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# NOTES FROM THE EDITOR

MARCH 25

Hi and welcome to March edition. I'm pleased to say that we have got a bit techy with Telstar. We have worked on a spoken edition, which we have called 'Telstar Talks' and we have created an online link to the Telstar archives where there are past editions going back to 2016. Both can be accessed using the QR codes below.



**Telstar Magazine Archives**



**Telstar Talks**

This month's edition has an article about this year's Holy Trinity Flower Festival. This year's theme is "Remembering an Anniversary" which is poignant as 2025 sees the 80th anniversary of VE day. We all have anniversaries which are important to us, and what nicer way to remember these important dates than through a floral display for the village to enjoy.

Looking ahead, an important date for your diary – The Walker Cup. I am determined to make a concerted effort to win the cup for our village. For anybody new to the village, it's a competition between us and our neighbouring village 'Old Newton'. We walk to there and back, and they do the opposite, and the village with the most participants wins. Last year we lost by 5, so it's winnable with a bit of a push. There will be further details in future editions but, for now, get the date in your calendars. It will take place on Sunday 14th September 2025.

Don't forget our community Quiz Night on Friday 14th March 2025, so if you haven't entered a team, please do so, it's a fun night out, which brings the village together and helps to raise funds for the publication of our magazine. Details inside, along with information about the community bingo event. It was well attended last month, so arriving early may be beneficial to secure a spot.

# DISTRICT COUNCIL REPORT

FEBRUARY 2025

## Planning matters

Following the publication of the new National Planning Policy Framework in December, which requires a larger number of new houses each year than is currently set out in our Joint Local Plan (JLP), Mid Suffolk has now commenced a review of the JLP. In the meantime, Part One of our JLP remains in place and will continue to carry statutory weight, alongside Neighbourhood Plans and national policy, when planning decisions are made.

## Devolution White Paper

Suffolk County Council voted in January to apply to the government for the “fast track” option for the devolution proposals offered by the government in the White Paper published in December and for postponement of the SCC elections due in May this year. The government has now advised that the County Council elections due to take place in May 2025 will be postponed. The postponement is to May 2026 but as it is likely that the next local election will be for a new unitary authority it is difficult to see how this will be in May 2026. Whilst we understand that a single unitary local government body has many advantages, our concern is to try to ensure that there is no resulting reduction in accessibility for, or contact with, residents.

## Budget

The budget for 2025/26 will be presented to Council this month. Significant points are: -

- No increase to the District Council portion of Council tax
- A total gross expenditure of £30.8m
- Investment in the District with a capital budget of £25.9m and a further capital ambitions programme totaling £10.4m

## Norwich to Tilbury

National Grid have just launched a new consultation regarding the Norwich to Tilbury pylon project. It is targeted at areas where changes have been made to the plans in response to the statutory consultation. Although Stowupland is not one of the target areas, general comments are being accepted.

<https://www.nationalgrid.com/electricity-transmission/network-and-infrastructure/infrastructure-projects/norwich-to-tilbury>

## Locality Awards 2024/25

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

To qualify for award, this year applications must be received by the end of February. The next round of grants will commence in April 2025.

<https://www.midsuffolk.gov.uk/web/mid-suffolk/w/locality-awards>.

Cllr Rachel Eburne  
Rachel.Eburne@midsuffolk.gov.uk  
01449 673311

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

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# PARISH COUNCIL REPORT

FEBRUARY 2025



*The meeting opened with 8 members of the public, 7 Parish Councillors, and Cllrs Pearson and Welham.*

**Councillors' Report:** Full District and County Councillor reports can be found elsewhere in Telstar. It seems likely that the SCC elections scheduled for May will now be cancelled due to the devolution process being brought in by the Government meaning that Cllr Welham will continue in his role as the County Councillor for the foreseeable future. He enquired about the previously discussed PC scheme to have a footpath put in place outside the Crown and the PC have decided to revisit this and to agenda it for next month. Following a meeting with the Junior Road Safety Officers at Freeman School, he had advised them that a further SID device could not be placed by Oxlip Road but there is to be one placed further up Church Road. He also advised the PC to ensure that the street lighting on Trinity Meadows would be adopted by SCC and not become their responsibility and to check that SCC would be taking over on adoption of the roads. In respect of the longstanding problems with footpath 32, he would be able to fund the design work for the scheme and he could arrange a meeting with the relevant officers. MSDC Cllr Pearson also mentioned the devolution proposals which will involve a public consultation and asked whether the PC had any views on it.

**Matters of Report:** An article is to be placed in Telstar to gauge any interest in receiving CPR training. MSDC Address Management have suggested removing the Hornbeam Road sign. All other matters are ongoing.

**Public Forum:** A resident with a property alongside footpath 32 advised that it is in desperate need of refurbishment as only part of it is paved and that he would like to see the whole footpath paved as the rest is mud and it often gets flooded in very wet weather making it dangerous to walk on and causing mud to be transferred to his property. He felt that all other footpaths in the village were in excellent order. Another resident is fed up with vehicles and in particular Amazon vans turning around in her gateway when delivering to other properties in Chapel Lane, particularly as other residents are not contributing to the upkeep of the track.

Another resident reported that an ash tree on The Green at the bottom of his garden was now unstable with the whole trunk moving in the wind. The footpath in front of the Co-Op garage is very overgrown making it difficult to walk on and grass was encroaching on the new footpath leading to the chip shop reducing its width. The road markings at the junction of Hornbeam and Maple Road have faded causing a few near collisions. The village hall trustees are going to arrange some de-fib refresher training for village hall and social club users and wondered if the PC would like to work with the trustees to roll out the training to the wider public.

One resident commented that there was no mention in the matters of report about the planting of a chestnut tree in Chestnut Close and whether the oak tree due to be planted in the cemetery had been ordered as there was only about another 6 weeks left to be planting trees. He also offered the services of the biodiversity group to plant the tree if the PC wished as they have the necessary equipment. The biodiversity questionnaire had also been included in the last edition of Telstar. He enquired whether the PC were happy with the work carried out on the bus shelter by Linden Homes and were they chasing the non-compliance of the landscaping on Trinity Meadows with the original planning requirements as he felt that there should have been no laurel included in the landscaping. Also the path between the bridge by Trinity Walk and Trinity Meadows should have been surfaced with stone and crushed granite and not left with sand which has now blown away leaving a muddy track with standing water.

**Footpath 32:** The PC have been looking into the original planning conditions for the properties that were built adjacent to the footpath and have been unable to find the landscaping requirements that went with the original application to check the boundary between the private land and the public footpath. Once this has been established the PC would like to go ahead with this project for 2025 with the permission of the Public Rights of Way Officer and SCC.

**Locality Grant:** Mid Suffolk has around £700 worth of grant money available to the PC if they have any schemes that would require the grant, but the PC have none in mind.

**VE Day:** The PC are to put together a working group to look at activities that can be arranged to celebrate the 80th anniversary of VE day on May 8th.

**Litter Picks:** Two dates were submitted for litter picks, 12th April, which will also include a cemetery tidy up, and 27th September.

### **Sub-Committee Reports:**

**Cemetery and Churchyard** - It was agreed to increase the hourly pay rate for cemetery maintenance social gardener. Many of the hours are on an ad-hoc basis when the work is required by the PC.

**Environment** - The various tenders for the grass cutting contract were discussed and it was agreed to accept the quote from the current provider as his work had improved at the end of last season and not all the other quotes were in line with the requirements.

**Planning** - An application has been made by the Village Hall Trustees for amendments to the current plans which the PC will support. There are 3 planning decisions received from MSDC, one in Saxham Street, one in Church Road and landscaping in Gipping Road/Church Road, all have been approved.



**Councillor's Reports** - Cllr Murton advised that dates for the forthcoming SOAP events have been submitted to Telstar.

Cllr Voden had been unable to find any contact details for the emergency planning officer on the PC website.

Cllr Bridges advised that the water tap at the cemetery was currently out of use as they have been unable to source the necessary fittings to repair it, as it is the old imperial fittings and will have to employ a plumber to carry out the repairs. The dog poo bin on the footpath between Trinity Meadows and the new houses requires a new post and feels that it would be a good idea to re-site it away from the new houses at the same time.

**Clerk's Report:** The Clerk is to meet with the carpenter on 19th February to discuss the plans for converting part of two of the bus shelters into lending libraries. Cllr Bridges and the Clerk attended a joint meeting of local villages hosted by Wetherden PC to discuss a number of current issues affecting the area. In order to get a better understanding of the administrative processes in respect of the cemetery, the clerk will be meeting up with the clerk of Elmswell Parish Council.

**Correspondence:** There were 11 items of correspondence received this month. The first was a photograph submitted showing an overgrown footpath which belongs to SCC so will be reported to them. One was regarding discounts available on loft insulation which has been forwarded to Telstar. Trading Standards are looking to set up a No Cold Calling zone in Crowfoot Close. Contact is ongoing about there being a new Clerk in position and for MSDC to submit a list of which dog poo bins the District Council are responsible for emptying and also the possible provision of an additional wheelie bin to take the waste collected by the PC. A resident has made a further complaint about the amount of waste that is dumped on the side of the road by residents of properties in Oxlip Way. Another resident is concerned that not enough is being done to stop residents from continually reversing onto The Green when exiting their properties causing damage to the Green. Highways have notified that works will be carried out between Junction 52 and 51 westbound on A14 to remove some diseased ash trees overnight between 3rd Feb and 15th Feb. A resident has indicated that a lot of rubbish is being blown onto the surrounding area from the Chinese Take Away. A response was received from MSDC Address Management regarding the Hornbeam Road sign. A resident has reported that the hedge outside the cemetery requires cutting back. The final letter was from the Junior Road Safety Officers from Freeman School regarding their ideas for slowing traffic outside the school and asking for traffic speed data from the Speed Indicator Devices

*The meeting closed at 8.55pm.*





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# COUNTY COUNCILLOR'S REPORT

FEBRUARY 2025

## **County Council Budget 2026/26**

On 28 January, SCC Cabinet voted to approve the proposed budget for 2025-26. This included approving a maximum rise in council tax this year of 4.99%, including the 2% social care precept for adult care. The budget does not include any new borrowing from the council's reserves, which was a concern last year. Instead, the budget relies on delivering £28.4m of savings and mitigations across council services. Cost pressures for the council include care purchasing for adult social care, Special Education Needs and Disabilities (SEND) and placements for children in care. The level of debt the council is carrying from the Designated Schools Grant (DSG) is still extremely worrying – this is due to increase by £62.175m over the course of the year, with the council DSG deficit forecast to be £358.7m overall by March 2028. Currently this 'negative reserve' is allowed by the government, but this statutory override is due to end in March 2026. The government is yet to come up with a solution for this issue, which affects many local authorities, not just Suffolk. The DSG debt is largely down to the cost of services for Special Educational Needs and Disabilities (SEND). Meantime, the council is paying interest on this debt.

Aside from the financial risk of the DSG debt if it is called in by the government, the council is projecting significant budget 'gaps' in future: £33.1m for 2026-27 and £96.2m in 2028-29. This means that in the next few years, additional government funding or more savings or cuts to services will be needed to balance the books.

The budget is to be considered by full council on 13 February. Council Tax rates will be calculated based on the budget approved at that meeting.

## **SCC Carbon Net Zero**

On 28 January, Cabinet also considered the annual report detailing the council's progress towards its target of carbon net zero by 2030. The council is not on track to achieve this target. It has achieved a 2% reduction in emissions overall during 2023-24, but Scope 3 – the largest scope and the one the council has least control over, as it includes the emissions of council suppliers (for example home to school transport) – has increased by 2% this year due to an increase in the standard conversion factor for bus travel emissions, and a rise in staff travel due to increased demand for care services. The council is trying to reduce Scope 3 emissions, and currently 40% of the council's top 100 suppliers have a carbon reduction plan for their businesses. It is unlikely the council would be able to be completely carbon free in future as large vehicles like fire engines would require fossil fuels, but it is possible that the council could offset remaining carbon emissions by planting trees in the county.

## **Devolution and Local Government Re-organisation**

Following the publication of the government's White Paper on devolution in December, the council held an extraordinary meeting on Thursday 9 January and agreed to request inclusion in the Devolution Priority Programme. SCC submitted an application for this 'fast-track' devolution, including a request for local elections in May to be cancelled to assist them to prepare for an accelerated process including mayoral elections in May 2026. The result of these changes is likely to be a joint mayor for Norfolk and Suffolk, and amalgamation of the county council, districts and borough council in Suffolk into one or possibly two unitary councils.

Unitary councils undertake all local services and replace a 'two tier' system of county, district and borough councils. The government have accepted the bids from Norfolk and Suffolk County Council and have agreed to cancel the elections due to take place in May 2025. County Councillors will therefore continue for at least one further year and the current Suffolk County Council will lead the consultation on the future shape. This means that decisions will be taken by a Conservative Council elected in 2021, taking no account of the changed political make-up of the five second tier councils.

### **Never Stop Trying: New Stop Smoking Campaign**

Suffolk County Council has joined with Ipswich Town Football Club to launch a new stop smoking campaign to encourage people to 'never stop trying' on their journey to quit smoking. The campaign directs people who are thinking about quitting to Feel Good Suffolk, the county's stop smoking service. NHS figures show that smokers are up to three times more likely to quit with support from their local service. In Suffolk, smoking contributes to nearly 1,000 deaths a year and tobacco presents the single greatest risk for early death, more than other issues such as high blood pressure, obesity or alcohol. In 2024, smoking cost Suffolk an estimated £703m in health and social care costs, lost productivity and smoking related fires.

The service offers various methods designed to assist people at every stage, including one-on-one coaching, phone support, or digital tools. Those seeking support on their quitting journey should visit <https://feelgoodsuffolk.co.uk/stop-smoking/>

### **Suffolk's SEND Needs Assessment**

At Health and Wellbeing Board on 16 January, the council's Public Health & Communities officers attended to provide insights into the county's SEND needs and how they are being met. The report states that SEND needs in the county are rising and expected to rise further, and that delays in EHCP assessment, ADHD and autism assessment and support, and access to mental health services for young people were unsatisfactory and, in some cases, getting worse; for instance speech and language therapy. The report recommends engagement with families and young people to address inequalities in service provision and improve planning for future services. The report also noted that national data on SEND need was poor and lobbying the government to improve this would also help councils and health partners to better plan and support families.

### **No Cold Calling Zone**

Crowfoot Close has become the latest road to be designated as a no cold calling zone.

### **Local Highways Issues**

**A1120 junction with high school access** – The scheme was approved by the Parish Council in December 2024, and they agreed to allocate up to £22,000 towards the cost of the works. The next step is for Parish Councillors to agree that the funds can be taken from the Parish CIL Reserve.

**Resurfacing Devon Road, Felix Road and Broomspath Road** – resurfacing works were delayed but should have been completed by the time you read this in Telstar.

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

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

# COUNTRYSIDE RAMBLER

BRIAN WARD

February is almost over, and winter is slowly slipping by, hopefully the harshest weather of the winter is behind us. But we all know our weather can be unpredictable and it can turn back to winter overnight. Remember the beast from the east in February 2018 that lasted for quite a while and caught us out.

The buds on the trees are starting to fill out and the first spring blossom will be adorning the hedgerows. The place to see this along with spring flowers is Bradfield woods. You can expect to see wood anemone, ransoms, cowslips and wild violets, which all inhabit this remarkable woodland. If you are walking out in the evening listen out for the "hoot" of the tawny owl as they are breeding at this time of year and can be very vocal as they communicate with one another.

Look out for hares chasing one another in the local fields as this is their breeding season. Often several will congregate in one field. The female will choose her mate after much running around, she will be chased by a few males and will box off any male she is not interested in and will pick the strongest suitor and reject any that do not make the grade.

Bumble bee queens will soon be on the wing seeking a suitable old mouse/vole hole to start up its colony; the queen bees will fly low over the ground often stopping to investigate a suitable nest site. Sometimes they will use a nest box designed for birds, so if you see a large bee entering your nest box, please don't discourage it, let it start its colony, and you can enjoy watching them expand their colony from a safe distance. They will pollinate your shrubs and flowers.

At the end of March some of our early summer visitors will be arriving. The chiffchaff is one of the first to arrive. It is a small warbler which can be heard before it is seen, calling its rather monotonous song "chiffchaff" repeated several times. As the weeks progress the martins and swallows will be with us to brighten up the spring days.



March is the time to visit RSPB Minsmere to hear the bittern booming, yes booming! This well camouflaged bird of the reed beds can make a noise that you will not believe can come from a bird. Whilst at the reserve, look out for the marsh harriers doing their aerial displays prior to nesting. Try and pick a sunny, settled day weather-wise and you will not be disappointed. Wardens are often on site to advise you of which hide and area of the reserve to visit. You never know, whilst on your visit you may be treated to a sighting of a bearded tit, a delightful colourful reed dweller that is best seen on bright, windless days. I assure you Minsmere has produced many happy hours for a vast number of visitors over the years. It has the full range of habitats from woodland, reed beds, scrapes, heathland and the sea, of course. It is one of our outstanding reserves in East Anglia.



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# RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

We are now in full swing for Spring! Hopefully, the threat of snow has passed, although my mum would say she remembers snow in June, which must have been in the '60's. At the Meadow, the soil is quite hard having been boggy and waterlogged all winter and it's definitely now baking hard as the sunshine has some heat in it. However, use a trusty fork to crack the crust and there's good stuff underneath. It always amazes me how the soft tender shoots of our bulbs manage to break through, but they do! Along with the nation, I am looking forward to Gardeners World returning to our screens, but thoroughly enjoyed Monty's travels through the British gardens, small and large in January. Well worth watching on i-player, particularly those he visited in Norfolk and Cambridge.

## **March jobs in the Meadow Garden are as follows:**

- March is the last chance to move or plant anything big and bareroot and the last opportunity until the end of the year for major rearranging in the garden.
- Bare root roses and hedging whips can also go in. They are much better value for money than pot-grown plants and will get underway far better planting this early. Dormant bareroots always seem to settle better and bonding with the soil is firmer and more resilient.
- Watch out for the queen bumblebee as she takes to the air on a warm Spring Day. With her rich, deep buzz she's zig zagging around the garden looking for potential nesting sites whilst feeding off the nectar from Spring bulbs.
- Save old egg cartons as they make great containers for chitting potatoes. The bigger potatoes can go in the lid, the smaller in the egg hollows. Remember to keep them dry to prevent early rotting.
- Water outdoor plants sparingly and don't leave them standing in water, this will rot the roots that have made it to the bottom of the pot.
- Check water butt positions and guttering. Make sure you are making the most of the position the butt is in. I will be moving mine this year to the shady side of the greenhouse to stop evaporation.
- This is the final call for cutting back grasses. About 4 inches above the central corm should be enough to ensure bushy growth this year.
- As the snowdrops fade, gently lift the plants with a fork and tease the bulbs apart. Replant in smaller clumps at the same depth and water well.

On social media this month @the\_mediterranean\_gardener is recommending specific houseplants to have in our bedrooms at night. These plants release oxygen into the air and do us good! So, Mother in Law's tongue (the snake plant) is the best houseplant for this and doesn't mind being neglected! Followed by the butterfly palm and then the orchid. @nettlesandpetals recommends we soak our chilli seeds in camomile tea. Brew the bag for a couple of minutes and then soak the seeds in the cooled tea for up to an hour or overnight. The properties of the tea set the chilli seeds up well for healthy growth. Finally, our wonderful Perfect Perennials nursery will be opening again for summer as of the 1st of April so plenty of opportunity to shop local and support a small business. Well, that's all for this month, enjoy the first glimmers of warmth in your plots and Happy Gardening.

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

*Ed.*

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**Collection of hard to recycle items Find us on the Market place on 4th Thursday each month which is March 27th, 2025, 9:30 to 11:30 am.** We collect Coffee pods, clean pet

food pouches, cheese wrappers and nets, pens, flattened crisp packets, (all count as "soft plastic"), make up packaging, toothbrushes \* pringles tubes, clean and flattened tetra packs, batteries, spectacles – see our website for details.

\* unfortunately the dental products scheme has now closed so we can no longer collect.

**2nd Sunday each month (9th March) at Red Gables 2-4 pm plus REPAIR CAFE** [stowrepaircafe@gmail.com](mailto:stowrepaircafe@gmail.com)

Most months of the year there are special days set aside to focus on particular issues and the environment is no exception. See <https://moralfibres.co.uk/environmental-days-and-dates-to-know/> In March on different days we are asked to focus on world wildlife day, plastic, forests, recycling. You might like to participate in <https://www.wwf.org.uk/earth-hour> by switching off all electric items for one hour Saturday 22 March 8:30-9:30 pm to protect the earth.

The major event of March is run by Keep Britain Tidy: The Great British Spring Clean and Great Big School Clean 2025 takes place from 21 March - 6 April 2025.

<https://www.keepbritaintidy.org/get-involved/support-our-campaigns/great-british-spring-clean/> Their website makes these points

1. *Litter lasts a lifetime* - Many items take centuries to decompose and pollute land and water as they do so.
2. *Litter harms animals* - Thousands of creatures every year are killed or need to be treated for injuries caused by litter.
3. *Litter costs money* - Every year, hundreds of millions of pounds are spent clearing up litter – wouldn't that be better spent supporting other public services?
4. *Litter is a wasted resource* - It costs more to produce new cans and bottles than it does to produce recycled ones. Littered cans and bottles are lost to the recycling system.
5. *Litter drags an area down* - Research shows that people feel less safe, and house prices go down when an area looks littered and uncared for.

Huge thanks to all the local groups and organisations that do regular litter picking, but a call out to all to 'Take Litter Home' or bin it properly.

**Something to do:** Look at the things around you in your home, shed/garage, workplace. What is their end-of-life story? Will they recycle? Will they rot down easily? Will they hang around for centuries breaking down into pollutants? Use your awareness to make better decisions about what you buy. #lovewhereyoulive

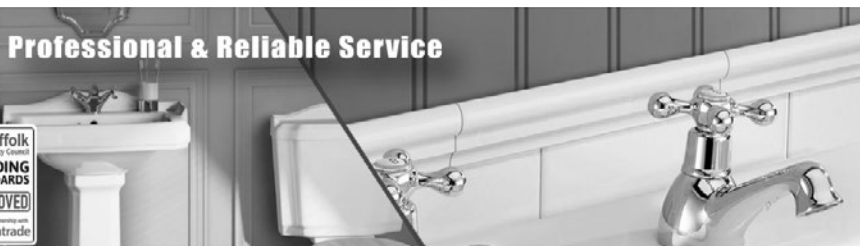
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# STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



**Wildflower Meadow on The Green** - We are pleased to see that some of the oxlip plants are growing well; snowdrops are on bloom and daffodils are beginning to show their colour. We always knew it would take time to establish an area which would be both pleasing to the eyes of the more critical residents as well as a habitat for wildlife. Perhaps we should have called it an area for nature recovery, which is vital in a world which seems to care little about biodiversity loss and global warming. We will be planting a smaller number, but larger plug plants this year, including cowslips and primroses, in small clumps in areas where they will flourish and, hopefully, spread. We will also be sowing seeds which we saved from 2024.



**Fungi on The Green** - A resident provided us with a report of a survey he carried out on an area of The Green near the butchers' shop. He identified 13 different species. We are keen for this survey to be repeated in October, so we will ask the Parish Council to not cut this area after mid-September to avoid destroying the fungi.

**Sunflower Competition** - We plan to launch the competition in April Telstar, providing a few sunflower seeds to every household. We will be looking forward to receiving photos and progress reports throughout the summer. This year there will be two separate competitions: for the tallest sunflower and largest diameter head. It is intended to be a family competition, so we decided against age specific categories. Perhaps, as well as growing plants for the competition, sunflowers might be planted in locations around the village to create a sunny, sunflower village.

**Working With Schools** - We have continued to work with **Freeman School**, helping with their fruit trees, and installing hedgehog homes and bird boxes.

At the **High School** we have planted further plum, apple and pear trees, but there is space for more. We will be carrying out work some serious tree surgery as well as general pruning to improve the much-neglected orchard areas.

At the **Mulberry Centre** we have offered to help with their raised beds and by providing seeds and plants for the students to plant; hopefully, they will be able to harvest vegetables in the coming summer and autumn.

**Barley Close** - We hope to be able to help again this year by tidying up the garden, cutting back shrubs and planting a range of lowers. Our aim is to work with the residents to provide a space which is both interesting and accessible all year round.

**Elmswild** - We hope to arrange a date in June when group members can meet with Mary Feeney look at the projects which they have undertaken in Elmswell and share ideas for future work.

**Engaging with Residents** - We decided not to go ahead with an event to coincide with the Spring Fair. We will instead look at other opportunities for providing information to residents and visitors.

**Our next meeting** is at 7.30 on Monday 14 April, in the URC Meeting Room. Everyone with an interest in wildflowers and biodiversity is welcome to come along.

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# COME AND JOIN US



PROBUS CLUB is a group of retired & semi-retired men & women who meet monthly for Lunches & Social Activities in Stowmarket at 10:20 am. Members come from all over the area & local villages. Probud have Branches all over Great Britain. Our branch meets on the first Tuesday of every month in the Royal British Legion Stowmarket.

There is ample parking in the area. After morning coffee, we relax & listen to one of a list of guest speakers.

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

We will be arranging lunches out, day trips and a five day holiday.

## TALKS SCHEDULE

**March** - History of Theatre Royal BSE

**April** - Life in Retirement - Dave Robson

**May** - Harbour Lights - MUSICAL TRIO.

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

Contact: [president@stowmarketprobus.co.uk](mailto:president@stowmarketprobus.co.uk) or Telephone Keith on 0739080975.



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## Are you looking for a new car for work, but I can't afford to buy a new one, so you've been looking at second-hand options?

citizens  
advice

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. But don't worry, there's lots of information on the steps to take when buying a car and what you can do afterwards if something goes wrong on the Citizens Advice website.

First, where are you going to buy the car? If 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 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 buying 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.

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.

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 roads if possible. Check you have the appropriate insurance for a test drive (either your own or the seller's policy might cover you).

Once you've decided on a car, don't be afraid to negotiate on the price. If you take out a loan or finance to buy it, make sure you can afford the repayments over the lifetime of the contract. If you pay with cash, you will have fewer protections than other options like debit.

**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.**



## Citizens Advice need volunteers!

Mid Suffolk Citizens Advice Bureau currently have opportunities within our friendly, welcoming team of volunteers in our Stowmarket office.

Every volunteer gets something different from their volunteering experience, including the opportunity to:

- make a positive difference to people's lives
- improve self-esteem, confidence and wellbeing
- gain invaluable work experience
- receive high-quality training and develop new skills
- use existing skills and knowledge to benefit the local community
- meet new people from a range of backgrounds
- feel valued and part of a team
- change the way things work for the better

**If you can spare a bit of time, please get in touch for an informal, no obligation chat on 01449 676060 or visit [midsuffolkcab.org.uk/volunteer](https://midsuffolkcab.org.uk/volunteer)**

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



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## STOWMARKET U3A

The u3a is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment. It consists of local u3as all over the UK, each are charities in their own right and are run entirely by volunteers.

Our first 'Walk and Talk' of 2025, took us along the river Deben and around the pretty town of Woodbridge finishing with lunch at the Red Lion PH. The 'Cake Walk' group enjoyed a fresh walk along Felixstowe seafront, followed by refreshments at the Alex Café.

Stowmarket u3a members enjoy a wide range of Activities & Interest groups, including Aviation, Book club, Cake Walk (short walk), Walk and Talk (longer walk), Music, Singing, Geology, History, French, Italian, and Spanish Conversations, Table Tennis, Walking Tennis and much more....

At the Stowmarket u3a different speakers are invited each month to inform and entertain us on a wide range of subjects. These meetings are held on the third Wednesday of each month at the United Reform Church, Stowmarket at 2:30pm, doors open at 2pm.

### **Our next two meetings are:**

- 19 March – There is a change to our programme for this month, it is now "Fables, Myths and Legends of Babergh and Mid Suffolk." by Babergh and Mid Suffolk Councils – Working Together
- 16 April – "Talespinner" – East Anglian Storytelling Festival" Carl Merry and Chris Richardson.

New members are always welcomed. For further information, visit our web site: [www.u3astowmarket.org.uk](http://www.u3astowmarket.org.uk).

For membership enquiries, email [membership@u3astowmarket.org.uk](mailto:membership@u3astowmarket.org.uk)  
Registered charity 1002987



# **IMPORTANT CONTACTS**

## **Citizens Advice**

[www.midsuffolkcab.org.uk](http://www.midsuffolkcab.org.uk) - 01449 676060  
or 01449 676280 - 5 Milton Road South,  
Stowmarket, IP14 1EZ

## **Doctor**

Emergency - 999  
NHS Direct - 111  
Combs Ford - 01449 678333  
Stowhealth - 01449 776000

## **Emergency Numbers**

Power Cut - 0800 31 63 105  
Gas Leak - 0800 111 999  
Water Leak - 0800 771 881

## **Good Neighbour Scheme**

HELPLINE: 07591 539621

## **Member of Parliament**

Adrian Ramsay – Green Party  
email: [adrian@waveneyvalley.greenparty.org.uk](mailto:adrian@waveneyvalley.greenparty.org.uk).  
Telephone: 07534 933356.

## **Mid Suffolk District Council**

[www.midsuffolk.gov.uk](http://www.midsuffolk.gov.uk)

Janet Pearson - [janet.pearson@midsuffolk.gov.uk](mailto:janet.pearson@midsuffolk.gov.uk)  
07928 512592  
Rachel Eburne - [rachel.eburne@midsuffolk.gov.uk](mailto:rachel.eburne@midsuffolk.gov.uk) -  
01449 673311

## **Police**

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

## **Samaritans** – 116 123

## **Stowupland Village Website**

[www.stowupland.com](http://www.stowupland.com)

## **Parish Council Website**

[www.stowupland.suffolk.cloud](http://www.stowupland.suffolk.cloud)

## **Suffolk County Council**

[www.suffolk.gov.uk](http://www.suffolk.gov.uk) 01449 673185  
Keith Welham - [Keith.Welham@suffolk.gov.uk](mailto:Keith.Welham@suffolk.gov.uk)  
SCC - General Contact No. 0345 606 6067

## **Schools**

Stowupland High School -  
[www.stowuplandhighschool.co.uk](http://www.stowuplandhighschool.co.uk) - 01449 674827  
Freeman Community Primary School -  
[www.freeman.suffolk.sch.uk](http://www.freeman.suffolk.sch.uk) - 01449 612067

## **Vets**

Cedarwood - 01449 676966  
Stowe Vets - 01449 613130

# DIARY DATES

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

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

## MARCH

TUES 4	16.00 Village Hall	Young Carers club
WED 5	09.30 Village Hall	Baby and Toddler Group
WED 5	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 5	14.30 various locations	Book Group (contact 01449 67127 for details)
WED 5	19.30 Village Hall	Local History Group - "Celebrating Suffolk Women"
THURS 6	19:00 Village Hall	Short mat bowls
THURS 6	19.30 URC Hall	Parish Council meeting
SUN 9	8.00 – 14.00 from High School	Stowmarket Striders Half Marathon
SUN 9	19:30 Village Hall	Country & Western music club
WED 12	09.30 Village Hall	Baby and Toddler Group
WED 12	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 13	19:00 Village Hall	Short mat bowls

FRI 14	19:30 Village Hall	Community Quiz
SAT 15	10.00 - 12.00 Church Hall	Coffee, Cake & Chat
SUN 16	19:30 Village Hall	Country & Western music club
TUES 18	Jubilee Crt. 09.30, Green 09.55	Mobile Library
WED 19	09.30 Village Hall	Baby and Toddler Group
WED 19	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 20	19:00 Village Hall	Short mat bowls
WED 26	09.30 Village Hall	Baby and Toddler Group
WED 26	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 27	19:00 Village Hall	Short mat bowls
FRI 28	10.00 – 12.00 URC Chapel	Coffee Morning
FRI 28	19.30 Village Hall	Community Bingo
SUN 30	19:30 Village Hall	Country & Western music club

## APRIL

THURS 9	URC	Annual Parish Meeting
SAT 12	Village Hall	Easter Craft and Vintage Fair

## JUNE

SUN 15	Various Venues	Yard Sale
--------	----------------	-----------

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

Terry Easter - 07958906176

Terry.easter@stowuplandpc.co.uk

Laura Johnson - 07826 851030

laurajohnson@stowuplandpc.co.uk

Debra Melhuish - 07979125904

debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817

paulamurton@stowuplandpc.co.uk

Hayden Power - 07716 834111

haydenpower@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

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

*Parish Council Minutes of meetings and agendas  
are available on the Parish Council Website  
[www.stowupland.suffolk.cloud](http://www.stowupland.suffolk.cloud)*

### **Village Hall Bookings**

Lisa Tunbridge - Phone - 07515859337  
stowuplandvillagehallbookings@gmail.com

### **Village Clubs**

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - Graham Newman - 01359  
240846

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club  
[www.stowuplandcricketclub.co.uk/](http://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

# LOCAL CULTURE NEEDS



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# LEARNING FROM POETRY

## THE ROMANS



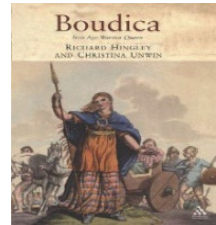
I think that you are ready,  
Your history to re-test.  
I have some dates to throw at you,  
To start, --- The Roman conquest.



The Romans, after five attempts,  
They came across the sea,  
And eventually conquered Britain,  
In A.D. 43.

At first they settled in Colchester, (Camulodunum)  
But discovered a better base.  
So their capital moved to London, (Londinium)  
To enlarge their Roman space.

After the Roman invasion,  
Iceni battled and won.  
Queen Boudica fought them,  
But died in 61.



The Scottish tribes from the north attacked,  
What could the Romans do?  
73 miles of wall was built,  
Begun in one, two, two. (A.D.122)

For many years the Romans fought,  
A tribal fight or brawl.  
The Picts and Scotti, kept at bay,  
By soldiers on Hadrian's wall.



The Romans faced more enemies,  
What would be their fate?  
Angles, Jutes and Saxons came.  
In three hundred and sixty-eight. (A.D. 368)

In many parts of Europe,  
Threatened Romans left in stages.  
Beginning of the fifth century,  
Roman Britain became Dark Ages.



-----  
*Some of the dates above might be challenged.*  
**The Really Lovely Poetry Company R.R.G.**

# STOWUPLAND VILLAGE HALL

## LATEST NEWS

**Our Rebuild / Redevelopment** - Our Village Hall was built 68 years ago and is beginning to show its age. We now have an opportunity to provide a modern community facility for all residents. This is an exciting time for Stowupland.

The Trustees have received planning permission for the rebuild/redevelopment of the existing Village Hall, Sports and Social Club and the relocation of the Stowupland Bowls Club Pavilion. Following feedback from a Quantity Surveyor we decided to make some amendments to reduce costs and these are currently with Mid Suffolk District Council, and we hope to receive their approval within the next month.

Subject to this approval, the Trustees will continue to apply for grants from local authorities and other sources. Some funds have already been ringfenced for this project. It is anticipated that the work will begin in early 2026. An exact date for the temporary closure of the Village Hall is not yet known but it will definitely not be before January 2026. In the meantime, please continue to use your Village Hall. Bookings can still be made until the end of 2025.

**Car Parking at the Village Hall** - There is quite a bit of misinformation and inaccurate facts being circulated around Stowupland, and on social media, about car parking at the Village Hall. So, we thought it might therefore be helpful to explain the facts:

The car park at Stowupland Village Hall has always been reserved for "patrons" only. There have been signs up in the car park making that clear for many years. "Patrons" means people using the Village Hall or its associated facilities. So that covers people using the Hall or the Social Club, people playing Bowls, Cricket or Football on Village Hall land or watching those games, people using the Playpark or Kick About area and people using any of the mobile shops when they are on site. In addition, we allow people dropping or collecting pupils at the Primary School or Pre-School to use the car park for a short period in the morning and evening.

We used to have an arrangement with the High School for 6th form pupils to park in our car park when there was insufficient parking at the High School but that ceased when the extra parking at the school was built.

We have not given permission for other non-patrons to use the car park and in particular have been telling both the High School and Primary School for over 20 years that their staff should not use the car park and have been repeatedly assured they would not.

The Village Hall relies on income from users to pay for the upkeep and improvement of the Hall and surrounding facilities – apart from the Playpark which the Parsh Council kindly pay for. As such we need to increase income and decrease costs to survive as last year, we made only a £5 surplus on a turnover of about £20,000. This year we face increased costs of £3,000 to £4,000 from increased wages, insurance and utilities, so clearly drastic action is needed. As a result, we had to increase our hire charges and what we charge the sports clubs to use our premises, plus we are doing what we can to reduce costs. The new building mentioned above will help here as it will be self-sufficient in electricity and heating from the solar roof and use much less water. It will also be cheaper to maintain and we hope more attractive to hirers and thus generate more income. However, this is not enough and we need to increase hire fee income now by increasing usage of the Village Hall itself. It was particularly disappointing therefore to lose some existing regular hires, and some potential lucrative new hires, because of a lack of car parking space. Despite what some people might claim, our car park is frequently full and we have lost hires as a result. People arriving for weddings, sporting events, exercise classes and many other events for which they have paid good

money to use our facilities have found the car park full. This has led to complaints, requests for refunds and cancelled bookings. Some of these repeat bookings were potentially lucrative and would have raised £thousands a year for the Hall.

So, we started to monitor parking more closely and were shocked to find that 20-30 cars are often parked for long periods, which belonged to non-patrons. That means that nearly half of our available parking spaces were taken up by people not even using the Hall. We therefore needed to act and started to ask non-patrons to not park there and explained why. We provided contact details so they could contact us if they felt they had a special need to park and some people have done so with others simply moving to park elsewhere.

We were then asked if people could pay to park and so agreed we would offer a parking permit for non-patrons to park and charge £200 a calendar year or £75 a term. This works out at less than £1 a day and we calculated that it would help make up for the hires we were losing by allowing non-patrons to park. We have also said we would offer lower rates for part time parking if people contact us and explain their situation. The trustees felt this provided a fair balance between the desire to park in the Village Hall and the needs of the Village Hall to survive financially. After all, if the Hall does not make a decent profit to cover costs and investment there will be no Hall, no Social Club, no car park etc,

As you will see, lots of the rumours and misinformation circulating are therefore wrong or misleading in terms of what is going on and why we decided to offer parking permits to non-patrons. The Village Hall, associated facilities and sports teams are an important part of Stowupland and the trustees are working hard to keep the Village Hall financially viable so those facilities will be available in the future. If we were to fail, then the Hall and surrounding land would be sold and who knows what it might become! We feel it is more important to save those facilities for all than it is to provide a free car park for people not using the Village Hall.

If you think this arrangement is unfair, or have other suggestions for how we could increase our hire income, then feel free to let us know by emailing [stowuplandvillagehall@gmail.com](mailto:stowuplandvillagehall@gmail.com). Alternatively, we have vacancies for trustees on our management committee so why not join us and help us run the Hall and its facilities for the benefit of the community.

## **Stowupland Village Hall**

### **Excellent facilities - competitive prices**



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

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

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

Or contact Lisa Tunbridge our booking secretary

Tel: 07515 859337 email: [stowuplandvillagehallbookings@gmail.com](mailto:stowuplandvillagehallbookings@gmail.com)

## **JUBILEE LADIES CHOIR**

After having to cancel our Christmas concert due to Storm Darragh battering us, we are now back singing in readiness for our next concert. We are doing a nice variety of songs, as well as preparing for an event to mark the 80th anniversary of the end of WW2 later in the year.

We are always looking for new members to join our friendly, sociable group so if you like to sing, please come along to a practice to see if it's something you would enjoy. No auditions, ability to read music helpful but not essential, many of us don't and are helped by those who do.

The main way of learning is to listen to people around you. Our accompanist and conductor are both excellent professional people who guide us to be our best.

Practice is Tuesday evenings 7.30. - 9.30 with a tea/coffee break, during school term times. The venue is the United Reform Church in Stowmarket where several choirs practice because of the excellent acoustics. This is quite a community hub with various other club activities using it.

Several members live in Stowupland, so transport needn't necessarily be a problem. There is limited parking at the venue, but 2 car parks a 5 minute walk away.

Further details from Di Balaam on 01449 736374 or Avril Hunt 01449 798365

## **STOWUPLAND BOWLS CLUB**

**JOHN MOLLETT**

I have mentioned many times about the friendship that exists in the bowling world and an example came to light when one club helps another. Many will have heard that our machinery was stolen, and the green keeper faced the problem of how to maintain the green. Through the good nature of a nearby club who loaned us a spare machine, work on the green continued.

It is not just the summer that sees work being done. The winter period, although not so intensive, still requires work to be done on the green and the surroundings to prepare for the summer season.

Many thanks to Old Newton for their help.

More details about the Open day in May will follow next month when we look forward to seeing you. Give it a go, you will enjoy the game.

# BLUE BADGE DELAYS

## **Are you applying for a blue badge or do you have a blue badge that needs to be renewed?**

Applications need to be made on the .gov.uk website and your application will be processed by Suffolk County Council. There is currently something like a 13 week wait for a new or renewed badge. You can, and should, apply to renew your badge around 16 weeks before it runs out.

You can't apply in person, nor by contacting a council officer. The only way, whether it's a new badge or a renewal, is via the website. You will need proof of who you are and proof of address. A driving license or passport plus a letter from either Department of Work and Pensions or your Council Tax Bill should suffice. You will also need an up-to-date photograph. The easiest way to upload these documents is to photograph them as part of the on-line application process.

What used to be a simple process, is now much more complicated. I have helped four people with their applications recently. Two of them took nearly two hours. Even a renewal has detailed questions which need to be answered. Three came back within 13 weeks, just. One required a complete reassessment of disability; but it resulted in an uplift in allowances paid to the individual.

If you have concerns about the process, seek help from someone who is a confident user of an iPad or similar device, or a smartphone. If in doubt, contact me.

Keith Welham. 07831 705 714

A promotional graphic for 'My Care AT HOME'. The left side has a purple background with white text listing services: Personal Care, Dementia Care, Overnight Care, Help around the house, and Companionship. Below this is contact information: a phone icon with the number 01449 678000 and a globe icon with the website www.mycare-athome.co.uk. The right side has a white background with the 'My Care AT HOME' logo (a green leaf icon) and the text 'Providing care and support in your own home'. At the bottom right, a purple cloud shape contains the text 'RECRUITING CARE PRACTITIONERS NOW!'.

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- Overnight Care
- Help around the house
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# FREEMAN COMMUNITY PRIMARY SCHOOL



## Teaching and Learning

Reception pupils have been enjoying using their Dark Den which was purchased by Friends of Freeman as their Santa class present. Added extras include sensory boards, lights, soft rugs and cushions to enable it to be a place to play or a place to relax.

The children are learning about vehicles this term. As part of *Understanding the World* they have been racing cars down ramps and have investigated whether the speed of the vehicle changes when the ramp is placed at a different angle.



Year 1 have started a new unit on painting. They have already learnt about primary and secondary colours and how to make them. They used the artist *Jasper Johns* and his '0-9' painting as inspiration for showcasing their work.



Children in Year 2 have been exploring everyday materials. They questioned the properties of various items by bending, squashing, twisting and stretching them!



Year 3 have been learning about ancient Egyptian art. They recently started making 'papyrus' paper by painting paper with tea to make it look old and worn and tore it into strips, piecing them together to make authentic looking parchments. They also practiced Egyptian hieroglyphics using earth tone pigments.



During their Art lessons, Year 4 have been learning about tints, shades and composition. They looked at how to mix different shades and tints by simply adding small amounts of black and white paint. They also studied a piece of art by Paul Cézanne and created 3D artwork applying their knowledge.

Year 5 are thoroughly enjoying their new guided reading book, 'Cosmic.' The main character Liam is extremely tall for his age and very funny. He frequently gets mistaken for an adult and uses this to his advantage. The class predict that Liam will talk his way into space, one way or another!

They are also progressing well with their weekly guitar lessons.





Children in Year 6 have been reading 'Pig Heart Boy' by Malorie Blackman, about a boy who needs a new heart because his doesn't work properly. This class book also links to other areas of the curriculum including science, where they are learning about the heart, blood, how their heart works and how to keep it healthy.



### Forest Schools

Children in Year 5 are continuing to enjoy their Forest School sessions. They have *cooked cheesy dreams* on the fire pit and have witnessed the first signs of Spring as daffodils appear in the forest. They took part in a 5-stick challenge to create the tallest structure and spent an afternoon problem-solving, making a zip line and adjusting knots. They have also covered pinecones in lard, mealworms and bird seed to hang in the trees for the birds.

Lots of children like to dig in mud, so we are developing a digging area next to our *Trim Trail*. This area is open to the children at lunchtime; fortunately, we have several sets of spare wellies for them to wear so they don't get too muddy!



### Junior Road Safety Officers

Ben Charlie, Ellie and Tyler recently met with Councillor Welham and Mr White from Suffolk Highways to discuss road markings in front of the school and speed devices in Stowupland. Watch out for their news report in due course!



### Sporting Activities

A selection of children from Years 4, 5 and 6 recently took part in two Sports Hall Athletics tournament.

They competed against other schools in a range of indoor athletics events, including relay races, standing jump and soft javelin. They were a credit to the school, displaying enthusiasm and great teamwork, encouraging one another as they



participated in each event.

### Free to a Good Home!

We have a piano in school which, unfortunately, has not been used for some time. If you, or someone you know, would be interested in re-homing this, please contact the Office on 01449 612067.

**'From tiny acorns do mighty oaks grow'**





# LOCAL HISTORY GROUP

Rick Lewis got our 2025 calendar of events off to a great start. His presentation on Medieval wood craft was fascinating. It proved to be a mix of how modern carpentry techniques have been influenced by medieval craftsmanship and a look at what we can learn by examining workmanship in old buildings and details shown in early illustrations of carpenters at work. More about that in next month's Telstar, but without the illustrations I don't envy Jerry's task in trying to share with you the whole story.

Preparing for Rick's talk got Neil looking back at his notes on examples of timber buildings in Stowupland. Barn Cottages, along the A1120, may not be of medieval origin but certainly has some interesting examples of how wood may have been recycled in the construction of many of our older properties.

Hopefully, you have read your March edition of Telstar in time to learn about our **March 5th** meeting when we are joined by Sarah Doig who will be sharing her research on '**Celebrating Suffolk Women,**' or at least her selection of a few noteworthy examples.



We are now asking members to renew their membership for 2025. Existing members should have received reminders, if you haven't (sorry) or if you want to join us just turn up at our next meeting, complete a form and hand over £15.00 for the year's membership. Members then pay £2:00 a session, visitors £5:00 – unless we have booked a celebrity guest speaker, when we reserve the right to charge a bit more.

If you couldn't make the March meeting, then join us for something very different on April 2nd. 'All Aboard the Charabanc with Katie Howson, follows on from Neil's tour of local pubs. Katie will take us further afield on a musical tour of Suffolk hostelryes (singing will not be compulsory!)

At the end of 2024 I placed underneath my Christmas tree a large crate of dusty folders, a collection of papers donated by and relating principally to the early years of Stowupland Cricket Club.



At the risk of upsetting several of you, cricket leaves me cold, I would sooner watch paint dry. At least I can do that sitting in a comfortable chair, in the warm and dry, with a proper cup of tea (probably why I prefer local history to cricket!), and possibly why I delayed going through the crate until after twelfth night. When I did dive in, although there were plenty of boring statistics and very few pictures, the minutes of numerous meetings has helped build my knowledge of Stowupland's sporting heritage. Especially adding to my understanding of the difficulties the cricketers, footballers and social users had in working together to organise the founding and the functioning of the Stowupland Sports and Social Club.



In addition, it was interesting to see the minutes relating to a meeting held in Mr Crease's office (the High School Headmaster) in October 1985. Various local organisations, including the cricket club, had been invited to discuss taking part in a community event focused on the Church Flower Festival and the High School festival of arts and music. Unfortunately, there was nothing to indicate if the cricket club took part. Thank you to the cricketers for this donation.

(See [www.stowuplandlocalhistorygroup.org/cricket](http://www.stowuplandlocalhistorygroup.org/cricket)).

Neil has also been dusting off his notes and with Rick's talk in mind he has revisited some research he did on the group of properties known as **Barn Cottages**.

A few years ago, I was invited to look around one of the houses in the terrace known as Barn Cottages. The house gave every appearance of being an old timber framed structure. Looking at the timbers the timber against the wall that supports the rafters (afraid I don't know the technical name) seemed rather large and out of proportion for a building that size. I know that there are stories of old ships timbers being re-used in timber framed buildings, but historians have often cast doubt on if these are all truly from old ships.



I was also interested in the name Barn Cottages and if there had been a barn on that site or indeed if an old barn had been converted to residential use. I knew that these buildings were on what had been land belonging to Stowupland Hall, and I remembered that in his diary kept in the 1820s Charles Rayner Freeman owner of the hall recorded a lot of details of work he had done to buildings on his estate. Using Ena Carter's notes and looking to see if he recorded a barn in this area, I found that on 18 November 1828 he writes that he paid G. Bayley & Co. St. Peters Shipyard Ipswich £3:6:6 for 4 oak knees. Knees were curved pieces of wood used in ship building for bracing, could these have been used in the building at Barn Cottages.

On 24th April 1827 Freeman "began repairing cottage at further barn". Then on 10th July he "began repairing further barn" and on 19th "finished studding up end of further barn". He records two barns in his diary – the Home Barn near the hall which was a threshing barn with an iron floor that he records laying and the Further Barn that stood on the site of Barn Cottages.

On the 1840 tithe map a barn and yard are marked where barn cottages stand now as well as a separate cottage nearby. So, we know that Freeman did purchase ships timbers, these may have been from old, scrapped ships or from unused stock.

1-3 Barn Cottages are a listed building and described in the list as -

*Originally a barn serving the adjacent farmhouse probably of late C16 or C17. Extended to left and converted to a terrace of cottages in mid C19. Restored c.1970 when some of the cottages were amalgamated. Timber-framed and plastered. Formerly thatched.*

This date for the original barn well predates the early 19th century date of the present Stowupland Hall which suggests there was an earlier farmhouse that the barn served on the same site as the present hall or nearby.

([www.stowuplandlocalhistorygroup.org/barn-cottages](http://www.stowuplandlocalhistorygroup.org/barn-cottages))



# DOWN MEMORY LANE

SLHG is preparing itself for June when we will welcome guests from across Suffolk for a FOCUS ON...Stowupland Day. We are looking forward to sharing what we know about Stowupland with friends from Suffolk Local History Council, so we are busy trawling through our archives and online materials to find out just what we do know. Neil came across an article about an earlier visit by Suffolk Local History Council to our village on Saturday 7th September 1985. This was nearly 30 years before our Local History Group was formed.



I know Gipping Church is older and has more history than our own Holy Trinity, but we hope our Focus On visitors will take advantage of the church being open for Stowupland's Flower Festival to visit our church and learn about its past.

I doubt anyone has any memories or memorabilia from 40 years ago, much less from 60 years ago when the Stowupland Flower Show and Fete was first held in the Village Hall. But maybe you do remember the more recent Festivals of Art, Music and Flowers of the '80s and '90s?

## Who walked the paths you walk?

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

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

**If you have any queries about Stowupland's past or our meetings,**

Please contact Jerry Voden on 01449 703717 or [secretary@stowuplandlocalhistorygroup.org](mailto:secretary@stowuplandlocalhistorygroup.org)

**STOWUPLAND  
LOCAL HISTORY  
GROUP**



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# STOWMARKET STRIDERS CLUB UPDATE

It's been a busy start to the year for the club, wrapping up January with our **AGM**, where we welcomed several new committee members and a new **Ladies Team Captain**. Meanwhile, training sessions have been in full swing as members prepare for their **Spring races**, including the **Stowmarket Half Marathon on 9th March**. With race season fast approaching, the dedication and enthusiasm in training have been fantastic to see!

## Recent events

A highlight of early 2025 was hosting our **Cross Country event** as part of the Suffolk Winter League on 12th January. Always a standout in the series (and in our biased opinion, the best!), this year's race saw over **370 senior runners** and **60+ juniors**, including 40+ Striders, take on the course under a stunning winter sun. After the race, runners, marshals, and supporters enjoyed a well-earned spread of cakes, bakes, and much-needed hot drinks. A huge thank you to our amazing volunteers for making it all possible!



The club also took on the **Hereward Relay**, originally postponed from November, which finally took place on 26th January. The **39-mile route** from Peterborough to Ely saw four teams of four battling through tough conditions, but the camaraderie and team spirit shone through. A fantastic effort from all involved—well done to everyone who took part!



## Couch to 5K Returns!

Looking ahead to Spring, our **Couch to 5K** training returns for its **fourth year**, offering a fun and supportive way to start running—no experience needed! Whether you've never run before or didn't enjoy PE at school, this **beginner-friendly, 12-week programme** will help you build up to 5K at your own pace, with expert guidance from our friendly club coaches. Running is a great way to boost fitness, reduce stress, and improve mental well-being—and all you need is a pair of trainers!

For just **£12**, you'll get **twelve weekly sessions**, with group coaching sessions and one-to-one advice to keep you motivated. Sessions run **Mondays at 6:00 PM** at **Chilton Fields Sports Club**, starting **7th April**, with the final **5K run on 23rd June**. This course is always popular, so **sign up early to secure your spot!** For more info, email [beginners@stowmarketstriders.org.uk](mailto:beginners@stowmarketstriders.org.uk) or join our Facebook group: **Couch to 5K Stowmarket**.

For details on the club, including the upcoming Stowmarket Half Marathon, visit [www.stowmarketstriders.org.uk](http://www.stowmarketstriders.org.uk) or join our Facebook page: **Stowmarket Striders Running Club**.





# QUIZ NIGHT

→ LET'S QUIZ! ←

## SATURDAY 8TH MARCH

19:00 START

STOWUPLAND SPORTS & SOCIAL CLUB

**LICENSED BAR | BRING YOUR OWN SNACKS**

**MAX 6 PER TEAM - £5 PER PERSON - TO BOOK YOUR  
PLACE, PLEASE GET IN TOUCH VIA SOCIAL MEDIA OR  
MESSAGE MARK ON 07799 662491**



# U.R.C CHAPEL

## NEWS

**Minister: Vacant**

**Secretary: Brain Hewitt 07500734113**

Stowmarket URC Anniversary will be on 2 March at 10.30am and we will be joining them for this service. **There will not be a service at the Chapel on this day.**

As Spring approaches, it is a time to look forward to warmer weather and lots of colour from the spring flowers, a very special time of year.

Our next Coffee Morning is on **Friday 28 March 10-12noon** Please come and join us for a cuppa, cake, and good company.

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

### **The Speakers for March are as follows:**

02 March	Stowmarket URC Anniversary (No Service at the Chapel)
09 March	William Glasse
16 March	Nigel Crisp
23 March	Ron Wade
30 March	Bruce Thorn

*Joyce Gardiner*

**Mark 1:12-15** "At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted[a] by Satan. He was with the wild animals, and angels attended him. "

What are your plans for Lent this year?

Lent starts with Ash Wednesday on the 5th of March and represents 40 weekdays (excluding Sundays) Jesus spent fasting in the wilderness. The period of Lent takes us on a journey towards Holy Week and Easter. It is a time of reflection. Some people choose to do this by fasting or giving up something such as chocolate or social media. Yet others by praying, reading the Bible and giving over and above the everyday. This is an important time to help us ready ourselves for all to come and a time to consider how our lives are dependent on God's grace.

One of the most famous stories associated with Lent is that of Saint Francis of Assisi. Known for his deep spirituality and love for all creation, Saint Francis would often retreat into the wilderness during Lent, following the example of Jesus. He would fast and pray intensely, seeking a closer union with God. During one such Lenten retreat, it is said that he received the stigmata, the wounds of Christ, on his hands, feet, and side, a testament to his extraordinary piety and devotion.



The story of Mother Teresa's Lenten practices also serves as a powerful example of sacrifice and compassion. Known for her unwavering commitment to the poor and destitute, Mother Teresa dedicated her life to serving others. During Lent, she would intensify her efforts, often going without food and sleep to tend to the needs of those around her. Her acts of kindness and selflessness during this period reflected her deep faith and love for humanity.

There are numerous ways to approach Lent and however you decide to mark Lent may your inner reflections bring you a deeper intimacy with our Lord.

May God bless you and may you experience the gifts of God this Lent.

*(Anne Scarff – Elder at Stowmarket URC)*



## **COFFEE MORNING**

**Friday 28th March 2025**

Stowupland URC Chapel

10am – 12noon

Coffee, Tea and Cakes

*All welcome*



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# HOLY TRINITY CHURCH

## NEWS

HOLY TRINITY CHURCH  
STOWUPLAND



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

Dear Brothers and Sisters

It only seems a few weeks since the beginning of December when we were in Advent, the start of the Christian year. The Christian calendar has moved on at a fast pace since then, we have gone through Christmas and Epiphany and are now hurtling towards Lent. Advent is the time of preparation for the birth of Christ and Lent is the preparation for the death of Christ.

Each year, Ash Wednesday marks the beginning of Lent and is 40 days (not including the Sundays) leading up to Easter Sunday. On Ash Wednesday (5th March) there will be two special services in the Benefice which will include the 'imposition of ashes' – see service rota. At this service the priest will mark everyone's head with a sign of the cross with ash which is prepared by burning the palms from last year's Palm Sunday; the ash is then mixed with oil.

There are other special events occurring during the Lent season across our Benefice: -

- Compline at Wetherden each Tuesday at 9pm in church. This is a simple, quiet, reflective service at the end of the day.
- Lent Lunches – a simple meal of soup, bread and cheese
  - Haughley on Tuesdays in the Maxwell Charnley Room between 12 and 1 (stay longer to chat)
  - Stowupland on Wednesdays in the Church Hall between 12 and 1 (stay longer for tea or coffee and a chat)
- Annunciation of our Lord to the Virgin Mary - The feast of the Annunciation marks the visit of the angel Gabriel to the Virgin Mary, during which he told her that she would be the mother of Jesus Christ, the Son of God. Service in Stowupland church on 25th March.
- Mothering Sunday – Special services in each church on 30th March, including a floral gift for each mum.

After a quiet time in the church at the beginning of this year there is now so much happening in March. I do hope that you will be able to be part of church life in this Benefice.

If you would like to know more about any of the services or events, please do get in touch with a churchwarden or myself.

Yours in Christ, Rev. Alison

## SERVICES IN MARCH

Date	Stowupland	Haughley	Wetherden
2 <sup>nd</sup> March 2025	9.30am – Parish Communion	11am – Sunday Praise	11am Morning Worship
Tuesday 4 <sup>th</sup> March		12-1pm Shrove Tuesday pancakes in the Maxwell Charnley room	
Wednesday 5 <sup>th</sup> March	7pm – Ash Wednesday service	10.30am – Ash Wednesday service	
9 <sup>th</sup> March	9.30am- Worship for all	11am – Parish Communion	11am – Morning Worship
Monday 10 <sup>th</sup> March	11am Songs of Praise at Steeple View	2pm Songs of Praise at Mere View	
Tuesday 11 <sup>th</sup> March		12-1pm Lent lunches in Maxwell Charnley room	9pm - Compline
Wednesday 12 <sup>th</sup> March	12-2 Lent Lunches in church hall		
16 <sup>th</sup> March	9.30am Morning Worship	11am – URC/Anglican service	11am – Worship for all
Tuesday 18 <sup>th</sup> March		12-1pm Lent lunches in Maxwell Charnley room	9pm Compline
Wednesday 19 <sup>th</sup> March	12-2 Lent Lunches in church hall		
23 <sup>rd</sup> March	6.30pm – Evening service	9.30am – Said Communion from the Book of Common Prayer (BCP)	11am – Parish Communion
25 <sup>th</sup> March	10.30am – Annunciation of our Lord service	12-1pm Lent lunches in Maxwell Charnley room	9pm Compline
26 <sup>th</sup> March	12-2 Lent Lunches in church hall		
30 <sup>th</sup> March	9.30am Mothering Sunday family service	11am Mothering Sunday family service	11am Mothering Sunday Family Communion service

**A PRAYER:** Almighty God, lover of all people, giver of grace, look mercifully upon us who acknowledge our sins; create in us a pure heart and a steadfast spirit; and lead us in the paths of holiness and righteousness; through Jesus Christ our Lord.

**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 FLOWER FESTIVAL

Holy Trinity Church will be holding their Annual Flower Festival 7th/8th June 2025

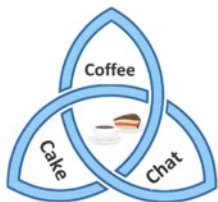
Our Theme this year.... **"Remembering an Anniversary"**

We invite you to join us with your display, this could be a Personal Anniversary or a National Day of Celebration.

This year is 80 years since the end of the War in Europe....A momentous occasion some may remember!

There are so many National and Personal times in all our lives. Maybe you have a Special Anniversary you would like to remember and display in flowers and give colour to our Flower Festival in the Church.

Help us make colourful memories to Life and Remembrance, please contact Ann Doubtfire on 07747660813.



**COME AND JOIN US FOR**

**Stowupland Church Hall**

**Saturday 15th March 2025 10-12**

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

***Everyone is welcome***

## TOOLS WITH A MISSION

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

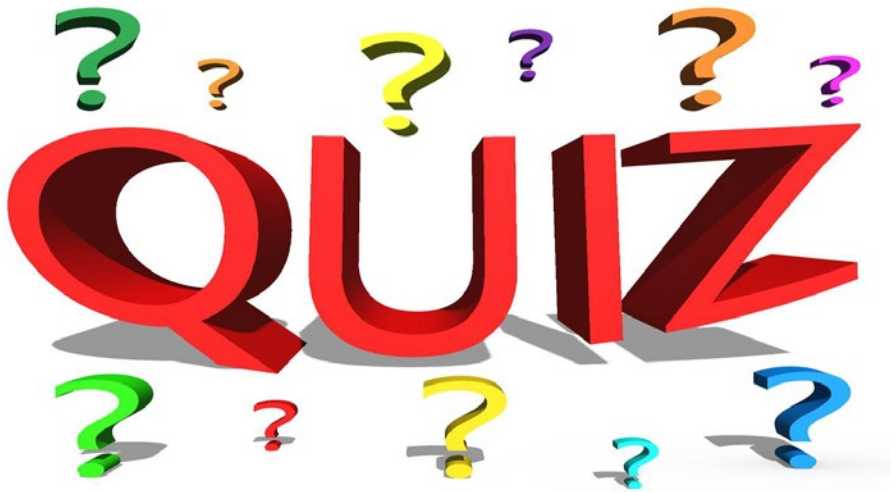
There are collectors all over the country; many of the tools are brought to the refurbishment centre in Ipswich, where they are prepared for sending out to third world countries, usually in eastern or central Africa, where people are trained in a skill such as carpentry, plumbing, motor mechanics, building, agriculture, sewing and needlework. When ready to send abroad, tools are loaded into shipping containers and transported to an east African port where they are handed over to a local TWAM representative who arranges delivery to TWAM projects, many across central Africa.

Good, fairly recent, textbooks in key subjects, bibles and children's and adult's reading books of good quality are also sent abroad for schools and libraries.

Materials for making clothes and knitting wool are gratefully received. If you have any you could donate, please let me know.

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

Keith Welham



**NIGHT**

**STOWUPLAND VILLAGE HALL**

**FRIDAY 14<sup>th</sup> March.**

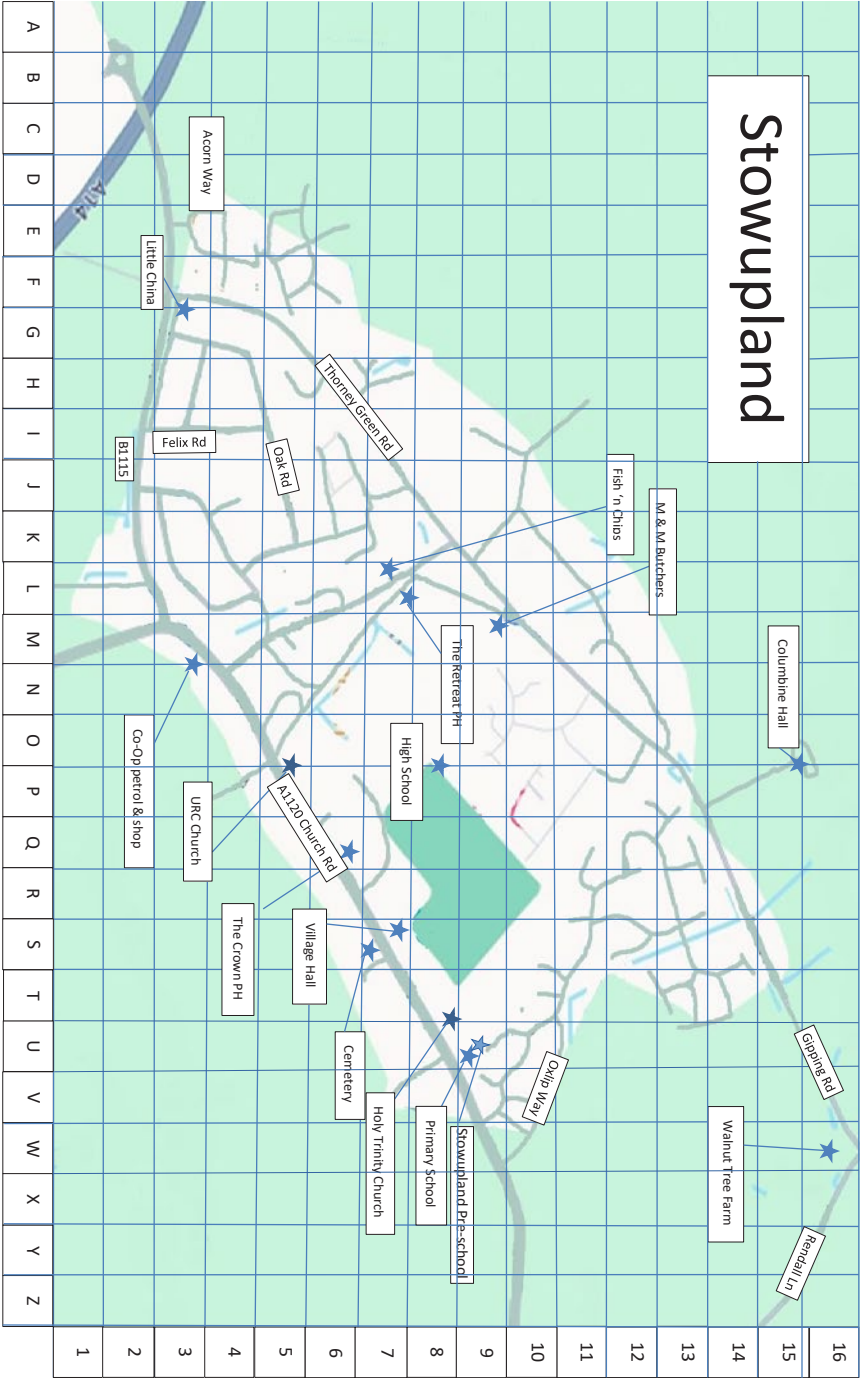
**Doors open 7.00 pm**

**Quiz starts 7.30 pm**

**£3 Per Person - Teams of up to 6 people**

**Village Hall bar will be open for drinks**

**To enter a team please ring Keith on 01449 673185**



# **THE TELSTAR TEAM**

**Editor** - Sarah McManus – 07849 506898 - The editor welcomes contributors. Please send all articles and contents to [articles4telstar@hotmail.com](mailto: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](mailto:adverts.telstar@hotmail.co.uk). Businesses with a Stowupland connection can advertise at very reasonable rates.

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

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

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

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

## **From the Telstar Committee**

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

## **Advertising Disclaimer**

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***Telstar – for the community, by the community.***

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Community

**BINGO**

**NIGHT**

**All Cash Prizes**

**FRIDAY 28<sup>th</sup> March**

**STOWUPLAND VILLAGE HALL**

**Doors open 7.00 pm; Eyes down 7.30 pm**

**Everyone Welcome**

**(over 18's only)**

**Bring your own drink and nibbles**