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NOTES FROM THE EDITOR

OCTOBER 25

October already, it doesn't seem that long since I was editing the September edition. September saw the village complete our annual 'Walkers Cup' fundraiser. I'm delighted to say we didn't lose. We didn't win either! The final figure for those who took part is not absolutely confirmed, but it looks like 106 walkers from each village participated. The funds raised will support St Elizabeth Hospice. Final totals for the fundraising are known yet, so I'll share them next month, but a massive thank you to everyone who joined supported the event.

I took part in the 'Walkers Cup' a few weeks after I completed an 'Ultra Challenge', a 26 mile walk around London to raise funds for the charity I work for Leeway Domestic Violence and Abuse Services, and I'm pleased to say, I finished the walk and raised £543 for the charity. I was delighted to have taken part, although every muscle in my body below waist down was in agony when I finished, but it was worth it, I'm just glad I was recovered enough to take part in the 'Walkers Cup'.

September saw our quarterly Quiz fundraising which was eventually won by 'Marshall Marvels', but it was very close, and our team 'The Posse' very nearly clinched it. After the penultimate round we were both on 98 points and joint first, so the last round was going to be the clincher, and we both got 7 points, so a draw on 105 points. A tie breaker ensued, and we lost, so congratulations to Marshalls Marvels, really please for you, honestly, I am..... If anyone is interested the tie break question, it was, what was the largest crowd for Ipswich Town FC at Portland Road? The answer is 38010, and it was in March 1975. Our next quiz will be on Friday 12th December, which will be (and I hate to mention it this early!) our Christmas Quiz. There will be a prize for the most festive team, so get your Christmas jumpers, hats etc. out of your cupboards and come and join us. There'll be more details in our next edition.

I hope you all like the front cover of the 'Tour of Britain Men's Cycle Event'. I didn't see the race as I had to work, but it's great that the race came through our village, and I'm pleased our photographer, Keith, managed to get such a good picture for the magazine.

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DISTRICT COUNCILLORS' REPORT

SEPTEMBER 2025

Local government reorganisation

A website has been launched giving information about the 2nd tier (District and Borough) councils' proposal for three unitary councils under the reorganization. <https://threecouncilsfor Suffolk.org/> There is a link on the home page of the website for residents to give their views.

New recycling for electrical items

New electrical recycling banks have been introduced across the district. This is part of a new scheme to help reduce e-waste. More information about where these banks are located can be found at <https://www.midsuffolk.gov.uk/w/twelve-new-electrical-recycling-bins-for-babergh-and-mid-suffolk>

Trees and wildflower seed

Mid Suffolk has been supplying trees and wildflower seeds to landowners, such as town and parish councils, community groups and charities, since 2021 and the scheme continues. Applications can be made at any time and there is no deadline. However, the main planting season for trees and hedging is between November and March, and the ideal times for sowing wildflower seed are in the autumn and spring. So if you have possible projects in mind, now is a good time to think about applying.

Details of the scheme, including the application form and guidance notes, can be found at <https://www.midsuffolk.gov.uk/w/trees-and-wildflowers-scheme>

Other funding for community projects

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

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

Locality Awards

The current round of grants commenced on 1st April 2025. <https://www.midsuffolk.gov.uk/web/mid-suffolk/w/locality-awards>.

We aim to ensure that all our grant allocation is awarded during the year so all eligible groups please do consider applying.

The Big Weekend

The Big Weekend takes place on 18th and 19th October and the prize draw, which is free for residents to enter, opened on 1st September. To see the prizes offered and enter go to www.suffolkbigweekend.co.uk .

Tenant engagement board

The Council is seeking to expand the tenant engagement board. Tenant Board members hold the council's housing service to account on its performance and a profile giving more details of the role can be supplied. If any residents are interested in this please do contact one of us using the contact details below.

Customer access point

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

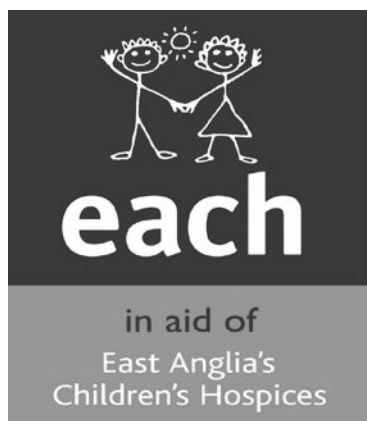
Cllr Janet Pearson
Janet.Pearson@midsuffolk.gov.uk
07928 512592

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

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COUNTY COUNCILLOR'S REPORT

OCTOBER 2025

Guidance and information on 20mph speed limits - My group tabled a motion at July's council meeting to make it easier for communities to obtain a 20mph limit where there is clear local support for it. We argued that the current process with SCC Highways is lengthy and unnecessarily complex at a time when 20mph limits have increasing public support. This motion was rejected by the Conservative administration on the grounds that they were already planning a review of this process. 20's Plenty, a UK organisation that promotes lower speed limits, has some helpful guidance and a draft motion for parish and town councils who are considering a 20mph speed limit, with lots of supporting information including data from the 20mph trial in Wales which showed that lower speed limits significantly reduced accidents, deaths and serious injuries with no impact on journey times. Please see this link for further information: https://www.20splenty.org/parish_council_motion

Review of Suffolk Transport Infrastructure - Following the passing of a motion at July's council meeting which acknowledged that intervention was necessary to reduce the reliance on the Orwell Bridge, the council's administration have announced a review of transport infrastructure for Suffolk and requested funding from the government to make improvements. The review will examine what is needed and where, examining areas such as the Orwell Bridge and the A14 corridor, Port of Felixstowe, the Sizewell power stations, and the need to upgrade the Ely and Haughley rail junctions, which the government recently announced there would be no money for. The review will also take into account housing needs and the role of the future Mayor for Norfolk and Suffolk, who will have responsibility for strategic transport. The council has sent an open letter to the Transport Secretary, Heidi Alexander MP, calling for talks about the need for strategic investment in Suffolk's transport infrastructure, which you can read here: <https://www.suffolk.gov.uk/asset-library/SCC-response-to-Heidi-Alexander-MP-1.pdf>

New Environmental Charity for Suffolk - A new environmental charity jointly established by Sizewell C, East Suffolk Council and Suffolk County Council has pledged to spend at least £78m on boosting biodiversity in Suffolk. The charity, named East Suffolk Trust (EaST), will distribute funds to local organizations through a grants scheme to improve biodiversity and protect natural landscapes. Governed by a Board of independent Trustees, the new charity could help to set out how future major infrastructure projects can help deliver local nature recovery across the country. Sizewell C has pledged at least £78m over the next 70 years and, in addition, the charity will seek funding from other local businesses and organisations to invest in nature. Trustees of the charity include Julian Roughton, former CEO of Suffolk Wildlife Trust, Heather Broughton MBE, former trustee of the National

Lottery Heritage Fund and James Alexander MBE, former trustee of RSPB and former Chair of trustees at Suffolk Wildlife Trust.

All Suffolk Food Waste to be Processed in the County - As part of the new 'Simpler Recycling' laws brought in by the previous Conservative government, councils will have to collect and deal with food waste from all Suffolk households from 2026. The council has set up a four-year contract with Bio Capital to process this food waste locally at a recently approved anaerobic digestion plant at the Adnams Distribution Centre in Reydon near Southwold. Around 31,000 tonnes of household food waste could be sent to the new facility each year, which will be processed to generate green fuel (biomethane), and turned into soil fertiliser, which means Suffolk's food waste will be put to good use.

Awards for Suffolk's Junior Road Safety Officers - The council recently played host to pupils and school staff at the first in-person Junior Road Safety Officer (JRSO) Awards event since before the COVID-19 pandemic. The awards ceremony recognised the dedication and creativity shown by schools and pupils in promoting road safety and encouraging active travel within their communities. The Junior Road Safety Officer (JRSO) scheme has been running for more than 20 years and gives pupils in Years 4 to 6 (ages 9–11) the opportunity to get involved in road safety work at their schools, delivering sessions to peers and taking on initiatives in their wider communities. The scheme is an excellent way to engage with children, parents and carers and expand the reach of the council's road safety education team, with 61 participating schools over the last 12 months.

I have worked with JRSOs at Freeman Primary School; they are very active in the school and report their activity in Telstar.

For more information about the Junior Road Safety Officer scheme, see the Suffolk County Council website: <https://suffolkroadsafe.com/education-home/junior-road-safety-officer/>

Update on Homes for Ukraine Scheme - As of 31 March 2025, Suffolk has welcomed 1,747 Ukrainian refugees under the government's Homes for Ukraine scheme, supported by a special team in the Public Health & Communities directorate. The government has introduced the Ukraine Permission Extension Scheme (UPES), which allows people currently 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. Here is some guidance below for hosts and guests:

- It is important that guests actively apply to extend their visas - the visas will NOT be extended automatically
- Guests should submit an application when they have 28 days or less left on their current permission. If they apply too early, their application may be rejected, and they would then need to re-apply later

- If the guest doesn't know the date when their current leave to remain ends, they can sign into their UKVI account (www.gov.uk/evisa/update-ukvi-account) to find out, or they can refer to their permission letter which will detail their visa expiry date
- Applications can only be submitted while the guests are physically present in the UK

To get more information about how to apply for an extension, follow the instructions provided on the official UK government website:

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

The government pays Homes for Ukraine hosts a 'thank you' payment of £350 per month, and in Suffolk this is supplemented by an additional £25 per month by the council. You can find further information about the scheme here:

<https://www.gov.uk/guidance/becoming-a-sponsor-homes-for-ukraine>

Finally, Suffolk County Council is offering a one-off Independent Living Payment (ILP) of £2,000 to Homes for Ukraine guests who are leaving their host accommodation and moving into their own home. To issue this payment certain criteria must be met, and Suffolk County Council will ask to see a copy of a valid, signed and dated (by both parties) legal tenancy agreement in the guest's name. The funding can be used for purchasing items to support the move to independent accommodation. The new accommodation can be either furnished or unfurnished and can be situated outside of Suffolk.

Guest(s) can apply for the Independent Living Payment by downloading a form from the council's website, which is available in English, Ukrainian and Russian. To access this form and details of other support for Ukrainian guests in Suffolk, please use this link to the council website:

<https://www.suffolk.gov.uk/community-and-safety/communities/community-engagement/support-for-refugees/support-for-ukraine/ukraine-information-for-guests>

Local Highways Issues - We will be without a local highways' liaison officer for up to three months, but the work will be covered by a member of the community engagement team. The team have provided a cost estimate for a revised scheme for the frontage of The Crown to provide a new length of footway. I have asked for further details. If the Parish Council decide that they wish to proceed to the detailed design stage, I have suggested that a meeting be set up with the designer. In the meantime, I have suggested that the money already committed to the previous scheme be transferred as a commitment to the revised scheme. But works would only be ordered following agreeing details on site with the designer.

I have again reported that the carriageway is not draining satisfactorily near the URC.

Also, I met with SCC Highways Drainage and residents in front of the former Post Office to ask for further investigation work to establish the extent of damage to pipes under the footway and discuss remedial works. It was agreed to carry out the investigation during an advertised road closure period. It later transpired that the road closure had not been authorized, and the investigation will need to wait.

Change to Local Bus Service - The amended circular service started on 31 August. However, some drivers had been instructed to use the new route and timings before that date, leading to confusion.

2026 Elections - The Mayoral Election is planned for May 2026. A decision on whether or not there will be County Council elections on the same day is awaited. It is anticipated that elections will take place for councillors to serve for two years, the second of which will overlap with the first year of the new unitary authorities.

Keith Welham
Keith.welham@suffolk.gov.uk
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PARISH COUNCIL REPORT

SEPTEMBER 2025



This month's meeting opened with 5 members of the public, 6 Parish Councillors and Councillors Pearson, Watson and Welham.

Councillors' Reports: The full SCC and the District Council reports can be found elsewhere in Telstar. Cllr Welham advised that another new Community Liaison Engineer has been appointed. He suggested that a meeting should be arranged regarding the height of hedge between the school and village hall. There is now a timescale for the local government reorganisation.

MSDC Cllr was asked whether anything is happening about the proposed car park on the Landex site and it was agreed that this would be discussed at the end of the meeting. There is to be a public meeting regarding the local government reorganisation in Stowmarket on 10th September and another in Eye on 15th September. She advised that trees, hedging and wildflowers were available. MSDC are looking for volunteer social housing residents to join a committee to give their opinions on housing matters. Due to a change in the law, postal voters must re-register every few years. They were thanked for their quick response to getting the hedge in Gipping Road cut back on the bend.

Matters of Report: Work on the bus shelter has been completed and the post for SID in Church Road has been installed. The duck signs have also been erected on Trinity Meadows, and the ducks have been seen crossing the road in the correct spot. A contractor has been contacted regarding the reinstatement of sign on The Green, and the pond contractor is due to start work on September 8th.

Public Forum: One resident reported that the travellers are currently camped in Morrisons car park in Ipswich. Another resident advised that he was still not happy with the work carried out on the ash tree as he felt that it was too radical, but he was advised that the tree surgeon did need to remove 30% due to its general condition. He also reported another dead tree near Mill Street: this will be reported to SCC Highways. He felt that the report in Telstar that stated it was a long time since the village had held a garage/yard sale was misleading as it has only been 2 years that he was too unwell to arrange it. He was advised that it was part of the correspondence that was just being reported. He also reported that he has seen cars reversing out of a property driveway onto Devon Road. The last resident reported that the survey on flooding had now closed and he asked if there was now a new digital copy of the definitive map available, could the one at the Village Hall be replaced. He was advised that the PC were waiting to see if this would be affected by the proposed changes to the Village Hall before they purchased a new one. He also reminded everyone of the dates for apple day, the Telstar quiz and the Walkers Cup, all in September. He also asked about a meeting for an update on the Trim Trail.

Warranty Extensions for SIDs: After much discussion it was agreed not to take out the extended warranty on the SID's due to the costs which they felt could not be justified.

Insurance Renewal: The new insurance quote no longer includes debt recovery or contract disputes cover and these are now optional extras. It was agreed to add the contract disputes cover but not the debt recovery option. The last quote was a 3 year deal and need to check that this has in fact come to an end and if it is now an option or not.

A1120 Junction Improvement: After much discussion on the new proposal for the improvement outside the Crown it was decided to set a maximum budget of £12,000 and for Cllr Welham to pay for the design plans from his budget and to explore if he has any leeway for any further contribution from his budget.

SID Church Road: A new post has been installed and Councillors agreed to purchase a new SID to erect on the post. This one will not be turned due to the lack of space but instead to be turned off for the requisite time.

Green Preventative Measures: Councillors discussed whether further preventative measures needed to be added to other areas of the Green and agreed to walk round and decide on the best way forward. It is understood that this particular group of travellers from Ireland have every intention of staying in the area and are believed to be exploring various plots of land to purchase such as closed public houses where they can set up permanent encampments including a site between here and Stonham. They have already purchased land in Crowfield. We all need to be vigilant.

Litter Bins: It was agreed to update 3 litter bins that have broken and replace the dog bin by the kissing gate and to re-install the dog bin behind the butchers as well as move a dog bin which is currently located closed to a house.

Governance: It was agreed to accept the new sexual harassment policy and the template for an IT policy.

Sub-Committee/Working Group Reports:

Cemetery and Churchyard – It was agreed that the PC need to seek out a new social gardener to keep the cemetery and churchyard tidy as the current one is not responding to messages from the clerk.

Planning – There have been no new planning applications or decisions from MSDC.

Councillors' Reports: Cllr Studd reported that the bus shelter roof looks really good. Cllr Voden reported that he had received comments on how much better the village is looking. Cllr Murton felt that the bus shelters need to be looked at as the Cllrs carry out their walk around The Green. She had also been asked by Cllr Johnson to mention that you cannot buy a return ticket on the buses. Cllr Easter wanted to know if the soil excavated from the pond was still going to be retained and spread in the holes in The Green. Cllr Bridges reported that despite there not appearing to have been permission sought, parts of the school were being demolished as early as 5.45am. They have been advised about the dead branches in some of the trees surrounding the school grounds but have done nothing about it which is extremely dangerous bearing in mind the death of a small girl in a park in Southend earlier this summer.

Clerk's Report: The Clerk reported that work had started on footpath 32 but chippings were required to the edges to aid drainage. The family who had requested the disinterment of their loved ones remains have changed their minds and no longer require this to take place. She has seen a demonstration of a new cemetery package and will bring this to the next PC meeting as an agenda item. The Clerk has checked the policy regarding scattering of ashes and currently is unable to find this being mentioned in the policy. A further unauthorised encampment was attempted on 11th August but was foiled by the current preventative measures and they were promptly moved on by the Police. She has spoken to the insurance company who advised her to speak to their legal cover partner which she has done. MSDC have cut back the hedge on Gipping Road to improve visibility at the pedestrian crossing point. She has passed the ILCA qualification and signed up for FILCA. The Chairman congratulated her on obtaining the qualification.

Correspondence: Among the 13 items of correspondence this month there were 2 from MSDC including the August briefing notes and one outlining the District Councils' proposed 3 unitary authorities for Suffolk. There were 4 news bulletins from SALC, an update on the Norwich to Tilbury energy project. There were 3 from residents, 2 offering their thanks for the preventative measures taken to protect the Green and one advising on vegetation obscuring streetlights. Cllr Pearson has asked whether Stowupland have considered having a 20mph speed limit within the village and there was an email from the Definitive Maps Team advising on an update to the Gipping map which covers Stowupland.

The meeting closed at 8.58pm.

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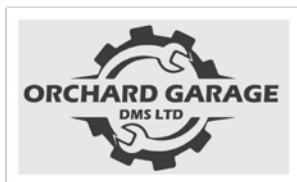
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COUNTRYSIDE RAMBLER

BRIAN WARD

We had a good downpour of rain in the first week of September. I hope this will rejuvenate our lawns and return them to a healthy green colour for the rest of autumn. One of my concerns with the lengthy hot summer we had is the earthworm population. I know they bury deep into the soil and will coil themselves into a ball and wait until the moisture returns, but with the long hot spell were they able to survive and breed? Worms, especially the common lobworm, which we often come across whilst digging in our gardens, mate above ground on damp nights then retreat down their burrows when daylight arrives. I suppose we will only find out next spring if there is a substantial fall in the numbers of this valuable animal that aerates and improves our soil. So many creatures are reliant on worms for food and many, like badgers, rely on them as a staple part of their diet, as well as many garden birds, such as blackbirds and song thrushes, who feed their young on worms, so I suspect the youngsters of both these birds will be down on numbers this year.

Many of you may cringe when I mention spiders but one in particular, aptly named the wasp spider because of its black and yellow coloration, has been drawn to my attention. I normally come across these spiders near the coast and they weave a web similar to the other orb web spiders but very often low down in the vegetation. They often appear in loose colonies and, once one is found, it is often the case of searching and several can be spotted within a few metres of the original. The reason I mention this particular spider is the fact more are being found inland, so if in your garden you come across this waspy looking arachnid don't be surprised as they are now turning up quite local. Another way to identify their web is a thicker whitish zig zag pattern may be evident in the centre part of the web. The female wasp spider can grow to a substantial size with the male being smaller and slimmer. August, September and early October is prime time to look for these and any other spiders if you are fascinated by the species.



I have seen several young roe deer this season and a few with twins so I suspect they have had a good breeding season. Hares also seem to have had a reasonable year with several leverets present early in the year, but they fall prey to many animals and birds of prey. I have found peacock and red admiral caterpillars this year but no small tortishell and very few adults were on the wing, so I surmise they are declining fast along with many other species.

Autumn is upon us; soon the leaves will be changing into their autumnal colours, and a chill will be felt early mornings and evenings. I enjoy every season, and autumn brings along a subtle change which will be quite welcoming after our hot summer.

Understanding Your Payslip – a guide for those returning to work



If you've recently returned to work after some time away, you might find your payslip a bit confusing. You're not alone – it can take a little time to get used to the different sections and terms.

By law, employers must give you a payslip (on paper or online) showing what you've been paid and what's been deducted. It's a good idea to keep your payslips for up to six years, just in case you need them later.

Your payslip should include your employer's details, your name, and possibly an employee number. You'll also see a **payment date** (when your pay reaches your bank) and a **tax period**. The UK tax year starts in April, so tax period 01 is April, 02 is May, and so on.

You'll also see your **National Insurance (NI) number** – this is your personal number used to record your NI contributions, which help you qualify for state benefits like the pension.

Next is your **tax code**, set by HMRC. This usually includes numbers and a letter. The numbers show how much of your income is tax-free; the letter reflects your situation. You can check what your tax code means at <https://www.gov.uk/tax-codes/what-your-tax-code-means>. If you're on an 'emergency' code (ending in W1, M1 or X), you might be paying too much tax, so it's worth checking.

Your **gross pay** is what you earn before anything is taken off. This might include your basic pay plus extras like travel allowance. If you're paid by the hour, the rate and hours worked should be shown. If holiday pay is included with your wages, it should be listed separately.

Deductions may include tax, National Insurance, pension, or student loan payments. These are added up, and what's left is your **net pay** – the amount that goes into your bank.

You might also see **taxable pay**, showing how much of your income has been taxed so far this year.

If anything doesn't seem right, it's best to speak to your employer.

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.



RAMBLINGS FROM THE POTTING SHED

PAULA WILLMOT

As autumn spreads its golden colours across our beautiful countryside, it's time to reflect and learn some gardening lessons from the hottest summer on record. I have decided to install more water butts. In addition, I bought a couple of outsize planters from Roots and Shoots last spring which have remained full of rainwater from water butt overflow. I'll be purchasing another couple as this excess water was handy for the greenhouse watering. Planting, as already mentioned in this column, will remain grasses (I will be splitting current stock), irises and more sunflowers, Californian poppies and verberna. I'll also look at cutting in more borders and beds and reducing the grass. I think we were all a bit disheartened at the state of our lawns this year!

October jobs in the autumn garden are as follows:

- Plant hyacinth bulbs for Christmas, either in peat-free compost or bulb jars with water just beneath the bulb. Store in a cool, dark place until flower stems emerge.
- As the nights draw in, houseplant growth will start to slow down so gradually reduce the frequency of watering.
- Choose and plant spring bulbs in borders, containers and lawns.
- Continue dead heading and watering containers and baskets to keep them going until mid-autumn. Once they have gone over, replant for winter interest.
- Make the most of the still warm soil and autumn rains by planting new perennials to fill gaps in borders. Planting now means they will establish good roots before winter.
- As autumn arrives light levels begin to fall so take down any shading in the greenhouse so that the plants remain growing in the late autumnal warmth.
- Finish cutting hedges and neaten them up before winter. Cutting now means they are less likely to regrow and will maintain a nice outline. Shred and compost cuttings if not diseased.
- Harvest remaining apples and pears; they should twist off in your hand if ready.

In the press and social media, there have been some interesting comments on the state of buddleia this year, and not the sort you see alongside the rail lines. Mine, like many people's, looked awful in late spring and early summer. The leaves were mottled and small despite avid trimming and checking for insects. But my plants really rallied mid-summer. We had a shorter flower season, but the blooms were magnificent. A couple of varieties I will be seeking out next year will be 'Berries and Cream' with its mixed purple and white flowers. I'll also try to source the stunning 'Pink Pagoda' with its long, elegant flower. Narey's have a stock of 'Sungold', a firm favourite with the bees, so I will go for a couple of those too. That's all for this month, it's time for me to order a few bulbs for pots, so have a lovely month's gardening and I'll be back in November. Happy Gardening!



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STOWMARKET ECO FUTURE GROUP

<https://stowmarketecofuturegroup.co.uk>

Email: stowmarketecofuture@gmail.com



#LoveWhereYouLive

Collection of hard to recycle items - see update below

Market place on 4th Thursday* each month which is 23rd October 2025 9:30 to 11.30 am

2nd Sunday each month (12th October) at Red Gables 2-4 pm plus REPAIR CAFÉ stowrepaircafe@gmail.com

****Please note this is NOT the last Thursday in October***

UPDATE ON ITEMS COLLECTED: Coffee pods, Pet food pouches (empty, clean & dry), Tetra packs (empty, clean & flattened), Spectacles and cases, empty make-up containers, Laptops and tablets with their charger (for parts), Batteries, Small bags of medicine blister packs. Please now take your soft plastics to Supermarket recycling points, thanks.

ECO CAFÉ: Wednesday 8th October 7:30- 9 approx. Fred's Bar, The Old Foxyard. This is an opportunity for informal discussion, asking questions, information sharing and planning.

We are really looking forward to participating in the town's GO GREEN GO WILD! Day on 29th October and the theme for our stall will be "Water" We are setting you a challenge! Can you make a mini pond in an upcycled food container? We would love to see what you have made (or a drawing or a photo) – bring it to our stall at Go Green Go Wild so we can admire your brilliant ideas. These websites might give you some ideas.

<https://www.wildlifetrusts.org/actions/how-create-mini-pond>

<https://www.wwt.org.uk/discover-wetlands/gardening-for-wetlands/how-to-make-a-mini-wildlife-pond-from-an-upcycled-container>.

We are also going to repeat our very popular **Welly-Swap** so please bring your kid's outgrown welly boots so that you can choose a new pair to take home.

HAPPY BIRTHDAY TO US! It is 5 years since the eco group was formed. Two interested people who were at that time strangers, met after lockdown to go for a walk and talk about what we could do. We started with a Facebook group which now has 869 members. The Recycling market stall, the Repair Café, Litter picks, Tree Wardens, Green Councillors, an exhibition at the Museum which many local groups contributed to, the two year Reduce/Repair/Reuse/Recycle painted hoarding on the recreation ground, an eco-cinema month, a recipe book, events at PrimaDonna festival, encouragement to switch idling engines off, Clothes swaps, and working with Stowmarket's Environment Forum and Eco churches have all happened since that first conversation. The articles we write for magazines such as this each month have encouraged many individuals to take their own actions to care for our earth by making changes to their lifestyle, shopping habits, energy use, gardening style and consumer choices. Brilliant and huge thanks to everyone involved in making Stowmarket/Planet Earth a better place to live for ourselves, our children, our grandchildren....

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STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP

Wildflower Meadow and Retreat Pond

Our plans for this autumn include planting a few more patches of yellow rattle and wildflower seeds. The Retreat Pond was dry enough in early September to remove silt and trim around the edges of the pond.

Future Mowing Specification, Encouraging Diversity and Protective Measures around The Green

The Parish Council have agreed to meet with us to discuss how the mowing schedule could be changed to encourage biodiversity. We would like to have No Mow May on parts of The Green, some areas to be cut less frequently and wildflower areas. We will also discuss wildflower planting on the mounds around the edges of The Green.

Sunflower Competition

It has been lovely to see sunflowers around the village. We've been out measuring, and the tallest sunflower was grown by a resident of Hornbeam Road – Steve Southgate. Steve had several sunflowers that grew to heights in excess of 11 feet. The largest flower head was grown by Len Isaacs. The photos below show just some of the sunflowers from around the village.



We hope to provide seeds again next year and hope that the weather will be a little less hot and less dry.

Our next meeting is at 7.30 on Tuesday 14 October, in the URC Meeting Room. Everyone with an interest in wildflowers and biodiversity is welcome to come along.

Contact us: to find out more, please telephone Keith on 01449 673185, email keithwelham48@aol.com or come along and talk to us when we are out and about in the village.

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HOME VISITS

Jane 07916 143618 Jenn 07880 975725

SUFFOLK FOOT HEALTH has been providing private foot care in homes and care homes for over 15 years. As a family run business we are able to support many of Suffolk's foot health needs, ensuring high-quality care for all our valued clients. We are mobile so you get to enjoy your appointment in the comfort of your own home. We help with things such as ingrown toenails, callus/hard skin, corns, fungal infections/advice, verrucae, general foot health checks and diabetic foot care.

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

PROBUS CLUB



COME AND JOIN US

PROBUS CLUB is a group of retired and semi-retired men and women who meet monthly for lunches and social activities in Stowmarket at 10: 20 am. Members come from all over the area and local villages. Probuss have branches all over Great Britain. Our branch meets on the first Tuesday of every month in the Royal British Legion Club Stowmarket. There is ample parking in the area.

After morning coffee, we relax and listen to a guest speaker. This is followed by a two course luncheon provided by 'Kelly's Kitchen'.

We will also be arranging lunches out, day trips and five-day holidays. A trip to the Cromer End of Pier Christmas Show has been arranged for late November.

TALKS SCHEDULE: -

OCT - Sisters Singing (Music)

NOV - Mrs Dunn Chapter & Verse.

DEC - Quay Notes (Music)

JAN - Gary Cease, Gipping River Trust.

FEB - Phil James (Member)

MAR - Wing Commander Paula Wilmot. (Years in the Military)

APR - David Bishop (Member) Being a Driving Instructor.

Please contact KEITH PYBUS (PRESIDENT) 07395080975 - keithpybus@btinternet.com

STOWUPLAND COLLECTION POINT

If any individual, school, church or business would like to become a collection point for the Eco Future Group in Stowupland please contact Stowmarket Eco Future Group directly. Contact details can be found in their article.

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

Ed.

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STOWUPLAND FALCONS



The 2025/26 season started for our adult first team on Saturday 9th August with a fine 3-0 victory at Henley. This was quickly followed by wins at Debenham and Grundisburgh, so a great start. Unfortunately, the last game of the month was a defeat to local rivals Old Newton. Our reserves under new management have only played one game, a defeat to Laxfield. Early days for the team that the new manager is rebuilding.

On 6th and 7th September was the start of the season for all our youth teams. The boys and mixed teams play on Saturday mornings and our girls' teams play on Sunday Mornings. In addition, we have a Sunday adult team and a ladies' team that plays on Sunday afternoon. On Sunday 7th September our ladies' team played in the preliminary round of the FA Cup at Stowupland with a 2pm kick off. They played Mulbarton Rovers Belles - a big day for the club and the players.

This is the 51st season of youth football in Stowupland and how things have changed. How big our club has become!

If you are new to the village and want to know more about the football club, we would be delighted to see you.

In addition to all our teams, we also run our Saturday Morning Club that offers free coaching for school years reception and Year 1. Boys and girls are very welcome. We will shortly be restarting our Wildcats sessions that offers an introduction to football for girls.

There is more information on the club website and contact details.

Colin Herbert, President Stowupland Falcons FC

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

JUBILEE LADIES CHOIR

Hello ladies. We're back and would really like some new members to join us. Although we practice in the United Reform Church in Stowmarket, we are not affiliated to the Church. We, and other choirs, practice there because of the excellent acoustics. There's limited parking at the Church, but the Regal and B&M have free car parks a five minute walk away.

We're always looking to do more performances, so if anyone would like us to sing at events i.e. fundraisers, weddings, funerals etc give us a call. Our repertoire is a mixture of classics, show tunes, pop and a lot more!

Practice is on Tuesday evenings at 7.30 p m until 9.30 p m with a break for tea/coffee and a chat because we are a friendly, sociable group. Our members come from several surrounding villages including Stowupland, so transport needn't be a problem. There's no age limit, no audition, ability to read music helpful but not essential.

Please come and give us a try and join us to practice Christmas music.

Contact Di Balaam on 01449 736374 for further details or turn up at practice on Tuesday evenings.



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IMPORTANT CONTACTS

Citizens Advice

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

Doctor

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

Emergency Numbers

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

Good Neighbour Scheme

HELPLINE: 07591 539621

Member of Parliament

Adrian Ramsay – Green Party
email: adrian@waveneyvalley.greenparty.org.uk.
Telephone: 07534 933356.

Mid Suffolk District Council

www.midsuffolk.gov.uk

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

MSDC General Contact No. 0300 1234000

Police

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

Samaritans – 116 123

Stowupland Village Website

www.stowupland.com

Parish Council Website

www.stowupland.suffolk.cloud

Suffolk County Council

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

Schools

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

Vets

Cedarwood - 01449 676966
Stowe Vets - 01449 613130

DIARY DATES

If you know of any events happening in the village 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

OCTOBER

WED 1	14.30	various venues	Book Group (contact 01449 672127 for further details)
WED 1	14:00-16:00	Village Hall Car Pk.	Mobile Post Office
WED 1	19:30	Village Hall	Local History Group – Siege of Haughley Castle 1173
THURS 2	19.30	URC Hall	Parish Council meeting
THURS 2	19:00	Village Hall	Short mat bowls
SUN 5	various venues		Stowupland yard sale
SUN 5	19:30	Village Hall	Country & Western music club
TUES 7	16.00	Village Hall	Young Carers Club
WED 8	14:00-16:00	Village Hall Car Pk.	Mobile Post Office
THURS 9	19:00	Village Hall	Short mat bowls
MON 13	19.30	Village Hall	Village Hall Trustees meeting
TUES 14	19.30	URC meeting room	Bio-diversity group

WED 15	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 16	19:00 Village Hall	Short mat bowls
SAT 18	10:00 - 12:00 Church Hall	Coffee, Cake and Chat
SAT 18	evening Village Hall	Bowls Club end-of-season dinner
SUN 19	19:30 Village Hall	Country & Western music club
WED 22	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 23	19:00 Village Hall	Short mat bowls
SUN 26	19:30 Village Hall	Country & Western music club
THURS 30	09:30 Jubilee Crt, 09.55 Green	Mobile Library
THURS 30	19:00 Village Hall	Short mat bowls
FRI 30	10:00 -12:00 URC Chapel	Coffee Morning
FRI 31	19:30 Village Hall	Community Bingo

LOOKING AHEAD

NOVEMBER

SUN 2	Village Hall	Country and Western music
WED 5	Village Hall	Local History Group – Crime and Punishment in Stowupland
SAT 15	Village Hall	Craft Fair

Mobile Library - 07721 879855

Parish Council

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

Laura Beeson - 07918 808387
laurabeeson@stowuplandpc.co.uk

Terry Easter - 07958906176
Terry.easter@stowuplandpc.co.uk

Laura Johnson - 07826 851030
laurajohnson@stowuplandpc.co.uk

Debra Melhuish - 07979125904
debramelhuish@stowuplandpc.co.uk

Paula Murton - 07906 677817
paulamurton@stowuplandpc.co.uk

Hayden Power - 07716 834111
haydenpower@stowuplandpc.co.uk

Ray Studd - 01449 676606
raystudd@stowuplandpc.co.uk

Jerry Voden - 01449 703717
jerryvoden@stowuplandpc.co.uk

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

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

Village Hall Bookings

Lisa Tunbridge - Phone - 07515859337
stowuplandvillagehallbookings@gmail.com

Village Clubs

Book Group - Patricia Hodgkins - 01449 672127

Stowupland Bowls Club - Graham Newman - 01359
240846

Community Events - Keith Welham - 01449 673185

Country and Western - Pat Murphy - 01449 677405

Local History Group - Jerry Voden - 07951 086383

Short Mat Bowls - Pam Fayers - 07713026696

Sports and Social Club - Mark Dye - 07799 662491

Stowupland Cricket Club
www.stowuplandcricketclub.co.uk/

Stowupland Falcons Football Club -
stowuplandfalconsfc.co.uk

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

Stowupland Wildflower & Biodiversity Group -
Keith Welham - 01449 673185

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

SCHOOL MEALS LONG AGO

For some, school wasn't joyous.
A time that's best forgot.
But others have fond memories,
And remember quite a lot.



Especially their school dinners.
Food, that some would hate.
There were those who had seconds,
Left nothing in their plate.

The school cook ran the kitchen.
Each day she cooked your meal.
You had to eat up everything.
That was the way, the deal.



The dinner ladies, they knew best.
To some they seemed quite mean.
You stayed inside the dinner hall,
Until your plate was clean.

But liver, cabbage, mash and peas,
Some wouldn't like to eat.
Others would enjoy their meal,
They loved three veg. and meat.



Corned beef and spam in tins,
Either, did not matter.
Pupils loved or hated them,
Especially cooked in batter.

Semolina, rice and jam,
They were not liked by all.
Tapioca, prunes and plums,
In dishes, large or small.



Chocolate crunch flew off the plate,
But still you'd eat each crumb.
Roly-poly, custard, sauce,
These puddings were just YUM!

The Really Lovely Poetry Company R.R.G.

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Monday to Friday (Except Bank Holidays)

Operator	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS
Service Restrictions	NSch	NSch							
Notes	5	5	5	5	5	5	5	5	5
Stowmarket, Station Road West (adj)	—	0815	0855	0935	1015	1055	1135	1235	1315
Cedars Park, Tesco (adj)	—	0821	0901	0941	1021	1101	1141	1241	1321
Stowupland, Mill Street (adj)	0741	0825	0904	0944	1024	1104	1144	1244	1324
Stowupland, Reeds Way (o/s)	0745	0830	0908	0948	1028	1108	1148	1248	1328
Stowupland, Mill Cottages (o/s)	0746	0831	0909	0949	1029	1109	1149	1249	1329
Cedars Park, Tesco (opp)	0752	0837	0915	0955	1035	1115	1155	1255	1335
Stowmarket, Station Road West (adj)	0803	0848	0925	1005	1045	1125	1205	1305	1345

Saturday

Operator	FNS	FNS
Notes	5	5
Stowmarket, Station Road West (adj)	1720	1815
Cedars Park, Tesco (adj)	1726	1821
Stowupland, Mill Street (adj)	1729	1824
Stowupland, Reeds Way (o/s)	1733	1828
Stowupland, Mill Cottages (o/s)	1734	1830
Cedars Park, Tesco (opp)	1740	—
Stowmarket, Station Road West (adj)	1750	—

NOTES

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For times of the next departures from a particular stop you can use **traveline-txt** - by sending the SMS code to **84268**. Add the service number after the code if you just want a specific service - eg: **buctdgt 60**. The return message from traveline-txt will show the next three departures, and it currently costs 25p plus any message sending charge. Departure times will be real-time predictions where available, or scheduled departure times if not.

You can also get the same information by using the SMS code at www.nextbuses.mobi (only normal browsing charges apply) or through several iPhone or Android apps that offer access to **NextBuses**.

NOTE: SMS codes are different in each direction. Make sure you choose the right direction from these lists.

NEW BUS ROUTE

87

Saturday

FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS	FNS
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1401	1441	1521	1601	1646	1726	1831	—	0821	0901	0941	1021	1101	1141	1241	1321	1401	1441	1521	1601	1646	
1404	1444	1525	1605	1649	1729	1834	0741	0824	0904	0944	1024	1104	1144	1244	1324	1404	1444	1524	1604	1649	
1408	1448	1530	1610	1653	1733	1838	0745	0828	0908	0948	1028	1108	1148	1248	1328	1408	1448	1528	1608	1653	
1409	1449	1531	1611	1654	1734	1840	0746	0829	0909	0949	1029	1109	1149	1249	1329	1409	1449	1529	1609	1654	
1415	1455	1537	1617	1700	1740	—	0752	0835	0915	0955	1035	1115	1155	1255	1335	1415	1455	1535	1615	1700	
1425	1505	1548	1628	1710	1750	—	0802	0845	0925	1005	1045	1125	1205	1305	1345	1425	1505	1545	1625	1710	

Sunday

no service

SMS Code

Stop Name

Street

ATCO Code

sufgampm	Stowmarket, Station Road West (adj)	Bury Street	390040606
sufgampg	Stowmarket, Barnards (adj)	Gipping Way	390040604
sufmatdp	Stowmarket, Creeting Road (adj)		390041126
sufjwdpw	Cedars Park, Lapwing Grove (adj)	Gun Cotton Way	390041156
sufjtgtn	Stowmarket, Gun Cotton Way Park (adj)	Gun Cotton Way	390041107
sufjtgtn	Cedars Park, Woodpecker Close (adj)	Gun Cotton Way	390041105
sufjtgta	Cedars Park, Tesco (adj)		390041103
sufgawpt	Stowupland, Mill Street (adj)	Stowmarket Road	390040761
sufgamdt	Stowupland, Allotments (adj)	Stowmarket Road	390040586
sufgajwd	Stowupland, Devon Road (opp)	Thorney Green Road	390040568
sufjwdtm	Stowupland, Oak Farm Meadow (adj)	Thorney Green Road	390041158
sufgamaw	Stowupland, Birch Close (opp)	Thorney Green Road	390040580
sufgamam	Stowupland, Reeds Way (o/s)	Reeds Way	390040577
sufgajwt	Stowupland, The Retreat (adj)		390040573
sufgajwp	Stowupland, Mill Cottages (o/s)	Thorney Green	390040572
sufjtgtd	Cedars Park, Tesco (opp)		390041104
sufjgtgj	Cedars Park, Woodpecker Close (opp)	Gun Cotton Way	390041106
sufjgtgp	Stowmarket, Gun Cotton Way Park (opp)	Gun Cotton Way	390041108
sufjwdtj	Cedars Park, Lapwing Grove (opp)	Gun Cotton Way	390041157
sufmatdt	Stowmarket, Creeting Road (opp)		390041125
sufjwdpt	Stowmarket, Barnards (opp)	Gipping Way	390041159
sufgampj	Stowmarket, Roundabout (nr)	Bury Street	390040605



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STOWMARKET STRIDERS

From Summer Trails to Autumn Races: Exciting Things Ahead



Autumn has officially arrived, bringing with it the close of our summer trail runs. This season's trails were a great success, with old favourites returning alongside brand-new routes. A big thank you to everyone who hosted, walked, and ran the routes - you've helped raise an amazing £700 for our three chosen charities. To round off this year's trail runs, we held a presentation evening where the club presented cheques to Café on the Rec, Stowmarket Food Bank, and Red Rose Community Farm.

The club is now busy preparing for a whole host of activities, including our Scenic Seven race on Remembrance Sunday, the upcoming cross-country season, and the epic Hereward Relay - a firm club favourite team event. On top of that, we're also working on a brand-new 10k route to accompany our March half marathon, starting from Stowupland. Keep an eye out for more news on this soon! For anyone considering the Scenic Seven, you'll need to be quick - at the time of writing there are only 70 places left, and the race never fails to sell out. For full race details and to enter, visit: stowmarketstriders.org.uk

Finally, a big shout-out to our autumn marathon runners, who are now in the final stages of their training, with races such as the Chester Marathon taking place on 5th October. Good luck to all Striders, and any runners reading this, it's time to trust your training and enjoy the race!

About Stowmarket Striders Running Club: Stowmarket Striders meets year-round on Tuesday and Thursday evenings and holds Sunday morning cross-country sessions during the winter months. The club also organises regular social runs, encouraging members to boost their mental health and well-being through the friendship and fitness benefits of running.

For more details on joining or upcoming events, please visit: stowmarketstriders.org.uk



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STOWMARKET U3A

August was a busy month; the 'History Group' had a guided tour round Hadleigh. Members learnt about the history of the town, as well as seeing the wonderful historic buildings. The 'Garden & Things' group had an interesting, guided tour of Ipswich from the Cornhill taking in the Ipswich Waterfront. At the monthly meeting Sarah Doig, a local historian and author, gave a fascinating talk on the life of Basil Brown; whose name is linked with the discovery of the Anglo-Saxon ship burial at Sutton Hoo.

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

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

Our next two meetings are:

- 15 October – "Overlanding through the Americas" Part 2 by Glenda Taylor
- 19 November – "Minsmere Past and Present" by David Staff

New members are always welcomed. For further information, visit our web site: www.u3astowmarket.org.uk.

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

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

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

Or contact Lisa Tunbridge our booking secretary

Tel: 07515 859337 email: stowuplandvillagehallbookings@gmail.com

STOWUPLAND BOWLS CLUB

With the 2025 season now at an end, we can say it has been a good season for all our teams. When we consider where the club was in December last year and membership very low on numbers, it has been a credit to all members for their commitment to keep the club going. Hopefully, we can now grow as a club and attract new members for next season.



The Monday evening 2-bowl team and the Wednesday evening triples team both finished a creditable 4th in their respective Stowmarket and District leagues.

The Tuesday afternoon Wrens team finished runners up to Haughley in Division 1. Despite winning all their matches in the first half of the season, a few close defeats in the second half saw them drop to 2nd place, which was still seen as a great season. The Robins playing in Division 3 finished in a creditable 4th place. The highlight of their season was in the Thurlow Shield, where they knocked out last year's winners, Bramford.

The first weekend of September saw us hold our club competition finals. Members have been competing in the early rounds over the season to reach these finals, with the results being...

2- Bowl Singles Winner... Dave Hollings, with a 21-16 win over Glen Chaplin.

4- Bowl Singles Winner... Neil Bridges, with a 21-17 win over Dave Hollings.

2- Bowl mixed drawn pairs Winners... Graham Newman and Graham Oldfield with a 25-9 win over Paul Bird and Andy Bond.

3- Bowl mixed drawn triples Winners... Andy Bond, Graham Newman and Nick Chamberlin with a 20-18 win over Clive Herrod, Glen Chaplin and Graham Oldfield.

2- Bowl novices Winner...Glen Chaplin with a 21-10 win over Graham Oldfield. This was played for by our 2 new recruits this season.

Some competitive bowls were played and enjoyed by the watching spectators in sunny weather over the weekend. Congratulations to all the winners.

We now look forward to our end of season presentation dinner on Saturday 18th October at Stowupland Village Hall.

Attention now turns to extensive work on the bowls green to help the green recover and be in a good condition next spring when we start the 2026 season.

Anyone interested in joining a very friendly bowls club can get more information by contacting our Chairman Neil Bridges on 07547102301.

STOWUPLAND CRICKET CLUB



Youth Cricket Summer Camp

Stowupland Cricket's Club's Summer Camp, in collaboration with The Stowupland Cricket Foundation, Stowupland Parish Council and Steven Eagell Toyota, was held from 11th to 13th August at Stowupland Cricket Club in Suffolk. The camp provided local children aged 8 -16 with a fantastic opportunity to experience cricket in a fun and engaging environment.

Over the course of three action-packed days, over 40 participants engaged in a variety of cricket sessions designed to develop their batting, bowling and fielding skills. Some of the children who attended were introduced to the sport for the first time. Games and activities were designed to help foster a love for cricket, while promoting physical activity and teamwork.

Thanks to Stowupland Cricket Foundation, Stowupland Parish Council and Steven Eagell Toyota, the camp was offered entirely free of charge, enabling children from all backgrounds to take part.

Patrick Stephens, Chairperson, Stowupland Cricket Club added: "We are grateful for the support of our Sponsors. Sponsorships such as this are vital when it comes to helping us cover the essential costs of ECB qualified coaching and equipment hire, as well as ensuring we can create a safe environment where children can thrive. The camp was a great success, and we look forward to building on this momentum to continue creating opportunities for children in our community to engage with cricket and enjoy everything the sport has to offer."

For more information about Stowupland Cricket Club:

<https://stowupland.play-cricket.com/home>.

For more information about Stowupland Cricket Foundation, please visit:

<https://stowuplandcricketf.wixsite.com/stowupland-cricket-f/what-we-do>

Women's Cricket comes to Stowupland

At the beginning of July, Stowupland Cricket Club introduced women's cricket to the village. The team trained weekly throughout July and August and played in 2 tournaments. The first tournament took place just a few weeks after the team was formed; the women played 3 games, improving in each one.

After some more structured training and focus, the women attended their second tournament at the end of August. There were 8 teams in attendance, and the team won their first ever game in the morning to finish 3rd in the group. They played off against local rivals Stowmarket after lunch, securing their second ever win to finish 5th overall in the tournament. The result showed how far the team has come this summer and leaves everyone looking forward to the winter coaching and tournaments. The club and team would like to thank Dylan for stepping up to coach and run the team.

Stowupland Cricket Club welcomes new players for all its teams. For further information please contact club secretary, Mel Blanchard at mcblanch35@gmail.com.



AGE RELATED MUSCLE LOSS IN OLDER ADULTS

By Faye Castle - Personal Trainer and Nutritional Therapist

Sarcopenia (age related muscle loss) is the main cause of health decline in older people. From around the age of thirty we start to lose muscle at a rate of 3-8% per year and as we get older this rate can increase. By the eighth decade of life, we will have lost around 50% of our muscle mass.

Sarcopenia symptoms include frailty, falls, slower walking pace, cognitive decline / dementia, Type 2 Diabetes, fatigue, muscle wastage and difficulty performing daily activities.

As we age, our bodies goes through certain changes that play a major factor in developing sarcopenia. For instance, your body doesn't produce the same amount of proteins your muscles need to grow and therefore there is a decrease in your body's ability to convert protein into energy. When this happens, your muscle cells get smaller.

In addition, as you grow older, changes in certain hormones, like testosterone and insulin-like growth factor, affect your muscle fibres. This can lead to sarcopenia.

Once you have lost a significant amount of muscle mass you are far more likely to develop T2 Diabetes due the fact that skeletal muscle is one of the target organs for insulin action and insulin resistance.

There are several worldwide studies linking sarcopenia to cognitive decline and dementia. This may be because they share similar risk factors; inflammation, oxidative stress, hormonal changes and malnutrition. Sarcopenia obesity is thought to be linked to malnutrition due to high consumption of ultra processed foods.

However, all is not lost! Sarcopenia can be reversed along with its associated diseases.

Physical activity is key for everyone but even more important as we age. In particular strength training for older adults is essential for good health and longevity.

Everyone can build muscle. Even if you are currently chair based, you can still improve strength. It requires consistent effort, a well planned program and progression. You need to be aiming to lift heavier as you progress, therefore building lean muscle.

But just as important is nutrition. As we get older we need to increase our protein, essential amino acids and fat intake. Protein is a factor for muscle growth and energy. Equally saturated fat is also essential for energy, for your immune system and brain health. It's not the demon it's been made out to be since the 1980s.

As we age our bodies are less responsive to anabolic stimulus of low doses of amino acids. However, this can be overcome with an increase in good quality protein consumption.

Red meat is the highest quality and most absorbable form of protein and essential amino acids. Beef is your best choice. Choose the fattier, slow cook cuts (these are also cheaper) or high fat content minced beef. Aim for two of your daily meals to be high in protein.

Reduce or even better cut out all ultra processed foods.

With good nutrition and a well planned strength training regime, you can prevent or reverse sarcopenia leading to a longer, healthier, more active, independent life.

Over 60s Strength Training starts on Friday 3rd October at 9.45 in Stowupland Village Hall.



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A Thank You

On the afternoon of Saturday 30th August, we held an afternoon tea event for the charity 'Breast Cancer Now' to raise funds for breast cancer research and support.

The forecast the previous day was not looking good; however, the sun was shining down on us for the duration of the event. We thought we were prepared to serve tea and homemade cake to those that came along but don't think we were that prepared for the number of friends, family and neighbours that attended. We estimated that we had 70-80 people in the garden.

This event would not have been possible without the planning, help, time and support of my very dear friends Beryl Locke and Julie Wearing and my daughter-in-law Sophie, along with all the helpers on the day who all did a fantastic job. Sincere thanks also to all the cake makers; we had a fantastic selection of cakes including gluten and dairy free, which were enjoyed by all.

Thank you also to those that loaned us equipment needed on the day, which included the loan of chairs, tables, crockery and gazebos. On the morning of the event I had concerns that I had over-estimated what I needed but was proved very wrong.

The raffle, tombola and guess the weight of the cake stands did an exceptional amount of 'trade' and I would like to express my sincere thanks to all those individuals, local businesses and friends who kindly donated well over two hundred and fifty prizes. We were also gifted some very kind and generous donations which are included within the total amount raised.

The donation of over 150 bras needs a mention too; they dressed the garden in rows forming a bra bunting. These bras have now gone to a charity that will donate them to the developing countries.

Finally, a heartfelt thank you to all those who came to join us in what turned out a wonderful show of support. Without you all we would not have raised the amazing amount of £2,510.00 for a very worthwhile charity.

Julie Gregory - Felix Road

FREEMAN COMMUNITY PRIMARY SCHOOL



By the time you read this article, we will have started a new academic year at Freeman CP School and will have welcomed new children, parents and carers to our school community.

However, we could not start the new year without mentioning some noteworthy events that took place at the end of the Summer term.

In July, we marked our 160th birthday! Celebrations included a fun-filled foam run, a variety of birthday-themed activities and a whole-school birthday lunch. We explored the school's rich history, the strong sense of community that defines Freeman and how the school has changed over the years.

To mark this incredible milestone, a local graffiti artist, with the help of the children, created a stunning mural as a vibrant and lasting memory. Sincere thanks to Councillor Watson for funding this project through a MSDC Locality Grant.



Year 6 treated parents, staff and Governors to a wonderful production of *Cinderella Rockerfella*. From the acting and singing to the costumes and choreography, every moment was filled with energy, humour, and heart. A huge thank you to the staff who supported the production and to all the families who came to cheer them on, provided costumes and helped the children learn their lines.

Having said farewell to our Year 6 cohort, we wish them all the very best as they begin the next stage of their education at High School.



Our Junior Road Safety Officers (JRSOs) were awarded a **GOLD** certificate at the annual JRSO Awards Ceremony at Endeavour House, Ipswich for all the hard work undertaken during 2024.25. They collated evidence of their work in a scrapbook which was submitted for moderation. At the Awards Ceremony, the children sat

with JRSOs from other schools in the council chambers and were invited to submit 3 questions to local Councillors during the Q&A session, more than any other school! As a result of their questioning, the Safer Active Travel Manager from Suffolk County Council, has been in discussion with the Landex Homes regarding the development opposite the school.

Congratulations to Ben, Charlie, Ellie and Tyler. We are extremely proud of you all!

Children in Year 4 finished the academic year representing Italy in a Year 4 Sports Festival at Stowupland High School. Children took part in a fun-filled carousel of eight different activities, and they gave it their all from start to finish. They displayed great teamwork, encouraging their teammates and showed brilliant sportsmanship. Out of six teams, they came third! Bravo, Hazel Class – you did Italy proud!



We look forward to sharing more information with you throughout the academic year.

'From tiny acorns do might oaks grow'

SCHOOL GOVERNOR

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

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

To see what our Governors do, please visit the school website. For further details please contact the school on 01449 612067 or via admin@freemancpschool.co.uk.

MIDDAY SUPERVISOR

Salary £12.65 per hour. Required to start as soon as possible, Monday to Friday: 11.45am – 13:20pm, 38 weeks (term time only) per year.

We are looking for a kind and caring individual with a positive outlook to join our Midday Supervisor team. Duties include helping children as they eat their lunch, tidying away, leading play activities in the playground and attending to any first aid incidents. Supporting individual children with SEN will also be part of the role. Experience of working in a school environment would be an advantage although not essential as training will be provided. Please contact the school on 01449 612067 or via admin@freemancpschool.co.uk.



LOCAL HISTORY GROUP

For our September meeting we shared with our members some Stowupland Stories from our archives about our 'Poor and Sick.' Have you ever wondered what health care was like before the NHS? Who cared for the poorer members of society? Some of our stories may make it to a later edition of Telstar.

Our next meeting will be on **Wednesday October 1st**, 7.30 in the Village Hall. We will be joined by Dr Michael Walker who has done extensive research into the **Medieval Siege of Haughley Castle and the subsequent Battle of Fornham**. Some of the committee did go to hear him give the talk at Elmswell. I thought it would be a boring talk of blood and gore, victories and defeats but he made it a really interesting journey round Suffolk.

If you can't make that meeting, make a note in your diary to join us for another chapter of our Stowupland Stories on Wednesday November 5th. This time we will be looking at Crime and Punishment, or **Law and Disorder in and around Stowupland**. **NB all crimes mentioned took place over 50 years ago**. As usual tea and coffee will be available.

Scary as it is, we only have a few meetings to go before it is time to renew your membership or take out a new annual membership to the group. If you are not currently a member, then do come along as a guest (just £5.00) to find out how the past has shaped the place you call home.

Having just watched the cycling Tour of Britain come through Stowupland, I am reminded about the Swifts Speedway Cycling track. Back in the 1950's I understand this was on a field behind today's Little China. This was the decade after Leslie Brame lived in Stowupland but in the 1920s and 30s most villagers, young and old would have had bicycles. And although accidents still happened, I dare say the roads were safer places for cyclists than now.



In his memoirs, Leslie remembered that, amongst the many bikes he had, one was a Dayton Roadster racing bike. He described it as being lightweight with butterfly handlebars. He added the downside was that 'it had no free wheel, which meant I could not stop peddling to coast downhill.' He added that he often cycled 40 miles a day but the only way he could 'rest his legs and cruise downhill' was to take his 'feet off the pedals and park them on the handlebar, and that left me with minimal control'.

Leslie seems to have enjoyed tinkering with and repairing the family's bikes. He wrote that his sister Kittie once remarked that he 'seemed to be able to deal with anything that went wrong with a bike, and if nothing was wrong with a bike, I could still fix it.' I guess those were the days when most things were repairable and spare parts could be bought from local shops.

If the bikes looked a bit shabby, he would brighten them up by painting with 'new fast drying enamels, made of the new colloidal type of solvent' which came from a 'development in chemical production from wood pulp in a munitions factory taken over by the firm of Courtaulds.' He summarised 'there it was, a little factory on the River Gipping, a little way out of the town of Stowmarket, making the most powerful explosive known at the time, TNT, and as sidelines artificial silk and Robbialac. The miracle enamel that would dry in 10 minutes at most.'

Going back a bit further in time, to the early years of 'The Stowupland Flower Show and Fete' when it was held in the grounds of Stowupland Hall. A 1903 poster announcing the programme of sports events tells us that amongst other races there was a One-Mile Bicycle Race (for parishioners only) and an Open Two-Mile Bicycle Race. The entrance fee for either race was 6d (i.e. 6 old pennies). First prize for the one-mile race was 7/6 (7 shillings and 6d, so about 37p), whilst the prize for the 2-mile race was 15 shillings (for those who don't know or have forgot, there were 20 shillings to the pound, and a pound note was a piece of paper not a coin).

More up to date, Neil takes us back to our meeting in August, when Geoff Kay shared his research into '**The USAAF in East Anglia**'. (Tune into Jerry's Jabbas on our website to hear an audio version of Neil's report).

In August we welcomed Geoff Kay to talk about what is often called "The Friendly Invasion" when over a million American servicemen were stationed in this country, a large part of that number being in the eastern counties. The USA entered the war after the Japanese attack on Pearl Harbour and shortly after Germany declared war on the USA.

Geoff told us that a chance conversation one evening with a local sparked his interest in this subject. Geoff lives in Haughley Green near what used to be The Fox pub. And he was told that US servicemen frequented the pub in WWII and there had been some trouble due to animosity between black servicemen from a nearby encampment at Haughley Park and their white colleagues. From then Geoff set about researching the subject.

There were quite a few USAAF bases locally, including at Great Ashfield and Mendlesham, and construction of these was largely undertaken by black servicemen. Black and white weren't integrated, each having their separate segregated regiments. This, while the norm in the USA, was out of step with British attitudes. The locals, including Haughley's vicar Reverend Grainge White, were generally supportive of the black servicemen.

To avoid further trouble the pubs used by USAAF servicemen were designated for use by either black or white servicemen.

Geoff also talked about some American celebrities who had enrolled and made morale boosting visits to many of the airfields, these included Joe Louis the boxer and actors James Stewart and Jimmy Cagney as well as band leader Glenn Miller.

It is well known that many women married American servicemen, returning with them to the States after the war - the "GI Brides." Sometimes these marriages didn't work out, the wives finding that life in the US wasn't always what they had been led to believe.

We were pleased that local ex USAAF serviceman Don Mobley could join us and add his considerable knowledge to Geoff's interesting talk.

It had been quite a time since we had Geoff come to talk to us, but we hope to invite him back before too long for another of his engaging talks.

Continuing the WW2 theme, some time ago at a group meeting a member showed me some photos. They dated from the 1940s and one showed George Stannard on duty guarding a radar relay station near Creeping Lane. I was instantly interested as I had never heard of this before. In the photos there are buildings in the background but not enough to judge their function.

The little information that came with the photos suggested that the station may have relayed information from the radar station at Bawdsey to Duxford air base. I asked Bawdsey radar museum if they had any information, but they drew a blank. However, a clue came to light when I was looking through the 1939 register of inhabitants of Stowupland that was taken to provide information for identification cards at the start of the war. The register lists all inhabitants with addresses, ages and occupations. Four people were listed as being telephonists at the "DFS." They were James Leeds, Leopold Denny, Percy Kerry and Walter Kerry. *



DFS, I found, was the abbreviation for "Direction Finding Station." I now had something to go on and an internet search brought up some information. Briefly, direction finding made it possible to locate enemy transmitters by triangulation, whether on land, on ships at sea or aboard aircraft. This information helped to build up a picture of where enemy forces were and what they were doing.

DF stations comprised a small hut with space for little more than one or two operators. There was sometimes an accompanying hut with facilities for those on duty and storage. RDF Huts were usually located in the middle of fields, as nearby trees, buildings or metal fencing would cause interference. The RDF hut was surrounded by four masts connected to the hut. A bearing could be taken by turning a small internal antenna. To reduce interference a circular grid of earthing radials was laid out around the hut, the earth was salted to increase conductivity, and the whole structure was ringed by a fence or wall.

From what can be seen on the photos our RDF seems to have conformed to this description. A further internet search brought up a list of known RDF station locations including the one at Stowupland. This showed that it did indeed forward its information on to Duxford and having an OS map reference, I was able to pinpoint the location. This was in a field between Creting Lane and Bells Lane, the location no doubt selected as at 66 metres above sea level it is some of the highest ground in the area with an aspect towards the east.

The field belonged to Mr Carter who farmed the area and lived at Stowupland Hall. The RAF asked him for permission to use his field to which he agreed on one condition. Stowupland Hall had no electricity and Mr. Carter suggested that they should also connect the electricity cables necessary to power the station to Stowupland Hall connecting it to the grid (or at least to the local electricity supply).

*The 1939 survey only tells us who were living here in 1939. Margaret Rose (George's daughter who started this research off, told us that many other RAF personnel were billeted in the village during the war. We knew local people had taken in child evacuees from East London in 1939, but we did not know that people were given the choice between taking in children or service personnel.

If you have any queries about joining us or Stowupland's past:

Please contact Jerry Voden on 01449 703717 or
secretary@stowuplandlocalhistorygroup.org

Or visit our website: **www.stowuplandlocalhistorygroup.org**

These articles are written by members of SLHG committee but can only give a small glimpse of what is shared at our meetings.
If you don't want to commit to an annual membership we welcome visitors to our sessions, just pay £5.00 on the door.

DOWN MEMORY LANE.

Telstar, back in October 1993, asked '**ARE YOU THE PARENT OF A BORED TEENAGER?**' Local people wanted to know if anyone wanted a youth club in the village, for teens between the ages of 12 and 16. It was hoped a group could be set up with a registered youth leader. Were you a bored teenager in the 1990s. With no 'screens' in those days, do you remember what you did to amuse yourself in the dark winter evenings?

Were you a brownie or girl guide? Do you have memories or photos of any Stowupland youth activities?



U.R.C CHAPEL

NEWS

Minister: Vacant

Secretary: Brain Hewitt 07500734113

Our next Coffee Morning is on Friday 31 October 10 to 12noon - give us a visit for a cuppa and cake.

The summer holidays are over, and the children are back at school. The evenings are pulling in and it is dark quite early. The clocks go back on 26 October.

We joined with Holy Trinity for a United Harvest Festival at the Church on 14 September and they will join with us for our Harvest Festival on 5 October at 10.30am

Suffolk Historic Churches Ride and Stride took place on Saturday 13 September when the Chapel was open to sign in riders and walkers from 9am to 5pm.

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

The Speakers for October are as follows:

05 Oct Rev Norman Tharby
(Harvest Festival United Service with Holy Trinity Church at the Chapel at 10.30am)

12 Oct John Webb

19 Oct Ron Wade

26 Oct Bruce Thorn

Joyce Gardiner

The trees are in their autumn beauty,

The woodland paths are dry,

Under the October twilight the water

Mirrors a still sky;

From The Wild Swans At Coole by W.B Yeats

October, the month when our minds turn to winter, and we prepare our homes and gardens for what winter 25/26 will throw at us.

As the air turns crisp and the vibrant hues of autumn paint the world around us with an abundance of foliage we can't help but marvel at the majesty of God's creation. Autumn offers beautiful transformation, both in our daily routines and in nature - which serves as a reminder of the cycles of life and the faithfulness of our Creator.

So, as we kick our way through fallen leaves, let us glory in the colours around us; let us enjoy catching up with friends as groups and clubs restart after the summer break, and we remember holidays and special days out during the summer, and thank God for the joy of them.

Psalm 104:19: "He made the moon to mark the seasons, and the sun knows when to go down."

This verse celebrates God's creation of the natural order, including the seasons. It teaches that autumn, like all seasons, is part of God's divine plan, marked by the changing positions of the moon and sun, reflecting His sovereignty over time and nature.

Helen Freeman (Elder at Stowmarket U.R.C)

COFFEE MORNING

Friday 31st October 2025

Stowupland URC Chapel

10am – 12noon

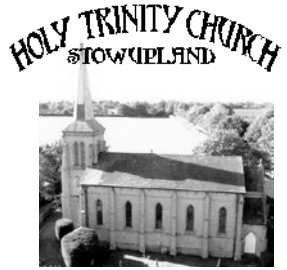
Coffee, Tea and Cakes

All welcome



HOLY TRINITY CHURCH

NEWS



Rector: Revd Andy Buttress
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/>

While the church year continues, it is a busy and exciting time for the Haughley with Wetherden and Stowupland Benefice. We will be celebrating at Haughley Church on the 6th October at 7.30 the Institution and Induction service of our new Rector, The Reverend Andy Buttress. Everyone is welcome to attend to welcome him and his family to our group of churches.

The search for a new Rector has taken time, quite rightly, to ensure we have someone who is right for us and who wishes to be part of our communities. We were seeking someone who would:

Support, develop and encourage the existing congregations by

- Leading prayerful and worshipful services.
- Developing individuals' talents by encouraging lay participation in services and the consideration of vocations.
- Being passionate about sharing the Christian faith with all people and keen to work with us to widen the profile of the congregations.
- Through Bible Study and Home Groups to further build a benefice identity so our parishes become stronger together.
- Being open to be a training benefice for Assistant Curates.
- Strengthen contact with the wider communities by
- Having a pastoral heart for our communities.
- Maintaining and building the relationships with our local schools.
- Having an ecumenical approach.
- Working with and supporting the PCCs to innovate, develop and participate in activities that draw in members of the community.
- Being a visible presence of the church in each of our village communities.

We believe we have found just this with the Reverend Andy Buttress and well as his wife Dawn.

The Reverend Andy comes to us after 5 years leading the Bridge Communities in Ipswich, where his brief was to not be afraid to do things differently.

He completed his ordination training in Durham, before coming to Ipswich as a curate in 2018. He has strong connections to education and has worked with Primary Schools. Our 2 schools in Haughley and Stowupland are looking forward to working with him.

He and his wife Dawn are a strong team; they see the vicarage in Haughley as a part of everything they do, stressing the importance of being one big family.

We look forward to him building on the excellent work already going on in the three villages of the Benefice, and to enable people to explore faith and develop Christian spirituality and to offer new opportunities.

Services in October:

5th October	10.30am	Joint Harvest Festival Service at the URC
12th October	09.30am	Worship for all (Shoe Box launch)
19th October	09.30am	Morning Worship
26th October	6.30pm	Evensong

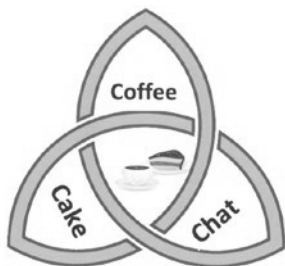
A PRAYER: Teach us, good Lord, to serve thee as thou deservest: to give and not to count the cost; to fight and not heed the wounds; to toil and not to seek for rest; to labour and not to ask for any reward save that of knowing that we do thy will.

CHRISTMAS SHOE BOX APPEAL: Once again this year we will be sending shoeboxes full of gifts for families living in abject poverty. If you would like to fill a box you will find the necessary leaflets at the back of the church.

The boxes must be returned to the church by **31st Oct.** or if you call Sue on 613710 we will arrange to have someone collect them from you.

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

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

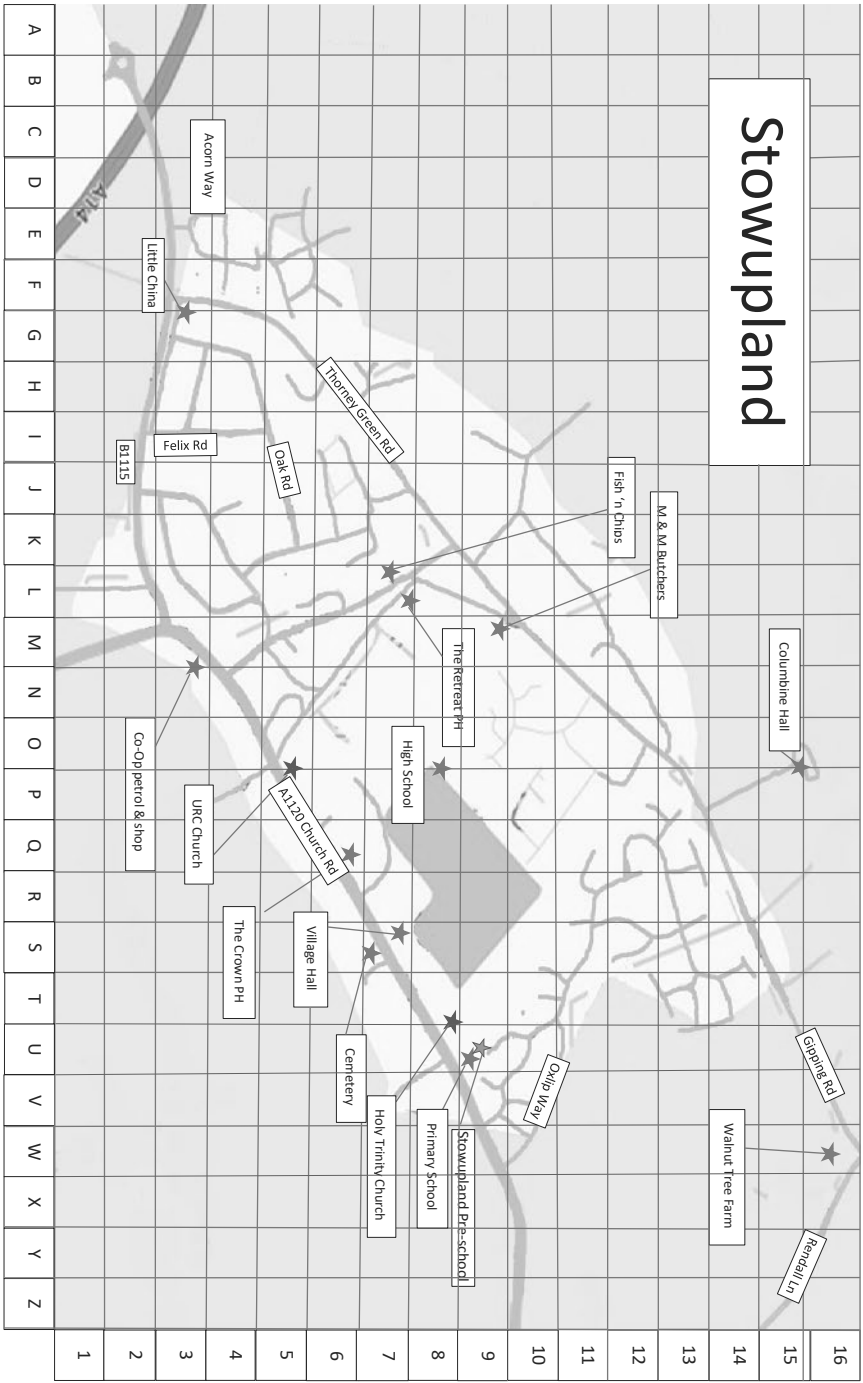


COME AND JOIN US FOR

**Saturday 18th October 2025
10-12**

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

Everyone is welcome



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

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Telstar – for the community, by the community.

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Community
Bingo
Night



All cash prizes

FRIDAY 31ST OCTOBER
STOWUPLAND VILLAGE HALL
DOORS OPEN 7PM
EYES DOWN 7:30 PM

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

A STOWUPLAND COMMUNITY EVENT BOUGHT TO YOU BY THE TELSTAR TEAM