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Thurs 25 th , Fri 26 th , Sat 27 th & Sun 28 th December	Closed
Mon 29 th & Tues 30 th December	6:30am to 1:00pm
Wed 31 st December	6:30am to 12:00pm
Thurs 1 st January	Closed

From 2nd January back to normal opening hours



NOTES FROM THE EDITOR

NOVEMBER 25

I am pleased to bring you the November edition of our publication. Last month, I mentioned that the outcome of the 'Walkers Cup' appeared to be a draw. I can now confirm that this was indeed the case. While it may be a little disappointing not to have claimed victory, it is reassuring to know that we did not lose either. Importantly, there is always next year to look forward to, and we remain optimistic about our chances. Perhaps the most significant achievement to celebrate is the remarkable amount we raised for St Elizabeth Hospice. Thanks to the efforts of everyone involved, we collected a total of £699.26, which we have rounded up to £700. This represents an impressive 18.5% increase compared to last year, making it a truly fantastic sum.

I want to extend my sincere gratitude to all those who participated and contributed to this fundraising effort, especially the Ladybirds, who contributed some amazing cakes. Your support is genuinely appreciated and has made a meaningful difference. Together with Sally, our advertising and finance colleague, and our friends from 'Old Newton' we had the pleasure of handing over a cheque to the hospice, which was gratefully received.



This month, Holy Trinity Church will host a very special event dedicated to remembering loved ones who have passed away. This gathering offers a meaningful opportunity for members of the community to come together and reflect on cherished memories of those who are no longer with us. Details of the event can be found inside. Whether recent or many years ago, the loss of loved ones is never easy, but their memory continues to live on in our hearts. This event serves as a gentle reminder of the enduring bonds we share and the comfort that comes from remembering together.

As November arrives, it's time to start thinking about Christmas. Several festive events are coming up that you won't want to miss. The Holy Trinity Christmas Fair is just around the corner—a perfect place to find unique early holiday gifts. In December, you can join the Telstar Christmas Quiz, where a prize awaits the team with the most festive attire, so pull out your best jumpers, hats, or even design your own creative look. Information about registering your team can be found inside. It promises to be an enjoyable event that isn't too challenging—even my squad came close to winning last time!



DISTRICT COUNCILLORS' REPORT

OCTOBER 2025

Living Well in Winter Grant

The Living Well in Winter grant, which supports local organisations to deliver accessible, inclusive spaces and affordable activities that help people stay connected throughout winter has re-opened. Organisations including town and parish councils, village hall and playing field committees, sports clubs and centres, charities, social enterprises, community shops and community interest companies can apply. Eligible projects might include lunch clubs, after-school clubs, low-cost family sports sessions, craft workshops, community cafes, or any other initiative that brings people together and supports residents through the colder months.

Up to £2,000 can be applied for and applications must be submitted by Sunday 19 October. An application form and information about the criteria can be seen at <https://www.midsuffolk.gov.uk/web/mid-suffolk/w/mid-suffolk-district-council-funding-1>

Local government reorganisation

The District and Borough Councils' document (the Case for Change) proposing three unitary councils (meaning the council provides all the services previous split between the County council and District councils) for Suffolk has been finalised and submitted. The County council prepared a separate submission, advocating one council for the whole of Suffolk. Both documents will now be reviewed by the Ministry of Housing, Communities and Local Government and they will launch a public consultation which is expected to run between November 2025 and February 2026. We will keep you informed of the progress towards the consultation and how to access it as soon as we have information. Once the consultation is completed the Ministry will make a decision as to the path to be adopted. Their decision could be for one unitary council, for three or, in fact, for something else not included in the two submissions. The decision is expected in March next year.

Postal vote registration

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

Locality Awards

The current round of grants, which began in April this year, will close in January. This is different to previous years when applications have been able to continue until March. After January, any grant allocation remaining will transfer into the wider Community Development Grant budget. We would obviously prefer that our grant allocation benefits our local community so if any groups are considering an application, please do contact us as soon as possible so that we can submit an application in good time.

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

Other funding for community projects

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

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

Customer access point

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

Cllr Janet Pearson

Janet.Pearson@midsuffolk.gov.uk

07928 512592

Cllr Agnes Watson

Agnes.Watson@midsuffolk.gov.uk

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COUNTY COUNCILLOR'S REPORT

NOVEMBER 2025

Local Government Reorganisation

Separate business cases for the reorganisation of Suffolk into one or three unitary authorities have been produced. Unitary councils run all services for a local area, and the government is planning for all remaining two-tier areas in the country to change to this model. Suffolk is part of the devolution priority programme, which means it will be one of the first counties to do so. The reorganization will also see the creation of a mayoral authority and mayor for Norfolk and Suffolk. On Tuesday 16 September, Suffolk County Council held an Extraordinary (additional) meeting to debate the business case produced by the council that one unitary council would be best for Suffolk after the two-tier system (county and district/borough councils) is abolished. It was endorsed by the Conservative majority in the council meeting and was then tabled at a Cabinet meeting where the council's Cabinet voted to formally approve it. It has been submitted to government.

An alternative proposal for three unitary councils for Suffolk has been developed by the district and borough councils and has also been submitted to government. I and other members of the opposition spoke strongly against the case for a single unitary authority as we believe that three separate unitary authorities would better serve the residents of Suffolk. We anticipate that the government decision on how the reorganisation will be carried out in March 2026.

The One Suffolk business case can be found here:

<https://www.suffolk.gov.uk/asset-library/one-suffolk-business-case.pdf>

The Three Councils for Suffolk business case can be found here:

<https://threecouncilsforsuffolk.org/wp-content/uploads/Three-Councils-For-Suffolk-Case-for-Change.pdf>

Local Nature Recovery Strategy Approved

On 9 September, the council's Cabinet voted to approve the Local Nature Recovery Strategy, which was produced following a public consultation on the draft strategy between April and June this year. The strategy sets out priority species and habitats for nature conservation in the county and gives advice on how different habitats can be improved by landowners to protect and encourage nature. Most of the area mapped out for Suffolk's nature priorities is private farmland, and the strategy does not make improvement mandatory, but the officers who have produced the strategy will now work with landowners to support them and work to find investment for measures in the strategy.

Landowners can use areas mapped in the strategy to produce 'units' of biodiversity for purchase by developers, as they will be required to meet the government's new Biodiversity Net Gain requirements which state that all development should be increasing biodiversity by a minimum of 10%. The units of biodiversity do not need to be onsite or near the development.

The new strategy should also help Suffolk County Council to improve the land it owns in the county, and local planning authorities will have to take account of the strategy when development is considered. In the future, mayoral authorities like the one currently planned for Norfolk and Suffolk will be responsible for the Local Nature Recovery Strategy for their area.

The strategy will now be shared with neighbouring authorities, Natural England and local partners like district and borough councils and the Broads Authority for their feedback.

Financial Forecast at Quarter 1 of 2025-26 Financial Year

Cabinet on 9 September also considered the most recent financial reporting from the council, which aimed to give a better forecast of how the council's spending might look for 2025-26. The council is predicting that it will overspend by £13.3m by the end of the year, which it will balance by taking £13.3m from its Risk Reserve. This is extremely worrying, as is the prediction that the council's Designated Schools Grant debt will rise over the year by £63.3m to a total of £161.2m deficit. Currently the government has agreed councils can hold this debt until March 2028, but a long-term plan needs to be made as many councils are now carrying a level of debt related to SEND costs which would bankrupt them if it were called in by the government. Other cost pressures for the council include placements for children in care, care purchasing and mental health services in adult social care. The council has also received £1.2m less than expected from dividends from Suffolk Group Holdings (companies owned by the council like Concertus and Vertas) and had to pay nearly a £1.0m more than budgeted for its annual staff pay award.

Solar Together Scheme for 2025

The Solar Together Suffolk scheme, which has so far installed 32,000 solar panels at 2,651 Suffolk households, is now open for registration for 2025. Registering is free and there is no obligation to go ahead with the installation. The scheme also includes battery storage and EV charge points, and customers who have already invested in solar panels can get quotes for these too. The scheme requires householders to register online, and pre-approved solar PV suppliers then take part in a 'reverse auction' to bid for the work. After this, registered households will be emailed a personal recommendation which they can choose to accept or not. Telephone and email helpdesks are available to support residents in making an informed decision.

The scheme is run by Suffolk's councils in partnership with iChoosr, who have been working with UK councils on the Solar Together scheme since 2015.

For more information and to register, visit <https://solartogether.co.uk/suffolk/home>

Apply Now for a School Place for September 2026

Parents and carers can now apply for a place in the normal year of entry at a primary, infant or junior school and a secondary school for September 2026. The deadline for applications to secure a place at a secondary school is **Friday 31 October 2025** and for primary school places, including infant and junior schools, the deadline is **Thursday 15 January 2026**. All applications received by the relevant closing date are processed at the same time using the schools' oversubscription criteria to prioritise applications if necessary. Applications received late are processed after all of the applications received on time. Last year, 94% of applicants received offers for their first preference school, and 98.4% of applicants received an offer for one of their top three preferred schools. The council is keen that parents consider how their child will travel to school when applying, as the nearest school for school transport purposes may not be the catchment area school. They can check this by entering their postcode here: <https://www.suffolk.gov.uk/children-families-and-learning/schools/school-places/school-catchment-areas/nearest-school-checker>

Parents and carers can apply online for a school place here: <https://www.suffolk.gov.uk/children-families-and-learning/schools/school-places>

Local Highways Issues

Visibility at High School Access. A very constructive meeting was held on site and agreement reached in respect of reduction in the height of the hedge and repositioning of the school sign. The works will be arranged by the Academy at no cost to the Parish Council.

Footpath in front of The Crown. Design work is progressing, and a detailed cost estimate will be available in the near future.

A1120/B1115 proposed roundabout. Crest Nicholson have applied to MSDC for a variation to a planning condition which, if agreed, would delay a start on construction of the roundabout.

Keith Welham

County Councillor for Stowmarket North and Stowupland

Keith.welham@suffolk.gov.uk Tel: 07831 705 714

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PARISH COUNCIL REPORT

OCTOBER 2025



This month's meeting opened with 2 members of the public, 4 Parish Councillors and Councillors Pearson, Watson and Welham. The meeting was chaired by Cllr Studd in Cllr Bridges's absence. Cllr Beeson offered her resignation from the Parish Council.

Councillors' Reports: The full County Councillor and the District Councillor reports can be found elsewhere in Telstar. SCC Cllr Welham was asked about the application from Crest Nicholson to defer the start of the construction of the roundabout until they had sold more houses, and about the reported gap in bus services in the afternoons between 2 pm and 4 pm. He advised that there should be alternative buses available, and these can be found on the Suffolk On Board website, but he will check on this. MSDC Cllr Watson advised that the Living Well in Winter grant is now open. This is for local groups to offer support to people through the winter period. There is still no idea which new proposal for Local Government Reorganisation the Government will support, or whether they may propose something different for the public consultation, which is expected to take place between November and February.

Matters of Report: Works have been completed on the pond, and it is already holding water. The SID device has been ordered, and greenery to be removed and a handrail installed on footpath 32 by the end of October. Meetings have been arranged in respect of preventative measures around the Green and await one with the PCC regarding the churchyard resurfacing. There have also been some break-ins to sheds on the allotments.

Public Forum: A resident respectfully asked if the PC could review their allotment policy to make the tenancy requirements more stringent, as there are too many people taking on tenancies and then putting in no effort to farm or look after their plots. She explained that gardening is hard work, and they need to realise this before taking on the tenancy. "Can you imagine the slump in your own wellbeing because you must now deal with the results from their weeds they have left to grow and seed infesting all the neighbouring plots, making it even harder for those who do keep their plots tidy to maintain a reasonable standard. It is not fair, and it is disrespectful to all other allotment holders".

Another resident advised that wildflowers had been sown on the infill from the pond on The Green.

Governance: The Councillors reviewed seven of the risk assessments, asking for a review of the Parish Risk Assessment, and approved the others, plus the sexual harassment and IT policies. They also considered the draft unauthorised encampments procedure, which they commended.

Sub-Committee/Working Group Reports:

Cemetery and Churchyard – Councillors agreed to the business case for Scribe Cemeteries and decided to sign up to the software that produces all the necessary paperwork involved in burials, as well as mapping the cemetery. They also discussed how best to progress with the regular maintenance of the cemetery and churchyard and came to the decision to meet with the current social gardener and agree on a work schedule outlining the Parish Council's expectations. Cllr Voden thanked all those who attended the recent workday in the cemetery.

Finance and Policy – Councillors approved the various monthly payments and receipts and agreed to make a financial contribution of £200 per annum to the SOAP group to fund the hire of the hall and refreshments.

Neighbourhood Planning – Councillors have reviewed the new MSDC joint local plan, and now that no funding is available from local government for neighbourhood plan work, instead it needs to be taken from CIL money. They discussed the need to organise the committee before the end of the year to make the decisions about how to move forward with the updating of the neighbourhood plan.

Planning – Planning applications have been received from the garage for various changes to their displays and illuminations; also, notice of an appeal for the erection of a factory and offices off Rendall Lane. An application to amend the condition regarding construction of the A1120/B1115 roundabout, required as part of the development of 258 new dwellings in land off Stowupland Road, was discussed; also, works subject to a tree preservation order in Saxham Street. MSDC have granted two approvals related to the Landex site on Church Road and given planning approval for works to trees at Stowupland Hall. One of two separate applications for development in Saxham Street was approved; the other was refused.

Councillors' Reports: Cllr Voden advised that a resident who regularly walks the footpath on Park Farm has contacted him about the diversion on this footpath, and walkers can no longer go over the bridge. He asked for clarification about the emergency planning officer mentioned in the correspondence, and he has agreed to think about updating his own emergency planning training, as it has been some time since he last attended a course. A resident has also reported to him about an ash tree on The Green, which moves heavily in the wind and is concerned for its safety. He asked about the purchase of a new wreath in time for the memorial service in November.

Cllr Johnson reported that the footpath through The Pippins was very overgrown.

Cllr Easter was pleased about the progress made on the hedge by the school entrance.

Cllr Studd was contacted by two residents about the smoke from a bonfire that was coming off the allotments at the weekend, as it was blowing directly onto the road.

Clerk's Report: The Clerk met with Highways to discuss various elements of the work on footpath 32, and these changes may mean that the footpath will need to be closed at short notice for them to be carried out. The footbridge on footpath 28 has been replaced and should now be more stable, and there is a new area footpath officer. The high school have agreed to the hedge at the entrance to be reduced in height and width, and the school sign is being moved, thus improving visibility. The trees on the B1115 have been added to the SCC portal and will be placed on their regular inspection schedule. They have no concerns about the dead ash tree or stump, and no further action will be taken. A general tidy-up of the cemetery took place on 27 September. Attempted break-ins to some allotment sheds on 23/24 September have been reported to the police, and victims also need to file their own reports. A meeting is to be arranged for the clerk to discuss preventative measures with the PCSOs. The Clerk enquired about requests for use of The Green for football matches that fall between PC meetings, and the football club has a new Chair who will deal with the anti-social behaviour. She was advised that the football club already have the necessary permissions, but she just needs to note the dates, times and necessary contact details for each match. A joint parish liaison meeting was held with Old Newton in September, and another is scheduled for 13 January. A meeting of residents of Oak Farm Meadow has been held to discuss the ongoing maintenance contract. A wasps' nest in the play park has been dealt with, and the pest contract on the allotments has now ceased. Cllr Voden will attend the Stowmarket Mayor's civic service on 12th October on behalf of the PC. There are two fallen trees on footpaths near the high school, which will require attention, but this is on school land, so they will be contacted to carry out their removal.

The external audit has now been concluded. The Clerk will be on leave from 14th to 21st October inclusively.

Correspondence: Amongst the correspondence this month were two emails from National Grid regarding the Norwich to Tilbury power upgrade and one from a group opposed to the scheme. There were three updates from MSDC relating mainly to the Local Government Reorganisation (LGR), plus one about living well, and two from SALC. SCC also sent one about the LGR. The Cricket Club expressed their thanks for the recent sponsorship from PC. The Regal is requesting sites to display posters for a forthcoming show and an invitation from the Emergency Planning Officer to some forthcoming training sessions. There was an invitation from the Police for some forthcoming meetings to meet the Police Crime Commissioner and Chief Constable. A resident wrote regarding the overgrown hedge leading from Gipping Road to Thradstones Meadow; another wrote regarding the lending library. A resident enquired about planting memorial trees, and the final item was a request from Stowmarket Striders regarding a forthcoming event to be held on The Green in March.

The meeting closed at 8.49 pm.

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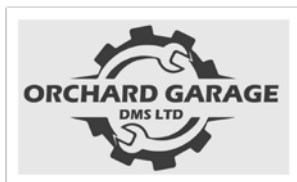
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COUNTRYSIDE RAMBLER

BRIAN WARD

I know we are slipping through Autumn and Winter is a fore gone conclusion, with its coldness and long dark nights, but on those wintry days let's just reflect back in our minds of the very hot summer we all enjoyed, we may have been relaxing in the garden, sipping a pint (or two) in a pub garden or maybe paddling in the sea with our offspring. The morale of all this is not to get sad or depressed on those cold, wintry days, look through your photos of the summer, and just smile at the good times you had.

I expect you have all noticed the abundance of berries on the bushes along our hedgerows. This will serve as a banquet for our wildlife; many of our resident birds rely on this supply for a staple autumn/winter diet. We'll also be seeing our winter visitors like the fieldfare and redwing, both of which will indulge in the berry feast; they will also enjoy the windfall apples, of which there is a glut this year.

I have had the opportunity to observe a few rarities this year in respect to bird species, namely a hoopoe and a wryneck at Languard Nature Reserve, a few weeks ago, a lesser grey shrike at Winterton-on-Sea, Norfolk, as well as a white rumped sandpiper. Looking back over the year, I was fortunate to film a family of badgers in daylight, observe foxes, hares, and many species of deer. Wildlife is not as abundant as years gone by, but with some patience and a little knowledge of habitat and field craft, it is for all to observe and enjoy.

The red deer rutting season is upon us. I was at Minsmere nature reserve the first week in October and the bellowing of the stags echoed across the vast expanse of reed beds, it is quite a sound to hear and quite unnerving if you are close to one of these majestic animals. If you witness two stags fighting and see the raw power as they clash antlers instantly, you will hold them with much respect and keep your distance. Enjoy a deer safari at Minsmere in the safety of a vehicle or watch from a distance with binoculars or a telescope.



Now is the time to put out your bird feeders for the winter if you have not done so already. It may take a few days for the birds to discover their new food supply, but rest assured, once found, they will return daily. The hedgehogs will also enjoy a treat of dog food before they go into hibernation. I was cutting my lawn recently, and I noticed hedgehog droppings on the lawn, so I will endeavour to leave out a treat for my prickly friend.

Enjoy the changing colour of our native trees as we advance into late autumn.



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RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

At the time of writing, the leaves had not really started falling from the trees, another of this year's oddities. However, I suspect by the time this magazine is delivered, we will be cursing the big, soggy piles! Gathering leaves is free leaf mould, but it's not easy for all of us to store them. If you can, though, you will be richly rewarded with top-class compost. If faced with loads of leaves and nowhere to store them, brush them under shrubs and trees, which will create a lovely habitat for wildlife and they will rot naturally. Autumn also provides us with some truly great colours, some of the trees on the A14 are already stunning, especially if caught by a setting golden sun. Anyway, enough of this romanticising, let's get on with our chores!

November jobs in the winter garden are as follows:

- Grass now needs all the help it can get, recovering after the dry summer. Lawns and leaves don't mix as if left, leaves will make the lawn go yellow, so vigilance is required. Hand raking is hard work, but it also scarifies the lawn.
- Amaryllis are now in the garden centres. It's a good time to purchase a couple of brightly coloured bulbs if you want a centrepiece over the holidays.
- Many garden centres have 'sale corners' that are definitely worth a look. Dobbies in Bury has a huge selection of hydrangeas at half price, as well as fruit trees and grasses. Just be mindful of what you may also be bringing back into your garden. Old plants will have become hidey holes for the pips and seeds of other plants, thanks to the birds.
- Now that the leaves and flowers have fallen from trees and shrubs, it's a good idea to look at your gaps, especially in borders, and see if additional bare root plants would help plug any gaps.
- If you have water features, it's time to clear out the weeds and straggly plants. Go gently, I have already evicted a rather splendid toad doing just this. I am hoping he's now back in the bog, but with a better view.
- Don't forget to save the seeds from pumpkins that are used for displays. Dried and kept over winter in a dry place will ensure an abundance of seeds next year.
- It's also time to bring in citrus trees; they won't thank you for being left outside.

As the trees become bare, it's really lovely to be able to see the birds. They are quite acrobatic, especially the blue tits, as they search for grubs and insects. As these become scarcer, the birds will then tend to rely on the berries and seeds in our hedgerows. Fungi are also starting to make quite a spectacle. Driving by Lakenheath last week, it was lovely to see great swathes of ink caps and many varieties I don't recognise. Clearly, all are best left alone unless you are with a professional forager. Finally, I was delighted to read recently that Monty Don has agreed to host Gardeners' World for another 2 years. After a serious health scare this year, his stewardship of the show was in doubt, but I see the BBC has confirmed he is to continue for now, phew! Happy Gardening.

YARD SALE

I just wanted to say a massive thank you to the Stowupland Community for all coming together on Sunday, 5th October, for the Yard Sale. Around 40 households got involved with the event, and from my conversations with many of them, they had a really successful day. Everything was being sold from books and school uniforms to welding equipment and cuddly toys. It was great to also see so many people attend, and the buzz around the village was amazing. In total, £440 was raised for EACH, which was a massive amount and I know was greatly appreciated!

I would also like to thank Louise & Graham Oldfield, Dave & Julia Brown, Jon Johnson, and Dave Pring for all your hard work and support.

Laura Johnson



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

Ed.

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Email: stowmarketecofuture@gmail.com



#LoveWhereYouLive

Collection of hard to recycle items - see update below

Marketplace on 4th Thursday of each month, which is 27th November, 9:30 to 11.30 am

2nd Sunday each month (9th November) at Red Gables 2-4 pm plus REPAIR CAFÉ stowrepaircafe@gmail.com

UPDATE ON ITEMS COLLECTED:

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

ECO CAFÉ: WEDNESDAY 5TH NOVEMBER 7:30- 9 approx. Fred's Bar, The Old Foxyard. This is an opportunity for informal discussion, asking questions, information sharing, and planning.

If you are thinking about Christmas shopping, please think about "environment", the best gift you can give your loved ones is a thriving place to live.

Refillable containers and gifts made from reused and upcycled products are a great idea. Items made from natural materials – wood, glass, metal, pottery, cotton, linen, wool, etc.- are also ultimately kind to the planet. Wrapping with fabric, ribbon, or paper tape is also great. Gifts such as a tea shop visit, cinema, theatre tickets, etc., are something to look forward to in the new year, or how about buying something to encourage gardening and supporting wildlife? At such a busy time of year for some, it is very easy to slip into buying excess plastic and packaging, and things that will be discarded soon in the new year. Plastic is for life (100-1000 years), not just for Christmas!!

Real encouragement: Over the Summer, the Design Museum in London ran an exhibition called "Human". All types of "life" (plants, creatures, etc.) rely on our planet to live, so their needs are equally important as human needs. We are "More than Human". In considering what other life forms need to flourish, we are enabling life for humans to continue. The exhibition showed the results of research grants looking at waterways, land use, and fishing practices. There were traditional designs that have worked sustainably for many centuries, and items made from completely new materials, e.g., seaweed and fungi. Many displays showed new building materials and methods that provide homes for birds and insects, and installations that protect creatures from the worst of climate change. Nature can also teach us surprising lessons in living sustainably. Many artists, scientists, designers, and radical thinkers are on the case – creating good adaptations to the things we need and the ways we work, so that the natural world is not just unharmed, but also supported. We can be a part of this too. If our mindset becomes not just "what do I want?" but "how can I live in a way that allows others to live?" The choices we make will be good ones for both humans and nature.

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STOWUPLAND FALCONS



The 2025/26 season is now up and running with all our teams playing regularly. The field is awash with yellow and blue every Saturday and Sunday. You may be interested to know that the football club is run entirely by volunteers. At the moment we have around 90+ people giving up their time to make it possible for our teams to play.

Currently, our adult first team are on an unbeaten run of 4 games that includes a Senior Cup victory over Needham Market Reserves and league wins over AFC Kesgrave, Wickham Market, Leiston and Trimley Red Devils. This leaves us joint top of the league with Coplestonians, who have a slightly better goal difference. Looking at the next few fixtures, the big game is our Senior Cup home match against Mutford & Wrentham on Saturday, 18th October. Hopefully, I will be able to report a victory in next month's article. It will be tough as they play at a higher level, but we have beaten them twice in Junior Cup Finals in recent seasons.

The adult reserve team, having lost their opening game, have now won 3 out of the last 4 and sit in 4th place in the league, so moving forward nicely under new management.

The ladies kicked off their league season with a win, but unfortunately lost their FA Cup game to Mulbarton. I am told the ladies gave a good account of themselves, and the score line was a little harsh on them.

As I said above, all our youth teams are now playing, but due to the rules, no results or league tables are posted for the younger age groups, so I am unable to say much. What I will say is that our managers and coaches work incredibly hard to prepare their teams. Next month's article will focus on the youth teams.

That's it from me for this month.

Colin Herbert - President Stowupland Falcons FC

JUBILEE LADIES CHOIR

On 27th September, we sang at the Stowmarket Traditional Music Day, to showcase what we do and hopefully to attract some new members. We had an appreciative audience, including the Mayor and his lady!! Songs from the shows, together with some of our favourites, were a joy to sing.

Apart from that, we're practicing for a performance with a combined choir on November 29th in St Peter's Parish Church, Stowmarket, and for our own concert in early December. We're also available for weddings, funerals, fundraisers, and more.

Please consider joining us, no age limits, no audition, ability to read music helpful but not essential. You just need to enjoy singing!! We're a friendly group, so a good way to meet people, especially if you're new to the area. It's therapeutic too, mentally and physically beneficial.

Practice is at the United Reform Church in Stowmarket, Tuesday evenings at 7.30 -9.30. during school term time.

Any questions? Call Di Balaam on 01449 736374

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HOME VISITS

Jane 07916 143618 Jenn 07880 975725

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Please call Jenn 07880975725 or Jane 07916143618 to get booked in now!

I've seen lots of stories in the news about people being left out of pocket if events they've booked tickets for have been cancelled at the last minute. How can I get a refund if this happens to me?



Keep an eye on the organiser's website and social media profiles for all the latest updates. You won't be entitled to a refund if you change your mind about going or realise you can't go anymore - but if an event is cancelled, your refund rights will depend on how you bought the ticket.

If you bought your ticket from an official seller and the organiser cancels, moves, or reschedules the event, you should get a refund. The official seller is the best point of contact to ask about how to get your money back. If you're having no luck getting a refund, check to see if the seller is a member of the Society of Ticket Agents and Retailers (STAR). If they are, you can use STAR's complaints procedure. STAR members should receive a refund at face value if the event is cancelled and the organiser has agreed to refunds.

You'll probably only get the face value of the ticket back - the amount printed on it. Some sellers might refund postage if, for example, the event is cancelled before the tickets are sent. If you had to pay any booking or card fees, you might not get those back. If the official seller isn't a member of STAR, check how you can solve an ongoing consumer problem with a business seller. You may also be able to get your money back another way, such as through your credit card company.

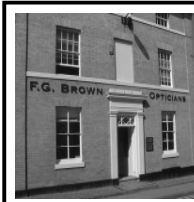
If you bought your ticket from a ticket-reselling website, refunds would depend on the site's terms and conditions.

If you bought from a private seller and the event is cancelled or rescheduled, then it is unlikely you will be able to recover your money. We still recommend you contact the seller.

Be aware of scams. Unfortunately, we've found that in these situations' scammers can prey on those who are affected.

If your event is cancelled and people or companies get in touch to offer their services to try to recover money on your behalf, be alert and make sure that you're looking out for the signs of a potential scam. For more information on getting a refund, take a look at the Citizens Advice website.

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



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IMPORTANT CONTACTS

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or 01449 676280 - 5 Milton Road South,
Stowmarket, IP14 1EZ

Doctor

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

Emergency Numbers

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

Good Neighbour Scheme

HELPLINE: 07591 539621

Member of Parliament

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

Mid Suffolk District Council

www.midsuffolk.gov.uk

MSDC General Contact No. 0300 1234000

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

Police

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

Samaritans – 116 123

Stowupland Village Website

www.stowupland.com

Parish Council Website

www.stowupland.suffolk.cloud

Suffolk County Council

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

Schools

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

Vets

Cedarwood - 01449 676966
Stowe Vets - 01449 613130

DIARY DATES

If you know of any events happening in the village that I may not have picked up on please do get in touch by 7th of the month at stowman@stowman.plus.com or 07951 037749.

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

NOVEMBER

SUN 2	19:30 Village Hall	Country & Western music club
TUES 4	16.00 Village Hall	Young Carers Club
WED 5	14:30 various venues	Book Group (contact 01449 672127 for further details)
WED 5	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 5	19:30 Village Hall	Local History Group – Crime & Punishment in Stowupland
THURS 6	19:30 URC Hall	Parish Council meeting
THURS 6	19:00 Village Hall	Short mat bowls
SUN 9	19:30 Village Hall	Country & Western music club
MON 10	19:30 Village Hall	Village Hall Trustees meeting
WED 12	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 13	19:00 Village Hall	Short mat bowls

SAT 15	Village Hall	Christmas Craft Fair
SUN 16	19:30 Village Hall	Country & Western music club
WED 19	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 20	19:00 Village Hall	Short mat bowls
FRI 21	10:00 - 13:45 village Hall	Constituency MP surgery
SUN 23	19:30 Village Hall	Country & Western music club
WED 26	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 27	19:00 Village Hall	Short mat bowls
FRI 28	09:30 Jubilee Crt 09:55 Green	Mobile Library
FRI 28	10:00 - 12:00 URC Chapel	Coffee Morning
FRI 28	19:30 Village Hall	Community Bingo
SUN 30	19:30 Village Hall	Country & Western music club

LOOKING AHEAD

Dec 3	19:30 Village Hall	Local History Group – “Exploring Tudor Cooking”
Dec 12	19:30 Village Hall	Community Christmas Quiz

Cllr Agnes Watson - agnes.watson@midsuffolk.co.uk
07599 828819

Mobile Library - 07721 879855

Parish Council

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

Terry Easter - 07958906176

Terry.easter@stowuplandpc.co.uk

Laura Johnson - 07826 851030

laurajohnson@stowuplandpc.co.uk

Debra Melhuish - 07979125904

debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817

paulamurton@stowuplandpc.co.uk

Hayden Power - 07716 834111

haydenpower@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

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

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

Village Hall Bookings

Lisa Tunbridge - Phone - 07515859337
stowuplandvillagehallbookings@gmail.com

Village Clubs

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - 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

TOWN CRIERS --- BELL PEOPLE

Who remembers criers?
They're still around, you know.
You'll find them in the marketplace,
Or at the local show.



Many places had them
They stretch way back in time.
Around in Medieval times.
Some shouted news in rhyme.

Town Criers, they will cry out loud.
They cry out with their views.
They keep us up-to-date with things.
And shout out local news.



If criers meet in numbers,
In groups to say, "Hello,"
It's very easy to believe,
Collective noun's BELLOW.



Listen to your Crier.
Remember what they say.
It might be something just for you,
About a special day.



Oyez or hark or listen.
Talking news for all the nation.
Information for everyone.
Facts, laws and proclamation.



Town Criers have competitions,
To demonstrate their art.
But it isn't only what they say.
They also must look smart.



Today we still have many.
Their bells they like to ring.
Cries always start, "Oyez, Oyez,"
And end, "God save the King."



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ADRIAN RAMSEY MP

It's hard to believe that a little over a year ago, the people of Waveney Valley put their faith in me, electing me as the first MP for Waveney Valley. The past 12 months have been a whirlwind.

Since being elected I have made sure I am a voice for Waveney Valley in Westminster, I've challenged Ministers on the disastrous state of NHS dentistry in East Anglia; on cuts in education spending and the pressures on SEND provision; on the betrayal of farmers not only with the poorly conceived changes to inheritance tax rules but also the abrupt pause to funding for sustainable farming; and on the Government's refusal to take a stand on the Israeli Government's attacks on civilians in Gaza.

I've spoken about the lack of flood preparedness in Norfolk and Suffolk and given my backing to local natural flood management projects. I've highlighted the urgent need to hold water companies to account for the damage they have done to our rivers and beaches. I led a debate on the welfare of farmed animals and the horrifying increase in industrial factory farming. I believe in working with MPs from other parties in areas where we can agree, and I'm glad that in both these areas, there has been cross-party support. Too often, the tribalism of our politics gets in the way of resolving some of the many challenges we face.

That is why I have supported the Government's commitment to tackling the climate and nature crises. The issue that, above all others, brought me into politics. I only wish its actions lived up to its ambition, rather than pandering to the interests of the fossil fuel industry by pledging huge public investment in carbon capture and storage and keeping open the option of more oil and gas drilling in the North Sea.

When I was elected last July, I promised to be an active and visible MP in Waveney Valley. This has been a key focus of my work, with over 40 constituency surgeries held in the past year and visits to many local schools, businesses, and organisations. I've responded to more than 4,000 emails from constituents, raising concerns on everything from national policy to problems accessing essential public services.

I knew when I stood for Parliament that Waveney Valley was a remarkable place with a real sense of community. The people I've met over the last 12 months and the organisations I've visited have only made me even more proud of our great communities. It is a tremendous honour to be your MP.

I promised when I was elected that I would be Waveney Valley's voice at Westminster, not Westminster's voice in Waveney Valley. I hope I am fulfilling that promise as I continue to fight for the interests of all my constituents and ensure your voice is heard in the corridors of power. If you ever need to contact my office, please email waveneyvalleyoffice@parliament.uk or call 01379 830 200

Come and Meet your MP Adrian Ramsey

Adrian will be in Stowupland on 21 November. If you would like to meet him and talk about a concern, please contact his office to make an appointment.

Telephone: 01379 830200

Or email: WaveneyValleyOffice@parliament.uk



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STOWMARKET U3A

In September, the History group had a guided tour around the Felixstowe Landguard Fort. Members were given an insight into the military history dating back to 1543, with a maze of rooms, tunnels, and exhibits. This was followed by a visit to the Felixstowe Museum covering Felixstowe's social history from Roman times through to its transformation into a seaside resort and what is now the Port of Felixstowe. The three Walking groups continue to enjoy walks in the Suffolk countryside, usually including a visit to a church.

Stowmarket u3a members enjoy a wide range of Activities and Interest groups, including Aviation, Book club, Cake Walk (short walk), Walk and Talk (longer walk), Stand and Stare (a leisurely, observational walk), Crochet & Yarn, Music, Singing, Geology, History, French, Italian, and Spanish Conversations, Table Tennis, Walking Tennis, and much more....

Each month, we invite different speakers to inform and entertain us on a wide range of subjects. These meetings are held on the third Wednesday of each month at the United Reform Church, Stowmarket, at 2:30 pm, doors open at 2 pm.

Our next two meetings are:

- 19 November – "Minsmere Past and Present" by David Staff
- 10 December – "Christmas Get Together" by ticket only - available at the October monthly meeting.

New members are always welcome. For further information, visit our website: www.u3astowmarket.org.uk.

For membership enquiries, email membership@u3astowmarket.org.uk

Registered charity 1002987

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

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

Or contact Lisa Tunbridge our booking secretary

Tel: 07515 859337 email: stowuplandvillagehallbookings@gmail.com

STOWUPLAND BOWLS CLUB

The club held its annual end of season bowls targets and BBQ afternoon in September. The afternoon was a great way to end the season. A big thank you to Terry Easter for cooking the food, which was enjoyed by everyone. Despite a few heavy rain showers, between the sunshine, the afternoon was enjoyed by all.

The ladies' bowls competition was won by Doreen Copping, with Pam Riches the runner up.

The men's competition was won by Neil Bridges, with Dave Hollings the runner up.

The bowling green was closed after this event to allow for scarification and a top dressing to be put onto the green to hopefully produce a good playing surface for next season.

We now look forward to our end of season presentation dinner on Saturday, 18th October, where we can enjoy another social event together with the trophy presentation to the various club competition winners.

We would like to hear from anyone wishing to play bowls next season, as to keep the club going, we really need new members. This season we have played league fixtures on Monday and Wednesday evenings and Tuesday afternoons; we also have roll ups on Thursday and Saturday afternoons. If you are interested in joining us, please contact our chairman, Neil Bridges, on 07547102301, who can give more information.



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FREEMAN COMMUNITY PRIMARY SCHOOL



Teaching & Learning

The classes at Freeman Community Primary School have had a brilliant start to the term and are thoroughly enjoying their learning!

In Year 5, the children have embraced learning the ukulele with great enthusiasm in the music lessons - learning the names of its parts, how to hold it correctly, and practising their strumming skills.

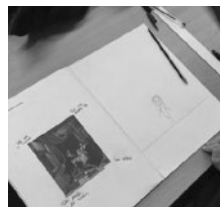
In PE, the class has been developing their attacking techniques on the hockey pitch, focusing on controlled dribbling, accurate passing, and creating space to support their teammates. Their growing confidence and teamwork have really stood out during small-sided games.

Our Year 5 pupils have also been captivated by their guided reading book, Shackleton's Journey by William Grill - a beautifully illustrated retelling of Ernest Shackleton's remarkable expedition across Antarctica. This ties in perfectly with their Geography topic, where they've been exploring countries and capital cities around the world.



In Year 3 the children have been exploring the theme of Reconciliation in RE- what it means to make peace and restore relationships after a disagreement. The children have engaged thoughtfully in discussions about forgiveness and how we can show kindness and understanding to others. As part of this topic, we took photographs to illustrate different ways we might reconcile after an argument. These included gestures like saying sorry, offering a hug, or simply talking things through calmly. The children showed great empathy and creativity in their responses.

And finally, Year 6 we have launched our new Art unit, which focuses on understanding narratives and descriptive language in visual art. The children have been exploring the meanings behind different paintings and developing their own interpretations and abstract pieces. Our focus artist this week was Richard Backenburb, and the class responded with creativity and curiosity.



Years 1-6 joined with the local community in September to celebrate the harvest at Stowupland Holy Trinity Church. It was a joyful occasion filled with singing, poetry, and thoughtful reflections on harvest traditions around the world.

Each class contributed something special, and the service was a beautiful reminder of the strength and unity within our school. We couldn't be prouder of everyone involved!

The children really enjoyed cheering on the Tour of Britain cycle race which came past Freeman Community Primary School in September. They waved at all the cars and motorbikes and enjoyed hearing the different horns and sirens; one police officer even had a rubber duck and made a duck call as he went by! After this, the children watched and cheered as the cyclists passed, in a very close-knit group, as they continued the race.



'From tiny acorns do might oaks grow'

SCHOOL GOVERNOR

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

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

To see what our Governors do, please visit the school website.

For further details please contact the school on 01449 612067 or via admin@freemancpschool.co.uk.



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"Mid Suffolk Leisure Centre"

"M&M Butchers (Stowupland)"

"ZarKeys (Meadow Centre)"

"Baldwins" "Tesco"

"Co-operative (Combs Ford)"



Last date for posting is Tuesday 16th Dec 25

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

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

Dave Newbery on 07889 137783



LOCAL HISTORY GROUP

Join us on **Wednesday, November 5th**, to hear about some **Local Crimes and Punishments**. Using material from our archives and reports found in old newspapers, our speakers will reveal crimes that some local people committed and the punishments that justices passed down. The most recent crime we will discuss will be a murder that took place in the 1960s.

Can't be with us on November 5th, then help us kick off the festive season by joining us on **Wednesday, December 3rd**, when our guest speaker, Kathleen Hallaway, will get our taste buds tingling with a **taste of Tudor-style cookery**. Now, Jerry takes us back to the warmer days of September by reminding us of **some homegrown Stowupland Stories**.

The group had decided to do another of our specially selected Stowupland Stories; these have been well received by our members and guests, and we have done a series of subjects so far this year. This time, Sandra looked after The Sick whilst Neil examined The Poor.

Sandra had chosen to mainly focus on 19th and early 20th-century health care. For younger readers, have you ever had a think about what life was like before the NHS? Well, not very easy; some types of insurance could be taken out, but in most cases, treatments and investigations had to be paid for. Older readers may recall the early days of the NHS when medical assistance was 'free'.

This is an extract that Sandra had copied from a 1920s newspaper. She did say she was concerned that it might be felt to be in poor taste, but had included it as it raised interesting questions about how attitudes to mental health have changed.

The school at Stowupland (Suffolk) is declared to be suffering from shell-shock, the fabric having become loosened and deranged by explosions probably during the air raids.

Then, as now, there was no medical doctor based in Stowupland, but from the 1930s villagers could call on the services of a qualified district nurse. Her base was a shed outside Barn Cottages, but she made house calls and, if requested, doctors would travel from Stowmarket to visit sick patients. Most, but not all, babies were born at home with the local nurse or midwife attending. The salary for our local nurse in 1928 was £104 for the year.

Sandra had many examples of stories of various medical professionals and allied health care providers. One of her interests is the optical profession, so she said she was pleased to have found advertisements relating to Tydeman's Opticians.

Fellow of the Spectacle Makers Company by Examination, London, Nov., 1909.
The only fully qualified Ophthalmic Optician within a radius of 12 miles.

Although there is no longer a sight testing Tydeman in Stowmarket, the name is still well known. Back in 1910 a William Tydeman advised potential clients that he was the only qualified Ophthalmic Optician within a 12-mile radius of Stowmarket. His father, George, was a 'certified optician' but then, as now, only ophthalmic opticians were qualified to scientifically test sight using an ophthalmoscope to examine for disease as a cause for poor sight. 19th and early 20th century opticians not only dispensed spectacles but often made frames and ground lenses: combining the correction of sight with being a chemist/pharmacist, selling and making scientific instruments, or as with the Tydemans, trading as jewellers or watch/clock makers. The Spectacle Makers Company is one of the oldest guilds in London; it still has a role in optics but is no longer involved in examining optometrists (ophthalmic opticians).

The Victorian era was an interesting time for scientific discoveries. Although there were few scientifically tested cures for disease, scientists were finding potential causes of poor health. As the following extract from a 1907 report on Stowupland Green, concerning the village water supply, shows, knowledge about the prevention of disease was still in its infancy.

"Stowupland Green furnishes a large portion of its supply; here we have water collected by ordinary drainpipes. Sunk two feet deep: above which the droppings of horses, cows, sheep, pigs, ducks, and geese are constantly deposited, and yet no epidemic arises. Facts show that the principal water-borne diseases are typhoid, plague, and cholera. It has never been definitely established by scientists that either scarlet fever or diphtheria is ever disseminated by drinking water. However, if an outbreak should occur in the village population, then this is very quickly blamed on water from the village water source".

Too often, if members of a family were found to be in poor health, the house itself would be condemned and burnt down. Sandra said she had been unable to find out what happened to families who were made homeless. She ended her section with a quote from Leslie Brame's memoirs about his enrolment into the Ancient Order of Foresters at age 12.

Before taking questions from the audience, she reminded us that after refreshments, Neil would continue the evening with his research into how the Parish cared for its Poor. Our thanks to a member who provided the refreshments in the absence of Annie and Liz.

Neil then took over with a talk on the poor of the village and the surrounding areas. He had researched back to the 14th century, a time when the poor had little to sustain themselves in times of need, needing to rely on help from friends and neighbours. If sick and unable to work, there was no dole money as we have now, and also no other payments to help with family expenses. This made family budgeting very difficult.

In pre-Reformation times, one way of helping the poor, which was your Christian duty, was by leaving money in your will.



This was often a penny to each poor person who attended the funeral service, which doesn't sound like a lot today, but a penny was a day's wages. As well as ensuring a good turnout, it was believed that the prayers of those at the service would hasten the soul of the deceased on its way to heaven.

A more lasting bequest would be to 'found' a charity. This was usually funded by donating a piece of land that would be administered by trustees, and the rents went towards relieving the poor. Later, a more reliable source of funds was raised through the imposition of a 'poor rate.' This was like a tax on each inhabitant. Neil shared some pages he had copied from some poor rate books of the early 17th century. These were interesting as they include a list of all inhabitants, how much they paid, and who was in arrears!

Neil explained that old accounts books give us an idea as to who was eligible to receive money from the poor rate and why. For example, in 1619 a John Bird claimed 7d for his lame child. Many of those receiving relief were widows. Fuel was also supplied to the poor; in this time, the fuel was wood, but in later eras it was coal.

Most parishes had a (fairly) local poor house. Neil had come across a single mention of one in 18th-century Stowupland that was somewhere near The Green, but the exact location is not known. It was put up for sale in the 1780s when the Union Workhouse was opened in Onehouse. I have written about Stow Lodge in earlier articles, and this one was occupied by people in distressed circumstances in the last century.

Neil has also copied some entries from another minute book from the late 19th and early 20th centuries; this was a record of meetings of trustees who oversaw the administration of charity property in Stowupland. He explained that it included information on the maintenance and renting out of land and buildings, also listing some needy families who were supplied with coal each year.

Our thanks to Neil and Sandra, who had researched their subjects well but, as ever, you needed to be there for these excellent presentations. Neil did a Q and A session. (Don't forget you can tune into Jerry Jabbas on the group's website for an audio version.)

Sandra added - As a contributor to Telstar, I am truly grateful to Jerry for putting together his reports on our meetings. Whilst the SLHG committee hopes you, the readers, gain some insight into our talks, they also provide the committee with a useful *aide memoire* of topics we have covered. And whilst it may seem that Jerry has a simple task to jot down and write up a few notes on our meetings, thereby giving you a taste of the evening, it is far from easy, so thank you, Jerry!

Our October talk took us back to Medieval times. Jerry will attempt a review of what it might have been like to be living in Suffolk when the aristocracy were marauding across our landscape, trying to settle their disputes by shedding the blood of their villains. Our archives don't tell us anything about any medieval battles fought on our soil; hopefully, this means we didn't have any. However, in searching through our archives for notable November events, I came across the following entry dated November 7th, 1535.

From our Archives. Just a few words of explanation, in earlier times, life and lands in our small village came under the auspices of six manors; these were held by various lords under the overlordship of the ruling monarch. This deserves a book to unravel all the intricacies, but for now, I am confining myself to some details from the 16th century. You need to know that in the 14th century, our Lord of the Manor had granted lands of the manor of Thorney to the Norfolk Priory of Ingham, and my thanks to Neil for his efforts to make sense of the documents he has found.

1534/35 – On 7th November 1535, Thomas Cromwell received information from Richard Wharton that the prior and convent of Ingham had sold their house and lands to one **William Woodhouse**, without the knowledge of their founder (patron) Sir Francis Calthrope, and contrary to their promise to Edward Calthrope, nephew and heir to Sir Francis to give him the first offer of it. But on 19th November, Dr. Legh wrote to Cromwell from Norwich, saying that the prior of Ingham had made no sale to Woodhouse as reported, but only conditionally in the event of his procuring the king's permission.

Sir William Woodhouse was allowed to retain his purchase, but he exchanged it for the priory of Hickling in 1544, and it became part of the estate of the bishopric of Norwich. The manor is not named in William's will of 1564, probably as he had exchanged it for Hickling. His first wife was Anne Repps, a Henry Reppes was Lord of Thorney Manor in the 16th century.

In his will, Henry Repps of Mendham Suffolk, wills that *Anne Woodhouse alias Reppes to take John Repps my brothers son and to find and keep him to school at his charge and at the age of 18 to have £6 18s and 4d yearly going out of my manor of Thorney in Stowe and I give to the said Anne Woodhouse alias Reppes my manor of Thorney in Stowe and after her death to John the son of my brother Francis.* He also left to the poor people of Stowe Upland 20 shillings. His will was proved on 6 November 1587.

A later court book from **19th June 1769** gives us further confirmation of a link between Stowupland and the Norfolk Priory of **Ingham**: *"All this messuage formerly built upon with 1 piece of land containing by estimate 4 acres. Of the tenement Colmans, one head abutting upon Badgryms to the west and to 1 piece of land and 1 piece of wood copyhold the said piece of land containing 3 roods lying in the field called **Huntly Field** one head abutting upon a meadow of the village of Thorney and Saxton Hamlet and the other head abutts upon the lands formerly of the **Priory of Ingham** to the west."*

Do you prefer to listen or get involved?

- Many of our members simply enjoy an evening listening to a speaker and learning about the history of Stowupland and the wider area.
- Others are engaged in their own research into family, house, or local histories.
- If you like to share your knowledge or listen quietly, why not come along to our meetings?

If you have any queries about joining us or hearing about Stowupland's past: Please contact Jerry Voden on 01449 703717 or secretary@stowuplandlocalhistorygroup.org

Alternatively, visit our website: www.stowuplandlocalhistorygroup.org

Annual Membership will soon be due for renewal, or join us as a New Member.



U.R.C CHAPEL

NEWS

The next coffee morning to be held at the Chapel is on **Friday 28 November, 10 am to 12noon. A Christmas draw will be held at this event.** Please give us a visit.

We united on 5 October at the Chapel for our Harvest Festival Service, when the Chapel was beautifully decorated with flowers and produce. Once again, this year's Harvest has been especially difficult for many farmers, and yet they continue to operate to some of the highest standards in the world, ensuring the food we eat is of high quality, safe, and nutritious. With this in mind, we decided that our Harvest collection would once again be sent to The Farming Community Network (FCN), which is a charity supporting the farming community. Donations of produce were made to the food bank. Thank you to all those who contributed to making these very worthwhile donations.

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

The Speakers for November are as follows:

02 November	Rev Richard Edwards (Communion Service)
09 November	John Webb (Remembrance Sunday Service)
16 November	Keith Scarff
23 November	Bruce Thorn
Joyce Gardiner	

Elders Message

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." – 1 Peter 2:9

November is a special month for many reasons. A time when we remember Guy Fawkes and the failed gunpowder plot, which is marked with bonfires and fireworks. The clocks have changed, and there is a change in the weather as we transition from autumn to winter, and as a gardener my brown bin is crammed full of leaves that continue to cover the garden. On the 11th, we honour the sacrifices of those who served in the armed forces.

As the month winds down, there is an anticipation of the Festive Season as we mark the start of Advent on the 30th. Advent invites us to spiritually prepare for the celebration of Jesus' birth, to prepare for the celebration of Christmas, and to reinforce feelings of hope.

So, in this special month, take time to reflect, a moment to pause and look back. A time to consider our relationship with God and to consider our place in his world.

As the days get shorter, we are reminded of the importance of being the light in the darkness. Shine brightly for others, offer hope and love in a world that can feel gloomy. Reflect God's light and love, providing comfort and support to those in need. Commit to being a beacon of hope, sharing kindness, and uplifting one another in our community.

We are God's special possession, so let us praise our God who led us out of darkness to shed light into the darkest parts of our lives and the world.

Anne Scarff (Stowmarket Elder)

COFFEE MORNING

Friday 28th November 2025

Stowupland URC Chapel

10am – 12noon

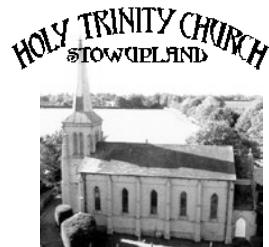
Coffee, Tea and Cakes (incl. Christmas Drawer)

All welcome



HOLY TRINITY CHURCH

NEWS



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

Tel. 613037
Tel. 770363
Tel. 613710

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

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

We are now one month into the Revd Andy taking up his post as Rector of our Benefice. Many of you will have met him at his Installation and Licensing on 6 October, and I hope more of you will have had the chance to meet him during the last few weeks.

The poet John Keats wrote of Autumn as the "season of mists and mellow fruitfulness", but it is also a time to remember. On 2 November, there is a service for a personal memorial for those we have loved and lost. Then, on 9 November, we gather as a nation to remember those who have given their lives in the two World Wars and other conflicts. Remembrance Sunday explores the theme of memory, both corporate and individual, as we confront issues of war and peace, loss and self-guilt, memory and forgetting.

From earliest times, the Church has gathered on Sundays to celebrate the good news of Jesus Christ. Over time, an annual cycle of Christian memory-making has also developed, which allows us to remember his life, death, and resurrection; to celebrate the gift of the Holy Spirit; and to recall the ministry of the holy people who have spread the Christian faith over the centuries.

Through the structuring of our Christian memory, the past is able to come into our present. We reflect on God's work through his Son, Jesus Christ, and give thanks for the work and sacrifices made by Jesus and his disciples.

The annual cycle of the Church's year now ends with the Feast of Christ the King on 23 November. The year that begins with the hope of the coming Messiah ends with the proclamation of his universal sovereignty. The ascension of Christ has revealed him to be Lord of earth and heaven, and final judgment is one of his proper kingly purposes. The Feast of Christ the King returns us to the Advent theme of judgement.

We also remember that the Church is committed to safeguarding as an integral part of its ministry and mission, promoting a safer culture and the welfare of every child, young person, and adult, with special prayers for Safeguarding on Sunday 23 November.

Sue Hayter, Church Warden

REMEMBRANCE SUNDAY SERVICE – 9 NOVEMBER at 10.50am

It would be good to see lots of people come to this Annual Service when the names of all those from Stowupland who served in the two World Wars and died are read. **'LEST WE FORGET'**. A poppy wreath will be laid as a mark of respect at this act of Thanksgiving and Remembrance.

Date	Stowupland	Wetherden	Haughley
2 November – All Saints/ All Souls	3 pm Memorial Service	11 am Benefice Communion	5 pm Memorial service
9 November - Remembrance Sunday	10.50 am Remembrance Service	10.50 am Remembrance Service	10.50 am Remembrance Service
10 November	11 am Steeple View		2 pm Mere View
11 November			5 pm Pizza
16 November	9.30 am Morning Worship	11 am Worship for All	11 am URC-led service
23 November – Christ the King	6.30 pm Evensong	11 am Parish Communion	9.30 am Said BCP communion
30 November – Advent Sunday		11 am Benefice Communion	

A prayer for remembering

Almighty and eternal God, from whose love in Christ we cannot be parted,

Either by death or life:

Hear our prayers and thanksgivings for all whom we remember this day;

fulfill in them the purpose of your love;

and bring us all, with them, to your eternal joy;

Through Jesus Christ our Lord.

Amen.

CHRISTMAS FAYRE: Come along to lunch at the **Christmas Fayre** on Saturday, 15 November, and browse a wide variety of stalls from which you can buy your Christmas presents. Bring the children to enjoy the Christmas Grotto! You can enjoy hot snacks; 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.

A time to remember loved ones on Sunday, November 2nd

There will be an informal memorial service of thanksgiving in your local church, a special time to remember those who have died.

It does not matter how long ago your loved one died or where their funeral took place; everyone is welcome to come along to remember them, light a candle, and say some prayers.

There will be a service in Stowupland Church at 3 pm and another service in Haughley Church at 5 pm on Sunday, 2nd November.

If you are not able to attend either of these services but would like a candle lit for your loved one, or if you would like more information, then please do contact Revd. Alison Roberts on 01449 613037 or revalisonr24@gmail.com



CHRISTMAS CRAFT FAYRE

Saturday

15th November

10.00 am to 4.30 pm

Stowupland
Village Hall
IP14 4BQ

Crafts, Name the Bear,
Grand Hamper Draw

HOT SNACKS from 12 noon
REFRESHMENTS AVAILABLE 10am - 4pm

For further details contact Ann Doubtfire Tel. 01449 770363

HOLY TRINITY CHURCH

Community

Bingo Night

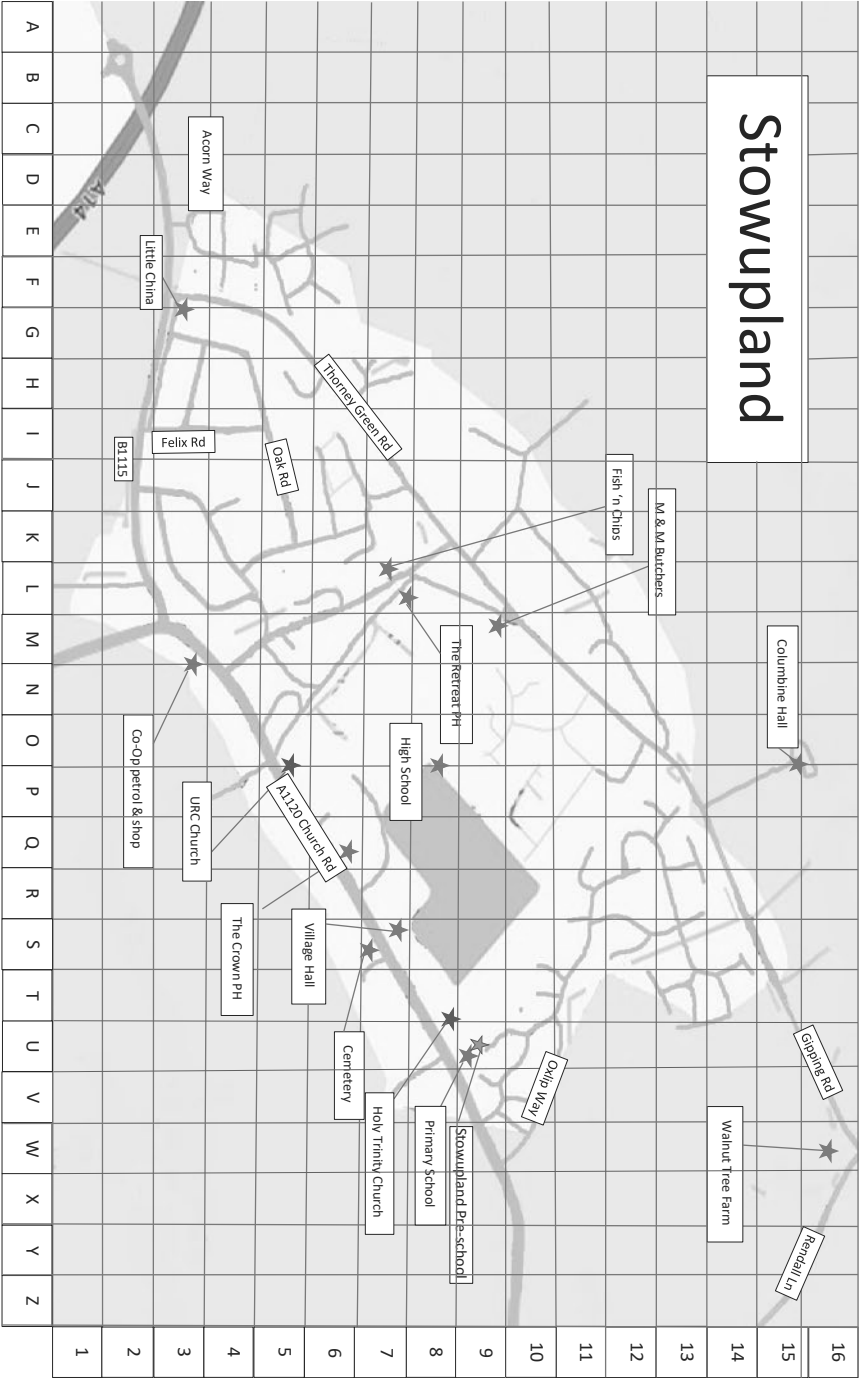


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FRIDAY 28TH NOVEMBER
STOWUPLAND VILLAGE HALL
DOORS OPEN 7PM
EYES DOWN 7:30 PM

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BRING YOUR OWN DRINK AND
NIBBLES

A STOWUPLAND COMMUNITY EVENT BROUGHT TO YOU BY THE TELSTAR TEAM



THE TELSTAR TEAM

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

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

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

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

From the Telstar Committee

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

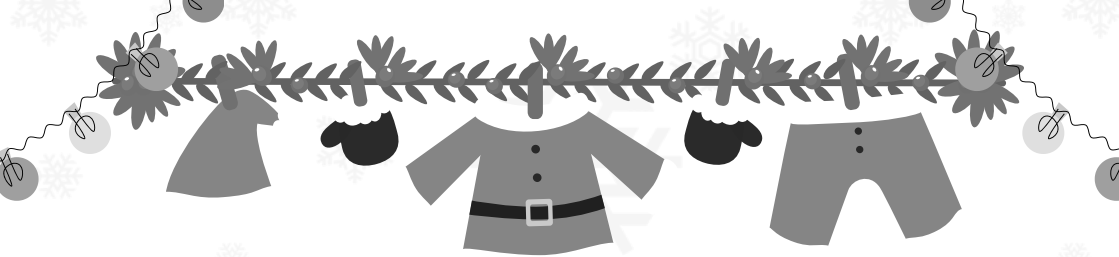
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Telstar – for the community, by the community.

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CHRISTMAS QUIZ NIGHT

STOWUPLAND VILLAGE HALL

FRIDAY 12TH DECEMBER

DOORS OPEN 7:00 PM

QUIZ STARTS 7:30 PM

£3 per person - Teams of Up to 6 People

Village Hall bar will be open for drinks

Bring your own nibbles

Prize for the most festive team

To enter a team please ring Keith on 01449 673185

A Stowupland Community Event brought to you by the Telstar Team



**merry
CHRISTMAS**

