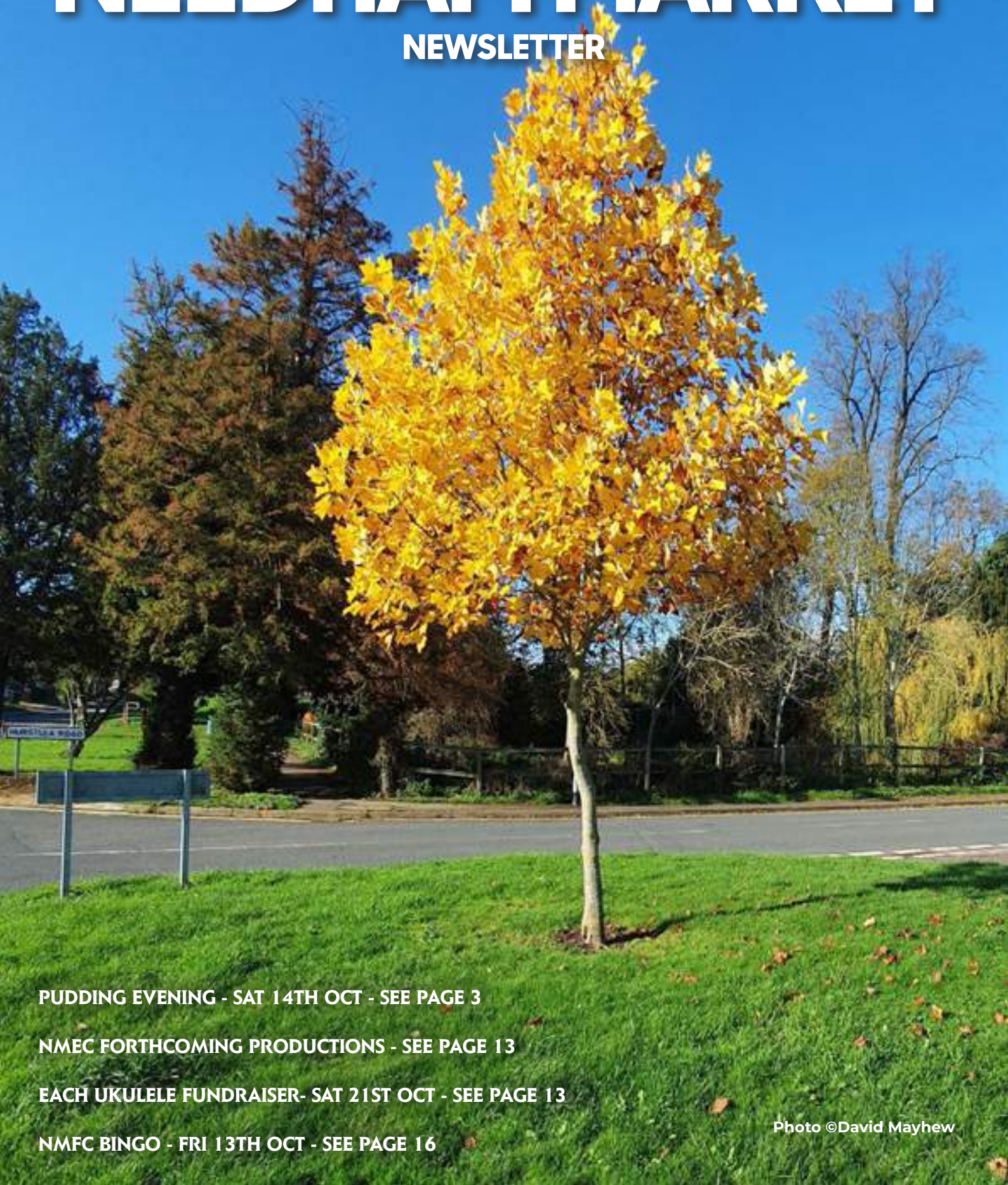




# NEEDHAM MARKET

## NEWSLETTER



**PUDDING EVENING - SAT 14TH OCT - SEE PAGE 3**

**NMEC FORTHCOMING PRODUCTIONS - SEE PAGE 13**

**EACH UKULELE FUNDRAISER- SAT 21ST OCT - SEE PAGE 13**

**NMFC BINGO - FRI 13TH OCT - SEE PAGE 16**

Photo ©David Mayhew

# Needham Market Town Council



## Town Mayor/Chair of Council

John Reardon 07802 231692

## Deputy Town Mayor/Deputy Chair of Council

Terry Lawrence 07928 512599

## Town Councillors

Brian Annis (01449) 720531  
Graham Cave 07394 670871  
Ray Darnell 07990 583162  
Andrew Farrow 07876 312927  
Chris Goodchild Telephone TBA  
Jo Lea (01449) 721544  
Ian Mason (01449) 721162  
Mike Norris (01449) 720871  
Martin Ost (01449) 401511  
Martin O'Shea 07756 250326  
Steve Phillips (01449) 721710  
Amanda Reardon 07752 836710  
Xy Stansfield 07538 058304

## County Councillor

Kay Oakes 07724 700695

## District Councillors

Terry Lawrence 07928 512599  
Ross Piper 07928 512581

## Town Clerk

Kevin Hunter

## Finance Officer

Louise Mills

## Useful Telephone Numbers

Police / Ambulance / Fire Brigade	999
Police - Non-Emergency	101
Doctors' Surgery	01449 720666
Ipswich Hospital	01473 712233
NHS Direct	111
Mid Suffolk District Council	0300 1234000
Suffolk County Council	0345 6066067
Suffolk County Council Highways	0345 6066171
Local MP's Constituency Office	01284 752311
Citizen's Advice	01449 676060
Street Light Faults	0345 6066171
Anglian Water	0800 145 145
Age UK	0800 169 6565
Childline (24hr)	0800 1111
NSPCC (24hr)	0808 800 5000
Social Services	0808 800 4005
Fraud and Cyber Crime Helpline	0808 1689 111
Suffolk Drugs and Alcohol Helpline	0300 123 0872
National Drugs "FRANK" Helpline	0300 123 6600
Alcoholics Anonymous - National - Local	0800 917 7650 01473 212224
Crimestoppers	0800 555 111
UK Domestic Violence Helpline	0808 2000 247
Women's Aid - Ipswich	0800 2000 247
Suffolk Rape Crisis	0800 0850 520
Relate (Family Counselling)	07775 588470
Home-Start Family Support	01473 621104
The Samaritans	116 123
Cruse Bereavement Support	0808 808 1677
Survivors of Bereavement by Suicide	0115 944 1117
Victim Support	08 08 16 89 111
Connect for Health	01394 332265

## TOWN COUNCIL OFFICE

Open to the public on Mondays and Thursdays  
10am - 12 noon

### Contact Details

Town Council Office  
School Street  
Needham Market  
Suffolk IP6 8BB

### Telephone

(01449) 722246  
An answerphone is used if the  
office is unmanned

### Email

clerk@needhammarkettc.f9.co.uk

### Website

www.needhammarkettc.co.uk

## COUNCIL AND COMMITTEE MEETINGS

The Council has formal Committees alongside Full Town Council Meetings.

### COUNCIL MEETINGS OCTOBER 2023:

- **Monday 2nd** – Planning Committee
- **Wednesday 18th** – Community and Assets Committee

Full Town Council meetings will start at 7:30pm (prompt) and all Committee Meetings will start at 7pm. The meetings will all be held in the Green Room at Needham Market Community Centre, School Street, IP6 8BB (unless there is cause to relocate within the Centre).

**ALL MEETINGS OF THE TOWN COUNCIL AND ITS COMMITTEES ARE OPEN FOR PUBLIC ATTENDANCE.**

## NEWSLETTER COPY:

All articles and notices must be emailed in Microsoft Word format to [newsletter@needhammarkettc.co.uk](mailto:newsletter@needhammarkettc.co.uk)

Posters should be sent as PDFs. **The copy deadline for the November 2023 edition is the Fri 13th October.**

**PLEASE CLEARLY NAME YOUR FILES USING YOUR ORGANISATION, EVENT OR ARTICLE TITLE** as we receive lots of files named 'Needham Newsletter' which creates confusion when collating text.

All Advertising queries should be referred to the Town Council Office on: (01449) 722246 or email as shown above and left.



## Mayor's Report - October 2023

Benefice of Needham Market with Badley. We welcome Tracey and her family and hope they settle in quickly.

A few conversations of late reveal that there is some confusion about The Mix provision in Needham Market. So, I thought I'd take this opportunity to explain. The Mix is a Stowmarket based charity providing a variety of services for young people. For some years now Mix youth workers have run weekly 'detached' sessions in Needham Market. This means they visited and provided activities on Crowley Park, usually on

Fridays. The Mix were keen to extend their provision here and the Town Council pledged to support this – hence the extension of the cricket pavilion on Crowley Park providing a permanent indoor/outdoor base, now named the Mix Hut.

The Mix Hut opens on Friday evenings (term time) 5pm till 7pm for children in school years 7-11. During school holidays there are longer sessions weekly.

The Mix are currently recruiting staff and hoping to provide a second evening session each week. The Mix would like to do

more in Needham Market and this partly depends on recruiting more volunteers to help run the sessions. We currently only have one volunteer in Needham Market – if you are interested in finding out more, please do make contact with me and I will put you in touch with that volunteer for a 'no pressure' chat about what is involved. Alternatively, contact The Mix direct or I'd be happy to pass your details on. Contact details are on page 2 of this Newsletter.

*Thanks John Reardon  
Town Mayor & Chair of  
Council*

Even though we had an exceptional week at the start of September we say goodbye to Summer for this year. I know a lot of people like Autumn and the colours associated but not me. Spring and Summer all year please.

On the 6th September there was a service of induction for Revd Tracey James as Rector of the

## Gipping Women's Club

This is being written before we return to our regular weekly meetings. We hope everyone has enjoyed the break and had the opportunity to perhaps see different places and friends and families.

Here are the details of the next few month's meetings. This includes the return of some popular subjects and entertainers and also introduces us to some new speakers.

- Sept 26th** Royal Roundabout with Ken Stone
- Oct 3rd** Harvest Supper
- Oct 10th** Who Am I? with Fred Price
- Oct 17th** Musical Entertainment with Margie and Stan
- Oct 24th** Woodland Haberdasher – Spoon Carving
- Oct 31st** Committee Meeting – half term

Any new residents to the town, or anyone looking for new interests in the new year, will be welcome to join us.

We meet on Tuesday evenings at 7.30pm at the Needham Market Bowls Club, Crowley Park, Barretts Lane, Needham Market IP6 8BX. Large car park.

*For information, please call Stephanie Wiggins on (01449) 723440*



The RNLI is the charity that saves lives at sea



## PUDDING EVENING

Saturday 14 OCTOBER

Creting St Mary Village Hall

7pm - Full Bar

Entertainment by **Lucy Roper**

Tickets £10 each

Chris Bingley 01449 720324

William Barnes 07771 814651

In aid of RNLI and St Elizabeth Hospice



citizens  
advice

Mid Suffolk

**I need a new car for work but I can't afford to buy a new one so I've been looking at second-hand options. I've heard so many horror stories about people buying cars that turn out to be faulty. I'm worried that I won't know what to check, especially as I know very little about cars. How can I make sure I don't buy a dud car?**

For many people, buying a car is a major purchase and whether it's new or second-hand, the process can seem daunting and complicated.

First of all, where are you going to buy the car? If you're buying from a trader, choose a trustworthy one with an

established name with a good reputation. Ideally, they will be part of a trade association or follow the industry's code of practice.

If you're buying via an auction, this is much riskier as you'll have fewer legal protections like the right to returns or refunds, so carefully read the terms and conditions before you bid.

If you buy from a private seller, there's a few extra steps to take. For instance, try to inspect the car at their home address so if something goes wrong later, you have a record of that.

Make sure the car's details are correct by using the DVLA's free online vehicle information checker. You'll need the registration number, MOT test number, mileage and make/model of the car to do this check. Also, check the car's MOT history for free on [gov.uk/get-vehicle-information-from-dvla](http://gov.uk/get-vehicle-information-from-dvla).

Keep a copy of both these results (take a screenshot or download the information) as well as the original advert or description of the car. You might also consider getting a private history check to see if the car's been reported stolen, still has money owing on it, or has been in a serious crash. This will cost about £20.

Inspecting the car is crucial before buying. Ideally, do this during the day when it's not raining (scratches are harder to see on a wet car) and take it for a test drive for at least 15 minutes and on different types of road, if possible. Check you have the appropriate insurance for a test drive (either your own or the seller's policy might cover you).

Don't be afraid to haggle on the price, and only pay what you can afford. Make sure you get the original (not a photocopy) of the log book and valid MOT test certificate. Never buy a car without the log book.

Often, despite doing all these checks, you might find something wrong with the car after you've bought it. You may have a legal right to a repair, the cost of a repair or some money back but it's on a case-by-case basis. If something has gone wrong with your car and you need help, you can call the Citizens Advice consumer helpline on 0808 2231133.

Citizens Advice Mid Suffolk can provide 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](http://midsuffolkcab.org.uk/contact-us). Our opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

## Citizens Advice Mid Suffolk

Free, confidential advice on debt, benefits, family, employment, housing, and much more.

Drop in service at Needham Market Community Centre every Fri 9.30am—12.30pm

At other times, call 01449 676060, visit online [midsuffolkcab.org.uk](http://midsuffolkcab.org.uk) or visit in person 5 Milton Rd South, Stowmarket, IP14 1EZ

Mon - Thurs 9.30am—3.30pm Fri 9.30am - 12.30pm

## Ashburnham Over 60s Club

Our meetings went well in August. Jenny and Mustafa came to see us at the beginning of the month and told us more about life in the Turkish countryside - very different from our lives here. We also had a good day out in Felixstowe, enjoying our fish and chips the weather was lovely. We also had a delicious salad and dessert lunch at the centre another week. This month, as well as our usual games afternoon and bring and buy - an excellent place to pick up a bargain - we will be entertained by The Folk on the Hill as well as having a "surprise" afternoon so come along and see what's going on!!

We meet at the Community Centre every Thursday usually at 2.30pm and you would be very welcome to join us. We have the use of the minibus so if you need a lift it can be arranged. Come and give us a look - we would love to see you Margie, Rita, Shirley, Alison and Margaret For information please ring 01449 722788

**NEEDHAM MARKET  
COMMUNITY  
CHINWAG**

A monthly social group for the over 60's in Needham Market & surrounding areas.

**FIRST WEDNESDAY OF EVERY MONTH.**

Needham Market Community Centre  
School Street  
Needham Market, IP6 8BB  
2pm - 4pm

**FREE Entry - donations welcome**

Find us on:  
Tel: 07944 488799  
Email: [needhammarketchinwag@gmail.com](mailto:needhammarketchinwag@gmail.com)

Needham Market Community Chinwag  
 @nmchinwag



## Needham Market Neighbourhood Watch



The Suffolk Police recently announced that they were going to be more proactive in solving petty crimes in our towns instead of just issuing us with crime numbers to enable us to make a claim on our insurance. Ironically, just the other day, a lady on Nextdoor Needham was complaining that goods had been stolen from outside her house on two occasions, just one week after the other. Then, on Police Contact, we read that 2 chain saws had been stolen from a van parked on the Barking Road, not far from the Coop store. 2 minor crimes, that unfortunately, are going to take up a great deal of time for the police to solve. Sadly, it's something that should not have happened. If we just take more care and responsibility in protecting our property. It's well known that the professional or opportunist thief will return is he thinks that there are easy pickings to be had. We all fall into bad habits, I've done it myself, cutting the front hedge with an electric trimmer, the phone rang and I left it lying on the lawn and went to look at my diary. One thing led to another and after 20 minutes or

so I suddenly realised I had left it on display. Fortunately, it was still there when I went back but I would only have had myself to blame if it had disappeared.

In many cases it's money lost. Insurance companies will not reimburse you if they find out that you have been negligent and in any case the excess is often more than the goods lost.

We must help each other if we want to keep thieves out of our neighbourhood. For instance, If you notice that your neighbour has left their car windows open with bags on display on the back seat, I'm sure they wouldn't mind if you gave them a ring to let them know.

The police are far too busy to be overloaded with petty crime that could and should be avoided.

*Trevor Gibbons, Chairman*



## Celebrating an Aikido anniversary

Time flies when immersed in our training. It feels like just yesterday when our Aikido club embarked on a new chapter, moving venue. Now, as we celebrate one year at our new home and Barking Village Hall, we take a moment to reflect on the progress, camaraderie, and transformation that have shaped our club's journey.

We recall it was with some nervousness that we opened the doors to our new venue that day — a symbolic shift that marked something of a rebirth after over 30 years at our previous home. Stepping onto the mats in our new dojo, we immediately sensed the positive energy of the friendly venue and the sense of community in the surrounding villages.

Over the past year, our Aikido club has witnessed new members and new friendships. Individual members have passed various milestones, in class and in life. Our practitioners have grown in both skill and character.

As we reflect on the past year, we recognise that the heart and soul of our club lie in the connections we've

made with one another. The dojo has become a second home—a place where we not only refine our Aikido skills but also find refuge from life's challenges.

As we commemorate this significant milestone, we look to the future with excitement and anticipation. Our Aikido club's journey continues, and the potential for growth and learning remains boundless.

In the years to come, we aspire to deepen our commitment to the art, expand our community outreach efforts, and cultivate an even more inclusive and supportive environment.

Thank you to all who have been part of our Aikido club's journey, and here's to many more years of training and friendship at our dojo. Let us continue to inspire and be inspired as we walk this path together—one step at a time.

Satomi Kai practice Aikido at Barking Village Hall. If you are interested in getting involved, you can contact us by emailing [aikido@precepts.co.uk](mailto:aikido@precepts.co.uk) or by visiting [www.satomikai.co.uk](http://www.satomikai.co.uk)



**Peter Sewell**  
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**01449 721802**  
Mobile  
**07931 841184**

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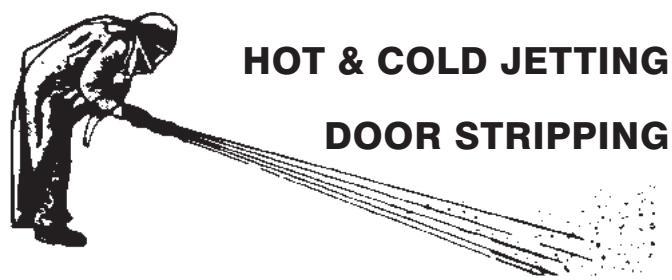
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By now, the summer plants will be over and the winter planting will soon be in place. We are trying pansies again and hope they perform well over the winter. Bulbs will come through to flower in the spring.

The next meeting will be on 7th October in the Community Centre at 10.00am. If you would like to join us, please email [pammib@gmail.com](mailto:pammib@gmail.com) or phone Vera on 723424.

PR



## Needham Market and District Horticultural Society

On 7th September, after our summer break, we welcomed Roger Hance with some lovely photographs of our native wildflowers and orchids. Some of the pictures of flowers were taken in close-up, so the small flower that you wouldn't normally notice, looked quite beautiful. So, the next time you see a red dead nettle, have a closer look.

The next meeting will be on October 5th and will be Hawk Honey on Wasps – I'm sure he will explain why the wasp is not the bad guy we all think it is.

The trip to Barnsdale is on 1st October, so a report of that in the next edition.

We are in discussion with Windmill Tours about trips next year, and our speaker organiser is working on a programme for the meetings.

Have a look at the Society's website [www.nmdhs.onesuffolk.net](http://www.nmdhs.onesuffolk.net) for news.

Meetings are usually held on the first Thursday of the month at 7.30pm in the Community Centre. We have varied, interesting and entertaining speakers, refreshments and a bring and buy plant stall. If you are interested, just turn up at one of the meetings or email - [sec.hortsoc@gmail.com](mailto:sec.hortsoc@gmail.com).

PR

## SUFFOLK LIBRARIES

### Needham Market Library

Tel: 01449 720780

#### Opening Hours

Monday	CLOSED
Tuesday	10.00 - 13.00 and 14.00 – 17.00
Wednesday	14.00 – 19.00
Thursday	10.00 - 13.00 and 14.00 – 17.00
Friday	14.00 – 17.00
Saturday	10.00 - 13.00 and 14.00 – 17.00
Sunday	11.00 – 16.00

Printing, photocopying and laminating available

Meeting room for hire

**We welcome donations of good quality books to sell to raise funds for Suffolk Libraries**

## SUFFOLK LIBRARIES

### Regular events and activities

IT drop-in session : Wednesday 14.00 – 16.00

Baby bounce and tot rock : Thursday 09.45 – 10.30  
Stories, songs and rhymes for babies and toddlers

Stay and play group for parents and babies/toddlers :  
Thursday 10.30 – 11.15

Enjoy some playtime with your baby/toddler whilst getting the chance to meet other parents

Knitting and crochet group : 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month 14.30 – 16.30

Come along to our fortnightly group to learn to knit and crochet or work on your latest project and share tips, find inspiration and chat with fellow crafters.

Top Time : Friday 14.30 – 16.00

A social group for older people with a variety of activities

Storytime and crafts : Saturday and Sunday 11.15 – 12.15  
A fun session of storytime and craft activities for children

By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit [www.suffolklibraries.co.uk/donate](http://www.suffolklibraries.co.uk/donate)





## St Elizabeth Hospice Shop, 75 High Street, Needham Market



<https://www.msn.com/en-gb/feed>

Last month I welcomed Callum as our new manager and this month I have pleasure in telling you about Sue who was awarded Star of the Month in July for superior achievement and excellence. Sue has worked tirelessly to keep the shop open and running when we had no regular manager. She not only kept the shop running but also supported us, the volunteers, to maintain our enthusiasm for our work when we felt adrift without Nuala to lead us. She truly is a star. Well done, Sue. We couldn't have done it without you and look forward to working with you when you cover for Callum.

What a summer is was! Boiling hot or wet and cold, and everything in between! We should be grateful we didn't have the wildfires but the weather really does affect what

we sell in the shop. As usual, we have a good selection of goods for you to browse. Callum has brought in his own style of layout, which I'm sure our regulars will have noticed.

With October we will be seeing lots of autumnal colours in the shop. I've tried to make sure that there will be lots of reds and greens in the wool section for those looking ahead to Christmas too! We also managed to buy in black wool, which had not been available to us before. White still alludes us as it is out of stock with the suppliers – apologies to those who wanted it, we'll keep trying.

Do pop in and see us. As usual our opening hours are 9.30am to 4.30pm Mondays to Saturdays.

*Marion Gibbons  
Volunteer*

## Needham Market WI

Hattie Bennett joined us at our meeting in July with her talk on 'My Life in Music'. Hattie played the cello, which had belonged to her father. She told us about the important and supportive role her parents and brother were and her husband too. Hattie played old time music hall songs, Hungarian, Irish, Beatles, ABBA, Over the Rainbow in support of NHS workers, to name but a few and were enchanting. We were encouraged to sing and clap along, which was extremely enjoyable. Hattie also enlightened and entertained with her stories of musician friends and adventures during her cello career.

We met some representatives of The Lighthouse charity for The Women's refuge at the SEFWI annual meeting back in February and our Secretary Andrea put together a parcel. We have received a lovely letter of thanks from Deb at the Lighthouse refuge.



*Our visit to the hold*

We took a break from our regular meetings in August but a few outings were arranged for our members.

A trip to Dobbie's garden centre was enjoyed by those who went and included a visit to the boatyard where a replica of the ship unearthed at Sutton Hoo is being built.

Our outing on the bus to The Hold in Ipswich was an enjoyable experience whereby we were informed interestingly and insightfully into the historical storage of

administrative artefacts, maps and various documentation. A return visit to the Wolsey exhibition is being arranged.

A big thank you to Jan for hosting our WI lunch in her beautiful garden. The food was delicious and social gathering really fun, getting to know each other a little better.

We are in the process of arranging Tea, Cake and Christmas shopping at the end of November and of course our Christmas Lunch in December



*A Lovely afternoon in beautiful surroundings*

At our next meeting we will be holding our Harvest Supper and in October Jane Hoggar will give us a talk on her life as a Bluebell Girl.

Our Annual meeting will be held on 13th November.

We are always happy to welcome new members so come along to one of our meetings which are held on the second Monday of the month at the Needham Market Community Centre. We look forward to seeing you.





## Stowmarket Lions Community Services

*Helping local groups and individuals in need*



Stowmarket Lions are a group of likeminded volunteers who seek to help those in need in our local communities.

Now in our 43rd year we have raised over £1M since the club started and last year raised some £50,000.

We raise money throughout the year with fundraising events such as our Boxing Dinner, Golf Day, Bike Ride, and Santa Sleigh.

We help groups and individuals in our local communities via our Community Services team who typically meet monthly to consider requests for help.

Recently we have been able to help groups supporting people with conditions such as motor neurone disease, multiple sclerosis, dementia, cancer and the partially sighted, as well as the local food bank.

During our Santa Sleigh last year we were able to help a family from Needham Market with a two year old girl undergoing treatment for leukaemia, here's how:

'Etta wasn't able to see Father Christmas due to her being neutropenic (no immune system) but after an email to the Stowmarket Lions Club they arranged Father Christmas to stop outside on his rounds so she could meet him on his sleigh. It was absolutely magical Etta was extremely excited and it made our year. The Stowmarket Lions Club emailed us after and offered to help us, they've offered to purchase an armchair/sofa bed for Etta's room to enable us to cuddle her and be close throughout the long nights of sickness and medications. We can't thank them enough!'

Commenting on Community Services and the role it plays Lion President Bob Cuff said 'I feel privileged and proud to be leading this amazing group of people this year. They voluntarily give their time to raise money to support those in need. It is heart-warming to know that we are helping make people's lives that little bit better'.

Lion Dave Thomas is our Community Services lead person and can be contacted using the link below:

<https://stow-lions.org.uk/contact-us/>

Or by using this email address: [commserve@stowlions.org.uk](mailto:commserve@stowlions.org.uk)



Lion President Bob Cuff (on the left) presenting winner's trophy at this years Golf Day fundraiser

HELPING **EVERYONE** KEEP FIT AND HEALTHY



## Chair-based exercise class for adults with disabilities

AT MID SUFFOLK LEISURE CENTRE, STOWMARKET, IP14 1LH

EVERY MONDAY 1.30-2.30PM, STARTING 2ND OCTOBER

Come and take part in this seated exercise class, led by a specially trained instructor. Gentle exercise with music in a fun and relaxed environment. Suitable for people with all types of disabilities. Classes are **FREE\*** to attend!

Advance booking is recommended by calling **01449 674980**, alternatively just turn up on the day. Groups are welcome and carers also attend for **FREE**.

\*Classes are FREE until 26th March 2024, thanks to funding provided by the IP14 Wellbeing Fund.



## Community Centre Lounge Bar

Open - Wednesday, Friday & Saturday  
From 7:00 pm

All Welcome & Dog Friendly  
Available for private hire outside of these times  
Follow: Needham Market Community Centre - Official on FACEBOOK



## Upcoming Events at the Food Museum



See [www.foodmuseum.org.uk](http://www.foodmuseum.org.uk) for details

### October Half-Term Events and Activities Apple Week

**Saturday 21st October – Sunday 29th October 2023**

This October half-term we are celebrating apples with a week of apple pressing, juice making, baking workshops and apple-themed activities for all the family. Visitors will have the chance to increase their apple knowledge and taste a wide variety of apples and juices from local orchards.

Every day during the week there'll be apple pressing workshops and apple-based food and drink tasters in the Bone Building. During the week we will also have special apple-themed editions of our regular Toddler Time and Forest School sessions, as well as apple cake baking workshops.

On National Apple Day, Saturday 21st October, we will have a special day of activities, free with entry to the museum.

### Bonfire Night Celebrations

**Saturday 4th November 2023**

Make sure your Bonfire Night goes off with a bang, as you join the crowds at the Food Museum for their annual Bonfire Night Celebrations on Saturday 4th November

Enjoy spectacular fireworks, a roaring bonfire as well as amusements and an engine in steam, an ideal evening of family fun set within the stunning grounds of the museum.

Gates open at 6pm, the bonfire is lit at 7pm and the fireworks go off at 7.30pm. The food trucks, snack bar and fairground will be open for the duration of the event.

Early-bird prices, available until 20th October

Adult: £6      Child: £4

Family of 2 adults and up to 4 children: £20

## Stowmarket Ramblers

**Sunday Oct 1st: 6 mile walk to Darmsden.** Park and meet at Needham Market Lake (not the toilet side) at 10am / GR. TM095548. Nearest postcode: IP6 8NT. Leader: 07831 373154.

**Sunday Oct 8th: 6.2 mile walk to Gosbeck Wood.** Park and meet at Coddendam Community Centre at 10am / GR. TM135546. Nearest postcode: IP6 9SR. Leader: 07530 776720.

**Sunday Oct 15th: 6 mile walk from Norton.** Park and meet at Norton village hall at 10am / GR. TL957659. Nearest postcode: IP31 3LP. Leader: 01359 232096.

**Sunday Oct 22nd: 5 mile walk to Barham Shrublands.** Park and meet at Pesthouse Lane, Barham at 10am / GR. TM267178. Nearest postcode: IP6 0PF. Leaders: 07925 262742.

**Sunday Oct 29th: 6 mile walk to Jockey's Hall.** Park and meet in the car park adjacent to the children's playground in Great Finborough at 10am / GR. TM013576. Nearest postcode: IP14 3AQ. Leader: 07551 316592.

For a complete list of walks nearby, key in your home postcode on [www.ramblers.org.uk](http://www.ramblers.org.uk) then choose Group Walks.

Mary Moore, Chair, Stowmarket Ramblers



## Needham Market FC Fixtures October 2023

Date	Fixture/competition (home fixtures in bolder text)	Kick off
Sat 14 Oct	Long Eaton United v NMFC Southern League Prem Central	15:00
<b>Sat 21 Oct</b>	<b>NMFC v Leamington</b> <b>Southern League Prem Central</b>	<b>15:00</b>
Tue 24 Oct	Stamford v NMFC Southern League Prem Central	19:45
Sat 28 Oct	Royston Town v NMFC Southern League Prem Central	15:00
<b>Sat 4 Nov</b>	<b>NMFC v Nuneaton Borough</b> <b>Southern League Prem Central</b>	<b>15:00</b>

# Community News...



## Help Keep Cricket in Needham

The first recorded mention of Cricket in Needham Market is from 1744 so 2024 will be our 280th anniversary, making us one of the oldest still functioning Cricket Clubs certainly in Suffolk and indeed the Country, however sadly, it could also be our last.

During this season (2023) we had to concede our league fixtures and drop out of the Two Counties League structure as we could not get the commitment necessary to play each Saturday.

We have not however “folded” as a club and we have continued to work on and look after the square at Crowley Park ready for next year. We are also solvent and strong financially and have all the equipment required to play and maintain the square, so the whole infrastructure is in place to continue the tradition of cricket in Needham Market if there is the will and support to continue.

We are currently proposing that the Club should rejoin the league system at a lower level to provide competitive cricket at a standard that may be more encouraging for new players, and we are exploring playing mid week 20/20 games. There is also the possibility that we could play Sunday cricket instead if that's what's wanted. We also plan to continue our successful “junior” cricket sessions on Friday evenings.

However, to do any of these things we need a structure behind the club and the commitment of players (of all abilities) to play during the 2024 season.

Can you help? Firstly and above all, we need players of all abilities to join and play. ECB rules say that you must be at least 13 years old to play “senior” cricket but there is no upper age !!

We will also need more volunteers to help with the “juniors” on a Friday night. If you want to take that on to a further level “coaching” courses are available that we will fund.

### Not to put too fine a point on it, we need YOU.

Over the winter if there is a ground swell of opinion we will be “hold” an open meeting to discuss the best way forward but in the meantime PLEASE get in touch with either myself (andy.e.burgess@btinternet.com or 07879802114) or via our Needham Market CC Facebook page if you are interested and what the favoured options are Saturday/Sunday? We will then keep

you informed as to what is happening in readiness for next season. Including indoor net sessions during the winter period.

Help keep Cricket in Needham,

Andy Burgess

So, whether you are:

- Thinking about fostering
- You are already a foster carer & thinking about transferring
- You just want to know more

Get in touch on 01842 818793, email us on [info@soundlyfostering.co.uk](mailto:info@soundlyfostering.co.uk) or visit our website [www.soundlyfostering.co.uk](http://www.soundlyfostering.co.uk) and fill out the contact form.

Soundly Fostering, Charles Burrell Centre, Staniforth Road, Thetford IP24 3LH



## **Armistice Day Commemoration, Remembrance Service and War Memorial Commemoration Service 2023**

### **The annual Services will be held as follows:**

**Saturday 11th November** – a short Armistice Day Service will be held at Barretts Lane Corner commencing 10.50am.

**Sunday 12th November** – Remembrance Service at Needham Market Community Centre, School Street commencing 10:35am (please arrive by 10.25am to enable seating allocation).

**Sunday 12th November** – following the Remembrance Service there will be a Commemoration Service at the War Memorial which is within the Town Burial Ground, top of Barretts Lane.

All the Services will be led by Reverend Tracy James, newly appointed Rector at St John the Baptist Church in the High Street.

All members of public are welcome to attend the Services. There will be a minibus available to take those with limited mobility who, following the Remembrance Service, wish to attend the Commemoration Service, from the Community Centre to the Burial Ground and back. Light refreshments will be available to the congregation at the Community Centre following the Remembrance Service and for those who return from the Commemoration Service.

## **Grants received for the Scout Hut Project and Younger Children's Play Area, Crowley Park.**

Mid Suffolk District Council has approved Community Infrastructure Levy (CIL) grant funding of £75,000 and £65,560 respectively towards the above projects. The Children's Play Area equipment installation works will commence on site by the end of September. The Scout Hut Project is considerably more complex and a start on that will be made as early in the new year as is practicable.

## **Civil Parking Enforcement**

Just a reminder to vehicle drivers regarding the regulated on-street parking in the High Street and Barretts Lane. Since the introduction of Civil Parking Enforcement, when powers were transferred from the Police to local authorities to enforce parking regulations, many people have been caught out by overstaying beyond the time limits which are displayed. Parking enforcement in Mid Suffolk commenced on 6th April 2020 which was initially low key being within the COVID19 period. The District Council does not carry out enforcement itself but has contracted Ipswich Borough and West Suffolk Councils to manage it on their behalf. The Mid Suffolk enforcement areas can be seen on Suffolk County Council's parking enforcement map. The Town Council provides some off-street parking off the High Street and Barretts Lane, which remains free to use although users are asked to respect the two-hour limit where that applies.

## **Weed and general overgrowth across the town**

The summer period and now beyond has seen a pattern of weather that has produced exceptional growth of plants and weeds. The Town Council focuses its very limited resources on keeping its recreation and play spaces free of overgrowth but that has been a struggle over the past few months, not helped by recruitment problems experienced by our main contractor Vertas. The days of proactive approaches by the District and County Councils are long gone, as their budgets have been squeezed and their drawing back from carrying out, what are for them, discretionary services.

What can be frustrating and sometimes dangerous is when hedges are left by homeowners to overgrow pavements, particularly on busy roads and school routes. The homeowner will invariably maintain their inside border hedge but completely neglect the exterior, which they are of course responsible for. They are creating a risk that could lead to public injury and the Town Council therefore appeals to those who have let the overgrowth happen, to take responsibility and deal with it.

## **Needham Market – History Book**

Local resident Graham Oxenham has produced a comprehensive book on the history of our town, having spent years on research. Graham is also the current Local Recorder and takes responsibility for seeing that the present is adequately recorded at local level, and being on the look-out for items of historical interest which might be overlooked or lost for ever.

## Needham Market

### Anatomy of 20thC change to a medieval village

Available direct from the author

Email: [graham.oxe@gmail.com](mailto:graham.oxe@gmail.com)

**\*\* £12** including local delivery **\*\***

Also available at RRP £14.99 from the Post Office or Gipping Press via the [anythingsuffolk.co.uk](http://anythingsuffolk.co.uk) website

*Kevin Hunter, Town Clerk*

## COMMUNITY THERMAL IMAGING PROJECT



### Helping You Keep Your Warmth In

Following the success of this project earlier this year, **Needham Market Climate Action Group** has booked the thermal imaging cameras, for **FREE**, from 31.10.2023 – 20.11.2023.

The aim is to raise awareness about insulation and help you to explore the energy efficiency of your home. The benefits could be that:

- You are better informed about where heat is leaking from your home
- You can focus on solutions that will make a difference

**Visit [www.greensuffolk.org](http://www.greensuffolk.org) for help & information**

**If you would like us to include your house in the survey please contact us at: 01449 722246 or [clerk@needhammarkettc.co.uk](mailto:clerk@needhammarkettc.co.uk)**

The cameras use infra-red radiation which cannot pass through glass. This means the camera cannot see through windows, doors or walls. A thermal imaging survey will not invade your privacy as we will only see the outside surface of your house.





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 5:30pm

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 / ADULTS / BACKSTAGE

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Needham Market  
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## The Original Strummers Ukulele Band



Saturday 21st October, from 8.00pm  
 The Lounge Bar, NM Community Centre

## THEOBALD'S ENDOWED FOUNDATION

The Theobald's Foundation is a charity whose purpose it is to assist local young people with the cost of further education, vocational courses, and recognised apprenticeships. The Trustees will also consider grants for projects and activities that encourage personal development.

Applications are now being invited, providing they meet the following conditions:

- 1) The applicant's parents or guardians currently or have been resident in Needham Market or Barking for a minimum of 5 years prior to the application.
- 2) The applicant attended for not less than 2 years, prior to the age of 16, any local school in, or substantially serving Needham Market or Barking.
- 3) The applicant is under 25 years of age.

Application forms may be obtained from the Clerk to the Trustees:

Mrs Louise Mills  
 23 School Street  
 Needham Market

IP6 8BB

Telephone 01449 722494

Email [mallards23@btinternet.com](mailto:mallards23@btinternet.com)

Closing date for applications: November 30<sup>th</sup> 2023, for courses commencing in the autumn term.

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## What's on at Needham Market Community Centre

### ZUMBA

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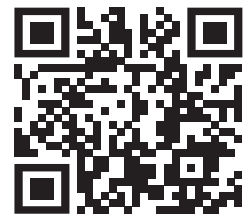
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Then 'Click Before You Call' if you want to report non-urgent crime, anti-social behaviour or a non-injury road incident.

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## Record Numbers of Families Accessing Home-Start in Suffolk Support

**Suffolk's leading family support charity, Home-Start in Suffolk is seeing record numbers of families accessing their vital services this year. They are now urgently appealing for more local people to help support the charity and consider becoming a volunteer.**

Home-Start in Suffolk is currently supporting more than 1,500 local families thanks to a network of fully trained and experienced volunteers. The charity help families with children aged from birth to 12 years through a range of challenging and difficult circumstances, such as, loneliness, isolation, mental health, domestic abuse, bereavement, health struggles, disabilities, poverty and much more.

The charity has seen referral numbers rise sharply throughout this year causing a huge strain on their existing network of volunteers. It is therefore now vital that more volunteers are recruited and trained to cope with the

continuing rise in demand.

Tara Spence, CEO of Home-Start in Suffolk said: "Our services have been accessed by record numbers of families in the last year and this sharp increase is showing no sign of slowing, particularly in relation to the rise in the cost of living. Families who never before would have needed our support are finding themselves struggling and reaching out for help from our team."

Whilst Home Start in Suffolk know how fortunate they are to have an incredible network of volunteers, varying hugely in age, backgrounds and life experiences, in order to cope with this level of demand and avoid waiting lists, they need to recruit and train more volunteers.

"Volunteering can have such a positive impact" continued Tara, "not just on the life of the families we are supporting, but also for the volunteer themselves. We would therefore like to encourage anyone that may have a few hours to spare each week to get in touch to just have

an initial conversation about the range of volunteering opportunities at Home-Start in Suffolk".

Home-Start volunteer, Michelle said: "I am so glad I took the leap and became a Home-Start volunteer. I feel privileged to have been part of the Home-Start journeys for each of the families I have worked with, and to see what a difference my support has made really makes me feel valued, like I have sense of purpose and extremely proud to be part of such a wonderful organisation."

"Home-Start works because it is such a simple, yet powerful concept." Continues Tara. "Volunteers are matched with a family, then visit or call them once a week to provide vital emotional support and practical help. We also have volunteers that provide support to our many groups operated across Suffolk. It's very satisfying to see families get the help they need when they need it most and seeing them blossom and grow in confidence is so rewarding."

Mark and his family have been receiving support from Home-

Start and said "I cannot thank Richard my volunteer enough for all the support he has given to me and my family. I think Home-Start in Suffolk are amazing. They really do make a difference."

There are a wide range of volunteering opportunities available at Home-Start that can suit any time and level of commitment people may have. People can volunteer to support families or you could even volunteer your time as an events and fundraising volunteer.

Home-Start in Suffolk have been supporting families across the county for almost 25 years and in 2021 their volunteers were recognised for their incredible work by being awarded the Queens Award for Voluntary Services – the equivalent of an MBE for volunteering.

To find out more about volunteering for Home-Start in Suffolk please call: 01473 621104, email: [volunteer@homestartinsuffolk.org](mailto:volunteer@homestartinsuffolk.org) or visit [www.homestartinsuffolk.org](http://www.homestartinsuffolk.org)



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Contact Hayley on [needhammarketcraftfair@gmail.com](mailto:needhammarketcraftfair@gmail.com) for more information



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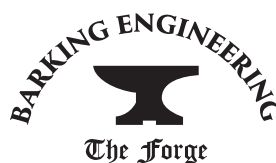
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## News from the Parish Church of St John the Baptist

Thank you to all of those residents that supported our produce stall on Saturday 2nd September. Everything sold and we made over £130 pounds which is very much needed to help keep the church going. Our final stall for the this year is on Saturday 7th October. Do come along and say "hello" and see what an array of produce we have to sell, looking forward to seeing you there.

Wednesday 6th September was a very special day for St Johns Church. It was beautifully decorated in floral displays from our team of flower arrangers and it was all laid out ready for a lot of visitors. That evening, over 120 people witnessed our new Rector, Revd. Tracey James being inducted by Bishop Martin Seeley. Supported by her family, clergy friends and many members of the congregation from the Debenham Benefice, where she spent her Curacy, plus members of our congregation along with dignitaries and members of the other churches in Needham Market. It was a wonderful occasion with joyous hymn singing and sense of dedication, from every one, to welcome Tracey in her new roll and a pledge to support her along the way. Of course you cannot let an occasion like that go with a celebration party afterwards. This took place in the ARK and members of our congregation had made cakes and supplies of delicious savouries which were readily enjoyed by all. A very happy occasion and one that I am sure Revd. Tracey will never forget. Now, however it is down to the business of working together to welcome any newcomers to our congregation and building a church where everyone feels welcome, whenever the occasion arises.

Our Harvest Festival service is at 10.00am on Sunday 8th October and a list of services is elsewhere in this newsletter and on the church door. The Church telephone contact number remains the same 01449 720316

CFL



## Christchurch, Needham Market

### Ripples

At a funeral I went to recently the celebrant quoted from one of Terry Pratchett's books: 'No one is actually dead until the ripples they cause in the world die away'. I found this strangely comforting. We would hope that family and close friends would remember us for years to come, but to think that what we did throughout our lives, whether good or bad, could have a wider and more far reaching effect than we had imagined. Even when we are no longer here, things that we said or did could have made a lasting impression on someone. Jesus' life and death affected so many people that His ripples are still going on, after 2,000 years! Let us try to leave ripples that are full of kindness and wisdom.

SN





**CHRISTCHURCH, NEEDHAM MARKET**  
(Methodist/United Reformed Church)  
High Street, Needham Market IP6 8AP

#### Minister

**The Revd Rita Carr (Methodist) Tel: 01449 259379**  
**Sunday Morning Worship:** 10.30 am with Sunday Club  
**Service of Holy Communion:** 2nd Sunday

#### WEEKDAY ACTIVITIES IN CHRISTCHURCH HALLS

**Tiddlers: (For Mums, Dads, and Carers with Babies up to 4 years)**  
**Monday 9.30 – 11.30am (term time)**

Contact – Victoria; 07725037026

**Scrabble Club: Monday 2.00 pm – 4.00 pm**

New players please contact Sheila Norris on 01449 720871

**Knit for Peace: 3rd Wednesday 2.30 pm – 4.00 pm**

Contact – Sheila Norris. Tel:01449 720871

**Christians Together: Thursday 10.30- 11.30am (term time)**

Contact – Barbara Ellis 01449 720154

**Coffee Morning: 2nd Saturday 10 am – 12 noon**

(Always with a selection of cakes, books and puzzles for sale)

#### OTHER REGULAR BOOKINGS

**Yoga:** Monday 7.00pm – 8.00pm

**Arena Karate:** Monday & Wednesday 5.00pm – 6.00pm

Contact Nina Hall: 07952 839167

**Rangers:** Tuesday 7.00 – 8.30pm (term time)

Contact Angela Hayward: [ahayward17@btinternet.com](mailto:ahayward17@btinternet.com)

**Keep Fit:** Wednesday 6.45 – 7.30pm

Contact: Madi Wright: [thewritelife@hotmail.com](mailto:thewritelife@hotmail.com)

**Rainbows:** Thursday 5.15 – 6.15pm (term time)

Contact Chloe Keys: 07502149673 or [eolhc27@hotmail.co.uk](mailto:eolhc27@hotmail.co.uk)

**Brownies:** Thursday 6.30 – 7.30pm (term time)

Contact Carly Otton: [carly.otton@gmail.com](mailto:carly.otton@gmail.com)

**HALL BOOKINGS Contact:** Joy 07470 550 961

**CHURCH CONTACT:** Lindsey Gomez 01449 722418

[www.christchurchneedhammarket.co.uk](http://www.christchurchneedhammarket.co.uk)

**ALL ARE WELCOME!**

## **CATHOLIC PARISH OF OUR LADY, STOWMARKET**

**Parish Priest:** Father Simon Leworthy

The Presbytery, 29 Lockington Road,  
Stowmarket IP14 1BQ

Tel: 01449 612946

E-mail: [pp@ourladystowmarket.org.uk](mailto:pp@ourladystowmarket.org.uk)

#### **MASS TIMES:**

**Saturday evening - 6pm**

St Mary's C of E Church, Woolpit IP30 9QG

**Sunday morning - 8.30am & 10.15am**

Our Lady's, Stricklands Road, Stowmarket IP14 1AW

**Daily Mass Monday to Friday - 10am**

Our Lady's, Stricklands Road, Stowmarket IP14 1AW

Welcomers will be directing parishioners in church  
and we look forward to welcoming you all.

Other events in the Parish are advertised at  
the front of Our Lady's Church, in the weekly  
Newsletter and on the Parish Website -  
[www.ourladystowmarket.org.uk](http://www.ourladystowmarket.org.uk)

## **ST JOHN the BAPTIST CHURCH**

### **Needham Market**

Rector of Needham Market and Badley

Reverend Tracey James

Church Wardens: David Sewell and Ian Jeffreys  
(To arrange Baptisms, Weddings or Funerals or any other  
matters connected to St. Johns please ring 01449 720316  
Please join us for our Service of Communion on Sunday  
Mornings at 10.00 am

#### HARVEST FESTIVAL

Sunday October 8<sup>th</sup> at 10.00am All welcome

#### MORNING PRAYER

in Church on Wednesdays at 9.30am

#### HOME WORSHIP

is held on the first Monday of the month 10.00am at 137 High  
Street Needham Market. Talk is followed by tea/coffee and  
chat. All Welcome. Next meeting October 2nd

TUESDAY TOTS are held in the Ark every Tuesday in Term  
Time from 9.30 – 11.00am £1.00 per family.

ST JOHN'S PANTRY opens every Thursday morning in the  
ARK 9.30am – 11.00am plus teas and coffees (We are here for  
all who need us)

#### PRODUCE STALLS

Last stall of 2023 will be held on Saturday October 7<sup>th</sup>

#### NEW HOUSEGROUP

Starting Wednesdays at 39 Ammonite Drive

Coffee from 10.00am for 10.30 start.

All welcome (just turn up) More details to follow



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## Home Worship

Unfortunately John Dowling from the Mission to Seafarers was unable to come to September Home Worship, because his car had to go into the garage to be repaired, and he had hoped to make two 'Harbour' visits as well as Home Worship. However we hope he will be able to come on a future date.

So a regular attendee at Home Worship led the morning instead. She asked the question: "Have you ever felt you have been used by God to be an instrument to bringing someone to be a Christian?"

She told of when she was in her early twenties she had gone to work for BOAC (British Overseas Airways) as a shorthand typist. BOAC had an Accommodation Officer whose job it was to find digs for workers coming from other parts of the country, and she was allocated to go to a Mrs. Green's home who took in lodgers. However, Mrs. Green had booked to go on a coach trip to Blackpool Illuminations that weekend and she told her where to find the key and make herself at home, until Mrs. Green got back. She didn't mind doing this at all, but her Methodist Minister in her home town, thought that wasn't good enough, and got in touch with the Methodist Minister in Hounslow to arrange for her to stay with him and his family for a weekend. Which meant she got to know the Hounslow Minister better than she would have done as a new member of the congregation. He was very ill, in fact terminally ill, which he didn't talk about very much, but he got very tired; and he asked if she might visit an old lady on his behalf who he usually visited as part of his pastoral work.

So she visited this old lady, who lived with her grown up daughter, and they had a teenage lodger, Ian who had just come to work in Hounslow. The old lady and her daughter were very kind to him, but he hadn't made any new friends his own age, and he looked lonely and sad. So she said to him there is a small group of us who go up to central London on the tube every Sunday evening to listen to various famous preachers from different church denominations each week; and would Ian like to join us? and he said 'Yes'. Well the first evening we all went with Ian it happened to be Tom Rees, the Evangelist. At the end of the service he asked if anyone felt they had been called to further commitment, if not that evening then in previous weeks. So she went forward, and then a girl called Diane from their group, and finally Ian.

After that she said to Ian, apart from this small group, there is a larger group of young people who meet in each other's homes on a Sunday evening after church. So Ian joined that group. and he met a really lovely young girl called Carol, and in time Ian and Carol got engaged. Both young Christians. So from Ian being a very unhappy lonely young man, it was wonderful seeing him absolutely radiant with happiness. Archbishop William Temple said "When I pray coincidences happen."

Next month we have Kate Dines telling us about St. John's Pantry. We always meet on the first Monday of the month, 10am at 137 High Street, Needham Market. After the talk, we have tea/coffee and biscuits and a friendly chat.

*All welcome. Wendy Marchant*

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## NEEDHAM MARKET EVANGELICAL CHURCH

*Ipswich Road Needham Market IP6 8EH*

### Temporary Closure of our Building

Our church building in Ipswich Road has been closed for repairs during much of September. The roof tiles have been replaced and other improvements to the building have been made. It is hoped to reopen our building in 2nd week of October. We are grateful to the Community Centre for allowing us to use the Green Room for our Sunday Services and also to Christchurch who made a room available to us for a visit from the Open Air Mission.

### Advance Announcement

With effect from 29th October the time of our Sunday evening service will change from 6.30pm to 6.00pm

### Services and Meetings in October

#### Sunday Services

Held every Sunday at 10.30am and 6.30pm (6.00pm Wed 29th October) in our church building in Ipswich Road. They are also relayed on Zoom and recordings are uploaded to YouTube later. Refreshments are served after each evening service. Please see below for internet contact details. Do come and join with us. You will receive a warm welcome.

#### Bible Study and Prayer Meeting:

Every Tuesday evening at 7.00pm in our Church Hall.

### Ladies Together

1st Wednesday each month. Next meeting 4th October: 10.30am.

A time for ladies to encourage and support each other, which includes fellowship, Bible study and prayer. New ladies always welcome, to join in discussion or just listen. Please contact us or check our web site for details of the venue.

### Coffee Plus

3rd Friday each month. Next meeting Friday 20th September between 10.30am and Midday.

Please join us for a hot or cold drink, excellent home-made cakes, and a time of friendly chatter.

### Boys and Girls – There are new videos on our website for you

Look on [www.needhamchurch.org.uk](http://www.needhamchurch.org.uk) and click on the Tab marked "Children", then follow the link to Children's Corner where you will be able to hear exciting stories from the Bible.

You will find how to access our services on the Home Page of the Church website, [www.needhamchurch.org.uk](http://www.needhamchurch.org.uk). Those without the internet can join the services by telephone. Please dial 0330 088 5830. The meeting ID is 678 027 3322 and the password is 828 694.

*For further information, please contact us via David 07719 996375*

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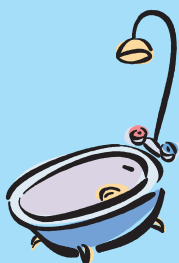
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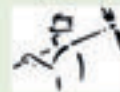
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