Telstar

Stowupland News

No 360
December 2022
/ January 2023

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NOTES FROM THE EDITOR

DEC 22 / JAN 23

Hello and a festive welcome to the December issue of Telstar. Where has the year gone? When I reflect on my own year, it's certainly been a busy one, with the first 6 months planning our move to Suffolk, and since our move to the village, getting our new home in order. In this month's addition, your Parish Council Chairman, has written an article about the issue of graffiti in the village, which is extremely costly to rectify. When my husband and I first visited Stowupland and decided it was the place for us, because it was not only beautiful, and in a great location, I remember thinking how clean and tidy it was. When we made the deal to purchase our home, afterwards we visited the play park with our family including our 2 granddaughters and we all had a great time. I'd think twice about taking them now. It's so sad that a small handful of thoughtless individuals, think it's OK to deface public amenities, ruining things for the overwhelming majority of residents and visitors to the village who care about keeping it clean, tidy and profanity free for all.

On a happier note, really pleased to report that the inaugural bingo night was a resounding success, and you can read more about that inside. Thank you to those on the Telstar Team (not me I might add, as work commitments got in the way) and others for making it the success it was. By the time you read this the second bingo night will have taken place as will the inaugural quiz night. I will have taken part in the quiz night, having entered a team with my husband, step son and his girlfriend. None of them were particularly impressed with my choice of team name 'the editors posse', but I think its apt, and I'm just hoping we didn't come last. I would describe my quizzing ability to be more enthusiastic rather than knowledgeable.

With Christmas fast approaching, it brings with it the risk of scammers trying to separate us from our hard earned money. In this edition the Citizen Advice article is about how you can protect yourself from these swindlers, so I'd urge you all to give it a read and protect yourselves.

Don't forget there won't be a January issue, and all contributions for the February issue are required by 7th January to the usual email address: articles.telstar@hotmail.com.

However you choose to spend your time over the festive season, we on the Telstar team wish you all a Very Merry Christmas and a Happy New Year.

BINGO is back!

Thank you to everyone who came along to the Village Hall on Friday, 28th October for the first Community Bingo since the Covid pandemic. We had a brilliant turn out – the Village Hall was buzzing with dobbers dobbing, Heather calling as only Heather can and the highly anticipated 'Here', 'House', 'Bingo' or anything else to get noticed and win.

The Telstar Team are organising Bingo and Quiz Nights to raise money to ensure the future of the magazine. We're grateful to everyone who came out to support us. Special thanks to Heather and her helpers who kept the evening running very smoothly and created a happy atmosphere. It was so good to catch up with old friends and make new ones.

We'll have more Bingo nights in the new year. The first will be on 20th February then on the last Friday of every month – 7 pm for a 7.30 pm start in the Village Hall. Hope to see you there.

Our next quiz will be on 17 March.

Cathy Welham and The Telstar Team

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The future of Good Neighbours was discussed at our recent annual meeting. The scheme relies on donations from those people who request our help. During the recent Covid pandemic those donations pretty much dried up and our reserves were quickly used up.

Our overheads are minimal. We pay an annual insurance premium and keep the helpline pay as you go phone in credit. In the coming months we have to renew the DBS checks for our volunteers in accordance with Government guidelines. This will incur an additional cost.

Good Neighbour Schemes give guidance in relation to the level of donations based on a reasonable mileage rate. For trips to Stowmarket this would represent £5. With regard to trips to either West Suffolk Hospital or Ipswich Hospital £15 is recommended. Our volunteers give their time for free but they do incur running costs/fuel costs. It is acceptable that a volunteer will keep part of, or the total donation to help with vehicle running costs. These donations are still considerably less than taxi fares and using our scheme is more personal and convenient than using hospital transport.

We have been helping the residents of Stowupland for over 15 years – we are really proud of this and will strive to keep the Scheme going forward, but we need to attract new volunteers.

If anyone would like to talk to me about becoming a volunteer, please give me a call on 673185.

Cathy Welham

SOAP CLUB

We are back!!!

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 14th December 10:00 - 12:00

at Stowupland Sports and Social Club.

Please do join us.

COUNTY COUNCILLOR'S REPORT

NOVEMBER 2022

Full Council - Council met on 20 October, for the first time since July, to discuss concerns about future funding for waste recycling and disposal when the government's proposals for collection of a wide range of different types of materials comes into effect. Council will continue to press for sufficient uplift in funding to cover additional costs.

Our Group proposed a motion calling for rejection of the then new Truss Administration's drive for economic growth by relaxing planning controls and reducing the need for local consultation; and calling for planning to be based on sound financial and environmental policies. News of Liz Truss's resignation reached members arriving for the meeting. Our group was outnumbered by Conservatives who voted against the motion.

Cabinet - Cabinet met on 11 October and agreed to spend £2m on new care provision for Children and Young People in Felixstowe. In addition, SEND services received £10m to provide more specialist units in Suffolk. Our Group welcomes this investment as we want to remove the pattern of children being placed in residential care outside the county or travelling across the county for educational and other support.

The Suffolk Local Access Forum submitted their annual report, which included their concerns about Sizewell C and its effect on green networks and Rights of Way. Our Group have strongly campaigned in support of the Forum's position, and we will continue to voice concerns over the damning effects of nuclear power on our coastal landscape and biodiversity.

In addition, Cabinet endorsed Transport East's new 2050 strategy, which focusses more on green travel and linking rural communities to local economies. Our Group recognises the importance of connecting isolated residents to places of employment, education and leisure activities.

County Council Budget Survey - SCC has released a survey to local residents asking for their thoughts on the priorities for the 2023/24 budget. A summary of responses will be considered when deciding how to spend council tax income. With inflationary pressures, our Group expects government to seek spending cuts – meaning public services could be cut and council reserves may have to be used.

Please share your thoughts on how the Council should spend allocate funds, and highlight vulnerabilities you see in your communities that need further addressing.

A link to the online survey is https://www.smartsurvey.co.uk/s/7BQY0J/

Cost-of-Living Leaflet - Over 85,000 leaflets, highlighting information and guidance during the crisis, were distributed amongst Suffolk communities. The leaflet shows all the help Suffolk offers with finances and household expenses, as well as how to stay warm this winter. Take a look; for a link to the leaflet, visit: https://suffolk.pagetiger.com/cost-of-living-support/scc1

SCC's Launch of 'Winter Matters' Campaign - SCC have launched their Winter Matters campaign, which aims to help ease the pressures of winter on Suffolk residents. This is a signposting campaign that centres around five key themes: Finances, Safety, Environment, Health and Wellbeing, and Highways.

For more information and advice on how SCC can support you during winter, visit: www.suffolk.gov.uk/wintermatters

Energy For Waste facility at Blakenham - Tours of the working facility and a presentation to explain operation of the site are once again available for visitors, including groups of local councillors and individuals. By burning waste, the site generates enough energy to power over 40,000 homes. If the council wishes to arrange a visit, contact suffolkefw.uk@suez.com. Individuals can book a place on one of the open days via https://suffolkefwopenday.eventbrite.co.uk.

A14 Closures and Upgrading - Works to replace the concrete carriageway between Junction 47a (the off slip towards Haughley Park) and Junction 49 (Tothill) is programmed to start in February 2023 and be completed in summer 2024. To avoid closure of one or other carriageway of A14 for the duration of the works, a contraflow system will be put in place. In preparation for this, temporary crossovers are being constructed east of Junction 47a and west of Junction 50; this work will require closure of A14. In order to avoid, as far as possible, traffic using unsuitable roads, A14 will be closed from Junction 43 (near the sugar beet factory) to Junction 51 (Coddenham).

Keith.Welham@suffolk.gov.uk
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DISTRICT COUNCILLORS' REPORT

NOVEMBER 2022

Cabinet Meeting on 7 November - Cabinet discussed an exemplar low carbon housing scheme of around 50 new dwellings to be developed in Elmswell, a mix of affordable homes and market housing. Cabinet agreed that the development is carried out by MSDC and funded by the Council; the estimated cost is £16million.

Council Meeting on 27 October - Members received a number of documents relating to the performance of CIFCO – the company set up by Mid Suffolk and Babergh Councils to borrow in order to invest in property in the expectation that there would be an annual income to contribute towards funding the annual budgets of the two authorities and, over a period of 50 years, repay the loans. CIFCO provided £1.7 million of income in 2021/22; however, there is a concern that this rate will not continue given the current economic uncertainty.

The value of the properties increased during 2021/22; this is no surprise following the drop in value during the pandemic. Overall, the income from the investment is less than would have been received if, instead of investing in commercial properties (such as shops, car salerooms and office accommodation across a wide area outside Suffolk), the loans had been used to build low energy homes for our residents to rent or to buy.

Members were updated on progress with the Joint Local Plan and asked to agree a programme which shows adoption of Part 1 of the Plan (the overarching policies) by summer 2023 and adoption of Part 2, including the supplementary planning documents, by the end of 2025. We are concerned about the lengthy delays; members agreed the programme – any other decision would have led to further delays. The next milestone will be receipt of the Inspectors' report which we hope to receive during spring 2023.

Members agreed a revised councillor remuneration package to come into effect after the District Council elections in May 2023. The basic councillor allowance will become £6510; committee chairs will receive a Special Responsibility Allowance (SRA) of £6510. The Leader of the Council will receive an SRA of £16,275. Improved childcare allowances and dependants' care allowances were agreed to ensure that there should be no constraints on full or part-time carers becoming councillors.

Local Planning Issues - Bloor Homes requested a temporary access onto Gipping Road for the duration of surfacing works to Oxlip Way. We raised objections with the Chief Planning Officer and eventually agreement was reached to allow workers' vehicles only to exit onto Gipping Road at the end of their working day for 2 days only. Access into the car park was via Oxlip Way before the start of surfacing works each day.

No date has been set for planning committee to consider the two separate applications on land opposite the church.

The Diapers Farm application is on the agenda for the planning committee meeting to be held on 9 November.

Locality Funding - We still have funds available and would welcome applications from any local club or organisation in need of funding towards the cost of a local project.

Councillor Keith Welham
keith.welham@midsuffolk.gov.uk
Telephone: 01449 673185

Councillor Rachel Eburne
rachel.eburne@midsuffolk.gov.uk
Telephone: 01449 673311

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PARISH COUNCIL REPORT

NOVEMBER 2022

The meeting opened with 4 members of the public, 8 Parish Councillors and Councillors Eburne and Welham present.

Councillors' Reports: The full SCC and the District Council reports can be found elsewhere in Telstar. SCC Cllr Welham advised that he has now had the long-awaited meeting with Paul West who has agreed to take a look at the stalled Safer Route to School project. They also discussed the barrier in footpath 32 which is unlikely to be possible due to the lack of space, the issue with officers not looking at and responding to emails is to be addressed, the issue relating to footpaths still being laid with fragments of broken glass/pottery incorporated in the materials used, the state of the informal lay-bys in Rendall Lane, the lack of consultation with Parish Councils in relation to public rights of way using section 106 monies and general lack of communication with Parish Councils.
Also, the quality of advice being given to planners by Highways Engineers, the ongoing sinkage of the road surface outside the development opposite the URC, and the need for sufficient in-house resources to supervise private contractors working on Highways.
He also noted the lack of signage on his way back from Ipswich last Tuesday evening when the A14 was closed, and the diversion was also closed.

MSDC Cllr Eburne advised the 24 hours' notice given by Bloor Homes to use Gipping Road for workers cars whilst they were resurfacing Oxlip Way should not happen again. The Planning applications for the developments opposite the church are not likely to be heard until the New Year.
The issue of residents parking on the grass at Columbyne Close is to be addressed. Cllr Studd asked about the £16 million project to build 50 houses in Elmswell by MSDC which sounded exorbitant, and the Cllrs advised that they would make enquiries about this. Cllr Voden advised that residents on the Bloor development have been advised of further road closures on 14th/15th November and asked if MSDC were aware. This will be checked. He also reported that some residents had not received a paper copy of their Council Tax bills in April. This will also be addressed. Cllr Reeves asked about the annual repayments that MSDC are making on loans and the percentage rate of the basic MSDC Cllrs expenses increase and she was advised that it was 6% and Cllr Eburne reported that she had voted against it. Cllr Reeves also thanked Cllr Welham for his intervention last month between Bloor's and the Planning Dept. over the use of the Gipping Road exit.

Matters of Report: The contractor has completed spraying the Play Park area. Letters have been sent to the Church Charity regarding allotments and to those whose tenancies are to be terminated. A new tenant has agreed to strim his plot. Work is well under way to construct the footpath alongside The Green and Half a Mow. A contractor is due to start work on the notice boards on 7th November and the dog bin in Saxham Street is due to be installed on 11th November. SCC have advised that the fence work at Columbyne pond should start shortly dependant on weather conditions and the LED upgrade should be completed soon. Permission has been given by Orwell Housing for the PC to trim the edges of the path beside the butchers during the summer months. All other items are awaiting quotes, action etc.

Public Forum: One resident queried the boundary of Green View which should be in line with the front of the garage at Kelvedon House. He also advised that it would not be able to cut the half a mow between the new footpath and the road as it was too narrow for his heavy machinery. Another resident asked if there was any conclusion as to what was being done about the pond and proposed den on the half a mow and she was advised that this would be discussed at the next Green Committee meeting. She was also concerned about who has right of way where the new footpath crosses the track to Green Farm as a lot of vehicles use this track.

Gipping Road Speed Limit: SCC have suggested a speed limit of 40mph to run from Rendall Lane to the current 30mph limit based on a Police Survey carried out in 2017. Councillors discussed this proposal and felt that this survey related to a time before all the development in the village so was irrelevant to the current vehicle movements. Cllr Welham offered to use his Highways Locality Budget to pay for a new speed survey in order to get up to date evidence for the need for a continuation of the 30mph speed limit to the end of Gipping Road.

Queen's Canopy: As no one had made any suggestions as to where the trees for the Queens Canopy should be sited, Cllr Reeves made some suggestions. She stated that the raffle at the Platinum Jubilee had raised £600 which would be enough to purchase around 8 good sized trees along with all the necessary stakes and ties. She felt that there would be space for 2 crab apples to be planted between the butchers and Corner Farm, a Judas Tree to replace the one removed from The Green in front of Laburnum Cottages last month and a replacement pink chestnut on the other side of Thorney Green Road. She also felt that a line of silver birches could be planted between footpath 32 and Kelvedon House. These suggestions were agreed, and they would ask for some assistance from the Biodiversity group with their planting.

Litter Bins: As it was felt that the new litter bins outside 'The Retreat' looked so smart, it was proposed to look into purchasing some more for near the Maple Road bridge, the butchers and for the cemetery. It was expected to cost around £8500 and will be funded from Parish CIL.

Sub-Committee/Working Group Reports: Cemetery and Churchyard – Cllr Reeves reported that the third silhouette soldier is now in place in the Churchyard, and the wreath had been placed on the memorial ready for Remembrance Day. The owl boxes are expected to be put up very soon.

Finance and Policy – Cllr Hayward asked that an annual donation of £50 should be made to the Royal British Legion Poppy Appeal unless a replacement wreath is required. This was agreed.

Neighbourhood Planning – It was agreed that the Parish Council should accept the quotation of £9768 from People4Places to carry out a review of the current Neighbourhood Plan and for an application to Design Guidelines to support the new plan and to access grants to fund the review.

Planning – A planning application has been received for a single-story rear extension in Oak Road and this was supported. MSDC have granted permission for an extension and alterations to a property in Church Rd. Cllr Reeves advised that very little has changed in relation to lack of communication between MSDC Planners and the PC since the last meeting with them in August 2021. It was agreed to put a letter together to request another face-to-face meeting with them to iron out this ongoing problem.

Play Park – Cllr Reeves has taken photos of the graffiti which has been sprayed across the Play Park and other parts of the village which she advises that the PC cannot keep paying out to have cleaned only for vandals to damage again. It was agreed to contact the Police for assistance to apprehend the culprits and also to write to both schools and request that she be allowed to speak to the pupils about the consequences of this type of vandalism. She is also going to put a piece in Telstar and on social media.

Councillors' Reports: Cllr Murton reported that she was bringing back the SOAP (Stowupland Older Aged People) gathering for December. A venue, the Sports and Social Club, has been booked for 14th December from 10.00am – 12 noon and she is looking for volunteers to supply tea and cake. She is also going to request some raffle prizes from businesses. She also advised that new dog poo bags were needed for the dispensers, however, it was agreed that these should be put on hold for a while due to people abusing the use of them.

Cllr Hayward advised that he was impressed at the way the gas contractors have tidied up after themselves during their work on The Heights.
Cllr Reeves reported that the litter pickers have found a lot of rubbish is blowing up against the fence bordering the footpath from the butchers which is coming from the High School. This will be addressed at the next meeting with the school.

Correspondence: Amongst this month's correspondence was a CIL payment of £88800.46 from MSDC which requires the Cllrs to think about upcoming large village projects as money is only available for 5 years. The Citizens Advice have invited Cllrs to their AGM at 10.00am on 24th November. A visitor to the cemetery has asked if the PC will put an arbour around a 3rd bench as they felt that the other 2 looked so good. A family member has asked if they can scatter the ashes of their loved one following a funeral on 9th November as they do not wish to have either a plaque or a headstone laid. It was agreed that a Cllr would meet him there to discuss a suitable location. Headway have requested a donation which will be forwarded to Finance and Policy for a decision.

The meeting closed to the public at 9.15pm.

CHAIRMAN'S COLUMN

I will start this report with a request for information. On Friday 4th November 2022, between 12noon and 1.30pm a vehicle knocked over one of the large wooden posts at the corner of The Green and the A1120. It must have been a very large vehicle because it has torn the post from the ground and smashed the concrete surround. If any resident saw anything, please will you let me know.

You may remember that Stowupland had our Neighbourhood Plan formally adopted by Mid Suffolk District Council in June 2019 but most of the work on it was done in 2017/18. Many of you contributed to that plan through questionnaires and open events to help develop it. Now it is time to start reviewing that plan and preparing a revised version of it and your Parish Council will once again consult with residents. Preparing the original plan was a very time consuming process and many residents served on the committee to prepare it for examination and adoption by Mid Suffolk District Council. This time your Parish Council is to employ a Planning Consultant to review the plan and help prepare an updated version. Although this will be costly there is a grant available to cover the costs. Your Parish Council will keep you updated as the review progresses.

At the Queen's Platinum Jubilee Village Picnic the raffle raised money for the Queen's Green Canopy and your Parish Council has now decided what and where to plant. There is space for 2 more trees along the footpath opposite the butcher's shop; these are planned to be Malus (Crab Apple). We will also plant one Cercis Siliquastrum (Judas Tree) in front of Laburnum Cottages and one Pink Flowered Horse Chestnut on The Green to the right of the butcher's shop. These will replace trees that have been lost to disease or weather. Your Parish Council also plans to plant a line of Silver Birch "Snow Queen" on The Green at the point where the Safer Route to School intersects with the new footpath between the Safer Route to School and Kelvedon House. It is hoped to purchase these named trees or their nearest equivalent, depending on cost. They can then be listed on the Queen's Green Canopy website. Now is a good time to plant trees and maybe by the time you read this they will all be in situ.

I hope you all saw the silhouette soldiers that were placed at the entrance to the cemetery and in the churchyard. These have been purchased with our Parish CIL monies and will be put up every year as part of our village remembrance. I must thank Jon Johnson for his help and inspiration in finding a fixing solution for them. He and my partner Michael spent a very soggy weekend getting the fixings in place.

As I write this in early November, it has just struck me that this will be the last before Christmas and the advent of 2023. This year seems to have galloped away with lots of work done by your Parish Council as we catch up after Covid lockdowns. Economically things will be very tight for your Parish Council next year as it will be, I am sure, for many of our residents. I must take this opportunity to thank everyone who gives their time so freely to volunteer in our village. Without them life would be much more difficult.

Have a very Merry Christmas, and we must all hope for a Peaceful New Year.

Sally Reeves

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GRAFFITI IN THE VILLAGE

Last month in my Chairman's Column I mentioned the problems with graffiti in the village. Graffiti and vandalism are a very serious matter for your Parish Council especially within the playpark. The playpark is Safety Inspected on an annual basis and any defects must be corrected and paid for out of Parish Council funds. Nearly every flat surface in the playpark and basketball area has been covered with graffiti. Names, foul language and general scribbles on the front and back of equipment. The basket on the swing has been deliberately damaged twice as well as the large see-saw. It cost your Parish Council £150 to have just a small area of graffiti removed; so goodness knows what the cost would be for the current crop. Bus shelters, dog bins, rubbish bins and even the electric sub-station at Trinity Walk have all been daubed with graffiti. Ultimately the cost for cleaning is paid by you, the residents, via the Parish allocation from your Council Tax.

Your Parish Council have contacted the Safer Neighbourhood Team at Suffolk Police and are meeting with the Head Teachers of both schools to seek their help to put a stop to this. The children doing this either live in our village or attend school in our village. If you are a parent, grandparent or guardian please talk to your children about damage to other people's property and respect for things that are provided, at great cost, for their use. The playpark and basketball area are well-used and enjoyed by many and it is very sad to see it abused by a few.

Sally Reeves

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citizens advice Mid Suffolk

Last year I fell for a scam when I was doing my Christmas shopping. The scam was clever. I thought I was getting a good deal but didn't realise I was being scammed until it was too late. How can I avoid the same thing happening again this year?

Scammers' tactics become more sophisticated every year, making scams tricky to recognise, but there are things you can look out for.

If it seems too good to be true, it probably is. For example, tickets to an event that are much cheaper than they're being sold elsewhere, or a holiday that's a lot less than you'd expect to pay.

Be wary of people contacting you out of the blue on social media sites or via text and email offering an item for sale or deal on something.

Do your research. If you're buying from a website you haven't used before, spend a few minutes researching it. A good place to start is finding a website's terms and conditions. You should also look up the company's address, this can normally be found in the website's 'contact us' section and should have a street name, not just a PO box. If it's a registered UK company you can check its details on the Companies House website at gov.uk/get-information-about-a-company

Check to see what people have said about the company. It's worth looking at different review websites to see other people's feedback – don't rely on reviews the company has put on its own website.

Scammers will often ask you to pay in an unusual way, or very quickly. For example, you're asked to send money through a transfer service like MoneyGram or Western Union or pay via vouchers.

Remember never give away your personal information like a password or PIN and never click on or download anything you don't trust.

To hear about scams in Suffolk, you can sign up to the very useful Trading Standards email at suffolk.gov.uk/community-and-safety/suffolk-trading-standards/become-a-consumer-champion

If you've transferred money, speak to your bank and the police. You should also contact the police if the scammer is in your area or you feel unsafe.

Don't feel embarrassed about reporting a scam – scammers are clever and it can happen to anyone.

Reporting a scam helps track down and stop scammers, helping to prevent it from happening to others too.

Citizens Advice Mid Suffolk can provide advice on this and other issues, including debt, employment, benefits and family law.

You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us .
More information and our opening hours can also be found at midsuffolkcab.org.uk/contact-us .

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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JUBILEE LADIES CHOIR

AVRIL HUNT

We performed our first Christmas concert on November 24th at Elmswell after practicing Christmas music since returning from our summer break. On December 10th, we will be performing a concert at the URC in Stowmarket and hope some of you will be able to come along and support us. It starts at 7.30 p.m., and the cost is £8, which includes mulled wine and mince pies. Children 16 and under can enter for free.

We've welcomed several new members this term and are always ready to welcome more. No age barrier, no auditions, ability to read music helpful but not essential. You just need to be able to sing. The URC, where we practice, is just a few minutes' walk from the Regal and B &M car parks. There is limited parking at the Church, and disabled access. Come along to the URC on any Tuesday evening at 7.30 to see what we do, have a listen, to see if it might be for you.

Our members come from various surrounding villages, including several from Stowupland. We're a sociable group of women who like to sing, but also have fun and are available to sing at weddings and other events.

Further info from Di Balaam - O1449 736374

A FESTIVE WALK

Jane and Dan Gurney invite you all to join them on a village walk around the fields on Tuesday, December 27th, followed by refreshments.
The walk will leave "Crowstone" (the house two doors from the Stowupland Co-op garage) at 10.30 and will last about an hour.
If you are unable to walk any distance, please just come to the house to partake of the refreshments and socialise from 11.00 onwards.

Any donations for EACH will be gratefully received. Please do join us, if you are able, to enjoy our beautiful countryside, the company of others and, hopefully, some winter sunshine --- and to blow away some cobwebs and work off some of the excesses of Christmas! Bring your family, friends and neighbours!

Jane Gurney

Andrew Bingham

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STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP

Bulb Planting

The bulb planting day on October 27th was successful despite the showers and only four members of the group planting. Sadly, no residents joined us for this day, but I expect we will all enjoy the native daffodils planted along the Retreat ditch next spring.

Many thanks to Linda, Darren, Russell and Don who turned out and did a great job.

Two days later, Sandra, Dave, Keith and Keith continued with the planting alongside the ditch in front of Birch Close.

We do try to accommodate everyone by holding our events in school holidays and on weekends

Don and Linda

What Can I Do?

What does biodiversity mean to you?

As promised, a bit more information about our 'What Can I Do?' day to be held on February 18th at the Village Hall 10am-1.00pm.

Last year we had a family day which was very well attended, but we felt some residents may have felt excluded if they didn't have a family to come along with. This time we hope that anyone and everyone will come along, young or old, there will be something for everyone!

As a group, we are quite passionate about providing natural habitats for wildlife to thrive. This doesn't mean we have to take over large areas of the village but if we can all make small changes, we can still make a difference. And that's where you come in, my fellow residents.

So, come along on the day, with your smartphone (if you have one) and take pics of our useful guides that will help you create a home for a toad, a seed bomb or even create a wildlife friendly corner in your garden and much more. *NB: We ask that you photograph our info sheets so we don't waste paper but if you want a paper copy just ask one of us and we will be happy to help.*

There is of course, much more. Linda will be showing you all things bees. Come along and see a hive, taste the honey and see Linda in her bee suit! Paint a bee pebble and find out how many different bees there are.

You can take home a bird house or bug house. See Don (Owl Box Dude), Dave and Ken and they will provide the houses, subject to availability. Don will make the nest boxes with the right hole for the species of bird you hope to attract, you can find out more about that on the day.

See the work of the primary school children and see what biodiversity means to them. We have run a little competition for them so will be presenting the winner with their prize!

Sandra will be running presentations about biodiversity and some historical information as well as some wildflower sowing in compostable cups.

And if nothing else tickles your fancy, come and have a cuppa (in a compostable cup) and cake with Kay.

We won't be charging anything for the event but if you want to make a small donation that we can use towards future projects we will be very grateful.

Don't forget to SAVE THE DATE – 18th February 2023, 10am-1pm

WHAT Can I Do?

What Does Biodiversity Mean to You?

Find out more by joining us

@ Stowupland Village Hall

Saturday, February 18th - 10:00 till 1:00

Or just pop in for cake, coffee and a natter.

IMPORTANT CONTACTS

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

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

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

Good Neighbour Scheme
HELPLINE: 07591 539621

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

Mid Suffolk District Council
www.midsuffolk.gov.uk
Keith Welham - keith.welham@midsuffolk.gov.uk -
01449 673185
Rachel Eburne - rachel.eburne@midsuffolk.gov.uk -
01449 673311

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

Police Safer Neighbourhood Team
PC 14443 Stefan Henriksen - Police Station,
Violet Hill Road, Stowmarket, IP14 1NJ
stefan.henriksen@suffolk.pnn.police.uk - Phone. 101

Samaritans – 116 123

Stowupland Village Website
www.stowupland.com

Parish Council Website
www.stowupland.suffolk.cloud

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

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

Vets
Cedarwood - 01449 676966
Stowe Vets - 01449 613130

DIARY DATES

DECEMBER

THURS 1	2 - 4 pm Village Hall car park	Choose Refills mobile shop
THURS 1	7.30 pm Village Hall	Short mat bowls
THURS 1	7.30 pm URC Hall	Parish Council Meeting
MON 5	evening Village Hall	Dance Club
WED 7	9.30 am Village Hall	Baby and Toddler Group
WED 7	2 - 4 pm Village Hall car park	Mobile post office
WED 7	7.30 pm Village Hall	Local History Group: Dads Army, history of a TV legend
THURS 8	7.30 pm Village Hall	Short mat bowls
SUN 11	7.30 pm Village Hall	Country and Western Music Club – Jeff Gallant
MON 12	evening Village Hall	Dance Club
MON 12	7.30 pm Village Hall	Village Hall Trustees meeting
TUES 13	4 - 6.30 pm Village Hall	Young Carers club
WED 14	9.30 am Village Hall	Baby & Toddler group
WED 14	2 - 4 pm Village Hall car park	Mobile post office
THURS 15	7.30 pm Village Hall	Short mat bowls
SUN 18	7.30 pm Village Hall	Country and Western Music Club – Brian Mann
MON 19	evening Village Hall	Dance Club
WED 21	2 - 4 pm Village Hall car park	Mobile post office
THURS 22	7.30 pm Village Hall	Short mat bowls
WED 28	2 - 4 pm Village Hall car park	Mobile post office
THURS 29	7.30 pm Village Hall	Short mat bowls

JANUARY

MON 2	evening Village Hall	Dance Club
WED 4	2 - 4 pm Village Hall car park	Mobile post office

THURS 5	2 - 4 pm Village Hall car park	Choose Refills mobile shop
THURS 5	7.30 pm Village Hall	Short mat bowls
THURS 5	7.30 pm URC Hall	Parish Council Meeting
FRI 6	7.30 pm Cricket Club	Quiz Night
SUN 8	7.30 pm Village Hall	Country & Western music club
MON 9	evening Village Hall	Dance Club
WED 11	9.30 am Village Hall	Baby and Toddler Group
WED 11	2 - 4 pm Village Hall car park	Mobile post office
THURS 12	7.30 pm Village Hall	Short mat bowls
SUN 15	7.30 pm Village Hall	Country and Western Music Club
MON 16	evening Village Hall	Dance Club
WED 18	9.30 am Village Hall	Baby & Toddler group
WED 18	2 - 4 pm Village Hall car park	Mobile post office
THURS 19	7.30 pm Village Hall	Short mat bowls
SUN 22	7.30 pm Village Hall	Country and Western Music Club
MON 23	evening Village Hall	Dance Club
WED 25	9.30 am Village Hall	Baby & Toddler group
WED 25	2 - 4 pm Village Hall car park	Mobile post office
THURS 26	7.30 pm Village Hall	Short mat bowls
FRI 27	10.00 - 12.00 URC chapel	Coffee morning
SUN 29	7.30 pm Village Hall	Country & Western music club
MON 30	7.30 pm Village Hall	Dance Club
TUES 31	9.30 Jubilee Court 9.50 Green	Mobile Library

LOOKING AHEAD

Feb 18	10 am - 1 pm Village Hall	Biodiversity Group event
Feb 24	7.30 pm Village Hall	Bingo
Mar 17	7.30 pm Village Hall	Quiz

MSDC General Contact No. 0300 1234000

Mobile Library - 07721 879855

Parish Council

Sally Reeves - Chairman - 01449 745739
sallyreeves@stowuplandpc.co.uk
Laura Beeson - 07918 808387
laurabeeson@stowuplandpc.co.uk
Donna Bridges - 07736 348335
donnabridges@stowuplandpc.co.uk
John Hayward - 01449 674717
johnhayward@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
Kevin Stevens - 07747 605042
kevinstevens@stowuplandpc.co.uk
Ray Studd - 01449 676606
raystudd@stowuplandpc.co.uk
Jerry Voden - 01449 703717
jerryvoden@stowuplandpc.co.uk
Clerk to the Parish Council - Claire Pizzey
parishclerk@stowuplandpc.co.uk - 01449 677005
2 Broomspath Road, IP14 4DB

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

Village Hall Bookings

Lisa Tunbridge - Phone - 07862740830
stowuplandvillagehallbookings@gmail.com

Village Clubs

Baby and Toddler Group -
Kelly Woolnough - 01449 678550

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - Graham Newman -
01359 240846

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Dance Club - Mary Durham - 01449 672601

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491
Stowupland Cricket Club
www.stowuplandcricketclub.co.uk/

Stowupland Falcons Football Club -
stowuplandfalconsfc.co.uk

Stowupland Sports Centre -
info@stowuplandsportscentre.co.uk - 01449 672531
Stowupland Wildflower & Biodiversity Group -
Keith Welham - 01449 673185

Stowmarket Wildlife Group - John Thompson -
swtstowmarket@gmail.com - 01449 676471

DOGS TRUST

Remembering your Faithful Friend this Christmas

Christmas may be a time to remember family and friends - but Dogs Trust Snetterton is also asking local dog owners to remember their four-legged friends this festive time, with a *Canine Care Card.*

The Canine Care Card is a free service, which helps to ensure your dog's future, in the event of you either passing away, receiving a life-changing diagnosis or moving into a care home. This can often be a great concern to some people, who perhaps do not have a family member or friend in a position to look after their dog, should the worst happen. Therefore, by signing up to the service, Dogs Trust can offer peace of mind, reassuring you that your faithful friend will be well cared for by the charity.

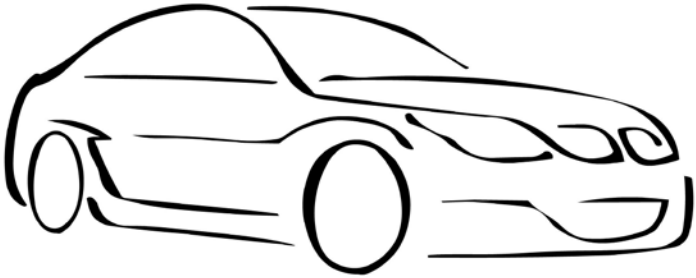
It is easy to sign up to the service, which simply asks for some information on your dog, including their likes and dislikes, as well as your dog's medical history and your vet details. It also asks for you to confirm who you would like as your Dog Guardian. This should be someone you trust, like a friend, family member, solicitor, neighbour or vet, who can sign over ownership of your dog to Dogs Trust on your behalf, should you become seriously ill or pass away.

You can register online by going to www.dogstrust.org.uk and searching for *'Canine Care Card'* - or if you do not have access to the internet, you can request a paper version of the application form. Once the form is submitted, Dogs Trust will then write to you, to confirm when your application has been processed.

Once signed up, should your card ever need to be activated, Dogs Trust will then arrange with your Dog Guardian for your dog to come into the rehoming centre or into foster care. With a team of vets, trainers and behaviourists on hand if needed, your dog will then be welcomed, loved and well cared for by the charity, who will work tirelessly to find a loving new home for your much-loved canine companion.

If you would like further information about the *Canine Care Card,* or to request a paper application form, please contact Dogs Trust Snetterton's Supporter Relations Officer, Paige Pope, at paige.pope@dogstrust.org.uk or phone 01953 497912.

FAST TEST STOWMARKET



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Address:
Unit 4, Tomo Business Park,
Tomo Road, Stowmarket,
Suffolk, IP14 5EP

STOWMARKET ECO FUTURE GROUP

#LoveWhereYouLive

Greetings from Stowmarket Eco Future Group.
Email: stowmarketecofuture@gmail.com
Website: https://stowmarketecofuturegroup.co.uk
(Please do look at our website – there is too much going on to say it all here!)

Our regular activities are:

Collection of hard to recycle items *(coffee pods, pet food pouches, medicine blister packs, pens, dental products, tetrapaks – see website for details)*

2nd Sunday each month (11th December) at Red Gables 2-4 pm

4th Thursday each month(22nd December) on Market place 9:30 to 11.30 am. Please note that we finish at 11:30

Repair café. 2nd Sunday each month 2-4 pm at Red Gables
Refreshments served while you wait. No charge for repairs but donations welcome. stowrepaircafe@gmail.com

Volunteers of Stowmarket Every Tuesday 11-3 There are many ad hoc/ one-off activities too. Please get in touch if you would like to find out more or have some ideas to contribute.

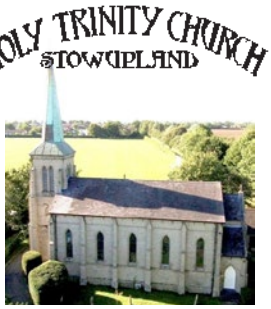
CLIMATE CHANGE

! am writing this on the day when it has been announced that Prime Minister Rishi Sunak will attend the COP 27 talks in Egypt. This is a huge relief because it sends the message that reversing Climate Change is vital. There is no point in working on the economy if we don't have a planet! The UK has already made commitments, now they have to be turned into actions by governments and individuals.

It is also true though that we all have a lot more to deal with at the moment. Fortunately, many of the necessary cost of living changes we are facing are also good for the planet. Using less power, less fuel, rethinking our diet, our transport, changing our shopping habits, re-using, sharing, lending, repairing are all planet-friendly actions. This month we need to rethink Christmas. I've noticed that some TV and Radio interviewers seem to treat every change as undesireable, giving the impression that we have a right to be wasteful and thoughtless, to live exactly how we like and use whatever we want. Of course, it is important to highlight and respond to genuine need, especially amongst elderly, disabled and more vulnerable members of society, but sometimes we need to see the positive side of living more carefully. It doesn't have to be miserable. Actions don't have to be extreme and headline-making; millions of people are already steadily making changes for good. There is a hopeful ground-swell of citizen concern, there is community getting on and doing the actions we need . **This month's challenge is to celebrate Christmas and New Year in a way that shows as much care for the environment as we show to our family and friends. We wish you a happy celebration and an optimistic New Year.**

HOLY TRINITY CHURCH

NEWS



Churchwardens : Mrs Ann Doubtfire Tel. 770363
: Mrs Sue Hayter Tel. 613710

Email: www.achurchnearyou.com/church/2082/benefice/

Dear All

As everyone is getting prepared for Christmas and the coming of the baby Jesus, we here at Holy Trinity are preparing for the change in our Church following the retirement of Revd Brin Singleton.

We all joined together in Wetherden church at the end of October and said our fond farewells and sent Brin and his family on their way with our thanks for all he has done for us over the past 5 years, our good wishes for his retirement as well as some fruits trees that he can plant in his new garden and a cheque which he, and I suspect Marion, will have fun spending on their new home.

So, what happens to Holy Trinity now with no vicar? Well, we just carry on!! The churchwardens Ann Doubtfire and Sue Hayter are now the main contacts for anything to do with the church. The services will continue in their usual pattern, these will either be led by our Elders, Alison Roberts and Kevin Stanford, or by a visiting clergy or other visiting minister.

So that leads me on to what services are happening this month. Advent and Christmas are always a time of different services and we hope that as many of you will be able to come as possible, you are all warmly invited.

- 11th December at 9.30am - Christingle Service. Come and hear about the meaning behind the Christingle and everyone should be able to receive a Christingle and take it home. Money raised at this service go to the Children's Society.
- 18th December at 6.30pm - Candle lit Carol Service. We are delighted that once again some members of the Stowmarket Concert Band will be with us as we sing some favourite carols and hear the wonderful Christmas Bible Readings. Money raised at this service will go to Church Housing Trust a charity working with and supporting the homeless.
- 24th December at 4pm - Crib Service. A lovely service for all the family, we hear about the voyage of Mary and Joseph to Bethlehem and all the children (and quite often some of the adults) gradually fill the stable with all the nativity figures. There is usually a tasty treat for everyone to take away.
- 24th December at 11.30pm - Benefice Midnight Communion at Wetherden Church.
- 25th December at 9.30am - Christmas Day Family Service. If you can bring along a present that you have received it would be lovely to see.

If you would like a member of the Ministry Team to visit you at home or if you have a prayer request you can get in touch with one of the contacts above.

Please be assured that we have a Priest available for Weddings, Funerals and Baptisms, again contact one of the Churchwardens and they will give you the information you need.

Wishing you all a very Happy and Blessed Christmas and a Peaceful New Year
From the Ministry Team and Church Wardens

Please Note: - During the vacancy the type of service may need to be changed but the times of the service will be as stated.

Services in January 2023

1st Jan	11.00am	Benefice Communion at Stowupland
8th Jan	9.30am	Worship for All
15th Jan	9.30am	Morning Prayer
22nd Jan	10:30am	Nigel Crisp United Service at the URC Chapel with Holy Trinity, for the week of prayer for Christian Unity
22nd Jan	6.30pm	Evensong
29th Jan	11.00am	Benefice Communion at Haughley

A CHRISTMAS PRAYER: Give us, our Father, this Christmas time, peace in our hearts, that we may create peace in our homes and help us spread peace in the world, for Jesus Christ's sake. 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. Thank you!

CHURCH HALL HIRE: Please remember that the well-appointed Church Hall is available for hire at reasonable rates, and would be ideal for children's parties and small groups/meetings. For more information, please contact Sue Hayter on 01449 613710. Thank you.

Come and join us for

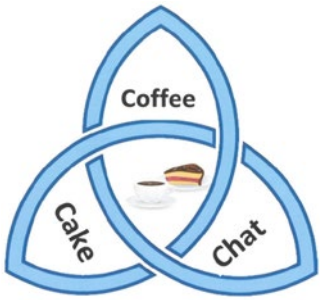
Stowupland Church Hall

Saturday 17th December 2022
Saturday 21st January 2023.

10:00 to 12:00

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

Everyone is welcome



The United Reformed Church

U.R.C CHAPEL NEWS

Minister: Revd Robert Sheard
Telephone 01449 678173

We are now thinking about our Christmas Celebrations within the Chapel and at home. It's hard to believe that it will soon be 2023.

Our Carol Service is on Sunday 11 December at 10.30am. Please come and celebrate with us on this day.

There will not be a coffee morning in December, we recommence in 2023 with a coffee morning on 27 January 10am to 12noon and then the last Friday of the month until November.

There is no service at the Chapel on Christmas Day or Boxing Day. On Sunday 22 January 2023 Holy Trinity will join with the Chapel for a United Service for the week of prayer for Christian Unity at the Chapel. This service starts at 10.30am.

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

The Speakers for December & January are as follows:

04 December	Nigel Crisp
11 December	The Revd Robert Sheard (Carol Service)
18 December	Francis Carr
25 December	No service at The Chapel
01 January	Veda Berriman
08 January	Rev Mary Playford
15 January	Keith Scarff
22 January	Nigel Crisp **United Service at The Chapel with Holy Trinity, for the week of prayer for Christian Unity at 10.30am**
29 January	To Be Advised

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

Joyce Gardiner

Minister's Message

Luke 2: 44-47

44For as soon as I heard your greeting, the baby within me jumped with gladness. 45How happy you are to believe that the Lord's message to you will come true 46Mary said, "My heart praises the Lord; 47my soul is glad because of God my Saviour,

I think it is true to say that we all like to sing carols at Christmas, the telling of the Christmas story through Carols. The traditional carol service still seems to be one service that is still well attended, with congregations expecting to sing their favourite carol. But did you know that the tradition of singing carols did not start in Churches!

We need to go back to Anglo-Saxon times, when we find a tradition of 'wassailing' the word 'wassail' probably comes from the Old Norse 'ves heill' meaning 'be well and in good health' and was a toast, it was accompanied with a bowl of beer or cider which could be hot and spiced known as 'wassail'. The singers would go round pubs, village greens and households to give a blessing for the season. In some places villages would gather on the Twelfth night in Orchards and select a King and Queen in an elaborate ceremony who would then walk around the trees with bread soaked in cider and place this at the trees, as the other villagers would bang pots and pans to wake the trees up from there winter sleep.

You may remember the carol Here we come a-wassailing which speaks of this practice:

Here we come a-wassailing
Among the leaves so green,
Here we come a-wand'ring
So fair to be seen.
Love and joy come to you,
And to you your wassail, too,
And God bless you, and send you
A Happy New Year,
And God send you a Happy New Year.

One of our earliest carols is O come all ye faithful, attributed to St Bonaventure who lived in the thirteenth century and being set to music in 1700's but it is not until Victorian times that the singing of Carols takes off, when a lot of our carols we still sing today were written.

I hope you will attend a carol service this year to keep this tradition going but however you keep you Christmas have a Blessed one.

Merry Christmas and a Happy New Year.

Robert

The Reverend Robert Sheard (United Reformed Church Minister of Stowmarket, Debenham, Stowupland, Mendlesham and Haughley.)

COFFEE MORNING

Friday 27th January 2023

Stowupland URC Chapel 10am – 12noon

Coffee, Tea and Cakes

All welcome

07534 525 263
01449 258 254

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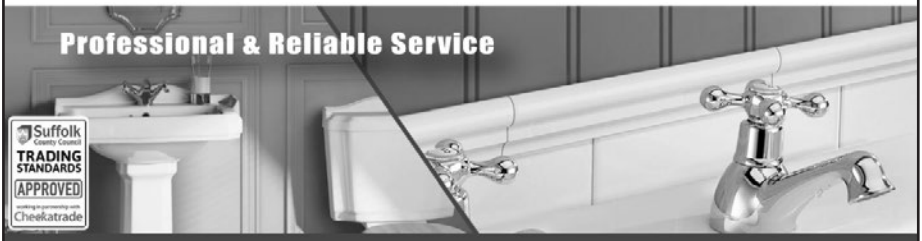

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FREEMAN COMMUNITY PRIMARY SCHOOL

Christmas seems to be creeping up on us and the younger years have started rehearsing their Christmas nativities. The excitement is definitely beginning to build!

In November we held a Scholastic Book Fair at the school, which not only gave parents and carers an opportunity to purchase some early Christmas presents but also to support the school library as we receive commission from their purchases to buy new books. At November's Book Fair the parents spent over £1200 which provided the school with £720 to spend on books! We are so lucky to have such supportive and generous parents and carers at Freeman.

As part of the Book Fair, we held an Extreme Reading photo competition where the children could send in photos of them reading in unusual (but safe!) places. The winner from each year won a £5 voucher to spend at the book fair. Here are two of our winning photos; Dylan from Year 1 at the stepping stones at Dovedale in the Peak District National Park and Jack from our Reception class reading his book sitting on one of the trains at Bressingham Steam Engines and Gardens. As you can see, we had some fantastic (and very imaginative) entries to the competition!

Acorn class (Reception year)

Acorn class have been making sensory pictures this term. They smelt some herbs and spices and then made their own 'smelly' picture using their favourites. Louie thought the cinnamon spice smelt like chocolate but his favourite was paprika which he said reminded him of crisps! Mia said she liked the smell of the herbs more than the spices and made a picture of a cat. They produced some brilliant smelly pictures.

Cherry Tree (Year 1)
As part of their Science topic, Year 1 have been learning about the seasons and went on a walk around the village to spot any signs of autumn. They recorded what they found on a check list, made an observational drawing of an autumn leaf and painted part of a tree to represent autumn, which they will add to as the seasons change.

They have also been working on formal elements of art. They looked at the work of Bridget Riley and how she uses lines in her art work and the children practised drawing different types of lines. They then put all their pieces of art together to produce a fantastic ensemble piece. Well done Cherry Tree class!

Maple class (Year 2)
As part of Year 2's History topic 'The Great Fire of London', Suffolk Fire and Rescue came to visit from Stowmarket fire station. The children were eager to ask lots of questions about fire safety at school and at home. They also had the opportunity to sit in the fire truck and use one of the fire hoses which of course they loved!

Beech class (Year 3)
Beech class enjoyed a Harry Potter themed Forest School session this term. They made their own potions, found a wand in the Forest and created spells, turning each other into frogs, cats and even shrinking each other! Their sense of smell was certainly put to the test with some of the potions… The children also used willow branches as broomsticks and played Quidditch. Towards the end of the session a cat appeared in the trees - maybe it was Professor McGonagall!

Hazel class and Willow Class (Year 4 & 5)

Harry E. from Hazel class received a voucher for a free school taster session with Ipswich Town Football Club when he attended the Suffolk Farm and Country Fair at Trinity Park in the summer term. The ITFC school's co-ordinator visited Hazel and Willow class in November to deliver the session, teaching both classes football skills. They worked in pairs participating in games which tested their reactions and coordination and medals were awarded to those children demonstrating great sportsmanship.

Oak class (Year 6)

Our Year 6 children enjoyed a five-day residential trip at Bawdsey Manor, Woodbridge. They participated in a wide range of activities including abseiling, archery, giant swing, sensory trail, fencing and a climbing wall. The children all had an amazing time but were glad of the half term break to recover!

And finally…

All the staff and pupils at Freeman Community Primary School wish you a Merry Christmas and a Happy New Year and we will back in the February issue with more news!

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STOWUPLAND HIGH SCHOOL

CAREERS FAYRE

On Thursday 3rd November, Stowupland High School hosted a Careers Fayre. It was an exciting opportunity for students in Year 9, 10 and 11 to attend a variety of stalls which were manned by suppliers and businesses from across Suffolk. The main intention of this event was to help the students understand the different pathways available to them post 16. However, it also helped Year 9 students choose options for their future, and aid communication skills for all of the students involved - especially when talking to adults!

We were extremely lucky to have a variety of different suppliers and businesses at the event - I myself lost count of how many stalls there were! Just a few of them included: West Suffolk College, Attwells Solicitors, Timberwolf, Ipswich Town Football Club, amazing apprenticeship opportunities, and the Army. Every supplier I visited spoke avidly to students, whilst giving them detailed advice on where to go next based on their hobbies and interests.

As a student at Stowupland, I would like to thank Mr Brewster, Mr Sim and the rest of Stowupland High School staff for organising the event. However, the biggest thanks must go to all of the fantastic suppliers that came to the event. Many students have discussed how they have benefitted from it and taken away important key information. It is a true pleasure to be able to observe how much this event has impacted various students; I can see that it has helped advise many on what to do after Secondary School.

Lily Hawkins

DOWN TO EARTH

KATE ELLIOTT

It is tree planting season outside and tree dressing season indoors. The latter, of course, refers to Christmas trees and Christmas wouldn't be Christmas without a tree of some sort. There is nothing wrong with an artificial tree but I love the smell of the real thing and that sense of wonder of having a tree indoors.
The three main species are Norway spruce, the Nordmann fir and the Colorado spruce. All three can last for a long Christmas season if looked after properly. They will also grow in most gardens if they are bought with healthy roots and planted carefully as soon as possible after Christmas. The biggest problem with Christmas trees is that they shed their needles. They do this as an emergency response to being too dry and too hot. Central heating is uncomfortably hot for them - a draughty hallway is ideal. So, the absolute rule is to keep your tree as cold as possible and water it. Get one with roots, if at all possible, even if you are not intending to plant it. Then 'plant' it in a bucket of sand and keep the sand well watered. The tree will draw up the water via its roots.

If you buy one without roots - and most of us will - buy a tree holder to support it and keep it well topped up with water throughout the festive season. Your tree will draw water up through the cut trunk just like a cut flower in a vase. You can buy trees online or a tree supplier will come and deliver them to you if you can't get out to get one.

What do you get a gardener for Christmas? You can never go wrong with a good pair of secateurs. You should always have a pair with you wherever you are in the garden. I have tried many over the years and currently use a Felco 7 pair - you tend to get what you pay for. I also use a holster as the alternative is a hole either in your hand or your pocket or both. Holsters make a good present in their own right. Any true gardener needs twine. I use it all the time. Soft green twine is best for tying up all soft climbers, be they clematis or tomato. The point of twine is that, unlike plastic or wire ties, it doesn't cut into the delicate growth that it is helping to hold up. It also biodegrades, so can be added to the compost heap. High quality seed trays are always useful. The test is to pick them up at a corner with one hand if it bends or twists even the slightest then it is no good. A garden diary is very useful. I have kept a diary ever since I started here at Columbine over 25 years ago. I use a plain office day-per-page diary to record what I planted and sowed, what flowered, what was harvested, what the weather was up to and any other observations that seem important.

Prevent your pond from freezing over, especially in a cold area of your garden where there is risk of ice forming for more than a few days at a time. Float a rubber ball on the pond surface so that should ice form you can lift it out and leave a ready-made breathing hole for fish. Alternatively, melt a hole by standing a hot saucepan on it for a few minutes. Whatever you do, do not crack the ice with a hammer, as the shock waves are too much for the fish.

More jobs you can be doing during December and January are:

- Continue winter digging if the soil is workable.
- Rake up the last of the leaves.
- Send off for seed catalogues and plan what to grow next year.
- Tidy plants in the greenhouse and conservatory.
- Wash pots and seed trays.
- Clean garden tools.
- Plant bare-root roses, deciduous shrubs and trees.
- Protect terracotta pots from cracking in freezing weather by bringing them indoors or wrapping them in bubble-wrap.
- Lift and divide large clumps of rhubarb - replanting the outer sections into soil enriched with well-rotted manure.

In January, minute by minute the days lengthen and the garden starts to peek its head up from below the ground. Snowdrops, aconites, hellebores, winter honeysuckle and mahonia will all start to flower. So, give yourself the most valuable present of all - blissful days in the garden.

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COUNTRYSIDE RAMBLER

BRIAN WARD

The autumnal colours are almost gone in the woodlands and the dull, bleak winter days are fast approaching, but before they arrive go to a local park or open woodland and just crunch through the fallen leaves. It is a very satisfying sound especially if it's frosty.

Fungi abounds all around us and is an autumnal delight not to be missed; look in all the obvious sites such as woodland and rotten stumps, but do not forget heathland as this often produces some unusual ones such as orange peel fungi and cauliflower fungi if any pine woodland is nearby.

Although it has been mild, I have not seen our local hedgehog. I hope it is okay; it may possibly have gone into early hibernation if it has enough fat reserves. A sparrow hawk often passes through the garden in hope of surprising an unfortunate bird on our feeders; to date I have witnessed a few near misses. On the subject of birds of prey, we are fortunate to have at least one pair of local buzzards which fly over Stowupland on a daily route. If you hear a mewing call note high in the sky look up and you may spot one riding the warm air thermals on a sunny day. Whilst doing an autumnal tidy in the garden, my wife bought to my attention a bird of prey high in the sky. On further investigation it turned out to be a peregrine falcon. Juvenile peregrines may travel vast distances in search of territory and good hunting grounds; many end up on our coastal marshes and estuaries as there is always a plentiful supply of migratory waders through the winter months. Sanderlinrg and tunstones are the perfect size of prey. I have witnessed juvenile peregrines on various occasions and it sometimes results in a capture.

Although Stowupland is a fast-expanding village, we still have a plentiful supply of wildlife on the fringes of the village. Owls are present, as well as foxes, hares and bats. As our village expands, I hope the developers heed their conservation duties and erect bird/bat boxes in suitable locations and log piles for our small mammals and reptiles. Many promise their intentions on the plans but do not carry out the intended items for nature to thrive.

With the festive season fast approaching our lives become very busy, but take time to check on elderly folk; even a cheerful good morning from you can brighten their day. In these times of rising prices, I am afraid we cannot afford to fill our bird feeders every day, and if that is the case put out food little and often, even stale bread crumbled up will be appreciated.

May I take this opportunity to wish you all a merry festive season. Stay warm and safe, but also enjoy yourselves and I hope to see you on my Xmas rambles around our wonderful village.

STOWUPLAND
LOCAL HISTORY
GROUP

LOCAL HISTORY GROUP

By the time you read this we will be thinking about Christmas, so from the LHG committee may we wish you **Seasons Greetings and our Best Wishes for the New Year.**

Hopefully our Christmas tree in Abbotts Hall is now decorated for you all to see. The Food Museum theme was 'Christmas around the World,' so with a nod to Stowupland's past our decorations were inspired by images of Christmas cards that friends and family might have sent to Stowupland people in the last century - and a bit.

Join us on **December 7th** for David Steward's talk on **'Dad's Army' a**nd learn more about the people in Stowupland who might have sent or received cards from these far-off places. Sadly, you will have missed what John Day had to say about Suffolk artists, **'Gainsborough through to Becker.'** We hope to have a brief write-up in the New Year but without the pictures. If you missed our December meeting don't forget we do not meet in January but hope to see you on February 1st 2023 for **Stowmarket's Market Disputes** by local historian Hannah Salmon.

If you have any questions or comments, please contact Jerry Voden: 01449 703717 or voden@btinternet.com.

Here is Jerry's report on **October's Ghostly Goings on in Suffolk Pubs by Ed Nicholls.**

Our audience this month were treated to a talk on Ghosts in the Suffolk area, though our historical passports also took us to Northern Ireland. To borrow a line from William Shakespeare ***"It was to see or not to see",*** Ed asked for a show of hands as to if anyone present had seen a ghost. There were no takers, however there was acknowledgement that some had experienced a 'presence' at some point in their lives. When asked if the Retreat or the Crown had been the subject of any ghostly experiences Ed said he was unaware of any known stories. *(Jerry notes – 'Though who knows what regulars may have witnessed after exiting both pubs after a pleasant night out - could be anybody's guess, we will leave that as a starter for ten, or an article for down memory lane!)*

Ed had started his research in the town centre of Ipswich and got permission to look at various venues to find out what if anything had gone on in the town. He found out quite quickly that 96% of the claimed sightings could be proved false.

He shared plenty of stories of ghosts in pubs but with the space available, I will focus on two he described in the talk. There is also quite a few about theatres in the town, and Ed's tours in this area have become quite a tourist attraction. He also told us that in his experience ghosts don't seem to haunt churches. Again, that may be a subject for discussion.

First, he took us to Bally Kelly Castle in Northern Ireland, this was a sighting that Ed had actually experienced. He had taken his family to the castle for a holiday and booked a family room. When checking-in he had noticed a postcard showing a lady's picture who was identified as Lady Isobella.

Not thinking any more about her, after a tiring day out the family had retired to bed. Ed had woken at about midnight noting that his family were peacefully asleep, but Ed noticed the figure of a well-dressed lady in the room. While his family remained asleep, the figure seemed to come from the wardrobe and move across the room before disappearing through the wall. Mentioning this to the family in the morning nobody believed him at all as no-one else had seen anything. At the reception desk Ed asked about the post card. *'Yes',* said the receptionist *'that could have been Lady Isobella who lived here with the family. Her husband had taken up a relationship with her sister, and that had not ended well as Lady Isobella was banished to live at the top floor of the castle, and she sadly committed suicide'.* It was well known to staff that she had always been concerned that her own children were cared for, and it was said she had been checking all was well in family rooms. Ed said this had been a trigger for him to look into ghost stories.

Then Ed brought us closer to home, to the **Magpie pub** on the A140. In researching the coaching days, Ed had found that the landlady of the Magpie had been put on trial as a witch, and her trial had taken place at the pub. The lady in question had mounted a robust defence but to no avail. Justice was dispensed quickly and she was hung from the gantry that used to span the road. Unfortunately, in their eagerness the assembled crowd had forgotten the stage coach from London to Norwich was due, and as the body dropped it knocked the coach driver from his seat - killing him instantly. A sad story to end our evening with. The Q and A session proved that there was a mixed reaction to these ghostly tales, but whatever your views this left us with food for thought, and thanks to Liz and Annie as we then enjoyed a well-earned cup of tea before venturing out into the dark night.

Neil now takes us further back in time to tell us of the

MISFORTUNES OF THE AMOUNDEVILLES

At our February meeting we look forward to hearing from Hannah Salmon talking about the history of Stowmarket Market and a dispute that arose over the ownership of the market. The Richard de Amondeville involved was lord of the manor of Thorney Hall which included much of Stowupland.

The de Amundeville's appear as small but aspiring landowners in the county in the thirteenth century. There were other branches of the family and the spelling of the name varies but eventually evolved into Mandeville. Robert de Amondeville obtained the manors of Oakenhill in Badingham and Thorney Hall in Stowupland through his wife Nichola. She had inherited these manors from her father William le Breton who died in 1257. Robert de Amoundeville died before 1286 and the two manors passed to Robert's son Richard, who died in 1322, being succeeded by his son, also Richard. On this Richard's death in c.1350, the de Amoundeville male line ended and Oakenhill, and also possibly Thorney, were settled on a daughter, Margery, who had married Nicholas Fastolf. The manor of Thorney Hall now passed out of the family, eventually being granted to the priory of Ingham in Norfolk in 1390/91 and remained in those hands until the Reformation. In 1314 a gang of Badingham locals forcibly broke into Richard de Amoundeville's park at Oakenhill and his land at Thorney ... *"and hunted therein without his licence, fished in his stews and several fisheries at Thorneye, and carried away his fish and other goods, and also deer, etc. taken in his park and warrens"*. The fact that these two manors were 20 miles apart suggests that this was more than random poaching and that Richard was being targeted either in some act of revenge or because his land were seen as vulnerable.

In 1327 when Richard Amoundeville senior's widow held Oakenhill, another group of locals broke into the deer park there and carried away goods and deer and assaulted her servants.

In 1338, Richard the younger, obtained a charter from Edward III for a market and fair in Stowmarket. Ten years later the Abbot of St Osyth petitioned the King claiming that de Amoundeville had obtained the market and fair by false suggestion as he was not lord of the manor of Stow Market. Amoundeville was summoned to the Chancery to prove his claims, the result being the grant to the abbot of St Osyth of rights to market and fair in Stowmarket in a new charter.

In 1341 Richard complained that "*John Mareys of Stowemarche, Richard Soue, Thomas Chaundeler of Stowemarche, Nicholas Dreye of Hawelee, John Mirable of Baketon, Stephen Kayish and John le Wryghte .... in Stowmarket church holding themselves with armed force .... besiege the said Richard and other lieges and grievously threaten them so that he dare not return to his house in those parts and stay there, for fear of death to himself and his men.* This gang were said to *"daily commit other crimes"* including manslaughter in Bury St. Edmunds.

The final shocking incident recorded involving the Amoundeville's is in 1355 when *"a certain Thomas de Scoulton slew Maud de Amoundeville (Widow of Richard junior) in the Kings highway at Stowmarket."*

Whether the Amoundevilles were particularly unpopular or just unlucky we do not know. The records of these incidents do not record the motives behind the deeds, but these were turbulent times.

……

This month it is my turn to apologise for an error that appeared in the October Telstar. I had assumed that Stowupland Hall was sold to Robert Black in the mid-1940s because Thomas Carter had died. I am grateful to his grand-daughter for pointing out my mistake. In fact, Thomas lived for another 30 years, not dying till 1973. After leaving Stowupland he moved to Felixstowe where he continued to grow vegetables, even buying up a neighbouring garden to give him sufficient space.

……

DOWN MEMORY LANE

Although this is a photo of Primary school children (1960s?) engrossed in an educational activity it got me thinking about wooden toys and construction kits that Father Christmas used to bring.

Did Father Christmas bring you a treasured wooden toy?

Do you recognise any of these boys and girls, did any grow up to be carpenters or engineers?

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STOWUPLAND FALCONS

With the temperature dropping and the weather changing, it can only mean that the football season is in full swing!

The club has over 20 teams, so keeping all these players playing football is testimony to the effort of the club's committee, managers, coaches, parents, guardians and family members. It's also a challenge to keep track of all the results for the teams, so here's a little round up to date.

Grassroots football up to the age group of U11's is deemed as 'non-competitive', so results from these games aren't officially recorded, but I'm told that there has been some very positive football being played in those younger age groups, with most, if not all, of these teams being formed through our ever-popular Saturday Morning Club.

With it still being early in the season, it's a bit too early to shout about too much, but the majority of our youth teams have made steady starts to their seasons. Here are a few highlights so far: Our U12 Girls currently sit second in their league and have had some good wins including an emphatic 11-0 away win. The U15's progressed into the 2nd round of the County Cup thanks to a 5-0 win over Stow Town Youth EJA. They were the only non-EJA side to beat an EJA team in the first round. Our U16's have started well in the league, scoring 22 goals so far this season. The 1st team sit top of their league, unbeaten so far, and the Women's team also sit top of their league with a 100% record, at the time of writing

If you follow our social channels, you may have seen a lovely heart-warming moment from an opposing team against our U14 Blues. The players, parents and management from Ipswich Vale Exiles U14's kindly gifted our goalkeeper a £50 gift voucher for his birthday!

Thanks to everyone who attended our Halloween party at the end of October, it was great to see so many kids (and parents) dressed up and enjoying themselves. Our next event is the Christmas Hamper Night, with 19 hampers to be raffled off on Saturday 3rd December. Raffle tickets can be purchased from team managers, or by getting in touch with us through social media. The club and the Sports and Social Club are planning on showing a selection of the upcoming World Cup matches throughout November and December. Again, please keep an eye on our social channels for which games will be shown and when.

We want to say a huge thank you to all of our club sponsors. Without the generosity of all these local businesses, the club wouldn't be in the place it is today. We always have other sponsorship opportunities throughout the club, so if you'd like to know more about how you can help us, please get in touch: sffc.commercial@gmail.com.

Looking for a new challenge? We have a vacancy for a manager to work with our U7 squad ready for their first season in football at U8s. Perhaps you're an existing manager in youth football looking for a new challenge or a new manager looking for a squad to develop. You'll be working with a great bunch of children and a supportive group of parents. The Club will also fund up to date DBS, First Aid and Safeguarding qualifications or even pay for you to complete the FA Introduction to Football (Level 1) course. If you're interested, please contact: sffc.commercial@gmail.com.

Social Media Channels
Facebook – Stowupland Falcons FC | Twitter - @StowFalcons | Instagram - stowuplandfalcons

RECIPE OF THE MONTH

DELICIOUS HEALTHY CHILLI

Ingredients - *Serves 4*

500g Minced Beed – 5% Fat or less

I large onion, peeled and chopped

1 red pepper, peeled and chopped

150g mushrooms, sliced.

1 or 2 garlic cloves, peeled and crushed.

1 tin chopped tomatoes.

I tin kidney beans drained and rinsed

1 beef stock cube.

I Tbsp tomato puree

1 level teaspoon chilli powder

I teaspoon paprika

I teaspoon ground cumin

Method

Add mince, onion, garlic, peppers to a large frying pan /sauté pan, and fry until mince browned (don't add oil, it's not needed)

Add all other ingredients and stir.

Bring to boil, then reduce to simmer and cover.

Leave to simmer for about 25/30 mins stirring regularly.

Serve with boiled rice.

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

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

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

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

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

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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