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NOTES FROM THE EDITOR

OCTOBER 23

Welcome to the October edition, and again the last month was a busy one. September saw two community events, Bingo and Quiz night (and well done to team 'Stowupland Mountain Rescue' for their victory). I just wanted to take the opportunity

to thank all those who support these events. We have to charge entrance fees for each event in order to pay for the hall hire, bingo books, raffle prizes and winning quiz team prize. Any additional money raised, once we have paid expenses, goes to support the production of your village magazine and ensures we can continue bringing it to your homes each month, so the continued support is very much appreciated. It's also worth pointing out that the money taken from the sale of the bingo books goes entirely towards prizes, with the final prize being anything up to £300, so it's worth winning.

The winning quiz team prize isn't quite as substantial, being more about the glory of beating the other teams, something my team is yet to achieve! Of course, we couldn't run any of these events without the support of those who help us out, particularly Heather Canfer, our talented and humorous bingo caller, Jon Wray our eloquent and witty quiz master, and Keith Welham our knowledgeable and diligent quiz question complier, all of whom ensure a fun night out for those who come along, so thank you to them and to all those who help. One of the things that needs to be done before and after each event, is getting the tables and chairs ready, and then putting them away at the end. This can be time consuming, so if you can spare a few minutes at the end to help us, we'd be grateful, even if it's just stacking your chairs and folding the table, every little bit helps. Details of the next event are inside.

Now to the Walkers cup, which I know I might have mentioned a few times over the last few months and.....we lost again!!! However, I refuse to be down-hearted about this, last year we lost by 50ish, this year it was 5, so a massive improvement, and more importantly between the villages a total in excess of £750 was raised for St Elizabeths hospice, which is amazing. I definitely think with this improved effort, and a big push, next year will be Stowupland's victory year. It was an incredibly hot day, so big shout out to all those that braved the heat and took part. Given the heat I had to ban our dog, Fen, from taking part, it was just too hot to walk her during the middle of the day, and she was not happy. To show her disappointment, she dug up one of our garden borders to make herself a cool spot to go and lie down and sulk in! Next year Fen!



DISTRICT COUNCIL REPORT

SEPTEMBER 2023



Mid Suffolk District Council has launched a campaign to clean-up neighborhoods, build community pride and tackle the doorstep issues that voters said mattered to them. The new 'Pride in Your Place' campaign gives every town and village the opportunity to apply for funding for projects to improve the appearance and cleanliness of their community.

Once awarded, the money can be used for initiatives like litter picking, sign cleaning, graffiti removal, the maintenance/enhancement of open public spaces and more. These projects will complement routine grounds and maintenance work already carried out by the council and partner authorities, but Mid Suffolk's new administration also wants to help communities to tackle local frustrations and issues that voters said were important to them during the recent local elections.

Under the funding scheme, parishes with a population over 1,500 are eligible to apply for up to £400 in funding. For those with a population below 1,500, up to £250 can be applied for. Applications can also be made by voluntary, community and social enterprises with support from their parish council and must be made by 31 October. Awards and payments will be made within 21 days of receipt of an eligible application.

Business support available

Mid Suffolk has been allocated £821,658 from the Rural England Prosperity Fund over the next two years. Small businesses and community organisations across the districts will have access to three grants under the fund: the Rural Business Growth Fund, the Rural Culture & Creativity Fund and the Rural Communities Fund.

Grants are available between £5,000 - £10,000 per application and will fund a maximum of 50% of total project costs up to the maximum value of £10,000. Eligible projects include net-zero developments, agriculture and farm diversification, visitor economy business expansion as well as SME investment and diversification or investment in community facilities in our rural areas. To apply, visit www.midsuffolk.gov.uk

Separately, a programme of support for business start-ups has been launched. See www.heartofsuffolk.co.uk for more information.

Free trees, hedging and wildflower seeds

Mid Suffolk is offering free trees, hedging and wildflower seeds to any community group, including Parish Councils. This is part of our commitment to biodiversity and also plans to increase tree cover across the district. If you know of any areas suitable for planting of trees, it would be good to advise the Mid Suffolk Biodiversity Project Manager. To apply visit www.midsuffolk.gov.uk/environment/plantingschemes.

Local Planning

DC/22/03761 (18 dwellings – Landex) has been granted but there are outstanding issues regarding the community carpark and cemetery land.

DC/22/06200 – application for a new factory in land off Rendall Lane. There have been no further actions on this.

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Councillor Janet Pearson
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PARISH COUNCIL REPORT

SEPTEMBER 2023



This month's meeting opened with 2 members of the public, 6 Parish Councillors and MSDC Councillor Eburne.

Council Report: The full SCC and the District Council reports can be found elsewhere in Telstar. Cllr Eburne commented that Stowupland High School was amongst the schools that had been partially built with RAAC concrete. She also reminded the Parish Council that the Pride In Your Place grants close on 31st October, so they need to get their applications in as soon as possible. The path between Trinity Meadows and Trinity Walk has been delayed due to procurement issues for which she apologised on behalf of Mid Suffolk DC. She is to hold a meeting with members of the PC to sort out a few other issues which need some clarification.

Matters of Report: The Gipping Road footpath leading to Bloor Homes has been cut. Work has been completed on the tree on footpath 34. A response from the PC has been made on the National Grid Consultation. An e-mail has been received confirming the PC's comments on the Village Hall redevelopment which have been noted. The new SID posts for the traffic speed indicators have been ordered and are expected to be installed by the end of September. The Parish Council have reported the matter of cars parking in the High School car park after hours to the Police, but this is a civil matter for the school to resolve.

Public Forum: A resident advised that she was still very unhappy with the level of grass cutting in the cemetery with some being missed altogether and grass cuttings being left all over the memorials.

Sub-Committee/Working Group Reports: Allotments – A CIL bid will be submitted for the community shed to be erected on the allotments.

Wildflower and Biodiversity - Councillors noted the report from the group including a proposal that the clerk should submit the application forms to MSDC for the provision of trees and seeds fully funded by MSDC for planting on school property. It was also agreed that representatives from the PC should meet with the group to discuss no mow May 2024 and a long-term grass and open space maintenance regime as the general public's views need to be taken into consideration. It was noted that this report had been submitted to Telstar before coming to Parish Council.

Finance and Policy – Councillors noted the completion of the limited assurance audit for Stowupland PC. Risk assessments were also agreed. The insurance renewal for 1st October was also considered and it was agreed to change insurance company and to accept a 3 year deal.

Quotes were agreed for a new dog bin in Oxlip Way, to fell a multi-stem tree on the allotments, for MSDC to carry out the annual inspection of play park, for work to some trees in the play park and for work to the barrier in Maple Road.

Planning – A variation to an existing planning application granted permission in 2021 to include a detached garage to a property in Saxham Street has been received along with a proposal for a discharge of conditions for a construction management plan and full planning permission for the village hall. These were supported by the PC although some comments would be added to the Village Hall application around the access details. MSDC have granted planning permission for the erection of 18 dwellings, extension to cemetery and parking for primary school in Church Road. 3 road names for this development were discussed and it was agreed to refer to the History Group for some ideas. They also discussed considering enforcement against the Bloor's office being reinstated as a garage and the option to purchase solar panels for any property in phase 3 of the Trinity Meadows development.

Councillors' Reports: Cllr Voden reminded everyone about the forthcoming Walkers Cup event on Sunday 10th September. He was also upset about the moving of PC Henriksen away for Stowmarket and will be attending the forthcoming meeting of the Police and Crime Commissioner at 6.30pm 17th October at the New Police Station in Stowmarket to ensure that the PCC is aware of the PC's feelings on the matter.

Clerk's Report: The Clerk reported that an offer of a sweet chestnut tree had been made by a resident to replace the crab apple tree that was damaged and eventually died following being hit by the grass contractor's mower. The PC agreed to this offer.

Correspondence: Amongst the correspondence this month were 2 from Stowupland Falcons about the permission to use The Green for matches which was agreed and the ongoing dispute about their CIL bid for a mower and details regarding the decision will be sent to both them and the cricket club in order to resolve the matter. There were 4 from MSDC including details about their free tree and seed initiative, the Pride In Your Place funding, the public consultation on the fixing of taxi fares and the new online measuring tool that they have available on their website. A letter from PC Henrikson to advise that due to restructuring he is being transferred to Halesworth at the end of the year. SCC Highways advised of the annual replenishment of grit bins in readiness for the winter and National Grid have posted an update on the study of infrastructure in East Anglia.

The meeting closed to the public at 8.20pm.

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COUNTY COUNCILLOR'S REPORT

SEPTEMBER 2023

Upcoming SCC meetings

Neither Council nor Cabinet met in August. The next Cabinet meeting is on 12 September; the next meeting of full Council is on 19 October.

Libraries

The library service is not run directly by the County Council; the current contract runs out in July 2024, but has been extended to the end of May 2025. The initial work towards procuring a new contract has begun; this will include a tendering process. Prior to that stage, a public consultation will be held for 14 weeks from October 2023 to January 2024. Responses will help shape the future services provided through libraries.

Public Health

I attended our quarterly briefing a few days ago.

Most Public Health Services are procured using a tendering process. Work to appoint a new Sexual Health Service Provider is under way. Central Government has provided extra funding to be used to reduce drug-related crimes; a new Drug and Alcohol Treatment Service will be procured to be in place next year.

One Life Suffolk is being replaced by Feel Good Suffolk. One Life Suffolk is a contracted-out service which aimed to bring together various elements of health and wellbeing. It is being replaced by Feel Good Suffolk, which will be delivered by County, District and Borough Councils and NHS to provide an all-round, joined-up service to each individual resident with any health and wellbeing concerns. Treating illnesses will remain the responsibility of the NHS; Feel Good Suffolk will be available to any resident wishing to improve their overall health and wellbeing.

Sizewell C

The developer has provided further details of planning for construction to start in January 2024:

It will be the largest construction project in Europe; peak construction workforce of 7,900. Once complete, 900 people will be involved when fully operational.

The developer will be paying £230 million in planning obligations, £40 million of this will be spent on infrastructure projects, including highways. It is now proposed that 60% of the construction materials will be brought to site by sea or rail; two new jetties and an extension to the rail line are to be built.

Also a desalination plant, as there is not a sufficient water supply for construction; until the plant is operational, water will be brought in by a fleet of tankers; the number of tanker trips is limited by condition to ensure that the desalination plant is provided as a matter of urgency. The Water Authority recommended that the planning application be refused because of the lack of a water supply; planned upgrading of water infrastructure will all be needed to serve new dwellings – no obligation to provide for commercial developments. However, the Secretary of State overruled the recommendation to refuse and granted permission.

Concern has been expressed about the effects on emergency services' operations – response times and availability of ambulances.

Highways Briefing

Our group had an opportunity to discuss a range of highways issues with senior officers.

I asked about the planning and quality of pothole filling. Each of the 21 highways inspectors inspects the quality of maintenance work at 10 separate sites each month and unsatisfactory work is redone. Because of the way the current contract is written, there is no encouragement to fill all potholes in a general area in one visit; the contractor is paid per pothole. This will change with the new contract which commences on 1 October. The inspection regime will remain, and intervention levels (such as size and depth) will not change.

Reinstatement of Public Utility trenches is handled by a separate group of engineers, outside the highways contract, but the work should meet the same standard.

The briefing included an update on the scheme to construct a dual carriageway to replace the single carriageway section of A12 near Woodbridge. Estimated cost is around £65 million. There will be a period of public consultation later in 2023, but there is no planned date for construction.

Air Quality

Work is being carried out to measure the amount of nitrogen dioxide, sulphur dioxide and particulates at various locations across Suffolk. Poor air quality hotspots are being identified and measures are being considered for improving the air quality at these locations. The locations are mostly in Ipswich and on highly trafficked and congested roads.

Former Stowmarket Fire Station

SCC Fire and Rescue have no further use for the redundant fire station in Lockington Road, and a bid by Red Gables to take over the site is likely to be accepted. SCC will demolish the tower as it is seen as a potential hazard. The building will be repurposed for a range of community uses.

Local highways issues

Safer Route to School. I have heard nothing from SCC officers.

Footpath between Trinity Walk and Freeman School. SCC are checking the availability of S106 funding. I have been in contact with Claire Dickson again and invited her to meet me to discuss a range of issues including the widening of this footpath. I am told that the lead time for works on footpaths should be shorter than for road schemes.

Proposals for Traffic Regulation Orders. The Clerk and I met with the local highways engineer and he has researched highway boundaries to establish whether or not TROs can be legally implemented. There are no problems in respect of A1120 in front of The Crown or Devon Road. However, the area at the end of Trinity Walk is not public highway; it is owned by MSDC and has a Public Right of Way over it (FP39). I have alerted Claire Dickson and suggested that we meet to come up with a proposal to prevent parking across the footpath.

High School – Public Footpaths

I am still waiting for a date for a site meeting with PROW officers and representatives from the High School.

Proposal for a new factory on Rendalls Lane

I have still not seen any highway improvement proposals from the applicant.

Keith.Welham@suffolk.gov.uk

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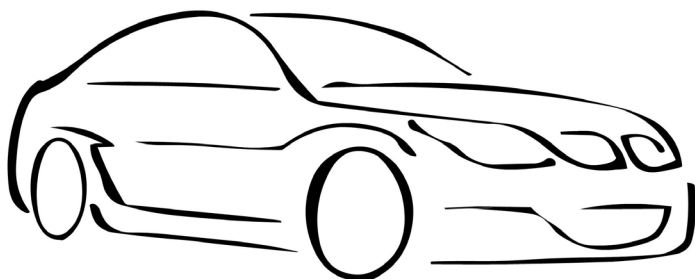


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DOWN TO EARTH

KATE ELLIOTT

The thing I love most about October are the smells that drift in. It is an earthy, damp smell - it is the scent of rain, fallen leaves, conkers, ripe fruit and compost. No other month has the capacity for change like October. It can arrive in as late summer and end in the grip of winter. But one of the many effects of global warming is that our gardens are flowering for longer and that we are getting more colourful autumns. It is a busy time, making the most of the conditions and preparing the garden for next spring.



Now I know I have enthused about this before, but I do love leaf mould. Climate change means that foliage seems to cling to the trees for longer and change colour more slowly, but a storm or hard frost can send the leaves streaming down to the ground this month and while they look lovely on a clear, crisp day, as soon as they get wet they become a sodden mess and must be gathered up.

I regard fallen leaves as a precious harvest and every one is carefully raked and kept to make leaf mould which I use as an element in our potting compost or as a mulch (love that word) for woodland plants.

If they are not too wet, we sometimes mow over as many as possible because they decompose much faster if chopped up and then kept damp. Leaves are mostly broken down by fungi and the process is slow. There is no need to turn it but simply store the leaves in a wire sided bay or in bin bags and by next October they will have become lovely, rich leaf mould. So, get collecting - it's garden gold.

I also love compost. Not so much the stuff itself - although I am as partial to a crumbly, sweet-smelling barrowload as the next gardener - but the idea of it. It's the perfect embodiment of what any gardener is trying to do.

We start with heaps of waste - the least valuable thing we have - which turns into the single most useful thing in any garden. It is deeply satisfying. The idea is to make a mixture of brown and green material - in other words - carbon rich waste such as dry herbaceous growth, straw or shredded twigs which is known as 'browns' and stuff that is higher in nitrogen like grass clippings, lettuce leaves and veg peelings - which are considered 'green.'

It's not an exact science but the ideal ratio of carbon to nitrogen is 25:1 and an imbalance in this is the main reason compost fails. So, judge carefully the levels of 'brown' and 'green' putting the emphasis on 'browns'.

Here are some more jobs you can be doing this month:

- Plant spring bulbs such as crocuses, daffodils and alliums
- Remove any pot saucers and raise pots up onto feet to prevent waterlogging over winter.
- Plant garlic.
- Plant out spring cabbages.
- Clean out the greenhouse to get rid of any pests and diseases.
- Plant amaryllis bulbs in pots on a warm windowsill for flowers by Christmas.
- Collect up hoses and store them indoors over winter so they don't freeze and split
- Apply an autumn feed to your lawn
- Plant evergreen shrubs and conifer hedges while the soil is still warm.

There is no denying that autumn is in full swing. Don an extra jumper and enjoy the last of the flowers and watch the swansong of the leaves as they explode into oranges and scarlets.

STOWUPLAND COLLECTION POINT

If any individual, school, church or business would like to become a collection point for the Eco Future Group in Stowupland please contact Stowmarket Eco Future Group directly. Contact details can be found in their article.

Please don't leave your recycling on the editor's doorstep as I'm unable to help with this.

Ed.

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COUNTRYSIDE RAMBLER

BRIAN WARD

Well, we are officially in Autumn; days are getting shorter and there is a distinct chill to the early mornings before the sun rises. Sometimes it can be a slow transition to autumn as we can still have some good weather into October and beyond. Early autumn is when our summer migrants leave us to fly off to far flung lands to avoid our chilly winters. By the time you read this many of our warblers, swallows and martins will be preparing to leave or may have already done so. I still marvel at migration, how a small bird weighing only ounces can



not only fly that distance but also navigate very accurately. These tiny birds leave our shores not knowing if their winter quarters, whether a forest, jungle or savannah, will be at the other end.

They may have been destroyed for agriculture or, in our present climate, burnt to the ground with the wildfires we are experiencing. It must be amazing as a bird; we holiday once or twice a year and enjoy the scenery abroad, but they travel and get a bird's eye view of most of Europe and onto Africa. They see the burnt wildfire landscape, all the new man-made infrastructure around our towns and cities, they fly, they feed and hopefully will return to our shores next year. We may not see them or think of them in our cold winter season, but I, and hopefully many of you, will be overjoyed as they return next spring. To hear the first cuckoo and see the first swallow is old country folklore but can be enjoyed by everyone. Autumn is a time for foraging: blackberries, sloes, crab apples are but a few that can make delicious puddings, wine and jelly. This may be a lost pastime but can still be enjoyed all the same. Hazelnuts are in profusion this year, so on with your wellies and gather them before the squirrels do. I cover miles in my quest to find wildlife and so far this year I have not seen a single painted lady butterfly or come to think of it a clouded yellow, the only migrant insects I have seen are a couple of humming bird hawk moths. There must be a reason for the lack of those two species; no doubt it will be documented in future years and a sound reason given.

I hope we have some sunshine through the autumn, so as to make a shorter winter. Enjoy the autumnal scenery and sunsets.

WALKERS CUP 2023

WALKERS CUP 2023 - In aid of St Elizabeth's Hospice

Firstly, a big thank you to all the walkers and helpers. It was so hot that the number of walkers was down on previous years – and so was the number of dogs.

Our 51 walkers were very generous and donated a total of £224. Our Sports and Social Club put on refreshments and will be making a donation from their takings.

The route was different from last year: new starting point in Stowupland and a diversion to avoid a housebuilding site in Old Newton, so the total distance was a little over 5 miles. It was good to be out in the countryside, taking exercise and meeting other walkers; but it was very hot and hard going at times.

There were 56 walkers from Old Newton, so they have retained the trophy. And, so far, the event has raised over £750 for St Elizabeth's Hospice, with more to come from reclaimed tax.

If you walked this year: 'Thank You'. If you didn't, please keep Sunday 8 September 2024 free to either walk or help on the day.



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Collection of hard to recycle items (unfortunately we still cannot bulk collect medicine blister packs – please do not include them in your recycling items but take them if you can to Superdrug Pharmacy in Bury St Edmunds):

2nd Sunday each month (8th October) at Red Gables 2-4 pm plus REPAIR CAFÉ stowrepaircafe@gmail.com and **4th Thursday each month (26th October) on Market place 9:30 to 11.30 am.** We do collect Coffee pods, clean pet food pouches, toothbrushes and tubes, cheese wrappers and nets, pens, flattened crisp packets and clean tetra packs – see our website for details [Terracycle Collections | Stowmarket Eco Future Group](#)

Primadonna Festival: Our giant “elephant in the room” with his “short-sighted and rose-tinted” spectacles made a big impact and led to a whole day of conversation and challenge to festival goers. We led story telling sessions and performed our very own eco song. Letters outlining our green hopes have been sent to all the major political parties as they begin their conference season.

Lots happening in October:

Meat the Future - Food Museum **free exhibition continues** The Food Programme on Radio4 visited and their Stowmarket edition is available on BBC Sounds.

4th October: Creation Vigil at Stowmarket Methodist Church Regent Street Drop in anytime between 6-9pm

24th October: Go Green Go Wild 10-2 Milton Road Council Offices Fun for all the family – Info, Craft, Welly Swap and loads more.

16th to 22nd October is “National Recycle Week” WARNING! Its easy to feel virtuous if you have collected a whole binful of recycling, but that should be a very last resort. MUCH BETTER if a) you don’t buy it in the first place, and b) you have reused items as much as you can before they are finally recycled.

*THANK YOU for recycling
what you eventually
have to throw away*



The challenge in **National Recycle Week** is not to see how much you can put in your bin! Have a good look at your bin and think how you can eliminate that item so that you don't use it all. Has the item really reached the end of its useful life? Every item that does finally go for recycling needs to be clean, dry and loose. The Suffolk recycling website is being redesigned, but in the meantime, information is here [Suffolk Recycling - Suffolk County Council](#), and don't forget our stalls as listed above.



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

However, we could not start the new year without mentioning the wonderful production of *'Pirates of the Curry Bean'* performed by our Year 6 pupils to the school, friends, family and Governors at the end of the summer term. They worked incredibly hard, during many long rehearsals, learning their lines and songs, sorting out costumes and making props.



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

Trip to Felixstowe!

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

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

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





Tour of Britain 2023

The whole school joined local neighbours to cheer on the cyclists as they passed in front of the school on Thursday 7th September, during Route 5 of the Tour. The children were really excited by the interaction and engagement with the Police and supporting vehicles!



Curriculum

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

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

'From tiny acorns do might oaks grow'



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STOWUPLAND PRE-SCHOOL

New garden for all year play at Stowupland Pre-School

The last six weeks has been anything but quiet at the pre-school. We've taken advantage of having no children at the setting to completely overhaul our outdoor space. After years of fundraising, and brainstorming several ideas, we have been able to transform a big part of our garden. Having access to an outdoor space brings many benefits to the children who attend our setting; a space where children can play, explore and create, in a safe outdoor environment, is something we pride ourselves on.

We want to say a big thank you to Cllr Keith Welham for all his support, knowledge and locality funding grant, to Mid Suffolk District Council for the Capital Grant and to our parents for all their support and donations in our fundraising activities. We'd also like to thank JB Turf and Landscapes Ltd for their hard work in helping deliver this new space.

The children have been back a few days and it has been amazing to see them enjoy it.

The pictures below show the before and after.



STOWMARKET TABLE TENNIS CLUB

Stowmarket Table Tennis Club (STTC) was founded in 1986, initially playing at the United Reformed Church in Ipswich Street, before moving to a larger facility at Stowupland High School in 1995. The Club caters for both social and competitive players of different levels and ability, with competition-standard tables, nets, scoring machines, and robots for use by its members. Currently membership ages range from 11 - over 80 years of age. STTC has won many awards over the years, including Clubmark status, in recognition of providing a safe environment for young players, with session leaders DBS checked.

Socially table tennis is not only a fun way to spend time with like-minded people and build new friendships, but it has great health benefits. It helps build strength, speed, and agility, offers great mind-body stimulation, aerobic exercise, and social interaction, and unlike many other sports the overall risk of injury is quite low.

Benefits of table tennis include:

Improving hand-eye coordination through stimulating mental alertness, concentration and developing mental acuity.

Improving reflexes - due to the fast-paced, short distance nature of the sport, it improves fine and gross muscle movements.

It is easy on the joints.

Burns calories.

It's a social sport, and social stimulation is important for mental health.

It keeps your brain sharp. The sport is highly aerobic, uses both upper and lower parts of the body, hand-eye coordination, and reflexes. It also utilises many different areas of the brain simultaneously as you track the ball, plan shots, strategy, and spin, and has been shown to stimulate overall awareness in seniors with early stage Alzheimer's¹.

Improves balance as quickly changing direction is a key feature of the sport.

Helps with active recovery and injury rehabilitation by keeping the body moving, and blood flowing without high impact stresses on the body, unlike some other sports.

Club sessions are held at Stowupland High School on Friday from 7.30-9.30pm, St Peter's Hall, Stowmarket, Monday's 10.30-12.30pm, and over-50's on Thursday's 2.00-4.00pm

Fees for all sessions are £3.00 (members), £4.00 (non-members, with first session free)

For more information, please see the Club website

<https://stowmarkettabletennis.co.uk/> or email sec@stowmarkettabletennis.co.uk

Reference.

¹. Benefits of Table Tennis for Brain Health Maintenance and Prevention of Dementia (2022). Available at: <https://www.mdpi.com/2673-8392/2/3/107>

SUPERSTITIONS

Some things I find "unknowable,"
But wait, ---- is that a word?
Just take our superstitions,
To some, they are just absurd.



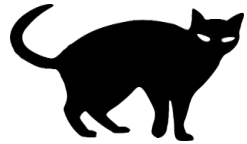
If you break a mirror,
It might just end in tears.
But why does it bring bad luck?
And why for seven years?

Some keep lucky horseshoes.
How does that luck take course?
Who receives good fortune?
It's certainly not the horse.



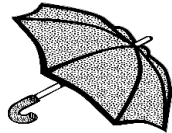
I'm not superstitious.
Under ladders I have stood.
Nothing bad has happened,
And nothing will, --- "touch wood."

Friday the 13th people,
Keep safe, all the day.
If they deign to venture out,
Black cats must come their way.



I have a four-leaf clover,
It's pressed and it's embossed.
I hope that it will keep me safe,
I say that, --- fingers crossed.

You mustn't cross upon the stairs,
To do so is insane.
And if indoors your brolley's up
It won't protect from rain.



Some people make up stories,
To make these statements flow.
But if you do your research,
You'll find we just don't know.

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

Jo Churchill - jo.churchill.mp@parliament.uk -
Constituency Office, 10 Hatter Street,
Bury St Edmunds, IP33 1LZ - 01284 752311
House of Commons - 02072 198487
<https://www.jochurchill.org.uk/>

Mid Suffolk District Council

www.midsuffolk.gov.uk

Janet Pearson - janet.pearson@midsuffolk.gov.uk
07928 512592

Police

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

Police Safer Neighbourhood Team

PC 14443 Stefan Henriksen
stefan.henriksen@suffolk.pnn.police.uk Phone. 101

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

OCTOBER

| | | |
|----------|--------------------------------|---|
| SUN 1 | 7.30 pm Village Hall | Country and Western music club |
| MON 2 | evening Village Hall | Tap dance class & Monday night dance |
| MON 2 | 7.30 pm URC Hall | Biodiversity group meeting |
| TUES 3 | Jubilee Crt. 9.30, Green 9.55 | Mobile Library |
| WED 4 | 9.30 am Village Hall | Baby & toddler group |
| WED 4 | 2 - 4 pm Village Hall car park | Mobile post office |
| WED 4 | 2.30 Various locations | Book Group (contact 01449 672127 for further details) |
| WED 4 | 7.30 pm Village Hall | Local History Group – “Lidar” by John Rainer |
| THURS 5 | 7.00 pm Village Hall | Short mat bowls |
| THURS 5 | 2 - 4 pm Village hall car park | Choose Refills mobile shop |
| THURS 5 | 7.30 pm URC Church Hall | Parish Council meeting |
| MON 9 | evening Village Hall | Tap dance class |
| TUES 10 | 4.00 pm Village Hall | Young carers club |
| WED 11 | 9.30 pm Village Hall | Baby and Toddler Group |
| WED 11 | 2 - 4 pm Village Hall Car Park | Mobile Post Office |
| THURS 12 | 7.00 pm Village Hall | Short mat bowls |
| SAT 14 | evening Village Hall | Bowls Club end of season dinner |
| SUN 15 | 7.30 pm Village Hall | Country & Western music club |

| | | |
|----------|--------------------------------|--------------------------------|
| MON 16 | evening Village Hall | Tap dance class |
| WED 18 | 9.30 pm Village Hall | Baby and Toddler Group |
| WED 18 | 2 - 4 pm Village Hall Car Park | Mobile Post Office |
| THURS 19 | 7.00 pm Village Hall | Short mat bowls |
| SAT 21 | 10-12 Holy Trinity Church Hall | Coffee, Cakes and Chat |
| MON 23 | evening Village Hall | Tap dance class |
| THURS 26 | 7.00 pm Village Hall | Short mat bowls |
| FRI 27 | 7.30 pm Village Hall | Community Bingo |
| FRI 27 | 10 – 12 URC chapel | Coffee Morning |
| SUN 29 | 7.30 pm Village Hall | Country and Western music club |
| MON 30 | evening Village Hall | Tap dance class |
| TUES 31 | Jubilee Crt. 9.30, Green 9.55 | Mobile Library |

LOOKING AHEAD

NOVEMBER

| | | |
|--------|----------------------|--|
| Wed 1 | 9.30 pm Village Hall | Baby and Toddler Group |
| Wed 1 | 7.30 pm Village Hall | Local History Group - Sarah Doig explores Suffolk churches |
| Sat 4 | Village Hall | Christmas Extravaganza |
| Sat 18 | Village Hall | Christmas Fayre |
| Wed 29 | Village Hall | Suffolk Wildlife Trust – “Bats in Suffolk” |

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

MSDC General Contact No. 0300 1234000

Mobile Library - 07721 879855

Parish Council

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

Laura Beeson - 07918 808387

laurabeeson@stowuplandpc.co.uk

Laura Johnson - 07826 851030

laurajohnson@stowuplandpc.co.uk

Debra Melhuish - 07979125904

debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817

paulamurton@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

Clerk to the Parish Council - Claire Pizey
parishclerk@stowuplandpc.co.uk - 01449 677005
2 Broomspath Road, IP14 4DB

Parish Council Minutes of meetings and agendas are available on the Parish Council Website
www.stowupland.suffolk.cloud

Village Hall Bookings

Lisa Tunbridge - Phone - 07862740830
stowuplandvillagehallbookings@gmail.com

Village Clubs

Baby and Toddler Group - Kayleigh Simpson - 01449 678550
admin@stowuplandpreschool.org.uk

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

Dance Club - Mary Durham - 01449 672601

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

I need a new car for work, but I can't afford to buy a new one, so I've been looking at second-hand options. I've heard so many horror stories about people buying cars that turn out to be faulty. I'm worried that I won't know what to check, especially as I know very little about cars. How can I make sure I don't buy a dud car?



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Mid Suffolk

For many people, buying a car is a major purchase and whether it's new or second-hand, the process can seem daunting and complicated.

First of all, where are you going to buy the car? If you're buying from a trader, choose a trustworthy one with an established name with a good reputation. Ideally, they will be part of a trade association or follow the industry's code of practice.

If you're buying via an auction, this is much riskier as you'll have fewer legal protections like the right to returns or refunds so carefully read the terms and conditions before you bid.

If you buy from a private seller, there's a few extra steps to take. For instance, try to inspect the car at their home address so if something goes wrong later, you have a record of that.

Make sure the car's details are correct by using the DVLA's free online vehicle information checker. You'll need the registration number, MOT test number, mileage and make/model of the car to do this check. Also, check the car's MOT history for free on gov.uk/get-vehicle-information-from-dvla.

Keep a copy of both these results (take a screenshot or download the information) as well as the original advert or description of the car. You might also consider getting a private history check to see if the car's been reported stolen, still has money owing on it, or has been in a serious crash. This will cost about £20.

Inspecting the car is crucial before buying. Ideally, do this during the day when it's not raining (scratches are harder to see on a wet car) and take it for a test drive for at least 15 minutes and on different types of road, if possible. Check you have the appropriate insurance for a test drive (either your own or the seller's policy might cover you).

Don't be afraid to haggle on the price, and only pay what you can afford. Make sure you get the original (not a photocopy) of the logbook and valid MOT test certificate. Never buy a car without the logbook.

Often, despite doing all these checks, you might find something wrong with the car after you've bought it. You may have a legal right to a repair, the cost of a repair or some money back but it's on a case-by-case basis. If something has gone wrong with your car and you need help, you can call the Citizens Advice consumer helpline on 0808 2231133.

Citizens Advice Mid Suffolk can provide 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. Our opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



September 2023 report for Telstar

Wildflower Meadow Work continues to identify the flora and fauna within this newly adopted (2023) no-mow meadow.

Due to the lush growth of grasses, the previously planned summer planting was not carried out.

The whole area is to be mown, just once, in the autumn, and the grass collected up to form overwintering places for insects and small mammals. Part of the area will be sown with wildflower seeds; part will be sown with yellow rattle seeds and part will be left. This will allow us to compare flora on the three separate areas.

It needs to be remembered that the main purpose of the meadow is to encourage flora and fauna, not just for it to look pretty.

Log Piles The original pile will be rebuilt when seasonably appropriate. Meantime, the High School have suggested a location for an additional log pile on school land near the bridge by the Retreat Pond.

Owl Boxes Location of owl boxes is still a work in progress. Hopefully, when the handover of Thradstones Meadows has been resolved, a tawny owl box will be located there.

2023/24 Programme It was agreed to reconsider the proposed work plan at our October meeting, taking into account the advice given at our meeting with the District Council's Biodiversity Officer.

We will not be holding an event in the village hall in February 2024; instead, the group will, wherever possible, engage with village events to promote the idea of biodiversity to a wider audience by having a stall at craft fairs, yard sales etc. The first opportunity will be the Church Christmas Fair in November in the village hall.

Banner and Information Boards Our banner is being produced and will be on display when we are working on projects in the village. Please come and talk to us or join in.

Engaging with Schools We have been in contact with Freeman Community School and have helped at one of their Forest School afternoons. We are also helping with fruit trees and improvements to the wooded area.

At the High School, we are helping with an allotment project, improvements to an orchard area and preparing plans for planting on the area previously used by contractors as a car park. We will be carrying out some tree maintenance work on the area between The Green and the school building to improve accessibility to this area.

We are applying to MSDC for apple trees and plum trees, local varieties of each.

Oak Farm Meadow Members of the group attended a recent biodiversity event at Oak Farm Meadow, organised by Linden Homes. We hope to be able to work with residents and their open space management company to improve the diversity of the area and the meadow on the opposite side of B1115.

Columbyne Close and Trinity Walk potential wildflower areas.

The group met with the MSDC Biodiversity Officer to look at the four grassed areas at the junctions with Gipping Road. MSDC will retain control of the areas either side of the Trinity Walk junction and are preparing proposals which will include modifying the mowing regime and introducing a range of plants, shrubs and trees to encourage wildlife.

There is less scope for planting on the opposite side of Gipping Road; the group will need to consult residents on any proposals for the two grassed areas. Wildflower or shrub planting may be possible, but there are visibility constraints.

Additional Wildflower Areas As a result of numerous positive comments about the Wildflower Meadow near the Retreat Pond, the group would like to consider other areas for a revised mowing regime. We would like the Parish Council to confirm that some areas of The Green are appropriate for No Mow May 2024.

We do not propose any further areas for designation as a Wildflower Meadow, but we would like to discuss the longer-term mowing regime with the Parish Council so that the mowing schedule can be suitably amended when a new mowing contract is due.

Meeting with Richard Parmee, MSDC Biodiversity Officer Members of the group and Claire Pizzey, the Parish Clerk, spent a morning looking at progress made by the group and plans for the future.

Richard was very impressed with the diversity of flora and fauna in the Wildflower Meadow. He has hopes to be able to arrange for the Meadow to be mown and the grass collected, but the 'Grillo' machine is fully occupied at present. Richard suggested that we make an application for a mix of wildflower seeds for us to sow in patches in the Meadow. A draft application form is attached. In future years, it can be expected that the predominance of grass will reduce, and flowering plants will become more prominent.

Richard suggested that we invite parish councillors to spend time comparing the diversity apparent in the Meadow with the mown areas.

Next Meeting The next meeting of our group will be on 2 October at the URC Hall commencing at 7.30pm. Everyone interested in biodiversity issues or helping with any of our projects is welcome to attend. Please contact Keith Welham on 01449 673185 or keithwelham48@aol.com.

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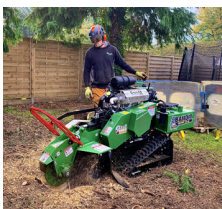
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Saturday
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STOWUPLAND BOWLS CLUB

JOHN MOLLETT

The Stow League Finals at Rookery and Thorndon saw Doreen Chris and David lose in the semi-final and Doreen and Chris lose in the final, but it is good that the club was represented. Both days provided great bowling.

The club finals were spread over a number of days and those games that I saw were played in a friendly yet competitive spirit. Many thanks must go to Graham for organizing the days.

The league results proved to be a 'Curates Egg'. One Tuesday afternoon team won their league and are promoted; the other team finished mid table as did the Wednesday team. The Monday team finished bottom and are relegated.

Soon the green will enjoy its winter rest although it will receive due attention until it wakes up in April 2024.

Best wishes to all and I look forward to next season. We are available to talk about bowling and Graham, 01359240846, is ready to help.

STOWUPLAND CRICKET CLUB



September sees the 2023 season draw to a close. At time of writing the sun is beating down and appears to be mocking the groundsmen who have had a relentless summer keeping the wickets dry and preparing pitches whenever the rain subsided.

There is one game remaining for the first team who are in a battle for survival at the bottom of the table, needing a positive result against table topping Chapel and Wakes Colne to ensure safety. This last game will also be the last under captain Dan Marsh. Having taken on the role two seasons ago we thank Dan for the excellent job he has done in tough circumstances.

We now welcome applications to take on the first team captaincy next season. The second team finished 4th in a brilliant season for the young side. Under the guidance of Andrew Blanchard, they have seen young players flourish and move up into the first team as well as receiving much appreciated support from the elder statesmen in the team. We thank Andrew for all his continued hard work this season as well. We look forward to celebrating the club's volunteers and successes at our presentation evening in October.

In other news, the quiz nights continue to thrive as we continue to fundraise for future projects within the club. It also sees the November quiz being for the benefit of the newly formed foundation. A great opportunity to launch our charity and raise some funds to engage, inspire and improve people through cricket. If you are interested in entering a team, please contact stowuplandcc@gmail.com.

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LOCAL HISTORY GROUP

I often wonder why I find Local History so intriguing, but others seem to have little interest in stories of the place where they have chosen to live. I enjoy hearing and sharing stories about our local community, and pondering how our present has been shaped by our past. Part of my fascination comes from unexpected discoveries, especially when new facts reinforce my existing knowledge, but of equal interest is when my presumptions about the past are challenged.

I am writing this the day after our September meeting when we were treated to a talk by a newcomer to Stowupland. Most local people know the Suffolk landscape is dotted with old, disused WW2 airfields but Don gave us an insider's view of the American Air Force in East Anglia - past and present. I understand it brought back nostalgic memories for one local lady! Thanks, Don; if you missed it Jerry will give you a taste in next month's Telstar.

Now looking to the future, our **October 4th** meeting will shed a different light on how the past can be studied. Anyone who has watched programmes such as Time Team will be familiar with the term **LiDAR**. In the Time Team era, although it was then a very innovative way of non-invasively looking below the surface, it also seemed quite a laborious and - dare I say it - appeared to be quite a Heath Robinson-ish way of proceeding. Well, times have moved on and, as John Rainer will explain, although modern LiDAR mapping is very hi-tech to do, the resulting images can be easily viewed and even interpreted by the layman using on-line technology. Though, as with anything, the more you know, the more you can understand.

And now to return to the past, as Jerry explains, our August get-together was a little different from most of our monthly meetings.

Stowupland Local History Group August's Archive Evening gave us a chance to look at village history through many different displays. It is surprising what arrives when you ask for people to turn out the various nooks and crannies in their homes. At our August meeting we had a change as we had no booked speaker and it was a *come and see* what brought-in kind of evening has been. Firstly, as I was setting up, I had a gentleman arrive from the other side of Ipswich with a framed certificate which had been donated in 1909 by the deputy head of our Primary School. At the end of the evening he very kindly donated it to our group. Several other members and guests brought in lots of their own material to share with us.

These included a fossilised dinosaur vertebra, some A3 scrap books relating to all things Stowupland, through the 1930's to 1950's. Sandra was pleased to find a photo of Charles Gyford who was living in her house in the 1930's.

Modern Technology was very much in evidence as our audience were able to take photographs of the many items on display at the event. For those who wanted to take a break from browsing around the displays, there was a rolling film show of the 60 years of Telstar and how the village had celebrated the various coronations and royal events over the last century. Annie and Liz were on hand to ensure tea and coffee were available throughout the evening, though cups were kept well away from the material on display.

The Stowmarket Local History Group were in attendance and Hannah Salmon was able to give us a few minutes on how they had to deal with their archives after they suddenly had to find new storage space for their material. Several different collections that had been scattered round the town had to suddenly come into one location. This had involved the group in a lot of work but with the help of a number of volunteers, one of which was our very own Neil Langridge, Hannah said that this situation was now under control and space had been found with help from the Town Council. Collating their archives had uncovered many items which had not been on display for many years, but necessity had shown what can be done when the situation arises.

As is usual with these events there is never enough time to see everything, and it is a very big thank you to all who contributed to make the evening a success.



As Jerry said, the group were very pleased to receive a framed testimonial to Mr John Petley from 1909. This is a very ornately hand-crafted, illuminated certificate, about A3 size. This small black and white image does not do it justice, and only shows the top section. In the lower half are inscribed the 112 names of the subscribers. Neil got digging to find out more and discovered that John Petley had been an assistant (maybe deputy head) master at Stowupland Council School (now known as Freeman Community School) at the time when Arthur Bramhall was head. Mr Petley seems to have only been here for 3 years before he left the parish to take the post of headmaster of 'Great Glemham Schools'. (It seems that whilst we might refer to a group of classes on one site as **a school** previously the plural was often used). As well as working with the youngsters in our school he was a supporter of Stowupland's football, cricket and quoits clubs, as well as organising evening classes. Perhaps it is not surprising that he was deemed to be a sad loss to the community and in addition to the testimonial he was presented with an 'albert chain, and a purse of Money.'

The name Mr W. Phillippo appears at the bottom of the certificate, so, assuming he might have had some responsibility for producing it, Neil wanted to find out more. He found out that in 1911 a Mr William Ernest Phillippo was listed in the census as a solicitor's clerk, Neil suggested that this explained his skill at calligraphy. He was one of the sons of a Mr William Phillippo who was a police Inspector in Stowmarket.

Moving forward a few decades, to an era that may trigger a few memories and bring us back to the Americans in Suffolk. This sentence seems odd

DOWN MEMORY LANE

I don't expect anyone remembers seeing delivery vans like this on our roads. We assume this photo dates from the late 1930s, but I don't know how long the van was in use for.



The original photo from which this has been copied must be nearly 90 years old. It was brought along to our archive evening by a visitor who knew I am interested in anything to do with Saxham Cottage and "Gyford's, The Tailors" shop that stood next to it in Saxham Street. He had found it for sale on eBay and, whilst I couldn't persuade him to part with the original, he was happy for me to use my phone to photograph it for our archives. Whilst it is always a privilege to see and handle original documents with photos, I wonder whether knowing the provenance is more interesting than possessing an original? (Though I would never say no to the offer of original photos for our archives, or even properly printed copies!)

Indeed, there are many advantages to being able to use smart phones to make digital copies of original material, not least if the copy gets damaged another can be easily printed off. And having a digital copy makes it much easier to enlarge and enhance potentially interesting details that are difficult to see with the naked eye.

Normally it is not recommended to write notes on the front of photos but if someone had not written **Chas Gyford, Stowupland** just behind the van's door on this photo it may never have found its way home. Assuming that this is authentic then it must date from the late 1930's. A bit of internet sleuthing by my husband revealed that this was a Ford model T van with solid wheels. Working out who the people were required a bit of inspired guesswork but presumably Chas is standing in the foreground wearing the $\frac{3}{4}$ length (hand tailored?) jacket, on his left is a young Sidney Scarlett and to the rear of the van is Sid's older brother Rufus William.

We know that Chas lived in Saxham Cottage from 1909 to 1938. Sidney and Rufus (though he may have used his middle name of William) were brought up in the thatched cottage next door to Saxham Cottage. In the 1939 survey William's occupation was a tailor's roundsman, Sid was a tailor's assistant, but their elder brother Wilfred is not named so may have already moved away from Saxham Street. We don't know what Sid or Rufus did in the war, but we do know that Wilfred was in the RAF.

In 1942 he married his sweetheart in Hertfordshire; just a few weeks later the plane he was in had been shot down over the Netherlands. All 7 crewmen on board were killed and they were buried in adjacent graves in a cemetery just outside Amsterdam. His pilot was a young American who was so determined to fly he joined the Canadian Air Force and was posted to Suffolk.

After the war Rufus and Sidney returned to normal life in Stowupland and in the 1950s Sidney moved into Saxham Cottage with his wife Joan and ran Gyford's till it closed in the late 1970s. Sid and Joan were very active in the village and many people still remember them. If you have memories or photos of Gyford's shop or the Scarlett's please share them.

Why not come along to our meetings, you can just turn up – 7.30 in the village Hall (first Wednesday of the month).

Visitors pay just £4.00 and members £2.00.

Want to know more, please contact Jerry on 01449 703717 or voden@btinternet.com

JUBILEE LADIES CHOIR

AVRIL HUNT

On September 2nd, we held a workshop at Stowmarket URC to coincide with the festival of folk music and traditional dance being held in the town. This was an attempt to recruit new members and to let people know what we sing and our availability for weddings, funerals, events and anything else! Despite one of our members doing a sterling job outside handing out leaflets and trying to persuade ladies to come in, only a few did. Even free tea/coffee and biscuits couldn't tempt them. 9:30 -11:30 was too early to think about singing! However, when we stood on the steps outside and sang 'You Raise Me Up' unaccompanied we had some very welcome applause.

We started practicing again on 5th September, this time Christmas music. A bit incongruous given the warm weather but it has to be done to be ready for our Christmas concert and any other engagements we might have.

We meet on Tuesdays 7:30 -9:30 p.m. at the URC Stowmarket, with a break for tea/coffee and a chat. It's a very sociable choir, and the charge is £35 per term, which coincide with school terms. Music is provided free and there are no auditions. The ability to read music is helpful but not essential, quite a few of our members don't and those that do help the others. There is limited parking at the URC, but B & M and the Regal are only a short walk away.

So, ladies, please come along to one of our practices, listen and join in to see if it would be something you would enjoy. Age is no barrier, young or more mature, all welcome.

Members come from surrounding villages, including several from Stowupland, so, transport needn't be a problem.

Any questions and details contact Di Balaam on 01449 736374 or Avril on 0781586351

Stowupland Village Hall Excellent facilities - competitive prices



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

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

Interested? Look on our website at <https://hallbookingonline.com/Stowupland>

Or contact Lisa Tunbridge our booking secretary

Tel: 07862740830 email: stowuplandvillagehallbookings@gmail.com

DISCOVER NATURE AT LINDEN HOMES

OAK FARM MEADOWS

Linden Homes hosted a 'Discover Nature' event at its Oak Farm Meadow location in Stowupland to give visitors an insight into the steps it is taking to protect wildlife habitats and improve biodiversity.



Residents from the development and the wider community were invited down to the site at the western edge of the village during the summer holidays for a day of fun activities and talks led by wildlife experts.

Children were given wildlife activity sheets to complete, and guests were also able to see the community orchard and wildlife garden at the development on tours conducted by Nicole Quinn and Richard Kent from Giles Landscapes, the company which has carried out the landscaping on the site.

Oak Farm Meadow, where Linden Homes is building 143 homes, incorporates several features aimed at supporting and protecting wildlife, such as woodland areas, bird and bat boxes, and hedgehog highways - low-tech holes placed at ground level in fencing and other barriers to help the creatures roam freely at night.



Jason Colmer, sales and marketing director at Linden Homes, said: "It is incredibly important that housebuilders like ourselves consider the potential impacts of our developments on local wildlife and do whatever we can to protect their natural habitats. Oak Farm Meadow is a prime example of what can be achieved when developers work in partnership with local councillors and conservation groups to design schemes that create safe and welcoming environments for not only the people but also the animals that live there. "As well as strengthening our relationship with these organisations, the event was also a great opportunity to showcase the work we have done at Oak Farm Meadow to support biodiversity. It was great to see so many people of all ages come down to enjoy a fun and educational day which we hope raised awareness of this very important issue."

Hugh Warwick from the British Hedgehog Preservation Society delivered talks about the importance of protecting the local wildlife and habitats, while Suffolk Wildlife Trust members John and Carolyn Thompson were also in attendance.

Hugh said: "Any opportunity to help share information about the conservation of hedgehogs is massively welcomed by us at the British Hedgehog Preservation Society.

"The potential that developers have for creating a landscape that can help hedgehogs make new homes among the new homes is great – and must be encouraged."



Also present at the event were Don Mobley and Gemma Whitehouse from Stowupland Biodiversity Group, and local Green Party councillors Keith Welham and Rachel Eburne.

Councillor Welham, who represents the ward of Stowmarket North and Stowupland on Suffolk County Council, said: "I am grateful for the opportunity to be involved in proposals for community involvement in managing and developing green spaces within the development. It is vital that these spaces make a long-lasting contribution to the wellbeing of residents and biodiversity of the area."

Linden Homes is part of Vistry Group, which also includes Bovis Homes and Countryside Homes.

For more information about Oak Farm Meadow, visit lindenhomes.co.uk.

STOWUPLAND BOOK GROUP

Meet 1430h on the first Wednesday of the month.

We are a small group who have been in existence for over 20 years now! Several of our current members have been involved since the start, but there are always people who have to leave the area, or arrive here, so the membership changes from time to time. Currently we know we are losing a couple of members, so we would particularly welcome a couple more people. We take turns to host meetings in each other's homes, where we discuss a book we have agreed to read in the last month. Suffolk Libraries' excellent Library service usually supply books, though occasionally we buy one ourselves. We usually finish our meeting, afterwards, with a cup of tea, sometimes more...

We will be choosing books to read again, very soon, so NOW is a good time to join us and help select books. These are just some of the titles of books we have read recently, most are fiction, but sometimes we read biographies or other non-fiction. All of them seem to provide plenty of excuse for discussion:

Jon MacGregor's

Lean, Fall, Stand, an Arctic explorer suffers a stroke and its consequences.

Isabel Allende's

The Long Petal of the Sea, the history of Chile, and Spain, interwoven with a family's story.

Francis Spufford's

Light Perpetual, the imagined lives of children who died in a bomb in 1944.

Melissa Harrison's

At Hawthorn Time, a Suffolk tale by a master-writer about the countryside

Matt Baker's

A Year on our Farm, TV star's biographic tales of farming and family

If you would like to come and see if you would be interested, we would love to hear from you; please call either of the people listed below:

Patricia Hodgkins: 01449 672127

Ann Parsell: 07592004648



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U.R.C CHAPEL

NEWS

Minister: Revd Robert Sheard
Telephone 01449 678173

Our next Coffee Morning is on Friday 27 October 10 to 12noon; give us a visit for a cuppa and cake.

The summer holidays are over, and the children are back at school. The evenings are pulling in and it is dark quite early. We have had quite a lot of rain which has made our grass look very green but as I write this we are in the middle of a mini heatwave.

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

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

The Speakers for October are as follows:

- | | |
|--------|--|
| 01 Oct | William Glasse (Harvest Festival United Service with Holy Trinity Church at the Chapel at 10.30am) |
| 08 Oct | Revd Norman Tharby |
| 15 Oct | Ron Wade |
| 22 Oct | Revd Robert Sheard |
| 29 Oct | Worship Group |

Joyce Gardiner

MINISTER'S MESSAGE

Psalm 46: 10

"Be still and know that I am God! I am exalted among the nations; I am exalted in the earth."

As I sit here looking out of my study window, on a very hot September day, I am finding it hard to think about the cold days of October and the rest of the year to come. Trying to think of what to write for the October Newsletters, I am distracted by the colours and plants in the garden, the lush green of the grass and bushes, the scene is one of peace, it is a restful picture.

This causes me to pause and think how often we stop and just rest in the peace of God. I suspect for many of us (and I include myself in this) that we don't often take time out to rest in God, and when we do we have to fill the silence with words or noise.

It is good to stop, look and listen for God, we find God within the glory of his creation, in the flora and fauna, the people that pass by, and in the silence, the opportunity to hear God.

So, within our busy lives we must find time to stop to let God in, recharge the batteries and therefore we hear the call of God, to be the people he would want us to be, as the hymn writer wrote:

Be still, for the presence of the Lord,
the Holy One is here.

Come, bow before him now
with reverence and fear.

In him no sin is found,
we stand on holy ground.

Be still, for the presence of the Lord,
the Holy One is here.

Be still, for the glory of the Lord
is shining all around;
he burns with holy fire,
with splendour he is crowned.

How awesome is the sight,
our radiant King of light!

Be still, for the glory of the Lord
is shining all around.

Be still, for the power of the Lord
is moving in this place;

he comes to cleanse and heal,
to minister his grace.

No work too hard for him,
in faith receive from him.

Be still, for the power of the Lord
is moving in this place.

David J. Evans ©1966 Kingsway's Thankyou Music,

Robert

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

COFFEE MORNING

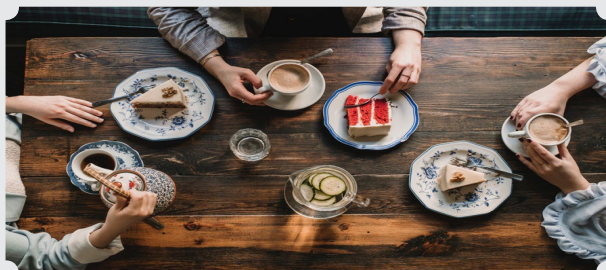
Friday 27th October 2023, Stowupland URC Chapel

10am – 12noon

Coffee, Tea and Cakes

There will also be a raffle draw.

All welcome



HOLY TRINITY CHURCH

NEWS

HOLY TRINITY CHURCH
STOWE PLAND

Rector: Revd Paul Clarke Tel. 07903 452010
Churchwardens: Mrs Ann Doubtfire Tel. 770363
Mrs Sue Hayter Tel. 613710
Email: www.achurchnearyou.com/church/2082/benefice/



Services in October 2023

| | | |
|----------|---------|----------------------------|
| 1st Oct | 10.30am | Harvest Service at the URC |
| 8th Oct | 9.30am | Worship for All |
| 15th Oct | 9.30am | Morning Worship |
| 22nd Oct | 6.30pm | Parish Communion |
| 29th Oct | 11.00am | Benefice Communion |
| | 3.00pm | ANNUAL MEMORIAL SERVICE |

Dear friends,

I love talking about God. That is probably not a strange thing for a Rector to admit, but I really do love thinking through some of the bigger questions in life and honestly, no subject is off the table!

Many people who I speak with have a burning issue, often with one part or aspect of the bible. It could be a verse or a train of thought that has got them thinking. I love talking these through as everybody learns through by the process. Often, though, what lurks underneath is an anxiety about what God is like, and how it doesn't match up to the part of the bible that they read.

How we think about God is fundamental to our faith. Who is God? What is God? What does he want for us? We can read our bible and be troubled by it because it does not match up with our view of God. Don't worry, this is a *good thing*, and we need to allow ourselves to be challenged and be ready to change our thinking if required. It is all part of the process.

For me, I try to approach every passage of scripture through the lens of Jesus Christ with an often-used word which never does itself justice. Grace. Jesus talked about Grace a lot, it is important. It is a word that hides a depth that can be/should be life changing. One of the most recent quotes I have found about Grace neatly encapsulates this better than I ever could, by American writer Frederick Buchner:

'The grace of God means something like: Here is your life. You might never have been, but you are because the party wouldn't have been complete without you. Here is the world. Beautiful and terrible things will happen.

Don't be afraid. I am with you. Nothing can ever separate us. It's for you I created the universe. I love you. There's only one catch. Like any other gift, the gift of grace can be yours only if you reach out and take it. Maybe being able to reach and take it is a gift too.'

May you approach everything in the spirit of this Grace.

Rev Paul

A PRAYER FOR THE BEREAVED:

Grant, O Lord, to all who are bereaved, the spirit of faith and courage, that they may have the strength to meet the days to come with steadfastness and patience; not sorrowing as those without hope, but in thankful remembrance of your great goodness in past years, and in the sure expectation of a joyful reunion in the heavenly places; and this we ask in the name of Jesus Christ our Lord. *Amen.*

'...Whom we love, but see no longer...

There will be a **Memorial & Thanksgiving Service** in Holy Trinity Church, Stowupland, on **Sunday 29th October at 3.00pm**: a service where we remember loved ones who have died.

There will be an opportunity, if you would like, to light a candle in memory of your loved one(s). Many find this a very helpful occasion.

All are welcome to come no matter how long ago you were bereaved.

100 CLUB NEWS:

After a gap due to Covid, we are re-starting our 100 Club this autumn. Existing members will hear from us soon.

If you have been paying membership by standing order, you will have extra entries for when 100 Club has not been running.

So, you won't lose out and will have extra chances to win!

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.

Holy Trinity Church
CHRISTMAS CRAFT FAIR

Stowupland Village Hall

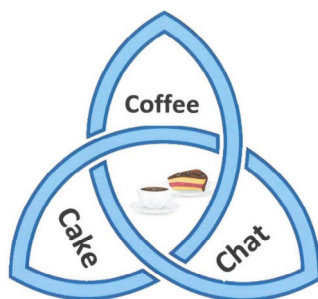
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Saturday 18th November

10am - 4.30pm

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Come and join us for



Stowupland Church Hall

Saturday 21st October

10-12

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

Everyone is welcome

BUS TIMETABLE UPDATES

Here is a summary of bus services that have been updated on Suffolkonboard. To view a full list of all upcoming bus timetable changes, visit www.suffolkonboard.com

| Bus Number | Route | Operator | Timetable Change | Date of Change |
|---------------------|---|--------------------------|---|----------------|
| 457 | Gislingham - Finingham - Bacton - Mendlesham - Stowupland - Combs Ford - Stowmarket | Dan's Coach Travel | Route and times adjusted by the operator. Gun Cotton Way in Stowmarket and Mendlesham Green removed due to lack of use. The journey to Stowmarket will now serve all of Combs Ford. The journey from Stowmarket will not serve Combs Ford, heading straight to Stowupland instead. | 07/09/2023 |
| 388 | Stowmarket Circular | Dan's Coach Travel | The operator has changed the route and timings on both Mondays and Thursdays. The route will now also serve Town Green and Violet Hill Road. | 04/09/2023 |
| 389 | Stowupland - Combs Ford - Stowmarket Town Centre | Dan's Coach Travel | The operator is removing Gun Cotton Way from timetable due to lack of use. Adding Poplar Hill and Edgecomb Road in Combs Ford, which have been added from service 390. | 04/09/2023 |
| 390 | Rattlesden - Woolpit - Elmswell - Wetherden - Haughley - Old Newton - Stowmarket | Dan's Coach Travel | Route and timings changed by the operator. Buxhall and Finborough have been removed due to lack of use. Popular Hill and Edgecomb Road section in Combs Ford also removed but added onto service 389. Service 390 will serve now also serve Woolpit, Elmswell, Haughley, and Old Newton. A Thursday service has been added in addition to the current Monday service. | 04/09/2023 |
| 456 | Stowmarket - Haughley - Bacton - Eye - Diss | Dan's Coach Travel | The operator has cancelled the Friday Diss service due to low passenger numbers. For a possible alternative transport option, please visit Connecting Communities at www.suffolkonboard.com/cc | 01/09/2023 |



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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 - 01449 676612. Businesses with a Stowupland connection can advertise at very reasonable rates.

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

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

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

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

From the Telstar Committee

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

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NIGHT

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FRIDAY 27th October

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