



Telstar

Stowupland News

No 374
April 2024

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NOTES FROM THE EDITOR

APRIL 24

Hi everyone, welcome to the April Edition. We have had an early Easter this year, so I hope you have all enjoyed the Easter break.

It's definitely spring now, I can tell as the 150 daffodil bulbs I planted without assistance from my husband have all bloomed, and they look lovely. It'd also be good if we've seen the end of the relentless rain, and just have nice April showers for the garden.

The March community quiz was won by Quiz Stars and a massive well done to them, but guess what, my team came second! It was a hard fought contest, and to be fair, if we'd been better on the history round, where we absolutely did not cover ourselves in glory, we'd have been in with a great shout for the No.1 spot. A huge thank you to Pat, Sally, Jenny, Amy and Jack, and there's always next time, which will be on Friday 14th June, so hope to see you there.

March also saw the first of the community litter picks, and the village is looking lovelier for it. Thank you to Stowupland Falcons and the Parish council for organising and an even bigger thank you to all of you that turned out to help, there were far more than expected, and your support for the event was really appreciated. It was also great to be able to go Holy Trinity afterwards for coffee and cake, which was very welcome after the hard work. It was good fun, so if you didn't make it to this one, the next one will be on Saturday 15th June and again coincides with Holy Trinity's Coffee and cake morning, so a real win win.

Don't forget the Holy Trinity annual Craft Fair which is taking place 27th and 28th April. This is lovely event, and full details are inside.

I also wanted to give you a date for your diaries for later in the year – The Walkers Cup - which will take place on Sunday 8th September. If you don't already know, it's a walk from Stowupland Village Hall to Old Newton Village Hall and back, and raises funds for St Elizabeths Hospice, the village with the most participants wins. Last year we lost to Old Newton by 5. This year will be Stowupland's Year!

You'll have noticed that with this edition you have been given a small packet of sunflower seeds, courtesy of Stowupland Wildflower and Biodiversity. The purpose of this is to encourage village residents to grow pollinators for insects, and seed for birds. There will be competition for the tallest grown and a prize for the winner, so get planting. More information is in the SWAB article. Happy planting.

DISTRICT COUNCIL REPORT

MARCH 2024

MSDC 2024/25 Budget

The budget for 2024/25 was agreed on 22nd February. This includes a 2% council tax increase to ensure financial stability for day to day services in the wake of shrinking government grants.

It also included increases in council tax payable on empty homes.

There are significant plans to spend some of the financial reserve, which has been built up over the last eight years, on projects benefitting all communities.

In the housing budget, in order to be able to fund improvements to the Council's housing stock, rents will increase by 7.7% (in line with the Government formula – CPI+1%). Many tenants receive housing benefit or universal credit and due to recent increases in the rent portion of this, the majority of tenants will not see an increase in rent. We are also reviewing our resources for those more vulnerable residents who are struggling with the cost of living.

Rural bus transport

A new rural transport grants scheme with a pot of £600,000 has just been launched to help provide passenger transport options across the district. Existing community transport operators can apply for funding before 15th April. More details are available here: <https://midsuffolk.gov.uk/rural-transport-grants-scheme>.

Joint Local Plan (part 2) evidence

All parish and town councils across both districts have all been invited to complete a questionnaire about the services and facilities present in each area. This information is needed to prepare the next phase of the Joint Local Plan.

Home insulation

The *Cosy Homes* home insulation initiative is still open for applications. Eligible households can apply for free energy efficiency measures in their own homes, including if privately rented. A contractor has been secured to deliver this programme and they have been able to access further grant funding to contribute to this scheme. Full details are available via www.midsuffolk.gov.uk

Particularly vulnerable households can continue to access this via the wider Suffolk scheme, www.warmhomesuffolk.org

There is also funding available to help residents with the cost of installing loft insulation, in partnership with Travis Perkins. Residents can receive a 50% discount off their purchase (up to £200).

See <https://www.greensuffolk.org/at-home/grants/>.

Recycling

National government is introducing a requirement for nationally standardised recycling and refuse collection. This will include kerbside collection of glass bottles and jars. Although not required to be implemented until March 2026, kerbside collection could have an impact on the income earned by local organisations from the bottle banks. We are therefore raising this now in case there is a wish to consider advanced planning.

Local issues

There have been many concerns regarding how current developers are managing their construction plans – some of these also exacerbated by recent flooding. These are being followed up with planning enforcement.

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PARISH COUNCIL REPORT

MARCH 2024



The meeting opened with 3 members of the public, 7 Parish Councillors and Cllr's Pearson and Welham. It was noted that Cllr. Whitehouse has resigned from the Parish Council.

Councillors' Reports: The full MSDC and SCC reports can be seen elsewhere in Telstar. SCC Cllr Welham advised that a site meeting regarding the Safer Route to School is to be held on 25th March and it was agreed that Parish Councillors Easter and Beeson would attend. MSDC Cllr Pearson reported that last night, the joint Babergh and MSDC had been awarded the Best Local Council award by the iESE.

Matters of Report: Work has started on the Retreat Pond. MSDC Planning Officer has advised that a garage door will be fitted to the property on Trinity Meadows as soon as a contractor can be sourced. Work completed includes the reporting of pot holes in Broomspath Road, the repair of a post in Thorney Green, removal of branches to a tree in Birch Close, advertising of forthcoming litter picks, adding a SID section to the Parish Website, the removal of a sign for Aspen Grange from the traffic indicator sign in the village and the inclusion of financial transparency to the Parish Website. All other matters are ongoing.

Public Forum: It was suggested by a resident that there may be scope to site another Speed Indicator Device on Church Road just before Barn Cottages although it would be restricted to monitoring traffic one way only. He was also not happy at the state of The Green following the cutting being carried out whilst the ground was so wet. He was advised that the contractor had not let the Parish Council know that they were going to cut The Green despite being asked to do so. Another resident was upset about the amount of traffic using Chapel Lane and turning round in her gateway causing the track to become rutted. Due to their age, this was not something that they could sort out any longer themselves.

Parish Council Meeting Dates: Cllrs agreed to change the dates for the May and June Parish Council meetings to the 2nd Thursday in the month and will be held in the Church Hall as it was felt that in order that residents have the opportunity to attend, it should not be held outside of the village. Also to note the date of the Annual Parish Meeting to be on Wednesday 10th April.

Internal Control Statement: Cllrs noted that the internal control statement has been completed.

Fidelity Guarantee: It was agreed that the current cover of £1,000,000 for the fidelity guarantee remains sufficient for their needs.

General Data Protection Regulation Audit: It was noted that this audit has been completed for 2023-24.

Sub-Committee Reports:

Cemetery and Churchyard – Cllrs agreed the proposals to seek a quote for the grass to be collected from the cemetery, for permission for the grass contractor to cut down any flowers growing on graves which is contrary to cemetery policy and to obtain a quote for levelling graves 6 months after a burial.

Planning – No planning applications or decisions have been received this month.

Councillors' Reports: Cllr Voden had been contacted by a resident regarding the number of commercial adverts that were being placed on PC noticeboards. He has also spoken to the Police who advised that the new Police Officer covering Stowupland was PC Andrew Ferguson and that the new website has a link to the local team. The Police will also follow the patterns of speed recorded by the SID devices and follow up as they see fit. Currently there is only one volunteer left on the speed watch group so it is unable to function until further volunteers come forward and then the GDPR will be renewed allowing speed watch to start up again. He also noted the damage to The Green by the bus shelter. Cllr Beeson also reported that a pedestrian had been hit by a car on Trinity Meadows resulting in a hospital visit so there is a need for some traffic calming measures on the estate. As the roads have not been adopted by SCC Highways as yet, this is a matter for Bloors.

Cllr Easter had taken part in 2 zoom Councillor training sessions and had also attended the Gateway 14 meeting.

Cllr Bridges reported that the handle of the dog bin on the corner of the Linden Homes development and Thorney Green Road was broken and quite sharp. Cllr Melhuish also enquired if a date could be arranged for cleaning the rubbish out of the ditch by Linden Homes, but it is understood that the Linden Homes team had done it in the last couple of days.

Clerk's Report: The Clerk reported that, in a recent meeting with Linden Homes, they had agreed the siting of the trim trail equipment, and this can now go forward and the necessary licences sought, and equipment purchased.

Correspondence: This month's correspondence included an invitation from Hedgehogs R Us to take part in a Parish Highway Project. (This is something that the Bio-Diversity group are happy to co-ordinate). A resident is requesting signs to be placed on Trinity Meadows advising motorists to slow down as ducks cross the roads and a thank you from Citizens Advice for the contribution from the Parish Council. An email was received from a new resident regarding responsibilities for the hedge surrounding the property that joins The Green. Also, a resident in Hornbeam Road enquiring about the problem the ivy is causing to their fence alongside footpath 32. Correspondence was received from SCC Flood and Water team regarding the flooding issues along Church Road. An enquiry has been received for a memorial stone to be placed on a grave in the cemetery. A thank you for the grant from the Parish Council was received from the Telstar Committee. There was a letter from the Valuation Office requesting information about the cemetery and one from a resident regarding a neighbour parking and driving over the verge.

The meeting closed to the public at 8.20pm.

THE ANNUAL PARISH MEETING

The Annual Parish Meeting is not a meeting of the Parish Council. It is a meeting of the electors of the parish and should take place between 1st March and 1st June each year and is chaired by the Chair of the Parish Council if they are present.

The Annual Parish Meeting is an opportunity for local clubs, charities and organisations to report to the parishioners on their activities throughout the year and for the Parish Council Chairman, the County Councillor, the District Councillor and the local Police to offer their reports.

The meeting should also give the electors of the parish an opportunity to raise issues of importance to them. Decisions made by the meeting are not binding on the parish council, but good practice suggests they should be given consideration at the next parish council meeting.

The Stowupland Annual Parish Meeting is being held on Wednesday 10th April 2024 in Holy Trinity Church Hall. Refreshments will be available from 7.00pm with the meeting starting at 7.30pm Everyone is welcome.

Claire Pizzey, Clerk to the Parish
parishclerk@stowuplandpc.co.uk

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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COUNTY COUNCILLOR'S REPORT

MARCH 2024

Council Budget for 2024/25

On 15 February, Council met to discuss and vote on the Administration's budget proposals. The council plans to borrow heavily from its reserves to meet the growing demand for social care for adults and children, and council tax will need to rise by £74 annually for Band D properties from April. There will also be cuts to Family Hubs (children's centres) and Housing Related Support, which supports vulnerable people like care leavers to find accommodation. Funding for arts and museums will be maintained for 2024-25 - not from SCC core funding, but subject to a bidding process for grants from April 2025. The Bury St Edmunds local archives are planned to be moved to The Hold in Ipswich, which like the arts funding cuts, has been controversial locally.

My group were concerned about the lack of core funding from Suffolk County Council to arts and museums; they need long-term core funding to help secure funding from other sources. We proposed an amendment to this effect. We also suggested that some of the SCC unused Covid funding from the government be used to support young people not in education, employment or training, as this cohort had suffered a lot of upheaval in their final years of schooling and exams. Support for young people not in education, employment and training is one of the services that is due to be cut in the Administration's budget plans. Our amendment was declined by the Conservatives, as was the Labour amendment which also proposed to reverse some of the planned cuts.

OFSTED/CQC Report on SCC SEND provision

There have been numerous press reports about the Ofsted and CQC joint report into SEND services in Suffolk. The report was scathing about the county's SEND provision and detailed the failures of the council to communicate and work with parents and carers; also, failure to improve the Education and Health Care Plan (EHCP) and annual review processes and failure to reduce waiting times, improve outcomes and reduce exclusions. My group was disappointed and concerned that the Administration has not yet got to grips with improving a service that has now received a third poor inspection result in a row. We have offered our assistance to the Local Area Partnership (Suffolk County Council and NHS teams) in preparing the Priority Action Plan they now need to submit to Ofsted and CQC by 7 March.

The report findings led to the resignation of three Cabinet members for SEND, Education and Children's Services and prompted a reshuffle of the political leadership at the council.

Devolution

Devolution for Suffolk has been discussed a lot in recent years and it now looks like it may be happening from 2025. The deal the government is offering Suffolk is the same as the one for Norfolk and would give the county more freedom on decisions and funding for transport, skills and adult education, regenerating brownfield sites and retrofitting homes to make them more energy efficient. If the deal is approved, the leader of Suffolk County Council would be directly elected by the people of Suffolk every four years; residents will be given two ballot papers: to elect their local county councillor and, separately, to elect the leader of the county council. The first election should take place in May 2025. The council will be consulting on the deal soon and residents will be able to give their opinions on the changes proposed. For more information, see <https://www.suffolk.gov.uk/council-and-democracy/devolution>

Changes to Local Archives

Since pushing through the recent controversial proposal to move local records from Bury St Edmunds to The Hold in Ipswich, the council have announced that they will be inviting community representatives from both Lowestoft and Bury St Edmunds to form two new Working Parties to consider local access to historical material. This could allow relevant collections to remain in each local area, but any proposals would need to be funded locally rather than by Suffolk County Council. This is not a reversal of the council's budget decision, and the majority of the records are still planned to move to The Hold, with the North-East and West Suffolk branches of the archive service to close.

Schools Admissions

Across the county, 98% of pupils were given a place at one of their top three choices. Of the 210 places available at Stowupland High School, so far 144 have been taken up and there remain 66 places unfilled.

Local highways issues

Safer Route to School – There has been some progress. SCC have obtained quotations for the cost of construction of the length through 'the wood'. Unfortunately, the price obtained by SCC was for an unbound surface. We now need a price for a tarmac surface and the school needs to apply for a diversion of the public footpath onto that route, and make a CIL bid to MSDC. for the cost of the works. A meeting of stakeholders to discuss progress is being held on 25 March.

A1120 Church Road – I reported the blocked drain on A1120; SCC reported to me that it has been cleared again but the problem persists. More extensive works will be needed.

I have spoken with the SCC floods officer to re-iterate that the main cause of flooding near the layby in front of Freeman School is the failure of the balancing ponds to attenuate flows from the Trinity Meadows estate. SCC officers have visited the site, and the problem is now classed as high priority for improvement works – but probably not before 2026.

A1120 between Tesco and A14 – I have continued pressing for work to be carried out to drain the carriageway so that the cones can be removed. SCC Highways now consider this issue to be a high priority and improvement works will be designed and carried out, but probably not before 2026.

Useful websites

Cost of Living help and advice: <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/family.page?familychannel=6>

Benefits advice and support: <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/adult.page?adultchannel=0>

Flood preparation advice: <https://www.suffolk.gov.uk/suffolk-fire-and-rescue-service/fire-and-rescue-safety-advice-in-the-community/preparing-for-flooding>

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

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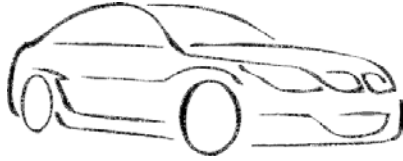


2nd Sunday each month (14th April) at Red Gables 2-4 pm plus REPAIR CAFÉ stowrepaircafe@gmail.com and **4th Thursday each month (25th April) on Market place 9:30 to 11.30 am.** We collect Coffee pods, clean pet food pouches, cheese wrappers and nets, pens, flattened crisp packets, (all count as “soft plastic”), make up packaging and pringles tubes, also clean and flattened tetra packs – see our website for details. **The Dental products scheme has changed** – Brushes are fine, but **not toothpaste tubes** now. Terracycle Collections | Stowmarket Eco Future Group

Why I am feeling encouraged! Picture this – A huge dam wall with a vast lake of water behind it. Now imagine that the wall is the resistance to addressing the climate issue; those who don't want to see or respond to what is happening. People who want to stop anything being different. The “water” building up against the wall is every person who has woken up to the problem of the climate crisis and the need for things to change. The water is every “green” action – every damaging product not bought, every item repaired, reused, recycled, every green vote cast, every eco decision made, every gram of carbon saved. Climate action is no longer radical. Most of the population (over 80%) has become concerned to some degree about what is happening. We have all seen floods locally this winter and experienced heatwaves in summer, and many of us have family and friends in other parts of the world who are impacted by even more extreme weather events. We are all juggling a lot of issues, but climate is a vital priority. It's up to every one of us now to push against that wall of resistance and breach it by the weight of public opinion, forcing governments and decision makers to respond with laws and policies that protect life and proper leadership. I've spoken to many people who hate the radical approach e.g. Extinction Rebellion or Just Stop Oil, (but we can be grateful to them and others who have raised the issues and got Climate onto the agenda). The need now is for all the moderate people to speak up and say, “Yes we want this too,” for the future of our homes, jobs and families. This website helps Home - Climate Majority Project, but we are aiming to get more local conversations going too.

Suffolk County Council is reinforcing its **campaign against idling engines**. An engine running whilst parked or stationary releases twice the amount of harmful emissions, and on a public highway this is illegal. Children walking are particularly vulnerable to exhaust fumes – the answer is not to drive more but to emit less. More walkers, less motorists and those who have to drive, behaving well.





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COUNTRYSIDE RAMBLER

BRIAN WARD

The summer visitors will soon be with us. I cannot wait to hear the first chiffchaff or the sweet descending song of the willow warbler. The melodious song of the blackcap will soon be echoing around our woodland edges and the common whitethroat will be singing away whilst doing his upward aerial flight to claim his territory. Following these early arrivals will be the nightingale with its woeful yet tuneful song and we must not leave out the twittering call of the first swallows. The cuckoo is said to be the harbinger of spring and can be heard locally. We always think of these birds I've mentioned but there are many birds that fly thousands of miles to visit our coastline to breed. These sea birds spend months out to sea then return to nest on our shores and outlying islands, The most common one we know is the charming puffin with its brightly coloured bill and quizzical look. The other coastal cliff nesters are the guillemot, razorbill, gannet and, more gull-like, the fulmar. We must not forget one of the long distant travellers, the arctic tern, along with other terns - common sandwich, roseate and little tern.

We also have migratory birds of prey that visit us in the summer to nest. The largest of these is the osprey, an awesome predator that feeds mainly on fish that are snatched from the near surface of the water. If you wish to see nesting ospreys, the best reserve is Rutland Water. A boat runs regular trips to see these birds but it advisable to book early as it is popular. Another small falcon that visits us is the hobby, a very fast falcon that feeds on dragonflies but will also prey on martins and even swifts. These very fast acrobatic falcons are a joy to observe as they lock onto their prey and chase it. Once they have caught a dragonfly, they will nip off its wings and consume the rest.



Last month I mentioned the reptiles emerging from hibernation, but we also have our amphibians doing the same. Frogs, toads, and newts may well be present in your garden pond or in our local farm ponds that are now in decline. Look out for the familiar blobs of frog spawn but also check the ponds for toad spawn, which is laid in long strings. Many of our wildlife trusts and reserves will announce pond dipping days which can be very informative about the creatures lurking beneath the surface of our ponds.

Enjoy our flowers of spring and listen out for the first cuckoo.

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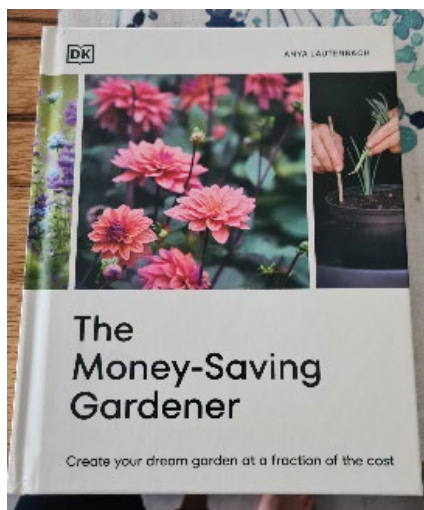
PAULA WILLMOT

Well, as I write this column and having just taken a walk across the fields and around the school, everything is so soggy and wet. However, you will be reading this in April and, like you all, I am hoping to have completed at least one mow!! We will also now have the lovely Monty Don as our weekly handrail for jobs and planting ideas around the garden. Our own home-grown 'Perfect Perennials' will be open and will be providing lots of lovely plants for us to grow. I've probably overdone it on the seed front again and literally planted everything – however, it's all growing, and the greenhouse regularly hits 40 degrees, as do the kitchen windowsills in the sun.

This month there are a lot of jobs we can be getting on with in order to prepare our gardens; here are some that I will be tackling in April:

- Clean out the bird baths or saucers and top up with fresh water. Mine needed a good scrubbing with a stiff brush. Also keep providing those nesting materials for the birds. If you are grooming your dogs or cats, fur is the 5* lining material for bird boxes and nests.
- Young shoots of hostas, delphiniums and newly emerging plants will be very tasty to slugs and snails, so it's time to start the evening patrols to pick them off so your plants have a fighting chance.
- Buddleias can take a good pruning now to achieve a low framework of stems. It's one of those plants that's almost impossible to over prune so shape as you wish. Although this year I am growing a huge white rocket buddleia so will be treating that with kid gloves until it has really established itself.
- I've really enjoyed choosing my dahlia bulbs this year; Narey's have an extensive selection and I am a great fan of the dinner plate size ones. The tubers can now go into pots of damp compost so the top of each tuber is just below the surface. These will also do well on the kitchen windowsill ready to be watered once the first shoots start to appear.
- Let's not ignore our houseplants. If your orchids have been in the same pot for 2 years or more, re-pot once the flowers have finished in a bark-based compost trimming the dead roots and stalks as you go.
- Be careful about buying sweet peas too early. There are already lots for sale in the shops, but they will need protecting from frosts. Unless of course you have had them in the ground all winter as some varieties can cope well with cold.

On the subject of sweet peas and beans of all kinds, a really enjoyable project you can also have a go at is a bean teepee. Getting the framework and strings set up early ready for planting will enable you to test that the frame will stand up to the wind. The photo below shows a basic framework and then the summer flowering with peas and beans. If you make it big enough, small children can also have some fun in the 'tent', [@what_a_view_cottage](#) has a short film on how to construct the framework.



On social media, especially Instagram, Monty Don is now posting a few times a week with top tips, and the dogs of course! [@themontydon](#) is his official site along with [@gardenersworldtv](#). Everyone's gardening fairy, Anya, has just published her book below, which is full of money saving tips and is particularly strong on splitting larger plants to make purchases go further.

Some local dates for the diary. Our very own Stowupland Open Gardens takes place on the 30th June. Sadly, my own garden is still very much in its infancy and is emerging slowly

from the heavy clay soil. But I will probably have some plants for sale on the meadow with all monies going to St Elizabeth Hospice as well. Helmingham Hall will be opening on 1st May with their Spring Plant Fair taking place on Sunday 26th May and Monday 27th May alongside an Artisan market. The Hidden Gardens of Bury St Edmunds will take place on Sunday 30th June, again all proceeds going to charity.

Finally, I will be starting the Grand Stowupland Sunflower Race this year. I will be planting over 50 sunflowers in small pots and will make them available on a date to be announced. This will be especially fun for children as they will need to name their sunflower and nurture it to grow as tall as possible. More details to follow!

Well, that's all for this month and I hope by the time you read this at least a little sunshine has made its way to your garden. Happy digging

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My council tax bill is coming out in March, and I am dreading opening it as it always goes up. My income has stayed the same but everything else seems more expensive and I have hardly anything left over - how will I cope if my payments for this year go up?

Many of us are feeling overwhelmed as we see our basic bills and essential costs go up. You're not alone in finding things difficult and, crucially, there's support available.

First off, there are discounts available to some people depending on their circumstances. You can check your bill or contact your council to find out if you might be eligible for an automatic reduction to your council tax.

If you're not getting a discount, you might still be entitled to one. It depends on who lives in the property. So, if you're the only adult in your home, you'll get a 25% discount on your council tax bill.

When working out how many people live in a property, some people aren't counted - they're called 'disregarded people' and include under 18s, a student nurse or someone on an apprenticeship scheme and many more. Checking the government website (<https://www.gov.uk/council-tax/who-has-to-pay>) for more details. If everyone who lives in the property is disregarded, you will still receive a council tax bill, but it will have a 50% discount. However, if everyone in your home is a student or severely mentally impaired, you won't pay any council tax.

Additionally, if someone has moved out, tell the council as this might change your eligibility. If you are entitled to a discount as a result, it will be valid from the date when the person moved out, even if you told the council after the event, and the reduction may be backdated.

If you think you might be eligible you should apply to your local council for a discount as soon as possible. You can find your council's contact details via <https://www.gov.uk/apply-for-council-tax-discount>

You mention that your income hasn't increased. If you are on a low income, you might be able to get your council tax reduced. If you get benefits or have other people living with you, this might affect how much your council tax is reduced by.

Your local council will ask you details about your income and your circumstances, so they can work out if you're entitled to a council tax reduction. They will then calculate your new bill and tell you how much council tax you need to pay.

If you have other people living with you who are aged 18 or over, you might all be responsible for paying council tax. Only one of you needs to apply for a council tax reduction. The council will make a decision and reduce the amount of council tax you have to pay accordingly.

You may also be eligible for additional support if you've reached State Pension age which you can check on the government website via <https://www.gov.uk/state-pension-age>. If you're under State Pension age, the 'working age rules' apply and if you've reached State Pension age, it depends if you or your partner get certain benefits.

The working age rules still apply if you've reached State Pension age and you or your partner get:

- Universal Credit
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Income Support

If you've reached State Pension age and don't get any of these benefits, the 'pension age rules' apply.

Even if none of the reduction criteria applies to you, your local council can still reduce your council tax bill or cancel it altogether, this is called 'discretionary reduction.' They'll normally only do this if you can show that you're suffering severe hardship and can't afford to pay council tax.

If you're in this situation you should ask your local council for help. You'll need to show them evidence of your circumstances. If your immigration status doesn't let you claim public funds, you can still apply for a discretionary reduction. A discretionary reduction doesn't count as public funds.

We know that times are incredibly tough and council tax is a priority bill so it's important to keep in contact with your council if you can't keep up payments. Citizens Advice is here to help you find a way forward, without judgement, working with you side by side.

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

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IMPORTANT CONTACTS

Citizens Advice

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

Doctor

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

Emergency Numbers

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

Good Neighbour Scheme

HELPLINE: 07591 539621

Member of Parliament

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

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

Police

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

Samaritans – 116 123

Stowupland Village Website

www.stowupland.com

Parish Council Website

www.stowupland.suffolk.cloud

Suffolk County Council

www.suffolk.gov.uk 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

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

APRIL

MON 1	18:30 Village Hall	"Tappy Feet" Tap dance class
WED 3	14:00 - 16:00 Village Hall car pk.	Mobile Post Office
WED 3	14:30 various locations	Book Group (contact 01449 672127 for details)
WED 3	19:30 Village Hall	Local History Group - Education in the Middle Ages
THURS 4	14:00 - 16:00 Village Hall car pk.	Choose Refills mobile shop
THURS 4	19:00 Village Hall	Short mat bowls
THURS 4	19:30 URC Church hall	Parish Council Meeting
SAT 6	09:30 - 13:00 Village Hall	Heart of Suffolk Farmers Market
SUN 7	19:30 Village Hall	Country & Western music club
MON 8	19:30 Village Hall	Village Hall trustees meeting
MON 8	18:30 Village Hall	"Tappy Feet" Tap dance class
WED 10	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
Wed 10	19:00 Holy Trinity Church Hall	Annual Parish Council Meeting
THURS 11	19:00 Village Hall	Short mat bowls
SUN 14	19:30 Village Hall	Country & Western music club
MON 15	18:30 Village Hall	"Tappy Feet" Tap dance class
TUES 16	09:30 Jubilee Crt. 09.55 Green	Mobile Library

WED 17	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 18	19:00 Village Hall	Short mat bowls
SAT 20	10:00 - 12:00 Church Hall	Coffee, Cake and Chat
MON 22	18:30 Village Hall	"Tappy Feet" Tap dance class
WED 24	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 24	19:30 Village Hall	Suffolk Wildlife Trust - "RSPB Minsmere"
THURS 25	19:00 Village Hall	Short mat bowls
FRI 26	10:00 URC chapel	Coffee Morning
FRI 26	19:30 Village Hall	Community Bingo
SAT 27	Village Hall	Craft Fair
SUN 28	Village Hall	Craft Fair
SUN 28	19:30 Village Hall	Country & Western music club
MON 29	18:30 Village Hall	"Tappy Feet" Tap dance class

LOOKING AHEAD

MAY

WED 1	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 1	19:30 Village Hall	Local History Group – Parish Fire Engines
THURS 2	19:00 Village Hall	Short mat bowls
SAT 4	09:30 - 13:00 Village Hall	Heart of Suffolk Farmers Market
SUN 5	19:30 Village Hall	Country & Western music club

JUNE

SUN 30	Various locations	Open Gardens Day
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Rachel Eburne - rachel.eburne@midsex.suffolk.gov.uk -
01449 673311

MSDC General Contact No. 0300 12340000

Mobile Library - 07721 879855

Parish Council

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

Terry Easter - 079558906176

Terry.easter@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 Pizzev

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

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - Graham Newman - 01359
240846

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club

www.stowuplandcricketclub.co.uk/

Stowupland Falcons Football Club -

stowuplandfalconsfc.co.uk

Stowupland Sports Centre -

info@stowuplandsportscentre.co.uk - 01449 672531

Stowupland Wildflower & Biodiversity Group -

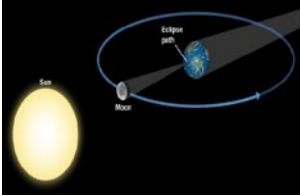
Keith Welham - 01449 673185

Stowmarket Wildlife Group - Heather Salmon

-heathersalmon50@gmail.com - 07722 871205

LEAP YEAR

Splendid people of Suffolk,
Listen yea, oh yea.
Why should 2024,
Contain an extra day?



Earth around the sun,
That's what I hear you say.
But is it simply that,
Producing an extra day?

We learned at school,
To make us bright.
There's a $\frac{1}{4}$ extra day,
But this is not right.

It takes 365.242190 days, [difficult to scan]
For earth to round the sun.
So, calculations of a year,
Are not completely done.

So, here's the complication,
Each leap, there's extra time.
In order to address the Maths,
We need to solve the crime.

Many do not know this,
Some years they have no say.
If it won't divide by 400,
It won't have an extra day.



Back in the 5th century,
Saints Bridget and Patrick said,
That once in each 4th calendar years,
Women could ask to wed.

To make the maths much simpler,
Once, every four years.
To avoid confusion and the fuss,
The 29th of Feb. appears.

***N.B. One year has an approximate length of
365 days, 5 hours, 48 minutes, 45 seconds.***

From The Really Lovely Poetry Company R.R.G.

FOOD MUSEUM, STOWMARKET

Easter feasts and spring celebrations at the Food Museum, Stowmarket

Visit the Food Museum in the heart of Suffolk this holiday for a feast of seasonal fun with our Easter celebrations!

Events started on 28 March and will continue until 11 April, with the Food Museum bringing together Easter traditions from around the globe, as well as celebrating spring on the farm. From cooking workshops to delicious local fare, Easter trails, and delightful animal encounters, there's something for the whole family to enjoy.

Every day over the holiday, you'll be able to create your own mouthwatering hot cross buns in our outdoor bread oven and embark on a chocolatey adventure with our Easter trails across the 84-acre site. Plus, don't miss the opportunity to meet, hold, and feed our spring animals on the farm.

Explore the rich tapestry of Easter culinary traditions with our special international cooking workshops on 2, 5, and 9 April. Learn to bake Mexican sweet treat, capirotada, Ukrainian plaited bread, pasta, and Middle Eastern mini-pastries, fatayer, in our wood-fired bread oven using recipes crafted in collaboration with local communities.

On the final Sunday, 7 April, the Food Museum invites you to a special Easter feast in one of our historic buildings. Enjoy a delicious menu sourced from our site and local producers featuring fresh seasonal vegetables, homemade sweets and preserves, locally sourced cheese, and succulent lamb slow-cooked overnight in our wood-fired oven.

Throughout the Easter period, we'll have delicious new tasters inspired by Easter foods around the world in our taster kitchen, as well as a new seasonal menu in our café Feast. Join us for a culinary journey that's sure to delight the senses!

For more information and to book your tickets, visit:

<https://foodmuseum.org.uk/events/easter-at-the-food-museum/>

About the Food Museum:

We are the UK's only Food Museum, with 84 acres of glorious countryside, 17 fascinating buildings, a farm of rare breed animals and over 40,000 objects to explore in Stowmarket - the heart of beautiful Suffolk – from wartime ration recipes to a working watermill.

At the Food Museum, we have activities on every day exploring growing, making and eating food! Meet our rare breed animals, experience our annual exhibition, try delicious tasters and try your hand at farming, as well as discovering our historic buildings and enjoying a meal in our on-site café.

From cheese-making to brewing, historic breads to seasonal eating, we are here to engage audiences with the heritage of food and the communities who grow and make it. We explore themes connected by food – social, historical, technological, industrial, environmental – and give visitors hands-on experiences which bring processes alive, teach skills and share memories.

STOWUPLAND FALCONS

MARK DYE

Stowupland Falcons first team have been a little indifferent as from late despite starting the season very well a combination of several injuries and the weather not allowing us to get any momentum we hope to have good finish to the season. Dan Lloyd's Res have been in good form of late as they try to secure promotion to Division 4. The ladies are still in with a shout of regaining their league winner's trophy they are also in the county cup semi-final which would be a massive achievement in they can reach the final.



Our youth teams have been competitive throughout their leagues but unfortunately due to the wet conditions most of the games at home have either been switched or called off of late, Saturday morning club goes from strength to strength with numerous boys and girls enjoying free training from our qualified coaches. Any parents who wish their children to join our Saturday morning club please get in touch for details on our FB page.

Facebook – Stowupland Falcons FC | Twitter - @StowFalcons | Instagram

UNICEF UK Rights Respecting School

Freeman Community Primary School wishes to be a school where children's rights are at the heart of our ethos and culture, to improve well-being and to develop every child's talents and abilities to their full potential.

As part of this plan, we are working towards recognition as a *Rights Respecting School*, an award given to schools on behalf of UNICEF UK.

UNICEF works with schools to create safe and inspiring places to learn, where children are respected, their talents are nurtured and they can thrive. The Rights Respecting Schools Award supports schools to put in place a set of standards based on equality, dignity, respect, non-discrimination and participation.

Pupils will learn about their rights by putting them into practice every day. Each class voted on the most important children's rights to create 'The Freeman Five' and a steering group, led by Mrs Kydd and including representatives from each year group, will help achieve the Bronze Award.

Visitors in School

Year 6 had a visit from the Story Seekers at Suffolk Libraries. They talked about the different ways that we enjoy stories and took part in practical drama group activities. Working in teams, they took a story stimulus card with a picture, using role-play and improvisation.



Jasmine, a senior emergency medical technician, recently visited children in Year 2. They tried on Jasmine's uniform and asked her lots of questions about her job. They also learnt how to apply a bandage!

Tom, from Debenham Hall Farms, kindly brought one of his tractors into school recently to support Year 3 with their topic, *Farming in East Anglia*.



All year groups had the chance to meet Tom and see the tractor up close. There were lots of curious observations and some great questioning.

Tom said *"of all the schools I have visited, Year 3 were by far the most polite and engaging children I have met. They are a credit to the school and their parents."*



The Junior Road Safety Officers had a visit from PCSO David Harvey and PC Adam Ferguson and were shown how to use a speed meter gun outside the school. They thoroughly enjoyed using the device and reported that the average speed was 24mph, although they did record a supermarket delivery driver travelling at 37mph!



Forest Schools

Despite the recent rain, children in Year 5 still managed to use the fire pit to cook pancakes on Shrove Tuesday and 'cheesy dreams'. A range of log cabins and rope swings have also been constructed and daffodil bulbs planted by the children 2 years ago are showing the first signs of Spring!



We look forward to sharing more of our learning with you in next month's edition.

From tiny acorns do mighty oaks grow'



STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



Including: A special gift for every garden.

We are enclosing in this edition of Telstar some sunflower seeds for every household in the village and hope they will add some sunshine to your garden. These are Giant Russian Sunflowers, and we hope you will enjoy growing them. This summer Stowupland could be awash with the sunny faces of these lovely flowers.

The challenge, should you choose to accept it, is to grow the tallest one! Of course, you can grow them just for fun, but if you want to enter our village competition for the tallest sunflower just send your name and contact details and the height of your sunflower from the soil to the tallest point to klizm58@gmail.com. We will verify the tallest ones to find a winner and there will be a prize! Don't worry, we will remind you to measure them in the summer via our articles in Telstar and let you know where to send your details and photos. The challenge is open to everyone.

To grow your sunflowers, pop a couple of seeds in a pot of compost. Keep watered and start them off on a sunny windowsill. Once they have grown a little bit take the weakest seedling out being careful not to disturb the roots of the bigger one. When it has warmed up a bit outside, and your seedling is about 15 cm tall, plant your sunflowers in a sunny spot in the garden. As your sunflower grows you will need to stake it. Push a tall cane in next to each sunflower (being careful not to stab the roots) and tie your sunflower to it carefully. As each sunflower grows check that the tie is not too tight. Feed your sunflowers weekly with tomato feed. When the sunflowers have flowered make sure you get a photo and let us know how you got on. Let the flower die back on its stem and leave the seeds for the birds. Don't worry, there will be plenty so you can save a few to plant next year.

Don't forget to read our articles in Telstar and do come and see us when we are out and about. You are welcome to come to our meetings and join us if you want to be 'kept in the loop.'

Our work with schools

We have provided raised beds adjacent to the sixth form block and at the Mulberry Centre and these are now ready for seeds and plants, which will be provided by members of our group.

At the Mulberry Centre, there are already signs of wildflower seedlings breaking the surface of the soil; this area can be supplemented in the future with additional wildflower species.

A number of projects are under way at the Freeman school; next we hope to set up video equipment to record hedgehog activity. And we're keeping an eye on the newly planted fruit trees, all local varieties, in the high school site.

Wildflowers on The Green

It is good to see that the native daffodils have flowered, and we'll be watching the wildflower meadow where we planted a mix of wildflower seeds last autumn. Our tiny oxlip seedlings are growing and will soon be planted out. Look out for their pale-yellow flowers during April. They will take another year to become established, so don't be disappointed if you don't see many blooms yet.

Spring Fair 27 and 28 April

Come and visit us at the Spring Fair in the Village Hall on one of these days. We'll be taking over the meeting room – just walk through the doorway beside the stage. We'll have displays, advice and free gifts. Please come along and share your ideas for encouraging birds and insects into your garden. And hedgehogs: we will be trying to find out how many hedgehogs have been seen in gardens around the village and discussing how to provide a home for hedgehogs next winter.

No Mow May

We are disappointed that the Parish Council have decided to continue cutting most of The Green throughout May. But you have a great opportunity to leave your lawn uncut; see how many plants flower during the month and attract insects looking for pollen.

Our next meeting is on 13 May at 7.30 in the URC meeting room. Everyone is welcome.



LOCAL HISTORY GROUP

OUR NEXT MEETING is on Wednesday April 3rd (7:30, Village Hall) when we welcome back Kate Jewell, who will take us back to **school in Medieval Times**. If you miss this, we have something very different for May 1st when Geoff Robinson will join us for a talk on Parish Fire Engines and his project to restore Worlingworth's Historic Fire Engine.

At our March meeting we welcomed Sarah Doig for her talk on 'Angels and Demons' in her favourite Suffolk Churches; you can read Jerry's report in next month's Telstar. I am always grateful to Jerry for producing this as it is not an easy task, but I know many of you enjoy reading his words.



I like to try to produce a topical Display Board for each month and, searching through our archives for what we have on our church, I came across a newspaper cutting about the church's celebration in 1933 of the 90th Anniversary of the Laying of the Foundation Stone back on May 13th, 1843. This service was held at 8.00 pm so that **'the congregation might better appreciate the spectacle of the switching on of the new electric lighting.'** There were; - **'Nine high powered flood lights had been let into the woodwork of the roof, with two smaller pendent globes underneath the gallery and another illuminating the stairs to the West porch. The two vestries and the churchyard also had globes affixed at vantage points. Then when after singing the hymn 'Praise my Soul the King of Heaven' the verger, Mr C. Catchpole switched on the lights, the sacred edifice was suddenly transformed from the sombre of twilight to a brilliancy that brought out to the fullest advantage the details of the structure especially the chancel with its curtained background of blue and gold, the green altar cloth and the bright colouring of the profusion of flowers on the altar as arranged by Mrs Chapman the whole presenting a rich and memorable picture.'**

The vicar commented "on the poor attendances at church nowadays" but expressed his belief that the day was coming **"when people would be as glad to enter God's house as they were 90 years ago."**



Do you remember the farthing coin? In the 1930's our church had a Farthing Fund to raise money for improvements to the church. The farthing was not much bigger than a thumbnail and worth just a ¼ of an old penny.



(For those who don't know there were 240 pennies to a pound.) At the time of the Farthing Fund Britannia was featured on the coin but you may remember the coin with the little Jenny Wren

In the winter of 1932 a new heating stove was installed in the church and in 1933, having raised £40.00, it was planned to close the fund, but there were plans for further improvements such as 'putting in new oak stalls and pews' and have 'memorial tablets to past stalwarts of the church affixed around the walls leading to the conclusion that the edifice may well be transformed by the time the centenary is celebrated."

I am not sure of the dates of these 2 photos but as can be seen they are from before and after the erection of the plaque to commemorate the Fallen of WW1 and WWII.



To return to Jerry's report on our February meeting when:

Stowupland Local History Group welcomes 2024 as we move forward with our talk on "The Stowmarket British School" by Gill Marchant".

Thanks to all those who turned out for this, our first meeting in 2024. Dave and Sandra were unable to attend so Neil took over the technical role with Jerry on the welcome to all. We sorted a technical hitch after Neil contacted Dave and Annie and Liz provided the tea to fill the gap as all things technical were sorted out. Neil introduced Gill to start the evening. Thanks to Dave for his help and Sandra for coming down with the equipment needed to get us going.

This is really the second half of the story as Gill had given a talk on the "Stowmarket National School" in April 2023. Both schools featured in the life of Stowmarket during the Victorian and Edwardian periods of town life. In 1814 the British and Foreign School Society was set up; this was a body appointed to oversee the education of older school children in the country. Gill spoke in her earlier talk when the "Stowmarket National School" was set up in 1836; the building is still up and is now used as the Church Hall for the Stowmarket Parish Church. The "British School" was founded in 1852 with funds from a non-conformist's group.

There was a "Deed" set up to complete the founding and it was built in what is now Childer Road in the town. There was also a residence constructed for the headteacher, which was used throughout the time it was a school. Gill had records of the staff who taught there and told us of the best-known headteacher - the aptly named Mr John Inkpen. I have no doubt the pupils attending would have fun with his surname on occasions. He was in post from 1860-1884 and in that time the school had a capacity for 130 boys; in 1877 girls were taken in for the first time. A grant of £372 7s 6d was given to set this up and provide the suitable facilities for the girls to join in at the school. Mr Inkpen was a popular headteacher and helped his pupils with their education and progression into the wider world. Gill had evidence from the local press of the day that he had even helped one of his former pupils when he had fallen on hard times and been unable to pay a fine imposed at the local court. He had paid the fine from his own funds. One highlight in 1862 was when 15 pupils had visited London, probably by train, to see the second International Exhibition held at the site, quite an exciting day out for them all I should imagine. There were fairly strict rules at school in those days and in 1880 Mr Inkpen had been accused of assault on a pupil. The boy in question had not complained and not reported matters to his parents, however his sister was also at the school and arrived home and told her mother what had happened. The family pressed charges and the case was heard at the local court. The court dismissed all charges against Mr Inkpen and the other school staff who were involved, saying that the school staff were allowed to use the rules of the school as they saw fit. However, things were never quite the same at the school after this case and he resigned as headteacher in 1884. He continued in public life however and retired in 1912.

Time moved forward with changes to Government education policy and, in 1905, changes to funding from "Deed" to government and it became harder to fund. In 1913 it was decided to close this site as a school.

Gill finished her talk with an appeal to the audience. There was once a plaque marking the site of "The British National School"; this is now missing, and it would be nice to be able to locate it, if it is still around. Neil thanked Gill for completing the second half of her talk and took questions from our audience.

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

Prompted by the wet weather and flooding Neil Langridge has been looking into one way in which Stowupland tackled the problem of wet and soggy ground:

Carnser, Caunsey, Cansey, Karnser

"A raised path, a causeway; usually through marshy land" - *Suffolk Dialect* by A.O.D. Claxton.

The recent heavy rainfall has led to Thorney Green becoming heavily waterlogged. In the past, conditions must have been similar at times. When The Green was used for grazing animals, their hooves churning up the ground added to making crossing the green difficult. For this reason, raised causeways were made across The Green and other of the wettest areas.

One of these can still be seen leading from the corner of The Green at Thorney Green Road towards Green Farm; slight remains of others also exist. In the parish account book regular payments for maintaining these causeways appear. In 1690 a Robert Page was paid 5 shillings and 6 pence for "*mending the cansey in Saxham Street*" and 5 shillings and 4 pence for "*repairing the cansey at Thorney Green*". There are also regular references to "*the rayle cansey*" location unknown but this one was presumably provided with a handrail.

The account book also covers expenses connected with Stowmarket Church, which Stowupland shared before it had a church of its own and there are references to "*the church carnsey*" - perhaps the raised footway opposite the church beside what is now Station Road and still known as The Karnser.

I (Sandra Walker) am intrigued by the reference to a cansey in Saxham Street. There are a few possibilities. Saxham Street has not always started at the corner near Stowupland Hall, sometimes it extended further down the Main Road even past where Freeman's school is today, so was there a cansey where the road floods today outside the school? Alternatively, old maps suggest Saxham Street had its own Green, in the area between the Driftway and the Hall; was this the location of our cansey? We may never know but we will keep looking.

If you missed Don Mobley's talk to our group about **The History of US Military Aviation in East Anglia**, Stowmarket LHG have him booked in for April 15th. This is certainly not a boring story of war time aviation so if you missed Don the first time it's definitely worth a trip to Stowmarket or even go along for a repeat performance - 7.30 at Stowmarket Community Centre, Hillside, Stowmarket IP14 2BD.

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DOWN MEMORY LANE



Does anyone recognise this house, it was/is called Waveney and associated with the Brame family?

STOWUPLAND BOWLS CLUB

JOHN MOLLETT

We can but hope that March and April will show an improvement in the weather. It must have proved difficult working on the green.

A meeting of the team captains was held at the beginning of March when many details were sorted. Being a team captain is not an easy job and we need to help them all we can.

Reading this towards the end of April means that the season is, it is to be hoped, under way, so I hope all will enjoy their bowling.

New members are always most welcome so come and have a look and give it a go. Help is available to get you started. Contact Graham Newman 01359 240846 or Frank Boxall 01359 244 591 or look in at the green next to the Village Hall.

Happy bowling.

THANK YOU

Mrs Evelyn Hayward would like to thank all her friends and neighbours for the love and support they have given her, since the loss of her beloved husband Ivan. Without their kindness she could not have got through this very difficult time.

Ivan's funeral took place on 18th March, and a collection was made on behalf of the Alzheimer's Society. If anyone would like to make a donation, you can do so through their website: Donate to Alzheimer's Society | Alzheimer's Society (alzheimers.org.uk)

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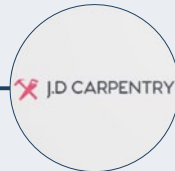
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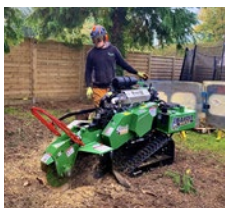
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Interested? Look on our website at <https://hallbookingonline.com/Stowupland>

Or contact Lisa Tunbridge our booking secretary

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The
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U.R.C CHAPEL

NEWS

Minister: Revd Robert Sheard
Telephone 01449 678173

I'm sorry to mention it again but what a lovely time of year as we see God's beauty all around us as the spring flowers are peeping through. The sound of lawn mowers, as we hopefully prepare our gardens for sitting in, if the rain holds off. The clocks have also been changed, giving us longer days.

On Sunday 3 March we joined with the United Reformed Church at Stowmarket for the anniversary service to mark the opening of the new building, following the rebuild after the bombing in 1941. A bring and share lunch was enjoyed after the service. We now look forward to our Easter celebrations.

**Our next Coffee morning is on Friday 26 April 10am to 12noon.
Everyone welcome.**

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

The speakers for April are as follows:

07 April	Veda Berriman
14 April	Stephen Horrex
21 April	Andrew High
28 April	Revd Robert Sheard

Joyce Gardiner

MINISTER'S MESSAGE

1 Corinthians 4:10

For Christ's sake we are fools; but you are wise in union with Christ! We are weak, but you are strong! We are despised, but you are honoured!

The 1st of April has become (at least till 12 noon) a time to play tricks and pranks on people, and if they do not realise what is happening, they are called an April fool. There is even a reference to April fool's day in Geoffrey Chancer's *The Canterbury Tales* from 1392. In Medieval times many well off houses would have their own fool or court jester, their primary purpose was to keep political leaders grounded by entertaining the court aristocracy with crude jokes and performances.

In the Old Testament a fool was someone who refused to listen to wisdom or learn from discipline, failing to fear God or respect the rules of reality; they repeat their folly much like a dog returns to its vomit. "Whoever digs a pit will fall into it; if someone rolls a stone, it will roll back on them." (Proverbs. 26:27) But St Paul encourages us to be fools for Christ. I am sure that many people who are not Christians do think that Christians are fools to believe in something or someone that can't be seen or science can prove. But if we become Fools for Christ, it's not about being silly and doing jokes on people, it's about standing up for what we believe in, speaking out for those who cannot speak for themselves, not going along with the latest trends and ideas but being true to God.

Being a fool for Christ or Foolishness for Christ is an old idea that refers to behaviour such as giving up all one's worldly possessions upon joining an ascetic order or religious life, or deliberately flouting society's conventions to serve a religious purpose—particularly of Christianity. Such individuals have historically been known as both "holy fools" and "blessed fools". The term "fool" is often perceived as, feeble-mindedness, but in these terms, "blessed" or "holy" refers to innocence in the eyes of God.

Today we are all called to be fools for Christ. Our calling is a different way of thinking and being, a way that the world will regard as foolish. If we live out this calling with integrity, if we are truly people of love and grace, if we live sacrificially in service to others, many in the world will be drawn to Christ.

Yours. Robert

Reverend Robert Sheard Minister of the Stowmarket group of Churches. The group consists of Stowmarket, Debenham, Mendlesham, Haughley & Stowupland)

COFFEE MORNING

Friday 26th April 2024



Stowupland URC Chapel
10am – 12noon

Coffee, Tea and Cakes

All welcome

HOLY TRINITY CHURCH

NEWS

HOLY TRINITY CHURCH
STOWUPLAND



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

The clocks have sprung forward, Spring is really here, taking us toward Summer. The snowdrops are waning, but the daffodils are in all their beautiful, majestic glory standing tall, reminding us of the poem of William Wordsworth – who wrote about a “Host of Golden Daffodils”. Nowadays we see them as we travel, planted by many to give pleasure and brighten our daily lives as well as giving us new hope for the future. We at Holy Trinity pray that your lives are given the light of Love, Faith and Hope in wonder at the beauty of all around, reminding us of the beauty of the earth.

Reflections of times gone by, how are they for you? With the season of Lent now behind us, a time that was spent pondering on giving or giving up, how often we were asked, ‘What would we give or give up.’ Instead of material things, how much nicer it is to give time.

How often do we give the time to reflect back on life and know the decisions that we made at any time were right, if it gave hope or support in helping someone else make the right move for them? In this ever-changing world, why not give some thought to someone in your life who may need a little of your time? Life in itself is a challenge of making the right move. At this time of the year, we reflect on the Easter story and look to Jesus’ Ascension - a time when Jesus left his disciples as he was taken up into heaven. No doubt the disciples were reflecting on their time with Jesus and wondering what the future held.

The bible tells us: They returned to Jerusalem with great joy. And they stayed at the temple, praising God. Luke 24 verses 52 and 53.

Ann Doubtfire

Services in April 2024

Date	Stowupland	Wetherden	Haughley
Easter Day 31 st March	Benefice Easter Day Communion service at Haughley at 11am With Revd. Philip Banks, the Canon Precentor from the Cathedral		
7 th April	9.30am Parish Communion	11am Easter Songs of Praise	11am Sunday Praise
9 th April			5pm Pizza
14 th April	9.30am Worship for All	11am Sunday Praise	11am Parish Communion

21 st April	9.30am Morning Worship	11am Worship for All	11am URC led service
29 th April	6.30pm Evensong	11am Parish Communion	

A PRAYER:

○ God our King, by the resurrection of your Son Jesus Christ on the first day of the week, you conquered sin, put death to flight, and gave us the assurance of everlasting life. Redeem all our days by this victory; forgive our sins, banish our fears, and make us bold to praise you and to do your will; through Jesus Christ our Lord.

SPRING CRAFT FAYRE:

Come along to lunch at the **Craft Fayre** on Saturday & Sunday, 27th and 28th April and browse a wide variety of craft stalls. You can enjoy a lunch of Baked Potatoes with a variety of fillings, also, other lunchtime snacks will be on sale. Refreshments are available all day.

FOOD BANK BOX:

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

CHURCH HALL HIRE:

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

COME AND JOIN US FOR

Stowupland Church Hall

Saturday 20th April 2024

10-12

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Everyone is welcome



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HOLY TRINITY CHURCH STOWUPLAND

HOLY TRINITY FLOWER FESTIVAL

Sat 15th June and Sun 16th June

Theme: *Occupations*



What better way to celebrate creativity and nature than displaying beautiful floral arrangements in Church.

We have been holding an annual flower festival for many years and this year, we would like to invite you to take part with the theme of 'Occupations'

The invite is open to individuals, Clubs, Schools, Businesses, in fact anyone who would like to help decorate our Church – you will all be welcomed.

The flower festival is one of a few regular events we hold to raise funds for the Church. As well as having the flower arrangements on display, home made refreshments will be available in the Church Hall throughout the weekend.

If you'd like to take part or would like to find out more, please contact Ann Doubtfire: anndoubtfire1@gmail.com or 07747660813



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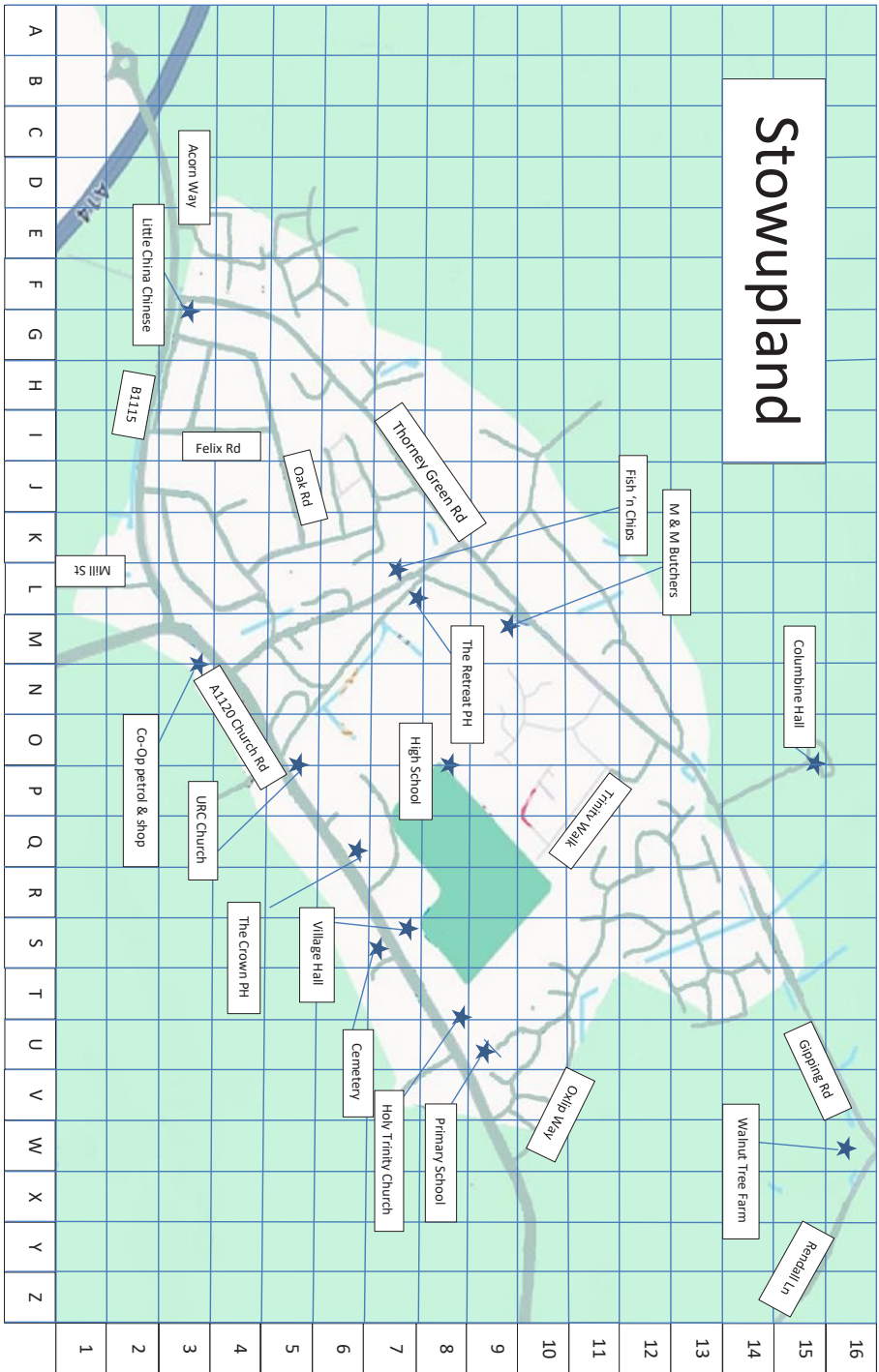
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Stowupland



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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

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Community

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NIGHT

All Cash Prizes

FRIDAY 26th April

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