no - Email address -	Yes, I would like to be involved in: (please tick) Planning Planting Maintaining the wildflower area Fruit tree maintenance		No

Please return by 1st March 2025 to: Keithwelham48@aol.com

Or: 2 Rambler Cottages, Stowupland IP14 4AN

Or to any of the following: Long Tehidy, Thorney Green Road; 16 Oak Road; Saxham Cottage, Saxham Street.

A selection of photographs from 2024



Top right: raised beds at the High School
Above: new trees planted at the High School
Right: Higher level raised bed at Barley Close
Below: Buttercups on The Green
Bottom: Winning sunflowers



MEMORIES FOR THE MATURE, HISTORY FOR THE YOUNG

This poem, for matures,
With memories, probably vast.
But for the younger readers,
It's history from the past.



In Butcher's shop you venture,
Perhaps to buy a chop.
Where did they get their sawdust?
A really big wood shop.

Deliveries to the doorstep,
In town no super mart.
Your coal, fresh fruit and vegetables,
They came by horse and cart.



Bathrooms were not common,
And toilets were outside.
And if you used a loo at night,
"Guzunder," out of sight.

Loose biscuits came from corner shops,
But not bought by the wealthy.
And chips were wrapped in newsprint.
We thought it safe and healthy.



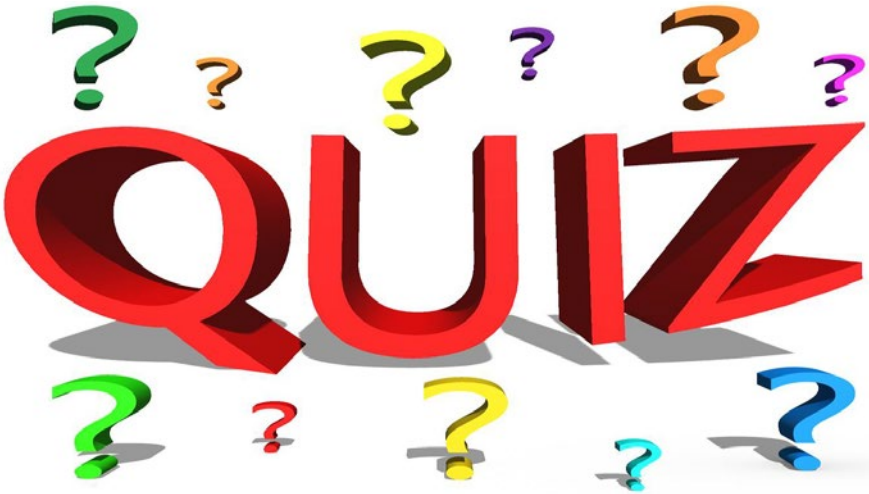
Clothes wash was on a Monday.
In boilers clothes would tangle.
To get your washing almost dry,
You had to use a mangle.

Back in the day, department stores,
Sold everything you'd desire.
You'd send money to a cashier,
Change came by tube or wire.



Bottles were reused, refilled.
School milk tops saved in class.
Today please still recycle things,
Like plastic, paper, glass.

The Really Lovely Poetry Company R.R.G.



NIGHT

STOWUPLAND VILLAGE HALL

FRIDAY 14th March.

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

Community

BINGO

NIGHT

All Cash Prizes

FRIDAY 28th February

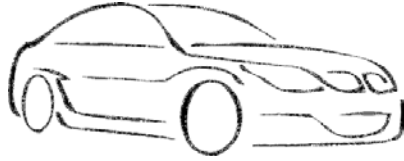
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info@fastteststowmarket.co.uk

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

www.fastteststowmarket.com

SEW SILLY

Do you like sociable sewing?

The "Sew Silly" group meets once a month to work on their various projects. We have machine and hand sewers working on quilts, tapestry, soft toy making, dressmaking, mending, making bags etc. any "clean" craft is acceptable. There is lots of table space to spread out and an ironing station. We chat and discuss; help is available, and we learn from each other, but it is not a teaching group.

If you would like to join us (or pop in and see what we do) we meet in Stowmarket Methodist Church Hall, Regent Street IP14 1RH on the first Friday of each month 10-3pm. Please bring a packed lunch, drinks are provided, and we each pay £10 towards room hire and refreshment costs.

Our next meeting is on Friday 7th February.



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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

The Food Museum seeks School Dinner Staff to Be Featured in its Upcoming *School Dinners* Exhibition



Do you remember the faces behind your school dinners? The cooks and servers who brought humour, kindness and, when necessary, a stern word to lunch? The Food Museum is seeking school dinner staff to participate in a photoshoot that will celebrate those who served us as part of their new major exhibition *School Dinners*, opening 29 March 2025 and running until 21 February 2027.

The Food Museum's Curator Katherine Bridges explains, "We wouldn't have school dinners without the staff that make them. Many people remember the staff who served them lunch and so we want to put those people at the heart of our exhibition"

The *School Dinners* exhibition, in partnership with Quadram Institute, Norse Catering, Museum of the Home, School Meals Service Project and more, will take visitors on a nostalgic journey through the past, present and future of school food, inviting them discover more about the meals and the people who make them. The exhibition will feature tastings, fascinating displays and opportunities for visitors to share their thoughts.

Would you be able to give an hour of your time for a photoshoot to feature in the museum's new exhibition? The Food Museum is inviting dinner staff to get in touch, or the public to nominate dinner staff (with their consent)!

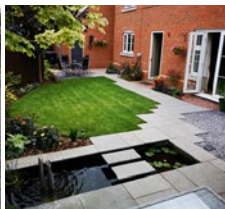
To get involved, please contact the Food Museum at schooldinners@foodmuseum.org.uk or find out more about the exhibition at <https://foodmuseum.org.uk/events/school-dinners/>



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CHRISTMAS GHOSTLY EXPERIENCE AT STOWUPLAND CEMETERY

You all know how it is like two days before Christmas: presents to wrap and cards to deliver and people to see. So normal routine was far from my mind. I had forgotten that I had volunteered to put out the rubbish bins at the cemetery and, with the holiday approaching, this was fairly essential as the collections are all on different days during the holidays. So, by the time I got to the cemetery it was already dark and not ideal for the task in hand. There are four bins and, fortunately, three were at the front, but one was still at the back. I resolved not to go down to the back as it was already very dark.

Please don't tell Donna, our Parish Chair, that this was not emptied on collection day. Two of the bins are locked in containers and need to be opened by key. So I was now in a position to open the first container and take out the bin. As it was dark and I had a torch I was reassured to hear a "ping" as the door catch released. Bearing in mind that I was facing front and looking at the entrance to the village hall, as I turned to bring out the bin the whole of the grave line in the cemetery to my left lit up in unison. All sorts of things went through my mind, had Ipswich finally won a game, had the PC put in floodlights (unlikely). Also, in the seconds that followed, there was the nativity story, the star over the manger and the light in the sky where the shepherds were watching over their sheep. Recovering and looking round cautiously, I noted a car had driven in and parked near the front gate; this must have happened as I turned to move the bin. I went over and spoke to the lady, and we laughed about the incident. She was on the way to put a Christmas wreath on a relative's grave. She was far braver than me and went to the new part of cemetery in the dark. I finished putting out the bins, having calmed down. The moral of this story: please remember life goes on, routine is a must and don't go blundering around in the cemetery in the dark – "anything could happen in the next half hour" - and remember to do these sort of jobs in daylight – otherwise it can be very scary!

Jerry Voden



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FREEMAN COMMUNITY PRIMARY SCHOOL



Although Christmas seems a while ago now, we were just approaching the festive season when we submitted our last article!

Christmas Performances

Children in Reception and Year 2 performed their Christmas Nativity plays wonderfully to parents and carers.

Children in Years 3 and 5 entertained residents in Steeple View Retirement Home with Christmas songs and residents of Langham Care Home in Stowmarket were also treated to a fabulous performance in school, enjoying refreshments afterwards with staff and pupils.

They also attended the CET Christmas Concert at the Corn Exchange, Ipswich.

Children in Years 4, 5 and 6 taking music lessons with County Music, performed to parents and carers. Children from all three year groups have the opportunity to learn flute and clarinet and Year 5 are also learning to play the guitar, which some Year 6 pupils have chosen to continue this year.

Parents and carers thoroughly enjoyed all the performances. They were extremely impressed with how well the younger children had learned their lines and how well the older children played their instruments, especially those who have only recently started lessons.

The whole school also visited Holy Trinity Church for our annual Christmas Service. Songs included *Come and Join the Celebration* and *Child in a Manger Born*. Year 4 read a Christmas poem and Year 6 related the Nativity story.

Teaching and Learning

Topics for the Spring term include *Vehicles; Sound in Science; Stone Age to Bronze Age; Ancient Egyptians and What is it like to live in North America?*

Forest Schools

Willow Class are very excited to return to Forest School this term. During their opening circle, some children shared that they felt happy and calm being back in the forest. They asked to play a game of 'Sticky Weed,' which they did when they were in Year 3.



They have built shelters with ropes and tarpaulins and continue to enjoy climbing trees! A group set up a bakery in the mud kitchen and made a birthday cake and cupcakes for their friend.

Bird watching and bug hunting are also popular. A group were thrilled to discover a frog, snail eggs and millipedes under the logs. They displayed excellent teamwork, especially helping one another onto the rope swing and tying knots.

Sporting Achievements

Towards the end of the Autumn term, children in Years 3, 4, 5 and 6 took part in U9 and U11's Dodgeball festivals, playing against children from other schools.



They all demonstrated excellent sportsmanship, fair play and determination and were a real credit to Freeman!

Junior Road Safety Officers

The JRSOs have been busy promoting road safety awareness with monthly messages on their JRSO Board and by holding a whole school assembly, during which they launched their very first competition. They carried out a hands-up survey which showed that 71.8% of our children currently use sustainable methods to get to and from school.



They have also written to the Highways Department regarding the confusing speed signs outside the front of the school.

.... and Finally

A huge thank you to the Parish Council and Stowupland Friends of Freeman for their generous donations towards the resurfacing of our playground. We are now waiting for the warmer weather before the addition of some new playground and sports markings and will share images of the results as soon as we can.

'From tiny acorns do mighty oaks grow'

SCHOOL GOVERNOR

We are looking for a Trust Governor from the wider local community to join our Governing Body.

If you have an interest in education and can commit to one evening, six times a year and occasional visits during the school day, we would be very pleased to hear from you to discuss the role further.

No prior knowledge is necessary; a comprehensive range of training and support is provided.

To see what our Governors do, please visit the school website.

For further details please contact the school on 01449 612067 or via admin@freeman.suffolk.sch.uk.

STOWMARKET STRIDERS

Celebrating 2024 Achievements and Kicking Off 2025 Strong!

Stowmarket Striders closed out 2024 on a high note with some fantastic social events, including our annual Christmas party and awards evening. It's always a special opportunity to bring everyone together and celebrate the incredible achievements of our members throughout the year. Highlights included recognising our Grand Prix winners, celebrating the most improved 5k time trial performances, and presenting the coveted Male and Female Striders of the Year awards.

A particularly exciting moment of the evening was awarding the club's free London Marathon place, which was awarded via a ballot to a deserving member. We're all looking forward to cheering them on in April!

Speaking of marathons, the start of the new year means the start of spring marathon training for many runners. The club's training nights on Tuesdays and Thursdays provide a great social and supportive environment to keep those plans on track. Our Sunday Cross Country sessions also offer fantastic preparation, helping to build strength for the road race season. The inter-club races remain a highlight for many of our members.

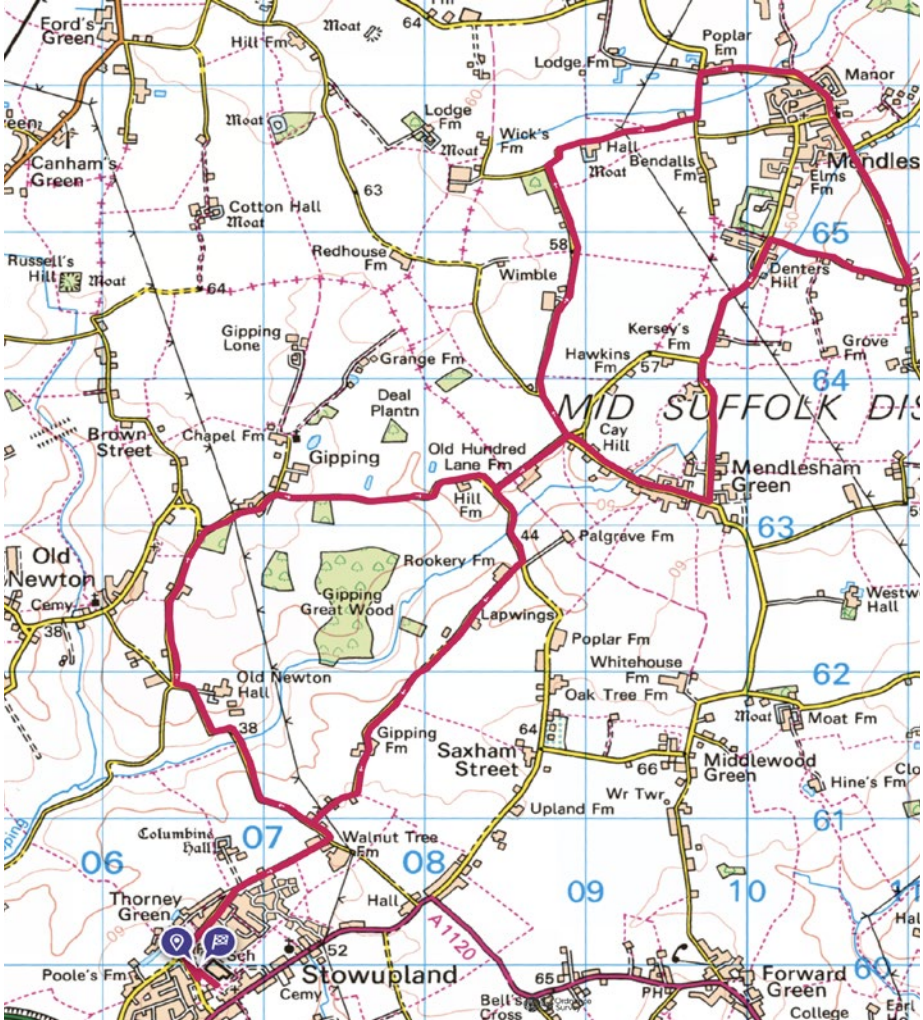
Looking ahead, we're excited that Stowupland will again host our annual Half Marathon on 9th March 2025. It's the perfect event for those in marathon training or anyone aiming for a challenging but rewarding goal to kick off the year. It will start and finish on Thorney Green, Stowupland, near the beacon. The race would be limited to 500 runners, with race marshals at key road junctions and other key locations. We will muster the runners on the green before the start and only moving them onto Thorney Green just before the start. For the runners' safety at the start, 10.00am, we will be temporarily stopping traffic, for no more than 15 minutes on Thorney Green, Thorney Green Road and Reeds Way. Runners would then run up to Rendall Lane before turning left towards Old Newton. By this time, we would expect the runners to be well spread out. To minimise the disruption to motorists we ask runners to run on the left-hand side of the road at all times. If possible, if you could avoid parking on the road on the day of the race that would be greatly appreciated. Attached below is a copy of the provisional run route.

For full details on the upcoming Half Marathon, visit www.stowmarketstriders.org.uk/club-races/stowhalfmarathon.

About Stowmarket Striders Running Club: Stowmarket Striders is a community running club, affiliated with England Athletics, with about 200 members. The club supports local charities during the year from its activities.

We meet year-round on Tuesday and Thursday evenings and holds Sunday morning cross-country sessions during the winter months. The club also organises regular social runs, encouraging members to boost their mental health and well-being through the friendship and fitness benefits of running.

For more details on joining or upcoming events, please visit: stowmarketstriders.org.uk





LOCAL HISTORY GROUP

Hopefully 2025 will bring good health, happiness and good cheer to us all. Thank you to all our members and visitors who supported us in 2024 and we look forward to seeing you all in the coming year.

Our new membership year starts now; it's just £15.00 for a year's membership. Existing members should have received a renewal form; if not or you would like to join us contact Jerry on secretary@stowuplandlocalhistorygroup.org or 01449 703717 to request a membership form. Or better still come along to our first meeting of 2025 on **Wednesday February 5th**, complete a form and pay your £15.00. Then members pay just £2.00 a meeting while visitors pay £5.00.

Our first speaker is **Rick Lewis on 'Historic Carpentry in Rural Suffolk'**. Even if you don't live in an old timber framed building, you may know someone who does or have you wondered how medieval carpenters built homes that have survived hundreds of years?



Can't make February? Then join us on **March 5th** when, as part of Women's History Month, Sarah Doig returns to share a potpourri of stories about **some of Suffolk's famous and not-so-well-known women**.

But for now, let's return to 2024 when Neil Langridge, assisted by Sandra Walker, finished off the year with **A Virtual Pub Crawl** around Stowupland and beyond.

We started with the two pubs we see today: The Crown which, as an inn, dates from 1753 when the building was bought by William Aldrich, a Stowmarket brewer, and The Retreat which a local blacksmith started as a beer house, a place where those who brought their horses to be shod could wait whilst enjoying a pint or two. However, Stowupland also had two other, though long-gone, beer houses: one bordering The Green that provided refreshment in the mid-1800s and one operating from near the Thorney Green windmill. This was The Millers Arms, but it gained a reputation for serving out of hours and was closed down about 1872.

But we didn't stop there. Neil extended our tour down to the old parish boundary. Until the 1930s our parish boundary followed the River Gipping. This gave us another seven pubs; some can still be visited today. First was The Little Wellington, not to be confused with the (now) closed Duke of Wellington across the road. There was also an obscure pub named The Waggon and Horses of which we don't know much but it may have stood near Charringtons Yard by the level crossing.

The Pickerel has traded from at least 1772 but possibly much earlier, though lack of records means we do not know for sure. Their pub yards served as winter quarters for the local fair; at one time the fair families lived in caravans on site. Some may remember the Pickerel Fun Days in the 1990s and the beer barrel race where teams had to carry a full barrel along the river to the Station Road bridge and back (SLHG would love to see any photos).

Either side of the station approach stood two pubs: namely The Railway Tavern and The Kings Arms, one owned by Tollemache the other by Cobbolds. The Kings Arms was locally known as The Two Sisters after the daughters of Arthur and Charlotte Beaumont; the family ran the pub from 1897 to 1948 when Mabel Southgate (nee Beaumont) and her husband Frank retired. We heard some of Mabel's memories of the pub which had been recorded in the local newspaper at the time. Sadly, closure came a couple of years after this, but The Kings Arms had a second life 50 years later when it was opened again, in 2009, trading for some 10 years before once again closing. Across the road The Railway Hotel had a reputation for hosting local musicians on a Saturday evening and a couple of photos showed the scene in the bar at one of these evenings.

As well as Neil's fascinating slides of the old pubs, we were also entertained by a film that had been made in 1967 to promote a record by The Singing Postman (Allan Smethurst). The singer can be seen in The Crown with several regulars *All Playin' Dommies in the Bar!* When did you last play a game of dominoes?

Now, going back to November, here is Jerry's review of Dot Marsden's talk about **Stow Lodge**. You can also listen to this read by Jerry on Jerry's Jabba's on our SLHG's website.

Stow Lodge comes to Stowupland village hall, presented by Dot Marsden

This month we looked at the above with Dot providing a slide show of how and why the lodge was started and what remains today. Dot was appointed Matron in 1979, and we welcomed a few of her old staff members, including the author of a book on the subject which is entitled "We are born-we die, The Stow Lodge History" by Ken Abbott. This was first published in 1988. It was nice to have good turnout for this talk.

Firstly, a brief history and some timelines for you: today **Stow Lodge** is a listed building in the Parish of Onehouse in Stowmarket, Suffolk. Constructed and finished in 1781 as the "**Union Workhouse**" or House of Industry for the 14 Parishes of the "Stow Hundred" it was subsequently used as a hospital and is now residential flats.

History: The establishment of Houses of Industry, more commonly Known as "**Workhouses**" were set up by the government with the Workhouse Test Act of 1723, providing indoor relief to the poor. The Stow incorporation established by the "Stow Suffolk: poor relief act of 1778", was formed of 14 parishes around the area of Stowmarket.

Construction Timeline: Plans were approved for the construction of the building in 1779, and it was finally finished in 1781, at a total cost of £12,000. According to White's Directory for Suffolk in 1844, it was described in 1810 as having more the appearance of a gentleman's seat, than a receptacle for paupers. Any resident that died during their time in residence were buried in a **Paupers Graves** nearby. This was purchased in 2000 by Onehouse Parish Council and is today maintained by volunteers. (Thanks to Ray Taylor we have names of some Stowupland people who ended their days in the workhouse and were buried in this graveyard. Over 30 names from the early 19th century can be read on our website.)

With closure of the workhouses, it became "**Stow Lodge Hospital**" until closure in 1991. The building was scheduled as a building of architectural and historical interest in 1956 and listed as a grade II in 1988. After serving its time as a hospital it was converted into residential flats.

Dot had a series of slides showing activities at Stow Lodge while she was matron, including Christmas parties with Santa arriving, afternoon tea parties, and always a good selection of activities for those who were in residence at the hospital. From Dot's description it was a happy place to be cared for and to work.

The session finished with many questions and the usual refreshments. Thanks Dot.

Our 2025 Calendar

In 2025 our monthly meetings will have a new focus. Outside speakers will still be invited to give us talks, but in some months, we will make more use of our own archive material and research to tell you your own **"Stories of Stowupland."**

Feb 5th - "Historic Carpentry in Rural Suffolk" by Rick Lewis

Rick Lewis of Traditional Oak Carpentry in Wetheringsett has repaired over 100 timber framed buildings and has a rare insight into old timber framed buildings.

Mar 5th - "Celebrating Suffolk Women" by Sarah Doig

- A potpourri of stories about the county's famous and not so well-known women for Women's History Month.

April 2nd - "All Aboard the Charabanc" by Katie Howson

- A musical virtual tour around some Mid Suffolk pubs.

May 7th- "Our Lost Paths and New Ways - Getting Around in Stowupland"

Using old maps and photos we will explore road names and means of transport.

June 4th - "The Gipping Navigation"

Saturday June 7th – "Focus on Stowupland".

- members of SLHG will be host to visitors from across Suffolk, sharing our heritage with other Suffolk Local History Council societies. Offers of help will be much appreciated.

Other talks will be added later in the year. Except for January we meet on the 1st Wednesday of each month at 7.30 in the Village Hall. Sometimes, due to the unexpected, changes may have to be made to our advertised programme. So, if you need to check, please contact Jerry on the day.

STOWUPLAND
LOCAL HISTORY
GROUP



Who walked the paths you walk?

You don't need to 'know' history to join SLHG!

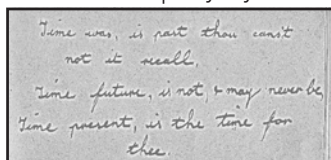
We do all the hard work, so you don't have to!

If you have any queries about Stowupland's past or our meetings, please contact Jerry Voden on 01449 703717 or secretary@stowuplandlocalhistorygroup.org

Down Memory Lane

Do you keep an autograph book? In our archives we have a book kept by Ivy and Margaret Catchpole. This little verse was penned in 1936 and seems appropriate as we start a New Year.

**Time was, is past thou canst not it recall,
Time future, is not, & may never be,
Time present, is the time for thee.**



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U.R.C CHAPEL

NEWS

Minister: Vacant

Secretary: Brain Hewitt 07500734113

The spring flowers are beginning to peep through in our flower beds. The seasons are very confused.

It is the beginning of a new year, and we reassess our commitments and where we are on our faith journey. In this current troubled world, we must just take one day at a time much like it says in the well-known song sung by Meriam Bellina.

Our coffee morning in November was well attended and we look forward to the next one on **Friday 28 February 2025. We will be holding a draw at this event.**

On 19th January we welcomed Holy Trinity Church, who joined with us for a United service, for the Week of Prayer for Christian Unity.

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

The Speakers for February are as follows:

02 February Keith Scarff
09 February Stephen Horrex
16 February Jim Spencer
23 February The Worship Group
Joyce Gardiner

A message from one of our Elders

Hello and welcome,

In Corinthians we read: "And now these three remain, faith, hope, and love, but the greatest of these is love."

And In John's first letter he writes: "Dear friends; let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is LOVE."

In these chillier months we look for things to brighten our time and reminisce. Do you remember waiting for a postman to deliver a longed-for valentine on 14th? Did you send one I wonder?

The celebration of Valentines Day has evolved from sending letters, poems and homemade paper valentines to loved ones. Flowers, chocolates maybe!

Of course, we used to send and receive them anonymously and try and work out from whom they came. While the sending of valentines has become more materialistic, we can grasp the opportunity to show our love and concern for others through acts of kindness. We can share God's love with the world around us. We can make something good out of this special day.

This month take your time to reflect on what Valentines Day means to you.

God Bless, *Jan Webb, Elder Stowmarket URC*



COFFEE MORNING

Friday 28th February 2025

Stowupland URC Chapel

10am – 12noon

Coffee, Tea and Cakes

There will also be a raffle draw.

All welcome



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HOLY TRINITY CHURCH

NEWS

HOLY TRINITY CHURCH
STOWE/DELAND



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

Dear Friends

I am writing this in early January - Christmas can feel a long time ago, but hopefully there is still a glow inside each of us as we recall our times spent with family and friends.

We are now at a number of turning points in the year as the beginning of February marks the midpoint between the Winter and Spring equinoxes. Slowly but surely the days are lengthening by a few minutes each day. We are now looking ahead to Spring and some warmer weather!

As we move from Christmas and Epiphany and turn to look towards Easter the Church marks this turning point on 2 February with the festival of Candlemas or as some know it the Presentation of Christ in the Temple. By tradition on this day candles were blessed for the coming year. Historically, and before the invention of electricity, candles had a practical and liturgical use. We now use candles in our Sunday worship, at baptisms, weddings and the Pascal candle used at Easter to remind us of Christ's promise of eternal life.

At the end of February we look forward to Shrove Tuesday, with all those lovely pancakes, which comes hard on the heels of Candlemas on 4 March and then the next day we mark Ash Wednesday – another turning point - the beginning of Lent with penitence and a reminder that we 'are but dust, and to dust we will return' together with an exhortation that we should 'turn away from sin and be faithful to Christ.' This forty day period echoes the forty days spent in the wilderness by Jesus preparing for his ministry and echoed similar fasts by Moses and Elijah. The early church saw this time as a period of fasting (hence the notion of giving up something for Lent) and a time of preparation. The most notable example of preparation being those who were to be baptised and to receive the Eucharist in the early hours of Easter Day. Many Bishops still conduct services of Baptism and Confirmation in their Cathedrals at dawn on Easter Day.

So, what of us today? How should we prepare? Well, a tradition has grown up that in Lent rather than giving up something, or fasting, we should take on something new.

Surely this is at the heart of Lent - to change our hearts and lives to be less self-centred and more God-centred. May this month of February be a useful time for you to take stock and think about your relationship with God, whatever you each personally take time to decide to do or not do for the season of Lent.

In the Benefice we, too, are at a turning point as we prepare to advertise the position of Rector. Please pray that God will encourage the right person to apply and that we may have a number of candidates to interview.

Rev'd Stephen Snelling

Services in February 2025

Date	Stowupland	Haughley	Wetherden
2 nd Feb	9.30am – Parish Communion	11am – Sunday Praise	11am Morning Worship
9 th Feb	9.30am- Worship for all	11am – Parish Communion	11am – Morning Worship
Monday 10 th Feb	11am Songs of Praise at Steeple View	2pm Songs of Praise at Mere View	
16 th Feb	9.30am Morning Worship	11am – URC/Anglican service	11am – Worship for all
23 rd Feb	6.30pm – Evening service	9.30am – Said Communion (BCP)	11am – Parish Communion

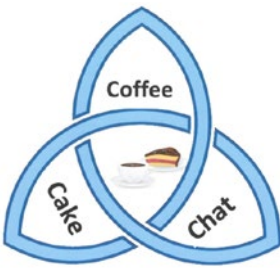
ASH WEDNESDAY: There will be a special service in Stowupland Church at 7.00 pm on 5th March to mark the start of the season of Lent.

LENT LUNCHESES: We will be holding Lent Lunches on Wednesdays throughout Lent; the first will be on 12th March in the church hall. A simple lunch of soup and bread, followed by cheese and then tea or coffee will be served from 12 noon. There will be more details in the March Telstar, or contact one of the churchwardens.

A PRAYER: God, bless the coming year, and give us in your mercy time for the task, peace for the pathway, wisdom for the work, and love to the last; for Jesus sake. 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 15th February 2025 10-12

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

Everyone is welcome

TOOLS WITH A MISSION

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

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

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

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

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

Keith Welham



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THE TELSTAR TEAM

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

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

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

From the Telstar Committee

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

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Deadline Date: 7th February 2025 for March 2025 Edition

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STOWUPLAND CRICKET CLUB

Dear Stowupland Resident,

Stowupland Cricket Club are excited about the growing interest in women's and girls' cricket, and we are seeking a dedicated volunteer to take on the role of running the Women and Girls Cricket Section. This is a fantastic opportunity to contribute to the development of cricket and inspire a new generation of players.

As the lead, you will be responsible for:

- Supporting the recruitment and retention of players.
- Working closely with coaches to ensure the effective development of skills and teamwork.
- Promoting a positive and inclusive environment for all participants.
- Liaising with the club committee, Suffolk Cricket and other volunteers to ensure the smooth running of the section.

We are looking for someone who is passionate about cricket, organized, and enthusiastic about promoting the sport among women and girls. Previous experience in cricket management or coaching is not essential, ECB coaching training can be given.

Your commitment and efforts will be invaluable in helping us grow this important part of our club. If you are interested in this rewarding role or would like to learn more, please feel free to contact me on 07730683378 or paddystephens@gmail.com

Thank you for considering this opportunity to make a meaningful impact in our Club.

Warm regards,

Patrick Stephens – Chairman

E: Paddystephens@gmail.com

T: 07730 683378