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Mon 29 th & Tues 30 th December	6:30am to 1:00pm
Wed 31 st December	6:30am to 12:00pm
Thurs 1 st January	Closed

From 2nd January back to normal opening hours



NOTES FROM THE EDITOR

DECEMBER 25

As we bring the year to a close, I would like to extend my heartfelt thanks to every one of our contributors. Your dedication, creativity, and commitment have been the driving force behind Telstar. Each article you have crafted has required time, careful thought, and significant effort. The willingness of so many to contribute is something truly valued by the entire Telstar team, and we are deeply appreciative of your continued support.

We would also like to express our sincere gratitude to those who have chosen to advertise in our publication. Your support, in the form of small but consistent funding, plays a vital role in enabling us to produce our magazine each month. On behalf of everyone at Telstar, a huge thank you goes to all our advertisers for making our work possible.

We welcome submissions of articles and advertisements, including both regular and one-off contributions. If you have a topic that merits coverage or wish to promote a local business or event, please contact us for consideration. The deadline for all contributions is the 7th of each month. Please note that we give everyone time off in December; therefore, all material for the next edition needs to be with us by 7th January 2026.

Our eagerly anticipated annual community Christmas Quiz is taking place this month. For more information about the event, please refer to the details provided inside this edition. We encourage everyone to embrace the festive spirit—there will be a prize awarded to the most festively dressed team. Dust off your Christmas jumpers, hats, tinsel or any Christmassy accessories and join in the fun. It promises to be a fantastic evening for all. The bar will be open throughout, and you are welcome to bring your own nibbles. Who knows, you might even be the lucky team to take home the winner's prize!

Please note that there will be no bingo in December. Our next community bingo night will take place on Friday, 30th January 2026. We look forward to welcoming everyone back then.

I'm pleased to share that our village church, Holy Trinity, now has a new vicar in place. Andy has contributed his first article for this edition, which is an enjoyable read and even includes quite a good joke! He also discusses the importance of not putting too much pressure on yourself at Christmas—a sentiment I completely agree with. The holiday season means different things to each of us, but however you choose to celebrate, the entire Telstar team and I wish you health, happiness, a Merry Christmas, and a Happy New Year.



DISTRICT COUNCILLORS' REPORT

NOVEMBER 2025

Mid Suffolk Magazine

The Autumn edition of the Mid Suffolk Magazine has been issued and should be delivered to every household in the District. If residents don't receive their copy or if they receive more than one, please could they let us know.

Windows in grade II listed buildings

Listed buildings often suffer from poor energy performance due to factors such as poorly fitting windows and single glazing. Mid Suffolk has now introduced a Local Listed Building Consent Order ("LLBCO"), making it possible for certain window improvements to be made in Grade II listed buildings without the need for listed building consent. The improvements which can be made, all subject to certain conditions, are:-

- Installation of secondary glazing without needing consent from the council.
- Where original windows have already been replaced after receiving listed building consent, they can be replaced again.
- In a modern extension to a listed building, windows can be replaced, or have secondary glazing installed if they have previously received listed building consent.

Postal vote registration

Residents who have, in the past, been registered to vote by post should have received a letter from the council advising that the government has changed the system and now registration is only valid for three years. Anyone wishing to continue to vote by post will need to complete a renewal application. If this is not done, their current registration will end on 31st January 2026.

Norwich to Tilbury power lines

The Development Consent Order for the planned development has been accepted and is now with the national Planning Inspectorate. Anyone wishing to make a representation needs to register with the Inspectorate at <https://national-infrastructure-consenting.planninginspectorate.gov.uk/projects/EN020027>. Registration closes on 27th November 2025.

Locality Awards

The current round of grants, which began in April this year, will close in January. This is different from previous years, when applications have been

able to continue until March. After January, any grant allocation remaining will transfer into the wider Community Development Grant budget. We have so far allocated most of our locality award grant for this year and have about £600 remaining, so if any groups would like to submit an application, do let us know as soon as possible.

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

Other funding for community projects

Details of Mid Suffolk Council's community funding can be found at: www.midsuffolk.gov.uk – click on the 'Access community funding' button.

For advice or further information, please email the grants team at: BMSDCgrants@babberghmidsuffolk.gov.uk.

Customer access point

Anyone who prefers not to use the website links in this report can obtain information and help from the Mid Suffolk Customer Access Point at 54 Ipswich Street in Stowmarket. The Access Point will, of course, also give help and support on any other aspect of Council services.

Cllr Janet Pearson

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07928 512592

Cllr Agnes Watson

Agnes.Watson@midsuffolk.gov.uk

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COUNTY COUNCILLOR'S REPORT

NOVEMBER 2025

Devolution and the new Mayoral Authority for Norfolk and Suffolk

At the Council on 2 October, Suffolk County Council voted to give the government their consent to create the Norfolk and Suffolk Combined Authority, which will be led by a mayor for Norfolk and Suffolk. Both Norfolk County Council and Suffolk County Council are involved in creating the new authority, which will have powers for the two counties, including economic development, transport, skills and employment, public safety, housing and strategic planning. The authority will be led by a mayor, with four other members, two appointed by Suffolk County Council and two appointed by Norfolk County Council, and decisions will be made by majority, but the majority must include the vote of the mayor or the deputy mayor if the mayor is not present. The authority can also have associate members (for example, somebody from a local college or university) or a non-constituent member, for example, from a district or borough council. The election of the mayor for Norfolk and Suffolk will be held on Thursday, 7 May 2026. The role of the Police and Crime Commissioner will be undertaken by the mayor after they are elected. Labour, Liberal Democrat and Reform UK candidates will likely be announced in the next few months.

Get Suffolk Working Plan

On 2 October, the Cabinet voted to approve the draft Get Suffolk Working plan, which was prepared by the council's Skills team. This is the local version of the government's Get Britain Working initiative and aims to support people of working age who are not currently working to get into employment and address barriers they may face to employment, for example, poor health, lack of transport, low qualifications and digital exclusion. Once the plan is approved by NHS partners in Suffolk and the Department of Work and Pensions (DWP), a Get Suffolk Working Partnership Board will be created to oversee the work. The plan includes the launch of the Connect to Work programme, which will be funded by up to £9.5m from the DWP over five years. The amount of funding received depends on the level of participation in the scheme. This programme is to provide tailored training, support and job placements and match people with suitable employers based on their preferences, strengths and previous work experience.

Get Britain Working plans will become the responsibility of the mayor of Norfolk and Suffolk, and the mayoral authority, once in place, so Suffolk County Council is working with Norfolk County Council to make sure their plans are aligned.

You can read more about the Connect to Work programme here:
<https://www.suffolk.gov.uk/jobs-and-careers/support-finding-employment/connect-to-work>

Dental Services in Suffolk

At the Health Scrutiny Committee on 8 October, colleagues from the NHS joined the meeting to update the committee on improving dental services in Suffolk. This is not a council service, and health partners from the two Integrated Care Boards (ICBs) that cover the county (Suffolk and North East Essex; Norfolk and Waveney) ran through their progress to increase access to NHS dentists, increase the number of urgent appointments available and ensure that there are enough dental practices across the county. They are also undertaking outreach work on oral health and preventing issues with children and older adults. Both ICBs are reporting that they have managed to increase the number of adults and children seen by dentists, and they are working on changes to their contracts with dental providers to support a focus on the highest priority patients. People who need a dentist appointment can contact NHS 111 to get one, as well as contact dental practices directly.

Many changes in health service provision are coming soon, including the NHS 10 Year Plan, which was published earlier this year, and, from 1 April 2026, Norfolk and Suffolk will have one ICB. This means that plans for dentistry in the region, like other services, may be subject to review.

Recycling Centres Raise £500,000 for Charity

Re-use shops at Suffolk's recycling centres at Bury St Edmunds and Foxhall have raised over half a million pounds for the local charity, The Benjamin Foundation, which operates the shops and provides families with childcare, mental health, youth and housing support. White goods play a key role, as The Benjamin Foundation repairs broken appliances and sells them on, which not only prolongs the life of the appliance but also helps families access affordable household goods. The shop at Foxhall opened in 2016, and the one in Bury St Edmunds opened in 2020, and they have together repurposed over 4,200 tonnes of waste so far. Suffolk residents do not need to book a slot at the recycling centre to visit or donate to the shops.

Budget Survey

The council has launched its annual budget survey, where it asks Suffolk residents their opinions and priorities for how it should spend money in the 2026-2027 financial year. The consultation tries to provide some context on its financial position, as well as asking for feedback, which

will be included in the budget-setting process. The first look at the new budget will be early January 2026, with councillors voting on the proposed budget in its February full council meeting. The consultation has been open since 14 October and will close on Tuesday, 25 November, and can be accessed using this link: <https://www.suffolk.gov.uk/council-and-democracy/budget-council-tax-and-finance/the-budget-for-suffolk>.

Quarterly Review of 2025-26 Revenue Budget and 2025-29 Capital Programme

On 4 November, the Cabinet reviewed the actual income and expenditure against their current budget provision. Based on figures for quarter 2, the council is predicting a revenue budget overspend of £20.398m. It is also predicting that it will underachieve income by £0.436m. This means the predicted total overspend will be £20.834m for 2025-26, which the council plans to cover using funds from its Risk Reserve. This is an increase of £7.5m compared to the predicted overspend at the end of Q1 (£13.3m)

The Dedicated Schools Grant (DSG) overspend is predicted to be £72.9m by the end of the year, with the negative balance on the DSG 'reserve' due to increase by £70.4m to -£168m during 2025-26.

The Capital budget set for 2025-29 was £361.8m but is now likely to be £500.5m, an increase of £138.7m. This includes £100m of unspent budget from the previous year being carried forward, and £38m of subsequent additions to the capital programme. As of Q2, the council is likely to spend £150.8m of its £185.9m capital budget for 2025-26. £4m of this is net scheme underspends, and £39.1m is a net carry forward of budgets into 2025-26.

Reserves are projected to reduce by £39.7m during 2025-26.

Of forecast net interest costs, £4.9m relates to the cost of the additional borrowing required as a result of the DSG deficit.

Projected overspends for the year include £4.545m in Adult Social Care, £10.150m in Children and Young People, and £5.105m in Central Resources and Capital Financing.

Keith Welham
Keith.welham@suffolk.gov.uk
Mobile phone number: 07831 705 714

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PARISH COUNCIL REPORT

NOVEMBER 2025



This month's meeting opened with 5 members of the public, 6 Parish Councillors and Councillors Pearson, Watson and Welham and a Police Officer from the Neighbourhood Team.

Councillors' Reports: The full reports can be found elsewhere in Telstar. In response to requests for detailed information, SCC Cllr Welham advised that criteria for siting speed indicator devices (SIDs) require the edge of the sign to be offset from the road by 600mm, and there must be an adequate area around the sign for servicing it safely. He also reported that he had requested a bus timetable including all services through Stowupland, but it has not yet been provided. He also suggested that the PC take up the matter of FP19 with the County footpaths officer. He was asked if the scheduled May Council elections would still take place, as certain sections of the press were indicating that they would be postponed again. He advised that, as far as the Council were concerned, they would take place in May 2026, but it is down to the Government who may make changes. It was also questioned about the amount of work that the elected Norfolk and Suffolk Mayor would be expected to take on in addition to the Mayoral duties, as it is expected that they will take over the Police and Crime Commissioners' role within a year and the fire service the following year.

MSDC Cllr Pearson advised that there would be some relaxation in the need for listed building consent with fitting new windows, but it was unclear at present whether double glazing can replace single-glazed windows. It is felt that the mayoral election may be postponed as the Government does not have time to complete the issues required.

Matters of Report: The new SID for Church Road has arrived and is awaiting installation, as is the sign for the Retreat Pond, and smart water kits are being distributed. The handrail on FP32 has been installed. Everything else is ongoing.

Public Forum: A resident advised that the 'Pride in Your Place' grants are open, which could be applied for, for planting the mounds on the Green. He was concerned that the map supplied as part of the SCC footpath cutting was inaccurate, as some of the paths have been tarmacked. Another resident advised that the wildlife board in the Churchyard needs repairing. Another resident had concerns about a drainage point on the footpath behind Sycamore Road, which needed repair, and a pipe was blocked near the Maple Road bridge. A resident reiterated his concern for the speed of vehicles along Saxham Street, as stated in his letter to the PC. This has been brought up with Highways, who have stated that a speed indicator device cannot be safely installed in Saxham Street. The Chairman suggested that if, but maybe the more residents who complain to Highways, this may have some influence.

Police: The Police Officer advised that they had no suspects for the recent break-ins to the sheds on the allotment but will continue to keep an eye on them. There have also been reports of bottles of milk being stolen from doorsteps in the village, and residents are asked to report any suspicious behaviour that they see. He also reported that the Police are currently working with the school on several issues.

Governance: The external audit report has been completed, and the risk assessment has been approved.

Nationally Significant Infrastructure Projects (NSIPs): Councillors noted that consultation on the proposed line for the Norwich to Tilbury grid upgrade has commenced and decided to submit a response to the consultation. The PC will need to register before the end of the month to submit a Parish response. Individual responses can also be made.

Joint Local Plan: Councillors noted the issue of the Call for Sites for 2025 and decided on any comments on the 5-year draft land supply plan. It was felt that no comment was necessary as there is sufficient land supply for the next 5 years.

Telstar Reporting: Councillors noted the resignation of the current Telstar reporter and discussed how best to report meetings in the future. I stated that I have had to resign from reporting Parish Council meetings for Telstar due to personal reasons that have now become unsustainable, but I would like to thank everyone for their support, including the 3 clerks, I started with a Rachel and have finished with a Rachel, and the many chairmen that I have worked with over the last 14-15 years. It was agreed that the PC would advertise for a volunteer in Telstar to get someone in as soon as possible.

Village Hall Occupational Licenses: Councillors approved the licence agreements for both the play park and the storage cupboard. Regular checks are made of the emergency supplies to ensure that they are still in order and in date; however, the Village Hall Trustees require a full inventory of everything in the cupboard. A few bits have changed in the Play Park, and there are some concerns about tree safety. The Village Hall Trustees also require needs a full list of equipment in the park.

Sub-Committee/Working Group Reports:

Biodiversity and Wildlife – Councillors received the minutes from the last biodiversity group meeting and the meeting between the group and the Parish Council. They currently have 3 kilos of grass seed supplied by MSDC, and it was agreed that this would be planted first, and then that would indicate how much more needs to be purchased. It was agreed to plant wild flowers on the corners of the mounds, and they will then be strimmed annually, and to explore the costs. The no-mow May will be looked at again before 2027 when the current mowing contract is up for renewal.

It was agreed to instigate more advertising options to encourage more volunteers to assist with biodiversity. Some dead trees on The Green need to be cut down, and it is proposed to use the logs to make bug hotels. There are a lot of flints on parts of The Green which are to be collected and used when the village sign is moved.

Finance and Policy – Cllrs were asked to note receipts and payments for the month and the VAT return, and to receive financial reports on bank reconciliation, budget to actual and reserves.

Footpaths – Councillors noted the updated cutting schedule from SCC, but this needs to be reviewed as some of them no longer have grassed surfaces. Some of them have not been cut for 2 years and may not be usable.

Planning – 2 planning applications have been received this month, one for the erection of driveway gates at Columbyne Hall, which was supported, and the erection of a single-storey extension to a workshop at Stowupland Hall, but due to the positioning, it was agreed to object.

MSDC granted permission and listed building consent to Elm House and granted permission for tree work to be carried out in Saxham Street.

Play Park – MSDC will be carrying out the annual inspection of the playpark in January 2026, and the council will need to discuss any actions arising from this. It was decided to wait until the report comes back to see if the same matters come up again, and to decide in 6 months whether to continue with the management of the Play Park as funds are becoming much tighter, or to pass the responsibility back to the Village Hall Trustees next year.

Councillors' Reports: Cllr Easter reported that the Chestnut Close road sign is lying on the floor. He would like to have a meeting about the village plan.

Cllr Voden met with the new Emergency Planning Officer, who feels that Stowupland is well ahead with its emergency plan. In the case of an emergency, the Sports and Social Club can be used alongside the main village hall. The fridge magnets, which were handed out several years ago, are still current. There is information on the website about 'grab bags' that you would take with you in the case of an emergency. He represented the PC at the recent induction of the new Haughley vicar, which went well. Cllr Voden also attended the Stowmarket Mayor's Civic Reception at the Regal, which gave a good platform for networking. The Young SODS were the recipients of the mayor's award. There is a finger post missing on FP3. He reminded everyone of the Remembrance Service at 10 am on Sunday, and he thanked those who arranged for a new wreath.

Clerk's Report: The Clerk reported that a meeting had been held with residents regarding the drainage works at Footpath 32 and that everything would be done in accordance with the plans.

Other queries relating to footpaths have been forwarded to the footpath officer. The hedge cutting at the school is progressing. A tidy up at the cemetery took place on 27th September, and matters have been discussed with Landex regarding the access and ditch. Smart water kits are being issued to allotment holders whose sheds were broken into, and the annual rental bills have been issued to the allotment holders. Earl Stonham has some vacant allotments available. Bollard damage has been repaired free of charge by Jarvis and Sons, for which the PC are very grateful, and there have been offers of grass cutting. MSDC are clarifying ownership of certain areas within the village to establish maintenance responsibilities. The vacancy on the PC can be co-opted as no call for an election.

Correspondence: There were further updates amongst the correspondence this month relating to the Norwich to Tilbury pylons and also the proposed changes to Local Government. One resident thanked the PC for their report of a dangerous pothole in Columbyne Close, which has now been repaired, and one from a resident commenting on the overgrown hedge alongside the footpath on Bloor Homes land, for which their management team are responsible. Another resident reported the missing road sign in Saxham Street, and there was further correspondence about the need for a speed indicator device in Saxham Street. Briefing notes from both SALC and MSDC and also grant information from MSDC. Citizen Advice sent a breakdown of the work that they have been undertaking and requesting a donation. There was also information on neighbourhood planning companies that are assisting adjoining parishes.

The meeting was closed to the public at 8.57 pm.

To all of you who have read my many Parish Council reports that I have written for Telstar over the years, I would like to say thank you and farewell.
Sandy Smith

PARISH COUNCIL VACANCIES



Stowupland Parish Council are seeking a volunteer reporter to take notes at Parish Council meetings for publication in the Telstar. Please contact the Clerk (parishclerk@stowuplandpc.co.uk) for more information or to apply.

The Parish Council would like to thank Sandy for her many years of reporting - she will be sadly missed, and we wish her all the best.

The Parish Council also has vacancies for Parish Councillors. Please visit the Parish Council website for more details on what's involved and how to apply: <https://stowupland.suffolk.cloud/become-a-parish-councillor/> or scan the QR code.



COUNTRYSIDE RAMBLER

BRIAN WARD

The goldfinches are enjoying the seeds in the feeders; about eight to a dozen appear daily just after first light. I believe they come off the roost and visit the feeders for a quick breakfast, then disappear into the countryside where there are still plenty of wild seeds available and, with the mild weather through October, they are not unduly hungry as yet. I have also had greenfinches and the odd chaffinch; the latter normally keeps under the feeders to quickly feed on the fallen seeds the goldfinches dislodge. I have noticed that two separate cock pheasants will arrive early and pick up any fallen seeds. One has a white ring around its neck, and the other, I believe, is called an old English pheasant, as it has no white feathery collar. The red kite population has really increased in numbers as I spot them locally every day, along with buzzards, kestrels and a lone sparrow hawk, which flies past my feeders every morning, hoping to prey upon an unsuspecting finch. So far, I haven't seen any evidence of a successful kill, but he certainly puts panic into the local bird population when he arrives.

I hope you have enjoyed searching the woodland for fungi; a few are still present and probably will be until the first frosts. Don't forget to look on the trunks of trees for bracket fungi, such as beef steak and hoof varieties. Mixed woodland can be very productive with oak, silver birch and beech being the best to search under, also check out any fallen rotten trees and old stumps.



By now, most of our hibernating mammals and reptiles are snugly hidden and out of harm's way. Although the weather was exceptionally mild through October, it can change overnight with biting winds and frosts, and November can be the month this happens. So far, we have been lucky with the airstream being southerly, but behold, when it becomes northerly. I don't want to be gloomy, but please be prepared, as winter can come at astonishing speed and unexpectedly.

At this time of year, I normally observe a small flock of meadow pipits on the grassy scrubland in front of our property. I suspect these birds are passing through, as they only stay for a day or two; even then, they are a joy to see locally. Whilst in north Norfolk recently, I spotted a large flock of fieldfare. I presume they had only just flown in from

Scandinavia, as they were very hungry and feasted on the hawthorn berries with gusto. Some of them appeared slightly drabber. I suspect they were first winter birds.

This is the best mast year I have witnessed with the bushes and trees laden with fruit, berries and nuts. I recently walked through woodland with the dominant species being oak, and, what a delight, squirrels gathering nuts and scampering away to hide them, the jays flying in all directions with bulging crops and one in their beak for good measure. Wood pigeons actually gorge themselves with this substantial offering and can often have eight or more stuffed in their crop. It must take a considerable time to digest these hard seeds; perhaps that is why pigeons sit about a lot and look distinctly grumpy.

We have a footpath in front of our property and many local people and dog walkers stroll past every morning at varying times. This can be a good indication of the temperature outside, due to the attire they are wearing; the time of shorts and tee shirts is long gone and now fleeces and coats are normally the fashion; woolly hats and gloves are the next accessory I suppose, with the inevitable wellies as footwear. On that note, I will stop writing, but before that, may I wish you all a very joyous festive season and a happy 2026.



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RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

Tulips are a go go! Yes, finally, we can start popping the last of the Spring bulbs in. I have been put off by so many different sources telling me it's too early, but I think it's now or never! At the time of writing, the weather is still very mild, but I suspect cold snaps are on their way. I did read an article by a climate scientist stating that in 20 years' time in December, Australia would be in winter and we would be in Summer as the jet streams continue to change with global warming, a slightly frightening thought. As the nights draw in, it's also time to sit down with some of those gardening books you never get round to looking at. As well as, of course, popping the titles you'd like on the Christmas list! I have my eye on Pollyanna Wilkinson's new book, *How to Design a Garden*. A respected but down to earth author who makes everything look achievable!

Garden chores this month are as follows:

- Rotate houseplants. Move them away from cold draughts and radiators. Grouping them together to increase humidity is also a good idea. Reduce watering and don't feed foliage plants until spring.
- Still indoors, check hyacinths, especially if you are forcing them for Christmas flowering. Move to a cool, bright room once growth is about 5 cm tall.
- For plants such as teasels and echinaceas, allow the seed heads to remain to provide food for the birds and shelter for insects.
- Greenhouse cleaning time, especially while the weather is so warm. Scrub inside and out and have the bubble wrap ready to protect sheltering plants.
- If you have piled up your leaves in the compost heap or a shady corner, very gently, give those leaves one more turn before leaving to rot down. Be careful in case early hibernators have decided to make your heap their home.
- Plant bare-root fruit trees. Ensure the roots are soaked in a bucket of water for 30 minutes before planting. Plant in a large hole, stake and mulch.
- My pet peeve: cover brassicas to protect from pigeons! We have a lot in Stowupland, and I lost all my kale last year.

Many will already be aware, this year is a 'mast' year. Trees bearing nuts and fruit are in overdrive, producing excessive crops. This is to ensure survival and germination. The Woodland Trust explains that this abundance also causes a boom in populations of small mammals like mice...probably not what those of us with gardens facing fields want to hear. This phenomenon only happens every 5 to 10 years and has a major evolutionary advantage for trees like oaks and horse chestnuts, as more saplings will root into the ground. The tree's growth will be slightly stunted in a mast year, as the energy required to produce all those nuts and seeds takes away from the growth spurt. Thank you for another year of supporting this column, and thank you to all those villagers who stop and chat on my village walks, in the butchers' or whilst I am tending the Meadow. It's always lovely to hear your gardening conundrums. Have a safe and fulfilling Christmas and New Year, and Happy Gardening!



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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.

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Ed.

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Fax: 01449 675898

Email:

Johnbullmotors@btconnect.com

STOWMARKET ECO FUTURE GROUP

<https://stowmarketecofuturegroup.co.uk>

Email: stowmarketecofuture@gmail.com



#LoveWhereYouLive

Collection of hard-to-recycle items - see update below

As the 4th Thursday in December is Christmas Day, there is no recycling stall on the market until 22nd January. We will be collecting all items at the Repair Café - 2nd Sunday of the month (14th December) at Red Gables, 2-4 pm, plus REPAIR CAFÉ stowrepaircafe@gmail.com

UPDATE ON ITEMS COLLECTED:

Blister packs, Coffee pods, Pet food pouches (empty, clean & dry), Fruit nets, Tetra packs (empty, clean & flattened), Bicycle Inner Tubes. We also take Spectacles and cases, empty make-up containers, Laptops and tablets with their charger (for parts), Batteries. Please now take your soft plastics to Supermarket recycling points, thanks.

ECO CAFÉ: Wednesday 3rd December 7:30- 9 approx Fred's Bar, The Old Foxyard. This is an opportunity for informal discussion, asking questions, information sharing and planning.

"I'm dreaming of a Green Christmas"

Be GREEN on BLACK FRIDAY

Statistics around seasonal spending during November vary, but what is clear is that spending on Black Friday in the UK regularly tops 1 billion pounds. Everyone loves a bargain, it seems. "Green thinking" knows the real cost of an item and asks some important questions before deciding on a purchase. What impact does the item have on the Environment over its lifetime? How is it packaged? Where was it made? What impact will producing/ transporting/using it have on the planet? How will it eventually be disposed of? Even – do I really need it? Can I Repair, Reuse, or Recycle instead of buying new? The cost of an item is not just £ and pence when it is purchased, but its impact on people and the environment.

GIVE GREEN Please consider Green gifts – plants, seeds, trees, eco goods and keep an eye on the plastic and packaging that doing Christmas traditionally generates. Can you get clever with your wrapping by using fabric or brown paper – try decorating parcels with leaves or natural objects, etc? Why not get the kids making decorations and have a wonderful time doing it? One of the pleasures of decorating the tree is rediscovering favourite or memorable items that appear regularly each year. There seems to be a lot more conversation this year about having a more personally crafted and reused Christmas that is meaningful, than buying lots of new stuff, especially things that will end up in the rubbish bins after a few days. I heard recently about one family who used this mantra for choosing gifts: something you want, something you need, something to wear and something to read. Why not share your "Green Christmas " ideas with colleagues, friends and family? The Eco Group wish you and those you love a happy, waste-free and sustainable festive season.

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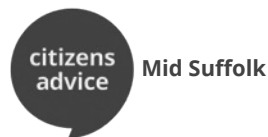
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With it coming up to Christmas, I want to do more shopping online, but there's been things in the news about delivery problems. I'm worried about not receiving things on time or packages being lost. What should I do if my parcel goes missing?



When you're online shopping, it's not always clear who to contact if things go wrong.

As a customer, your contract is with the seller that you bought the item from. It's the seller's responsibility to make sure the item is delivered to you. They should chase the courier to find out what happened to your order if there's a problem.

If your parcel hasn't arrived:

- Check the delivery address you gave the seller, to make sure it's correct.
- Then contact the seller and ask where your order is.
- If the seller claims they've delivered it or doesn't know where it is, you can ask for a redelivery. You might be able to get a refund in some circumstances where the delivery time was essential, and you let the seller know ahead of time.

Under the Consumer Rights Act 2015, you can ask the seller to deliver the item to you again if the item wasn't delivered either by an agreed date, or within a reasonable time - usually within 30 days. If the new delivery fails to come within a reasonable time, you can ask the seller for a refund.

Another problem people face is when parcels get left in different places, for example, outside or with a neighbour.

If your item was delivered by Royal Mail:

- And they left your package with a neighbour or in a certain place because you told them to, it's not the seller or Royal Mail's responsibility if it gets lost.
- If they leave it somewhere you hadn't instructed, it's the seller's responsibility if it gets lost. You should contact the seller to ask for a redelivery or a refund.

If the item was delivered by a courier:

- Check your terms and conditions or account details - they might include other places for delivery, like your porch or a neighbour's house. If you agreed to them, it's not the seller's or courier's responsibility if your order has gone missing. However, if you did not agree to this, then it's the seller's responsibility if your order goes missing.

If you ordered something from a private seller or you're still having trouble after trying the tips above, you can find out more via the Citizens Advice website at <https://www.citizensadvice.org.uk/consumer/>.

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

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Website: josfit4all.co.uk or paracise.com



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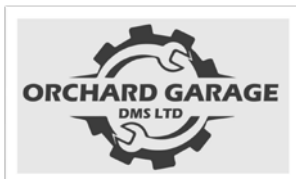
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STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP

Wildflower Meadow and Retreat Pond

We planted a few more patches of yellow rattle and wildflower seeds, and a patch of cowslips in October. We will be providing an information board to help people identify flora and fauna throughout the year.

The Retreat Pond has been dug out to remove silt, and we have started to trim around the edges of the pond and tidy up the area at the back of the pond.

We plan to have work parties on the second Friday of every month; the next will be on 12 December, meeting at the pond.

Future Mowing Specification, Encouraging Diversity and Protective Measures around The Green

We met with members of the Parish Council to discuss how the mowing schedule could be changed to encourage biodiversity. They have agreed to look at No Mow May on parts of The Green to be incorporated into a mowing schedule from 2027. We will work with members of the council to sow wildflower seeds on the mounds around the edges of The Green; hopefully, the first length will be completed in November. The remainder will be tackled in spring 2026.

Our next meeting is at 7.30 on Monday, 26 January, in the URC Meeting Room. Everyone with an interest in wildflowers and biodiversity is welcome to come along.

Contact us: to find out more, please telephone Keith on 01449 673185, email keithwelham48@aol.com or come along and talk to us when we are out and about in the village.

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



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IMPORTANT CONTACTS

Citizens Advice

www.midsuffolkcab.org.uk - 01449 676060
or 01449 676280 - 5 Milton Road South,
Stowmarket, IP14 1EZ

Doctor

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

Emergency Numbers

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

Good Neighbour Scheme

HELPLINE: 07591 539621

Member of Parliament

Adrian Ramsay – Green Party
WaveneyValleyOffice@parliament.uk
01379 830200

Mid Suffolk District Council

www.midsuffolk.gov.uk

MSDC General Contact No. 0300 1234000

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

Police

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

Samaritans – 116 123

Stowupland Village Website

www.stowupland.com

Parish Council Website

www.stowupland.suffolk.cloud

Suffolk County Council

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

Schools

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

Vets

Cedarwood - 01449 676966
Stowe Vets - 01449 613130

DIARY DATES

If you know of any events happening in the village that I may not have picked up on please do get in touch by 7th of the month at stowman@stowman.plus.com or 07951 037749.
Please note – Diary Dates lists community events in Stowupland, for advertising all commercial events please contact Sally Wray - adverts.telstar@hotmail.co.uk

DECEMBER

WED 3	14:30 various venues	Book Group (contact 01449 672127 for further details)
WED 3	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 3	19:30 Village Hall	Local History Group – “Exploring Tudor Xmas Cooking”
THURS 4	19:30 URC Hall	Parish Council meeting
THURS 4	19:00 Village Hall	Short mat bowls
SUN 7	19:30 Village Hall	Country & Western music club
WED 10	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 11	19:00 Village Hall	Short mat bowls
FRI 12	19:30 Village Hall	Community Quiz
SUN 14	19:30 Village Hall	Country & Western music club
WED 17	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 18	19:00 Village Hall	Short mat bowls
SAT 20	10:00 - 12:00 Church Hall	Coffee, Cake and Chat
SUN 21	19:30 Village Hall	Country & Western music club

TUES 23	09:30 Jubilee Crt 09:55 Green	Mobile Library
WED 24	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
SUN 28	19:30 Village Hall	Country & Western music club
WED 31	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
JANUARY		
SUN 4	19:30 Village Hall	Country & Western music club
WED 7	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 7	14:30 various venues	Book Group (contact 01449 672127 for further details)
THURS 8	19:30 URC Hall	Parish Council meeting
THURS 8	19:00 Village Hall	Short mat bowls
SUN 11	19:30 Village Hall	Country & Western music club
WED 14	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 15	19:00 Village Hall	Short mat bowls
SAT 17	10:00 - 12:00 Church Hall	Coffee, Cake and Chat
SUN 18	19:30 Village Hall	Country & Western music club
WED 21	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 22	19:00 Village Hall	Short mat bowls
SUN 25	19:30 Village Hall	Country & Western music club
WED 28	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 29	19:00 Village Hall	Short mat bowls
FRI 30	10:00 - 12:00 URC Chapel	Coffee Morning
FRI 30	7.00 for 7.30 Village Hall	Community Bingo

Cllr Agnes Watson - agnes.watson@midssuffolk.gov
07599 828819

Mobile Library - 07721 879855

Parish Council

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

Terry Easter - 07958906176

Terry.easter@stowuplandpc.co.uk

Laura Johnson - 07826 851030

laurajohnson@stowuplandpc.co.uk

Debra Melhuish - 07979125904

debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817

paulamurton@stowuplandpc.co.uk

Hayden Power - 07716 834111

haydenpower@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

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

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

Village Hall Bookings

Lisa Tunbridge - Phone - 07515859337
stowuplandvillagehallbookings@gmail.com

Village Clubs

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - Neil Bridges - 01359 240846

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club -

www.stowuplandcricketclub.co.uk/

Stowupland Falcons Football Club -

stowuplandfalconsfc.co.uk

Stowupland Sports Centre -

info@stowuplandssportscentre.co.uk - 01449 672531

Stowupland Wildflower & Biodiversity Group -

Keith Welham - 01449 673185

Stowmarket Wildlife Group - Heather Salmon

-heathersalmon50@gmail.com - 07722 871205

CHRISTMAS DAY

A special day this time of year.
We all know of the date.
Some choose to have a quiet time,
While others celebrate.



You may have Bucks Fizz Christmas morn,
And prepare a fine meat roast.
How many brussels must you cook?
And who will eat the most?

Some of you may go to Church,
To hear a cleric's views.
They'll tell the story, most know well.
The birth, God's son, good news.



The Christmas meal, so much to eat.
Enjoyed by family folks.
And then we pull the crackers,
Wear paper hats, tell jokes.

We may have opened Santa's gifts,
Given presents in a box.
To receive a treat is wonderful.
There's nothing wrong with socks!



What do we do after gifts and food?
Washing up or sing?
Some families like to play fun games.
Or listen to the King.

What do we hope for Christmas Day?
Fine presents that will please us.
Many, if they have belief,
Say, "Happy Birthday, Jesus."



May I suggest a wish this year?
A thought, for what it's worth.
That we encourage much goodwill,
And strive for Peace on Earth.

N.B. Advent calendars --- their days are numbered.

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STOWUPLAND FALCONS



In this article, I will concentrate on our thriving youth sections.

The football club currently runs girls teams from U8s to U13s plus U15s; the U8s to U11s is classed as non-competitive. Basically, this means no results or league tables are published, but most managers would be able to tell you where they are in the league! The teams that do play competitive football are all holding their own in their leagues. Hopefully, some of the girls will progress to our ladies' team going forward. As a club, we have been at the forefront of girls' football from the start, and we continue to grow our number of teams. Our popular Wildcats section that offers free coaching for young girls wanting to get into football is now up and running again. Please contact the club for more information.

As with the girls, we operate boys/mixed teams at most age groups, so we have U7s to U11s in non-competitive football. We also have teams at U12s through to U17/18s playing competitive football. As with the girls, the boys are holding their own in their leagues. Our Saturday Morning Club continues to run every week as it has for over 30 years! The SMC offers free coaching to young players wanting to play football. If you are interested, please contact the club or me directly.

Our adult first team went out of the Senior Cup to a very strong Mutford side, but have continued their fine league form with away victories at AFC Kesgrave and Sporting 87 (Bury). These results mean they maintain their place at the top of the league. The adult reserves are holding their own and are mid table in their league. Unfortunately, we have had to withdraw our Sunday adult side due to player availability.

The ladies' team with 4 wins out of 4, which leaves them top of the league, a long way to go, but fingers crossed, this continues.

Finally, we held a very successful Halloween Party in the Village Hall, with over 70 children attending, and they all had a great time.

I will take the opportunity to wish you all a Merry Christmas and a Happy New Year.

Colin Herbert - President
Stowupland Falcons FC

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STOWMARKET U3A

The change in autumn light and colour tempted U3A members to join a variety of walks in the local countryside.

Cake Walkers explored the paths around Onehouse, ending with a well-earned cake at the Lakeside Cafe. Cake Walks are easy going and taken at an even pace over gentle ground, covering up to 3 miles.



The relatively new Stand and Stare walking group was taken on a leisurely stroll through Bradfield Woods with time to take in the brilliant autumnal colours of the trees, a wide variety of fungi and even violets. We were rewarded with sun-dappled paths and took time to photograph and take in the beauty of our surroundings.



The Walk and Talkers group enjoyed a slightly longer walk, taking a riverside route from Claydon picnic site to Needham Market, witnessing the impressive restoration work by the River Gipping Trust. The morning ended with lunch and conversation at The Swan.

Stowmarket U3A is a local organisation for people no longer in full-time employment and provides creative and friendly leisure activities run entirely by volunteers and open to everyone. For a modest fee, members can enjoy a wide variety of activities and interest groups, including book club, crochet and yarn, singing, history, geology, walking tennis, Spanish conversation, aviation, photography and much more.

In addition, every month we invite different speakers to inform and entertain us. We have recently learnt how to be a Roman Emperor, travelled through the Americas and been taken back to the World of the Music Hall.

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

We look forward to seeing you!



STOWUPLAND BOWLS CLUB

With the 2025 season now well finished, Stowupland Bowls Club held its annual end of season presentation dinner at the Village Hall in October. A delicious meal served by the Stowupland Crown was enjoyed by all.

All our teams can be proud of their finishing positions in their respective leagues for the 2025 season.

Anyone interested in playing bowls next season should get in contact with our chairman, Neil Bridges, on 07547102301. We have teams playing on Monday and Wednesday evening and Tuesday afternoon. Also, for those who don't want to play competitively, we have roll-ups on a Thursday and Saturday afternoon. All are welcome to come and give bowls a try.

The photo shows members who were the winners in the club competitions





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FREEMAN COMMUNITY PRIMARY SCHOOL



Teaching & Learning

The classes at Freeman Community Primary School have continued to have a great term and are still enjoying and learning lots!

Our new Reception class have just completed their first half term at primary school and they have had a wonderful few weeks. They have been reading 'Pumpkin Soup' and then following on from this, enjoyed being outside creating their own Pumpkin Soup recipes. This meant they have been learning how to share, communicate effectively and listen to other people's ideas.



In Year 1 in Science lessons, the children have been exploring the seasons and went on an autumn hunt to spot signs of the changing weather. In Maths, they focused on place value up to 10, which really helps children build strong number foundations. The Art lessons have been full of creativity as lines and shapes were studied, inspired by the work of Paul Klee.

Reading and writing have been centred around some wonderful books, sparking imagination and discussion. The children have shown such enthusiasm and curiosity in all areas of learning.



The children in year 6 had a wonderful time in Bawdsey on their residential. They did all sorts of team activities together, with one of the main highlights being the giant swing!





Some of the children took part in the Bookopoly Reading Challenge. It has been really lovely seeing so many of the children enjoy reading and sharing their process. A big congratulations to all our winners.



Friday, 10th October, was World Mental Health Day, and we encouraged our children to raise awareness for this by wearing yellow! There was an assembly by our school's Mental Health First Aider, and it was fantastic to see a sea of yellow fill the hall where the children learnt about emotions and mental wellbeing.



'From tiny acorns do mighty oaks grow'

SCHOOL GOVERNOR

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

If you have an interest in education and can commit to one evening, six times a year and occasional visits during the school day, we would be very pleased to hear from you to discuss the role further. No prior knowledge is necessary; a comprehensive range of training and support is provided.

To see what our Governors do, please visit the school website. For further details, please contact the school on 01449 612067 or via admin@freemancpschool.co.uk.

PROBUS CLUB



Come and Join Us

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

After morning coffee, we relax and listen to one of our guest speakers or music.

This is followed by a two-course luncheon provided by 'Kelly's Kitchen'. We will also be arranging lunches out, day trips, and five-day holidays; we have recently returned from a trip to Llandudno in Wales. The club also had a trip to the Cromer Christmas Show in November.

Talks Schedule

DEC - Quay Notes (Music)

JAN - Gary Cease - Gipping River Trust.

FEB - Phil James (Member)

MAR - Wing Commander Paula Wilmot - Years in the Military.

APR - David Bishop (Member) - Being a Driving Instructor.

Please contact KEITH PYBUS (President) 07395080975,
keithpybus@btinternet.com



Please join Jane and Dan for a
winter welly walk on

Tuesday, December 30th

followed by coffee and light
refreshments.



If you are not able to walk, just come to socialise.

Meet at "**Crowstone**" at **10.30am** for the walk and coffee will be
served from **11.00** onwards.

Bring your visitors and friends to blow away some cobwebs.

Children accompanied by adults welcome.

Telephone 01449 676775 for any queries!

Donations in aid of EACH

N.B. "Crowstone" is the second house past the Co-op garage.

1st & 3rd Stowmarket (Phoenix) Scouts Christmas Post Service



Let us deliver your Christmas cards in
Stowmarket (Inc Combs Ford) PLUS Stowupland and Onehouse.
You will be saving money and supporting your local youth.

Post your cards together with just **40p per card** into one of our collection boxes and we will make sure they are delivered in time for Christmas. For many reasons, please avoid packaging for the cards and money. **Loose Is Best!**

You can find our post boxes from Friday 14th Nov 25 at:

"Stowmarket Library"

"StowHealth" and "Combs Ford Surgery"

"Mid Suffolk Leisure Centre"

"M&M Butchers (Stowupland)"

"ZarKeys (Meadow Centre)"

"Baldwins" "Tesco"

"Co-operative (Combs Ford)"



Last date for posting is Tuesday 16th Dec 25

Please remember to fully address your cards. **We will not deliver to addresses outside the areas indicated above.**

For more details of our service, or if you would like us to collect cards specifically from your organisation, please contact:
Dave Newbery on 07889 137783

SOAP

Calling all over 60's

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

Our next event is

Wednesday 3rd December 2025, 10:00 - 12:00

at Stowupland Sports and Social Club.

Please do join us.

If you would like any further information, please do email paulamurton@stowuplandpc.co.uk or call 07704 701095





LOCAL HISTORY GROUP

Hopefully you are reading this in time to join us on **Wednesday, 3rd December**, when our guest speaker **Kathleen Hallaway** will help us **"Explore Tudor Cooking"** in **"Mistress Kathleen's Kitchen"**. This will be our last meeting in the Village Hall. From February 2026, we have a new home at the URC Hall, so let's make it a good one.

If you are unable to join us, then Happy Yule Tide Greetings from SLHG.

Don't forget we don't meet in January, so our next session is on **Wednesday, February 4th, 2026**, when we welcome **Gerry Barnes** to learn about **The Orchards of Eastern England** and their importance to the rural economy and biodiversity. This will be our first meeting in our new venue at the URC Hall.

Looking back to October, we welcomed **Dr Mike Walker**, who shared his research into **"The 1173 Siege of Haughley Castle and the subsequent Battle at Fornham."**

Neil had conjured up a treat with this talk from **Mike Walker**. Thanks to all who turned out for this one on a fairly cold evening. For those of you reading this, you may wonder what bearing this had on Stowupland. Well, quite a bit; as if things had gone differently, the history of the UK as we now know it may well have looked a great deal different from what we have today.

Background: A revolt began in April 1173, largely due to **King Henry II** of England's efforts to find lands for his younger son, **Prince John**. John's three brothers objected to their father's efforts in this area and fled to the court of **King Louis VI** of France, where they all decided to raise troops for a rebellion. This action resulted in an invasion of Normandy, and the King of Scotland was persuaded to invade England.

These invasions failed, and negotiations also did not end well. As **Henry II** was holding discussions with **Louis** at a summit to bring peace, the **Earl of Leicester**, who was at the meeting did not agree with the proposals for peace terms. It is said that he drew his sword on **Henry II**, which was unheard of in those days. As you can imagine, the meeting broke up fairly quickly with no agreement on peace terms.

Unbeknown to the King, the **Earl of Leicester** had a fleet waiting with troops embarked and several **Flemish mercenaries**, which was ready to go, and they landed at **Walton** in **Suffolk** in late September 1173 (Not **Walton-on-the-Naze** but **Suffolk's Walton**, which is now under the sea.) Things did not start well, as this was not received well by the local population, and the **Flemish troops** were not well received in the area at all.

Leicester decided to try and join with several known rebels. One was Hugh Bigod, the Earl of Norfolk, at his castle at Framlingham. This alliance resulted in inconclusive fighting in the area. After this, the Earl of Leicester decided to return to his base but was prevented by Royalist forces under the command of Richard de Lucy, whom Henry II had placed in charge of the defence of the realm while he was away in France. While Leicester was trying to move his forces back to his base, the Royalist forces had attacked his castle and prevented the rebels from reaching the safety of their base.

Battle Plans and Tactics: Leicester had about 3000 troops on the date 17th October 1173. With no base, the army was roaming the country, looking for provisions and a base. They were being challenged by the Royalist forces under the command of Richard de Lucy. He was supported by 300 mounted knights, who were all loyal to the Crown. The knights were well-proven in recent combat; in support was the Earl of Norfolk's son with his own supporters. Leicester, for some reason, decided to split his forces as they were looking for fresh water supplies. The Royalists caught up with the rebel forces as they were fording the River Lark, near the present villages of Fornham St Genevieve, Fornham All Saints and Fornham St Martin, which is about 4 miles from Bury St Edmunds.

Leicester's cavalry was defeated, and many were captured by the Royalist knights. Most of his ground troops were driven into the nearby swamps, where they were also attacked by the local population, who had not taken kindly to their presence in the area. Leicester and the remaining troops retreated to Fornham All Saints church, where they were all captured at about 6 o'clock that evening.

Leicester remained in captivity until his release in January 1177, by which time the King had returned and some of his estate was returned to him, this granted by King Henry II.

Mike also touched on his research into the Cult of St. Edmunds, which was fascinating.

I asked Mike at our Q&A & session what would have happened if this had resulted in a rebel victory. Apparently, this may have meant that the rebels could have got stronger and threatened London or gone north and persuaded the King of Scotland to join them. If this had happened, it would have presented Henry II with big problems, but as it did not, then we shall never know. Sandra thanked Mike for his talk, which was excellent. He has more facts and figures than I can include; he also has a well-illustrated book on the subject. Thanks to Liz and Annie for the welcome refreshment.

Do you prefer to listen or to get involved?

- Many of our members just enjoy an evening listening to stories from Stowupland's and Suffolk's past.
- Others like to share their own research about local history, whether about their family, house or our locality.

STOWUPLAND
LOCAL HISTORY
GROUP



**Find out what you don't know by coming along to our meetings.
If you have any queries about joining us or hearing about
Stowupland's past:**

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

**Annual memberships are due for renewal, or join us as a New
Member. Visitors are welcome.**

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Our 2026 Calendar of Events

January 2026 – No Meeting

February 4th 2026 – The Orchards of Eastern England, guest speaker
Gerry Barnes

March 4th 2026 – Stowupland Stories 4 – Schools and Education.

April 1st 2026 – 'Onehouse Paupers Graveyard Project', guest
speaker Julie Johnson.

**May 6th 2026 – 'Medieval Pilgrimages to Woolpit', guest speaker Dr
Shalena Klazow**

**June 3rd 2026 – Stowupland Stories 5 – Thorney Green and
Stowupland Parish Council.**

More events will be added in due course. Please bear in mind that it is
occasionally necessary for a topic to be changed at the last minute.

Or visit our website: www.stowuplandlocalhistorygroup.org

Still the first Wednesday of each month, but in the URC Hall.

FROM OUR ARCHIVES

We have written before about the history of Myrtle Cottages. In researching stories for our Stowupland Stories 3 about Crime & Punishment, I found out that Francis Webb, who lived there in the mid-19th century, had several brushes with the law. No doubt if Francis's crimes had been committed a decade or two earlier, he would have been sentenced to transportation, as we know that, in the early 1840s, 15-year-old Walter Tricker had been sentenced to 14 years' transportation. His crime had been stealing 5 tame rabbits.

To return to 25-year-old Francis Webb. In December 1864, the local paper carried a report entitled '**A Clever Capture.**' This read like an episode of a modern-day police drama about how Francis and his accomplice, Spencer Ford, aka Mushy, were tracked down. Local police knew that two young strangers had arrived at Green Hills in Soham at the beginning of December, but although 'the habits of the men attracted the attention of the police, they could not get a sight of them for some time without exciting suspicion, they therefore patiently awaited a proper opportunity to introduce themselves a la mode to the newcomers.' Then one Sunday, when the officers were 'settled down to the scent,' Inspector Yardley, accompanied by constables Flanders, Barker and Clarke, politely knocked at the cottage door requesting admission, but, receiving no answer, repeated the request in an 'unmistakable manner'. The inmates replied, "They were not at home to company at so late an hour."

'However, the gentlemen in blue were so intent upon a closer acquaintance that after a few minutes parley, crash went the door and two of the blue coats presented themselves, at the same moment the back window was smashed out from the inside' but there stood a policeman ready to 'receive the would-be boulder'.

'Both men were secured, and a search of the house found 7 turkeys, 16 fowls, a large tame rabbit, all recently killed, and a quantity of feathers and bones. The report concluded that it was suspected that the men had been sending the poultry to dealers in Leadenhall Market, in London.

Francis pleaded not guilty but was convicted and sentenced to 7 years penal servitude, whilst Mushy, who had pleaded guilty, was sentenced to 9 months hard labour.



U.R.C CHAPEL

NEWS

Minister: Vacant

Secretary: Brian Hewitt 07500734113

We are now thinking about our Christmas Celebrations within the Chapel and at home. It's hard to believe that it will soon be 2026.

Our Carol Service is on Sunday, 14 December at 10.30 am. Please join us in celebrating this special day.

There will **not** be a coffee morning in December, we recommence in 2026 with a coffee morning on 30 January, 10 am to 12 noon and then the last Friday of the month until November.

No service at the Chapel on Christmas Day. On Sunday, 18 January 2026, we will join Holy Trinity at the Church for a United Service for the week of prayer for Christian Unity. This service starts at 9.30 am.

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

The Speakers for December & January are as follows:

07 December William Glasse

14 December William Glasse (Carol Service)

21 December Worship Group

28 December Nichola Glasse

04 January Veda Berriman

11 January Stephen Horrex

18 January **United Service** at the Church with **Holy Trinity for the week of prayer for Christian Unity at 09.30** (No service at the Chapel)

25 January John Webb

Wishing you all a very Happy Christmas and a Healthy and Happy New Year.

Joyce Gardiner

Elder's Message

Luke 2 (From 'The Message') 15-16 As the angel choir withdrew into heaven, the shepherds talked it over. "Let's get over to Bethlehem as fast as we can and see for ourselves what God has revealed to us." They left, running, and found Mary and Joseph, and the baby lying in the manger."

I enjoy birdwatching. It gets me out in the fresh air, takes me on good walks, and I see lots of birds. I'm not a twitcher as I don't chase all over the country in search of the rare and elusive. However, in October, I was out birdwatching with my brother, and we met up with another birdwatcher. Suddenly, his mobile and my brother's went off at the same time and lo and behold, there was a sighting of a possible rare bird in Suffolk. We carried on where we were, went for lunch, and later, on our way home, we thought we would look in to see if this rare bird were visible, as it was on our route home. We didn't have difficulty finding the place as there were lots of cars parked up and people all over the place. We parked, walked a short way up this track and there in the bush was a lovely view of a Brown Shrike. This bird is found mainly in Asia, and there are only a handful of records of it in Britain & Ireland. When we left, people were still coming, and there must have been 30+ people when we were there. Over the next few days, people rushed from all over to see this rare sight.

How can it be that one small bird can elicit so much attention?

And it came to pass that Jesus was born, and that excitement created a wonderful response from the Shepherds. After the angels had gone, they immediately said Let's go and see what has come to pass. And they went as fast as they could. Does the birth of Christ still excite us? Let us hope that this Christmas the excitement and the wonder of Christ will light up people's lives, and they will come in numbers and in haste to see what it is all about.

May God bless you this Christmas and be with you for a peaceful New Year.

Anne Scarff (Elder at Stowmarket)

COFFEE MORNING



Friday 30th January 2026
Stowupland URC Chapel

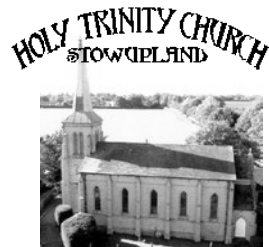
10 am – 12 noon

Coffee, Tea and Cakes

All welcome

HOLY TRINITY CHURCH

NEWS



Rector: Revd Andy Buttress
Curate: Revd Alison Roberts
Churchwardens: Mrs Ann Doubtfire
Mrs Sue Hayter

Tel. 613037
Tel. 770363
Tel. 613710

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

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

My first magazine article! I hope that, as the months go by, you will read them and at least enjoy the jokes I will include!

I am the new Rector of Holy Trinity Church, Stowupland (as well as the churches in Haughley and Wetherden). I am married to Dawn, and we have spent most of our lives living in small towns or villages, including Great Barton (just outside Bury St Edmunds). We look forward to getting stuck into village life and meeting you all as time goes by.

Please be assured, I am quite 'normal' (whatever that means). I love football, supporting two teams - Ipswich, not Norwich, and one other, the identity of which is a secret for now. I also love walking, running (when I am fit), and Welsh border collies.

By the way, here's the joke:

The other day, I looked over my garden fence and noticed my next-door neighbour kneeling on the grass with all his plants scattered around him, so I asked him what he was doing. He said he was putting all his herbs in alphabetical order. I said, 'I don't know where you find the time.' And he replied, 'It's over there next to the sage!'

'Finding the time' over the Christmas period is often a challenge. There is often so much to do. My main aim each Christmas is to keep it simple. It is so easy for me to get wrapped up in meaningless materialism or run around like a headless chicken, so much so that what matters most gets missed.

For me, community, friends and family matter most, as well as my faith. Not just the church community, of which I am obviously a part, but local people and local communities, which are part of our village life. As for my faith, that, of course, matters too. Whilst nativity plays are cute for kids, we adults need to think a bit deeper. What did happen back then which changed the course of history? Did God visit us? And if he did, why was Jesus born in poverty and squalor, pain and oppression?

Even if Christmas is hard for you, with difficult memories or ongoing present-day struggles, I would encourage you to do Christmas simply, do what matters most and put a little time aside to consider what the Christian faith means to you.

You are very welcome to come to our services over Christmas, whether it's a Christingle, Carol, Crib or Christmas Celebration on Christmas morning. If you are coming to the Carol Service, please make sure you get there early to get a seat.

So, a merry Christmas and a Happy New Year to you all. May it be a special one - in the simplest of ways.

Revd. Andy Buttress

PARISH CHURCH SERVICES FOR DECEMBER 2025/JANUARY 2026

Benefice of Haughley with Wetherden and Stowupland

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

Date	Stowupland	Wetherden	Haughley
Sunday Dec. 7th	9.30 am Parish Communion	6.30 pm Carol Service	4 pm Christingle Service
Monday Dec. 8th	11.00 am Steeple View		2.00 pm Mere View
Sunday Dec. 14th	4.00 pm Christingle Service	11.00 am Parish Communion	4.00 pm Carol Service
Sunday Dec. 21st	6.30 pm Carol Service	4.00 pm Christingle Service	11.00 am Parish Communion
Wednesday Dec. 24 th (Christmas Eve)	4.00 pm Crib Service	11.30 pm Midnight Communion	4.00 pm A Nativity Production
Thursday Dec. 25 th (Christmas Day)	10.00 am Christmas Morning Celebration Service	10.00 am Christmas Morning Celebration Service	10.00 am Christmas Morning Celebration Service
Sunday Dec. 28th			11.00 am Benefice Communion Service

Sunday Jan. 4th	9.30 am Parish Communion	11.00 am Morning Worship	11.00 am Sunday Praise
Sunday Jan. 11th	9.30 am Worship for All	11.00 am Morning Worship	11.00 am Parish Communion
Monday Jan. 12th	11.00 am Steeple View		2.00 pm Mere View
Tuesday Jan. 13th			5.00 pm Pizza Church
Sunday Jan. 18th	9.30 am Morning Worship with URC at Holy Trinity	11.00 am Worship for All	11.00 am URC/ Anglican Service
Sunday Jan 25th	6.30 pm Evensong	11.00 am Parish Communion	9.30 am BCP Said communion

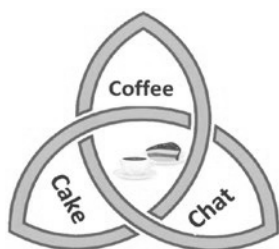
(For more information, please contact Revd Andy Buttress: email revandybuttress@gmail.com)

PRAYER: God of peace, help us to live simply so others may simply live. In our busy and sometimes chaotic world, give us the faith and courage to do things differently. Amen.

CAROLS IN THE CROWN: Come along and enjoy a **Christmas Carol Sing-along** on Thursday, December 18th at 6.30 pm, in the friendly and relaxed atmosphere of **The Crown Pub**. Always a great time had by all!

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 of 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 group/meetings. For more information, please contact Sue Hayter.



COME AND JOIN US FOR

- Saturday 20th December 2025
- Saturday 17th January 2026

10-12

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

Everyone is welcome



OPEN TO ALL!

**We're Transforming Our Trade Counter
to a Brand-New Value Priced Showroom!**

We are transforming
our Trade Counter
area by opening
a Trade Priced
Showroom which
will be open to All.



We will continue to stock
bathroom plumbing
supplies but we will be
focusing more showroom
area to trade and
value priced bathroom
products and displays.

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THE TELSTAR TEAM

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

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

Diary Dates - Neil Langridge – stowman@stowman.plus.com 07951 037749. To let the village know the date and venue of your event contact Neil to be included in the diary dates.

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

Telstar is distributed by a team of volunteers who deliver the magazine to over 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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Telstar – for the community, by the community.

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Community

Bingo Night



All cash prizes



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

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

A STOWUPLAND COMMUNITY EVENT BROUGHT TO YOU BY THE TELSTAR TEAM



CHRISTMAS QUIZ NIGHT

STOWUPLAND VILLAGE HALL

FRIDAY 12TH DECEMBER

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

Bring your own nibbles

Prize for the most festive team

To enter a team please ring Keith on 01449 673185

A Stowupland Community Event brought to you by the Telstar Team



**merry
CHRISTMAS**

