



In this issue of Telstar:

- Parish Council Report Page 10
- County Council Report Page 6
- Open Gardens Page 44



M & M Butchers
Mark Hammond

Suppliers of high quality meats, poultry, game and award winning sausages.

Local Meats * Home Cooked Pies
Home Cooked Hams
Dry Cured Bacon & Gammon
Selection of Homemade Burgers
Big Selection of Specialist Cheese

Local Delivery

Opening Hours

Monday & Tuesday 6.30am to 1.00pm

Wednesday Thursday Friday 6.30am to 2.00pm

Saturday 6.30am to 12.30pm

The Green Stowupland Suffolk
IP14 4AR

Telephone: 01449 677720



NOTES FROM THE EDITOR

JUNE 2026

June already! By the time you read this, I will have completed the Moon Walk, a 26 mile marathon walk, along with my wonderful stepdaughter, soon to be stepdaughter in law, and her friend. We went by the name Suffolk Sunset Steppers – I've always liked a bit of alliteration! We completed the walk and at the time of writing, raised £1833. I am feeling very proud of us all. This money will go to support much needed research into breast and other cancers.

In this episode, our regular contributor, 'Countryside Rambler', talks about local birds nesting and raising their chicks, and I have been so excited as we have either bluetits or great tits nesting in our garden, I don't want to get too close to confirm true identity, as I don't want to spook them. Back in February, I was at Centre Parcs with my family and whilst there, my granddaughters and I made bird boxes and insect houses. I brought my bird box home, and my husband put it on the side of the shed, and I didn't think much more about it. I did notice a few birds seemed interested in it, but didn't take up residence, but a family have now moved into it. They don't seem too bothered about humans being about or our dog, who, to be fair, is far too lazy to chase birds! I can't wait to see the fledglings when they're ready to leave the nest.

Our quarterly community quiz will take place on the third Friday in June, 19th June, instead of the usual second Friday. More details inside. It's a really fun night, so do come along. I won't be there, as not content with walking marathons, I'll be camping in Wales and will attempt to walk up Mt.Snowden, or Yr Wdddafa to give it its correct Welsh name. We were supposed to go in April, but torrential rain and gale force winds put paid to that, so fingers crossed we'll have better weather this time!

Can I take the opportunity to remind everyone that our next edition will cover both July and August, and all contributions will need to be with us by 7th June. In the next edition, we will bring you more information on our plans for this year's Walkers Cup, which takes place on Sunday, 13th September 2026. Last year was a draw, the year before we lost by 4, so this year I feel sure we can take the trophy, and raise as much as we can for St Elizabeth Hospice.



**STOWUPLAND
GOOD NEIGHBOURS**

A volunteer service run by residents for residents

Helpline 07591 539 621

DISTRICT COUNCILLORS' REPORT

MAY 2026

Local Government Reform

The government has decided that there will be 3 unitary authorities in Suffolk. While detailed boundaries are still being finalised, the three unitary councils, West Suffolk, East Suffolk, South Suffolk and Ipswich are planned to be in place from May 2028. Further details can be found here: <https://threecouncilsforsuffolk.org/>

Elections to the new 'shadow' unitary authorities will take place in May 2027. The unitary councils will take over formal responsibilities on vesting day, April 1st 2028. Until then, the existing County and District Councils will continue to deliver services as normal. This transition period is to enable detailed work on reorganisation to take place.

A14 and Litter

Work has started on a clear up of the A14. Two trucks of rubbish were cleared from the side of the A14 between junctions 49 and 50, for Tot Hill and Stowmarket, during planned overnight road closures. We are grateful to volunteers who have been picking litter and all the community litter picks organised, but we continue to urge people to only do this where it is safe and not on fast roads.

Locality Awards

The next round of grants will begin in May this year, after the election period.

All funding can be accessed here:

Funding opportunities and support - Mid Suffolk District Council - babergh.gov.uk / midsuffolk.gov.uk

Better Recycling

Residents should have received their new bins; if any streets/ houses have not received please let us know.

The food waste video is now available alongside a whole host of information on the MSDC website

- Mid Suffolk - www.midsuffolk.gov.uk/future-changes-to-bin-collections

The primary information pack (which is due to be delivered following the elections on 7th May) will contain a calendar advising residents which bin is due to be collected on which day.

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

Cllr Agnes Watson
Agnes.Watson@midsuffolk.gov.uk
07599 828819

You could advertise your business here for only:

Quarter page £11 per month

Half page £22 per month

Whole page £44 per month

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

Whole back cover *colour*
£120 per month

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



01449 774900
www.stowmarketbathrooms.co.uk

Our New Trade Showroom is Now Open **All Trade and Retail Welcome**

"In 2025, we made the decision to replace our trade counter with a new showroom featuring a more basic, low cost bathroom range to complement our existing displays.

We will continue to stock a wide choice of plumbing spares, along with softener salt, as part of our ongoing commitment to provide essential products and support."
Sean Plaskitt, Showroom Manager



Please come and visit us
We are open Monday to Friday
8am to 5pm

3 Mill Street, Stowupland, Stowmarket, Suffolk IP14 5BJ



The Watering Farm
Creting St Mary
Suffolk – IP6 8ND

**ENRICH YOUR SOIL
AND CREATE A
BEAUTIFUL
GARDEN**

WITH OUR PAS:100 IMPROVER

**WE CAN DELIVER
BULK BAGS OF
PRODUCT
STRAIGHT
TO YOUR GARDEN**

Ornamental Barks
Play Barks
Border Barks
Mulches
Woodchip
Topsoil
Super Soil 50:50
Soil Improver

**Made from 100%
Green Waste material**

**OPEN 6 DAYS
A WEEK**

TELEPHONE: 01449 722318
www.material-change.com

COUNTY COUNCILLOR'S REPORT

MAY 2026

*Cllr Andrew Stringer, Upper Gipping Division
Broadway House, Broad Road, Cotton, Stowmarket, IP14 4ND 07774
199061 - andrew.stringer@suffolk.gov.uk*

Election Results

I'm really pleased to have been elected to represent Stowupland at Suffolk County Council and to have the opportunity to deliver for our community.

The recent county council election conducted under the revised 70 division boundaries resulted in Reform UK having 41 seats, Green Party 13, Conservative 9, Labour 3, Lib Dems 2, with 2 Independents.

This result means that Reform UK will be the administration and run Suffolk County Council, the Green Group will be the official opposition; I am delighted that I have been elected the leader of the official opposition group.

Road Schemes included in Government Five-Year Plan

The government has announced its five-year Road Investment Strategy for 2026-2031, which includes four key projects in Suffolk:

- **A12 improvements at Woodbridge** – a recommitment by the government to funding its share during this period of the £63m scheme to upgrade the A12 between the Seven Hills junction with the A14 and the Woods Lane roundabout, subject to Suffolk County Council submitting the final business case later this year
- **A140 - A1120 Earl Stonham junction improvements** – this has been classed as a scheme 'recommended to continue', where the government accepts work on developing improvements should go ahead during this period. However, the work will be subject to affordability, value for money and deliverability assessments.
- **Improvements to the A11 Fiveways junction near Mildenhall** – the government and National Highways will continue to develop this scheme but it will not be delivered before 2031
- **Improvements to the A12/A14 Copdock Interchange** – the government and National Highways will continue to develop this scheme but it will not be delivered before 2031

More information about the projects the government is committing to for 2026-2031 can be found here: <https://maps.dft.gov.uk/road-schemes-spring-2026/index.html>.

Homes for Ukraine: Ukraine Permission Extension Scheme Launched

The government has introduced the Ukraine Permission Extension Scheme (UPES) to allow people living in the UK under an existing Ukraine Visa scheme to apply to extend their stay in the UK for a further 18 months when their valid Ukrainian visa expires. If the application is successful, Ukrainian guests will be able to continue to live, work and study in the UK and access public funds.

Guests must actively apply to extend their visa (it will not happen automatically) when their current permission has 90 days or less remaining, and they must be physically present in the UK while applying and not leave the UK while the application is being processed.

More information on the extension scheme can be found here:

<https://www.gov.uk/guidance/applying-to-the-ukraine-permission-extension-scheme>.

New Chair for Suffolk Business Board

The Suffolk Business Board has appointed Lisa Perkins, Chief People Officer and Director of Growth Partnership at Plexal, as its new Chair for the forthcoming year. Lisa is an existing Board member and takes over from Mark Pendlington, who is stepping down from a two-year term in the role. The Suffolk Business Board is administered by the council but led by local business representatives to oversee funded programmes supporting business growth and skills development across Suffolk. As Chair, Lisa will work with the rest of the Board and local business partners to promote its ongoing programme of clean and inclusive growth across the local economy. Four other appointments have also been made to the Board, bringing in expertise in agri-food, clean energy, port and logistics and the visitor (tourist) economy: Bee Kemball, Managing Director of Debach Enterprises Ltd, Jonathan Reynolds, Managing Director of Opergy Group, Genevieve Christie, Chief Executive Officer of First Light Festival CIC and Andrew Wilkinson, formerly Chief Executive Officer at The University of Manchester Innovation Factory Ltd.

Pupils Pitch for School Active Travel Funding

School pupils from across Suffolk took part in a Dragon's Den style event at Endeavour House to secure active travel funding for their schools. The event, part of the Active Travel Ambassador programme with secondary schools, was delivered by Modeshift. They provided £200 of funding, which was matched by Suffolk County Council to provide £400 available for each school, with an additional £50 for the best presentation. Schools can use the money for anything from competition prizes to promotional materials, and the following projects were put forward:

- Northgate High School in Ipswich is promoting active travel through a 'golden bike lock' competition and a prize wheel for students who walk, cycle, or travel sustainably to school. It is also encouraging students who face barriers to active travel to take part by walking, helping everyone experience the benefits of physical activity
- Ormiston Endeavour Academy in Ipswich is encouraging active travel by rewarding students with tokens which can be exchanged for prizes. The school is also running a photo competition, inviting students to capture and share what they see on their journey to school
- Claydon High School – the school Green Team organised a Sustainable Travel Day, rewarding students and staff who travel actively with raffle tickets and prizes, alongside a "golden bike lock" competition. It is also exploring ways to promote active travel year-round and have highlighted safer walking routes and crossings around the school

- Hadleigh High School – the school’s Eco Committee is bringing back its successful ‘Hidden in Hadleigh’ initiative, hiding painted rocks along popular walking routes for students to find and exchange for prizes. It has also introduced a points system that rewards active and sustainable travel
- King Edward VI School in Bury St Edmunds – proposed a ‘golden bike lock’ prize alongside daily rewards for pupils who walk or cycle to school and suggested collaborating with nearby schools on a joint active travel campaign.

Schools that took part in the event last year have all reported an increase in active travel, with more pupils choosing to cycle or walk to and from school.

Suffolk Ramps Up Energy Sector Training

Suffolk Economy and West Suffolk College are launching the second phase of their Energy Readiness Programme to support employers as they prepare for major developments, including Sizewell C, growing investment in renewable energy, and the emergence of new clean energy technologies. Project partners will include Suffolk Chamber of Commerce, Suffolk New College and East Coast College. The programme aims to help local people gain the skills needed for well-paid careers and give businesses the confidence to grow, recruit and take advantage of the new opportunities emerging across the energy industry. Employers taking part will be able to access a bursary to help them reduce the costs that can prevent people from undertaking training. There will also be more training options, including new courses shaped by what local employers say they need, extra support for apprenticeships to make it easier for businesses to bring in and train new talent, a focus on innovation to encourage employers to explore new energy solutions and improved monitoring and evaluation to make sure the programme delivers real benefits and adapts as the sector evolves.

Phase two will also introduce training designed specifically for work on the Sizewell C site, including courses covering minimum onsite standards and Fit for Sizewell requirements. It will also support skills development across Suffolk’s wider energy economy, linking with initiatives such as Freeport East and offering training in emerging technologies.

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

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

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

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



41 BURY STREET, STOWMARKET IP14 1HA
Tel:- 01449 612812/674030

As an Experienced Independent Opticians, we offer a more personalised eyecare service for all the family including:-

Enhanced Optomap and OCT examination
Colorimetry and Overlay Testing
A wide range of competitively priced frames and Spectacle lenses
Contact lenses Trials and Fitting
Prescription and non-prescription Sunglasses

Your sight care is our priority



DESIGN • PRINT • LARGE FORMAT
MAILING • PROMOTIONAL GIFTS • SCANNING

Gipping Press are proud
to print this publication

01449 721599 enquiries@gippingpress.co.uk
www.gippingpress.co.uk

PARISH COUNCIL REPORT

MAY 2026



The meeting opened with 8 Parish Councillors, 1 Suffolk County Councillor (SCC), 1 District Councillor (MSDC) and 4 members of the public. Cllr Donna Bridges was in the chair.

Apologies, 1 MSDC Councillor.

This was the Annual Parish Council Meeting and the first items on the agenda were to elect the Chairman and the Vice Chairman for the coming year:

- Cllr Donna Bridges was nominated as Chair and was elected to serve for another year.
- Cllr Ray Studd was nominated as Vice Chair and was elected to serve for another year.

Councillors welcomed and thanked them both for standing for this coming year.

Matters of Report: The Clerk updated the meeting on actions taken since the last meeting. The Speed Indicator Device (SID) had been installed at the top of Church Rd. This was to encourage traffic to slow down as drivers came down the hill towards the School and the Village Hall area. 30mph speed limit in place.

The Clerk would be getting an update on the handover of Thradstone Medows next week. Adverts were out to attract a new correspondent to do the Parish Council (PC) monthly reports for Telstar, which is a volunteer post. A member of the PC was currently doing this role, but it would be good to have someone to take on this important role. Most actions remained ongoing. Trees at Birch Close were also ongoing and had been passed on to the authorities responsible for repairs.

Public Forum: A resident reported a dead tree on the B1115 near Hornbeam Rd needing attention; this would be reported to SCC Highways. He also gave the location of a hedge that needed attention and the Clerk would pass this on to the authority responsible, as it was obstructing the view out of the turn off at Devon Rd. A resident thanked Cllr Studd for his recent article in Telstar regarding the track on the green leading to Green Farm, as residents had seen a drop in usage of the track by traffic since the article had hit the doorstep. A resident was there to represent Saxham St with regard to the ongoing traffic concerns in the area. This was an agenda item for further discussion tonight. Grass cutting on the green was discussed. It was agreed to monitor the cutting after the next cut, as the weather has dictated the type of cut until now. Bollards haven't been strimmed, and this will also be monitored.

To receive a report from our County Councillor, Cllr Bridges explained that due to the election results, Cllr Andrew Stringer (Green Party) had been elected as our new SCC Councillor and welcomed him to the meeting. Cllr Stringer informed us that he was now a member of the Upper Gipping area, which now includes Stowupland. At a recent meeting at MSDC, Cllr Stinger had been re-elected as Leader of the Opposition and was looking forward to that role. Cllr Keith Welham (Green Party) had been elected in a new ward – Stowmarket West

- due to government boundary changes. Cllr Bridges thanked Keith for all his help while he had been in post for Stowupland.

There is a report from Cllr Stringer detailing all the changes at SCC due to the election on the 7th May 2026 and this can be found elsewhere in Telstar. Cllrs had seen his report & there were no questions.

To receive a report from our MSDC Councillor: Cllr Pearson went through the report, and this had been circulated to all councillors with no questions. Full details of the report can be found in Telstar. This also covers the Government's decision on local government reorganisation for Suffolk and the recent elections.

Planning: Cllr Studd gave the report on the planning application IP14 4AB, outbuilding/extension and erection of enlarged single story extension with pitched roof, PC agreed to support this application.

IP14 5DA Erection of a new double garage, after a report by the planning officer, to be forwarded by the Clerk to the planning office, councillors agreed to "Object" to this plan due to comments placed in the report.

DC/25/05589 Village Hall (IP14 4BG), construction of out field buildings had been approved.

DC/25/04956 Windy Ridge (IP14 5BL) 2 Bedroom Bungalow approved subject to planning conditions.

Finance: Councillors reviewed the payments and receipts and agreed to pay the bills for May 2026.

The VAT return had been sent off for the period 01 01 2026-31 03 2026.

Governance: Councillors had reviewed the terms for the formation of various PC Sub-Committees, and councillors had agreed to serve on the Sub-Committees before the meeting. The Clerk had circulated the list and these appointments were confirmed at the meeting.

Saxham St: A report had been received regarding a meeting held with residents and the highways department to discuss options. SID options were available, and the highways engineer had suggested sites at the beginning and end of the 30mph speed limit on the road. We had explored these options before and had rejected them due to the narrowness of the verges in the area and maintenance difficulties; however, the lead engineer seemed to think they would be suitable. PC agreed that residents in the areas concerned would need to be contacted to obtain their views on the installation, as light pollution was a concern when operating at night. Other options included gated speed signs on the approach to the built-up areas of the road; a traffic survey had also been suggested. It was agreed to speak to the highways as a first step and to find out the initial costs of this option. After the survey, we could move forward with the best options to reduce speed in the area. It was agreed that there may be grants to fund the cost of this, and this would be explored with our new SCC councillor.

Tree Works on the green: 3 quotes were discussed for tree works outside Ramblers Cottage and one of these was accepted.

Play Park: The Chair and the Clerk had gone through the inspection report and agreed that a lot of work had been identified to be completed. PC agreed that the Sub Committee should meet and identify what else needs to be completed and assess costs. It was agreed to take out the broken basket swing seat and not use it at the moment. It was agreed that the Sub Committee would come back with suggestions on the agenda for the next meeting. The Clerk informed us of a tree in the play park that had shed a branch, which was cordoned off, however the pegs had been removed. This will be rectified.

Churchyard: The PCC had been asked for a donation to the repairs to the Bio Diversity sign board in the Church Yard, which was approved.

Bio Diversity: A request to fund the new notice board for "Judy's Half a Mow scheme " was approved. A function was planned on the 21st June - bring your own picnic. More details to follow in Telstar. The Bio Diversity report had been circulated there were no questions. Discussions were held on the best plans for further seeding of the mounds and the costs for the work. CIL will be used to complete this project. The football pitch was not cut and looked nice - a request had been made not to cut it till the end of May. New boards on the green had been installed and looked nice with good information on the plants and green area and the Retreat pond was also progressing.

Flood Investigation Report: A report had been received from SCC. The Chair expressed concern that we would be expected to produce a plan of our own in this area, which is not PC's responsibility. Stowupland does have an emergency plan, but recent flooding affected a good deal of the highway. We would look at this with the MSDC emergency planning officer and see what else we could contribute.

Bus Route VC 01: This is the bus route that currently runs through from Mendlesham. Mendlesham Parish Council had written to say that the current subsidy for this service would cease in September 2026 and would the council consider helping with funding the service after the deadline. After discussion, it was agreed with regret that our PC could not help fund the service after September 2026.

Neighbourhood Plan update: Councillors had agreed to do this at an earlier date and the Clerk had been in touch with our representative and it was agreed to send in the form to apply for MSDC funding. It was agreed that this was quite a lot of work and the first steps would be to form a steering committee, and volunteers would be needed from residents, then hold an engagement meeting with local residents. This would be on the meeting agendas to monitor progress at future meetings. A date for the first event was looked at as the first week of September.

Repositioning of the Village Sign: Cllrs had met on the green to agree a new position for the village sign due to the proposed new roundabout at the junction. Discussions and a position were agreed, and the Clerk would pass this on to the developer.

Clerk's report: All items this month covered in matters of report.

Councillors' Reports: The PC benches need a look at as some are in need of some tender loving care, also in the cemetery and churchyard. The Silver Jubilee plaque is missing from the green bench. This needs replacing. Cllrs reported a badly damaged footway that was a trip hazard and needed urgent repairs. A dog bin was broken on the school footpath and the landowner would be contacted. The Chair had been made aware of a lorry parking in the small gated road by the end of the allotments, of concern it was reported that human waste was also in the area. This would be reported to the relevant authorities as it is a health hazard.

Correspondence: Letter from a resident about a faded parking disabled bay in Reeds Way. The Clerk had contacted SCC highways and there were no funds for repairs from the budget, as the matter needed attention. There may be a way forward from the new SCC councillor's locality budget. The Clerk would investigate and go back to the originator. Letter from a resident regarding cemetery rules over grave headstones, which involved a new photo on the grave. Our policy is clear on this - no photos on the grave headstones. The original had been placed in 2012. Councillors acknowledged this to be a sensitive request and the current council had no knowledge of why the original photo was placed on the headstone at that time. However, after discussion, a compromise was offered and the Clerk would contact the originator with the outcome of our discussions. An email was received regarding unfinished work landscaping work at Linden homes, which is not PC's responsibility, but will be sent to Councillor Pearson for planning enforcement to follow up. A resident proposed a function on the green in July, with several stalls and music planned. The Council discussed this request, and as it was not being organised by the PC, it was agreed that this could not be allowed to take place on the date requested. The Clerk would inform the applicant as to the reasons why this decision was taken. The rest of the correspondence from this meeting, if required, is available from the Clerk.

Dates for next meeting: Please note all Councillors and residents, **Next PC meeting Thursday 4th June 2026 at 7.30 pm (please note we will be back in the URC location). All are welcome to attend.**

Biodiversity meeting Monday 1st June 2026 in the URC at 7 30pm.

SOAP Wednesday 17th June 2026 at 10 am in the Sports and Social Club.

There was no further business. Cllr Bridges thanked all for attending. She closed the meeting at 9.15 pm.

Reduce your Accountancy costs

Call Sarah Place Accountants

Professional efficient Accountants with over 15 years experience

Accounts • Book-keeping • Payroll • Sage

VAT & Tax Returns

01284 747 139

COUNTRYSIDE RAMBLER

BRIAN WARD

Most of our spring blossom has finished; probably the last to flower are the rowan and chestnuts of which we have three types, the white flowers of the horse chestnut, the red flowers of the red chestnut, which I believe is a hybrid with the American red buckeye, and the sweet chestnut with its feathery flowers that eventually turn into the delicious edible nut that we roast over the fire at Christmas. May and June are probably two of the best months to observe our native butterflies but also look out for the large hawk moths during these months; these are a stunning group of moths with several of them named after the trees on which their caterpillars feed, namely the poplar, privet, pine and lime hawk moths. There are one or two exceptions, of which are the elephant hawk moth, which is a dark shade of pink, the eyed hawk moth, which, as the name suggests, has large eye patterns on its wings and, the largest of all, the death head hawk moth, which has a skull-like pattern on its head and, if disturbed, will emit a squeaky sound which is unusual for a moth. One other hawk moth you may encounter is the hummingbird hawk moth, named aptly as it resembles the action of the bird when in flight.

The local birds are busy raising their chicks and some early nesters are now on their second brood. My wife and I were delighted when we came across a mallard's nest in our back garden, which duly hatched and, to our surprise, had a brood of ten tiny ducklings. They stayed in the garden for a few days, then waddled off to the moat at Columbine Hall. My wife made sure they were safe as they crossed the nearby road and hurried along to their new home. As the evenings get warmer, watch out for bats if out and about at night. Some of our larger bats hunt over water, so they can be observed near rivers and lakes. I have noticed several young foxes and badgers killed on the roadside of late. It is such a shame, as their lives had only just begun but, with the volume of traffic on our roads, I expect it is inevitable.

I have just returned from a birdwatching holiday in Wales with a group of friends. We managed to observe most of the usual subjects, namely wood warbler, pied flycatcher, redstart and dipper. Whilst there, we visited the island of Skomer to see the seabird colonies; the puffins always steal the show with their comical appearance and they are not worried about the presence of humans and will simply walk up to you, which is a photographer's dream. Whilst in Wales, we visited the reserve at Cors Dyfi to see the ospreys, which were incubating eggs and the male bird of the pair was bringing further nest material into the already substantial nest. One of our group managed to photograph a pine marten at this reserve, which was totally unexpected as they are normally nocturnal. Whilst talking to the wardens, they informed us that a reintroduction programme was underway at this and several other reserves in Wales.



I hope the weather stays warm for all of us to get out into the countryside and enjoy what surrounds us.

CHIMNEY SWEEP

ECO SWEEP CHIMNEY SERVICES

- NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES.
- INDUSTRIAL HEPA FILTERED VACUUM.
- FULLY INSURED.
- INSURANCE RECOGNIZED CERTIFICATES ISSUED.
- SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
- ALL CHIMNEYS, WOOD BURNERS, AGA, BOILER FLUES SWEPT.
- GUILD OF MASTER SWEEPS CERTIFICATED MEMBER.



TEL. 01359 232335

Rushbrook's

— CHIMNEY SWEEP —

Guild of Master Chimney Sweeps and HETAS registered Chimney Sweep, providing professional service to ensure your chimney is clean and safe for your home.

Services include:

- Open fire, wood burners and Inglenooks swept
- Stoves checked and serviced for efficiency
- Birds nest removal
- Safety Inspections and Smoke Tests
- All work fully insured & certificates issued.

Contact Robert Rushbrook

Email: rushbrookschimneysweep@hotmail.com

Telephone: 07581 352772 or 01449 612296



Do you need to get fit?
.....then come & join our classes - most
of our members are aged 40 to 80

Fun & Friendly Fitness at Stowupland Village Hall

1st class FREE



Tuesday & Thursday mornings

Jo's Fit4all Class - 10.15 to 11.00am
(with the option to weigh in from 10.00am
with online weight loss support available)

Paracise - 11.15am to 12.00pm

Wednesday evenings

Paracise - 6.45 to 7.30pm
(with the option to weigh in from 6.30pm
with online weight loss support available)

Call Jo: 07913 922926 Email: jo@josfit4all.co.uk Website: josfit4all.co.uk

RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

Well, the Nottingham Medlars are still alive despite almost no rain! I am not even going to think about my water bill. Who expected these challenges so early into summer? It also looks like it may be another 'mast' year for garden plants and trees. This means we will have abundant flowers and fruit as the plants seek to protect themselves from a lack of rain. On a positive note, the danger of frost has passed and the warmer temperatures and longer days will see our plants going from strength to strength. Although I do have a fleece on hand, just in case. The month of May saw me late mulching my borders with 50:50 soil improver and small chip bark, all from Material Change in Stowmarket. This has helped the overtly clay soil start breaking down and I find I now have an abundance of worms.

June jobs in the Meadow garden are as follows:

- It's time to take out spring bedding plants and replace them with summer plants. There are plenty on offer, but do try to go for plants with buds and flowers yet to come, rather than flowers that will go over quickly.
- The Chelsea Chop is still relevant; chopping back perennials such as sedum, phlox, and hardy geraniums. This will ensure a stronger and bushier plant.
- Planting leeks amongst spring veg that will soon be lifted will also save space.
- French and runner beans can go in, but only about 12 plants, otherwise you will find yourself with a glut and selling small bags at the side of the road.
- Tomatoes are now coming into their own. My plants are in the borders with figs and irises. Only because they are almost no maintenance in a border. I remain constantly disappointed by the quality of grow bags.
- Sunflowers, zinnias, cosmos and magnolias should have now migrated to the outside borders and are starting to show some glorious colour.
- The RSPB would like us to stop feeding the birds now, until October. The diseases spread by feeders are serious and kill a lot of birds.
- The Merlin Bird App is well worth downloading. It listens to all the bird chatter in the garden and identifies the birds nearby. It's incredible how the species vary from morning to evening. A wonderful app for small children, and it's free.
- A light spray of water over those corners of sticks, bricks and old leaves will create small pools of water for the bugs and creatures that have made this their home.

Once again, I visited the Great Yorkshire Flower and Plant Show and it really didn't disappoint. I came home with a Pineapple currant, some very exquisite succulents and a rose called Henri Matisse! By the time this column publishes, both Malvern and Chelsea flower shows will have passed and we will have enjoyed their gardens via BBC coverage. RHS Sandringham Flower Show is the big event coming up next month, 22-26 July. I've never been, but it's apparently a superb event. I'll also be visiting Columbine Hall again in August to enjoy a house and garden tour, courtesy of the lovely Kate and Hugh. Tickets are available on the Invitation to View website and include tea and cake. A busy June lies ahead, so enjoy those longer days and Happy Gardening!



W. Jarvis & Son Tree Services & Landscapes



Scan
me!



**All aspects of tree surgery,
landscaping and fencing undertaken.**

Fully insured, 24hr callout,
council approved contractor
with over 40 years in the industry.

Call for a free estimate & advice

T: 01359 241958

M: 07891 208710 • 07850 046504

Visit our website for information about
our company and the work we do
www.wjarvistreeservices.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.

JOHN BULL MOTORS LTD

**Petrol and Diesel
MOT testing
Servicing and repairs**

**Unit 7B Charles Ind. Estate
Stowmarket**

Phone: 01449 774150

Fax: 01449 675898

Email:

Johnbullmotors@btconnect.com

STOWMARKET ECO FUTURE GROUP



<https://stowmarketecofuturegroup.co.uk>
Email: stowmarketecofuture@gmail.com

Collection of hard to recycle items - see update below

The next market stall collection is Thursday, 25th June. We also collect items at the *Repair Café - 2nd Sunday of the month (14th June) at Red Gables 2-4 pm plus REPAIR CAFÉ stowrepaircafe@gmail.com

UPDATE ON ITEMS COLLECTED: **Blister packs**, Coffee pods – plastic and metallic (not mixed), Pet food pouches (empty, clean & dry), Fruit nets, Tetra packs (empty, clean & flattened), Bicycle Inner Tubes, 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.) BLISTER PACKS – we collect the packs that are mixed plastic and foil. Some blister packs now are **all foil** and if so, they can be put in your home recycling bin. The recommendation is that they are bundled and wrapped in a piece of foil rather than thrown in loose.

Eco Cafe: We had trouble finding dates to meet, but are happy to join the Green Party Socials held monthly at Fred's Bar on the third Tuesday. 16th June and 21st July are the next dates.

Has the space mission made you look at the moon differently? We have had some beautiful skies to look up and wonder at the immensity of the universe. Various descriptions came back from the Artemis II astronauts: "Trust us, you look amazing, you look beautiful." "'Homo Sapiens' is all of us, no matter where you're from or what you look like. We're all one people." One of them described Earth as a "spaceship" - it is our home, there is nowhere else like it and it is essential we look after it.

I was fortunate to hear Chris Packham speak recently at a celebration event for the 100 years of Norfolk Wildlife Trust. He said exactly the same thing. Human beings are one species, and we have one planet. The environment pays no attention to country boundaries. What happens in one place affects us all. Chris talked about his reputation as an extremist and activist. He described his willingness to take the criticism and the blame for raising environmental issues in direct ways, in order to allow a huge groundswell of more moderate people to keep reinforcing the message and saying, "yes that's what we want too" Chris pulled no punches about the urgent need to switch to renewable energy and transport, the need to protect and restore biodiversity and the importance of clean water. His enthusiasm that it is all doable if people rally together and hold politicians and decision makers to account was infectious.

Andrew Bingham

INDEPENDENT FUNERAL SERVICE

Stowmarkets Independent Family Funeral Service

24 Hour Personal Service • Private Chapel of Rest • FREE Parking



Telephone: **01449 771666**

www.andrewbingham.co.uk



The Nutshell, Milton Road South, Stowmarket, Suffolk IP14 1EZ

Golden Charter
Funeral Plans 



07787 551185

shedbasessuffolk@gmail.com

Existing shed demolition and site clearance

Garden Office ground preparation

Concrete shed bases

Patios

Driveways

Man & Micro Digger Hire

Fully Insured family business



Find us on:
Facebook



I've found myself in a really difficult financial situation and I don't know where to turn. I was made redundant recently and now I'm finding it hard to keep up with my bills and am getting into debt - what can I do?



Money problems can feel overwhelming, but the most important thing to remember is that you don't have to face this alone. We know that times are incredibly tough for lots of people right now, and Citizens Advice is here to help you find a way forward.

Make sure you've been paid everything you're entitled to by your former employer. You can check what your rights are on the Citizens Advice website.

If you're finding it difficult to stay on top of bills, free budgeting tools like the one on the MoneyHelper website can help you understand what money you have coming in and going out each month, and where you might be able to cut costs.

Before you start, try to find your most recent bank statements, payslips, debit and credit card statements or bills, and receipts for things you usually pay for in cash. Make sure you include all your expenses, for example money you spend on your partner or family.

If your budget just doesn't add up and you need help to afford essentials like bills and food, you can find out how to get help with your bills as well as what cost of living support is available on the Citizens Advice website.

Please don't ignore bills or letters about money that you owe. You should collect and organise all debt-related documents to create a comprehensive list of all your debts. It might feel overwhelming when you see everything written down - but try not to worry, the important thing is that you're taking action to sort things out.

If you're behind on household bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. Take a look at the Citizens Advice website for more information about what bills to prioritise and how to manage debts. You can then speak to the organisations you owe money to – they might let you pay smaller amounts or take a break from payments.

For other types of debt like credit cards or loans, gather all the information on what you owe, create a budget, and contact your creditors to set up an affordable repayment plan. This might seem scary, but it's an important first step.

Lots of people miss out on benefits they're entitled to, so it's worth checking what you can get on the Citizens Advice website. Claiming benefits might also let you get access to other financial help like cost-of-living payments and discounts on energy and transport.

Whatever your situation, you don't have to face this alone - get in touch with a free support service like us at Citizens Advice. Our advisers can help to check if you're eligible for any benefits or financial support and explore all the options for dealing with your debts.

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.

TOOLS WITH A MISSION

I'm a local collector of unwanted tools for a charity known as Tools With A Mission (TWAM), which is based in Ipswich. I've been doing this for around 20 years now and I get calls from all around the Stowmarket area. Sometimes it's someone wishing to donate a sewing machine, DIY equipment or gardening tools that they no longer use; on other occasions I have been asked to arrange collection of a shed full of tools, everything from bench-mounted lathes to sets of spanners, chisels and screwdrivers. Tools need to be in usable condition; new handles can be fitted to rakes, hoes, forks, spades and all sorts of hand tools; and saws and chisels can be sharpened.

There are collectors all over the country; many of the tools are brought to the refurbishment centre in Ipswich, where they are prepared for sending out to third world countries, usually in eastern or central Africa, where people are trained in a skill such as carpentry, plumbing, motor mechanics, building, agriculture, sewing and needlework. When ready to send abroad, tools are loaded into shipping containers and transported to an east African port where they are handed over to a local TWAM representative who arranges delivery to TWAM projects, many across central Africa.

Good, fairly recent, textbooks in key subjects, bibles and children's and adult's reading books of good quality are also sent abroad for schools and libraries. Materials for making clothes and knitting wool are gratefully received. If you have any you could donate, please let me know.

I store everything that has been donated in our garage until there is enough for a TWAM van to come and collect. Please give me a ring (673185) if you think you have something which you wish to donate, and we can arrange a drop off at 2 Rambler Cottage.

Keith Welham

Computer Repairs



**Hardware diagnosis and
repair, plus....**

Need help with Software?

Microsoft Windows, O365,

E-mails not sending or receiving?

Problems searching the internet,

Broadband connectivity issues,

Virus issues, printer setup

Phone Shelli on

07733 262116

Support local Business!

Eastern Frames

Bespoke Framing Service

Greeting Cards & Photo Frames

X-Stitches Stretched & Framed

Fast & Reliable Service

www.EasternFrames.co.uk

Red House Farm,
Station Road
Haughley.

Tel. 01449 675897

Monday – Friday

9.00am – 5.00pm

Saturday

9.00am – 12noon





STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



Progress on planting the mounds and ditches on The Green and any further work.

There was a good turnout of villagers to prepare and sow wildflower seeds along the mounds on the green. All the mounds have now been seeded with an assortment of wildflower seeds. Extra seeds have been acquired to infill areas where germination has been poor.

It is suggested that spring flowering bulbs, especially native wild daffodils, should be planted on the mounds. A trial area sown with perennial wildflower seeds needs to be considered. We would welcome the views of residents on these proposals.

The Retreat Pond does not need any further attention at present. However, some work is needed to prepare the area cleared of brambles, where silt from the pond was spread.

The information board has been erected and the marker posts replaced.

Update on work with schools.

We are growing pumpkin seeds to pass on to Freeman school pupils later in the year, and some for the Mulberry Centre to grow as climbers.

Trees at the High School have been pruned.

Compost has been provided for the raised beds at the High School and Mulberry Centre, and we have met with staff and pupils at the High School to discuss a biodiversity project which will be led by one of the geography teachers.

2026 sunflower competition.

Members packaged up sunflower seeds into envelopes, which were attached to the March edition of Telstar with an article about the Stowupland Sunflower Challenge 2026. A member of the group will produce wooden platters with the biodiversity logo for the household winners of the tallest sunflower and the largest diameter head. We'd love to have reports and photos of your sunflowers – send to keithwelham48@aol.com

Judy's half-a-mow.

It is planned to erect a sign near the Half-a-Mow area to commemorate Judy Clarke's involvement in establishing the area as Half-a-Mow. The cost will be £245 for an A3 size panel in anodised aluminium, plus £75 for installation. We have planned an event to mark the naming of the area as Judy's



Half-a-Mow, and this has been arranged for **Sunday, 21st June**. We hope that many residents will come along on the day and bring a picnic. We will advertise the event and hope to make it an opportunity for the community to come together and discuss the significance of the area.

Below is a quote from Judy:

Half-a-Mow: 'An area that is only mowed once a year so that wild flowers such as ladysmock have time to seed and the eggs of orange tip butterflies on the plants have time to hatch.'

Judy began to push for the scheme in 2000 and eventually, after some hard work, local canvassing and a public meeting, it was finally established, with Judy as Project Manager.'

Dates of future meetings at 7.30 in the URC meeting room – 1 July, 15 September, 23 November. Anyone with an interest in biodiversity or wildflowers is welcome.

Dates for workdays: normally the second Friday of every month; next is 12 June. 1:30 on The Green. Please come and join in – look for our banner on The Green or contact me.

Keith Welham keithwelham48@aol.com or 07831 705 714

HALF - A - MOW

Whoa, What, When, Why, Where?

So many questions can be answered on **Sunday June 21st @ 3.00pm**

We are renaming this special area as Judy's Half – a – Mow

Come along, bring a picnic on The Green (near Green Farm)

Bring table and chairs, brollies and sunnies!

And Dads to celebrate Father's Day



BOWLS IN STOWUPLAND

As mentioned in previous issues of Telstar, the Bowls Club in Stowupland folded, but the Village Hall Trustees, who own the Bowls Club ground, decided to start a new club to try and keep this valuable facility going for the benefit of everyone in Stowupland. The good news is **Bowls is Back** and is already a success.



As you will see from the photo and the leaflet hopefully included in your Telstar, a new “Stowupland Village Hall Bowls Club” has been set up and we have run a couple of test sessions to make sure things are running properly. The new club formally opens to all on Sunday, 28 June and will then be open every Sunday from 2 pm to 5 pm until Sunday, 27 September 2026.

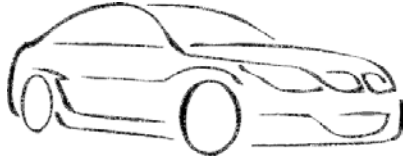
The new club focuses on encouraging anyone to try Bowls and if they like it, to play socially. As such, we are open to all – beginners, good or bad players, disabled or able bodied, young or old, families, couples, individuals or groups of friends. So why not come along to one of our sessions and give it a go? Don't worry if you don't know how to play, as we can show you. Don't worry if you don't have the equipment, as we have some you can borrow.

All you need is some flat soled shoes and a willingness to give it a go. Your first session is **free**, and after that, the costs are low.

If you are interested in playing Bowls, or helping us run the new club, email us at stowuplandvillagehall@gmail.com or call or text 07857547983, or just turn up on a Sunday!

Stowupland Village Hall Trustees





FAST TEST STOWMARKET

SERVICING ~ MOT ~ DIAGNOSTICS ~ WELDING ~ A/C
TYRE FITTING ~ WHEEL ALIGNMENT

- Main dealer quality of service at local garage prices
- Specialist dealer level software for BMW, Mini & Volkswagen Audi group
- Service, repairs & welding to most makes & models of car & light commercial vehicle
- All maintenance & servicing undertaken without affecting the manufacturer's warranty
- Diagnostic equipment for most makes & models of vehicles
- Friendly & helpful advice always on hand



01449 770902



info@fastteststowmarket.co.uk

Unit 4, Tomo Business Park, Tomo Road, Stowmarket, IP14 5EP

www.fastteststowmarket.com

JUBILEE LADIES CHOIR

We're now practising for our Summer concert on June 13th at the URC Stowmarket. Unfortunately, this will be our last concert at this venue for the foreseeable future, as the Church tower is being demolished later this year and the Church will become a building site! We haven't yet finalised an alternative venue for practice.

We are still practising at the URC as usual on Tuesday evenings, 7.30 - 9.30 and are always pleased to welcome new members. No auditions, ability to read music helpful but not essential. We sing a variety of songs, i.e., pop, light classical, show tunes, etc

More details from Di Balaam on 01449 736374



STOWUPLAND GARAGE AND YARD SALE

SUNDAY 7th JUNE

FROM 9.00 am

Sell all that stuff you don't need anymore

Much easier than a car boot sale

REGISTER YOUR YARD NOW
COST:- ONLY £10

CLOSING DATE TO REGISTER SALE SITE

SUNDAY 10th MAY

PHONE:- Dave or Julia Brown 01449 675184

All proceeds to EACH
(East Anglian Children's Hospice)



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

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
Andrew Stringer - andrew.stringer@suffolk.gov.uk

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

JUNE

WED 3	14:30	various venues	Book Group (contact 01449 672127 for further details)
WED 3	14:00-16:00	Village Hall Car Pk.	Mobile Post Office
WED 3	19:30	URC Hall	Local History Group - "Thorney Green" & "Parish Council"
THURS 4	17:00	Village Hall	Short Mat Bowls
THURS 4	19:30	URC Hall	Parish Council Meeting
SUN 7		Various venues	Garage and Yard Sale
SUN 7	19:30	Village Hall	Country & Western music club
TUES 9	09:30	Jubilee Crt. 09:55 Green	Mobile Library
WED 10	14:00-16:00	Village Hall Car Pk.	Mobile Post Office
THURS 11	19:00	Village Hall	Short mat bowls
SAT 13		Playing Field	5-A-Side football tournament
SUN 14		Playing Field	5-A-Side football tournament
SUN 14	19:30	Village Hall	Country & Western music club

WED 17	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 18	19:00 Village Hall	Short mat bowls
FRI 19	Village Hall	Community Quiz
SAT 20	10:00 - 12:00 Church Hall	Coffee, Cake and Chat
SUN 21	Various venues	Open Gardens Day in aid of St. Elizabeth's Hospice
SUN 21	19:30 Village Hall	Country & Western music club
SUN 21	15:00 Thorney Green	Picnic on Green for Judy,s half-a-mow
WED 24	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 25	19:00 Village Hall	Short mat bowls
FRI 26	10:00 - 12:00 URC Chapel	Coffee Morning
FRI 26	Eyes down 19:30 Village Hall	Community Bingo
SUN 28	19:30 Village Hall	Country & Western music club

LOOKING AHEAD

JULY

TUES 1	19:30 URC meeting room	Biodiversity Group meeting
TUES 7	16:00 Village Hall	Young Carers Club
MON 13	evening Village Hall	Village Hall AGM

SEPT

SUN 13	Walkers Cup
--------	-------------

Cllr Agnes Watson - agnes.watson@midsuffolk.gov
07599 828819

Mobile Library - 07721 879855

Parish Council

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

Terry Easter - 07958906176

Terry.easter@stowuplandpc.co.uk

Laura Johnson - 07826 851030

laurajohnson@stowuplandpc.co.uk

Debra Melhuish -07979125904

debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817

paulamurton@stowuplandpc.co.uk

Peter Scopes - 07557 273262

peterscopes@stowuplandpc.co.uk

Ray Studd - 01449 676606

raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717

jerryvoden@stowuplandpc.co.uk

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

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

Village Hall Bookings

Lisa Tunbridge - Phone - 07515859337
stowuplandvillagehallbookings@gmail.com

Village Clubs

Book Group - Patricia Hodgkins - 01449 672127

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club -

www.stowuplandcricketclub.co.uk/

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

RECYCLING REVOLUTION

New bins --- Oh joy, oh bliss.

I trust you have your new bins.
Good news. almost exciting.
If confused, I hope you'll find
Some help within this writing.



Week one will start with refuse.
The bin top, grey stroke black.
General rubbish goes in here.
Can still be in a sack.

Week two, your blue container.
The newest of your bins.
In here glass jars and bottles,
Plastic pots and tins.



Week three will be the green top.
We've used them for some time.
Paper, card and even books.
These items will be fine.



Every week, on a given day,
Collecting will be wiser.
Home food waste collected,
To make biofertilizer.



New systems will be nationwide.
Let's try not to be late.
Remember the collection week.
We must co-operate.



New pickups start this year, in June,
If correct bins you've selected.
I trust you've understood the rules,
And have your waste collected.



Good luck with your recycling.
Good luck with your collections.
Just match the rubbish with the bin.
Good luck with your selections.





NEWSLETTER

Monthly Edition
June 2026

Stay Informed - Stay Connected



Hart & Craftsmen

HANDMADE KITCHENS

GENERAL ANNOUNCEMENTS

- The first team started the season with back to back wins Dan Marsh the star performer with back to back hundred to start the season
- We hosted a Women's softball festival on the 17th May - if you are intested in playing please get in touch

YOUTH UPDATES

- Junior Training for ages 5-15 every Friday night 18:00-20:00
- All junior matches in full flow
- Four juniors have made their debut in adult cricket so far this season

CONTACT INFO

- ✉ louisblanchard2006@gmail.com
- 🌐 <https://stowupland.play-cricket.com/home>



UPCOMING EVENTS

- Quiz Night

Friday, June 5th, 19:30 onwards - £5 admission fee, food provided

📍 *Stowupland Cricket Club*

- 1st and 2nd XI matches every Saturday 13:00 start

📍 *Stowupland Cricket Club*

RECRUITMENT

- We are looking to recruit a scorer for our 1st XI games, specifically our home fixtures this year. No experience required and training can be provided.
- We are always looking for new players if you are interested get in touch

Community

Bingo Night



All cash prizes



FRIDAY 26TH JUNE 2026
STOWUPLAND VILLAGE HALL
DOORS OPEN 7 PM
EYES DOWN 7:30 PM

EVERYONE WELCOME
(OVER 18'S ONLY)
BRING YOUR OWN DRINK AND
NIBBLES

A STOWUPLAND COMMUNITY EVENT BROUGHT TO YOU BY THE TELSTAR TEAM

STOWUPLAND VILLAGE HALL

The perfect venue for Every occasion

Looking for the ideal place to host your event?

Stowupland Village Hall offers:

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

Affordable hire rates.

Easy access.

Friendly local venue.

07515 859337

stowuplandvillagehallbookings@gmail.com

www.hallbookingonline.com/stowupland/

STOWUPLAND VILLAGE HALL – AGM

The Village Hall AGM will take place on Monday, 13th July at 7pm in the Village Hall.

The meeting will elect trustees for the following year, agree our annual accounts - so we can file them with the Charity Commission - and provide an update on what has happened in the Hall during the year.

We will also update on the Bowls Club now this is being run directly by the Village Hall trustees.

Finally, we will also provide an update on our redevelopment plans, including what will be happening this Autumn when work begins.

Please do come along and support the Village Hall if you can.

COLUMBINE HALL

A Garden Love Affair' - a talk by Kate Elliott.

Kate Elliott will be giving a special talk on the evening of Friday, July 31st, to be held in the 18th century barn at Columbine Hall, all proceeds in aid of St. Elizabeth Hospice. In a very personal account, she will be talking about her love of gardening and the part she has played in the development of Columbine Hall gardens over the last 29 years. Tickets cost £15 each. 6.30 pm. Drink on arrival and a chance to walk around the gardens after the talk. Places are limited, so it's best to book early.



To book tickets for Columbine Hall - 'A Garden Love Affair' - a talk by Kate Elliott, click on the link on Columbine Hall's website - columbinehall.co.uk or phone the hospice's Great Garden Trail team on 01473 723600.



FREEMAN COMMUNITY PRIMARY SCHOOL



Teaching & Learning

In maths, the children in Year 2 are exploring directional and positional language, such as left, right, forwards, backwards, above and below. The children are applying their learning through practical, hands-on activities where they give and follow instructions using accurate mathematical vocabulary. This approach helps to deepen their understanding and supports problem-solving, teamwork and clear communication skills.



In April, Years 3 and 4 visited the farm fair at Trinity Park in Ipswich to support their learning in Geography. The children visited a variety of stands and completed practical, hands-on activities as well as watching demonstrations of farm machinery. They found out more about the emergency services, found bones and animal skeletons in Owl Pellets, saw how sausages were made and tasted some freshly cooked sausages, learnt about how potatoes become crisps and learnt about the cereals grown locally and what they become after they are harvested; the children also enjoyed a tractor and trailer ride. The highlight was seeing some animals and their young up close. This includes cows and calves, sheep and lambs, alpacas and cria and pigs with their piglets. Thank you to the parents who supported the trip!



The children in Year 1 have been very busy with their learning! In maths, they have been exploring volume and capacity, learning what these words mean and experimenting with equipment to find out how many cups it takes to fill different containers. In computing, they have been learning about algorithms and how to follow instructions. The children followed simple instructions to dress a character and discovered how important precise language is, especially when there was more than one option to choose from! They practised using descriptions such as “the white top with three buttons” or “the black shoes with laces.” In history, they have begun their exciting new topic on significant people from the past. They have looked at Neil Armstrong and have learnt about who he was and why he is a significant figure in history.



In PE this term, the children in Year 2 and Year 6 are benefiting from weekly sessions with a specialist cricket coach who joins us every Friday. These sessions focus on developing key cricket skills such as throwing, catching, batting and teamwork. The coach provides expert guidance and encouragement, helping to build the children’s confidence, coordination and enjoyment of the game while promoting an active and healthy lifestyle.



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.

From tiny acorns do mighty oaks grow

STOWMARKET CHORALE

1901~2026

125 YEARS IN THE HEART OF SUFFOLK



SUMMER GALA CONCERT

Music Director William Baldry ~ Assistant Music Director Richard Cook

GREAT ORATORIO CHORUSES & ARIAS

Featuring International Tenor Soloist Jonathan Hanley

Saturday 20th June 2026 ~ 7.00 pm

Tickets: £20.00 ~ U19s FREE

www.stowmarketchorale.org.uk

Telephone: 07733 298621

STOWMARKET UNITED REFORMED CHURCH

Ipswich St, Stowmarket, IP14 1AD



Registered Charity 280488



NEWS FROM STOWMARKET CHORALE

We continue our 125 Anniversary Season with a SUMMER GALA CONCERT on Saturday, 20th June, 7 pm at Stowmarket United Reformed Church.

We are very excited to welcome back to Stowmarket Chorale international tenor Jonathan Hanley as our soloist. He last sang with us in 2019 in our Bach Christmas Oratorio concert.

Jonathan is a local lad, born in Ipswich, educated at Copleston High School and started his singing career at Ipswich Minster as a Chorister and Choral Scholar. He is in great demand as a soloist and ensemble singer all over the world, performing with the finest vocal groups. *'An exquisite tenor voice' 'Perfect virtuosity'*

The concert features a selection of great oratorio choruses and tenor arias by Handel, Bach, Haydn, Brahms, Mendelssohn and Elgar. A wonderful programme not to be missed.

Feedback from our last concert:

'The choir was so professional'
'The best I've ever heard you sing'
'AMAZING!'

To get your tickets, please visit our website – www.stowmarketchorale.org.uk or call 07733298621

£20.00 (includes programme & interval drinks) – under 19s FREE



A1
Locksmiths

**24 HOUR LOCKSMITH
BASED IN STOWUPLAND**

NO CALL OUT FEES

All locks supplied and fitted

TEL: 01449 673770
(HOME)

TEL: 07525 168895
(24 HOUR)



Email: arron@stowmarketlocksmiths.co.uk
www.a1carpentryandlocksmith.co.uk



ORCHARD GARAGE
DMS LTD

Orchard Garage DMS Ltd was previously run from Church Road, Stowupland. We moved to Middlewood Green as a Limited Company in 2018. We have over 20 years of technical experience. Our goal is to deliver outstanding customer service to repair, service and MOT all makes and models to the highest possible standard at very competitive prices. We also can supply and fit tyres at very competitive price.

We look forward to welcoming you to Orchard Garage, please ring for a quotation or to book an appointment.

Telephone – 01449 711436

Email – Orchardgaragedms@outlook.com

Address – Orchard Garage DMS Ltd,
White House Farm, Middlewood Green,
Stowmarket, Suffolk, IP14 5HE



LOCAL HISTORY GROUP

Our next meeting is on Wednesday, June 3rd, when we will share another chapter in our Stowupland Stories. We will reveal some tales of **Stowupland Council and our Green**. If this seems a curious juxtaposition, come along to find out what the connection is. The following month, in July, Kathleen Hallaways will return, this time to update us on The Armoury Project in Mendlesham church.

But now Jerry takes us back to April with his report: **Stowupland Local History Group brings you "Whispers from Stow Lodge". As presented by Julie Johnson.**

Neil had again been busy with his local knowledge, and this month brought us this talk; it was very well attended, and it is interesting to note that it follows on from a talk by Dot Marsdon on Stow Lodge. There is information on this area in the November 2024 Telstar and an audio version on Jerry's Jabbas on the Stowupland History Group web site.

Julie outlined the history of what has become known as Stow Lodge. It was planned in 1779 and finished in 1781 at a cost in those days of £12, 000, which was a vast amount of money way back then. The accommodation provided was for poorer families and people who had fallen on hard times. It was known back then as the Workhouse or, to others, a "House of Industry," as residents were expected to spend their days working. Life for residents was intended to be hard, with a routine of work scheduled throughout the day. The day started with breakfast at 6 am, then work through to 6 pm, following a schedule of works set by the Works Master. Jobs included manual labour, farming, and manufacturing.

It was not all bad, as some of the work was paid, meals were provided, inmates had a roof over their heads and somewhere to lay their heads at the end of the day, something that most of us take for granted. Julie had also found in her research that an amendment to the Poor Law in 1834 had made life harder for the occupants in Stow Lodge and it was put around that life in the workhouse was much harder than life outside the establishment.

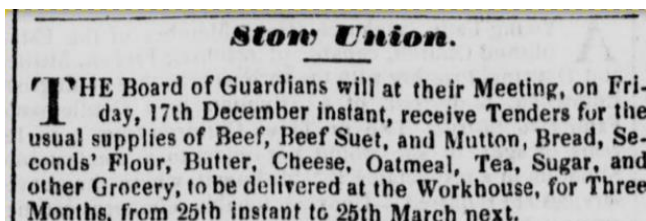
Some paupers spent their lives there, but others were able to get on and leave the workhouse, finding employment and homes in the local community. The local community comprised 34 parishes around Stowmarket, which contributed the funding needed by the Union Workhouse.

So, what of the people who were not so fortunate as to move on? Well, Julie outlined that illness and death were all too frequent within the workhouse. Close living and having to share poor facilities did not help the situation. Often, those who passed away had no families and little savings to pay for a funeral, so they were buried around the Lodge area in what was then known as the Paupers' Graves. Over time, the area around these graves was neglected and, as the graves were not attended, so upkeep was more difficult. Julie named three Stowupland families for whom she had found records, but no one in the audience claimed them as relatives. Thanks to other researchers, we do have the names of about 30 paupers from Stowupland who were buried in the graves between 1815 and 1835; their ages range from 2 months to over 80.

The site of the Paupers Graves was purchased in the early 2000's by Onehouse Parish Council, and they did a lot of work to restore the site and identify many of the graves that were there. A ceremony was held last year to open the restored site to the public, and efforts were made to contact as many relatives as possible who may have still been around to attend. Julie had many photos to back up her talk, which added to her presentation. Neil thanked Julie for coming and we all had welcome refreshments thanks to Annie and Liz.

Julie's talk prompted members of the group to do a bit of 'armchair' research using the online research tools on '**Find My Past**' (other research websites are available).

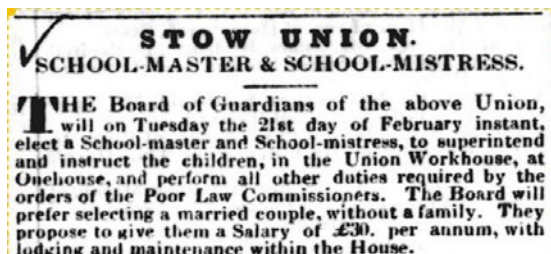
The following are just a few examples of positions vacant that appeared in local newspapers. In 1838, the Stow Union advertised for a '*Governor and Matron, a man and his Wife, without incumbrance at a salary of £100 per annum*'. (Bury and Norwich Post: 18th April 1838). And then, 3 years later, we can read a sample of foodstuffs that the Union were buying for their inmates (Ipswich Journal: 11 December 1841). Contracts for food were usually issued on a quarterly basis. As will be seen later, other commodities were contracted for on an annual basis.



Stow Union.

THE Board of Guardians will at their Meeting, on Friday, 17th December instant, receive Tenders for the usual supplies of Beef, Beef Suet, and Mutton, Bread, Seconds' Flour, Butter, Cheese, Oatmeal, Tea, Sugar, and other Grocery, to be delivered at the Workhouse, for Three Months, from 25th instant to 25th March next.

In 1836, Stow Union advertised for a school master and mistress (Bury and Norwich Post: 3rd August, 1836). As can be seen, they preferred to appoint a married couple without children.



STOW UNION.
SCHOOL-MASTER & SCHOOL-MISTRESS.

THE Board of Guardians of the above Union, will on Tuesday the 21st day of February instant, elect a School-master and School-mistress, to superintend and instruct the children, in the Union Workhouse, at Onehouse, and perform all other duties required by the orders of the Poor Law Commissioners. The Board will prefer selecting a married couple, without a family. They propose to give them a Salary of £30. per annum, with lodging and maintenance within the House.

In 1841, the workhouse guardians advertised for a school master to '*instruct the Boys in the Union Workhouse in Reading, Writing and Arithmetic for a salary of £35 per annum with Board and Lodging in the house*'. It should be remembered that it would be over 20 more years before Stowupland built its own school so village children could learn reading, writing and arithmetic.

In 1849, the Board of Guardians for Stow Union were looking to appoint a Medical Officer for their district of the parishes of Buxhall, Combs, Creeting St Peter, Finborough Magna, Finborough Parva and Stowupland. The salary offered was £70.00 per annum, but the officer was able to claim additional amounts for fractures and midwifery. The appointed officer was to be 'properly qualified' and expected to conform to the Poor Law Commissioners' regulations.

In 1864, they advertised for 'a Female to act as a Nurse to the Union House under the direction of the Matron, at a salary of £15.00 per annum, with board, lodging and washing.' It went on to specify that the person elected must be able to read the prescriptions and directions of the medical officer and conform herself in all respects to the rules and regulations of the Poor Law Board.

The following gives examples of some foods and sundry provisions that the Board of Guardians had to buy in 1868 for their inmates, most of whom would have arrived dressed only in rags and without any possessions (Bury Free Press: 21 March 1868). The contracts for food were usually awarded quarterly, whilst other items were on an annual contract. It may seem strange that Port wine and foreign brandy were included, but these were often prescribed for medicinal purposes.

Quarterly contracts for:-

Flour: £2 12 s a sack (Messrs J. T. Smith & Co, Stowmarket)

Bread for the workhouse: 7 1/2d per 4 lbs (Mr H.C. Roper)

Edam cheese: 55s 6d per cwt, butter 11d per lb; black tea 2s 3d per lb, pepper 5d per lb, peas 6s 11d per bushel, soap 30s per cwt, candles 5s 4d per dozen (Mr F. Waller of Ipswich)

Sugar: 4s 3d per stone, salt 11 1/2 d per bushel, oatmeal 22s 6d per cwt, soda 11d per stone (Mr Philip Turner)

Mr Cobb: Beer 16s per kilderkin; Mr Webb: coals 22s per ton; Mr Hayward: beef, mutton, and suet 5 3/4 d per lb

Yearly contracts:-

Mr S.H. Wright of Stowmarket; Port wine: 22s per dozen, foreign brandy: 22s per gallon, gin: 12s.

Mr Conder: Leather butts and grain pieces 1s 1 1/2 d per lb

Mr Robinson of Stowupland; coffins 10s 6d, 6s 6d and 3s.

Presumably, coffins were supplied in various sizes as denoted by the differing prices. Mr Robinson of Stowupland was a local carpenter who lived and worked in Saxham Street. As can be seen, he was contracted to supply 3 sizes.

We have specifications for Bury St Edmunds' coffins in 1877 – *to be made of not less than three-quarters of an inch elm, planed, with battens to the lids, and well-pitched inside. The lids to be fastened with not less than six screws. In every case, the body is to be placed in the coffin and the lid screwed down by or at the expense of the contractor.*

And one last job advert from 1890 when 'the Union are desirous of receiving applications from clergymen of the Church of England for the Office of Chaplain at the Union Workhouse, Onehouse, Stowmarket ... salary at the rate of £50.00 per annum.'

We don't know much about the lives of anyone who lived in the Workhouse, but we do know about an Emma Poole who, according to the 1871 census, was a pauper living in the Onehouse Workhouse. She had been born in the early 1850s in Thurston.

According to the 1891 census, Emma had been blind since infancy, but, despite having spent at least the previous 20 years in the workhouse, she now had a 10-year-old son, Frederick, also living with her in the workhouse. We don't know when they left the workhouse, but by 1911, Emma is living on Thorney Green with her widowed older sister, Ellen Cooper, and three of Ellen's sons. We don't know what happened to Frederick.

Ellen had been a widow since at least 1891, living in 7, Thorney Green with 11 children. The eldest was 21-year-old Eliza, who was working as a domestic servant at Onehouse and the youngest was 3-year-old Phoebe Poole. Six of Ellen's children were still at school. Phoebe poses one of those niggling puzzles that anyone who has researched family histories encounters. She is described on the 1891 census form as Ellen's granddaughter who had been born in 1888 (this may have been 1887) at Onehouse. So, was Phoebe's mother Eliza? However, on Phoebe's baptism record, the mother is named as Emma and the place of residence was Stowupland; no father was named. Interestingly, her baptism date was given as 25th December (Christmas Day) in Holy Trinity Church in Stowupland. By the 1920's, Emma and Ellen are living in a cottage that backs onto Chapel Alley. In the 1921 census, Ellen, at 71, is head of the household and an Old Age Pensioner, Emma, at 69, is a boarder doing home duties.

FROM OUR ARCHIVES

In our archives, we have some details of mid-19th century properties on The Green that were being offered for sale by auction. Does anybody know if these houses still stand?

From 1833, a messuage or dwelling house was advertised to be let with a 'tastefully arranged garden and well-planted orchard, most pleasantly situate on Thorney Green...now in the occupation of Captain Mw Barber. Particulars could be had from Mr Edward Pyman {Suffolk Chronicle 1833}.

And from 1856, following the death of Isaac Taylor, 2 lots were offered for sale:

- Lot 1 was a messuage in 2 tenements occupied by Robert Wise and John Bloom. It had a shed and outbuildings in good repair, and a large orchard and garden, well planted with a range of fruit trees; and an excellent pump of good water, pleasantly situated on Thorney Green.
- Lot 2 was 'a substantial tenement or cottage and garden in the occupation of John Kerry. and a substantial barn, stable and cart shed, in good repair; with 3 acres 2 rods of very superior arable land; enclosed with a good fence, upon which are several Timber Pollard and Fruit Trees, pleasantly situate on Thorney Green adjoining Lot 1'.

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

Visitors to our meetings are always welcome.
Just turn up and pay £5.00 at the door.

Or read for yourself about your village @ www.stowuplandlocalhistorygroup.org.uk

Proudly
supporting

St Elizabeth
Hospice

Reg Charity No: 289154



THE GREAT GARDEN TRAIL

Stowupland Open Gardens

Sunday 21st June 2026

10am ~ 4pm

tickets available on the day at

2, Thatched Cottage, Thorney Green
Stowupland, IP14 4AD

£5.00 per adult ~ Children ~ free

Active 60^{Plus}

OVER 60s STRENGTH TRAINING

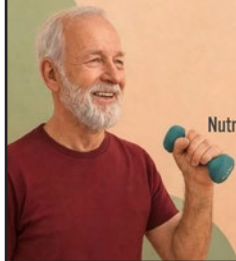
Debenham - Eye - Framlingham - Stowupland

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



Personal Training &
Nutritional Therapy also available

BEAT MUSCLE LOSS
Faye 07885 659360



SPRING VILLAGE WALK

Many thanks to all those who supported our village walk on May Day Bank holiday. The sun didn't shine but a goodly crowd of walkers assembled to set off around the fields, amongst the blossom and on the dry, cracked footpaths. They walked for over an hour and were glad to partake of refreshments on their return to "Crowstone." Many others had arrived in their absence and had already enjoyed coffee and cake. A big thank you to all those who supported us. £238.00 was raised for Christian Aid. Magnificent!

Jane and Dan



You could advertise your business here for only:

Quarter page £11 per month

Half page £22 per month

Whole page £44 per month

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

Whole back cover *colour*
£120 per month

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



- **Simple**
- **Fast**
- **Efficient**

Call Max
07748 530789

www.suffolkmolebusters.co.uk

STOWMARKET U3A

The motto of the U3A is 'Learn, Laugh, Live' and Stowmarket U3A gives you the opportunity to explore new interests, make new friends and enjoy yourself. If you are no longer working full time or raising a family, now's the time to make the most out of life. For a modest fee, members can access monthly meetings, interest groups, outings and events.

There are around 30 different groups and members can try out an activity first to see if it is what they are looking for.

The well-established singing group is all about singing for pleasure. You don't need to read music or be a 'good' singer. We sing a wide selection of songs, including pop songs from the 60s and 70s, songs from musicals, folk songs, sea shanties and gospel songs. New songs are learnt gradually over a number of weeks and quickly become firm favourites.

As well as piano accompaniment, the group sings a couple of songs each week accompanied on the piano accordion, adding variety to the session. It is the simple joy of singing together that keeps bringing us back, and we always leave feeling more upbeat than when we arrive.

Our monthly meetings are friendly, relaxed afternoons where members come together to enjoy interesting talks, good company, and time to socialise and chat.

Meetings are held on the third Wednesday of each month at 2:30 pm (doors open at 2 pm for refreshments) at the Salvation Army Hall, Violet Hill Road, Stowmarket.

Our next 2 meetings are:

- 17 June - Summer Outing to Norwich Castle and Wymondham Abbey
- 15 July - Adventure, Activism and the Climate Crisis, Edward Gildea



New members are always welcome. Visit our website: www.u3astowmarket.org.uk. For membership enquiries, email: membership@u3astowmarket.org.uk.

Registered charity 1002987.

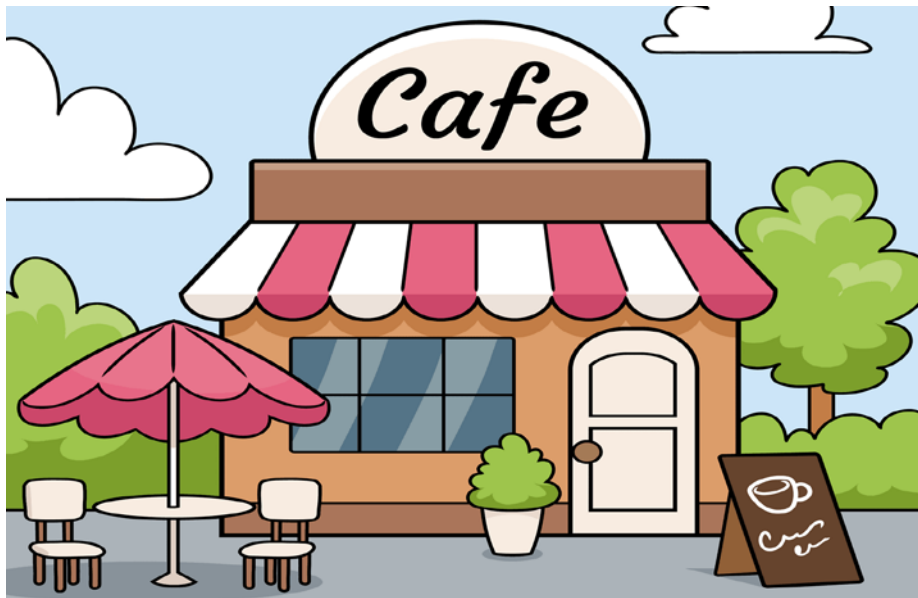
We look forward to seeing you!



A COMMUNITY CAFÉ FOR STOWUPLAND?

Is anyone out there interested in an exciting business opportunity?

Many people in the village have said they wished we still had a Café, and we agree. There is a significant amount of people passing the Village Hall every day, especially during school time, and we think there is an opportunity to open a Café on the Village Hall site and make a success of it.



The Village Hall Trustees would like to use the existing Bowls Pavilion as a Community Café on Tuesdays to Saturdays, to fit around when the Bowls Club need it. The Pavilion has a fully functioning kitchen, toilets, indoor and outdoor seating and ample storage space. It is a little tired, but it will be replaced with a new building in a year or two and in the meantime works just fine.

The Trustees are keen to work with someone who would be interested in taking on running a Café. There are various models for how this could work – for instance the person running the Café could pay a reasonable rent for the space and keep any profits, or if they prefer, they could pay a low rent but then share any profits with the Village Hall charity. We are open to suggestions and negotiations on all these points.

If you would be interested in taking on this exciting opportunity, please contact the Trustees at stowuplandvillagehall@gmail.com or ring the Chairman on 07857 547983.



The
United
Reformed
Church

U.R.C CHAPEL

NEWS

Minister: Vacant

Secretary: Brian Hewitt 07500734113

Once again, a walk and coffee morning took place on the first Monday in May for Christian Aid. This was organised by Jane & Dan Gurney. Dan led the walk and Jane had baked cakes and biscuits for everyone, including those who were unable to take part in the walk. Is it really a year since this event was previously held? Those who were able walked around our lovely village, enjoying God's beauty, around us and good company. Coffee and cake were enjoyed by the walkers as they returned from the walk, which, due to the weather being drier, had been quite a long one. Our thanks again to Jane and Dan for this event.

Our next coffee morning is on 26 June, 10 am to 12noon. This event will include a raffle. Please give us a visit.

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

The Speakers for June are as follows:

07 June	William Glasse
14 June	Keith Scarff
21 June	Bruce Thorn
28 June	Rev Richard Edwards

Joyce Gardiner

Elders Message

Like many others, I have spent much of my time during this beautiful weather in our garden. However, on those few occasions when this has not been possible, I have returned to doing jigsaw puzzles. I find much pleasure in using logic to finish even the most demanding and complicated puzzle. As the picture starts to reveal itself and the number of pieces diminishes so my task becomes easier.

Life is very much like that jigsaw. As we grow older, much of our puzzle has been completed. It reminds me of how our experience of life interreacts with those around us and with how we learn to piece each part to complete our own life picture. We learn all the time and this enhances our skills and knowledge, but being human, this also gives us times of anxiety.

We worry about many things, for example, it's hard to struggle along carrying heavy shopping bags. We all find that carrying heavy loads makes our arms ache and slows us down. We all enjoy it when we can put that heavy load down, and our arms start lifting up into the air, because they suddenly feel so light!

Today, we hear Jesus giving us a wonderful offer. He said, 'Come to me all you who carry heavy loads and I will refresh you. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.' They are such lovely words to hear, especially those frightened of Covid 19 (it's still about). And for any who feel that they are lugging along heavy loads at this time.

The good news is that Jesus says we can give those loads to him, so that we are free to play, free to live at peace, free to enjoy life again. When we are yoked, or joined up with Jesus, it is going to be much easier to carry the loads we need, and unnecessary to carry the ones that weigh us down so much. These thoughts brought to mind this hymn:

1. What a friend we have in Jesus, all our sins and griefs to bear!
What a privilege to carry everything to God in prayer
O what peace we often forfeit,
O what needless pain we bear,
all because we do not carry everything to God in prayer!
2. Have we trials and temptations, is there trouble anywhere?
We should never be discouraged: take it to the Lord in prayer.
Can we find a friend so faithful who will all our sorrows share?
Jesus knows our every weakness: take it to the Lord in prayer.
3. Are we weak and heavy-laden, burdened with a load of care?
Jesus is our only refuge: take it to the Lord in prayer.
Do your friends despise and forsake you? Take it to the Lord in prayer;
In his arms, he'll take and shield you; you will find a solace there.
(JOSEPH SCRIVEN (1819 86))

John Webb (Stowmarket URC)

COFFEE MORNING

Friday 26th June 2026

Stowupland URC Chapel

10am – 12noon



Coffee, Tea and Cakes

All welcome

***There will be a prize
draw!***

HOLY TRINITY CHURCH

NEWS

HOLY TRINITY CHURCH
STOWUPLAND



Rector: Revd. Andy Buttress Tel. 07749265571
Curate: Revd. Alison Roberts Tel. 613037
Churchwardens: Mrs Ann Doubtfire Tel. 770363
Mrs Sue Hayter Tel. 613710

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

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

WELCOME

At our most recent leadership meeting (PCC) we were discussing how we best let everyone know they are welcome. Shortly afterwards I was reminded of the phrase 'less is more'. So...

*Whoever you are, you are always welcome at
Holy Trinity Church, Stowupland*

Have a jubilant June (Come on England – Three Lions and all that)

Andy

Revd Andy

Date	Stowupland	Wetherden	Haughley
Wednesday 3rd	10.00 am Morning Prayer and Praise		
Sunday 7th	9.30am Parish Communion	11.00 am Morning Worship	11.00am Sunday Praise
Monday 8th	11.00am Service at Steeple View		2.00pm Service at Mere View
Tuesday 9th			5.00pm Pizza Church
Wednesday 10th			10.00am Morning Prayer and Praise
Sunday 14th	9.30am Worship for All	11.00am Morning Worship	11.00am Parish Communion
Wednesday 17th		10.00am Morning Prayer and Praise	
Sunday 21st	9.30am Morning Worship	11.00am Worship for All	11.00am URC/ Anglican Service

Wednesday 24th	10.00am Morning Prayer & Praise - Communion		
Sunday 28th	6.30pm Evensong	11.00am Parish Communion	9.30am BCP Said Communion

PARISH CHURCH SERVICES FOR JUNE 2026

Benefice of Haughley with Wetherden and Stowupland

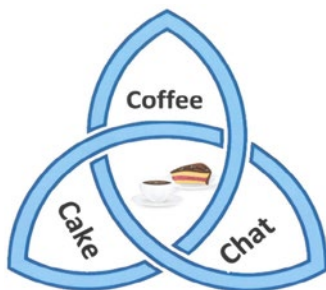
(For more information please contact Revd Andy Buttress:
email revandybuttress@gmail.com)

PRAYER: Lord Jesus, you seemed to welcome everyone except the proud, religious leaders. Thank you for welcoming me. Amen.

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

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

COME AND JOIN US FOR



Stowupland Church Hall

Saturday 20th June 2026 10.00 – 12.00

There will be tea/coffee, cakes and good company

Everyone is welcome

STOWUPLAND FALCONS



By the time you read this article, our 52nd season will be over. To say it has been difficult would be an understatement; the constant rain turned the field into a bog, but the fine weather came in time to allow us to complete the backlog of games.

Unfortunately, our adult first team lost their cup semi-final to Kesgrave on penalties, but pleasing to report their league form has remained strong, and they secured runners-up with a game to spare. For the record, they played 30 league games, winning 22, drawing 4 and losing just 4. A great season!

Our adult reserve team have held their own in a higher division and will finish in a comfortable mid table position.

The ladies' team have had a good season and should finish in the top 5. They are competing against much bigger clubs, including AFC Sudbury, Needham Market and Woodbridge, so this is an excellent performance.

Moving on to the youth teams. Having finished their league fixtures, it is pleasing to report that we have teams playing in cup finals. I will update on how they get on in the next article. I am planning to give a complete review of the youth season next month. As always, we are very proud of all our teams and the managers and coaches who work very hard to develop the young players.

That's it from me for this article.

Colin Herbert, President
Stowupland Falcons FC

SOAP

Calling all over 60's

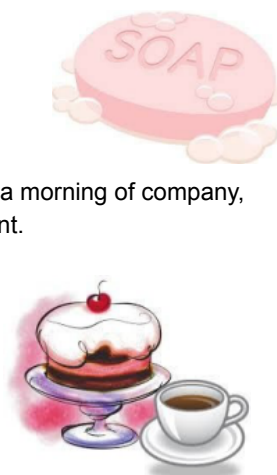
Come along to meet old friends, new friends and enjoy a morning of company, activities & good cake in a welcoming social environment.

Our next event is

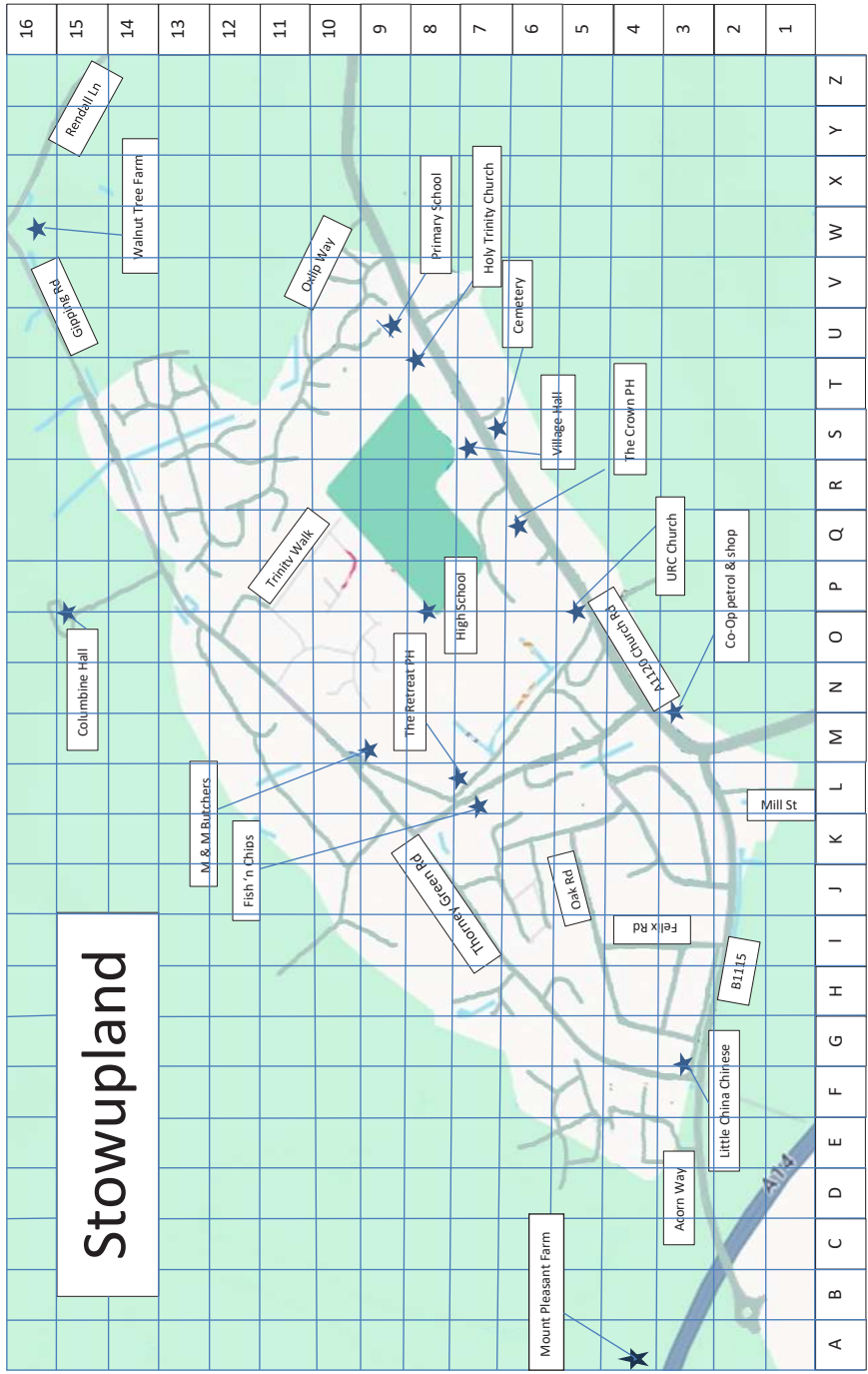
Wednesday 17th June, 10:00 - 12:00

at Stowupland Sports and Social Club.

Please do join us.



If you would like any further information, please do email paulamurton@stowuplandpc.co.uk or call 07704 701095



Stowupland

THE TELSTAR TEAM

Editor - Sarah McManus – 07849 506898 - The editor welcomes contributors. Please send all articles and contents to articles4telstar@hotmail.com or write c/o 4 Oak Apple Drive, Oak Farm Meadow, Stowupland, IP14 4FH.

Business Advertising - Sally Wray - adverts.telstar@hotmail.co.uk. Businesses with a Stowupland connection can advertise at very reasonable rates.

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.

Advertising Disclaimer

All adverts are placed in good faith and the publishers cannot be held responsible for any work carried out. Advertisers details are not passed to any other publishers.

Telstar – for the community, by the community.

Deadline Date: 7th June 2026 for July 2026 Edition

Printed by Gipping Press Ltd. Tel: 01449 721599. Web: www.gippingpress.co.uk

The Walkers Cup



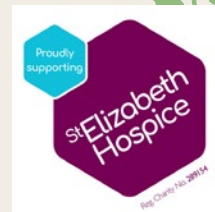
SAVE THE DATE


Our annual fundraising event in support
of St Elizabeth Hospice
Stowupland to Old Newton & back!
Come and join team
Stowupland

Sunday 13th September



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

All ages welcome!





QUIZ Night



FRIDAY 19TH JUNE

Stowupland Village Hall

Doors Open 07:00 pm

Quiz starts 07:30 pm

£3 per person - teams of up to 6 people

Village hall bar will be open for drinks

Bring your own nibbles

To enter a team ring Keith on

01449 673185

A Stowupland community event brought to you by the Telstar team

