



**In this issue of Telstar:**

- Walkers Cup *Page 2*
- PC Reports *Page 15*
- Neighbourhood plan *Page 51*
- Daffodils on the Green *Page 54*

# The Walkers Cup



**Sunday 13<sup>th</sup> September**

**Get those walking boots out!**

**Our Annual fundraising event in support of  
St Elizabeth Hospice.**

**Stowupland to Old Newton & back!  
Come and join team Stowupland.**

**Register at the Sports and Social Club  
from 10:00 and finish before 16:00.**

**All ages welcome**

**Sports and Social Club bar open from  
12:00**

**BBQ from 13:00**

**Suggested minimum donation £2**





# NOTES FROM THE EDITOR

SEPTEMBER 2026

So welcome to the September edition, and I hope you all enjoyed a lovely summer break. It seems that a lot has gone on during the summer, not least a new prime minister, the World Cup, heat waves and sadly the fires in Dunwich. Let's hope things calm/cool down and we get some rain! Given our summer break, it now seems we have a lot of information and events to share with you in this edition.

During the summer I was lucky enough to enjoy an amazing holiday in Canada and also took up walking cricket. I am still getting up to speed on cricket, but it has been great fun, and my husband and I actually won a match, which is nothing short of a miracle. It really is an enjoyable hour, and it's free! Whilst the weather is good, we play outdoors on the Sports and Social Club Fields, and it will move to the Stowupland Sports Centre when it starts to cool down / get wet!

Our parish council are reviewing the village's neighbourhood plan, which is all about setting the direction of the village, which affects all of us. This is something you can get involved in and help shape the future of the village, and they are holding a drop-in so you can find out more.

For quizzers amongst you, there are 2 coming up in September: the quarterly Telstar community quiz and a quiz in support of Stowupland Falcons. Talking of the Falcons, they have a couple of positions to fill: a treasurer and a reserve team manager.

Stowupland Wildflower and Biodiversity Group (SWAB) are having a daffodil planting day on Saturday 26 September to add more colour to the wildflower mounds. Please join in and help.

I'm going to finish with the Walkers Cup, now I know I've mentioned it a few times in past editions, but it is eventually here, and I really would like to see a concerted effort from the whole village to win this year. The main reason for the event is to raise as much as we can for St Elizabeth Hospice, but wouldn't it be great if we could do this and beat our neighbours in Old Newton? Last year it was a draw, so definitely doable, so please come along; it's not a particularly challenging walk. You can even take a refreshment break at the halfway point in Old Newton if you want, and the Sports and Social Club bar will be open on your return, and there will be a BBQ. There is also a cricket match between Stowupland and Old Newton, which you can watch afterwards, and that's 2 opportunities to beat Old Newton on the same day! As well as the actual event, if anyone can also lend some time to support the running of the event, whether you walk or not, it'd be much appreciated. I hope in the next edition, I'll be reporting our win(s) 😊.



Details of all information and events are inside.

# The Walkers Cup



**Sunday 13<sup>th</sup> September**

**Volunteers Required  
Anytime between 09:45 to 16:00**

The Walkers Cup is organised each year by the Telstar Team, who give their time to make the event possible. To help everything run smoothly, we're looking for a few extra pairs of hands to support on the day.

If you're able to spare some time, we'd be delighted to have you involved. Volunteer roles include welcoming and booking in walkers at the start, as well as checking participants through at the halfway point, or providing ad hoc support throughout the day.

Your support makes a real difference, and everyone is welcome to join us - walkers or non-walkers - even if you can only spare 30 minutes, it all helps.

Contact: [articles4telstar@hotmail.com](mailto:articles4telstar@hotmail.com) for more details of how you can help.





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# DISTRICT COUNCILLORS' REPORT

AUGUST2026

## **Stowmarket Innovation Gateway**

Mid Suffolk District Council's Stowmarket Innovation Gateway is a collaboration between Freeport East and MSDC and officially opened on July 14th. It offers office spaces for high growth start-ups, collaboration and innovation areas, meeting rooms, a café and high-quality training spaces. This centre was designed with growing sectors such as the green economy and digital/AI technology in mind. The project has also been delivered in partnership with the Universities of Suffolk and Essex, West Suffolk College, Suffolk New College and Colchester Institute, who will be delivering a programme of professional development courses to address the region's skills gap.

*About Us | Stowmarket Innovation Gateway | Suffolk Innovation Centre*

## **Reducing fire risk on meadow land in hot weather**

Residents are being reassured over action being taken by Babergh and Mid Suffolk District Councils to manage its meadow areas – reducing fire risk during hot, dry weather while also protecting wildlife. The councils operate a number of wildflower meadows within the open spaces it manages to increase biodiversity across the districts.

However, recent heatwaves and drought have led to increased concerns over the risk of fires – with biodiversity experts offering reassurance over the steps being taken to ensure responsible land management. Seasonal mowing would usually start in late August, but the councils have decided to bring this forward.

## **Council named as national finalist for nature recovery work**

Mid Suffolk District Council has received national recognition for its work to boost biodiversity – investing in land for nature recovery and a legacy of tackling climate change for generations to come. Mid Suffolk District Council has been shortlisted in Nature 2030's Political Purpose Awards, in the 'Planning for Nature Recovery' category.

The council's recent initiatives have included:

- setting aside a £1.8m Nature Recovery Budget and investing in 30 hectares of land in Thorndon, Palgrave and Stowmarket, specifically for nature recovery, with extensive public engagement helping to shape local management agreements.
- the expansion of the council's meadow management programme, replacing mown grass with long grass and wildflowers.
- tree and hedge planting, including the creation of community orchards.

The council also continues to run its popular Tree for Life scheme, where a free tree is gifted to parents who welcome a new child into their family.

### **Locality Awards**

The next round of grants has begun this year for funding for community organisations to apply for. *Locality Awards - Mid Suffolk District Council - [babergh.gov.uk](http://babergh.gov.uk) / [midsuffolk.gov.uk](http://midsuffolk.gov.uk)*

Pride in your Place Grants applications are now open. These grants are available for capital projects that enable community groups to enhance their local area and environment, explore local identity and heritage, and engage in activities such as community clean ups. All funding from MSDC can be accessed here:

*Funding opportunities and support - Mid Suffolk District Council - [babergh.gov.uk](http://babergh.gov.uk) / [midsuffolk.gov.uk](http://midsuffolk.gov.uk)*

### **Better Recycling**

We have now reached the end of Week 8 of Better Recycling and completed two full collection cycles under the new service arrangements. The service has now moved from implementation into normal operational management. Food scheme participation rate and yield seem positive (initial estimates around 50-60%).

If you have a missed collection, you can report here

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

To check your next collection:

*Check your collection day - Babergh District Council - [babergh.gov.uk](http://babergh.gov.uk) / [midsuffolk.gov.uk](http://midsuffolk.gov.uk)*

Residents should have received their new bins; if any streets/ houses have not received them, please email [recycling@baberghmidsuffolk.gov.uk](mailto:recycling@baberghmidsuffolk.gov.uk).

### **Councillor Surgery**

We will be holding a councillor surgery where you can meet us in Stowupland to discuss any issues of concern in our ward. This will be on September 12th in The Meeting Room at Stowupland Village Hall from 10 am to 12 pm. No appointment necessary. Please drop in.

Cllr Janet Pearson  
[Janet.Pearson@midsuffolk.gov.uk](mailto:Janet.Pearson@midsuffolk.gov.uk)  
07928 512592

Cllr Agnes Watson  
[Agnes.Watson@midsuffolk.gov.uk](mailto:Agnes.Watson@midsuffolk.gov.uk)  
07599 828819



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# COUNTY COUNCILLOR'S REPORT

AUGUST 2026

## **Climate Emergency Declaration Reversed**

At Full Council on 16 July, the Reform UK administration at Suffolk County Council tabled a motion to reverse the Climate Emergency Declaration which the council had made in 2019 and then reaffirmed in 2023. They also proposed a review of environmental schemes at the council to make sure that they were making financial savings and not costing the council money. Councillors from my group argued against the proposal, which came at a time when the county was facing extreme heat, drought and reduced farming yields due to the changing climate. We also pointed out that the council has saved nearly £5m a year due to its carbon reduction programme, money that it badly needed. As Reform UK hold the majority of votes in the chamber, this motion was passed.

Our group proposed a motion that the council should set out plans for a Universal Minimum Bus Service for all villages in Suffolk to ensure residents can get to their nearest town during commuting hours so they can access employment, education and health services. The county was recently awarded £564,000 to conduct a feasibility study on bus franchising, which would give the council greater control of bus networks, and regularly receives funding from the government to improve bus services which is currently allocated piecemeal to local communities who bid for it. This motion was voted down by the Reform UK administration.

## **Plans announced for £18.9m of SEND Capital Funding.**

At Cabinet on Tuesday 14 July, proposals were outlined for £18.9m of High Needs Provision Capital Funding received by the council from the government for 2025-26 and 2026-27. This funding enables the council to increase the number of specialist education placements in the county for children with Special Education Needs and Disabilities (SEND). The report outlined the following allocations:

- Specialist provision at secondary phase – £9.8m (168 places)
- Satellite provision linked to special schools – £4m (80 places)
- Mainstream inclusion capacity (ringfenced and flexible) – £2m
- Post-16 specialist provision – £1m
- Adaptations to mainstream schools – £2m

Demand for specialist school placements continues to rise in Suffolk, with a 17% increase in Education, Health and Care Plans (EHCPs) in the last year. A greater number of specialist school places across the county means children can be educated closer to home, and without the high costs of independent schools or out of county placements.

You can see information about the council's SEND Sufficiency Strategy 2026-2030 here: <https://www.suffolklocaloffer.org.uk/asset-library/Suffolk-SEND-Sufficiency-Strategy-2026-2030.pdf>

### **Budget Outturn for 2025-26 Financial Year**

Cabinet on 14 July also reviewed the council's financial outturn for the financial year ending 31 March 2026. The council overspent last year by £15m overall, a figure which the council will need to take from its reserves to balance the books. The main areas of overspend for the council are in Care Purchasing for Adult Social Care and Children in Care placements. Other areas in adult care did exceed their savings targets for the year, but the increase in demand was still greater than the money saved. The Dedicated Schools Grant (DSG), a 'negative reserve' where the council holds its debt for overspending on Special Educational Needs and Disabilities (SEND), increased by £70m over the year. The government recently announced it would pay off 90% of councils' DSG debt in autumn 2026, but this will still leave Suffolk County Council with £16m of DSG, which will continue to rise until the government takes over SEND funding from April 2028.

At the same meeting, Cabinet also agreed that the council would object to the EcoPower Suffolk Solar Farm planned for Mid Suffolk, and agreed that the council would submit a business plan to the Department for Transport (DfT) for improvements to the A12 between the Seven Hills roundabout and the Woods Lane roundabout. The cost of the scheme has increased from £57.46m in 2021 to £63.61m in 2026 due to construction inflation, although funding from DfT and third parties will cover most of this, with the cost to the council currently calculated at £3.5m.

### **Adult Social Care Service rated 'Good' by Care Quality Commission (CQC)**

Suffolk County Council's social care services for adults were judged as 'Good' again by CQC following an inspection in December 2025. The rating given to the council was 67%, with the threshold for 'Good' being 62%. Adult social care services are provided by the council to elderly and disabled adults, and those with learning disabilities and autism who need extra help. CQC stated that areas of strength included committed and compassionate staff, strong partnership working with health (NHS) and good multiagency working to keep people safe. It also complimented the council on its focus on helping people remain independent and its use of digital technology to support people safely in their own homes. It also identified several areas for improvement, including better support for unpaid carers, staff capacity issues in some teams, reducing waiting times in parts of the system and ensuring care reviews were consistently person-centred.

You can read the full report here: <https://www.cqc.org.uk/care-services/local-authority-assessment-reports/suffolk-0726>

### Public Consultation on Cuts to Healthy Child Service

Suffolk County Council has launched a public consultation on proposed changes to its Healthy Child Service, which is provided by the council's Public Health team. The changes include the cessation of the Young Person Pathway and Family Nurse Partnership, which provide specialist support to parents under the age of 21 after they have a baby. The proposals also include removal of the Community Staff Nurse role from Health Visiting teams, and the School Nursing service to become term-time only. The consultation runs until 18 September, with a decision likely to be made at Cabinet after that.

You can read through the proposals and respond to the consultation here: <https://www.suffolk.gov.uk/council-and-democracy/consultations-petitions-and-elections/consultations/healthy-child-services-consultations>

### Changes to Councillor Policies

The 41 councillors in the new leadership have spent circa £18,000.00 remodeling the offices at the Council, the new leader claimed these works were needed as there was not enough room, the existing set up had a separate leaders office, a researcher's office, an office for the deputy leader a separate group room, as well as an open plan suite of desk spaces for around 50 councillors, the previous leading group had 54 councillors and seemed to cope. Other changes the leader has implemented is the policy on pets in the workplace. The staff, for obvious reasons, cannot take their pets into work; however, the new leader would like to be able to take his dog into the newly refurbished offices, so the policy has been changed to allow councillors to take their pets to work! Another change being ushered in is to change the brand of cola served in Endeavour House; apparently the brand stocked was not to the leader's taste.

### Dunwich Heath

Earlier this month, Suffolk County Fire Service, along with firefighters from 13 other brigades from all over the country, have been fighting a large wildfire in the Dunwich Heath/ Minsmere area; at its height, over 100 firefighters were tackling this blaze, with displaced residents needing shelter and food, etc. The community rallied to open up community centres to help. Volunteers have helped from sorting food and shelter to radio enthusiasts helping with communications, as well as the Suffolk Lowland Rescue Service based in Woolpit helping out with drones. It is worth noting that since Suffolk County Council undeclared the climate emergency in July, blue light emergency services have attended climate related incidents every single day since the undeclaration.

## Social Media and Helpful Links

### Follow us on:

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

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

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

**Cost of Living help and advice:** <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/family.page?familychannel=6> Benefits advice and support: <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/adult.page?adultchannel=0>

Flood preparation advice: <https://www.suffolk.gov.uk/suffolk-fire-and-rescue-service/fire-and-rescue-safety-advice-in-the-community/what-to-do-in-a-flood>

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

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

## Councillor Surgery

Meet your councillors

District Councillors Janet Pearson and Agnes Watson

County Councillor Andrew Stringer

Saturday September 12<sup>th</sup> at Stowupland Village Hall in the

Meeting Room

10 am to 12 pm.

Please come and talk to us about any issues concerning you in our area

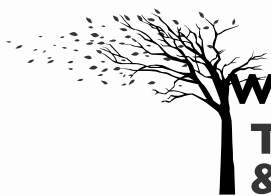
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## STOWUPLAND COLLECTION POINT

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

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

*Ed.*

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# PARISH COUNCIL REPORTS

JULY 2026



*The meeting opened with 6 parish councillors, 5 members of the public, 1 Suffolk County Councillor and 1 Mid-Suffolk District Councillor. Cllr Donna Bridges was in the chair.*

*Apologies from 2 Parish Councillors and 1 Mid Suffolk District Councillor.*

**Matters of Report:** Handover of Thradstones Meadow is still ongoing despite being chased. Council is awaiting quotes for repairs to the Play Park.

**Public Forum:** Revd Alison Roberts asked that councillors keep in mind that ministers from both churches are there to provide support to any parishioners who might find life a struggle. Residents of all faiths or none can find contact numbers in the church pages of Telstar. She also raised the issue of overgrown hedges making it difficult to walk along the A1120, especially past Plain English. Another resident requested an update on traffic calming measures along Saxham Street. He was assured that options were being costed at present. Concern by another resident was expressed as to whether the green-grass-cutters were doing the work they were being paid for. Reassurance was requested that use of The Green for organised football matches would not be extended beyond the presently permitted times. A reminder that September 26th was set aside for further attention to caring for and planting daffodils on the mounds.

**Report from County Councillor:** In response to a question from Cllr Voden, Andrew Stringer expressed his view that Reform's desire to challenge the government's planned reform of local government was poorly thought out and most district councils believed that in our area we would be better served by 3 unitary authorities rather than just one.

He also explained that, whilst recent figures suggested a massive increase in the number of post-16s receiving free school dinners, in fact the increase was more to do with people realising that their post- 16 was eligible.

**Report from District Councillor:** The food waste recycling seemed to have been successful. She advised there is a consultation surgery at Haughley on July 25th for persons wanting more information about the proposed Norfolk/Tilbury power pylons.

**Planning:** no new applications had been received. An application for erection of a new garage along Saxham Street had been withdrawn.

**Finance:** Councillors reviewed and agreed to pay bills for July 2026.

**CIL/PIIP:** An amended application by the Stowupland Bowls Club had been received by the council but councillors had had insufficient time to consider it, so a decision is delayed until the August meeting.

**Cemetery & Churchyard:** The tidy up day had been very successful, and Cllr Voden expressed his thanks to all the volunteers who helped and with the litter picking. It was noted that some benches needed attention, however before action

was taken on these it was agreed that a plan of the locations of the memorial benches needed to be drawn up so that the present location of benches requiring work was understood. It was advised that the Biodiversity Board in the Church yard had received the necessary TLC. Resurfacing of the churchyard driveway was an ongoing task. The present provider of garden services had unfortunately decided she could not continue so a replacement was being sought.

**Village Green:** The council still need a third quote for preventative measures in the Birch Close area. Whilst some of the mounds round The Green are looking very good with flowering wildflowers, work is still needed in other areas, but care needs to be taken over the type of plants being planted.

**BMSDC Local Plan:** Cllrs need to draft Stowupland's response to the proposed plan, these need to be submitted before the next PC meeting.

**Clerk's Report:** nothing of note.

**Councillors' Reports:** There was nothing new to report regarding the proposed roundabout near the Co-op nor about the change to the High School access by The Crown. Cllr Voden reported that in view of the proposed work at the Village Hall it would be necessary to have alternative options for a specified Emergency Venue. The council would contact representatives of the Holy Trinity Church and the URC Chapel to see if their halls would be suitable if required. It had been brought to a councillor's attention that stones from a refurbished private driveway had caused a wheelchair user significant difficulty in using a footpath near The Green.

**Correspondence:** A resident had contacted the clerk to say how good some of the mounds round The Green were looking.

**The next Parish Council meeting:** Thursday 6th August 2026, 7.30 at the URC Church Hall.

The meeting was closed to members of the public at 8.30 p.m.

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## AUGUST 2026

### Parish Council Meeting Thursday 6th August

*The meeting at the URC chapel opened at 7.30 with 5 parish councillors, 1 Suffolk County Councillor, 1 Mid Suffolk District Councillor and 10 members of the public. Cllr Donna Bridges was in the chair.*

*Cllr Bridges welcomed John Dickson, who was co-opted onto the parish council.*

**Public Forum:** The chief matter of concern that was raised by several members of the public was the speed of traffic using Church Road (A1120) through the village and along Saxham Street. As Andrew Stringer (Suffolk County Councillor) is in the process of arranging a speed survey for Saxham Street, he said he would see whether a similar survey could be arranged for Church Road. It was queried whether any traffic calming measures could be put in place, but advised this was

not an option. However, it was suggested that if enough volunteers did come forward then the Neighbour Speed Watch Teams could be resurrected. It was recommended that anyone who is affected by unnecessary traffic noise and speeding should keep a record and report details of times, number plates, etc to the police.

Another resident was concerned that the mowing of The Green appeared 'shoddy', and debris left after the willow trees had been cut back had still not been cleared away. He asked if a date had been set for strimming of the mounds. Ideally this needed to be before the proposed SWAB workdays of Friday 11th and Saturday 26th September, when it is hoped (weather permitting) to sow more wildflower seeds and wild daffodil bulbs. He was also concerned that too many cars and vans were using the 'access only' tracks over The Green as if they were part of the public highway.

**Report from County Councillor:** Andrew Stringer reported that the Green Group at Suffolk County Council had expressed their thanks to the Fire Service for their actions at Dunwich. Firefighters had been brought in from many other areas to assist the local brigades. And it had become apparent that local brigades lacked the necessary equipment to tackle wildfires such as had occurred at Dunwich. The message had to be spread about being extra careful when in the countryside and the importance of vigilance and actions if smoke is seen.

Report from District Councillor. Cllr Janet Pearson reminded those present that local organisations should be encouraged to apply for Locality Awards.

#### **Planning:**

**DC/26/02408** – council had no objection to the installation of a free-standing EV charger at The Croft as it was to be sited behind the Listed Property.

**DC/26/03063** – council advised that residents in the immediate vicinity of the pumping station should have been notified of the erection of the mast and they should decide what impact, if any, it was likely to have,

**DC/ 26/02416** and **DC/26/02453** had both been approved.

**Finance:** decisions relating to council reserves were recommended to be discussed at a later meeting.

**CIL/PIIP:** Cllrs Easter and Dixon declared interests, so left the room. As insufficient councillors were present to reach quorum, discussion regarding funds for the Bowls club had to be deferred to the next PC meeting.

It was agreed that 1/6 of the CIL money that the PC had allocated to the Village Hall would be permitted to be used for the initial ground works that needed to commence in October.

**Funding Requests:** £100 would be donated for the Walkers Cup but as council policy is not to give donations to charities, support for the Street Forge Workshop charity would take the form of advertising on the PC's website, noticeboards and social media.

**Neighbourhood Plan:** The Drop-in Information Event that is to be held at the URC Chapel on the afternoon of Tuesday, September 8th - to be advertised in

Telstar and leaflets distributed beforehand. Concerns were voiced that villagers did not seem to care about the future of Stowupland and even fewer were prepared to give up their time to ensure the village thrived as a community.

**Play Park:** Money from Play Park Reserves and/or CIL would be used to pay for repairs to, and replacement of, some damaged items.

**Village Green:** 160 new softwood posts would be ordered to be installed along Thorney Green Road. Biodiversity Signs along the Biodiversity Meadow area needed to be repositioned.

**Road works along Thorney Green:** Communication by the Gas company organising the work along the road had been very poor, meaning the parish council were unsure as to the impact the work would have on The Green and surrounding roads.

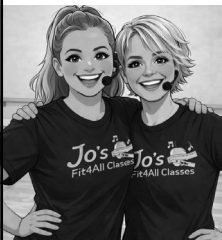
**Tree Survey:** Trees designated as High Priority would be worked on ASAP; medium and low priority timescales to be determined.

**Clerk's Report:** It was noted that the path across the churchyard needed further work.

**Councillors' Reports:** Cllr Bridges was pleased to report she had had compliments about the appearance of the wildflowers growing on the mounds, but some areas still need more attention.

**Correspondence:** A request had been received from the Falcons Football Club for permission to use The Green on more occasions than at present. Councillors were keen to give youngsters more opportunities and a reply would be drafted about permitted frequency. The council would also prepare an updated policy on use of The Green. Height of a stile along FP29 will be reviewed. A request had been received for a volleyball event to be held on The Green in June 2027; as this was to honour the memory of a local resident, permission was granted.

**Next Parish Council meeting:** Thursday, September 3rd, 7.30 at the URC  
Meeting was closed to the public at 9.30 p.m.

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| <b>Fun &amp; Friendly Fitness at Stowupland Village Hall</b>                                    |                                                                                                                                         |                                                                                                                |
| <b>1st class FREE</b>                                                                           |                                                                                                                                         |                                                                                                                |
|              | <b>Tuesday &amp; Thursday mornings</b>                                                                                                  |                                                                                                                |
|                                                                                                 | <b>Jo's Fit4all Class</b> - 10.15 to 11.00am<br>(with the option to weigh in from 10.00am<br>with online weight loss support available) |                                                                                                                |
|                                                                                                 | <b>Paracise</b> - 11.15am to 12.00pm                                                                                                    |                                                                                                                |
|                                                                                                 | <b>Wednesday evenings</b>                                                                                                               |                                                                                                                |
|                                                                                                 | <b>Paracise</b> - 6.45 to 7.30pm<br>(with the option to weigh in from 6.30pm<br>with online weight loss support available)              |                                                                                                                |
| <b>Call Jo:</b> 07913 922926 <b>Email:</b> jo@josfit4all.co.uk <b>Website:</b> josfit4all.co.uk |                                                                                                                                         |                                                                                                                |

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# COUNTRYSIDE RAMBLER

BRIAN WARD

I hope you are all enjoying the summer holidays. I must confess I love the hot weather, but at times it is overpowering. Nature is quite resilient, but some of the trees and shrubs are now suffering. The heat is bad enough, but with the lack of rainfall, especially on sandy soil, we will lose some of our beloved green surroundings. The downside of extra heat is that many of our insects, especially moths and butterflies, rely on special food plants for their caterpillars to eat, and if these plants either die or have a short season, our population of winged beauties will suffer along with many other insects.

The ground at the moment is dry and hard, so the animals that rely on earthworms for a food supply all suffer. All of our thrushes rely on worms to feed their young, so with the food supply shortage, fewer of their brood will fledge. Many of our mammals also rely on earthworms for a food source; badgers are a prime example but being omnivorous they can adapt to any available food supply. Hedgehogs in particular enjoy worms, but as our weather gets hotter, even the slugs and snails to which they are partial will decrease in numbers. Other mammals which rely on insects for a food source and are often overlooked are the common and pygmy shrews; these delightful little creatures live in the fast lane and have to devour up to their body weight in food daily just to survive. The other type of British shrew may be a little better off; this is the water shrew. It is mainly found in clean, undisturbed streams and rivers. I have watched these energy-filled shrews hunt in some of our local waterways; they move so fast on the surface, and underwater it is difficult to keep up with them. They are excellent swimmers and, when they dive to search for food, they appear silver due to the tiny air bubbles that are trapped on their fur. It is said that they have venom in their saliva that can immobilise larger prey such as frogs and newts, but they normally eat any aquatic invertebrate. Many people go through life without seeing a water shrew due to their nocturnal nature and the ability to submerge to avoid danger.



I have seen a few foxes locally, mainly at first light or late evening; one of my lifetime aims is to photograph fox cubs at play during daylight hours in a countryside setting. The pied wagtails have successfully reared their brood in the garden. Out of five eggs laid, I believe three chicks fledged, and they often return to feed on the lawn and drink from the stream.

Take care in the heat but still enjoy our glorious summer

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# RAMBLINGS FROM THE POTTING SHED

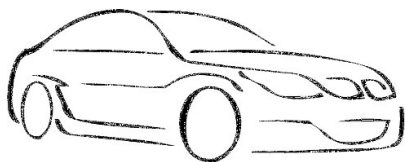
PAULA WILLMOT

Well, that was the summer that was! So many weather records broken and a country dry as old bones...with plenty of those being discovered in newly emerging archaeological sites. However, what this summer's challenges have taught us is plenty of ideas and hacks to overcome the restrictions of a hosepipe ban. Fruit came and went early and on average, our produce and fruits are 4 to 6 weeks ahead of where they used to be. I have also noticed the gradual move of the hottest part of the day. Has anyone else noticed this? Midday used to be cover up and stay inside. This year, 4 & 5 pm are the new hottest part of the day. I hope you have all managed to keep a small section of your gardens alive and well. The grass will come back and hopefully the hedging and borders too.

September jobs in the autumn garden are as follows:

- Seed saving is the name of the game now; pop your favourite plant seeds in envelopes and remember to label for next year. I have a really huge quantity of poppies of all varieties; the ones on the village green were particularly spectacular.
- Piles of dead and dying twigs, cuttings and leaves are a good source of food for the birds and insects, so pile them in a corner of the garden.
- If putting new plants in pots, buy ones without holes in the bottom, create a small 'crock' pool with shallow water and pile on the compost and plant your plants. That way the roots will be kept moist, and the water won't evaporate. But remember not to overwater, and transplant if we ever get rain again!
- Bulb catalogues are imminent, so think about some good pot purchases and also how you want to layer the bulbs for maximum colour and effect.
- Wildflower meadows have gone mad this year. Mow or strim and leave the cuttings for a few days for those final seeds to dry and set. I still have a plethora of hollyhocks, so I'm ploughing the seeds back into the soil.
- When you think your squash or pumpkins are ready, cut them from the vine and place them on small saucers to stop them rotting where they touch the soil.
- The water bottle trick with a pinhole in the top and placed upside down near roses has definitely been my 'go to' this year. The slow drip takes about a week to empty the bottle but keeps the rose roots moist. The soil is so hard I used a hammer to drill a hole and place in a pea stick; the bottle can then be tied to it.

It's been a really tough year for all those kind people who opened their gardens for the National Garden Scheme. Many have struggled to create any sort of display from a planting perspective. It's doubly sad as the scheme raises money for charity. Fingers crossed the drought of 1976 and 2026 will mean we have another 50 years until the next one. Finally, I am lucky enough to be heading off to Columbine Hall again shortly, one of their open house and garden visits. If you do wish for a lovely walk around a stunning garden and an opportunity to meet like-minded gardeners over tea and cake, you can book a place online. So, here's praying we have had some rain by the time you all receive this copy of the Telstar. Happy Gardening 😊



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# STOWMARKET ECO FUTURE GROUP



**Collection of hard to recycle items** Collections will continue at our monthly Repair café but September will be our **LAST Thursday Market Stall**. This is because many of our items are now recyclable in the new bins. The final market stall collection is Thursday 24th September. The Repair Café is held on the 2nd Sunday of the month (13th September) at Red Gables, 2-4 pm, including recycling collection [stowrepaircafe@gmail.com](mailto:stowrepaircafe@gmail.com)

UPDATE ON ITEMS COLLECTED: Blister packs, Coffee pods – plastic and metallic (not mixed), Pet food pouches (empty, clean & dry), Spectacles (no cases), plastic make-up containers, Mobile phones, batteries, Bicycle inner tubes.

(Pet food pouches can also go in Tesco soft plastic bin; Tesco also has a make-up container collection point. Batteries are also recyclable at any supermarket and Argos)

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

**Fairtrade Fortnight** takes place from 21st September to 4th October. This year the focus is on making sure that tea growers and harvesters get a fair wage for producing our daily cuppas. See website for more information. If possible, please make an extra effort to buy a Fairtrade item. **If Fairtrade is a special interest for you, please get in touch by email as we are considering a project that you may wish to help with.**

I want to be wrong! I would love the climate change deniers to be right, that there is no emergency, and everything is normal. It would cross a lot of things off my to-do list, as there is nothing to do. I will look extremely foolish for worrying, but no real harm done.

But if millions of others worldwide, and a huge percentage of the scientific community, are right and we take no action, then the consequences are extremely serious. Rapidly escalating temperatures and prolonged drought are causing premature deaths amongst the vulnerable, food shortages, raised prices and continued loss of land, property and nature to wildfires and extreme weather events. I wonder if you know people who have been directly affected this summer?

I recently visited Churchill's War Rooms in London with a friend; they are part of the Imperial War Museum. The visit left me thinking about how people respond to crises. Normal life was under threat, and politicians and workers had no idea what the outcome would be, but they kept going. There was no precedent or pattern to follow because they had never faced such a situation before. What they did achieve was a "war effort", with many people working together and doing their bit. The population accepted rationing and shortages to help protect what they valued. My belief is that protecting Earth needs a similar effort. Please join us.

*Stella Davis SEFG*

Community

# Bingo Night



*All cash prizes*

**FRIDAY 25<sup>TH</sup> SEPTEMBER 2026**  
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**I've recently had to give up work due to a back injury and I'm worried about how I'm going to cope with the drop in income. I'm not sure what benefits I can get - where should I start?**

citizens  
advice

Mid Suffolk

Lots of people miss out on benefits they're entitled to, so it's worth checking what you can get.

Claiming benefits also means you can get access to other financial help like cost-of-living payments and discounts on energy and transport.

To get started, you can use an online benefits calculator. For the most accurate answer, you'll need information about your savings, income, pension, childcare payments and any existing benefits for you and your partner, if you have one. You can use the Entitledto benefits calculator (<https://www.entitledto.co.uk/>) or Policy in Practice version (<https://www.betteroffcalculator.co.uk/login>) for a detailed overview. The Turn2us online tool (<https://benefits-calculator.turn2us.org.uk/>) can provide a quick idea of what benefits and other financial help you might be eligible for.

The main benefit available for most people of working age is Universal Credit. You should check if you can get Universal Credit if you're over 18 and under State Pension age. You can check your State Pension age on the government website (<https://www.gov.uk/state-pension-age>), and if you have less than £16,000 in savings or other investments. You can check if you're eligible on the Citizens Advice website.

If you're finding it difficult to work because of your injury, you might get more Universal Credit or not have to look for work. You'll need to inform the Department for Work and Pensions that you have a health condition when you claim Universal Credit and, if possible, submit a fit note. You can find out more on the Citizens Advice website.

You might be entitled to other benefits depending on your situation, like your age, if you're disabled or if you have a child. Some people can claim more than one benefit - for example, disability benefits such as Personal Independence Payment (if you're under pension age) or Attendance Allowance (if you're over pension age) and Universal Credit. These disability benefits aren't means-tested and can often be claimed in addition to other benefits like Universal Credit. Look at our website for more details.

If your medical condition makes it difficult to work, you may also be entitled to the new-style Employment and Support Allowance (ESA). Check if you can claim ESA on our website.

If you pay council tax, you might be able to get a reduction in your bill. You can check if you can pay less council tax on the Citizens Advice website.

There is also help available if you don't have enough money to live on. You might be able to get extra money from the government, your local council or a charity. Find out more about the support you can get with the cost of living on the Citizens Advice website.

If you're still not sure, remember you don't have to face this alone. Our advisers can help to check what benefits and financial support you might be entitled to and help you find a way forward.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at [midsuffolkcab.org.uk/contact-us](http://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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# **STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP**



## **Mounds and ditches on The Green**

There have been many positive comments about the colourful display of wildflowers on the mounds, but the hot, dry weather resulted in the flowering season being cut short and, to reduce the risk of fire, the Parish Council have been asked to arrange for the vegetation to be strimmed. Most of the wildflowers have produced seeds which we hope will germinate next spring. We plan to add colour by planting more seeds and native daffodil bulbs within the next few weeks; and we need the help of as many residents as possible.

We need volunteers to come along to meet us on The Green, by the football pitch, from 10.00 on Saturday 26 September to help plant 1000, yes a thousand, daffodil bulbs on the mounds around The Green. Please bring a trowel or a bulb planter. Why not come as a family group, or group of neighbours and adopt a short section of a mound? We also have some wildflower seeds for planting alongside the daffodils or on another part of one of the mounds.

## **2026 sunflower competition**

Please continue to send reports and photographs as your sunflowers grow. We have prizes of wooden platters with the biodiversity logo for the household winners of the tallest sunflower and the largest diameter head. Please send your reports and photos to [keithwelham48@aol.com](mailto:keithwelham48@aol.com). We are hoping to have a final measure of sunflowers by 7 September, but if you think your sunflower has reached its full height, we can measure earlier.

## **Judy's half-a-mow**

It was good to see so many members of Judy's family and residents at the renaming of the half-a-mow back in June. Many thanks to everyone involved, including Darren who designed the sign which Judy's family unveiled, and Sandra for the display of information explaining the role played by Judy Clarke in the establishment of the meadow. Our photo shows Judy's son and daughter, Allen and Penny, unveiling the sign.



## **Dates of future meetings at 7.30 in the URC**

**meeting room** –21 September and 23 November. Anyone with an interest in biodiversity or wildflowers is welcome.

**Dates for workdays:** normally the second Friday of every month; next is 11 September: 1:30 on The Green. Please come and join in – look for our banner on The Green or contact me.

Keith Welham [keithwelham48@aol.com](mailto:keithwelham48@aol.com) or 07831 705 714

# STOWMARKET U3A

For a modest yearly fee, Stowmarket U3A members can choose to join over 30 different interest groups. Run by members, some are relatively new, such as Pilates and Cribbage, while some are well established, like History and Aviation. Some are so popular that a second group has been started, e.g. Acoustic Guitar, Recorder and Sunday Lunch. Languages are well catered for with groups offering French, Italian and Spanish Conversation.



History group members enjoy interesting and stimulating presentations as well as visits to local historical places of interest and recently travelled to Harwich for a guided walking tour. At Ha'penny Pier we received a loud and warm welcome from the Town Crier who greeted us with traditional regalia and proclamation. Highlights included the Electric Palace Cinema, one of Britain's



oldest purpose built cinemas, the High Lighthouse, the Guildhall, memorials commemorating the Kindertransport and devastating floods of 1953 and the Treadmill Crane.

Built in 1667, the 2 wheel wooden Treadmill Crane was operated by men walking in the interior of the wheels. It is the only known British example and had no formal braking system. It was originally part of the Royal Naval Dockyard and used in the fitting out and construction of ships.

In addition to the interest groups, our monthly meetings are friendly, relaxed afternoons where members come together to hear an interesting and informative presentation, and enjoy good company. They are held on the third Wednesday of each month, at 2:30 pm (doors open 2 pm for refreshments), at The Salvation Army, Violet Hill Road, Stowmarket

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

- 16 September - AGM (1:30 pm) followed by 'The man who tested parachutes' Andre Colley
- 21 October - 'American Midterm Elections, Trump v Democracy' - Don Mobley

New members are always welcome; visit our website: [www.u3astowmarket.org.uk](http://www.u3astowmarket.org.uk). For membership enquiries, email: [membership@u3astowmarket.org.uk](mailto:membership@u3astowmarket.org.uk).

We look forward to seeing you!

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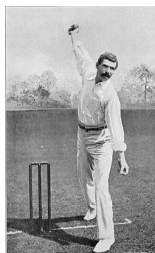
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You score with a walk, not a run.  
You need not whack the ball so far.  
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Do not rush the bowling.  
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The ball must not hit wicket.  
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It shouldn't be a chore.  
Keep the ball both long and straight.  
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And more that you can think of,  
With not the need to race.



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There's a special way to move.  
It's like a walking marathon.  
Your aim is to improve.



Walking can be healthy.  
We're told it helps the heart.  
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# **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**

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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](mailto:WaveneyValleyOffice@parliament.uk)  
01379 830200

## **Mid Suffolk District Council**

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

MSDC General Contact No. 0300 1234000

Janet Pearson - [janet.pearson@midsuffolk.gov.uk](mailto: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](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) SCC - General No. 0345 606 6067  
Andrew Stringer - [andrew.stringer@suffolk.gov.uk](mailto:andrew.stringer@suffolk.gov.uk)

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

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

## SEPTEMBER

|          |                                    |                                           |
|----------|------------------------------------|-------------------------------------------|
| TUES 1   | 09:30 Jubilee Crt. 09:55 The Green | Mobile library                            |
| TUES 1   | 16:00 Village Hall                 | Young Carers Club                         |
| WED 2    | 14:30 various venues               | Book Group (01449 672127)                 |
| WED 2    | 14:00 -16:00 Village Hall car park | Mobile Post Office                        |
| WED 2    | 19:30 URC Hall                     | Local History Group "On the Nuclear Edge" |
| THURS 3  | 19:00 Village Hall                 | Short Mat Bowls                           |
| THURS 3  | 19:30 URC Chapel                   | Parish Council meeting                    |
| SUN 6    | 19:30 Village Hall                 | Country & Western Music                   |
| WED 9    | 14:00 -16:00 Village Hall car park | Mobile Post Office                        |
| THURS 10 | 19:00 Village Hall                 | Short Mat Bowls                           |
| FRI 11   | 13:30 Biodiversity Workday         | The Green                                 |
| FRI 11   | 19:30 Village Hall                 | Community Quiz                            |
| SAT 12   | Small meeting room Village Hall    | Councillors' Surgery                      |

|          |                                                 |                               |
|----------|-------------------------------------------------|-------------------------------|
| SUN 13   | From 10:00 Sports & Social Club                 | Walkers Cup                   |
| SUN 13   | 19:30 Village Hall                              | Country & Western Music       |
| TUES 15  | 19:30 URC meeting room                          | Biodiversity Group meeting    |
| WED 16   | 14:00 -16:00 Village Hall car park              | Mobile Post Office            |
| THURS 17 | 19:00 Village Hall                              | Short Mat Bowls               |
| SAT 18   | 10:00 - 12:00 Church Hall                       | Coffee, Cake & Chat           |
| SUN 20   | 19:30 Village Hall                              | Country & Western Music       |
| WED 23   | 10:00 - 12:00 Sports & Social Club              | SOAP                          |
| WED 23   | 14:00 -16:00 Village Hall car park              | Mobile Post Office            |
| THURS 24 | 19:00 Village Hall                              | Short Mat Bowls               |
| FRI 25   | Eyes Down 19:30 Village Hall                    | Community Bingo               |
| FRI 25   | 10:00 - 12:00 URC Chapel                        | Coffee Morning                |
| SAT 26   | 10.00 - 12.00 Daffodil planting on<br>The Green | Meet on the football pitch    |
| SAT 26   | 19:00 Village Hall                              | Stowupland Falcons Quiz Night |
| SUN 27   | 19:30 Village Hall                              | Country & Western Music       |
| WED 30   | 14:00 -16:00 Village Hall car park              | Mobile Post Office            |

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

## **Mobile Library** - 07721 879855

## **Parish Council**

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

Terry Easter - 07958906176

Terry.easter@stowuplandpc.co.uk

Laura Johnson - 07826 851030

laurajohnson@stowuplandpc.co.uk

Debra Melhuish - 07979125904

debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817

paulamurton@stowuplandpc.co.uk

Peter Scopes - 07557 273262

peterscopes@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

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

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

## **Village Hall Bookings**

Lisa Tunbridge - Phone - 07515859337  
stowuplandvillagehallbookings@gmail.com

## **Village Clubs**

Book Group - Patricia Hodgkins - 01449 672127

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club -

[www.stowuplandcricketclub.co.uk/](http://www.stowuplandcricketclub.co.uk/)

Stowupland Falcons Football Club -

[stowuplandfalconsfc.co.uk](http://stowuplandfalconsfc.co.uk)

Stowupland Sports Centre -

[info@stowuplandsportscentre.co.uk](mailto:info@stowuplandsportscentre.co.uk) - 01449 672531

Stowupland Wildflower & Biodiversity Group -

Keith Welham - 01449 673185

Stowmarket Wildlife Group - Heather Salmon

[heathersalmon50@gmail.com](mailto:heathersalmon50@gmail.com) - 07722 871205

# WORLD CUP ROUND UP



After 308 goals scored and 104 matches played, it was Spain who were crowned champions. The Three Lions came painfully close though, just falling short to Argentina in the semis. Standout performances include England battling hard against Mexico in the round of 16 to get through to the quarters. The Three Lions came out on top eventually, after facing the high altitude at the infamous Azteca stadium and an unfriendly atmosphere. Kane and his men also faced a red card, meaning they were down to 10 men against Mexico's 11. Some of the most memorable moments, though, happened off the pitch, such as the Norway fans rowing - this will be remembered for years to come! Another special moment was England fans replacing 'Sweet Caroline' with "Wonderwall" by Oasis.

New season, new hope

Right, on to my team, Ipswich Town FC, who have returned to the Premier League as quickly as they fell from it in 2025, but will they be better prepared for it this time round? ITFC have dived right into the action of the transfer market, signing not one, not two, but nine new players (not including a new manager). It was heartbreaking news when we learned that Kieran McKenna was stepping down as manager to support his family and he will forever hold a special place in the hearts of many fans. His replacement, Gary O Neil, once played as a central midfielder for Norwich City - although we will forgive him for this! Now onto our transfers: a winger from Leicester City - Abdul Fatawu, who played for Ghana against England in the World Cup, and Issa Diop, joining Town for a £8.5million fee on a four year contract. Someone I am looking forward to seeing more of is the Japanese professional who scored 14 goals for Celtic last season - Daizen Maeda. We have also signed two goalkeepers, with the tallest out of the two being a massive 6 feet 9 inches - no one is chipping him!

The season starts with Ipswich playing Sunderland at home, followed up by two extremely challenging matches against Manchester United and Liverpool. I think it's safe to say that our new manager and his signings will be tested in the first few matches of the 2026-2027 season.

Let's hope that we stay up. COME ON YOU BLUES!

Toby Bonsall, Sports Superfan

Aged 11

# STOWUPLAND FALCONS



The 26/27 season is fast approaching and the club is planning to run 26 teams. By the time you read this article, they will have started playing. To make this happen, many of our committee have been working tirelessly through the summer, making sure the teams and players are registered. The club has around 350 players in total.

With the new 3G facility opening at Stowmarket High School, the club will be able to offer winter training on a 3G to all our teams. The girls will train at Stowmarket and our boys and adults will be at Needham Market. This is a massive plus for the club and means teams will no longer have to travel to Claydon and Bury on winter nights.

The season starts in early September for our boys' and girls' teams. Our adult men's first team start on 8th August with a trip to Cops to play the current league champions who remained unbeaten last season. A tough start, but the team has had a good pre-season and have added some new players that will make us stronger than last season.

At the recent AGM, we elected a new committee, with Mark Dye taking the chair with support from me as vice chair. We continue to need a treasurer, so if anyone is interested, please let us know.

That's it from me.

Colin Herbert, President, Stowupland Falcons FC

## **\*\*STOWUPLAND FALCONS FC WANTED: RESERVE TEAM MANAGER\*\***

Stowupland Falcons are looking for a new Reserve Team Manager to lead our squad into the upcoming season in Division 3 of the Suffolk and Ipswich League (SIL). If you are interested in this opportunity, please contact Mark at 07799 662491.

**Stowupland Falcons Football Club –  
the best in grassroots football in Suffolk.**



**QUIZ NIGHT**



**SATURDAY 26<sup>TH</sup> SEPTEMBER  
AT 19:00**

**STOWUPLAND VILLAGE HALL**

**TEAMS OF UPTO 6  
£5 PER PERSON**

**LICENSED BAR – BRING YOUR OWN SNACKS**

TO BOOK YOUR TEAM CONTACT MARK ON 07799662491 OR VIA  
[WWW.FACEBOOK.COM/STOWUPLANDFALCONS](http://WWW.FACEBOOK.COM/STOWUPLANDFALCONS)  
ALL PROCEEDS TO RAISE FUNDS FOR STOWUPLAND FALCONS

## **COULD YOU BE OUR TREASURER?**

**Love football and got an eye for numbers?**

**We are looking for a volunteer  
Club Treasurer to join  
the Falcons family!**



The Role:

- Track income from player match fees.
- Manage payments for training pitches and referees.
- Update the committee with brief monthly financial reports.
- ☐ What You Need
- Basic bookkeeping or spreadsheet skills.
- Great organisation and reliability.
- A passion for supporting community sport.
- ☐ Time Commitment
- 1-2 hours per week average, fully flexible around your schedule.

**Help us keep our community club thriving on and off the pitch**

 Interested? Please drop an email to Mark Dye at: [markdye18@hotmail.co.uk](mailto:markdye18@hotmail.co.uk) for a quick chat.

## **You could advertise your business here for only:**

**Quarter page £11 per month**

**Half page £22 per month**

**Whole page £44 per month**

**Whole back cover *black and white* £66 per month**

**Whole back cover *colour* £120 per month**

Please contact: Sally Wray by email [adverts.telstar@hotmail.co.uk](mailto:adverts.telstar@hotmail.co.uk)

## **Reduce your Accountancy costs**

**Call Sarah Place Accountants**

**Professional efficient Accountants with over 15 years experience**

**Accounts • Book-keeping • Payroll • Sage**

**VAT & Tax Returns**

**01284 747 139**

# STOWUPLAND VILLAGE HALL

**The perfect venue for Every occasion**

**Looking for the ideal place to host your event?**

**Stowupland Village Hall offers:**

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

**Affordable hire rates.**

**Easy access.**

**Friendly local venue.**

07515 859337

[stowuplandvillagehallbookings@gmail.com](mailto:stowuplandvillagehallbookings@gmail.com)

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

# COLUMBINE HALL OPEN GARDENS.

**Columbine Hall gardens will be open on Sunday, September 20th 1-5 pm.**

£7.00 - pre-booked tickets only.

The moated medieval manor house (not open) is surrounded by five acres of gardens including a parterre, bog garden, walled kitchen garden, wildflower meadow, vistas and eye-catchers, two newly built bridges and creation of a new Italianate style walled garden.

Dogs on leads welcome and homemade teas and cakes.

To book tickets, go to [columbinehall.co.uk](http://columbinehall.co.uk) and click on the link on the homepage.



## STOWMARKET & DISTRICT PROBUS CLUB

### COME & JOIN US

**PROBUS CLUB** is a group of retired & semi retired men & women who meet monthly for lunches and social activities in Stowmarket.



Members come from all over the area & local villages.

Probus has branches all over Great Britain. Our Branch meets on the first Tuesday of every month in the Royal British Legion, Stowmarket, at 10.20 am. There is ample parking in the area.

After morning coffee, we relax and listen to one of a number of guest speakers. This is followed by a two course luncheon provided by "KELLY'S KITCHEN".

Next talk - 6 October: David Ellis – Antique goods and vintage

For more information: Contact John Oxlade 07754 023857

# FREEMAN COMMUNITY PRIMARY SCHOOL



## Teaching & Learning

Freeman Primary school had Archery and Parkour Enrichment Workshops visit in the last week of term. The whole school had the wonderful opportunity to take part in these exciting workshops. Thurston Sports Partnership visited the school to lead both activities, and the children thoroughly enjoyed the experience. They were enthusiastic and eager to challenge themselves by learning and practising new skills, many of which they had never tried before. It was fantastic to see their confidence, determination and teamwork grow throughout the sessions, making the day both enjoyable and memorable for everyone involved.



## Summer Fete and Colour Run

Thank you so much to everyone in and around Stowupland who helped and attended Freeman's Summer Fete and Colour run, raising lots of money for the school. Thank you hugely to Friends of Freeman for all their support.

*From tiny acorns do mighty oaks grow*

## Year 6 Leavers

As another school year comes to an end, Freeman Primary school would like to wish the Year 6 pupils the very best as they move on to the next stage of their education. They have been fantastic role models throughout the year, showing resilience, determination and kindness, while creating many wonderful memories along the way.

We are incredibly proud of all they have achieved during their time at primary school and know they are ready for the exciting challenges that lie ahead. Although they will be missed, we are confident they will continue to shine as they begin their secondary school journey.



## 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](mailto:admin@freemancpschool.co.uk).



# LOCAL HISTORY GROUP

Hopefully, as you read these words, we have had some rain and British weather has reasserted itself. As I was preparing my talk about Saxham Street for our August meeting, I was reminded how lucky we are to have mains water. Our gardens may have suffered through the hot weather and hose pipe ban, but at least we have fresh water at the turn of a tap. In the 19th and early to mid-20th century, many people considered themselves fortunate to be able to collect fresh(ish) water from a nearby pump. Although apparently some families found it more convenient to get their water from a nearby pond.

In July 1895 a newspaper reported that **'twenty houses (in Stowupland) had no water worth mentioning and ten in Saxon {sic} Street had not water fit for cattle'** ( Bury Free Press, July 18th 1895). It would be several more decades before mains water would be pumped into our homes.

A few months back, when Don Mobley asked if the group might be interested in hearing about his time at RAF Lakenheath, we hoped that the tensions in the Middle East would have been peacefully resolved by September. Fortunately, not many of us are directly affected or know exactly what the men and women who serve in our armed forces are experiencing today. But on Wednesday, September 2nd, Don will give us a taste of what it was like serving in the American Air Force during the period known as the Cold War, in his talk **"On The Nuclear Edge: The F-111F at RAF Lakenheath"**.

In a more light-hearted vein, on October 7th other friends from across the water (well Stowmarket is the other side of the River Gipping), Darren Dordoy and Hannah Salmon will share 'Some Scary Stories of Stowmarket.'

Now Jerry takes us back a few months to May when he shares his memories of the group's visit to The Great War Huts at Brook Farm Camp. You can read about it here or go to our website to listen to Jerry.

## **SLHG 's Away Day to the Great War Huts near Bury St Edmunds - 20th May 2026**

The group enjoys "Away Days", and this was definitely different as several of us went off to explore a reconstruction of a World War One Army Camp. This was history in the making as we explored and listened to a talk about how it all came about. We started with a chat, a cup of tea and cakes as we waited for our guide and other groups that were visiting.

The war huts project had started on another site where trenches had been built for use in filmmaking. However, the originators saw the potential in creating an authentic World War One Army Camp, a vision that snowballed with the opportunity to purchase land at Brook Farm Camp near Bury St Edmunds. The project is still in the building stage, but was started as a result of the discovery of an original First World War hut which had been spotted by one of the group of volunteers. As it was due to be demolished, it was to be the start of a collection of authentic huts that otherwise would not have survived. Arrangements had to

be made for it to be safely disassembled and transported to its new home, where it would then be reassembled.

In the meantime, a lot of work had been taking place to prepare the new site for construction work. As well as the ground preparation, meetings were taking place with Hawstead Parish Council and the council planning department to ask their permission to bring heavy lorries through the village - no easy task in these days of red tape.

Other buildings were also found that were suitable for the new project and offered to the group. The group were reluctant to turn down any potential buildings, knowing that they would probably be demolished and lost forever. The buildings that were rescued came with their own stories of how they had been repurposed after the MOD no longer needed them.

Work in progress on the site means three huts have currently been reconstructed and are being fitted out to tell the story of their original use. The aim is to build a camp that reflects how World War One recruits lived and trained before heading off to war. Eventually there will be an 18-bed barrack room with a kitchen and recreation area. A training area for drill and shooting practise. A model of a guard room is also included. The Great War Huts provide a unique setting in which to learn about the people who trained for conflict and were eventually posted to the front lines in France from 1914 to 1918.

The volunteers realised they had a big area of land to fill and came up with the plan to build a trench line to bring visitors as near as possible to conditions in France. These have been built from trench manuals and plans from the time of the war, also using materials that are as accurate to the time and conditions. When walking through them, you feel very close to conditions of the time, and see life as it was like: dugouts, latrines, inside trench firing steps, and a Regimental Aid Post. As I went round, it was very easy to imagine how the soldiers lived and fought in these fortified areas, and the medics working in a small, cramped space giving immediate aid to the wounded as they came back from the heavy fighting that was taking place at the time. These front-line medics were the first line of treatment before the injured were transferred down the line to the Regimental Aid facilities behind the trenches. These trench systems have been used in the making of a number of films about the First World War, and the group have provided a number of costumes and uniforms to the producers of these films.

Although the site is still a work in progress, there is a great deal to see and experience. Too often the story of war revolves around those men who never returned, but the vision for the Great War Huts is to tell the stories of the many soldiers who for a time called Brook Farm their home. Find out more about the Great War Huts by visiting [www.greatwarhuts.org](http://www.greatwarhuts.org). or listen to "Jerry's Jabbas". Thank you, Neil, for organising this event.

Moving on here is a précis of "The Armoury Through Time Talk" given by Kathleen & John Hallaways in July.

From the middle of the 16th century to the end of the 17th, Mendlesham, like other towns and villages across the country, had a Militia and an Armoury where they stored their weapons and armour. This was in the room over the north porch of the church, called the Parvise. The Churchwardens kept account of all the

expenses. But in 1695 all this stopped. The documents were scrunpled up and thrown into a chest and the armour was abandoned. Perhaps the formation of the Regular Army had something to do with it, but in any event, all memory of the Tudor Militia at Mendlesham was forgotten.

In 1876 the Churchwardens' Accounts, having been found in the Armoury, were listed and published in the 5th report of the Historic Manuscripts Commission by Mr John Cordy Jeaffreson; and in 1909 the Armour was rediscovered in the Parvise by Arthur Mayfield, the Mendlesham schoolteacher, and the curate Rev. Partridge. It was restored with the help of the Meyrick Society and then displayed.

Throughout the rest of the century, the armour was on display in the Parvise. On a number of occasions, most notably in 1988, the 400th anniversary of Armada year, when it was sent to the National Maritime Museum, it left Mendlesham and was displayed to a wider audience.

But the papers remained in the chest, unexamined, until in 1961 they were placed in the Archives. Still, no one studied them in detail. This was to change after 2020. When the vicar and congregation were able to get back into the Church after the Covid closures, they needed to do repairs to the roof over the Armoury and had to prove that a grant was justified.

This led to the Armoury Facelift Project and the Armoury Research Project, which happily did prove just that!

Kathleen was on the Research Team and they found out many important facts to do with the Churchwardens' Accounts and many more details about the discovery of both the paperwork and the armour. Kathleen admitted to being very keen on the British Newspaper Archive and said that she got many of her most interesting details from this resource – including how Mr Mayfield had prepared the armoury to impress the schoolboys and Reverend Partridge when, in 1909, they made their exploratory trip up the stairs into the room over the north porch of the church where the armour was kept.

John was on the Armoury Facelift Team and after Kathleen finished her part of the talk, and we had a refreshing break for coffee and biscuits and a look at the posters and documents which gave further insights into the facts of Kathleen's talk, it was now John's turn to take up the story and tell us what is in store for this fascinating place.

John stressed the uniqueness of the Mendlesham Armoury: its proud claim to fame: a unique survival – the only Tudor armoury still in its original location with some of the original armour and weapons and also documentation. Thus, making it of national, even international, importance. And he made the point that this status must be safeguarded. The importance of The Mendlesham Armoury is shown by the fact that of the five most prominent experts on armour of this period, the team has three working for the project, giving their time and expertise free.

He then outlined the aims of the project: Conservation – keeping the history of the artifacts intact and only mending where necessary for display; Information about the exhibits – dating the exhibits and giving detailed descriptions of each piece while noting the inconsistencies in suits of armour made up from pieces of

different ages and styles; Presentation - working out a logical order to present the various elements, create the means to hang or otherwise present the items, provide subtle but effective lighting, labels for each item displayed and with an underlying database giving more detail. The room cannot be made accessible to those unable to climb the stairs, so they propose to have displays (not the armour or weapons themselves) in the north west corner of the church.

Lastly, he pointed out that the timescale for this is not fixed – there are many problems: assessment of what needs to be done takes time; finance – grants etc also take time and are not guaranteed; the volunteers – are giving of their time freely but have their own jobs to do; Faculties, as it is in a church, need to be applied for.

It will be an excellent outing once it is finished – a vital part of our national heritage. However, if people wish to see the Armoury as it is now, it may be possible to arrange a group visit – donations required, of course.....

### **Down memory Lane**

In June, several of us gathered on the Green to unveil a plaque to rename an area of the Green that had been previously known simply as Half-a-Mow, as Judy's Half-a-Mow. I can't do better than share Judy's words about the area as they appeared in a 2006 edition of Telstar.

#### **HALF \_A – MOW – the village Green**

Newcomers to the village may wonder why the portion of Green opposite Birch close is not maintained as the rest. This is because it is a “half – a –mow” area, part of a scheme launched by Mid Suffolk District Council to encourage grassland to be managed for the benefit of wildlife.

With the support of a District Councillor & the District Council's Assistant Countryside Officer, & following public consultation, the Parish Council agreed to this area being put over to the scheme in early 2001, leaving the greater part of the Green for recreational purposes.

A survey in July 2001 revealed a large variety of plants & grasses, including lady's bedstraw & pepper saxifrage. Apart from the annual hay cut, the removal of ragwort in late summer & the cutting of the roadside verge for traffic safety, the area is left to nature. The delicate ladysmock flowers can now complete their cycle of blooming & seeding, & the orange tip butterfly can lay its eggs on the plants. Insects abound & , in the autumn, flocks of goldfinches feast on the variety of seedheads .

*in the foreground*  
The scheme is working well, & , if it seems untidy in some people's eyes – a concern ~~recently~~ expressed to the Parish Council – well, we live in the country, don't we?

Judy Clarke – Project Officer ( a grand name for liaising with M.S.D.C. when necessary!)

**Interested in learning about Suffolk and/or Stowupland's past:**

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

**Or come along to a meeting** - first Wednesday of the month, 7:30 at the URC Meeting Hall; non-members just pay £5:00 at the door.



# U.R.C CHAPEL

## NEWS

Minister: Vacant

Secretary: Brian Hewitt 07500734113

Where does the time go? I'm now writing this for the September issue and it doesn't seem like two months since the last one. Time, the one thing we never have enough of but cannot buy.

Suffolk Historic Churches Ride and Stride takes place on Saturday 12 September when the Chapel will be open to sign in riders and walkers from 9 am to 5 pm. If anyone is interested in taking part, sponsor forms and a list of which churches are open are available from **Joyce Gardiner on 01449 676149**. Half of the sponsorship money goes to Historic Churches and half to whichever Church you are supporting.

Please note the Harvest Festival service at the Chapel, on 4 October, will be a United Service with Holy Trinity Church. The service is at 10.30 am.

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

### The Speakers for September are as follows:

|        |                                                         |
|--------|---------------------------------------------------------|
| 06 Sep | Veda Berriman                                           |
| 13 Sep | Worship Group                                           |
| 20 Sep | United Service at the Church for their Harvest Festival |
|        | This service is at 9.30 am. No service at the chapel    |
| 27 Sep | Stephen Horrex                                          |

*Joyce Gardiner*

September is the time when I venture up north to Cumbria. To the hills and mountains. I first fell in love with The Lake District when I was at university, which had a campsite on the banks of Coniston and at the end of my first year we had a week there. The activities included sailing, canoeing, rock climbing, abseiling, orienteering and walking. Most of these activities I had not experienced before. But it was the walking that has stuck with me throughout the years.

Almost every year since the early 80's, I experience the hills and mountains again. I must admit that the going up to the top of the mountains can be

very arduous and physically demanding, but achieving the summit is a wonderful experience. There the views and the peace are truly wondrous. Walking to the top of the highest peaks in England was and still is a revelation.

I have often been heard to sing (well, trying to) as I go up my favourite hymn based on Psalm 121:

*A song of ascents.*

*I lift my eyes to the mountains, where does my help come from?*

*My help comes from the Lord, the Maker of heaven and earth.*

*"I lift my eyes to the hills To the quiet hills*

*In the press of a busy day; As green hills stand*

*In a dusty land So God is my strength and stay."*

Throughout the ages, mountains have captured the imagination of poets and pilgrims, prophets and seekers. Mountains are mentioned from the opening chapters of Genesis to the closing vision of Revelation. They have been places of drama, testing, transformation, promise and revelation as well as places of inspiration.

May you all have in your own minds a mountain top that continues to inspire you on your journey through life.

*Anne Scarff (Elder at Stowmarket URC) Elders' Message*

## **COFFEE MORNING**

**Friday 25th September 2026**

**Stowupland URC Chapel  
10am – 12noon**



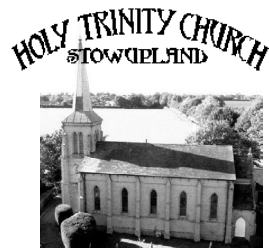
**Coffee, Tea  
and Cakes**

**All welcome**

**There will be a  
prize drawer!**

# HOLY TRINITY CHURCH

## NEWS



Rector: Revd. Andy Buttress Tel. 07749 265571  
Curate: Revd. Alison Roberts Tel. 613037  
Churchwardens: Mrs Ann Doubtfire Tel. 770363  
Mrs Sue Hayter Tel. 613710

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

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

## IT'S SCARY GOING TO CHURCH

I don't know about you, but I struggle going to new places I am not familiar with. A few years ago, having never been in a bookies, I decided to go to Ladbrokes in Ipswich to put a couple of quid on a horse, just to feel again what it is like to go somewhere alien to me. I will tell you about it one day, as it was a very interesting experience!

For many people, going to church either for the first time or after a long period of time is equally scary. You can feel an outsider, out of place, out of your depth and sometimes alone.

Which is why we want to make it just that little bit easier for you to come to our church. Sunday Praise at 9.30 am on the 2nd Sunday of the month (September and October) is a service especially for you which is not too scary. Here are 5 promises which we will make for anyone who comes.

1. You will receive a warm welcome.
2. We won't ask you for money.
3. The service will be informal – you don't need to dress up.
4. We will explain things, you will understand the words and what is going on.
5. The service will not be longer than 45 minutes.

Unfortunately, we are not on TripAdvisor, but if you do come to church, we would love your feedback. Do let us know what you think of Sunday Praise and whether you would come again.

Oh, and by the way, we are planning a brand new service for children and families in January '27, so watch this space 😊.

All the best,

Revd Andy

## PARISH CHURCH SERVICES FOR SEPTEMBER 2026

Benefice of Haughley with Wetherden and Stowupland

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

| SEPTEMBER               |                                    |                                 |                                                    |
|-------------------------|------------------------------------|---------------------------------|----------------------------------------------------|
| Date                    | Stowupland                         | Wetherden                       | Haughley                                           |
| Wednesday 2nd           | 10.00 am Midweek Prayer and Praise |                                 |                                                    |
| Sunday 6th              | 9.30 am Communion Service          | 11.00 am Morning Worship        | 11.00 am Sunday Praise                             |
| Tuesday 8th             |                                    |                                 | 5.00 pm Pizza Church                               |
| Wednesday 9th           |                                    |                                 | 10.00 am Midweek Prayer and Praise                 |
| Sunday 13th             | 9.30 am Sunday Praise              | 11.00 am Morning Worship        | 11.00 am Communion Service                         |
| Monday 14 <sup>th</sup> | 11 am Service at Steeple View      |                                 | 2 pm Service at Mere View                          |
| Wednesday 16th          |                                    | 10 am Midweek Prayer and Praise |                                                    |
| Sunday 20th             | 9.30 am Harvest Service            | 11.00 am Sunday Praise/Harvest  | 11.00 am Joint Service with URC                    |
| Wednesday 23rd          |                                    |                                 | 10.00 am Midweek Communion at the vicarage         |
| Sunday 27th             | 6.30 pm Evening Service            | 11.00 am Communion Service      | 9.30 am BCP Communion                              |
| Wednesday 30th          |                                    |                                 | 10 am Dwelling in the Word – Maxwell Charnley Room |

PC = Parish Communion (a service with worship, prayer, a talk and communion)

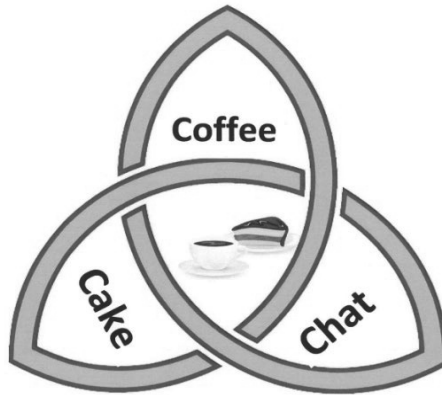
BCP = Book of Common Prayer (a traditional service)

**PRAYER:** Lord Jesus, please give me your strength to go to new places and meet new people this month. Amen.

**FOOD BANK BOX:** If you would like to donate items for the Food Bank to help those in need of a helping hand, there is a box at the back of the church for you to leave your items. The church is open during service times and on the 3rd Saturday morning 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



**Stowupland Church Hall**

**Saturday 19th September 2026 10.00 – 12.00**

There will be tea/coffee, cakes and good company

***Everyone is welcome***

## 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 23rd September, 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](mailto:paulamurton@stowuplandpc.co.uk) or call 07704 701095

# STOWUPLAND NEIGHBOURHOOD PLAN

## what is it and why get involved?

A neighbourhood plan is a communitywritten planning document that gives residents real power to shape how their area develops. It sits alongside Mid Suffolk's Local Plan, but it's the only planning tool that lets local people directly decide what gets built, where, and what it should look like.

A neighbourhood plan lets residents set the vision for their community's future. A neighbourhood plan can:

- Set where new homes, shops, and facilities should go - we can identify both preferred sites and unsuitable ones.
- Shape the design and character of new development - policies can require green space, footpaths, sustainable design, parking standards, and layouts that fit the village.
- Protect important local spaces - green areas, heritage features and community assets can be formally designated and safeguarded.
- Support local priorities - encourage things like safer walking routes, community facilities, small business spaces or environmental improvements.
- Carry legal weight - Once approved by referendum, it becomes part of the statutory planning framework. Planners must take it into account when deciding applications.



Stowupland Parish Council already has a Neighbourhood Plan but it's now time for a review – and we need you as residents to be part of the process.

### **Why residents should get involved**

Because it's the most effective way to influence development, protect what matters in Stowupland and ensure the place grows in a way that reflects local priorities - if the community doesn't shape the future of the village, developers will.

Involvement matters because:

- It's your chance to influence development before applications arrive - instead of reacting to planning proposals, you help set the rules that guide them.
- It ensures the plan reflects real local needs - housing mix, green spaces, traffic concerns, school capacity, footpaths—these are best understood by the people who live here.
- It protects the character of the area - villages and neighbourhoods evolve but residents can help make sure they evolve well.
- It strengthens the community's voice – an up-to-date neighbourhood plan gives weight to local views in a way that ordinary objections cannot.
- It's democratic - the final plan only takes effect if residents vote for it in a referendum.

A neighbourhood plan is the community's opportunity to take control of its future. Getting involved means helping to decide what your area will look and feel like in

five, ten, or twenty years—rather than leaving those decisions entirely to developers or distant authorities trying to meet Government housing targets.

For details of the current Stowupland plan visit <https://www.midsuffolk.gov.uk/w/stowupland-neighbourhood-plan> or use the QR code



## STOWMARKET CHORALE SUMMER 2026

As we approach the end of our Summer break we are looking forward to restarting our rehearsals in September. We will be learning songs and choruses from the theatre ready for our November café bar evening at Needham Market Community Centre on November 21st at 7pm. Tickets available from [www.stowmarketchorale.org.uk](http://www.stowmarketchorale.org.uk) or Tel 07733298621.

We have an exciting programme of concerts for the 2026-2027 season and would love to welcome new or returning singers to join us. If you have always thought you would like to give choral singing a try or just haven't got round to finding a new choir, now's the moment!

Stowmarket Choral is a fun, friendly, inclusive, 4-part choir made up of people who love to sing. Musically we challenge ourselves with a diverse repertoire ranging from classical, (often sacred music, but not always) to songs and popular opera choruses.

We are fortunate to work with a professional conductor and accompanist who encourage and guide us to be the best we can be. With the aid of sectional rehearsals and home learning we achieve high quality music making and performance.

If you would like to give us a try, come along to a rehearsal on Wednesday evenings from 7.30pm. at the Stowmarket Community Centre, Hillside IP14 2BD. Our first rehearsal of the new term is 2nd September 2026.

We have a no audition policy. Familiarity with written music is helpful, but not essential, as support is given. We look forward to welcoming you.

Contact Maggie on [info@stowmarketchorale.org.uk](mailto:info@stowmarketchorale.org.uk) for more information.



### DATES FOR YOUR DIARY

- **21<sup>ST</sup> NOVEMBER 2026 – CURTAIN UP!**

7pm Needham Market Community Centre

Music from well-known Operas and Classic Musicals.

Bar service & café-style seating with the opportunity to book whole tables for family and friends.

#### BOOK EARLY!

- **6<sup>th</sup> February 2027 - Singing Day**  
10.30am John Peel Centre, Stowmarket

- **13th March 2027 – German Sacred Masters**  
7pm venue to be confirmed

- **19<sup>th</sup> June 2027 - Music for a Summer's Afternoon**  
3pm Woolpit Village Hall  
[www.stowmarketchorale.org.uk](http://www.stowmarketchorale.org.uk)

# RECYCLING AT STOWUPLAND VILLAGE HALL

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Following the introduction of "Better Recycling" in Suffolk, the County Council no longer pays the Village Hall for the recycled glass and clothes we collect in our recycling banks. This used to provide about £1,500 a year towards the Village Hall's running costs, which we will no longer receive.

In reality, this means it now costs the Village Hall to host the recycling banks due to the costs of dealing with the frequent fly tipping they attract. Fly tipping has to be cleared up and reported to the Council and there is sometimes a cost for the disposal. As a result, the trustees have decided to remove the clothes recycling banks as these cause the most fly tipping. So please stop bringing your old clothes to the Village Hall. There are other clothes recycling banks close by at supermarkets and the recycling centre in Stowmarket.

We will let you know the future of the glass bottle banks in due course, as whilst these continue to be used, the usage has dropped considerably since people were able to put glass into the home recycling bin.

Many thanks for your support over the years with recycling clothes; they made a valuable contribution to the running costs of the Village Hall and were appreciated.

*Stowupland Village Hall Trustees*

## **Stowupland Cricket Club vs Old Newton CC**

**Sunday 13th September | 1pm | Stowupland Cricket Club**

Come along to Stowupland Cricket Club for an afternoon of cricket as we take on **Old Newton Cricket Club** in a special Sunday friendly.

The match is being held alongside this year's **Walkers Cup** between Stowupland and Old Newton. Although the cricket match itself won't count towards the Walkers Cup, it's a great opportunity for both villages to come together, enjoy some cricket and make the most of a fantastic afternoon at the club.



With the **bar open and BBQ running throughout the afternoon**, bring your friends and family, grab some food and a drink, and settle in to watch the game.

**Everyone is welcome — come along and support Stowupland!**



**Sunday 13th September**



**Stowupland Cricket Club**



**Match starts at 1pm**



**BBQ**



**Bar**



**Cricket**

# Daffodils on The Green

Please help

26 September

From 10.00 am



We have 1,000 daffodil bulbs to plant on the mounds on The Green  
We need volunteers to help plant them. Everyone welcome.

Meet by the football pitch on The Green between  
10.00 and 12.00 on Saturday 26 September.

Come along as a family or a group of neighbours, or members  
of a club or village organisation, or just on your own.

Please bring your own trowel or bulb planter.

For more information contact Keith Welham

[keithwelham48@aol.com](mailto:keithwelham48@aol.com) or 07831 705 714

Stowupland Wildflower and Biodiversity Group

# HELP KEEP STREET FORGE WORKSHOPS OPEN

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Everyone deserves the opportunity to learn, create, belong and live with purpose.

For adults with physical, sensory and learning disabilities, and those experiencing mental health challenges, Street Forge Workshops in Thornham Magna is far more than a day service, it is a place where confidence grows, friendships flourish, skills are developed and lives are transformed.



Every day, our participants learn woodworking, turning, arts and crafts, cooking and other creative skills. Guided by dedicated staff and volunteers, they gain independence, self-belief and the pride of making a meaningful contribution. At Street Forge, people are recognised for their abilities, not defined by their disabilities.

For decades, Street Forge has delivered outstanding outcomes and built a reputation as a trusted, high-performing charity. As traditional local authority funding continues to decline, we are embracing a new vision that includes innovation, community support and sustainable fundraising.

Your donation is not simply helping us meet today's challenges, it is investing in tomorrow's opportunities. Every contribution will help us strengthen our programmes, invest in equipment and facilities, expand opportunities for the people we support, and build a financially sustainable future that delivers lasting social impact.

By supporting Street Forge, you are investing in an organisation with a forty year proven track record and an unwavering commitment to empowering adults with disabilities to reach their full potential. Please go to the Just Giving website and search for 'Street Forge Workshops' to **make a donation, or use the QR code.**



Together, we can ensure Street Forge Workshops continues to inspire, create opportunities and enrich lives for generations to come. If you are unable to donate, please help by sharing this campaign with others who believe in the power of inclusion, opportunity and purpose.

Thank you for investing in the future of Street Forge Workshops and the remarkable people whose lives it transforms every day.

**Active 60<sup>Plus</sup>**

# OVER 60s STRENGTH TRAINING

Debenham - Eye - Framlingham - Stowupland

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



Personal Training &  
Nutritional Therapy also available

## BEAT MUSCLE LOSS

Faye 07885 659360

**You could advertise your business here for only:**

**Quarter page** £11 per month

**Half page** £22 per month

**Whole page** £44 per month

**Whole back cover *black and white*** £66 per month

**Whole back cover *colour*** £120 per month

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

LOCAL  
DRINKS  
LOCAL  
PEOPLE  
LOCAL  
SPIRIT



# FINBOWS TAP

COFFEE  
- BEER -  
SPIRITS



## DID YOU KNOW THAT FINBOWS TAP IS MORE THAN JUST A TAPROOM?

Located in the heart of Finbows Yard, Bacton,  
we bring together the very best local beers,  
spirits, wines, coffee and soft drinks from  
independent local producers.

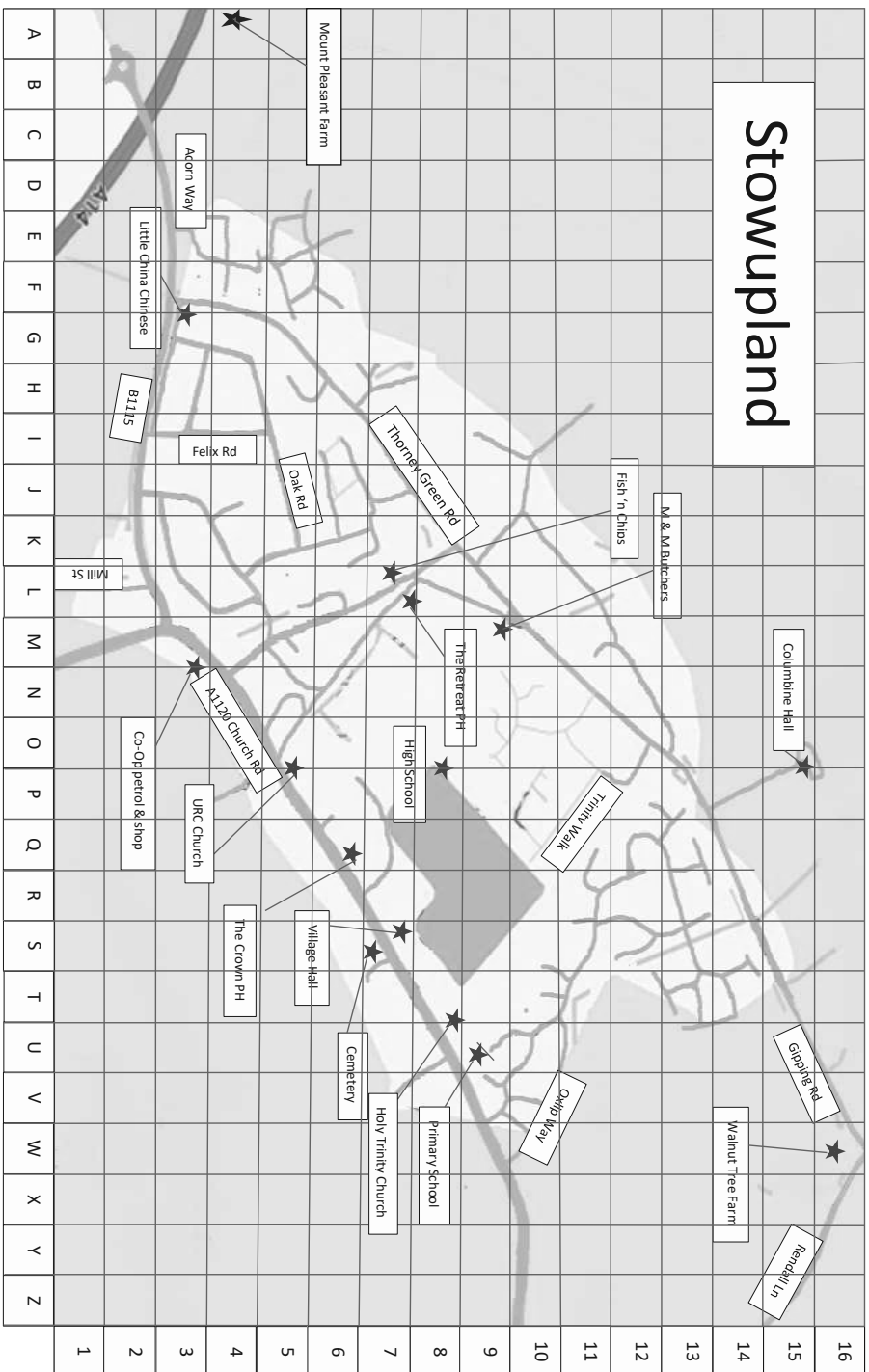
Join us for our popular **Quiz Nights** on the  
third Thursday of every month (please  
prebook to be involved!) and **Yard Nights**  
on the last Friday of every month.

Check our website or follow us on social  
media to see what's coming up next.

**finbowstap.co.uk**  
info@humberdoucybrew.co  
Insta: @finbowstap  
FB: @FinbowsTap



# Stowupland



# **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) 07951 037749. To let the village know the date and venue of your event contact Neil to be included in the diary dates.

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

Telstar is distributed by a team of volunteers who deliver the magazine to over 1350 homes in Stowupland. The magazine is produced 10 months of the year, with July/August and December/January being combined editions, so our volunteers can have well earned summer and Christmas breaks.

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

## **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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**FRIDAY 11<sup>TH</sup> SEPTEMBER**

**Stowupland Village Hall**

**Doors Open 07:00 pm**

**Quiz starts 07:30 pm**

**£3 per person- teams of up to 6 people**

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

**Bring your own nibbles**

**To enter a team ring Keith on**

**01449 673185**

**A Stowupland community event brought to you by the Telstar team**



# Stowupland

## Neighbourhood Plan



### INFORMATION EVENT

United Reform Church  
Tuesday 8 September  
4.00pm – 8.00pm

Stowupland's Neighbourhood Plan was prepared by the Parish Council in the last decade

A Parish Referendum in 2019 saw 93% of residents that voted agree that it should be used by Mid Suffolk District Council when deciding planning applications

There is now a need to review and update the Plan because:

- 37% more homes than previously planned in Mid Suffolk need to be built as a result of the government's pledge to build 1.5 million homes during this parliament
  - Some of the content of the current Plan is out of date
  - Our Plan needs to look beyond the current 2036 end date

Come along to the United Reform Church on Tuesday 8 September between 4.00pm and 8.00pm to:

- Revisit the current Neighbourhood Plan
- Find out why the current Plan must be revised
- Find out about what the need for more housing in Mid Suffolk could mean for your village
  - Understand how you can participate in the revision of the current Plan

**We hope you'll be able to pop along and see us**

*Stowupland Parish Council*