

**Telstar**

**Stowupland News**

No 371  
December 2023  
/ January 2024



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23rd December	6.00am to 12.00pm
24th, 25th, 26th & 27th December	closed
28th & 29th December	6.00am to 1.00pm
30th December	6.00am to 12.00pm
31st December & 1st January	closed

**From 2nd January back to normal opening hours:**

<b>Day</b>	<b>Time</b>
Monday & Tuesday	6.30am to 1.00pm
Wednesday, Thursday & Friday	6.30am to 2.00pm
Saturday	6.30am to 12.30pm



# NOTES FROM THE EDITOR

DEC 23 / JAN 24

Welcome to the December issue, and it's hard to believe another year is ending. I really hope none of our village residents were too severely affected by the recent storms. It was quite bad up the Saxham Street end of the village and challenging getting around due to flooding on the roads around neighboring villages. Let's hope we've seen the last of the storms. The worst I had to contend with was a van driver deciding it would be hilarious to go through surface water on Thorney Green Road at speed ensuring both me and my dog, Fen, got a real drenching. I was none too pleased, but Fen enjoyed it, she behaves like a gremlin when she gets wet!

In this month's edition, there is an article from Stowmarket Striders running club, who will be holding a half marathon next year. It starts and finishes at the village green in Stowupland, which is exciting news. It'll be a good opportunity to take part and shift a few of those extra Christmas pounds. I however won't be taking part, it took me 3 years to finish couch to 5K, and I managed to lose a couple of toenails along the way, so I have concluded running just isn't my thing. Full details of how to register and the route are inside.

As ever we on the Telstar team would like to express our thanks to all who contribute to this magazine. Without them, we wouldn't have a publication. It takes time to put together a piece of writing, and make it interesting, informative, reflective, and sometimes funny. That so many take the time to do just that and contribute to making Telstar an informative publication for another year, is truly amazing.

Now it just remains for me to remind you that there is no publication for January, and all articles/input for the February edition should be submitted by 7th January. There is no community bingo or quiz in December. The next quiz will take place on 19th January, and the Village Hall bar will be open for drinks. The next bingo will take place on 26th January 2024, with the usual bring your own drinks and nibbles.

Finally, whatever you are doing during the festive season, all of us on the Telstar team would like to wish all our village residents a very merry Christmas and a happy, healthy new year.

# DISTRICT COUNCIL REPORT

NOVEMBER 2023

## **Flooding**

After Storm Babet, the Council has been working hard to help residents in affected homes and businesses.

Householders are being urged to report flood damage via Suffolk County Council's reporting tool. Government has announced some financial support and we are waiting to see how this can be distributed.

Affected businesses should also contact Mid Suffolk to register for support.

Please visit [www.midsuffolk.gov.uk](http://www.midsuffolk.gov.uk) for full details.

## **Solar and Low Carbon Energy**

At Mid Suffolk's Council meeting on 26th October, a position statement on Low Carbon Energy was agreed. In absence of Government policy, the Council cannot make planning policy regarding renewable energy such as solar farms or solar PV on roof tops. We can only provide a statement of intent in terms of how we wish to see developments proceed. In January next year we expect to produce a full Supplementary Planning Document on this which takes longer to put together as it has to be consulted on and provide relevant evidence.

## **Sustainable Transport**

At the same meeting it was agreed to form a working group to review sustainable integrated transport in the district – particularly for walking and cycling. It is hoped to review this in relation to commencing schemes in villages in the district.

## **Home insulation**

The *Cosy Homes* initiative was launched on 15th November. Eligible households will be able to apply for energy efficiency measures in their own homes, including if privately rented. Full details to be available soon.

Particularly vulnerable households can continue to access this via the wider Suffolk scheme, [www.warmhomessuffolk.org](http://www.warmhomessuffolk.org)

## **Council housing repairs**

The new Administration at Mid Suffolk is focussing on the backlog of housing repairs that are needed. This backlog will be dealt with via a separate contractor allowing the in-house team to concentrate on day-to-day repairs.

## Local Planning

Planning enforcement are considering issues around construction management for the Landex site (DC/22/03761).

DC/22/06200 – application for a new factory in land off Rendall Lane. Further documents (flooding) have been added to the planning portal for this application and there is no date for a committee.

## Locality Award




A reminder that 2023/24 locality awards are still open for applications, but hurry! Any group or organisation can apply for amounts of £250 or more. Please contact one of us for an application form.

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

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



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<p>Registered with The GCC, RCC, SCA &amp; BCA</p>	<p>7 Stowupland Road, Stowmarket, IP14 5AG</p>

# PARISH COUNCIL REPORT

NOVEMBER 2023



*November's meeting opened with 4 Parish Councillors, 2 members of the public, Cllrs Eburne and Welham present.*

**Councillor's Reports:** Please see elsewhere in Telstar for the full MSDC and SCC reports. SCC – Cllr Welham advised that he had never received a copy of the report from SCC regarding the application to increase the 30mph speed limit along Gipping Road. He also advised that he had been given a pot of £3000 to either replace or carry out maintenance on any signs that the Parish Council feel are a safety issue. SCC Legal Team are looking at the application for the Traffic Regulation Orders. Cllr Welham is hoping to have a meeting with a highways officer during the week beginning 13th November to see what options are available outside The Crown.

MSDC – Cllr Eburne reported that the Sustainable Travel Working Group would like to hear if the PC have any cycling or pedestrian issues that they would like addressed. Enforcement are aware of the Landex issues. The proposed factory in Rendall Lane have submitted some new documents relating to flood prevention.

**Matters of Report:** The speed indicator devices have now been installed and the application has been made to MSDC for the free trees and hedging. The new dog bin for Oxlip Way has been received and awaiting installation and a further bin has been ordered for Gipping Road. A meeting has been arranged with residents to fully discuss their concerns about the grass cutting of the cemetery. The concerns voiced last month by a resident of Crown Meadow has been investigated with MSDC and the findings passed to the resident for him to pursue further. The contractor is due to start work on the barriers at Maple Close on 8th November. All other matters are currently ongoing.

**Public Forum:** A resident offered to lend the PC a copy of a survey of trees on the Green that he had partaken in several years ago as it may help them to identify tree species etc.

**Gipping Road:** Councillors noted the formal decision by the portfolio holder and head of transport that the 30mph speed limit in Gipping Road will not be extended. The PC were deeply annoyed by this decision, but the Police comments were very unhelpful.

**Village Hall:** It was agreed to accept and sign the licence to occupy storage and to occupy the play park at the Village Hall at a cost of £10 for each area for the next year.

**Police Crime Commissioner Meeting:** Cllrs Bridges and Voden attended the meeting and were pleased to find that a new Safer Neighbourhood Police Officer has been appointed to the area following the previous Police Officer moving on. It also appears that there has been a greater Police presence in Stowupland over the last few weeks.

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

**Biodiversity & Wildlife** - The working group put forward some proposals to take part in next year's no mow May for areas of the Green including the section between M&M and Thorney Green, the area between the Retreat and Mill Cottages and any other areas that the PC would agree to include. The PC rejected these proposals as they felt that there were already areas such as the half a mow and this year's new biodiversity area to assist wildlife whereas most residents like to see and use the Green when it has been regularly cut.

**Cemetery and Churchyard** – It was agreed to accept the quote to cut down 2-3 areas of brambles and to trim the buddleia shrubs by the public footpath at the Churchyard. Also, for the same contractor to clear the ditch at the cemetery. It was also agreed to extend the social gardener's hours by 10 hours to clear the weeds from the graves in the old section of the cemetery. Consideration was given to what species of tree should be planted in the cemetery to commemorate the coronation of King Charles III. They are going to investigate some oaks as suggested as an option that the King himself had proposed. They also agreed a new set of cemetery fees to start on 1st January.

**Environment** – It was agreed to accept a quote to cut back overhanging growth of brambles, shrubs and trees including crown raising a large ash tree on the Green near Mill Cottages and to fell a dying rowan tree from behind the bus stop on Thorney Green Road.

**Finance and Policy** – The Pride in Your Place grant has been received and this will be used to replace the vandalised Play Park equipment.

**Neighbourhood Planning** – Councillors noted the completion of the housing needs assessment and the completion of the design guidance and codes document.

**Planning** – Councillors approved a response to the planning application for a proposed solar farm at Earl Stonham. Amongst other planning applications was an application for variations to a previous planning approval for a property in Saxham Street and further documents in respect of the full planning application for a factory off Rendall Lane. MSDC have granted planning permission for the alterations and extension to the Village Hall and an extension to a property in Devon Road. They refused one for Saxham Street. In the matter of the householder application to the Land Registry for title of some land, as the land is nothing to do with the PC, they felt that it was not for them to comment.

**Councillor's Reports:** Cllr Johnson expressed her thanks to all those who helped with the installation of the speed indicator devices.

Cllr Easter advised of some potholes that had been reported to him by a resident.

Cllr Voden reported that the speed signs in the cemetery shed are not viable and he will write a report suggesting the purchase of another new SID and look at suitable places to site another post. He also reminded Councillors of the Remembrance Service which will commence at 10.50am and that he has been asked to read a lesson. He has also put the Remembrance Wreath into the Cemetery. His final point was that the Queen's 25th Anniversary bench has more graffiti on it.

Cllr Bridges also wanted to say a big thank you to all those who assisted with the installation of the speed indicator devices.

**Clerk's Report:** The Clerk advised that she and the Chairman had attended a MSDC Town and Parish Meeting. Not a lot of Parishes were represented but one of the things that Stowupland suggested was that local plans should be looking at land being made available for burials as there is a great lack of space available whilst housing is increasing.

**Correspondence:** A resident has asked if the noticeboard at Trinity Meadows could be moved from the entrance to the estate to a more central position. Another resident brought up several issues around the footpath leading from the Village Hall to the Freeman School, however, none of these relate to Parish Council property. There was also correspondence relating to the bus strategy and two emails from MSDC including notice of the 2024-25 precept and a CIL payment.

*The meeting closed to the public at 8.31pm.*

A black and white graphic for Gipping Press. At the top, the Gipping Press logo (a stylized 'G' in a square) is followed by the text 'GIPPING PRESS' in a bold, sans-serif font. Below this, the text 'Merry Christmas and Happy New Year' is written in a white, cursive script. The background features a silhouette of a reindeer pulling a sleigh with a figure inside, set against a dark background with stylized evergreen trees and falling snow. At the bottom, the contact information '01449 721599 | enquiries@gippingpress.co.uk' and the website 'www.gippingpress.co.uk' are displayed in a white, sans-serif font.

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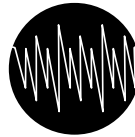
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# COUNTY COUNCILLOR'S REPORT

NOVEMBER 2023

## **Cabinet and Council meetings**

**Supporting Suffolk Farmers** – At the council meeting on 19 October councillors voted to approve a motion supporting local farmers and food producers by ensuring that local meat and dairy, as well as plant-based produce, is served at council events. The council's facilities and catering arm, Vertas, has 68% of its spend with Suffolk suppliers and 86% with regional suppliers. In order to tackle the county's environmental priorities and boost the local economy, the council also pledged to encourage Suffolk residents to buy local produce and shop locally wherever possible.

**Quarterly Financial Monitoring Report** – The report to be considered by Cabinet on 7 November includes a forecast of an overspend on £18.4million on its revenue budget and an overspend of £22.9million on budgets funded from the Dedicated Schools and Pupil Premium grants. The Council's own reserves are forecasted to reduce by £37.9million over the course of 2023/24 to £156.9million. The Dedicated Schools Grant reserve is already a negative reserve and is forecast to reach negative £48.6million by the end of March 2024.

The most significant area of overspend is on Special Educational Needs and Disability (SEND) services, which is forecast to reach £22.9million due in large part to the increase in the number of pupils suitably placed in special SEND educational units.

**Highways Maintenance** – Cabinet are being asked to agree a one-off increase of £10million expenditure for the period to 31 March 2025 on works to improve the condition of residential roads, to reduce road related defects in these areas and reduce the number of reports of highways defects. The assessed annual need for highways maintenance across Suffolk totals £60million, of which central government has provided around £21million in recent years. However, total highways maintenance expenditure has averaged just £33million annually. The additional £10million will, in part, help address that shortfall in respect of defects in residential streets.

## **Road signs – maintenance and replacement**

SCC Highways have allocated an additional £1.125million of capital funding for replacement and maintenance of road signs. The initial focus will be on A140, A1120 and A143. Additionally, each County Councillor has been allocated £3000 to be committed by 31 August 2024. I welcome a list of the Parish Council's priorities for replacement or maintenance of signs within the parish.

## **SEND Service**

An inspection by Ofsted of the SEND service commenced on 30 October and is likely to last for three weeks. This is an important inspection of the whole SEND system in Suffolk, including for children and young people and their parents/carers as a review of progress the service is making. The purpose of the inspection is:

- To provide an independent, external evaluation of the effectiveness of the local area partnership arrangements for children and young people with SEND.
- Where appropriate, to recommend what the local area partnership should do to improve the arrangements.

## **Libraries**

The public consultation on the future role of the library service has commenced and runs to 24 January 2024. Details are on the SCC website, or a printed version of the consultation document is available from any library. Libraries are a vital service for some residents and I urge you all to take part and encourage others to do so.

## **Suffolk Pharmacies**

On 11 October the Health Scrutiny Committee reviewed the service provided by pharmacies in Suffolk and the challenges they face with funding, staff recruitment, medicine shortages and pharmacies closing. Representatives from the NHS, Suffolk GPs and the Suffolk Pharmaceutical Committee joined the meeting and recommendations were made to write to the health minister about funding, and work with local schools and the University of Suffolk to promote pharmacy as a career path. It was noted that in order to provide extra services (such as blood pressure checks, cholesterol tests and asthma advice) which take pressure off GP surgeries, more space and consulting rooms would be required than Suffolk pharmacies currently have available.

## **Budget Consultation**

Suffolk County Council is keen to hear from Suffolk residents, businesses and local communities as it decides how it will spend money next year and has launched an online consultation to give Suffolk residents a say in budget setting for the financial year 2024-25. There will also be a number of focus groups to explain the council's current financial situation, along with the chance for Suffolk residents and businesses to have a say on Council Tax proposals.

There are three key questions: the first is on which services people have recently used, the second asks for thoughts on seeking a greater contribution to Council Tax to help fund public services, and the third on which service area you would like to see more money spent.

The online survey can be found at the link below – please give us your views.  
[http://www.smartsurvey.co.uk/s/Budget24\\_25/](http://www.smartsurvey.co.uk/s/Budget24_25/)

### **Storm Babet Flooding**

The Council is grateful to everyone around the county who helped other residents whose homes and travel were affected by the rains and flooding that struck Suffolk on Friday 20 October. The way the emergency services, volunteers, farmers and local communities worked together to help children get home from school, move people to safety and protect buildings from flooding was truly inspirational.

If you have been affected by the Storm Babet and the recent flooding, please use the link below for SCC support and advice:  
<http://www.suffolk.gov.uk/about/flood-recovery-information-for-suffolk>

### **Local highways issues**

**Safer Route to School.** I have heard nothing from SCC officers, but I have sent a reminder.

**Proposals for Traffic Regulation Orders.** I have not received from SCC an estimate of the cost of the TRO process and site works to prohibit parking on A1120 in front of The Crown and along the full length of Devon Road to protect the verge, but I have chased.

**Controlled Crossing by the Co-op.** On 28 October, I reported the malfunction of the signalled crossing and within four hours the problem had been rectified. Should there be any further problems, these can be reported by telephone – 0345 603 1433 – to SWARCO, who should arrange a site visit within four hours.

### **High School – Public Footpaths**

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

### **Proposal for a new factory on Rendall Lane**

SCC Highways are maintaining a holding objection because the information on vehicle trip generation has still not been provided by the applicant. The assessment needs to take account of a worst-case scenario in respect of the existing permitted development plus the trips generated by the new factory.

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

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# UPDATE FROM STOWUPLAND PARISH COUNCIL

The play park behind the village hall is a very well used site. It is always busy after school being used by the primary school children. During the school holidays it was also very busy. It was lovely to see people taking picnics and enjoying the equipment this is what village life is all about.

However, since our clean up session on 8th July we had not seen any graffiti or vandalism until 15th September when one of the items has been broken and graffiti has started to re-appear.

We are in the process of obtaining a quote to repair the equipment. We are also looking into the replacement of the last wooden structure at the toddler end of the play park. We are hoping to purchase this through a grant rather than using Parish Council funds.

It is with sadness that we report that some of the allotment holders have had produce from their plots stolen. The allotment holders spend several hours a week farming their plots and it saddens the Parish Council to hear of this.

The Parish Council welcomes Terry Easter as a member of the Council as of October and we still have 3 vacancies should anyone wish to join. We also have several working groups and we are always looking for additional volunteers to help. The Parish Council are reviewing their Neighbourhood Plan and welcome anyone who is interested in shaping the village to come along. Contact the Clerk for further details.

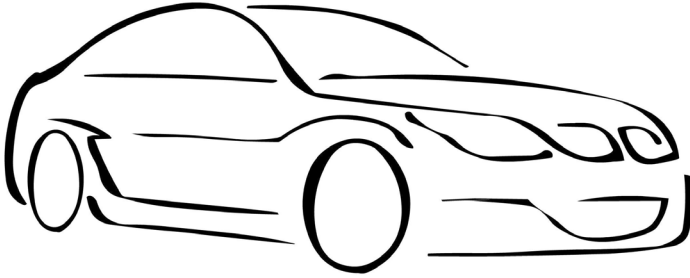
Parish CIL Funding. The Parish Council welcomes organisations to apply for Parish CIL Funding. Information can be located on the Parish Website. [www.stowupland.suffolk.cloud](http://www.stowupland.suffolk.cloud)

Look out for the new solar SID devices that are being installed on the B1115 and A1120. We continue to work with MSDC and Suffolk County Council to reduce the speeding issues through the village.

Don't forget that the Parish Council meetings are on the first Thursday of the month at the URC Church Hall and we look forward to seeing you there.

Donna Bridges, Chairman      [donnabridges@stowuplandpc.co.uk](mailto:donnabridges@stowuplandpc.co.uk)  
Claire Pizzey, Parish Clerk      [parishclerk@stowuplandpc.co.uk](mailto:parishclerk@stowuplandpc.co.uk)

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# DOWN TO EARTH

KATE ELLIOTT

You could just shut up shop and turn your back on your garden until next Spring. After all, nothing much is happening out there is it? Wrong. True enough nature is moving more slowly during the winter months but to assume nothing interesting is going on is an admission that something is lacking in your planting scheme.



Every Christmas Eve I wander round the gardens here at Columbine and tot up all the plants that are bringing me cheer. There are more than you might think, offering bright or scented flowers, glowing stems, brilliant berries or just as importantly evergreen foliage. Here are some of my essential plants, trees and shrubs that are brightening the gardens here at Columbine this Christmas:

- Yew - dark green evergreen leaves.
- *Betula jacquemontii* - birch that offers stunning white bark.
- *Ilex aquifolium* - the common holly.
- *Salix alba* var. 'Britzensis' - scarlet willow with bright red stems.
- *Viburnum bodnantense* 'Dawn' - small pink flowers with a glorious fragrance.
- *Cornus sanguinea* 'Midwinter Fire' - dogwood with bright red stems.
- Hellebores.
- *Hedra helix* - the common ivy that is brilliant for wildlife.
- Snowdrops - especially *Galanthus* 'Three Ships' that usually flowers at Christmas time.
- Winter aconites.
- *Iris unguicularis* - the winter flowering iris with scented purple flowers in abundance.
- *Cyclamen hederifolium* - pretty heart-shaped leaves and fragrant pink flowers.

Don't be overly keen to cut back border plants whose seedheads and stems will not only look statuesque when dry or touched with frost but will also offer sustenance to birds and insects. And it is here that you will find me this Christmas - admiring the benefits of having a garden that provides its very own brand of festive spirit.



I would like to wish you all a very Merry Christmas and a happy and healthy 2024. This is my final Down To Earth piece for Telstar. After nearly four years I feel it's time to bow out. Thank you so much to every single one of you who has taken the time to read my articles each month and for all the lovely, kind comments about them.

I hope to see lots of you at our open days here at Columbine - check out our website [columbinehall.co.uk](http://columbinehall.co.uk) for details or you can follow me on Facebook, on X at @columbinehall and on Threads and Instagram @kateelliottcolumbinehall to see what we are up to.

But before I go, I would like to say this - that the pleasure you can get from a garden is not measured by its size. A tiny garden can be as richly rewarding as rolling acres. Plant a seed that becomes a beautiful flower, and your life is immeasurably enriched. Simply sit and listen to the birds in your garden, grow your own fruit and vegetables. Gardens are fun, beautiful and rewarding. They are incredibly important. If in our own gardens we can help and treasure our natural world, then we will make this planet a better place not just for ourselves but for every living creature.

## **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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#LoveWhereYouLive

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

**2nd Sunday each month (10th December and 14th January) at Red Gables 2-4 pm plus REPAIR CAFÉ** [stowrepaircafe@gmail.com](mailto:stowrepaircafe@gmail.com) and **4th Thursday each month (28th December and 25th January) on Market place 9:30 to 11.30 am.** We collect Coffee pods, clean pet food pouches, toothbrushes and tubes, cheese wrappers and nets, pens, flattened crisp packets, make up packaging and pringles tubes, also clean and flattened tetra packs – see our website for details [Terracycle Collections | Stowmarket Eco Future Group](#)

Copy for magazines is prepared quite early so on our mind right now is the impact of storm Babet, with storm Ciaran approaching. Many of us know friends whose homes have been badly damaged, or people whose travelling was impacted by the floods. There have been some wonderful stories of neighbourliness and communities pulling together to help out. Many people have said that they have never seen anything like it before. Unfortunately, this is Climate Change coming close to home and events are likely to be repeated and with increasing severity. This makes it even more important that local communities unite to look after themselves and to collectively bring pressure to bear on political decision makers. This is something we all need to do to support people who have been directly hit.

So it was really encouraging to see so many people visiting the “Go Green Go Wild” day brilliantly hosted by Stowmarket Town Council during half term. It was proof that working together to care for the planet can be fun and varied as well as essential. There was something for everyone to learn and discover whether you had been involved in eco activities for years or were only just getting started.

A good place to find out whats going on locally is to visit the Green Suffolk Website [Green Suffolk - Creating the Greenest County](#). If you want to “do your bit” as an individual or a business, there are ways to get involved and build up your eco skills and knowledge. Perhaps more importantly, there is information on heating, insulation, food, travel, energy use, grants etc all of which will help households to save money as we save the planet.

Lots to enjoy in the natural world on our TV screens at the moment. Planet Earth 3 on BBC is excellent and thought provoking, and for those who are missing "Autumn Watch" – then You Tube carries episodes of "8 out of 10 bats" – a wide ranging look at the natural world by Chris Packham and a great team of wildlife enthusiasts.

## **"Connection, not Consumption"**

Stowmarket Eco future group sends you all the best wishes of the season. We encourage you to care for the earth as your care for friends and family. Giving our children a future is the best gift of all.  
<https://www.zerowasteweek.co.uk/zero-waste-christmas/>



## **SOAP Club**

### **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 13th December 2023, 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 01449 677005

There was much excitement in Cherry Tree class and, indeed, across the whole school, as children in Year 1 took part in a 10-day chick hatching programme. 10 embryo eggs were delivered in a custom designed incubator, together with a brooder box, feed and bedding and 10 chicks successfully hatched!



During Maths, the chicks were weighed and measured using cubes. Each chick had a coloured dot on its head to ensure their growth chart was accurate. In Science, the children discussed how difficult it is for chicks to hatch and why they are so tired when they finally do. They also investigated how strong eggs are by carefully placing books on top of them until they broke. They predicted that the eggs would crack with about 7 books on them, but one group managed to balance 98 books!



## Reading

Weekly group reading sessions take place across the whole school, where younger children select a book to read with children in older year groups.

During half term, children were encouraged to take part in the *Read Around Suffolk Reading Challenge*. The children collected 19 miles for every 'chunk' of time spent reading, in order to complete the 192 miles covered on the Suffolk stage of the Tour of Britain 2023.

Children who completed the challenge were entered into a class draw to win a £5 voucher to spend at the school bookfair.

## Forest Schools

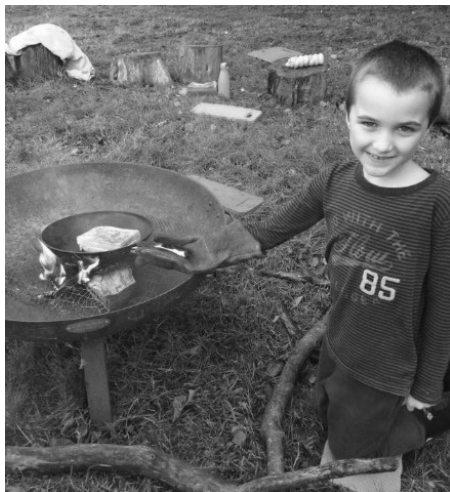
A massive thank you to Stowupland Biodiversity Group and Street Forge Workshop for making and donating beautiful welly racks for Forest Schools.



Year 3 are thoroughly enjoying their outdoor learning this term. They have found centipedes, beetles and woodlice under logs whilst bug hunting and have picked blackberries to make jam. They learnt tool skills and how to whittle using a knife and cooked 'Cheesy Dreams' on the fire pit.

As part of Mental Health Day, the whole class took part in some relaxation at the start of their Forest School session and were treated to the rare sight of a red kite swooping overhead, spotting its distinctive long forked tail. A superb den was made in a tree for bird watching and music was made by the new forest band using sticks.

The class recently used mallets to hammer biscuit cutters into pumpkins and also tried their hand at Hapi Zome, the Japanese printing technique with cloth, leaves and berries to create some wonderful artwork.



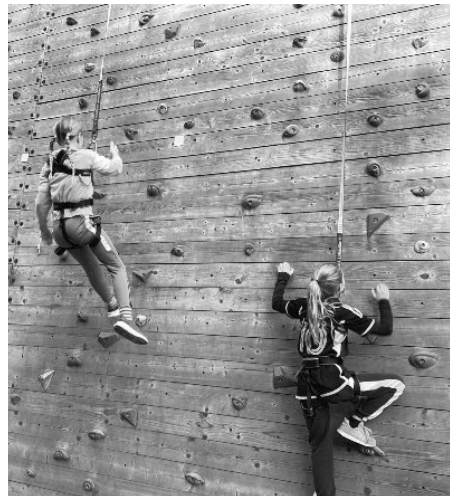
## Y6 residential

Prior to their visit to Bawdsey Manor, Year 6 planned the route that the bus might take to get there. They used their skills in using a compass, 6-figure grid references, measuring the route as the crow flies and by road to write instructions on how to get to Woodbridge.

The children were away from Monday to Friday, during which they participated in a wide range of adventure activities including abseiling, canoeing, giant swing, a sensory trail, fencing and a climbing wall.

Our school values were reflected in their achievements as they all showed great resilience, independence, curiosity, leadership and empathy, developing teamwork, stronger friendships and respect for each other.

Staff at Bawdsey said how happy they were to have led each group and, having reflected on their week away, the children said it was *the best experience ever* and a *memory for life!*



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

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# COUNTRYSIDE RAMBLER

BRIAN WARD

I am writing this article on 2 November and, looking outside through my window, it is raining as we endure another storm, named Ciaran, having just recovered from storm Babette a few weeks ago. Many of the roads in the village, as well as roads leading out of our village, are flooded. I have never witnessed it as bad as this and I have lived in Stowupland for many decades. I sympathise with anyone who got flooded; I cannot imagine what stress and devastation this must cause, seeing your home waterlogged and belongings ruined.

The daylight hours are definitely getting shorter and on a dull day it never seems to get true daylight, I watch the dog walkers on their daily stroll with their pets wander past and it seems that only a few weeks ago they were wearing summer clothes; now they are in winter coats with hoods up and hurry past, probably with the thought of a warm house and a hot drink on their mind as they return; even some of the dogs appear to think the same: a warm dog bed with perhaps a dog treat thrown their way after a damp wet walk.

Wildlife has to endure the weather as well. Kingfishers can only catch the fish they need to survive if the water is clear and they can see their prey, but if, after heavy rain, the water is coloured, they cannot fish, so can go hungry for several days. Owls have a handicap as they do not fly in wet weather due to their feather structure and, on wet windy nights, they cannot hear their prey rustle in the wet grass. I have witnessed barn owls in particular, when there is a break in the weather, will hunt during the day when it is dry and catch and stash food either in a hollow tree or nest box for leaner times. I once observed a barn owl catch four voles in the space of twenty minutes. It ate the first one and flew to its nest to stash the rest; that is being resilient. Even earthworms can drown if there is persistent rain, and many wild creatures rely on these for a food source. It is at this time of year the wild birds need a top up of food to put on weight to sustain them through the colder months; so keep your feeders full and you will be rewarded with a colourful display of birds for months. May I take this opportunity to wish you all a MERRY XMAS and a happy new year. Stay safe, well and warm.





# IMPORTANT CONTACTS

## **Citizens Advice**

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

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>

## **Police Safer Neighbourhood Team**

PC 14443 Stefan Henriksen  
[stefan.henriksen@suffolk.pnn.police.uk](mailto:stefan.henriksen@suffolk.pnn.police.uk) Phone. 101

## **Samaritans** – 116 123

## **Stowupland Village Website**

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

## **Parish Council Website**

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

## **Suffolk County Council**

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

## **Schools**

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

## **Vets**

Cedarwood - 01449 676966  
Stowe Vets - 01449 613130

# DIARY DATES

## DECEMBER

SUN 3	7.30 pm Village Hall	Country & Western music club
MON 4	evening Village Hall	Tap dance class
TUES 5	4.00 pm Village Hall	Young carers club
WED 6	9.30 am Village Hall	Baby and Toddler Group
WED 6	2 - 4 pm Village Hall Car Park	Mobile Post Office
WED 6	7.30 pm Village Hall	Local History Group – “Start Building Your Family Tree”
WED 6	2.30 various locations	Book Group (contact 01449 672127 for further details)
THURS 7	7.00 pm Village Hall	Short mat bowls
THURS	7.30 pm URC hall	Parish Council meeting
SUN 10	7.30 pm Village Hall	Country & Western music club
MON 11	evening Village Hall	Tap dance class
WED 13	9.30 am Village Hall	Baby and Toddler Group
WED 13	10 - 12 Sports & Social Club	SOAP Club
WED 13	2 - 4 pm Village Hall Car Park	Mobile Post Office
THURS 14	7.00 pm Village Hall	Short mat bowls
SAT 16	10 - 4.30 Village Hall	Christmas Crafts Fair
SAT 16	2.00 - 4.00 Church hall	Christmas Coffee Cake and Chat
SUN 17	7.30 pm Village Hall	Country & Western music club
WED 20	9.30 am Village Hall	Baby and Toddler Group
WED 20	2 - 4 pm Village Hall car park	Mobile Post Office
THURS 21	7.00 pm Village Hall	Short mat bowls
FRI 22	10 - 12 URC chapel	Coffee Morning
WED 27	2 - 4 pm Village Hall car park	Mobile Post Office
THURS 28	7.00 pm Village Hall	Short mat bowls

## JANUARY

WED 3	9.30 am Village Hall	Baby and Toddler Group
WED 3	2 - 4 pm Village Hall Car Park	Mobile Post Office
WED 3	2.30 various locations	Book Group (contact 01449 672127 for further details)
THURS 4	2 - 4 pm Village Hall car park	Choose Refills mobile shop

THURS 4	7.30 pm URC hall	Parish Council meeting
THURS 4	7.00 pm Village Hall	Short mat bowls
SUN 7	7.30 Village Hall	Country & Western Music Club
MON 8	evening Village Hall	Tap dance class
MON 8	7.30 pm Village Hall	Village Hall Trustees meeting
TUES 9	4 pm Village Hall	Young Carers club
WED 10	9.30 pm Village Hall	Baby and Toddler Group
WED 10	2 - 4 pm Village Hall	Mobile Post Office
THURS 11	7.00 pm Village Hall	Short mat bowls
SUN 14	7.30 pm Village Hall	Country & Western Music club
MON 15	evening Village Hall	Tap dance class
WED 17	9.30 am Village Hall	Baby and Toddler Group
WED 17	2 - 4 pm Village Hall	Mobile Post Office
THURS 18	2.00 - 4.00 Church hall	Coffee Cake and Chat
THURS 18	7.00 pm Village Hall	Short mat bowls
FRI 19	7.30 pm Village Hall	Community Quiz
SUN 21	7.30 pm Village Hall	Country & Western Music club
MON 22	evening Village Hall	Tap dance class
TUE 23	Jubilee Ct. 9.30, Green 9.55	Mobile Library
WED 24	9.30 am Village Hall	Baby and Toddler Group
WED 24	2 - 4 pm Village Hall	Mobile Post Office
THURS 25	7.00 pm Village Hall	Short mat bowls
FRI 26	10 - 12 URC chapel	Coffee Morning
FRI 26	7.30 pm Village Hall	Community Bingo
SUN 28	7.30 pm Village Hall	Country & Western Music club
MON 29	evening Village Hall	Tap dance class
WED 31	9.30 am Village Hall	Baby & toddler group
WED 31	2 - 4 pm Village Hall	Mobile Post Office
WED 31	7.30 pm Village Hall	Suffolk Wildlife Trust
<b>LOOKING AHEAD - FEBRUARY</b>		
THURS 1	2 - 4 pm Village Hall	Choose Refills mobile shop
THURS 1	7 pm Village Hall	Short Mat Bowls
THURS 1	7.30 pm URC hall	Parish Council Meeting
SUN 4	7.30 pm Village Hall	Country & Western Music club

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

MSDC General Contact No. 0300 1234000

### **Mobile Library** - 07721 879855

### **Parish Council**

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

Laura Beeson - 07918 808387

laurabeeson@stowuplandpc.co.uk

Laura Johnson - 07826 851030

laurajohnson@stowuplandpc.co.uk

Debra Melhuish -07979125904

debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817

paulamurton@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

Clerk to the Parish Council - Claire Pizey  
parishclerk@stowuplandpc.co.uk - 01449 677005

2 Broomspath Road, IP14 4DB

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

### **Village Hall Bookings**

Lisa Tunbridge - Phone - 07862740830  
stowuplandvillagehallbookings@gmail.com

### **Village Clubs**

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

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - Graham Newman - 01359  
240846

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Dance Club - Mary Durham - 01449 672601

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club

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

Stowupland Falcons Football Club -  
stowuplandfalconsfc.co.uk

Stowupland Sports Centre -  
info@stowuplandsportscentre.co.uk - 01449 672531

Stowupland Wildflower & Biodiversity Group -

Keith Welham - 01449 673185

Stowmarket Wildlife Group - Heather Salmon  
-heathersalmon50@gmail.com - 07722 871205

# **STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP**



## **November 2023 report**

### **Wildflower Meadow**

Early in November we prepared three strips within the area nearest the pond and sowed wildflower seeds provided by MSDC. We will await with interest and make note of which species do well. We will collect seeds in the autumn and spread them within that area. It will take a number of years for the area to become a mature wildflower meadow, but we saw during the spring and summer that wildlife are already benefitting from the longer grass and the range of wildflowers – for pollen and for food, as well as habitat.

### **Holy Trinity Christmas Fair**

We are planning our stall for the Christmas Fair in the Village Hall on 18 November to seek views from residents on biodiversity and wildlife. Information around a variety of biodiversity topics will be available. We will have packets of seeds to give away, and members of our group will be there to give advice on how to provide a wildflower area within your garden.

### **Buttercups on The Green – No Mow May**

We put forward to the Parish Council a request to leave some of The Green uncut throughout May to allow the buttercups to flower. Many residents have told us that The Green is at its best when the buttercups are left unmown. But it's not only buttercups; during May, many species of insect, but especially bees, need the pollen from buttercups and other flowers such as clover.

We'd like to hear your views. So far, the Parish Council have not agreed but if more people make their views known, the Council may be persuaded to allow the buttercups and insects to flourish on parts of The Green.

### **Engaging with Schools**

Working with schools is an important part of our work and we are planning ahead with the schools to see how we can help next year.

We are waiting for our fruit trees from MSDC which we will plant on land at the high school.

### **Next Meeting**

The next meeting of our group will be on 8 January 2024 at the URC Hall commencing at 7.30pm. Everyone interested in biodiversity issues or helping with any of our projects is welcome to attend. Please contact Keith Welham on 01449 673185 or keithwelham48@aol.com.

# RHYMING IN THE NURSERY

Remember your first poems?  
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Know them well --- by rote.  
Here's a few to help you.  
In verses, "Wot I wrote."

Jack Sprat would eat no fat.  
Miss Muffet liked her whey.  
Jack and Jill went up the hill,  
And girls and boys would play.

Hickory dickory dock,  
And also three blind mice,  
Polly put the kettle on,  
To drink with tuppenny rice.

Mary had a little lamb,  
Baa, baa sheep.  
Sing a song of sixpence,  
Little Bo Peep.

There was an old woman,  
The farmer's in his den.  
Old King Cole,  
The Grand Duke's men.

Old Mother Hubbard,  
And Tom, the piper's son.  
Ring-a-ring- a-roses,  
That Humpty was a gun.

If you have forgotten,  
The nursery rhymes you heard,  
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# STOWUPLAND FALCONS

Stowupland Falcons FC First team have settled into Senior football quite well winning their first 5 league games which took them to the top of the league, but recently although playing well the winning run has stopped for the time being. The Reserves have also had a great start to their season in their quest to gain promotion to division 4. Unfortunately, the A team have struggled lately and are currently seeking a new manager.



The club's girls' section has had a great start to the season with U15, U13, U12, U11 & U10s teams representing Falcons in the Suffolk Girls' & Women's Sunday League with all teams recording some impressive early season results. We also launched our first dedicated festival team for girls ages 6-10 years, & designed to be a stepping stone between Wildcats and competitive team football. The girls' section was awarded Weetabix Wildcats centre status by the FA in September & this helps ensure we can continue to offer free entry level football sessions for girls aged 4-10yrs looking to get involved in football. The sessions run each Saturday 10am-11.15am outside the Sports & Social Club. Text 07868926545 for more info.

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**I am a single parent with two kids and I'm really worried about how I'll afford to pay my energy bills when I have to start putting the heating and lights on more now winter is here. At the moment I just about have enough money to cover my bills but there is nothing left over. The thought of getting into debt keeps me awake at night but the idea of my children being cold and possibly unwell as a result is just unbearable. What can I do?**

The logo for Citizens Advice, featuring the words "citizens advice" in white lowercase letters inside a dark grey speech bubble shape.

**Mid Suffolk**

You are not alone - a record number of people came to Citizens Advice with energy debt in the first four months of 2023 (32,400) - a 112% increase on the same period in 2020 (15,200).

There are things you can do to feel in control when it comes to your energy bills. These tips won't cover all the extra costs, but they can make a difference:

- Check your thermostat: A room temperature between 18°C and 21°C is ideal for most people. Try turning your thermostat down by one degree within this range – it could save you around £115 a year. If a medical condition means you need a warmer home, ask your GP what room temperature you should aim for.
- Keep the heat in: Check your home for any gaps in the doors, windows and floors. Blocking any holes where you could get a draught could save you around £30 a year. It is important to allow for some ventilation as without it mould and damp can form.
- Turn off anything you're not using: Turning your appliances, like TVs and washing machines, off instead of leaving them on standby could save around £60 a year. Turning off lights when you're not using them – even if it's just off for a few seconds - could save around £25 a year.
- Consider using LED lightbulbs, which cost less to run.
- Watch your water usage: Cutting your shower time by just one minute can make a difference. If everyone in a four-person household with a water meter did this, they could save around £75 a year.

If you're struggling to afford your energy bills, you don't have to deal with it alone. Get in touch with Citizens Advice Mid Suffolk and you can get free advice on the help available to you.

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

Community

**BINGO**

**NIGHT**

All Cash Prizes

**FRIDAY 26<sup>th</sup> January**

**STOWUPLAND VILLAGE HALL**

**Doors open 7.00 pm**

**Eyes down 7.30 pm**

**Everyone Welcome (over 14's only).**

**Bring your own drink and nibbles**



**NIGHT**

**STOWUPLAND VILLAGE HALL**

**FRIDAY 19<sup>th</sup> January**

**Doors open 7.00 pm**

**Quiz starts 7.30 pm**

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

Village Hall bar will be open for drinks

To enter a team please ring Keith on 01449 673185



## LOCAL HISTORY GROUP

If you were with us on November 1st, you will know we had a change to our advertised talk. Possibly due to demonic intervention, Sarah Doig was unable to speak about Angels and Demons in Suffolk Churches; instead, she shared her research on the life of Basil Brown, the archaeologist famed for his dig at Sutton Hoo. You can read Jerry's review in next February's Telstar and, fates permitting, Sarah will return in 2024 to tell us about Suffolk's Angels and Demons.

In October, as well as a talk on LiDAR technology and how it can be used as an adjunct to archaeological digging, we also held our AGM. The trustees were all re-elected and, with just one change, the committee officers retain their posts. Sandra Walker continues as Chair with Jerry Voden as secretary. We are extremely grateful to Clive Snowling who has agreed to being co-opted for the coming year as our new treasurer. Christine Williams will continue as membership secretary, with Neil Langridge as events organiser and Dave Walker providing much needed IT support.

Please contact Jerry on 01449 703717 or [voden@btinternet.com](mailto:voden@btinternet.com) if ever you want to make a comment or have a query about Stowupland's history or our meetings.

Our last meeting of 2023 will be on **Wednesday December 6th**, when we will welcome Keely Taylor for some invaluable tips for anyone **tracing and recording their family tree**. If you are uninterested in discovering your family's past, please still come and hear about how Keely went about tracing the ancestry of one of our members and what can be discovered about changing family fortunes through past decades. And, of course, you can treat yourself to a new (pre-loved) book for Christmas; all we ask is that you make a donation to our funds!

After Christmas, our next meeting will be on February 7th when we will welcome back Gill Marchant. In 2023 she talked about her research into the Stowmarket school that was in the churchyard, this time she will talk about the competition.

Neil has been busy filling our 2024 calendar of events, ranging from ancient fire engines to church architecture, education and much more. Christine will be approaching our current members about renewing their annual memberships for the coming year and, whilst we welcome visitors to any of our meetings, why not start off the new year by taking out a subscription.

And now Jerry's review of our October meeting when Stowupland Local History Group went underground with LiDAR (Light Detecting and Ranging) to study Landscape areas.

After the thrills and loops of last month talk on the USAF with Don Mobley, our speaker this month, John Rainer, took us underground. Thank you Neil for putting me right on the meaning of Lidar as previously I had no idea what this month's talk was about. Neil certainly keeps us guessing on the subjects we get each month. My best guess was something to do with a new Star Wars Movie.

Listening to John explain, I was not so far out. LIDAR or Light Detection and Ranging is the study from above of the earth's landscape. This procedure has helped researchers into historic events and also track ancient settlements and is the way forward on tracking subjects like the old Roman Roads. Many were known about before LiDAR but many more have been revealed using this procedure.

The equipment is portable and can be used in survey aircraft, which are usually able to fly over areas and grid references that researchers would like to look at, with the hope of finding something of historical interest. John had a number of slides and stats on recent surveys and some of the imaging showed what was under the topsoil, a procedure known as stripping back, one of a few ways that Lidar has been used. This had shown a number of sites that historians had deemed interesting enough for investigation. It could also be used underwater to look at the ocean bed.

John told us a flyover of the Stowupland Parish Boundaries was available. It showed the village is on high ground and mainly flat but, unfortunately, little was seen of great interest. There have been several ground surveys of the village recently due to all the building work and these are well documented.

John's talk is a fascinating look into how this method of exploration has helped our understanding of the past, and finding out how we lived in times gone by. John told us that he had various requests from members of the public to survey their gardens, but he cautioned that these requests did not necessarily find what they thought might be around in the gardens. Thanks to John for coming to give an insight into the system. Fortunately, Annie and Liz also surfaced to provide us with welcome refreshments.

Neil had to resort to a more traditional paper trail in researching the history of **The Uplands**, not to be confused with Uplands Farm (on Saxham Street), or Uplands Hall (Stowupland Hall on the A1120) but, as Neil tells us, the house now known as The Uplands sits halfway up the hill from Stowmarket. It was formerly known as Hill House and the attached farm as Tithe Farm.



The name Tithe Farm relates to the fact that the tithes of Stowmarket and Stowupland were endowed on the farm in the mid-18th century. The position with the tithes is made clear in documents of 1956. The solicitors for the then owner sought the opinion of a London lawyer and state that "The title is quite straight forward apart from the existence of a period

of years originally 2000 years) which was created by an indenture dated 11 October 1795". The then owner Frederick Woolaston also owned the great tithes of Stowmarket and Stowupland along with the house and from then on the ownership of the property included ownership of the tithes. Woolaston sought to indemnify the purchaser of the property against the liability to contribute to the repair of the chancel of Stowmarket Parish Church by vesting the tithes in trustees until they were called upon for repair of the chancel. There was some doubt if the property was legally indemnified against this, hence the request for legal advice. The advice received was that this trust was probably *null and void* as the 2000-year period was too remote, and the owner, Mrs Marsh, should "execute a simple declaration of merger".

The payment of tithes became a legal requirement in late Saxon times; the Great Tithes related to corn and hay and the small tithes to livestock, wool and non-cereal crops. One tenth of all produce was expected to be paid to the minster of the parish church for the maintenance of the chancel of the church. The person who received the tithes was called the "rector," but many churches were appropriated by religious institutions such as monasteries. The monastery would then become the rector and receive the tithes along with the responsibility to maintain the chancel. This was the case with Stowmarket church which was appropriated by the Abbey of St. Osyth, Essex.

When the monasteries were abolished by Henry VIII in the 1530s, their rights and income, including receiving tithes, were confiscated by the Crown. These rights and income were then sold on to various laymen who then became the "lay Rector" and who could bequeath them or sell them on. This is how the tithes of Stowmarket and Stowupland came to be eventually owned by Frederick Woolaston.

Tithe payments were abolished by an Act of Parliament in 1936 but landowners were still required to pay an annuity for the next 60 years to redeem all tithes; thus, this payment did not cease until as recently as 1996.

Tune in after Christmas for Neil's 2nd installment on The Uplands.



## Down Memory Lane:-

Not sure of the year when this photo was taken but were you one of these Stowupland children pictured here with Father Christmas.

Hope these boys and girls all got what they wished for and from all at SLHG, may I wish everyone reading this a happy Christmas with a peaceful and Prosperous new year.



## SLHG Calendar for 2024

**January** - No Meeting

**Feb 7 - Stowmarket British School by Gill Marchant.** The recently demolished building in Childer Road was founded as a school run on non-conformist principles.

**Mar 6 - "Angels & Demons" by Sarah Doig.** Sarah will talk about her recent book in which she gives her personal choice of favourite Suffolk Churches.

**Apr 3 - 'By the moonlight I go to my booke: Schools and Schooling in Medieval Suffolk' by Kate Jewell.** The late-Middle Ages saw families embracing formal education as a way to give their children a better start in life. Who was now going to school, where they were going, what schools were like, what were they learning?

**May 1 - Parish Fire Engines & their Development by Geoff Robinson.** Geoff has recently had Worlingworth's ancient fire engine restored by "The Repair Shop". The engine was donated in 1760 by John Major of Worlingworth Hall. A few years earlier Nathaniel Gurdon had donated a similar machine to Stowmarket which is now in safe-keeping at The Food Museum.

**June 5 - "A Glimpse into our Archive".** In our 12 years we have amassed a surprising amount of photos, documents and personal recollections of Stowupland; we will look at and talk about a few treasures tonight.

**July 3 - "A Photographic Tour of Stowmarket" by Darren Dordoy.** Darren, the chair of Stowmarket Local History Group, will show views of the town old and new.

**Aug 7 - "Bench Ends in Suffolk Churches" by Robert Halliday.** Many of Suffolk's churches contain examples of intriguing and quirky carving.

**Sept 4 - "Health Visiting in Ipswich 1907-1930" by Anne Folan.** Anne has researched many aspects of Ipswich's public health services.

**Oct 2 - "The Women's Timber Corps in Suffolk" by Nicky Reynolds.** A couple of years ago Nicky gave a popular talk on the Women's Land Army, now she will talk about Suffolk "lumberjills."

*NB – please do remember that circumstances may mean a last-minute change of speaker or venue. We will always try to warn you but...*



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 2024.

**Our Carol Service is on Sunday 17 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 2024 with a coffee morning on 26 January 10am to 12noon and then the last Friday of the month until November.

No service at the Chapel on Christmas Day or Boxing Day. On Sunday 21 January 2024 we will join with Holy Trinity for a United Service for the week of prayer for Christian Unity at the Church. This service starts at 9.30am.

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:**

03 December	Nichola Glasse
10 December	Revd Mary Playford
17 December	Stephen Horrex (Carol Service)
24 December	<b>No service at The Chapel</b>
31 December	Rev Norman Tharby
07 January	Rev Norman Tharby
14 January	William Glasse
21 January	<b>United Service at Holy Trinity Church for the week of prayer for Christian Unity at 9.30am. (No Service at the Chapel)</b>
28 January	Rev Mary Playford

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

*Joyce Gardiner*

## MINISTER'S MESSAGE

### Isaiah 9: 6

A child is born to us! A son is given to us! And he will be our ruler. He will be called, "Wonderful Counsellor," "Mighty God," "Eternal Father," "Prince of Peace."

I wonder if, like me, you have heard the comments about the Christmas adverts, that they do not have the "Feel Good Factor" that makes us look forward to Christmas. One of my biggest complaints is that adverts do not give the message of the real Christmas Story, they are more about getting the latest and most expensive must have or fill ourselves with food until we burst. I have even heard it said that the true Christmas Story, that Jesus Christ was born into a world of trouble gets in the way of Christmas!

We need reminding of that true Christmas story: Mary, a young woman, was betrothed to Joseph, when she finds that the Holy Spirit has made her pregnant with God's Son. Joseph who, when he finds out about this, wants to quietly break off their engagement; he is visited by an Angel who explained everything to him. At that time Israel was occupied by the Romans. Emperor Augustus ordered a census to take place; everyone had to return to their home town - as Joseph was from the line of King David they had to return to Bethlehem. When they could not find anywhere to stay, they were offered a stable where Jesus would be born. (This is only a short summary of the Christmas story; you can read it for yourself in Luke 1:26-80 & Luke 2; 1-20)

The Christmas story is a story of Hope, happening in a time of trouble, telling us that from a baby born into a poor family and under occupation that He will grow up to be the saviour of the world and will die to take away our sins.

At this time, we do need a glimmer of Hope with all the wars that are going on in the world, in the Holy Land, Ukraine, Yemen, Ethiopia to name but a few in fact it's said that there are 32 wars going on at the moment.

If we remember the true Christmas story and look forward to the New Year, we will be given the hope that things can and will get better.

Happy Christmas and a Joy filled New year.

*Robert*

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

# COFFEE MORNING

Friday 26th January 2024, Stowupland URC Chapel

10am – 12noon

Coffee, Tea and Cakes

**There will also be a Christmas raffle draw.**

All welcome



## Stowupland Village Hall Excellent facilities - competitive prices



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

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

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

Or contact Lisa Tunbridge our booking secretary

Tel: 07862740830 email: [stowuplandvillagehallbookings@gmail.com](mailto:stowuplandvillagehallbookings@gmail.com)



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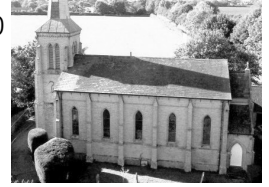
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# HOLY TRINITY CHURCH

## NEWS

HOLY TRINITY CHURCH  
STOWIELEND

Rector: Revd Paul Clarke Tel. 07903 452010  
Churchwardens: Mrs Ann Doubtfire Tel. 770363  
Mrs Sue Hayter Tel. 613710  
Email: revpaulclarke@me.com



### It's Christmas!

Well, soon, anyway, depending on when you read this.

In the Clarke household, I have been uncharacteristically late in thinking about the festive season. Our children are now teenagers, and seem to be less interested in surprise gifts and are very specific about what they want! I have also been reading various blogs and articles about the environmental impact of buying and having so much 'stuff'. Every year I do this, and I try to limit the stuff we buy and just end up looking like I am being mean! This year once again, I tried to have this conversation with the teens and asked them to consider things they might 'need', rather than just 'want'. In response, my daughter completed a viability study and justification for a hamster cage (complete with evidence narrated by the hamster himself!). My son, however, is more philosophical. He has suggested I give the money to charity instead if I also buy his presents as well!

We have also been busy making plans for our Christmas services, in full knowledge that we may be hit by increased cases of Covid and other seasonal illnesses. We plan to make them as safe as possible. This year we are joining forces as three churches to deliver some thoughtful and bigger celebrations. Do come and see us at one or more of these services. More than ever, I feel as if we need to connect with something bigger than ourselves, something timeless. The Christmas story does just that. It is about a God who comes to live among us. It is full of dirty, messy and dangerous situations but also angels, wonder and beauty. It speaks of a God who loves us so much he wants to be with us in our own messiness. This year, let us try to look past the cute story we all know and love to see what is simmering under the surface... it has more depth and is life-changing, more than ever before.

If you find this time of year difficult, contact someone you know or your local church leader. May you find some of the wonder and joy that only the creator of the universe can bring this Christmas and beyond into January.

*Rev Paul*

### **Services in December 2023**

3rd Dec	11.00am	Benefice Parish Communion
10th Dec	4.30pm	Christingle Service
17th Dec	6.30pm	<b>Carol Service with Stowmarket Concert Band</b>
24nd Dec	4.00pm	<b>Crib Service</b>
	11.30pm	<b>Benefice Midnight Communion</b>
25th Dec	11.00am	<b>Benefice Family Communion at Wetherden</b>
31st Dec	11.00am	Benefice Communion

### **Services in January 2024**

7th Jan	9.30am	Parish Communion
14th Jan	9.30am	Worship for All
21st Jan	9.30am	Morning Worship for Christian Unity with URC
28th Jan	6.30pm	Evening Service

### **A CHRISTMAS BLESSING:**

God grant you the light of Christmas, which is faith;  
the warmth of Christmas, which is purity;  
the righteousness of Christmas, which is justice;  
the belief in Christmas, which is truth;  
the all of Christmas, which is Christ.

*Wilda English*

### **FOOD BANK BOX:**

If you would like to donate items for the Food Bank to help those in need of a helping hand, there is a box at the back of the church for you to leave your items. The church is open during service times and on the 3rd Saturday morning each month to accept donations. Thank you!

### **COFFEE MORNINGS:**

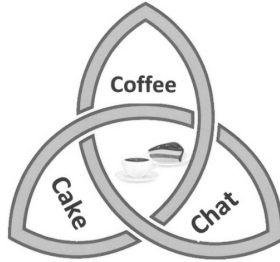
A warm welcome awaits you for Coffee, Cake and Chat in Holy Trinity Church Hall on Saturday 16th December 2023 and Saturday, 20th January from 10am - 12 noon.

Also, Come along and enjoy singing carols in the relaxed atmosphere of the Crown pub on Wednesday, 20th December from 7pm.

### **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



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Saturday 20th January 2024

10-12

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# STOWMARKET STRIDERS RUNNING CLUB

Stowmarket Striders Running Club will be holding a half-marathon (13.1 miles) running race on 17 March 2024 starting and finishing on Thorney Green, Stowupland, near the beacon.

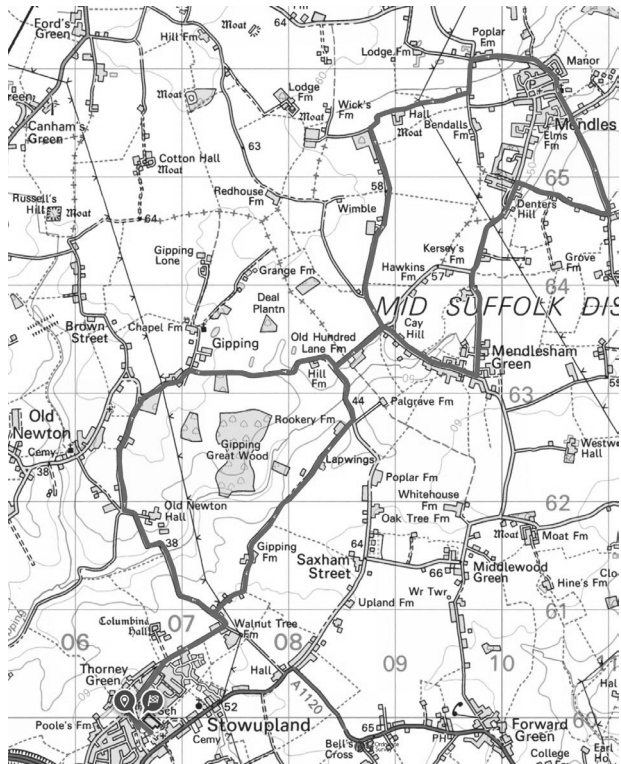


The race would be limited to 500 runners, with race marshals at key road junctions and other key locations.

We will muster the runners on The Green before the start and only moving them onto Thorney Green just before the start. For the runners' safety at the start (to be confirmed, but expected to be around 10:00), we will be temporarily stopping traffic, for no more than 15 minutes on Thorney Green and Thorney Green Road. Runners would then run up to Rendall Lane before turning left towards Old Newton. By this time, we would expect the runners to be well spread out. To minimise the disruption to motorists we ask runners to run on the left-hand side of the road at all times. If possible, if you could avoid parking on the road on the day of the race that would be greatly appreciated. Attached below is a copy of the provisional run route.

Stowmarket Striders is a community running club, affiliated with England Athletics, with about 200 members. The club supports local charities during the year from its activities.

Please get in touch via the email below if you have any questions or suggestions.



David Field Race Director - Half Marathon  
Stowmarket Striders Running Club  
[halfmarathon@stowmarketstriders.org.uk](mailto:halfmarathon@stowmarketstriders.org.uk)

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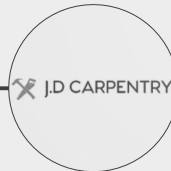
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**Stowupland**

# THE TELSTAR TEAM

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

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

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

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

## **From the Telstar Committee**

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

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

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**Stowupland Parish Council would  
like to wish the Residents a  
Merry Christmas and a  
Happy New Year**

