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NOTES FROM THE EDITOR

OCTOBER 2026

So this year's Walkers Cup has been and gone and I'm absolutely cock a

hoop...., we won!!!! It wasn't even a close win; it was a decisive win - Stowupland 136 and Old Newton 119. We had a lot of new walkers this year, and it was lovely to see you all.

Everyone who took part made a valiant effort, and we thank you all. Thank you also to all those who volunteered their time to ensure the event went smoothly; without you, we wouldn't have had the event. This includes the Cricket Club, who did the BBQ, and Lisa, who ran the bar; their support was invaluable and helped make it a really positive community event. I'm also pleased to say that we raised a grand total of £634, which goes to supporting the amazing work of St Elizabeth Hospice. Of course, having won this year means we have to do our best to retain it next year, but for now we can just reflect on the glory of winning 😊. Nobody's quite sure but think it could be 2021 when we last won. This year was the 19th year of holding the event. The picture is of the cup from many years ago, which I have never seen, so looking forward to it taking pride of place in the Sports and Social Club.



There was also an Old Newton vs Stowupland Cricket match taking place, and the result of this was a 5 run win for Old Newton. I believe it was a very close game, so well done to them, and we can be magnanimous in defeat, since we won the Walkers Cup!

Last month also saw our monthly community quiz, where in respect of my team, there wasn't much to gloat about; in fact, we came last! Still, you can't win everything. It was neck and neck between Marshalls Marvels and The Ramblers, with the plaudits eventually going to The Ramblers, so well done to them. The money raised at this and the community bingo helps support the publication of this magazine, ensuring we are able to bring it to every home in the village each month. Our next Quiz will be our Christmas Quiz, which takes place on Friday 11th December – and yes, it's getting to that time of year!! More details in next month's edition, but do get those Christmas jumpers ready.

DISTRICT COUNCILLORS' REPORT

SEPTEMBER 2026

District Councillors' Report – Stowupland – September 2026

Suffolk residents can get a free proposal to replace ageing heating systems with heat pumps.

All of Suffolk's public sector organisations have come together to help residents in Suffolk replace ageing gas, oil or LPG boilers with a heat pump, combining a £7,500 or £9,000 government grant, depending on current heating fuel, with group-buying savings on installation. Over the past few years, energy bills have been unpredictable, serving as a reminder of just how exposed household budgets can be to forces entirely outside our control. But now, Suffolk's public sector organisations are partnering with Switch Together, a community group-buying scheme, to help residents in Suffolk move away from ageing and inefficient heating systems.

Through the government's Boiler Upgrade Scheme, eligible homeowners in England can receive a grant of £7,500 toward an air source heat pump, or £9,000 for households currently heating with oil or LPG. The grant is applied for upfront by the installer, so residents do not need to claim it back or repay it. It is not means-tested, so there is no income threshold to qualify.

BRACE

Building Resilience and Adaptation through Community Energy

This recently launched fund of 500K helps community organisations across Mid Suffolk who face a range of barriers to delivering community energy and resilience projects. Whilst many organisations have the enthusiasm, local knowledge and ambition to improve their community buildings and to develop wider community energy projects, they are often constrained by limited volunteer capacity, project management resources, technical expertise and access to advice and funding. These barriers can prevent otherwise viable projects from progressing beyond the initial idea stage.

The BRACE Programme provides a coordinated package of support to help community organisations overcome the financial, technical and capacity barriers that often prevent projects from progressing. By combining Council-led programme management with specialist support, the programme will enable community organisations to deliver projects that reduce carbon emissions, lower energy costs and improve community resilience, while supporting wider place-based approaches to community energy and climate action.

In Stowmarket:

Council delivering on new pitch and track

Work by Mid Suffolk District Council to create a brand new, state of the art 3G community football pitch and mini athletics track was completed last week. Built in the grounds of Stowmarket High School, the 3G pitch and mini athletics track will be managed by Everyone Active and available for community use outside of school hours through a booking system. This is the latest addition to the council's investment in sports and wellbeing for Stowmarket.

Electric bikes for hire

A new solar-powered pod containing two electric bikes has been installed at Mid Suffolk Leisure Centre, giving residents the chance to explore the town using a different, sustainable travel option.

The pod generates its own electricity through an integrated solar panel, keeping the bikes charged using renewable solar energy.

Norwich To Tilbury

In a closing statement to National Grid's Norwich to Tilbury examination, Babergh and Mid Suffolk District Councils have restated their objection and again called for the plan to be halted – with questions remaining unanswered over the devastating impact of the scheme for local communities, businesses, environment, heritage and landscape.

It has been recently announced that there will be a scheme for residents in the confirmed areas of the pylon route to entitle them to a £250 discount on electricity bills according to the national government.

Housing

Residents with a local connection to villages will now be given priority when waiting for new affordable homes. Mid Suffolk councillors unanimously agreed to change how the homes are allocated at a meeting of the authority's cabinet in August. But the council says it will continue to balance the new local connection requirement against someone's level of need. This means those assessed as having critical, urgent or serious needs will still be prioritised over someone with a local connection to a village but with a lesser housing need.

Summer Fun Day in Stowupland a great success

Delivered by Babergh and Mid Suffolk District Councils, this event took place on Wednesday 19 August. Families that attended enjoyed taking part in a wide range of activities, including everything from bouncy castles and axe throwing to arts and crafts. The hula hooping and climbing wall were especially enjoyed! Alongside the free activities, local organisations and charities were on hand with information stalls, offering advice and

access to important local resources. The organisation Fareshare provided free food for people to take home. Their mission is to prevent good food from going to waste by redistributing it to charities and community groups across East Anglia.

Residents from all over attended, with many coming from the village. Comments were very positive, including that they enjoyed every aspect, how friendly the event was, that it was free and the huge range of activities for all ages.

Useful links and funding

Locality Awards - Mid Suffolk District Council - babergh.gov.uk / midsuffolk.gov.uk

A reminder that Pride in your Place Grants applications are now open. These grants are available for capital projects that enable community groups to enhance their local area and environment, explore local identity and heritage, and engage in activities. [Funding opportunities and support - Mid Suffolk District Council - \[babergh.gov.uk\]\(http://babergh.gov.uk\) / \[midsuffolk.gov.uk\]\(http://midsuffolk.gov.uk\)](http://midsuffolk.gov.uk)

[My bin hasn't been emptied - Babergh District Council - \[babergh.gov.uk\]\(http://babergh.gov.uk\) / \[midsuffolk.gov.uk\]\(http://midsuffolk.gov.uk\)](http://midsuffolk.gov.uk)

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07928 512592

Cllr Agnes Watson
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COUNTY COUNCILLOR'S REPORT

SEPTEMBER 2026

Cllr Andrew Stringer, Upper Gipping
Broadway House, Broad Road, Cotton, Stowmarket, IP14 4ND
07774 199061 - andrew.stringer@suffolk.gov.uk

Wildfire on Dunwich Heath

Only a week after the Reform UK administration at the county council decided to reverse our Climate Emergency Declaration, a wildfire broke out on Dunwich Heath in East Suffolk, which took several days to get under control and has caused an enormous amount of damage to rare heathland habitat in one of the most beautiful and much-loved parts of the county. Suffolk Fire and Rescue worked with firefighters from all over the country to get it under control; at the height of the fire, there were 120 firefighters tackling this blaze, with displaced residents needing shelter and support. The local community rallied to open up village halls to help, and local farmers helped to bring in water by tractor to terrain that could not be reached by fire engines. This is only one of many climate change-related incidents attended by blue light services over the summer, where intense heat and lack of rain have made the Suffolk countryside a tinderbox for fires. Whatever the cause of the fire, it is climate change that has created the conditions for this fire and others to burn so quickly and for so long, and to be so difficult to get under control. There have also been claims in the press and online that rewilding causes wildfires to be more prevalent, but the evidence shows the opposite – rewilded areas retain water better and remain green during hot weather. In any case, Dunwich Heath is a traditionally managed nature reserve and is not a rewilding site. The area that has been destroyed is the size of 210 football pitches.

Following the fire, the Suffolk Fire Brigade Union wrote to the Prime Minister to explain that fire services need more investment in equipment in order to fight wildfires: systems to collect water, lighter clothing that was less heavy and boots for outdoor terrain for when crews were required to walk for miles. He also highlighted the need to increase firefighter capacity in light of the number of fires and that more Unimog type 4x4 vehicles would be useful. Suffolk currently receives less than average funding from the government for its fire service, although it is one of the driest areas in the country and is therefore more likely to be hit by wildfires in our increasingly hot, dry summers.

Changes to Councillor Policies

The new Reform administration at the council has decided to spend around £18k to remodel the Leader's office at Endeavour House, claiming these works were needed as there was not enough room in the current Leader's office. The rationale given for this work is that there was not enough room for the group to work in the existing suite of rooms. Reform UK have 41

councillors, but the previous Conservative administration had 54 councillors and found the rooms adequate. The money is being spent to enlarge the Leader's office into the meeting room next door. Only two people will have keycard access to this new large room, so it is not likely to be used by the rest of the Reform group. Other changes prioritised by the new administration include a new policy on Pets in the Workplace, which enables the Leader to bring in his dog while making it clear employees of the council are not to do this, and a new dedicated car parking space for the "Leader of the Council" (since removed) due to safety concerns that the sign might compromise the leader's security.

Help to Replace Ageing Heating Systems

Suffolk public sector organisations (including all Suffolk councils) are partnering with Switch Together, a community group-buying scheme, to make it easier for Suffolk residents to replace ageing gas, oil or LPG boilers with heat pumps. Through the government's Boiler Upgrade Scheme, eligible homeowners in England can receive a grant of £7,500 toward an air source heat pump, or £9,000 for households currently heating with oil or LPG. The grant is applied for upfront by the installer, so residents do not need to claim it back or repay it. The scheme is open to homeowners and small business owners in England who are replacing a fossil fuel heating system and hold a valid Energy Performance Certificate with no outstanding major insulation recommendations. It is not means-tested, so there is no income threshold to qualify, and the scheme is currently scheduled to run until 31 December 2027. Switch Together works by bringing residents together so that installers compete to win their business, which secures better prices than homeowners could negotiate individually. Once registered, residents receive a free, no-obligation personal offer, and their installer then handles the grant application on their behalf. Switch Together's group-buying savings apply on top of the government grant. Every installation is carried out by a Microgeneration Certification Scheme (MCS) accredited installer.

For more information about the scheme, please visit the Sustainable Suffolk website: <https://sustainablesuffolk.org.uk/what-we-do/projects/switch-together-suffolk/>

Energy Efficiency Loans

Homeowners across Suffolk can now apply for a loan to help fund energy efficiency improvements to their homes, thanks to a partnership between Suffolk County Council and Lendology. The Warm Homes Suffolk Loan scheme offers eligible homeowners access to loans from £2k to £15k at a fixed interest rate of 2.2% Annual Percentage Rate (APR), with repayment terms of up to seven years. Borrowers may also repay their loan early without penalty, subject to eligibility and loan terms. The funding is designed to support residents who want to improve the energy performance of their homes while spreading the cost of installation over a manageable period.

The loan can be used for a range of energy efficiency measures, including:

- Solar photovoltaic (PV) systems
- Solar battery storage
- Solar thermal systems
- Ground source heat pumps
- Air source heat pumps
- Double and triple glazed windows and doors
- Loft, wall and floor insulation
- Ventilation systems when installed alongside insulation measures

The scheme aims to help residents reduce their energy bills and make their homes better insulated. For more information about the Warm Homes Suffolk Loan Scheme, please visit the Lendology website: <https://www.lendology.org.uk/partner/suffolk-council/>

High Streets Matter: Support for Market Towns.

Suffolk County Council is offering extra support to small independent and hospitality businesses across the county via its new High Streets Matter programme. This will offer 75 businesses a package of one-to-one advice, funding opportunities and peer networking, with a view to helping them become more resilient so high streets can thrive. Interested businesses can find out more and register here: <https://www.newangliagrowthhub.co.uk/suffolks-high-streets-matter/>

Public Consultation on Cuts to Healthy Child Service

Finally, Suffolk County Council's public consultation on proposed changes to its Healthy Child Service has been extended for an extra month. The proposed changes include cessation of the Young Person Pathway and Family Nurse Partnership, which provides specialist support to parents under the age of 21 after they have a baby. The proposals also include removal of the Community Staff Nurse role from Health Visiting teams, and the School Nursing service becoming term-time only. The consultation now runs until 18 October, with a decision likely to be made at Cabinet in November.

Local Government Reorganisation

Government proposals to reform the structure of local government in Suffolk have been "withdrawn". Our group have today criticised the decision by the government to withdraw the current plans for Local Government Reorganisation (LGR) in the county.

The LGR plans for Suffolk's councils will now be subject to a review, and elections for the new unitary authorities in May 2027 will no longer happen.

Our group had long been wary of unitary councils taking local decisions further from Suffolk's communities, but had been supportive of a three unitary option against the alternative of one mega-council for the whole county, while arguing in favour of true devolution where decisions would be made closer to communities rather than further away.

Suffolk was due to move from a two-tier model (county councils and districts/boroughs) to a model of three unitary councils which would provide all council services for each area. The government announced on Monday afternoon that it was 'withdrawing' these plans for Suffolk and a number of other areas in England, including Hampshire, Essex and Norfolk.

The Reform UK group at Suffolk County Council, which gained power in the local elections in May of this year, announced they would be challenging the legal basis of the government's decision to set up three unitary councils in Suffolk. A number of other councils had also sought to challenge the government legally.

We find this reversal very frustrating, not only because of the amount of time and money already spent by Suffolk councils to bring services together, but because the challenges of delivering local government services still remain - from adult social care to fixing potholes, education and SEND to alleviating local flooding.

All of these are essential for residents and deserve a sustainable financial footing, but under the current system, that is a distant dream. This was announced on the day that Suffolk County Council would not be reviewing all the EHCP's for children with SEND needs due to capacity constraints.

You can read through the proposals and respond to the consultation here if you have not already done so: <https://www.suffolk.gov.uk/council-and-democracy/consultations-petitions-and-elections/consultations/healthy-child-services-consultations>

Social Media and Helpful Links

Follow us on:

Instagram - <https://www.instagram.com/scc.green/>

Facebook - <https://www.facebook.com/suffolkgreens/>

Group Website - <https://suffolkgreens.org.uk/>

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/what-to-do-in-a-flood>

<https://suffolkprepared.co.uk/get-prepared/risk-advice/flooding/>

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



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PARISH COUNCIL REPORT

SEPTEMBER 2026



The meeting opened with 8 parish councillors present, 1 Suffolk County Councillor, 2 Mid-Suffolk District Councillors and 7 members of the public. Cllr Donna Bridges was in the chair.

Apologies from 1 Parish Councillor.

Matters for Report: A bench survey to be arranged for the Green and the cemetery.

Public Forum: Ongoing concerns about speeding and traffic volume along Church Road and Saxham Street. Cllr Stringer said a preliminary meeting would be held on Monday 7th September to discuss the forthcoming traffic survey. There was a query about signage for lorry permits for Saxham Street. A dead tree at the corner of A1120 and B1115 was reported; Suffolk County Council has been informed, as it is not on Parish Council land, and no action will be taken.

Report from our County Councillor: Andrew Stringer said it was important to acknowledge and thank all the volunteers who had supported the Suffolk Fire and Rescue Service through the unprecedented widespread fires that Suffolk had experienced recently. The incidents had highlighted previously unanticipated problems of fighting wildfires in rural areas, from issues relating to heavy footwear that was appropriate for kicking down doors to enter burning buildings but not for walking miles in searing heat, through to poor personal radio reception in rural areas.

He was concerned that press coverage about the effectiveness of new machinery for dealing with potholes was misleading as to its speed and effectiveness. Also, the impact that the proposed changes to Child Health Care might have. Whilst practitioners would be receiving additional training, the trade-off might be fewer opportunities for face-to-face contact.

Report from our District Councillors: Agnes Watson reported she had attended the Fun Day held at Stowupland Village Hall and was pleased to report it had been well attended.

Planning: DC/26/03416 – planning permission for the section of front porch on Devon Road was supported.

DC/26/03255 - retrospective planning permission for 2 garden rooms was objected to.

Finance: Money from a donation had been used to purchase daffodil bulbs for planting on mounds around the green. The Council reviewed and agreed to payment of bills for August. The parish council insurance was to be renewed for 3 years. Quote for £1785.19 was agreed to be accepted.

PIP/CIL: Cllrs Easter and Dixon declared interests and left the room. Concern was expressed over the amount of money (£35,822) being requested by the new Stowupland Bowls Club when it wasn't clear what equipment was still on site. Cllrs agreed that before any money was given, a written declaration was required to confirm there were no outstanding legal matters between the two clubs.

Play Park – Plans for repairs and replacements are ongoing, but there was a query raised as to whether the village hall or parish council were responsible for the play park. Archived documents need to be checked.

Village Green – 2 'Private Track' signs @ £38.50 to be ordered and erected.

Tree Survey: Those trees determined as High Risk had been actioned for work; quotes for trees deemed to be of medium risk would be sought whilst those of low risk would be looked at in January. One of the groups of 5 Silver Birches that PC had planted on the Green had snapped and needed to be replaced.

Churchyard & Cemetery: A gardener was needed, primarily to care for the cemetery area, especially checking that grave areas are levelled. It was thought 20 hours a month was the time required.

Work on the area behind the church was in hand, with gravel being delivered. There was some uncertainty about clearing the ditch at the rear of the church. Parish Cllrs to meet on Sept 19th to conduct a 'topple test' for the safety of the gravestones in the cemetery.

Neighbourhood Plan: Invitation cards had been delivered to most residents and an advert in Telstar invited residents to the Open Event on September 8th. SLHG was asked to share copies of the 2010 and 2005 Booklets so residents could see what mattered previously and what had been achieved.

Clerk's Report: Yellow stickers had been received to replace those missing off footpath signs.

Councillors' Reports: Logs on the green will not be removed yet as a hedgehog has taken up residence. A reminder that, for the time being, work on the mounds on The Green should be restricted to specified workdays so the PC and SWAB can monitor what plants are naturalising.

A request had been received from a Stowupland Company requesting permission to use part of the Green for a few hours for staff training in erecting a large marquee (12 ft x 6ft). It was agreed to allow it so long as only between school hours.

A query was raised over the 'cyclist dismount sign' along the Hornbeam footpath. Whilst cycling is not permitted on footpaths, can bikes be pushed?

PC to speak with the High School about the dangers of bikes on footpaths. A fence alongside the primary school needs attention as it was falling across the footpath. Damage to a bridge on the Bloor development should be reported directly to Bloor. There have been complaints about traffic using tracks across the Green to access M&M's.

A dog bin near Green Farm needs to be lowered for easier maintenance and possibly an additional dog bin is needed near Thradstone Meadow.

September 21st @ 7.30 at URC - Biodiversity meeting, all welcome.

September 23rd @ 10 am - SOAP at Sports and Social Club

September 26th - Strimming & Daffodil planting on The Green, all welcome between 10 & 12 am.

Next Parish Council meeting: Thursday, October 1st - 7:30 at the URC.

The meeting was closed to the public at 9:15 pm.



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BRIAN WARD

I hope you all enjoyed your summer holidays. It has been a hot one, whether in the UK or abroad; going by what they forecast, we may have a similar weather pattern in the future. The lawns are only now starting to regrow, and hopefully through the autumn, with a good feed and some TLC, they will be back to normal by next spring. I enjoy growing hostas, but from July onwards they suffered in the extreme heat; the plants in the shade did better than the exposed ones, but it was the worst I have ever seen them.

The fire on Dunwich Heath was devastating; this is one reserve I have been visiting for decades, and it was probably at its best before the flames engulfed the site. We can only hope that nature and help from the staff and various specialists will return it to its former beauty one day. On a good note, I have found adders on the nearby Westleton Heath, so this population may move over to Dunwich Heath as it regrows. Also, Minsmere nearby has a healthy adder population, so no doubt, along with other wildlife, it will come back so we can enjoy this rare habitat once again.

With the hot weather, it has encouraged some of our migrant butterflies and moths to arrive in good numbers. We associate migration with birds, but insects and even bats may migrate to our shores if conditions are favourable. This year has been exceptional for hummingbird hawk moths, and probably some of you have seen them in your gardens. We have had an influx of painted lady butterflies during the summer and during late summer a small orange/yellow butterfly called the clouded yellow has been seen in good numbers; probably the best sightings were on the coast, but many make it inland. Some other insects to look out for are spiders (not everyone's favourite), but during late summer into early autumn they become more obvious and cobwebs of all types can be found from the common orb web type to the funnel web type and many in-between. One that fascinates me is the wasp spider web. This spider loves long grass and builds its web low down. It is the standard orb web structure, but it has an X shape across the centre of the web made of thicker, whiter strands. Why this spider has this strange design, I do not know. If you go on a spider hunt, look out for the crab spider that lives on flower heads, mainly daisy type flowers also the tiny zebra jumping spider that often lives on warm walls and fences. I have



come across grasshoppers in vast numbers in some areas of long grass; perhaps this extra hot weather has suited them, and these little jumping beasts are a good food supply for many birds and small mammals.

Many of our summer visiting birds have gone on migration back to their winter sites; cuckoos and swifts are only with us for a few months, and the last swift I spotted was late August. I just mentioned cuckoos, so whilst on the subject, I was lucky to see and photograph a young cuckoo this year; judging by its weak flight, it had only just left its host parents and was probably searching for food. It is amazing to think this bird will migrate to Africa and hopefully return next spring.

A pair of wood pigeons have successfully reared two young in our garden; the first brood of eggs were predated by magpies, I believe, but that is nature. The young pigeons are called squabs before they leave the nest and are not the prettiest of youngsters, but apparently were a delicacy in past times at banquets. The children are back at school, much to the relief of many parents, no doubt. I enjoy meeting families on my rambles about the countryside; some are very inquisitive as to what I am looking at and many youngsters are eager to learn if nature is of interest to them.



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RAMBLINGS FROM THE POTTING SHED

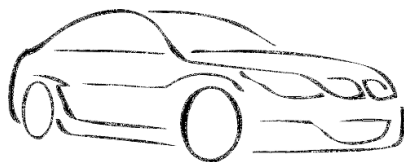
PAULA WILLMOT

Whilst our farmers have had serious challenges to their crops this year, one has only to walk around the village and small pockets of bountiful harvest can be found. There is a tree so full of damsons, I am surprised the branches have not broken. The old orchard around the school, where I played as a very young 6 year old before visiting the apple barn on Church Road, hides some trees bursting with fruit. The odd hedge on our various village greens has some very juicy fat blackberries; you just have to go searching with an old walking stick. The sloes are also very bountiful this year, but not to be picked and pricked until the first frost! However, go carefully; Asian hornet nests have been found in the hedgerows in Somerset! They must be reported and professionally destroyed if stumbled on. But to happier thoughts, bulb ordering time is back; could this be my favourite time of year??

October tasks in the meadow garden are as follows:

- Keep deadheading roses; they have had a good, dry summer and are still bursting with flowers.
- I kept my dahlias in the ground last year, and despite a fairly soggy winter, all survived. Your call: lift or leave, but the milder winters suit them.
- Leave some flower heads to run to seed. The foxgloves and poppies will spread very naturally, if you want them to.
- Give sheds and greenhouses a detailed clear out and wash. Pay particular attention to shelves and the floor. Little mites and spiders will be hiding, waiting for some tender seedlings.
- Wash out all the empty pots and plant up with some winter interest plants. It doesn't have to be small primroses, etc.; go for bold and colourful dogwoods and mahonia, which produce wonderful yellow flowers in winter. Underplant with violas and winter pansies.
- Our grass has been battered this year, and mine has small tufts of green after recent rain; I shall scarify the dead roots and hope for the best! It should reward you in Spring.
- Fruit trees are approaching pruning season; tips next month, but keep them regularly watered to maintain healthy trees. Thinning out damaged fruit may give a last bit of energy to the remaining apples.
- Now is the perfect time to sow loads of daffodils. Most garden centres have them in big bags. Plant in 'drifts' or pots for early spring colour.

September is all about eking out the last blooms and foliage, but October is the time to start protecting our weaker plants. I took hydrangea cuttings, but they burnt to a crisp, so I will be trying again in October. It's also time to salvage pelargoniums and similar plants that will collapse into a soggy mess at the first frost. It will also clear our beds and borders so the birds can get into the soil for worms. Well, that's almost it for this month. Do keep an eye out in garden centres for those plants that need rescuing. Many of my 50p purchases have paid dividends this year. Enjoy your gardens and the turn of the seasons. Until next month, happy gardening 😊



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STOWMARKET ECO FUTURE GROUP



<https://stowmarketecofuturegroup.co.uk>
Email: stowmarketecofuture@gmail.com

Collection of hard to recycle items

Collections continue at our monthly Repair café but please be reminded that the Market Stall collections have now stopped. This is because many of our items are now recyclable in the new bins. The Repair Café is held on the 2nd Sunday of the month (11th October) at Red Gables, 2-4 pm. stowrepaircafe@gmail.com

UPDATE ON ITEMS COLLECTED: Blister packs, Coffee pods – plastic and metallic (not mixed), Pet food pouches (empty, clean & dry), Spectacles (no cases), plastic make-up containers, Mobile phones, batteries, Bicycle inner tubes. (Pet food pouches can also go in the Tesco soft plastic bin; Tesco also has a make up container collection point. Batteries are also recyclable at any supermarket and Argos) We want to say a huge thank you to visitors to the stall, to the Town Council staff, to the Crown Street Community Hub and John Peel Centre who have helped us deal with the items collected and most of all to the many volunteers who have turned out in all weathers to receive items and advise and encourage visitors. It's been a great community effort which will now continue at Red Gables (as above)

Mid Suffolk Green Party Evening Socials are held monthly at Fred's Bar on the third Tuesday of the month. All welcome.

Meet Mike Bailey, one of the repairers at the Stowmarket Repair Café!

Describing himself as a "multi fixer", Mike is happiest when he is working with wood. As a boy, he picked up his carpentry skills from his grandfather, who was a cabinet maker and was keen to pass on his knowledge. Mike is equally happy passing on his skills to his own granddaughter and having worked as a GP during his career, he's also keen to share health and safety advice. Mike's claim to fame is being involved with the V festival for more than fifteen years, where he organised the medical support. Mike moved from Essex to Suffolk four years ago on retirement with his wife Ann. He was keen to get involved in the community and was looking for something to do when he saw the advertisement for the repair café. Having been inspired by watching The Repair Shop on the BBC, he made contact. He feels there is not so much for men to get involved in locally as there is for women and he recognises the importance of socialising with others in the same position as himself.

Mike likes to see people coming to the repair café with their children and grandchildren, to teach them how important it is to repair things rather than throw them away and buy new.

His most memorable repair wasn't one of his own but watching a repaired teddy bear being reunited with its owner, which brought her to tears. Through his involvement at the repair café, Mike has since become involved in another volunteer role with Suffolk Sight and has encouraged his wife, whose expertise is sewing, in particular quilting, to join the repair café team. If this has inspired you to get involved, please come along to the next repair café on Saturday, October 11th, 2-4 at Red Gables.

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Email – Orchardgaragedms@outlook.com

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

I finished school in the summer and since then I've applied for countless jobs, but I'm not having any luck - most companies don't even bother getting back to me. It's really getting me down - what can I do to be more successful?



**citizens
advice**

Mid Suffolk

Navigating your first steps into the world of work can be really daunting. If you're struggling to find a job, you're not alone. Nearly one million young people aged 16 to 24 in the UK are not in education, employment or training. Clearly, there are some big structural and economic issues that are making it hard for young people to find work, but there are still things you can do.

When you're applying for a job, it's vital to do your homework. Make sure you've done your research about both the role and the employer and adjust your CV to fit the position you're applying for. Employers will usually want to know why you're interested in working for them specifically, so take some time to look into who they are and their values as an organisation. Then discuss how they align with what you're looking for in a role in your application.

Be cautious about using AI. When you're feeling the pressure to get out as many applications as possible, it can be tempting to turn to AI to help you write your CV, cover letter or application form. But employers can usually tell when you've used AI, and some may use AI detection tools when screening your application. It might put them off wanting to progress your application, so it's best to always use your own words.

If you're worried about your lack of experience, one way to make your CV stand out from the crowd is to try volunteering. Not only will you gain vital skills and work experience but also make a positive difference to people's lives. For example, volunteering in your local Citizens Advice service can give you office experience and customer service skills - you can find out more about opportunities in your area on our website.

If you're struggling financially, you should check what benefits you're able to get. If you're over 18 (or in some cases 16 or 17), not in education or training, and you have less than £16,000 in savings or other investments, you may be eligible for Universal Credit. You might also be able to get 'new style' Jobseeker's Allowance for up to six months while you look for a job. You can check what benefits you can get on the Citizens Advice website.

And lastly, job hunting can take a real toll on your mental wellbeing. Endless applications, back-to-back rejections or being ghosted entirely can all chip away at your self-esteem and affect your mental health. If you're finding it tough, there's help and support available. You can reach out to organisations like Student Minds, try Young Minds or get in touch with Mind - you don't have to face it alone.

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 9.30 am – 3.30 pm and Friday 9.30 am – 12.30 pm.

STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP

2026 sunflower competition.

The results are in!

There were three finalists whose sunflowers I measured on 1st September. The tallest, at 11 feet 5 inches, was grown by Steve Southgate – a previous winner in 2024 and 2025. The biggest flower head was grown by Chris McCarthy. The photograph shows one of the prizes – a wooden platter hand turned by Don Mobley.



More people than ever grew sunflowers this year, but the hot, dry weather resulted in many small early flowerheads.

For next year's competition, we will be using a different seed supplier. But many residents will be saving their own seed from this year's seed heads, hopefully leaving some for hungry birds in the winter.

Mounds and ditches on The Green

At the time of writing, we are waiting for the Parish Council's mowing contractor to trim the dead vegetation on the mounds. Our group will then prepare the mounds for volunteers to plant native daffodil bulbs. We will also be sowing extra seed to complement seeds produced by the wildflowers. We will need to keep an eye on what germinates next spring to avoid any single variety over-dominating. I'll report on the 26th September volunteer day next month.

If any individual or group would like to volunteer to care for a length of the mound, we will be pleased to provide seeds and bulbs. This shouldn't be too onerous - half an hour every fortnight or so. It is important that only seeds and bulbs that we provide are used to ensure that only native species are used. Some residents have saved wildflower seeds from their gardens; these should be fine to use, but please let us know before you sow.

Wildflower Meadow

We are waiting for 'Grillo' from Mid Suffolk Council to cut the vegetation and remove it to the edge of the plot. Despite the hot, dry weather, there has been a lot of insect activity, but wildflowers have not fared well. Our group has been concentrating on the mounds; we will need to get back to tending this area when we can.

Date of our next meeting: 7.30 in the URC meeting room – 23 November. Anyone with an interest in biodiversity or wildflowers is welcome.

Dates for workdays: normally the second Friday of every month; next is 9 October, 1:30 on The Green.

Please come and join in – look for our banner on The Green or contact me.

Keith Welham keithwelham48@aol.com or 07831 705 714

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
WaveneyValleyOffice@parliament.uk
01379 830200

Mid Suffolk District Council

www.midsuffolk.gov.uk

MSDC General Contact No. 0300 1234000

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 SCC - General No. 0345 606 6067
Andrew Stringer - andrew.stringer@suffolk.gov.uk

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 coming up that I may not have picked up on, please do get in touch by 7th of the month at stowman@stowman.plus.com or on 07951 037749

Please note – Diary dates lists community events in the village, for advertising all commercial events please contact Sally Wray – adverts.telstar@hotmail.co.uk

OCTOBER

THURS 1	19:00 Village Hall	Short Mat Bowls
THURS 1	19:30 URC Chapel	Parish Council meeting
SUN 4	19:30 Village Hall	Country & Western Music
TUES 6	16:00 Village Hall	Young Carers Club
WED 7	14:30 various venues	Book Group (01449 672127)
WED 7	14:00 -16:00 Village Hall car park	Mobile Post Office
WED 7	19:30 URC Hall	Local History Group - Scary Stories of Stow
THURS 8	19:00 Village Hall	Short Mat Bowls
SUN 11	19:30 Village Hall	Country & Western Music
WED 14	14:00 -16:00 Village Hall car park	Mobile Post Office
THURS 15	19:00 Village Hall	Short Mat Bowls

SAT 17	10:00 - 12:00 Church Hall	Coffee, Cake & Chat
SUN 18	19:30 Village Hall	Country & Western Music
WED 21	14:00 -16:00 Village Hall car park	Mobile Post Office
THURS 22	19:00 Village Hall	Short Mat Bowls
SUN 25	19:30 Village Hall	Country & Western Music
TUES 27	09:30 Jubilee Crt. 09:55 The Green	Mobile Library
WED 28	14:00 -16:00 Village Hall car park	Mobile Post Office
THURS 29	19:00 Village Hall	Short Mat Bowls
FRI 30	10:00-12:00 URC chapel	Coffee Morning
FRI 30	eyes down 19:30 Village Hall	Community Bingo

NOVEMBER

SUN 1	19:30 Village Hall	Country & Western Music
TUES 3	16:00 Village Hall	Young Carers Club
SAT 21	Village Hall	Craft Fair
SAT 21	17:30 evening Village Hall	Christmas Concert
FRI 27	19:30 Village Hall	Community Bingo

Cllr Agnes Watson - agnes.watson@midsex.suffolk.gov
07599 828819

Mobile Library - 07721 879855

Parish Council

Donna Bridges - Chairman - 07736 348335
donnabridges@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

Peter Scopes - 07557 273262

peterscopes@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

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club -

www.stowuplandcricketclub.co.uk/

Stowupland Falcons Football Club -

stowuplandfalconsfc.co.uk

Stowupland Sports Centre -

info@stowuplandsportscentre.co.uk - 01449 672531

Stowupland Wildflower & Biodiversity Group -

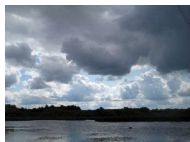
Keith Welham - 01449 673185

Stowmarket Wildlife Group - Heather Salmon

heathersalmon50@gmail.com - 07722 871205

Water — it's wonderful stuff.

We do rely on water,
Much, wasted down the sink.
But when there is a shortage
Our use, we must rethink.

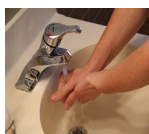


We know where water comes from.
Oceans, clouds and rain.
We need it to keep healthy.
Without it, we complain.

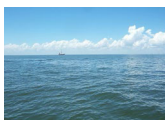
Most times we do have plenty.
Rain fills the [waterways](#).
[So](#) for our daily water needs,
We must have rainy days.



We drink, we cook, we wash.
We need it all the time.
And if we have enough of it,
Well everything is fine.



Hydrogen and oxygen,
Their atoms join together.
With the water cycle,
We get our rainy weather.

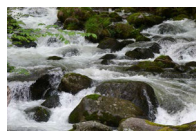


Water, water everywhere,
Nor any drop to drink.
Written by Samuel Coleridge.
It made a mariner think.

Water can fall in different states.
Rain or snow or sleet.
Changes in precipitation,
Possibly down to heat.



Water covers most of earth.
Seventy one per cent.
And many water courses,
Are called the River Trent.
(poetic licemce)



EAST ANGLIAN TRADITIONAL MUSIC TRUST

We are sending out this warm welcome to everyone who would like to enjoy an afternoon of music, dance displays, songs and stories which have originated in East Anglia. We also promote recent traditions which are making the East Anglian history of the future.

Entry is free, but donations are gratefully received. There is the opportunity to take part in a raffle and for a small payment, teas, coffees and homemade cakes are available. If you are hoping to perform please give your name to the MC as you walk in; if not, please come along to just sit back and enjoy. The afternoon is very relaxed; chairs are set out in a big circle and performers can perform in their seats if they choose.

We do hope you will be able to join us on 1st November at Coddtenham. Community Centre, IP6 9PS. Doors open at 13.30 and we kick off with two session tunes at 14.00.

We look forward to seeing you.

Jan Robinson

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MP UPDATE

ADRIAN RAMSEY - WAVENEY VALLE

“Future generations will recount how we knowingly gambled the health of the natural world, and the safety of human life, and call it a growth agenda” — Adrian Ramsay MP said in a speech urging the Government to release the National Security Assessment in full.

A packed Parliamentary debate examined the Joint Intelligence Committee's National Security Assessment on biodiversity loss and ecosystem collapse — a report the Government has reportedly declined to publish in full. The assessment warns that nature loss could trigger crop failures, water shortages, flooding and new diseases, creating food insecurity, inflation, public health risks, disrupted supply chains, displacement and conflict.

Adrian Ramsay, MP for Waveney Valley, who secured the debate, said the report highlights rapid biodiversity decline, collapsing ecosystems and threats to global food systems. He warned that future generations will judge how governments “gambled with global stability, the health of the natural world, and the safety of human life.”

Roz Savage, MP for South Cotswolds, stressed that the Government's own intelligence identifies ecosystem collapse as a national security threat, yet policy and funding do not reflect this. She urged Ministers to take the warnings seriously and act with urgency. Kerry McCarthy, MP for Bristol East, pointed to recent global events — heatwaves, wildfires and glacier collapse — as evidence that climate impacts are already here. She warned that environmental degradation poses immediate economic and security risks “that we ignore at our peril.”

Ed Jarvis from the Climate Majority Project criticised the Government for failing to treat ecosystem collapse as a serious security threat, calling for publication of the reports, a national emergency briefing, a funded Strategic Adaptation Plan, and Cabinet-level leadership on resilience.

Dr Amy McDonnell, Co-Director at Zero Hour, said security officials have already raised the alarm about the threat global nature breakdown poses to people in Britain. She argued the Government should have used the debate to set out how these risks will be central to the 10-year plan currently being drafted, especially after a summer marked by crop failures, hospital pressures and widespread fires.



Bungay illustrates “biggest problem” with rural banking access, says Adrian Ramsay MP

Speaking in a parliamentary debate on access to face-to-face banking, Adrian highlighted the market town of Bungay as an example of the collapse of banking services in rural communities.

Bungay once had branches of HSBC, Barclays, NatWest and Lloyds, but all have now closed. Adrian Ramsay MP told Parliament that Link considers Bungay ineligible for a banking hub because cash facilities remain available, but stressed that access to cash is not the same as access to banking or personalised support. He also challenged the argument that Bungay doesn't need a hub because one exists in Harleston, noting that travel between rural market towns isn't always easy. He urged the Minister to review the criteria so communities like Bungay can qualify where there is clear demand for face-to-face services.

Adrian I enjoyed attending the Stowupland URC coffee morning in July with Councillor Keith Welham.

It was a great chance to meet residents and hear concerns about bus routes, new housing and access to GP services, which my team and I are now taking forward as casework. I'll be back in Stowupland on Monday 21 September to host a public meeting at the Village Hall from 6–7pm, part of a constituency-wide series giving residents the opportunity to raise local and national issues and hear more about my work on their behalf.

CONTACT DETAILS Constituency office
1b Navire House, Mere Street, Diss, IP22 4AG

Email waveneyvalleyoffice@parliament.uk
Phone 01379 830 200

STOWMARKET U3A

Stowmarket U3A is a local organisation for people no longer in full-time employment or raising a family and focuses on learning for pleasure, sharing skills and enjoying activities that are friendly, fun and in good company. It is run entirely by volunteers and open to all. For a modest fee, members can continue their creative, educational or social interests in a friendly and encouraging atmosphere. There are no assessments, tests or exams. It is the perfect place to make new friends; conversation is so much easier when you start from a shared activity.

There are currently over 30 different interest groups to choose from, and members can try out an activity first to see if it fits their needs. Members with an enthusiasm they would like to share with others can start their own group, with lots of support and help.

Interest groups include Pilates, table tennis, aviation, Sunday lunch club, history, 3 different walking groups, cribbage, photography, play reading, art and galleries, geology, French, Spanish and Italian conversation and much more.

Further details of the interest groups can be found on the Stowmarket U3A website, www.u3astowmarket.org.uk.

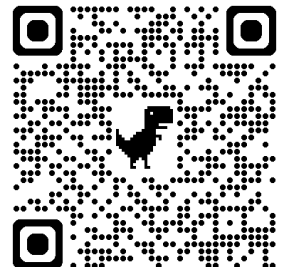
In addition to the interest groups, our monthly meetings are friendly, relaxed afternoons where we come together to hear an interesting and informative presentation and enjoy good company, meeting old and new friends.

This is held on the third Wednesday of each month at 2:30 pm (doors open for refreshments at 2 pm), at The Salvation Army Hall, Violet Hill Road, Stowmarket. Our next two meetings are:

- **21 October – American Midterm Elections – Don Mobley**
- **18 November – A Beginning, a Muddle and an End: Where do novelists get their ideas? - Bobbie Darbyshire**

New members are always welcome; visit our website: www.u3astowmarket.org.uk. For membership enquiries, email membership@u3astowmarket.org.uk. Registered charity 1002987.

We look forward to seeing you!



STOWUPLAND FALCONS



By the time you read this article, our girls, boys and mixed teams will have started the 26/27 season. This season the club will be running 26 teams, ranging from U7 boys/u8 girls through to Vets. This is a remarkable achievement for a village-based football club. We currently have around 350 players.

While the youth players have only just started the new season, our adult first team started their season on 8th August with a visit to Cops, the reigning champions. Unfortunately, we were on the wrong end of a 3-1 scoreline. We bounced back to winning ways with a fine 2-0 win away at Old Newton on Tuesday evening. We then made the short trip to Bacton and gained a point from a 2—2 draw, our equaliser coming in the last minute of injury time. The next game was Trimley away. Games between our two clubs are normally high scoring, and this one was no different. Going in 2-0 up at half time, we expected Trimley to come at us, but it never happened. The boys played some tremendous football and scored another 5 goals to win 7-0. As you can expect, we drove back up the A14 with big smiles all round.

Our ladies team had an early start to the new season with a FA Cup game at home to Newmarket Town. Unfortunately, the game had to be switched to Needham Market due to the condition of the pitches at Stowupland. Thankfully, the recent rain has resolved the problem. The ladies put up a brave showing but were beaten 3-1, but a great experience for the players. Who would ever have thought a team from Stowupland would play in the FA Cup!

Well, that's it from me, but I will have plenty to tell you in the next article when the new season is in full swing.

Colin Herbert, Club President, Stowupland Falcons FC

JUBILEE LADIES CHOIR

We're back after our Summer break and have attended our first practice at our new venue, Hillside Community Centre, Stowmarket.

Details remain the same: Tuesday evenings at 7.30 is the time and we're always ready to welcome new members. This venue has plenty of parking, which is a positive!!

We're practising for the Stowmarket Music Day on the 19th September when we will be singing in the library at 11 a.m. By the time you read this, that will be in the past and I hope some of you came along to hear us.

We will then start practising Christmas music for our concert in Woolpit Church on December 4th.

We're a sociable group of around 40 women and love to sing a variety of music: pop, show tunes, gospel, folk, light classics. We will sing at weddings; in fact, we did one in August, funerals, fundraisers and special occasions.

No age restriction, no auditions; ability to read music helpful but not essential. Our professional conductor and accompanist guide us to be our best .

If you would like to give us a try, just come along to a practice on Tuesdays or phone Di Balaam on 01449 736374 or me, Avril, on 01449 798365

Community

Bingo Night



All cash prizes



FRIDAY 30TH OCTOBER 2026
STOWUPLAND VILLAGE HALL
DOORS OPEN 7 PM
EYES DOWN 7:30 PM

EVERYONE WELCOME
(OVER 18'S ONLY)
BRING YOUR OWN DRINK AND
NIBBLES

A STOWUPLAND COMMUNITY EVENT BROUGHT TO YOU BY THE TELSTAR TEAM

STOWUPLAND CRICKET CLUB



Celebrates Successful 2026 Season

2026 has been a hugely successful season for Stowupland Cricket Club, with plenty for the club and the wider village to celebrate.

The standout achievement came from the **1st XI, who were crowned Division Five champions in the Two Counties Cricket League**. It was an excellent season for the side, who consistently produced strong performances throughout the campaign to secure the league title.

The **2nd XI** also played an important role in the club's development, providing opportunities for a large number of youngsters to make their **first appearances in adult cricket**. Giving young players the chance to step up into senior cricket has been a key focus for the club, and it has been fantastic to see them gain valuable experience and become part of the senior setup.

There was further success during the week, with the **midweek team also winning their league**, making it a particularly memorable season for the club.

Away from the cricket, Stowupland has continued to be a welcoming community club, with junior cricket, training, social events, the bar and BBQs bringing players, families and supporters together throughout the summer.

The club would like to thank all of its players, coaches, volunteers, sponsors, supporters and families for their contribution to a fantastic 2026 season.

A league title for the 1st XI, another league win for the midweek side and a new generation of young players making their mark in adult cricket — 2026 has certainly been a season to remember at Stowupland Cricket Club.

CATHOLIC PARISH OF OUR LADY, STOWMARKET

Parish Priest: Rev. Michael Brookes.

Tel: 07572545743 E-mail: michael.brookes@rcdea.org.uk

MASS TIMES:

Saturday (First Mass of Sunday) - 6 pm - At St Mary's C of E Church, Woolpit IP30 9QG

Sundays - 8.30 am and 10.15 am - Our Lady's, Strickland Road, Stowmarket

Weekday Mass is usually 10 am, but no Mass on Wednesdays; see the weekly Newsletter or Parish Website: www.ourladystowmarket.org.uk

All are welcome to "Coffee and Chat" 2-4 pm on the 2nd and 4th Thursday of the month. This is held in the Parish Centre next to the church, on Strickland Road.

STOWUPLAND VILLAGE HALL

The perfect venue for Every occasion

Looking for the ideal place to host your event?

Stowupland Village Hall offers:

- A welcoming flexible space for family celebrations, weddings, club meetings, classes plus community or business events.
- A large main hall with stage, fully equipped kitchen and a licenced bar available.
- A small meeting room or a Social Club (no bar).
- Outdoor space and a kids play area.
- Ample on-site parking including space for mobile shops.
- Great value in the heart of Stowupland.

Affordable hire rates. Easy access. Friendly local venue.

07515 859337 stowuplandvillagehallbookings@gmail.com

www.hallbookingonline.com/stowupland/

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 cover *black and white* £66 per month

Whole back cover *colour* £120 per month

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

Reduce your Accountancy costs

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Professional efficient Accountants with over 15 years experience

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01284 747 139



SCHOOL TOURS FOR NEW PARENTS



We would like to invite parents looking for a Reception class place
in 2027/28 to a tour of the school on:

Wednesday 30th
September
at 9:30 am

Friday 16th
October
at 9:30 am

Friday 20th
November
at 9:30 am

(by appointment only)

The open mornings will give parents the opportunity to speak to our
Headteacher, visit our Reception Classroom, and have a tour of our school
and grounds.

Please call the school on (01449) 612067 or email
admin@freemancpschool.co.uk to book a place on one of the school tours.

See our website: www.freeman.suffolk.sch.uk for more information about
our school



From tiny acorns mighty oaks grow.

Freeman Community Primary School, Church Road, Stowupland IP14 4BQ

Telephone (01449) 612067; e-mail: admin@freemancpschool.co.uk

FREEMAN COMMUNITY PRIMARY SCHOOL



By the time you have read this article, we will have welcomed new children and parents and carers to our school community and another academic year will have begun.

However, last academic year ended on a high with some events in school we would like to share. Year 6 performed Peter Pan to their parents and families and to the wider school community. The children demonstrated incredible commitment throughout the process, working tirelessly to learn their lines, songs and choreography. We would like to thank our families for their wonderful support – the costumes that were made and sourced were absolutely exceptional and helped bring the performance to life.

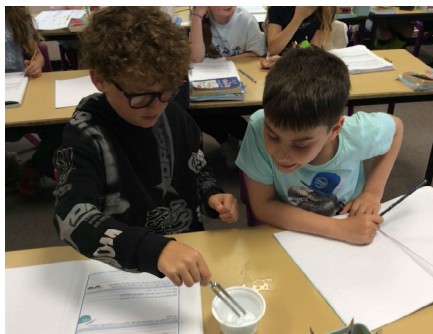


As a school, we are immensely proud of every single pupil. Their enthusiasm, confidence and teamwork shone through in every scene, and their powerful singing truly lifted the roof. There were moments of laughter, excitement and even a few tears as they delivered a memorable performance that showcased just how talented they are.

Throughout the year, we have had several children participate in sporting competitions. At the end of the term, we had success at a rounders tournament. Our Year 5 team competed at the Under 11 Children's Endeavour Trust Tournament. The team won both of their games to secure a place in the final and played exceptionally well throughout the competition. In a very close finish, they narrowly missed out on the trophy, losing by just half a rounder. We are incredibly proud of all the children for their teamwork, determination and excellent sportsmanship.



Learning continued in school right up until the summer holiday. Year 4 learnt all about sound. First, they discovered that sound is made by vibrations. They investigated this by using their voices, hitting a drum with rice on top to observe the vibrations, and tapping a tuning fork before placing it in water to see what happened. They then explored how sound travels through a medium to our ears and enables us to hear. They learned that sound can travel through solids, liquids and gases. Using string telephones, they discovered that sounds become fainter the further away they travel.



In History, the children learnt about the Ancient Egyptians - when and where they lived, who they were, and what life was like in Ancient Egypt. They learned about the significant impact the River Nile had on their daily lives, particularly farming. To help the children to remember some of the amazing inventions created by the Ancient Egyptians that are still used today, they made their own shadufs.

We look forward to sharing more with you as we move through this academic year.



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@freemancpschool.co.uk



LOCAL HISTORY GROUP

Coming up...

If you are reading this in time, then join us on **Wednesday, October 7th** for **Some Scary Stories from Stowmarket**. We meet in the URC Meeting Room at 7.30. The storytellers will be Darren Dordoy and Hannah Salmon.

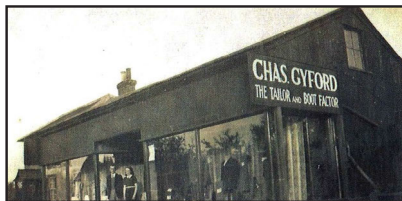
Our November 4th meeting will be about **Girl Power**. Gill Marchant will talk to us about several Stowmarket Victorian Businesswomen.

We will end 2026 with another in the Stowupland Stories Series. This time we will be looking back at some **Winter Tales from Stowupland**. Whilst Father Time will no doubt be watching over the proceedings, in the unlikely event that Father Christmas does not join us, this will be **SLHG's Gift to You**, i.e. this is not even a BOGOF but a **'freeby'**, so if you haven't been before, why not come along and get in a festive mood. (There may be a raffle, so don't leave all your money at home).

Review of August's meeting - A Look Back at Saxham Street

In August, Sandra shared some of her research into Saxham Street's history. She explained that her interest in local history stemmed from wanting to know about the shop that used to stand next to her house. Shortly after moving into the village, she had joined the Local History Group hoping to meet people who remembered the shop and could tell her more about it. A few people were able to share personal memories, but more important was the helpful advice she received as to how she could do her own research. And so, her journey started...

The shop building, as seen here, was demolished in the late 20th century, and although Sandra said she has not been able to find out as much detail as she would have liked about the business, she was gradually piecing together some clues that are helping to build a bigger picture.



She had been able to find the names of 5 families who had previously lived in her house, and of particular interest were the 2 families who had run the Gyford's shop. The business was started in the years before WW1 by members of the Gyford family. Mr Gyford Snr had been brought up in Stowmarket but, as a young man, had moved to Norwich where he met and married his wife, Matilda. They started their family there but returned to Suffolk, moving into Saxham Street at the start of the 20th century. In the 1950s, the last member of the Gyford family moved away and Sidney and Joan Scarlett moved in. Sidney had been brought up in the neighbouring cottage and had worked in the shop from his teens. Together with his wife Joan, they continued to run the shop and both were very involved in many village activities.

Prior to the Gyfords, the house had been occupied by 2 members of the Goldsbury family, a father and son, confusingly both called Edmund. Although

not a Stowupland family, they were linked to the village through marriage to the Gostling family. In the mid-19th century, these Gostlings had been millers in Earl Stonham and occupiers of the Drift Way (a turning off Saxham Street) and some surrounding fields. Sandra explained that the Goldsbury family were from the Woodbridge area, but one of Edmund Snr's other sons ran a millinery and drapers' shop in the Dalston Junction area of London, though at present she didn't think the Goldsburies had been involved in tailoring during their time in Saxham Cottage.

However, the coming of the Goldsburies had marked a significant change in trading in Saxham Street. For at least half the 19th century, the Drift Way area and Saxham Cottage (though possibly not called that before 1918) in particular had been home to carpenters and wheelwrights.

In addition to finding out about the people who had lived in her house over the last 200 years, she said she had also found it important to find out as much as she could about other people who had lived and worked in Saxham Street, especially families who had been neighbours to the people who had called her house home.

Sandra took us for a (virtual) walk along Saxham Street, pointing out some details of previous occupiers as we passed their doors. She explained that in the 19th century there were only about 30 houses along the road, and that although the road has been known as Saxham Street for many centuries, the spelling has had several variations and, just to confuse the 1891 census did not even call it Saxham Street. Instead, it was the start of Main Road. Today's Poplar Farm was 1, Main Road, Stowupland Hall was 31, Main Road and The Crown pub was 55, Main Road. Whilst this census did help with locating some properties along Saxham Street, there was still some uncertainty as to exactly who lived where along the road.

Even with only 30 houses to research, Sandra said she didn't have time to tell us everything she had been able to find out. But as well as whetting our appetite for possible gossip about earlier inhabitants of her road, she also told us a little about the surrounding area. In tracing these neighbours over the last 200 years she had found online resources such as 'Find My Past' invaluable but not infallible. For other, especially older details about the landscape surrounding Saxham Street, she had found material that had been donated to the Stowupland archives very useful and gave a special thank you to Neil Langridge for sharing his research from the Suffolk Record Office. She and Neil have written in Telstar before about the wooded area that used to stand between Saxham Street and Earl Stonham, but they are still finding out more details.

As might be imagined, we were all very grateful to pause in our stroll along Saxham Street for a cuppa and a biscuit. Thanks to Liz and Annie, this was a real drink, not a virtual one! This also gave our audience an opportunity to have a look for themselves through some of the folders and at the display material Sandra had brought along.

Sandra had mentioned the 1891 census and whilst most people are aware of the census returns that everyone today is required to complete, perhaps

not everyone has given any thought about their purpose. I don't intend to go into the political whys and wherefores of completing these records, but I will say how invaluable they are to anyone tracing stories of their ancestors, their houses or earlier occupations.

Since the early 1800s, governments have collected records of households every 10 years. Whilst to some extent the data collected has a similar format, each decade provides slightly different details. As Neil now explains, in September 1939, with the nation poised on the threshold of war, the government undertook the collection of additional information.

The 1939 Survey

In September 1939, the government found itself in a national emergency that would require the collection of information on people without delay. Conscription of men into the services and the introduction of ration books and ID cards called for an update on the population; the next census wasn't due until 1941 (this never took place due to the continuing war). The solution was to call a survey of all citizens on 29th September 1939.

This 1939 register is of immense use to historians, with such details as dates of birth, addresses and occupations. Women's surnames were updated when they married; this has continued right up to 1991.

When the 1939 register was made available online, via the internet, some names are blacked out (redacted) to protect the privacy of living individuals if the person was born less than 100 years ago and their death has not been registered. If you are researching family history and know the relative is deceased, you can request to unblock the record.

Early on in the war, the scheme to evacuate children from urban areas thought to be most vulnerable to bombing to more rural areas meant an influx of children to villages such as Stowupland. It is difficult to identify such children in the register; many of the names are still redacted, but by researching the children who were evacuated here, some likely possibilities have been identified. The school logbook has been of some help in this. One surprising feature is that some children who were likely evacuees have Jewish surnames and in some cases these names have been changed in the register. This may have been to avoid the children being subjected to antisemitism.

Two brothers named Alan Simeon and David Henry Kramer were billeted in Saxham Street with Mr and Mrs Rogers. Their baptisms are found registered in the Hackney registration district of London. Their names had not been changed in the 1939 register, but a Leslie Greenblatt living with the Brame family in Church Walk has had his name crossed through and changed to Green. His birth was registered in Hackney in 1933. He was probably related to the Kramer brother as their mother's maiden name was also Greenblatt. A John I. Solomons staying with Mr and Mrs Beecroft in Barn Cottages likewise had his name crossed through and replaced with "Follows".

We wonder if this alteration of surnames was national policy or just decided locally; searching the 1939 register in other villages in the area may provide information.

Don't know what you don't know, come along to a meeting,
and find out...

If you have a question about joining us or hearing about
Stowupland's past:

Please contact Jerry Voden on 01449 703717 or
secretary@stowuplandlocalhistorygroup.org

Visitors to our meetings are always welcome - turn up and
pay £5.00 at the door.

Talking Point: Over the years, the Local History Group has gathered and shared several stories *of ghostly goings on* around Stowupland, most have which have a rational explanation. Do you have a favourite story you share at Halloween?





U.R.C CHAPEL

NEWS

Minister: Vacant

Secretary: Brian Hewitt 07500734113

The Summer holidays are over and the children are back at school. The evenings are pulling in and it is dark quite early. The clocks go back on 25 October.

We joined with Holy Trinity for a United Harvest Festival at the Church on 20 September and they will join with us for our Harvest Festival on 4 October at 10.30 am.

Our next Coffee Morning is on Friday 30 October, 10 to 12 noon. Give us a visit for a cuppa and cake.

Suffolk Historic Churches Ride and Stride took place on Saturday 12 September when the Chapel was open to sign in riders and walkers from 9 am to 5 pm.

As you are probably aware from the recent press release, sadly Stowmarket URC will close in October and some of the congregation will be joining with us for the time being. We look forward to welcoming them and sharing worship with them at the Chapel.

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

The Speakers for October are as follows:

04 Oct	Jim Spencer (Harvest Festival United Service with Holy Trinity Church at the Chapel at 10.30 am)
11 Oct	Rev Richard Edwards
18 Oct	Rev Norman Tharby
25 Oct	Stephen Horrex

Joyce Gardiner

ELDERS MESSAGE

Isaiah 41:10

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

You may have seen the advert on the TV recently with the strap line "Don't be sad that it's over, be glad that it happened". This is adapted from: "Do not cry because they are past!

Smile, because they once were!" (Possibly Ludwig Jacobowski 1901)

How apt for us today at Stowmarket. October 4th is a day in the history of Stowmarket URC when it formally closes. Yes, it is a day to be sad, and we can't get away from that. For many people, the fact that we must leave is overwhelming. But the reality is we had very little choice.

Looking back, there are so many memories. Many of our lives have been shaped by the friends we have made, the experiences we have had, the leadership we have experienced, the fellowship we have enjoyed and the support we have felt at key moments in our lives.

There is also the spiritual help we have had in our journey of faith. So it is also a time to be glad that it happened. So many happy memories.

Now is the time to accept change and focus on the present and the future. Appreciating what we have and what we have had.

Everything in life must come to an end and our time on this planet is limited. We are in a changing world. Instead of being sad and regretful when something comes to an end, we should be grateful that we had the opportunity to experience it in the first place. We must be positive and look to the future. Also, be grateful that we have Stowupland to turn to.

Above all, we have faith. God is with us; he will uphold us, strengthen us and help us.

Thank God for all that has happened and all that is to come.

Anne Scarff (Elder at Stowmarket URC)

COFFEE MORNING

Friday 30th October 2026

Stowupland URC Chapel
10am – 12noon



**Coffee, Tea
and Cakes**

All welcome

HOLY TRINITY CHURCH

NEWS



Rector: Revd. Andy Buttress Tel. 07749 265571

Curate: Revd. Alison Roberts Tel. 613037

Churchwardens: Mrs Ann Doubtfire Tel. 770363

Mrs Sue Hayter Tel. 613710

Facebook Page: <https://www.facebook.com/haughleybenefice>

A Church Near You: <https://www.achurchnearyou.com/church/2086/>

IT'S SCARY GOING TO CHURCH (PART 2)

In September's edition of Telstar, I admitted that I struggle with going to new places I am not familiar with. I mentioned that a few years ago, having never been in a bookies, I decided to go to Ladbrokes in Ipswich to put a couple of quid on a horse, just to feel again what it is like to go to somewhere alien to me. Here is what happened.

First, I had no idea how to fill in a betting slip. That was a bit unsettling! But it gave me an understanding how people who are not used to church can easily feel anxious about not knowing what's going on, what page they are on or even what planet we are on!

Second, when I did speak to the cashier and told him it was my first time placing a bet, he said to me, 'Don't do it!' I didn't expect that. He told me to think carefully, as it was a slippery slope. I then told him I was a vicar and was doing it to understand how scary it is for people to go into new places.

At which point a man behind me interrupted us, as he wanted to put a bet on a horse before the next race started. He then confessed to me he had lost over £1000 in the last month on the horses!

By the way, the horse I chose didn't win (I think it came third), and you will be glad to know I haven't put a bet on a horse since. But the occasion did show me how people can easily become addicted to betting. The companies say 'bet responsibly', but I genuinely think the better option is not to bet at all, as the only real winners are the betting companies.

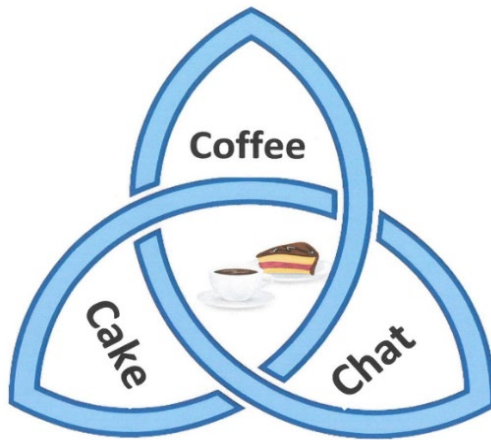
As for going to new places and feeling a bit anxious, I left with the determination that I would try and help people feel welcome, at home and at ease, in any churches I would lead in the future.

Have a good October,

All the best,
Rev'd Andy

PRAYER: Lord Jesus, please give me your strength to resist things which could lead to addiction. Amen.

COME AND JOIN US FOR



Stowupland Church Hall

Saturday 17th October 2026 10.00 – 12.00

There will be tea/coffee, cakes and good company

Everyone is welcome

HOLY TRINITY CHURCH SERVICES FOR OCTOBER 2026

The Churches of Haughley with Wetherden and Stowupland

(For more information please contact Revd Andy Buttress:
email revandybuttress@gmail.com)

Date	Stowupland	Wetherden	Haughley
Sunday 4 th	10.30am Harvest Service at the URC	11.00am Morning Worship	11.00am Harvest Festival
Wednesday 7 th	10.00am Morning Prayer and Praise		
Sunday 11 th	9.30am Sunday Praise	11.00am Morning Worship 3.30pm Forest Church	11.00am Communion Service
Monday 12 th	11.00am Service at Steepleview		2.00pm Service at Mere View
Tuesday 13 th			5.00pm Pizza Church
Wednesday 14 th			10.00am Morning Prayer and Praise
Sunday 18 th	9.30am Morning Worship	11.00am Sunday Praise	11.00am Joint Service with URC
Wednesday 21 st		10.00am Morning Prayer and Praise	
Sunday 25 th	4.00pm Evening Service	11.00am Communion Service	9.30am BCP Communion
Wednesday 28 th			10.00am Midweek Communion-at the Vicarage

Morning Prayer & Praise – an informal 30-minute service on a Wednesday with refreshments

Sunday Praise – an informal service of up to 45 minutes with refreshments for all the family

Evening Service – a varied format which may include Celtic, Ecological or Pilgrimage themes

Communion Service – a service of worship, teaching and the celebration Jesus' death and resurrection

Morning Worship - a service of worship, teaching and prayer

Forest Church – a service for all the family, outdoors and in.

STOWMARKET CHORALE

AUTUMN NEWS FROM STOWMARKET CHORALE

Having settled back into rehearsals after our Summer break, I am reminded of what a joy it is to sing in a choir.

A sense of wellbeing, achievement, fun and friendship are just some of the reasons I enjoy it. Why not give choral singing a try? You may love it too!

We are now preparing for our **125th Anniversary Season Finale** with music from the theatre, both opera and classic musicals.

We will be performing a diverse selection including excerpts from **West Side Story**, **Purcell's 'The Fairy Queen'** and **Sondheim's 'Send in the Clowns'**.

If you fancy an evening of beautiful, uplifting music, why not come to Needham Market Community Centre on Saturday 21st November, 7 pm?

This concert will be 'café style' so you will be able to sit around tables with your friends, the bar will be open and we will be serving savoury nibbles.

Naturally, if you are coming alone, there will be space at tables for you to join.

If you want to reserve a whole table [6-8 people], please phone 07733 29862

Otherwise, book in the normal way via our website www.stowmarketchorale.org.uk or, if you prefer, phone the number above.

STOWMARKET CHORALE PRESENTS
THE FINALE TO ITS 125TH ANNIVERSARY YEAR

Saturday November 21st
Needham Market Community
Centre at 7pm

CURTAIN UP!

A night at the theatre, with music from
operas and musicals

Chorus of the Hebrew Slaves Dido's Lament West Side Story



William Baldry, Music Director and Richard Cook, Accompanist



Soprano soloist Natalie Werner

Tickets £20 from www.stowmarketchorale.org.uk
Phone 07733 298621 for table reservations

Charity number 280488



SPORTS SUPERFAN

I'm very excited to say that the Premier League season is underway and Ipswich Town have got off to a mixed start - beating Sunderland on the opening day 2-1 thanks to Jack Clarke's late winner.

Then, later in the week, Ipswich faced Leicester (who you might think were in the higher divisions), but no, just ten years after winning the Premier League title, Leicester City have been relegated down to League One! Ipswich beat Leicester, though, moving on to the next round of the Carabao Cup, beating them 3-1. Unfortunately, the result against Manchester United was not so good (that's an understatement) as they were beaten 5-2 at Old Trafford. We knew it wasn't going to be an easy start!

Transfer Deadline Day

Deadline Day was as dramatic as always. Big moves were happening everywhere you looked. The Premier League alone brought in 154 new players! WOW! The British record fee was broken - more than twice - with such transfers being:

Morgan Rogers to Chelsea from Aston Villa

Elliot Anderson from Nottingham Forest to Manchester City.

Morgan Rogers now holds the record for the most expensive English player in history at 117 million pounds!

Think you know about football? How about a little quiz, just for fun?

Answers in the next Telstar!

TOBY'S QUIZ:

1. How much did the Premier League spend this summer?

- 3.2 billion
- 3 billion
- 3.5 billion

2. Who scored a hat trick when Ipswich Town faced Manchester UTD in the Premier League?

- Bryan Mbeumo
- Bruno Fernandes
- Marcus Rashford

3. Erling Haaland is the fastest player to get to 100 goals in the Premier League, but how much did he join Manchester City for back in 2022?

- 51 million
- 60 million
- 100 million

Answers in the next edition.

The Sports Superfan, Toby Bonsall (now aged 12!)

Active 60^{Plus}

OVER 60s STRENGTH TRAINING

Debenham - Eye - Framlingham - Stowupland

Eye - 09:30 & 10:30 Mondays -
Eye Community Centre
Framlingham - 09:30 & 10:30
Wednesdays - United Free Church
Debenham - 09:30 Thursdays
United Reformed Church
Stowupland - 09:45 Fridays
Stowupland Village Hall



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white*** £66 per month

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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 07951 037749. 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 1350 homes in Stowupland. The magazine is produced 10 months of the year, with July/August and December/January being combined editions, so our volunteers can have well earned summer and Christmas breaks.

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

Publicity and Distribution Assistance: Keith Riches

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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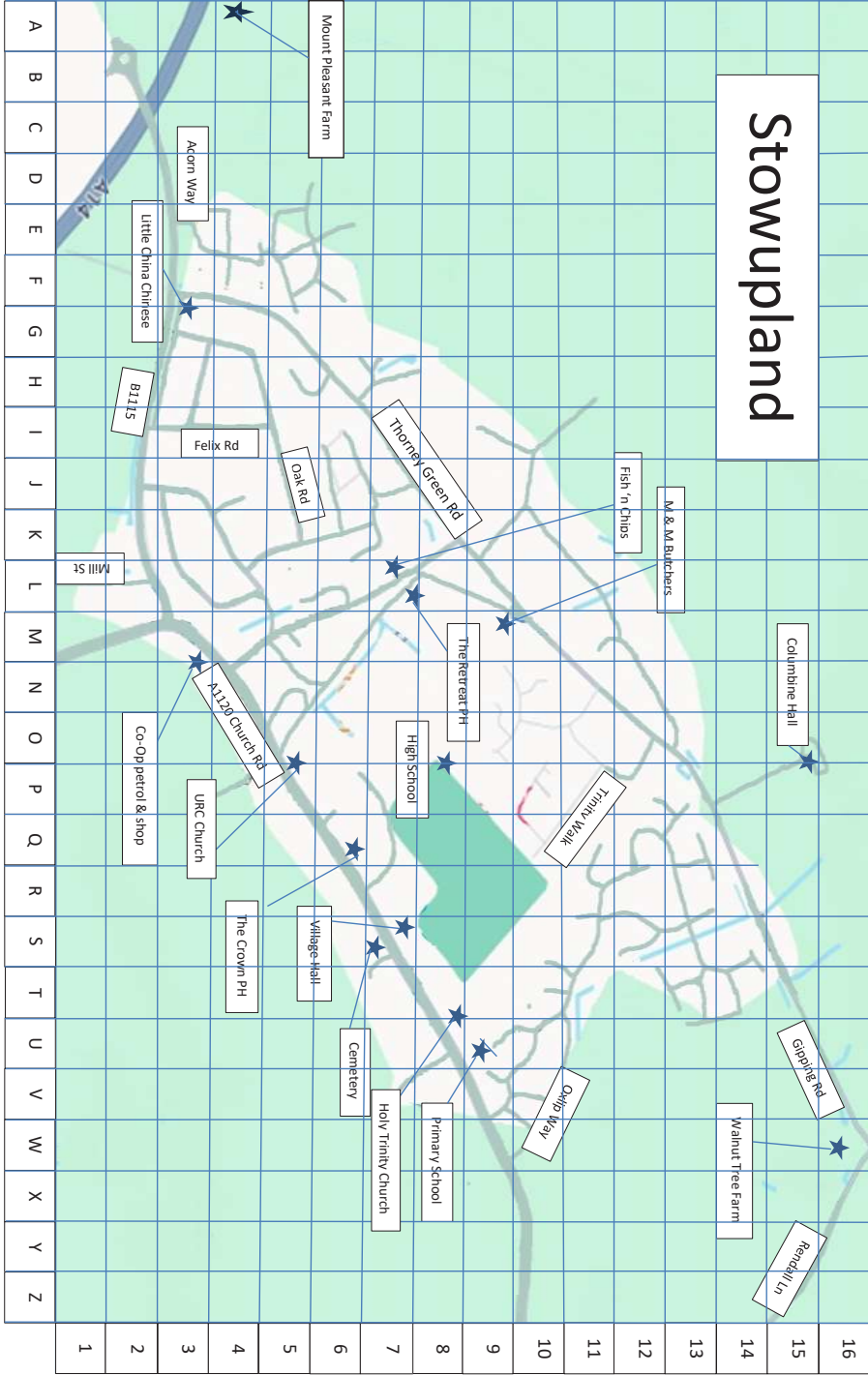
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Telstar – for the community, by the community.

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