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NOTES FROM THE EDITOR

JULY & AUGUST 2026

Welcome to this double issue covering July and August. We have a double issue at this time of year, so the Telstar team, who are all volunteers, can have a break, go on holiday, or this year spend time enjoying the World Cup!

And talking of the World Cup, in this issue we have a great article from one of our younger residents, entitled 'World Cup Fever', which I was really pleased to receive. It got me thinking that we don't get nearly enough input from the village's young people. Telstar is a publication for the whole village, not just the grown-ups. So if you have a young person who is passionate about something, be it football, the environment, politics(!), or they have a hobby, especially if it's unusual, or maybe they are preparing for a competition, then get them to write us a short article, and if they have any photos they can add even better. I will do my best to get as many as I can published. Our next edition will be in September, and the deadline for articles is 7th August.

As well as our break from publishing the magazine, we also have a break from Bingo in July, but we'll be back and the next Bingo will be on Friday, 28th August 2026.

In last month's magazine, I told you about the birds nesting in our garden. I'm pleased to say that the parents successfully raised their young and the fledglings have all flown the nest. I miss watching the parents' constant activity as they fed their young, but hopefully, they'll be more next year.



In our break, we'll also be finalising the plans for this year's Walkers Cup, which takes place on Sunday, 13th September. Get your boots polished, as we need as many people as possible taking part. We're determined to beat our Old Newton Rivals and raise as much as we can for St Elizabeth Hospice.

Wishing everyone a wonderful summer, and let's hope that elusive trophy comes home!



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DISTRICT COUNCILLORS' REPORT

JUNE 2026

Local Government Reform

The government has decided that there will be 3 unitary authorities in Suffolk. The 3 new unitary councils have provisionally been called Central and East Suffolk, Ipswich and South Suffolk and West Suffolk. A new website developed by all the Suffolk councils detailing the proposed boundaries, names and warding with an interactive map has been developed. Home - Future Suffolk Residents can ask questions through the website and make comments.

As part of the transition, three joint committees of existing councillors will be created; one for each new unitary council area. The role of each joint committee is to help prepare for the new councils alongside the Implementation Board of officers.

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.

Armed Forces Day

Stowmarket will play host to Suffolk's 2026 Armed Forces Day celebrations, with military fanfare and a full day of family fun to recognise and celebrate the contribution of the armed forces community.

The free event, organised by Mid Suffolk District Council in partnership with Stowmarket Town Council, will take place at the Recreation Ground on Saturday 27 June and brings together service personnel, veterans, families and the wider community for a day of both fun and reflection.

Stowmarket Innovation Gateway

Mid Suffolk District Council's Stowmarket Innovation Gateway, a collaboration between Freeport East and MSDC, is set to open in July. It offers office spaces for high growth start-ups, collaboration and innovation areas, meeting rooms, a café and high-quality training spaces. This centre was designed with growing sectors such as the green economy and digital/AI technology in mind. The project has also been delivered in partnership with the Universities of Suffolk and Essex, West Suffolk College, Suffolk New College and Colchester Institute, who will be delivering a programme of professional development courses to address the region's skills gap.

Locality Awards

The next round of grants has begun this year for funding for community organisations to apply for. Locality Awards - Mid Suffolk District Council - babergh.gov.uk / midsuffolk.gov.uk

All funding from MSDC 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 email recycling@baberghmidsuffolk.gov.uk. We are working hard to get all residents' bins delivered.

However, if you do not receive them by 1 June, please continue to put food waste into your black refuse bin. Until you receive your new wheelie bin, you can also put all recyclable items, along with paper and card, into your current recycling bin, and leave it out on your normal collection day. The food waste video is now available alongside a whole host of information on the MSDC website www.midsuffolk.gov.uk/future-changes-to-bin-collections. The primary information pack has been sent out, containing a calendar advising residents which bin is due to be collected on which day.

Mid Suffolk Youth Council

The Mid Suffolk Youth Council is taking shape following the election of its first members. Debenham High School was the first to elect members to the Youth Council, with Stowupland High School following closely behind, with three of their students also having been elected.

Launched last year by Mid Suffolk District Council, the Youth Council is designed to give young people a chance to have their voice heard and get involved in local politics and is open to all secondary schools in the area. The initiative was driven by research showing the disconnect between young people and politics, with almost three quarters of those asked believing that politics should be taught more in schools or colleges.

Mid Suffolk Culture Fund

The Mid Suffolk Culture Fund was first awarded in 2025 to support community organisations that contribute to the rich culture of the district and help provide opportunities for people to engage with the arts. This year, 10 organisations have received a share of £120000, with projects covering a wide range of areas and all age groups. Among the recipients is the Stowmarket Culture Group, which has been awarded £15,000 for the delivery of the 'Jubilant' youth summer arts festival.

Further funding has been awarded to the John Peel Centre and The Food Museum as part of their long-standing partnership with Mid Suffolk District Council, supporting to continue providing exciting experiences and opportunities.

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

JUNE 2026

Cllr Andrew Stringer, Upper Gipping

**Broadway House, Broad Road, Cotton, Stowmarket, IP14 4ND 07774
199061 - andrew.stringer@suffolk.gov.uk**

2026 Council Elections

Councillors have started to meet with parish councils and residents in their new areas. I'm pleased that I was able to attend my first Stowupland Parish Council and I've started work on local concerns.

Along with twelve other Green councillors at Suffolk County Council, I am part of and leader of the official opposition. Our group will not be in charge of making decisions, as Reform UK have 41 out of the 70 councillor seats and will have the majority of votes in the council chamber to carry out their policy decisions. However, we will work hard to hold the council and the Reform administration to account and challenge them and their decisions. If you have enquiries relating to services provided by Suffolk County Council, please make contact with me using the above contact information and I will look into the issue for you.

Suffolk County Council Annual General Meeting

On Thursday, 21 May, Suffolk County Council held its AGM and the first meeting of its new administrative term. Councillors from Reform UK, as the largest group at the council, were appointed to the positions of Leader, Chairman and members of the council's Cabinet were announced. Two motions were also tabled at the meeting. My group tabled a motion based on Reform UK campaign literature which had criticised the council's spending on translation services. We proposed that members support this service, which is vital to families in need of support, Ukrainian guests, children seeking sanctuary who arrived alone, Braille and British Sign Language for the hearing impaired. This motion was voted down by the Reform UK councillors. The other motion was originally tabled by the Labour group in favour of the proposed Northern Relief Road for Ipswich, but was subsequently amended and tabled by an Independent councillor and seconded by Reform. This motion was passed and detailed the council's commitment to look again into options to reduce reliance on the Orwell Bridge and the impact of the crossing on Ipswich traffic when it is closed or partially closed.

Removal of Ukrainian flag at Endeavour House

Flags remain a contentious issue around the country. Most recently in Suffolk, the Reform administration at the county council has unilaterally

decided to take down the Ukrainian flag at its headquarters in Ipswich, raising the St George cross instead. The council raised the Ukrainian flag in solidarity with Ukraine when Russia invaded them in 2022 and it has been flying since that time, with the council administering the government's Homes for Ukraine scheme and hundreds of Suffolk residents welcoming Ukrainian refugees into their homes. My group and other opposition groups at the council have criticised this decision in the local press and have emphasised their ongoing support for Ukraine during the conflict.

Latest Update on Local Government Reorganisation

Following the government's decision that it was minded to approve the creation of three unitary councils in Suffolk, the councils in the county have banded together to create a website to provide the public with information on the plans and timeline for the changes. If all proceeds as planned, elections for the new 'shadow' authorities will be held in May 2027, with the councils up and running from April 2028.

However, the Reform UK leadership at Suffolk County Council have announced that they have made a publicly funded legal challenge to the government about this decision, by issuing a letter before action, on the basis that they do not want the county split in three. Norfolk and Essex county councils, who are also run by Reform, are also challenging the reorganisation decision in their counties but, unlike Suffolk, Essex and Norfolk have made their letter and reasoning public.

For information on the plans for Local Government Reorganisation in Suffolk, please see the link to the website here: <https://www.suffolklgrhub.gov.uk/>

Climate Emergency to be Rescinded?

The Reform administration at Suffolk County Council has announced they are tabling a motion to July's full council meeting, rescinding the Climate Emergency; since the declaration back in 2019, actions have included cutting costs in the council's operations by £4.800,000 per year, carrying out major flood prevention projects and produced detailed flood prevention plans. It is unclear if rescinding will limit the work in these areas.

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> and <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>



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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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PARISH COUNCIL REPORT

JUNE 2026



The meeting opened with 7 parish councillors and 5 members of the public. 1 Suffolk County Councillor, 2 Mid Suffolk District Councillors. Cllr Donna Bridges was in the chair.

Apologies from 2 Parish Councillors.

The Chair informed the meeting that Cllr Debra Melhuish had stood down from the council, and the Chair thanked her for all her work while she was on the Council.

Matters of Report: The handover of Thradstone Meadows is ongoing, but an update has been requested.

Public Forum: It was reported that the Biodiversity Group had met on June 1st, no meeting will be held on July 1st, but there is a Bio Workday on June 12th - weather permitting, meet 1.00 pm on the Green. Discussions are ongoing about organising volunteers and caring for the mounds and ditches around the Green. Following the tree surgery on the willow trees behind the football pitch, a resident asked what action would be taken to avoid unwanted regrowth. The removal of the willows had potentially left accessible gaps on the green in this area. A Saxham Street resident expressed concern regarding the overgrown footpaths between Saxham Street and Rendall Lane. The Clerk will report on this on the SCC portal.

PC Colin Gedney: Apologised for his absence as he had been covering another officer and the local force had been very busy disrupting local illegal drug activities, including a stop and search of a van near Fast Fit. Cllr Bridges expressed her concern over an E-Bike on the High Road near the Chinese, which was overtaking traffic. PC Gedney promised to look into it and repeated the importance of members of the public logging concerns on the police website. The Clerk also asked for an update on the unlicensed music gathering on Stonebridge Lane, which PC Gedney will provide.

Report from our County Councillor: Andrew Stringer replied to Cllr Voden's query as to what was likely to happen with the changeover to the 3 Unitary Authorities, now SCC have made a legal challenge to the decision. Cllr Stringer explained that at this late stage, the changeover needed to go ahead and the challenge will continue alongside to minimise disruption. He reassured the council that drainage works were in hand and funding would be available to assist with the Saxham Street Traffic survey.

Report from District Councillors: Preparations are underway for the new Unitary Authorities.

Planning:

DC/26/01170 - Acorn Place, Saxham Street granted.

DC/26/00773 - The Bramblings, Thorney Green Road – granted

DC/26/00903: 19 Trinity Walk – granted

DC/26/00309: plot 1 adjacent to 20 Saxham Street – granted

Finance: Councillors reviewed and agreed to pay the bills for June 2026.

AGAR: – all accepted

Governance: – all approved

CIL/PIP: regarding an application from Stowupland Village Hall Bowls Club, it was decided that the bid will be considered by Full Council at their July meeting.

Saxham Street: It was agreed to go ahead with a traffic survey, with Cllr Stringer's assistance.

Village Green, Preventative Measures: Discussion as to whether posts or further 'mounds and ditches' were needed around the Birch Close unprotected area. It was decided posts would be the better option, but further quotes are needed.

Village Green, Biodiversity: the bequeathed £500 would be spent on planting an area where the village sign was to be moved to. This should include wild daffodil bulbs and low growing shrubs.

As regards the 'mounds and ditches', there were differing ideas as to how best to manage and care for the flora that was appearing. A message on social media was suggested to advise that it was important to see how the mounds develop and to discourage interference with any new growth. The Biodiversity Group would purchase more wild daffodils and wildflower seeds for a September Village Volunteer Mound Planting Workday, which they will advertise.

Clerks' Report: Council resolved to accept the Clerk's recommendation and join the Suffolk Preservation Society. Cover is required for bin emptying in August/September, which will be provided by Councillors Bridges & Voden.

Councillors' Reports: ongoing meeting re Gateway 14. June's Village Volunteers day would focus on the churchyard and cemetery.

Correspondence: A request had been received from a resident about holding a fund-raising event on the Green, which was rejected due to logistical challenges. Further events to be considered if a community event team can be established.

Next Parish Council meeting 2nd July, 7.30 pm at URC Church Hall.

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BRIAN WARD

The summer holidays will soon be upon us. If your family has an interest in nature, there are plenty of things that you can do as a family to enjoy your interest even further. Many of the organisations, such as the wildlife trust also the R.S.P.B., arrange workshops and activities during the summer holidays, it may be pond dipping, bird box construction or even a photography day, all are interesting and are normally well advertised on their websites and at the reserves. I often come across families at reserves and most parents attempt to keep their children quiet in the hides, although difficult as they are excited to be able to observe nature at close quarters. I have a lot of admiration for the parents, as this is the best way to encourage children to take the correct path to respect nature and the wider world we live in.

In June, I noticed we had a large influx of painted lady butterflies. These migratory butterflies start their journey in Africa, breed along the way and eventually reach our shores. Unfortunately, they cannot survive our winters and some migrate back to a warmer climate for these months. Whilst on the subject of butterflies, one of our largest butterflies, the swallowtail, can be seen on the wing now. To observe this spectacular butterfly that has a stronghold in the Norfolk broad area, Strumpshaw Fen is probably the best bet to see them. The wardens plant a flower bed just outside the visitor centre to attract them and normally, a warden will be present to help and give advice on the life cycle of these beautiful creatures.



This year, there seems to be a lack of frogs and toads in our area, so if you have a pond at home and you have some of these delightful amphibians, do enjoy them. Newts also appear to be much scarcer. I can remember when every village and farm pond had frogs and newts appear every spring, but unfortunately is not the case now.

I live on the edge of a housing development in Stowupland, and I have been amazed by just how much wildlife either nest in or use our garden. This year, we had a mallard hatch off ten ducklings, a blue tit has reared and successfully fledged a brood in one of our boxes and now a pied wagtail has nested in the top of a planted pot in the garden. We have a small ornamental stream in the garden and every day, dozens of birds visit it to drink and bathe. It is quite comical to watch as up to twenty or so starlings will arrive and once one takes the plunge to wash it is quite infectious as the others all jump in and flap about. They then all sit on the fence to preen and dry off. We also have linnets, goldfinches, blackbirds and of course pigeons, all of which use this water source to drink and bathe.

I hope you all have a wonderful time on your holidays in good old Britain or some exotic destination.

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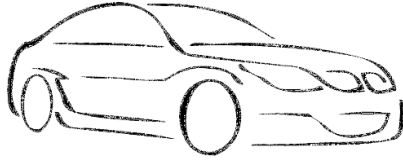
PAULA WILLMOT

July and August will always bring challenges in our gardening space, be it the constant watering, unknown bugs and infestations or just unpredictability. But as social media floods our world with shortcuts and cures, I find myself often reverting to my grandfather's allotment notes and gardening bible. His lists of veggie and flower seeds, by variety, guide my purchase and resilience calls. More importantly, his pencil notes on how to fend off bugs and pile up potatoes are invaluable. My biggest error this month was following Monty's advice to companion plant radishes with seed potatoes. The potatoes took off and shot up, leaving any hope of radishes trying to grow in the shade being thoroughly thwarted. I was left with pea sized radishes that were only good for deflecting the blackbird from my netted strawberries. I was away for one day and the strawberry bed was stripped bare, despite the netting. So, I watched the said vandal early one morning, you guessed it, he had found a tiny hole in the net and there was a little well-trodden path in the soil where he had plucked the fat juicy fruits....grrrr!

July & August tasks in the meadow garden are as follows:

- Once peonies have gone over and the petals start going brown, snip off to the lower leaf node. This will make sure all the sunlight feeds next year's growth and not seed pods once the petals have dropped.
- If you can beat the birds, pick your soft fruit daily as they ripen. Warm days will give you a better flavour.
- Propagate mint by cutting 8-10 cm shoots and place in a jar of water. The shoots will root quickly and can then be placed into peat free compost. Beware, though, planting in the garden will ensure it spreads like wildfire. Homegrown mint is lovely on boiled Jersey Royals.
- Maintain rhubarb by finishing harvesting stalks in early July. Leaving foliage to protect the crowns is also worth doing, so the crowns recover.
- I have new asparagus in year 1, so I will be allowing the fronds to grow feathery so the plants replenish their energy reserves. This will give strong crowns. New asparagus normally takes 3 years to establish for picking.
- Continue to shape and trim clematis, removing dead or damaged and congested stems. With Clematis Montana, you can deploy your shears to keep it tidy; it's a very robust variety!
- To fill gaps in your borders, direct sow fast-growing annuals such as Calendula for late summer flowering. Prepare the space, scatter seed thinly, cover lightly, and keep the soil moist for good germination.

The Telstar Team take a small break for summer, but I look forward to writing again when we will be in 'bulb ordering' mode, and I will advise you all on some good purveyors for your Autumn orders. I'll also be going along to see Kate's progress at Columbine Hall in August and of course, enjoying some tea and cake! Happy gardening!



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Collection of hard to recycle items - see update below

The next market stall collections are Thursday, 23rd July. (NB this is not the last Thursday) and 27th August. We also collect items at the *Repair Café - 2nd Sunday of the month (12th July and 9th August) 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, Bicycle Inner Tubes, Spectacles and cases, empty make-up containers, Laptops and tablets with their charger (for parts), Batteries. We have stopped collecting Tetra packs, Plastic bags, film and wrapping because they now go in your blue-lidded bin.

Eco Cafe: We had trouble finding dates to meet, but are happy to join the Green Party Evening Socials held monthly at Fred's Bar on the third Tuesday of the month.

As I write, at the beginning of June, the new recycling and waste service has just made its first collections. It seems the hot topic of conversation in the town, and there is much mirth and scepticism, and lots of questions still about specific items. Hopefully, by the time you read this, good practice will be second nature, and we will have all adapted.

So, a huge thank you from the eco group to those who have supported our market stall over many years with items that can now go in the bin, and a huge sigh of relief that collecting these items is now official policy. Thanks to all for your patience in sorting out the initial difficulties, which are always part of introducing change. Society has taken a big step forward together in caring for the environment.

Summer months are a great time of year for appreciating the natural world: local parks and flower gardens are looking beautiful, vegetable plots are producing delicious fresh foods, holidays take us to places where we can wonder at the natural world, and fine weather allows us to be outdoors. We rely completely on clean air, clear water, good food, sunshine, rain, and reasonable temperatures as our most basic requirements to sustain life. Summer allows us to enjoy and appreciate them.

We also know how easily those things can be distorted by pollution. Temperatures rise, water is unusable, and crops fail. Summer is also a time when we travel more and perhaps use more convenience products as we are out and about. So also a time to be mindful of our carbon footprint and the impact we are having on nature. "Plastic Free July" is a global challenge. Get Involved - Plastic Free July reusable lunch boxes, cups and water bottles, saying "No thanks" to single use plastic, taking picnic rubbish home to recycle and not leaving it on beaches or wild places, noticing what you throw away and thinking of ways to avoid using those items. It's a beautiful world, let's take good care of it. Happy Summer!

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BRING YOUR OWN DRINK AND
NIBBLES

A STOWUPLAND COMMUNITY EVENT BROUGHT TO YOU BY THE TELSTAR TEAM

Buying clothing online can sometimes feel like a gamble, but what happened to you sounds especially misleading. Unfortunately, this type of situation is becoming increasingly common and is widely recognised as a form of retail scam. Many shoppers are drawn in by professional-looking websites, convincing branding and attractive prices, only to receive products that are of poor quality and completely different from what was advertised.

In cases like yours, companies often present themselves as UK-based businesses by using British-sounding brand names, UK web addresses or even fake postal information. Some go further by using AI-generated product photos or fabricated stories about the company's background to appear more trustworthy. However, the products are frequently shipped directly from overseas manufacturers and can bear little resemblance to the images shown online.

A major warning sign is exactly what you experienced: being told that returns must be sent to China or another overseas location at your own expense. International return shipping can be extremely costly, sometimes costing almost as much as the item itself. Many customers decide it simply is not worth paying the fee, which is exactly what these companies rely on. By making refunds difficult and expensive, they can keep customers' money while avoiding accountability.

Another issue is that when sellers operate from outside the UK, enforcing UK consumer protection laws becomes far more complicated. Although companies may market directly to British consumers, recovering money or taking legal action can be difficult if the business is based overseas.

To avoid falling victim to similar scams in future, it is important to do some research before buying from unfamiliar retailers. Check independent review websites and search engines rather than relying solely on testimonials displayed on the company's own website. Be cautious of heavily discounted prices, "closing down sales," or deals that seem far cheaper than those offered by established retailers. If something looks too good to be true, it often is.

You should also be wary of social media adverts, as many scam retailers rely heavily on targeted advertising to attract customers quickly. Take a close look at product images as well. AI-generated images can sometimes appear overly polished or contain unusual distortions, inconsistent textures or unrealistic details. Delivery information can also reveal a lot. A company claiming to be UK-based should not usually have unusually long delivery times that suggest products are being shipped internationally.

If you paid by debit or with a credit card, you may still be able to recover your money. Debit card users can ask their bank to initiate a chargeback claim. Credit card customers may also be able to use a chargeback for purchases under £100. If the item cost between £100 and £30,000 and was purchased using a credit card, you can request a Section 75 claim, which offers stronger legal protection.

Finally, reporting these businesses is important. Complaints to organisations such as the Competition and Markets Authority, Citizens Advice Consumer Service and the Advertising Standards Authority can help authorities investigate misleading traders and potentially prevent others from being caught out in the same way.

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 9.30 am – 3.30 pm and Friday 9.30 am – 12.30 pm.



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

STOWUPLAND WILDFLOWER AND BIODIVERSITY GROUP



Mounds and ditches on The Green

Some areas are showing well, especially a length sown by Roy Cooper; this section was sown more than once and shows what is possible all around The Green. But we need volunteers to help. Our group have been sowing extra seeds where there are bare patches and Parish Councillors sowed seeds along the length of the A1120.

The next part of the project will be to sow perennial seeds and plant native daffodil bulbs in various locations, concentrating first on the mound alongside the A1120.

Update on work with schools

Pumpkin plants have been given to Freeman school pupils, and we wait to see the harvest of pumpkins in the autumn. Plants have been provided to the Mulberry Centre to grow as climbers, with pumpkins growing in hammocks.

Fruit trees have been ordered and will be planted by High School pupils and grown as espaliers.

2026 sunflower competition.

Please continue to send reports and photographs as your sunflowers grow. We have prizes of wooden platters with the biodiversity logo for the household winners of the tallest sunflower and the largest diameter head. Please send your reports and photos to keithwelham48@aol.com.

Judy's half-a-mow.

By the time you read this, the renaming of the half-a-mow will have taken place. More about this in the September Telstar.

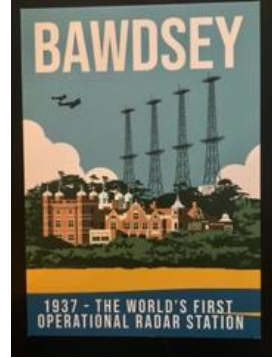
Dates of future meetings at 7.30 in the URC meeting room –15 September and 23 November. Anyone with an interest in biodiversity or wildflowers is welcome.

Dates for workdays: normally the second Friday of every month; next is 10 July. 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

STOWMARKET U3A

The Stowmarket U3A 'Gardens and Things' group organise visits and outings for members throughout the year, and we recently visited the Bawdsey Radar museum. Bawdsey was the world's first operational radar station, home to the first integrated air defence system, the first radar training school and the first operational station to give frontline roles to women.



Based in a remote part of the county, the museum, small but perfectly formed, tells the story of the people involved in its development and operation and its invaluable role in WW2.

We found the volunteers helpful and the information fascinating, including interactive displays giving the visitor a chance to have a go at detecting incoming aircraft, with mixed success.

Previous trips have included Sizewell Power Station, Pakenham Water Mill and Ipswich Historic Waterfront.

Stowmarket U3A is a thriving, friendly, sociable group for people no longer in full time employment or raising a family. For a modest fee, members can enjoy a varied and enjoyable programme of monthly presentations, outings and interest groups.

Each month, we invite speakers to inform and entertain us. This is held on the third Wednesday of each month, at 2:30 pm (doors open 2 pm for refreshments), at The Salvation Army Hall, Violet Hill Road, Stowmarket.

Our next two meetings are:

- 15 July - Adventure, activism and climate crisis, Edward Gildea
- 19 August - AI everywhere, Ian Hawker

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

We look forward to seeing you!

Registered charity 1002987.



WORLD CUP FEVER



By the time you read this, the 2026 FIFA World Cup will be underway! It is a very exciting time for us football fans. The first game was played on 11th of June and this particular fixture may have brought back memories for some, as Mexico and South Africa played the first game in the 2010 World Cup. The 2010 World Cup was controversial because of the ball. The ball was the Jabulani, consisting of 8 different panels, making the ball swerve uncontrollably in the air. This became a nightmare for keepers like Iker Casillas and Gianluigi Buffon, but ultimately, Casillas and his Spanish teammates handled it well and went on to win.

Right, onto this year's World Cup, and the excitement is through the roof because this will be the first time in the tournament's history that there are going to be 48 nations taking part. There are lots of underdog nations this year, such as: Haiti, Curacao, Cape Verde, Jordan, DR Congo and Uzbekistan. Also, because of the 48 nations, FIFA has introduced a new round: the round of 32. This means that the top two in each group qualify for the next round and the 8 best third placed teams go through as well.

The Groups

Some are easy and some are hard. The hardest group by far is group I. Group I is one to watch out for because of France, Norway and Senegal. The teams in this group are stacked with talent all over the pitch. France's attacking players - Rayan Cherki, Michael Olise, Kylian Mbappe, Ballon d'Or winner last year, Ousmane Dembele and Desire Doue - could win them the tournament. Norway are also a force to be reckoned with if players such as Erling Haaland, Antonio Nusa and Martin Ødergard are on top form. England are favourites to win their group (Group L) against Croatia, Ghana and Panama.

Some Stunning Stadiums

Matches will be played in three countries, at locations up to 2,800 miles apart. One of the larger stadiums is the AT&T Stadium (Dallas). This futuristic stadium, which has been compared to something from Star Wars, has a capacity of 80,000 and is so enormous that the Statue of Liberty, which is 93m high, would fit inside, even with the roof closed! The MetLife Stadium, which will host the final, is in New Jersey, but only five miles from Manhattan - hence its rather long title of New York New Jersey Stadium. Whilst Los Angeles has a record breaking \$5.5 billion venue. England will play their first match in Dallas, with Scotland playing in Boston for their first fixture.

So, (hopefully) England have been playing well and have progressed through the group stages. Whatever the results, let's gather round our TV screens, whether at home or in one of the local pubs, with friends or with family, and let's cheer on our favourite teams! For me, it will always be a cheer of COME ON ENGLAND!

Toby Bonsall, Sports Superfan, aged 11.

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

JULY

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 URC Hall	Local History Group – “Mendlesham Armoury”
THURS 2	17:00 Village Hall	Short Mat Bowls
THURS 2	19:30 URC Hall	Parish Council Meeting
SUN 5	19:30 Village Hall	Country & Western music club
TUES 7	09:30 Jubilee Crt. 09:55 Green	Mobile Library
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
SUN 12	19:30 Village Hall	Country & Western music club
MON 13	19:00 Village Hall	Village Hall annual general meeting
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
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
WED 29	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 30	19:00 Village Hall	Short mat bowls

FRI 31	10:00 - 12:00 URC Chapel	Coffee Morning
FRI 31	18:30 Columbine Hall barn	Talk – “A Garden Love Affair” Kate Elliott
AUGUST		
SUN 2	19:30 Village Hall	Country & Western music club
TUES 4	09:30 Jubilee Crt. 09:55 Green	Mobile Library
WED 5	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
WED 5	14:30 various venues	Book Group (contact 01449 672127 for further details)
WED 5	19:30 URC hall	Local History Group – A History of Saxham Street
THURS 6	19:00 Village Hall	Short mat bowls
THURS 6	19:30 URC Hall	Parish Council Meeting
SUN 9	19:30 Village Hall	Country & Western music club
WED 12	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THUR 13	19:00 Village Hall	Short mat bowls
SAT 15	10:00 - 12:00 Church Hall	Coffee, Cake and Chat
SUN 16	19:30 Village Hall	Country & Western music club
WED 19	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 20	19:00 Village Hall	Short mat bowls
SUN 23	19:30 Village Hall	Country & Western music club
WED 26	14:00-16:00 Village Hall Car Pk.	Mobile Post Office
THURS 27	19:00 Village Hall	Short mat bowls
FRI 28	eyes down 19:30 Village Hall	Community Bingo
FRI 28	10:00 - 12:00 URC Chapel	Coffee Morning
SUN 30	19:30 Village Hall	Country & Western music club

LOOKING AHEAD - SEPTEMBER

TUES 1	16:00 Village Hall	Young Carers club
FRI 11	19:30 Village Hall	Community Quiz
SUN 13	From Sports & Social C/club	Walkers Cup
WED 23	10:00 - 12:00 Sports & Social Club	SOAP

Clrr 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

SHOP TO DOOR --- DELIVERIES.

Goods delivered to our doors.
It's not a brand-new art.
Today, delivered by a van,
And not by horse and cart



Our milk delivered daily.
For breakfast, what a dream!
Glass bottles with a foil top.
The birds would peck the cream.



Fresh bread would be delivered.
You chose from a bag of wicker.
A crusty loaf, not cut.
You could slice the loaf much thicker.



The postie is still with us.
Delivering through the week.
Dress code, all year shorts.
Even if the weather's bleak.



Groceries from the local shop.
You'd order what you'd like.
Delivered each and every week,
By a child upon a bike.



If you had an open fire.
Your coal, in canvas sack,
Would be delivered to your home,
Sack on a coalman's back.



The paper girl, or paper boy,
Delivered papers you'd selected.
It doesn't happen much these days.
The papers are collected.



It's possible these days,
To order things online.
To have your goods delivered
For some this is just fine.



Delivered to your home by the Really Lovely Poetry Company R.R.G.



NEWSLETTER

Monthly Edition
July 2026

Stay Informed - Stay Connected



Hart & Craftsmen

HANDMADE KITCHENS

GENERAL ANNOUNCEMENTS

- The first team have won six out of seven games so far and sit joint top of division five.
- Personal highlights include: Malan Du Toit scoring his first ever hundred, Dan Marsh taking a five wicket haul, Charlotte Buckle taking her first adult wicket
- The midweek league has begun and we have fixtures every Wednesday evening



UPCOMING EVENTS

- **Quiz Night**



Friday, July 3rd, 19:30 onwards - £5 admission fee, food provided

 **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

CONTACT INFO

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

STOWUPLAND FALCONS



I will start this article with some good news. Both our girls' teams won their respective cup finals! The U12 girls beat Debenham 5-0, and the celebrations after the game were unbelievable. Very pleasing for me as my granddaughter plays for the team. Shortly afterwards, the U13 girls beat Cornard 2-1 to complete a wonderful day for the football club. In the boys' section, we had a league winner; the U12 Blues won their league by a massive 14 points without losing a game. Well done to Karl Coleman and all the boys, a testimony to hard work and good coaching. Good Luck in the top division next season. We now start the hard work of preparing our teams for next season and it is pleasing to report that we will have 2 new U7 teams.

As usual, the support of Stowupland High School and the Village Hall committee is vital to the progress and future of the football club and long may that support continue. We are looking forward to the redevelopment of the Sports & Social Club and the improved facilities it will provide.

By the time you read this article, the World Cup will be in full swing. I was 14 in 1966, so I can remember that wonderful day when Bobby Moore lifted the World Cup. I hope we witness Harry Kane doing the same!

That's it from me for another month.

Colin Herbert, President
Stowupland Falcons FC



Just a note to say thank you to all the stallholders, there were 40 in the end, and to the villagers who came and supported it. We hope you enjoyed your day and made a bit of money. Thank goodness the weather was ok. We have sent a cheque to E A C H for £420, which I am sure they will appreciate. We hope to be back next year.

Yours sincerely
Dave and Julia



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/

COLUMBINE HALL

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

There are a few tickets left for Kate Elliott's 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. Places are limited so it's best to book now. In a very personal account, Kate 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 an opportunity to walk around the gardens after the talk.

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



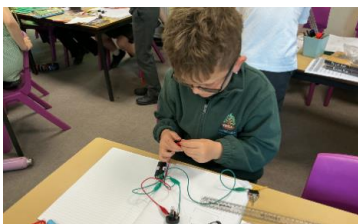
Teaching & Learning

Beech Class have started their science investigations of light and dark. The children have been learning about sources of light, which include natural and artificial sources. They have explored how things look with the absence of light and have learned that some living creatures create their own light; this is called bioluminescence. The children have learned that some things emit light and some reflect light. They will also be investigating how light travels and how light reflects off some surfaces.



Hazel Class are thoroughly enjoying their current class text, *Varjak Paw*. They have been learning all about the exciting adventures of a pampered pet cat as he bravely tries to save his family. In writing lessons, the children are currently developing their skills by learning how to write clear and organised explanation texts.

In science, the children have been learning all about electricity. The children began by sorting pictures to identify whether items were battery-powered or mains-operated. They then learned how to create a complete circuit using batteries, bulbs and wires. After this, they examined a range of circuits and discussed whether they were complete or incomplete, explaining how they could be fixed to make them work. At the end of the unit, the children will apply their learning by designing and creating their own torches.



As part of Year 5's Ancient Maya topic in History, they visited the University of Cambridge Museum of Archaeology and Anthropology just before May Half Term. The children thoroughly enjoyed being taught about Ancient Maya history by an archaeologist. She taught them about using artefacts to explain daily life in the past, the importance of the cacao bean and how two kings fought for power. Next, the class had a multisensory handling session that included obsidian arrows, jade, a bean grinder and they smelt copal used as incense. The children explored the museum's collection and were shocked at the vast size of a totem pole. Willow Class sketched their favourite pieces and had a wonderful experience immersing themselves in the past.



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

REACH

(Retrofit and Energy Advice for Communities and Households)

REACH is a project funded and led by Mid Suffolk District Council. REACH aims to help residents, community groups and village halls improve the comfort, efficiency and sustainability of their homes and buildings.

Through REACH, we provide trusted, practical advice on:

- Reducing energy use and household costs
- Keeping homes warmer and healthier
- Retrofit options such as insulation, draught-proofing, ventilation, heating upgrades and renewable technologies
- Available funding and support schemes, including Mid Suffolk Cosy Homes and other regional and national initiatives

As part of our outreach work, we are keen to engage directly with local communities and would welcome opportunities to attend parish events from August onwards. We can support through:

- Pop-up information events
- Community roadshows
- Informal advice sessions
- Attendance at local fairs, markets or community events

From September, we are hoping to attend events across the district with our REACH EV Roadshow van, which will offer:

- Live demonstrations of retrofit measures and low-carbon technologies
- Tailored, one-to-one advice for residents
- Clear and accessible information to help demystify retrofit and energy improvements
- Brochures and samples to support understanding

From June, we will also be attending Rural Coffee Caravan events, which we hope will provide further opportunities to connect with residents across Mid Suffolk in a relaxed and informal setting.

We would be very interested to hear about any upcoming parish events, community gatherings or local groups where REACH could attend or provide information. We are particularly keen to connect with residents who may benefit from energy advice or want to improve the efficiency of their homes or community buildings. Early notice of events later in the summer and autumn would be particularly helpful for planning.

If this is of interest, we would be pleased to arrange a short conversation to explore how REACH could support your community.

Please do feel free to share any upcoming dates, opportunities or contact us at REACH.team@midsuffolk.gov.uk if you would like further information.

Kind regards,
The REACH team

STOWMARKET & DISTRICT PROBUS CLUB

COME & JOIN US

PROBUS CLUB is a group of Retired & Semi Retired Men & Women who meet monthly for Lunches and Social Activities in Stowmarket.



Members come from all over the area & local villages.

Probuss has branches all over Great Britain. Our Branch meets on the first Tuesday of every Month in the Royal British Legion, Stowmarket, at 10.20 am. There is ample Parking in the Area.

After morning coffee, we relax and listen to one of a number of Guest Speakers. This is followed by a two course Luncheon provided by "KELLY'S KITCHEN".

NEXT TALK (7 July): Claire Hill – Avoiding Falls

For more information: Contact John Oxlade 07754 023857



LOCAL HISTORY GROUP

With the hot weather we had at the end of May, I can't imagine what it would have been like for the men who wore these suits of armour. This is a way of introducing our talk on **Wednesday, July 1st**, when we will welcome back Katheen Hallaways for an update on the **Mendlesham Armoury Project**. If you want a taster or want to find out more, have a look at their website: www.stmarysmendlesham.org.uk/armoury-project.html.



Then on **Wednesday, August 5th**, we will share another chapter in Our Stowupland Stories. This episode will focus on **Some Saxham Street Stories**. We can't give a detailed history for all the houses and their occupiers, but we will try to cover a fair few, or at least what can be condensed into an evening's talk.

Then on **September 2nd**, we will welcome back Don Mobley who will be sharing his experiences from when he was based at Lakenheath with a talk entitled '**On the Nuclear Edge: The F-111F at RAF Lakenheath**'.



Looking back to mid-May, some members of the group took ourselves off to the **War Huts** project at Brook Farm Camp near Bury St Edmunds. This is an amazing project and even though the organisers have a way to go to complete their vision, the narrative of their journey is as interesting as the story they hope to tell about the 11th Suffolk Battalion. Jerry will write a more detailed report for another edition of Telstar, but it is mentioned here, as at the time of writing, we were puzzled by a silver medallion that Neil had come across on an internet auction site. Unfortunately, the asking bid was way beyond our group's budget for purchasing memorabilia (it has a silver hallmark).

The insignia on the back of the medal was the motto for the Suffolk regiment, but we were puzzled by the date. Further research by Neil has solved the puzzle, thanks to a newspaper article in the Suffolk Chronicle of 29th October 1920. Our war memorial in the cemetery was unveiled on a Sunday at the end of October 1920 in the presence of over 1000 people, but in November 1919, a 'welcome home dinner' had been held for some of the men who had returned home. 400 local men had answered the call to serve their country, 37



are named on our war memorial and plaque, but not all the remainder were able to attend the dinner, as according to the press report, 'some were at the time undischarged, and others were distant. And it was to these that they were presenting the silver medallions, which bore the Suffolk arms.'

The dinner, medallions and a 'peace celebration' for the children had all been paid for by a 'general collection, substantially aided by subscriptions from the works in the parish' which had amounted to £350. Mr A.G. Bramhall, the school headmaster, had been chairman of the War Memorial Committee.

And now Jerry takes us back to the beginning of May when **SLHG presented a talk for May 2026, "On the Pilgrims Way to the Woolpit Shrine" by Dr Shelona Klatzow.**

'Neil has this month got us a talk on the above subject, which is something that had been touched on when the group visited Woolpit last year for a guided tour of Woolpit village and Church. 1211 is the first known documentation that Shelona had picked up on during her investigation work into the subject. This was a view of the "Woolpit Shrine", which in those days was situated adjacent to the current church building. The shrine no longer exists. The way to the shrine was via tracks around the County, which possibly linked together other Medieval shrines or Holy Places. Shelona had found records to show that most of the Pilgrims arrived by sea, disembarking at the Port of Ipswich. The Woolpit shrine was also near a water supply known as "The Ladies Well". The well or spring can still be visited today, located about 300 yards to the Northwest of the church.

Many Pilgrims visited the shrine for healing purposes, for the many ailments that were around in those days. Many Merchants and Knights rode the pilgrimage way on horseback, but most walked the way, which followed the route of the River Gipping. It was a surprise to our audience that criminals who had been convicted of various crimes were made to walk in front of the pilgrims dressed in long white robes, so people along the way would take note of who they were. When the pilgrims neared the Shrine, they would start to sing, and this would alert the clergy at the site that they were on the way in. After their arrival and welcome, there was a mass and a look around the site, with many able to partake in the healing process. In 1286, there was a major 'Horse Fair' held in Bury St Edmunds with many stalls. Historical records show that in that year, many Pilgrims having visited the Shrine then progressed to the Fair. This included many Merchants/

Moving forward to the 15th/16th centuries, Woolpit was popular with Royalty, with visits from Henry V in 1448 and again in 1449. Later, Queen Elizabeth of York made her own Pilgrimage in 1501. Not quite so welcome were Henry VIII's reformation changes in 1538, this was when his representatives arrived and smashed the statue "Of our Lady of Woolpit" at the "Woolpit Shrine". The chapel at the site was demolished in 1551, so a sad end to the site. As I said earlier, the "Ladies Well" survives today to give evidence and a reminder of this well used historical site.

Shelona had also found evidence that Pilgrims Badges were available to mark the completion of the walk. It is known that many religious shrines issued their own tokens, though their purpose is debated. They might have been used for fundraising or considered to have healing properties; certainly, today's tourists still like to collect various memorabilia to remind themselves of places they have visited.

She had several photos on the subject, and this brought her talk to life. She also showed maps of the way to the site, but I can't share them with you in this column (or in Jerry's Jabbas).

STOWUPLAND AUGUST 1992

TELSTAR

Issue No. 117

Produced by Jim Spencer & Marlene Lewis

We were very pleased to welcome Shelona to our group meeting, and Neil thanked her for coming. We also welcomed our largest number of guests, the hall was filled, not quite standing room only! Shelona finished her talk by answering a variety of questions from the audience before we all had a chance for a very welcome cup of tea or coffee, our thanks to Annie and Liz, and a chance to stretch our legs and catch up on local gossip.



This embroidered collage is on display in the Woolpit Institute. It was designed and made a few years back by two local sisters, Claire McGrath and Frances Ridsdill, to tell the story of the Woolpit's Lady Well. It is far more colourful than it appears here; the sleeping lady has blond hair, and the wave is a vivid blue. As Jerry said, the well or spring can still be seen on the outskirts of Woolpit. It was reputed to have healing properties for disorders of the eye, but I doubt anyone would risk bathing their eyes with the water today. Shelona did tell us it had been tested and found to have a high sulphur content so might have had some beneficial effect on superficial eye infections.

Down Memory Lane – Play Park on The Green

Do you remember the play equipment on The Green in front of The Retreat? It was set up in late 1979 by Stowmarket Round Table. Maybe you have a better-quality photo you could share for our archives?

The following report by Kay Roper, the Secretary of the playpark committee, appeared in a 1992 edition of Telstar:

'As you can see, we now have a third piece of equipment installed on the playpark. We would like to thank the Retreat Pub for donating money from their Charity Fete to help us install the adventure climbing frame. It's a great shame that a few older children have nothing better to do than vandalise the equipment and the gates. The committee have worked very hard trying to get a play area for the children.

Oct/Nov sees the Playpark A.G.M., and we are afraid that if we do not have any support, the playpark committee will cease to run. If you have any young children who use the Playpark, please think seriously about coming on to the committee to help make it a better play area for your children.'



Don't know what you don't know, come along to a meeting and find out...

You can still become a full member, but Visitors to our meetings are always welcome - just turn up and pay £5.00 at the door.

Any queries about joining us or hearing about Stowupland's past:

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



The
United
Reformed
Church

U.R.C CHAPEL

NEWS

Minister: Vacant

Secretary: Brian Hewitt 07500734113

The anticipated rain is here. The gardens need it as do the farmers to nourish their crops. It will help the bedding plants to thrive. To watch the growth of everything is such a happy sight as the seasons evolve and we put our faith in God that the Chapel will continue to flourish and grow.

The next coffee morning, at the Chapel, will be held on 31 July.

Everyone is welcome at this friendly event. Come and have a cuppa, cake and a chat.

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 July are as follows:

05 July	Veda Berriman
12 July	Keith Scarff (Communion)
19 July	Bruce Thorn
26 July	Rev Norman Tharby

Joyce Gardiner

Dear friends

July and August were traditionally holiday months, but as one gets older, this is not always the case. However, during these months, many people are going away and I always find it encouraging to be reminded that God is with us wherever we are.

Psalm 139 is one of my favourite Psalms and it reminds us that God knows all about us and is with us all the time, wherever we are and wherever we go. It says...

'Whither can I go from your Spirit?

Where can I flee from your presence?.....

If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.

We are reminded of the prophet Jonah, who tried to flee from God and was swallowed by a big fish. He learnt he could not escape from God a frightening realisation for him. But if we believe and trust in God, it is not a frightening but a comforting thought.

Years ago, when my husband was a Chaplain to merchant seamen, we went to visit a ship that had come to a berth on the River Thames. We found a sailor who had firmly believed God was with him wherever he went. The ship he was on had been blown off course by a violent storm as it was crossing from the Continent to the Thames. The cargo of wood had shifted and the ship was in real danger. He had fervently prayed to God to bring them safely to harbour.

The ship was blown to the north coast of England and then had to limp down to the Thames.

When we saw this sailor, he told us of his prayers and how wonderfully God had answered.

He knew God was with him wherever he was and that was such a reality and comfort to him.

I hope that wherever you travel or even if you just remain at home during these months, you will find comfort and reassurance knowing God knows all about you and is with you, holding you fast if you have faith in Him.

Ann Edwards
(Non-serving Elder at Stowmarket)

COFFEE MORNING

Friday 31st July 2026

Stowupland URC Chapel
10am – 12noon



**Coffee, Tea
and Cakes**

All welcome

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/>

FOOTBALL AND FAITH

Okay, I realise that not everyone is into football, but even my wife will watch the World Cup if England get to the final stages! So please read on, even if football is not your thing.

Here is a question for you.

The following footballers, *Gabriel Jesus, Jurrien Timber, Bukayo Saka, Eberechi Eze, Cristian Mosquera, Noni Madueke, Piero Hincapie, and Gabriel Magalhaes*, all have at least three things in common: what are they?

- They are all part of Arsenal's squad that have won the Premier League this year.
- They are all representing their countries in the World Cup.
- They are all Christians unafraid to declare their faith in Jesus.

When I was younger, being a Christian and playing football didn't seem to go together. It almost felt awkward and embarrassing! Now it is different. Whether it's on Instagram or on the pitch, this new breed of footballer declares their faith in Jesus through online posts, tattoos, messages on base layer shirts, crossing themselves before and during games, post-match interviews and goal celebrations.

And it goes beyond this. As an expression of his faith, Eberechi Eze has set up the Eze Foundation in London, supporting school children through career opportunities, internships and an annual free football tournament.

Having a faith is perfectly and actively encouraged by managers. Mikel Arteta, Arsenal's manager, has said. "I love it because I think that connects them more. The fact that some of them have the same, strong beliefs helps their well-being and mental strength. I think it is phenomenal".

Of course, I personally don't believe God is on anyone's particular side – and neither would the professionals – but to operate at the top of your sport with a deep sense of gratitude and recognition that you are blessed to perform at the highest level, is great to see.

Though not an Arsenal supporter, I was glad to see them lift the Premier League trophy this year and I will be even gladder if the England players, Saka, Eze and Madueke lift the World Cup! You never know, football might be coming home, but I'm not betting my house on it!

Revd Andy

PARISH CHURCH SERVICES FOR JULY 2026

Benefice of Haughley with Wetherden and Stowupland

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

JULY			
Date	Stowupland	Wetherden	Haughley
Wednesday 1st	10.00 am Morning Prayer and Praise		
Sunday 5th	9.30am Parish Communion	11.00 am Morning Worship	11.00am Sunday Praise
Wednesday 8th			10.00 am Morning Prayer and Praise
Sunday 12th	9.30am Worship for All	11.00am Morning Worship	11.00am Parish Communion
Monday 13th	11.00am Service at Steeple View		2.00pm Service at Mere View
Tuesday 14th			5.00pm Pizza Church
Wednesday 15th		10.00am Morning Prayer and Praise	
Sunday 19th	9.30am Morning Worship	11.00am Worship for All	11.00am URC/Anglican Service
Wednesday 24th			10.00am Morning Prayer & Praise – Communion (Vicarage)
Sunday 26th	6.30pm Evening Service - Celtic	11.00am Parish Communion	9.30am BCP Said Communion
Wednesday 29th			10.00am Morning Praise and Prayer (Maxwell Charnley Room)
AUGUST			
Sunday 2nd	9.30am Parish Communion	11.00 am Morning Worship	11.00am Sunday Praise
Wednesday 5th	10.00am Morning Prayer & Praise		
Sunday 9th	9.30am Worship for All	11.00am Morning Worship	11.00am Parish Communion
Monday 10th	11.00am Service at Steeple View		2.00pm Service at Mere View
Wednesday 12th			10.00am Morning Prayer & Praise
Sunday 16th	9.30am Morning Worship	11.00am Worship for All	11.00am URC/Anglican Service
Wednesday 19th		10.00am Morning Prayer & Praise	
Sunday 23rd	6.30pm Evensong	11.00am Parish Communion	9.30am BCP Said Communion
Wednesday 26th	10.00am Prayer & Praise – Communion		
Sunday 30th	11.00am Benefice Service with communion		

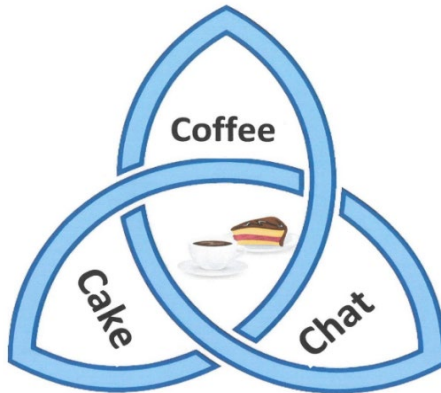
PC = Parish Communion (a service of with worship, prayer, a talk and communion)
 BCP = Book of Common Prayer (a traditional service)

PRAYER: Lord Jesus, whatever gifts and talents I may have, help me to be grateful for them and use them as a gift to others. 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 18th July 2026 10.00 – 12.00

There will be tea/coffee, cakes and good company

Everyone is welcome



QUIZ Night



FRIDAY 11TH SEPTEMBER

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

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

You could advertise your business here for only:

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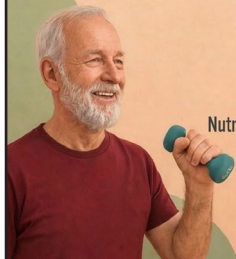
Debenham - Eye - Framlingham - Stowupland

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



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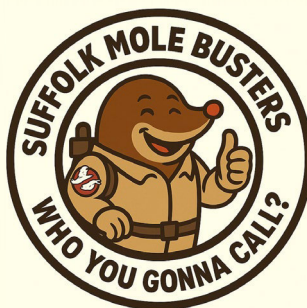
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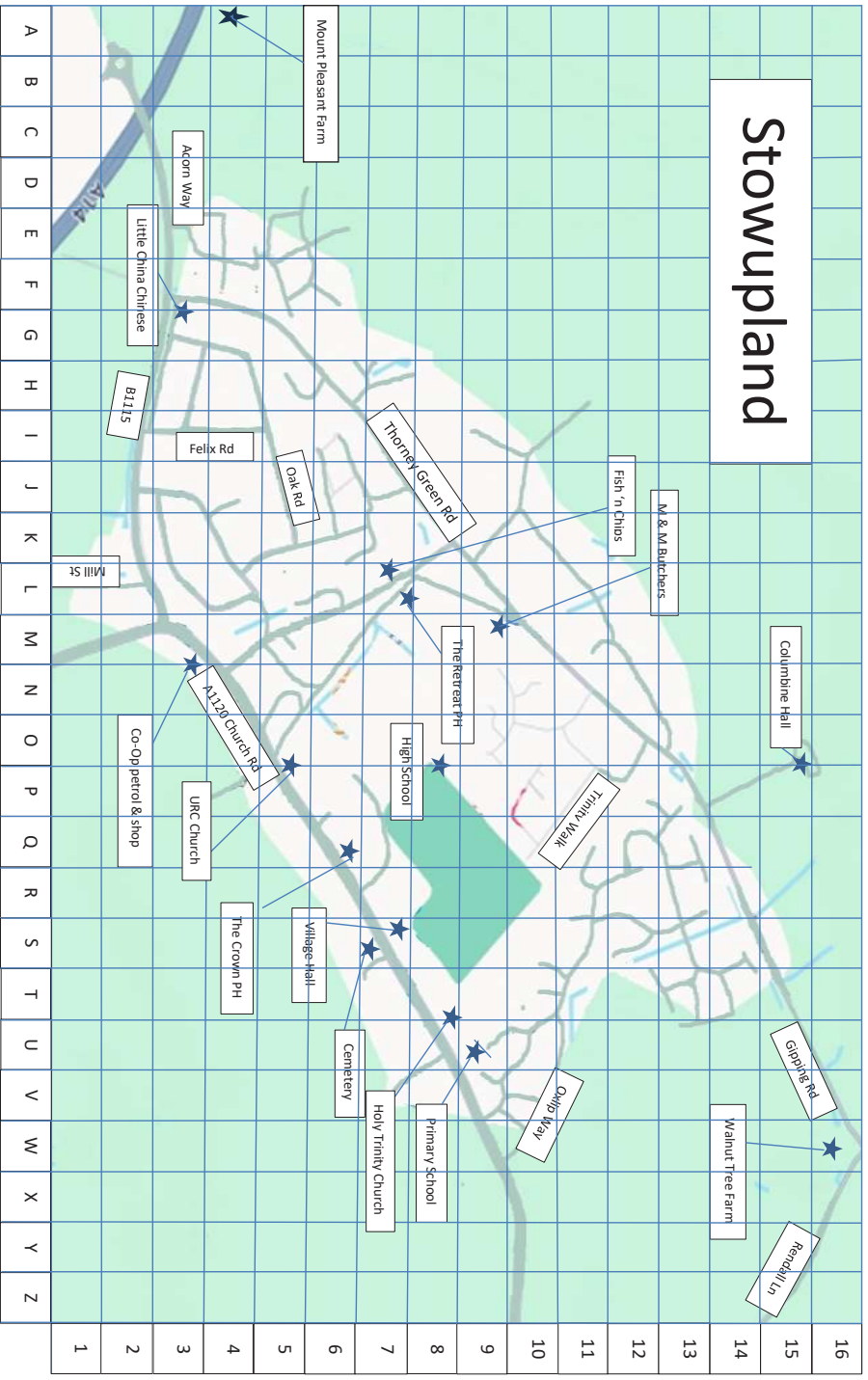


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Editor - Sarah McManus – 07849 506898 - The editor welcomes contributors. Please send all articles and contents to articles4telstar@hotmail.com or write c/o 4 Oak Apple Drive, Oak Farm Meadow, Stowupland, IP14 4FH.

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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 1350 homes in Stowupland. The magazine is produced 10 months of the year, with July/August and December/January being combined editions, so our volunteers can have well earned summer and Christmas breaks.

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From the Telstar Committee

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Telstar – for the community, by the community.

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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!

