



NEEDHAM MARKET

NEWSLETTER

YOU ARE KINDLY INVITED TO THE
*WEDDING
RECEPTION*
MURDER MYSTERY

ON FRIDAY 13 OCTOBER
AT 7PM FOR 7:30
AT NEEDHAM MARKET COMMUNITY CENTRE

SINGALONG AT THE RAMPANT HORSE
TUESDAY 19TH SEPTEMBER - SEE PAGE 13

PSYCHIC & PAMPER -
FRIDAY 29TH SEPTEMBER - SEE PAGE 9

(FRONT COVER IMAGE) WEDDING RECEPTION
BY NMEC ON FRIDAY 13TH OCTOBER
- SEE FULL POSTER ON PAGE 12

NEEDHAM MARKET CRAFT FAIR -
SUNDAY 22ND OCTOBER - SEE PAGE 9

**NEEDHAM MARKET
ENTERTAINMENT COMPANY**

Needham Market Town Council



Town Mayor/Chair of Council

John Reardon 07802 231692

Deputy Town Mayor/Deputy Chair of Council

Terry Lawrence 07928 512599

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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

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Suffolk Drugs and Alcohol Helpline 0300 123 0872
National Drugs "FRANK" Helpline 0300 123 6600
Alcoholics Anonymous - National 0800 917 7650
- Local 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 SEPTEMBER 2023:

- **Monday 4th September** – Planning Committee
- **Wednesday 20th September** – Town Council (please note: The Chief Executive, Mid Suffolk District Councillors and members of his Senior Management Team will be present at the meeting. Members of public will have the opportunity to raise questions and make comment, at the meeting).

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

Posters should be sent as PDFs. **The copy deadline for the October 2023 edition is the Fri 15th September.**

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.



This is my third monthly report for the newsletter and I've already realised the perils of writing it three weeks before you read it. Last month I wrote that summer had arrived but it didn't stay for long! I also wrote that the flags along the high street would be reduced in numbers and some would remain. However, the high winds of 15th July put

Mayor's Report - September 2023

paid to that. The strong winds managed to bring down two flag poles. After finding that it was the brackets that had broken, we had no choice but to remove them all. We are investigating options that would keep the flag poles attached to the posts in the event any part were to fail again. The main flag in Jubilee Crescent had also ripped in the strong winds. That will be replaced or we'll look to fly the Needham Market flag.

Most residents will have noticed the Speed Indicator Devices (SIDs). We will let them run for a few weeks before collecting and analysing the data to see what

and how we can publish the findings, possibly in future newsletters. Initial comments from residents in the High Street indicate they are having the desired effect of reducing speed.

On looking through past Newsletters it is good to note there are so many clubs, especially sports and other activities/interests taking place in the town. My thanks go to each and every one of you who run these and make them possible. I know from experience how much time and energy it takes. Every club welcomes new members and I am personally aware that the Cricket and Bowls clubs, both on Crowley Park,

would especially welcome newcomers. So, if you have been thinking about joining a club why not make the first move and maybe make that call. You never know where it will lead you. The physical, medical and social benefits to your wellbeing are tremendous.

I hope you all have managed to get some kind of break from your usual routines and responsibilities over the summer period.

*Thanks John Reardon
Town Mayor & Chair of Council*

Needham Market Bowls Club

We were delighted to welcome 8 new full playing members and 3 social members following our taster sessions held on the 29th of April and 13th May. We have bowls to lend for those wishing to try the game. In addition to Wednesday and Friday afternoon roll ups we have now started Saturday morning roll ups so that players of all ages and ability can play in a relaxed atmosphere whilst improving their bowling skills. Several of our new players are already playing in our league matches too.

The club runs 7 teams competing in the Stowmarket and District league, as well as participating in cup matches. So, there are afternoon and evening matches available to suit all diary commitments.



We are located beyond the top car park at Crowley Park off Barretts Lane, IP6 8BX.

Our Presidents Day was held on 30th July with 20 players competing and many social members attending.

Our Novices Cup day will be on Sunday 20th August followed by mixed pairs and mixed triples the first and second Sundays of September respectively.

We have friendlies organised with Holywells Bowling Club and Coney Weston Bowling Club in August and September, again respectively. Our closing drive will be on the 24th of September when our social events calendar will start in earnest.

If anyone would like to join our friendly and welcoming

club, please contact Alistair Bailie on 01449 720759 or Pat Hadden on 01473 831308. Please also follow the club on our Needham Market Bowls Club Facebook page.



Needham Market Community Chinwag

The August Chinwag brought summer cheer with entertainment from Alan but sadly not the summer weather we were all hoping for. We had a visit from Mikey & Jordy's ice-cream van & the chinwaggers all enjoyed an ice-cream during the afternoon's entertainment. We also celebrated the 80th Birthday of one of the volunteers, Peter, with a chorus of Happy Birthday led by Alan.

As always, a BIG thank you goes to our volunteers who work hard on the day but also during the month preparing for future Chinwags. We are delighted to share the entertainment booked for the rest of the year, please see below the following 2023 dates for your diary:

6th September - An afternoon at the musicals with Evie Capon

4th October - Entertainment from Bruce Aldred

1st November - Jane & Julie aka 'The Singing Sisters'

6th December - Christmas Classics with Alan & Gina

We continue to support the Stowmarket Food Bank and the books and jigsaw puzzle swap were also on hand for people to take away.

Dare we say, we are already thinking about 2024? We look forward to receiving feedback and ideas from our Chinwaggers and, if you are a singer, comedian or any kind of entertainer and

would like to come along and entertain our chinwaggers, we would love to hear from you.

Please email needhammarketchinwag@gmail.com

We meet on the first Wednesday afternoon of the month from 2pm -4pm at Needham Market Community Centre. If you have a family member, neighbour, or friend aged 60+ please do encourage them to come along. No booking is required and a warm welcome guaranteed.

If you would like to know more about the group or would like to support in any way, The Chinwag team can be contacted as follows:

Call: 07944 688799

Email: needhammarketchinwag@gmail.com

Facebook: Needham Market Chinwag

Instagram: NM Chinwag



The Needham Market Society

I hope everyone has had a happy and healthy summer, despite the weather. Our September meeting will be the last of this years programme. There will a short AGM and details of next years programme will be available. Membership renewal will be due and we have chosen not to increase the subscription.

I hope you have enjoyed this years programme and as you can see, our 2023-4 meetings kick off with a musical evening in November.

21/09/2023 Tour of Supernatural Suffolk: Stephen Poulter

16/11/2023 ShantyFolk: Shanties, Tales and Songs of the Sea

We look forward to seeing you all at our September meeting.

Newcomers always welcome.

ALL MEETINGS START AT 7.30PM ON A THURSDAY, Burton Room, NEEDHAM MARKET COMMUNITY CENTRE

Membership - £7.50 for 12 months (Sept 2023-24); Non members £3 an evening.

For any enquiries about the Society please call Mary McDermott on 01449 722450 or 07521 937931



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 688799
Email: needhammarketchinwag@gmail.com

 
Needham Market Community Chinwag @nmchinwag

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 or visit in person 5 Milton Rd South, Stowmarket, IP14 1EZ

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



Needham Market WI

A successful Summer Quiz was held at the Community Centre with refreshments provided by our WI members.

Our members were busy again for the craft fair. We are extremely lucky to have such talented bakers who are always ready to support local events.

Hawk Honey was our speaker for June and gave an interesting talk about forgotten bees. Hawk was previously a long distance truck driver until 2013 when he suffered a life changing accident, resulting in a serious shoulder injury. Through following his real passion and volunteering for the Suffolk Wildlife Trust, he developed his interest in bees and wasps. He is now working at Lackford lakes for the Trust. We all learnt about the decline of solitary bees requiring protection from Honey bees. Hawk explained life cycles, predators, importance of providing food, water, bee houses, nest sites, materials etc. Also the importance of not using pesticides. Hawk encouraged us to be untidy gardeners, where possible and plant native species to support an abundance of wildlife.

We met some representatives of The Lighthouse charity for The Women's refuge at the SEFWI annual meeting back in February and were inspired by the stories we heard and the dedication of the volunteers. Our Secretary, Andrea contacted Deb Johnson from the charity, in relation to putting together a donation. Deb specifically requested toiletries, biscuits, tea and coffee. A shop at Aldi's and the items were delivered directly to the refuge. These were warmly received and an insight into their important work was inspiring. We have arranged for Deb to join our meeting in July next year to talk about how the charity supports vulnerable women and children. We hope to continue our support on a regular basis.

Hattie Bennett will be joining us at our next meeting with her talk on 'My Life in Music'.

We will be taking a break from our regular meeting in August but we are arranging outing 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.

We have a small party going for a tour of the Hold in Ipswich on 17th July and summer lunch in August.

Our meeting will resume on 11th September when we will be holding our Harvest supper.

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.

Needham Market Day Centre

Those who regularly attend the Day Centre on a Wednesday have enjoyed their Summer, especially an outing on a lovely sunny day to Felixstowe with a fish and chip lunch. Now the winter is nearer they will appreciate being able to get out, meet their friends and have lunch together each Wednesday. We hope that others will be interested to join them, transport is provided if required.

We are all very grateful to the helpers who serve the lunches each week, but as always we would appreciate more help. Once a month on a rota system is all that is asked for. All enquiries to Jean Annis 720531.



Mid Suffolk

September brings a new school year, one of my children is in primary school and the other secondary. Between uniforms, PE kit and knowing they'll need to catch the bus each day the costs are adding up. I'm already pretty stretched, so I'm not sure how to cover these extra outgoings. Is there any help I can get?

A new school year can put pressure on lots of people's budgets, so you're not alone in your worries.

But there is help available. If you are online, a good place

to start is the Citizens Advice website at citizensadvice.org.uk/family/education/help-with-school-costs where you'll find lots of information on the support you might be entitled to for school-related costs. The help you can get to cover school lunches will vary depending on how old your children are and if you claim benefits. Children in Reception, Year 1 and 2 automatically get free school meals. You can apply for free school meals for older children if you claim certain types of benefits, including Universal Credit, Child Tax Credit and Income Support.

You mentioned concerns about travel costs. If your child can't walk to school because of special educational needs or disabilities they should get free school transport. You may be

able to get help with transport costs from Suffolk County Council if your children can't walk because it's dangerous or too far.

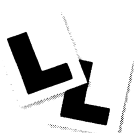
If you're on a low income, Suffolk County Council may also be able to help you with activity and school uniform costs. You're likely to be considered to be on a low income if you get means-tested benefits like Universal Credit or Housing Benefit. In some places there are also local charitable schemes that can help. A good place to find out about these is the school itself or Parent Teacher Association (PTA), as both will usually know if these kinds of schemes exist. A lot of people are feeling the squeeze at the moment, but it's important to remember that help is available with school costs and

you're not alone.

If you need more information on getting help with school costs, the advisers at Citizens Advice Mid Suffolk will be happy to help.

Citizens Advice Mid Suffolk can provide advice on issues including debt, finances, employment, benefits, family/relationships and more. 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. Our opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm. For more information go to midsuffolkcab.org.uk.

Peter Sewell
DRIVING SCHOOL



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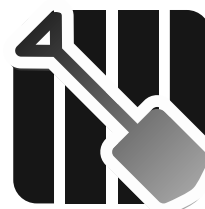
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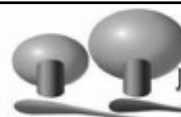
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Needham Market Neighbourhood Watch



It was interesting to see the report in the EADT that domestic burglary in Suffolk, especially in small towns such as Needham Market, has reduced by over 50% in the last 2 years. The main reason for this is due to Covid and the introduction of CCTV and doorbell cameras. When most of us were stuck at home at the start of the pandemic we got to know our neighbours and as a result we started to talk and look after each other. Fortunately, as things slowly returned to normal the friendships continued and any stranger that suddenly appeared on the street was quickly challenged. This helped to deter the would-be opportunist thief. The same can be said of doorbell cameras. No longer do you find strangers walking down your path, ringing your doorbell, checking to see if anybody is at home before they attempt to get inside. It's encouraging knowing that there is somebody on every street in town that has CCTV fitted so if your car or garage is broken into it is possible that the thief could well be picked up coming and going, and the police immediately have something to work on as in over 80% of cases the suspect is recognized by somebody.

Whilst on the subject of cars, on the website Nextdoor Needham, there have been reports of catalytic converters being stolen. It is an expensive piece of equipment to replace and the people who carry out this crime are very professional. It takes just 3 men 5 minutes to complete the job. One acts as lookout, one jacks up the car and the other uses an electric saw to take off the converter in one fell swoop! Of course, the police advise putting your car in your garage, if not park under a light with the exhaust side of the car next to a wall or a hedge. Don't make it easy for these rogues! Nowadays you can purchase dashcams that automatically come on if the car is knocked, which also helps. Whatever happens do talk to the police and then speak to your neighbours as someone somewhere may have seen something.

It is by working together that we can stop or deter the opportunist and professional thieves from operating in and around Needham Market.

Trevor Gibbons, Chairman



Embrace the Serenity of Summer: Discover Aikido

As the summer sun casts its warm glow, a serene atmosphere settles in the air, making it the perfect time to embark on a journey of self-discovery and physical well-being. Our Aikido club invites you to experience this dynamic Japanese martial art while the summer season offers an ideal opportunity to join our group.

The summer months bring a gentle ebb to life's hectic pace. With holidays and various activities occupying schedules, our Aikido classes experience a brief period of smaller class sizes during this season, creating an ideal environment for newcomers to receive personalised attention from our experienced instructors.

For those feeling hesitant or self-conscious about joining larger classes, the summer season provides a chance to build confidence in a more intimate setting. Joining our Aikido club during the summer offers distinct advantages, especially for beginners. Even small reductions in class attendance allow our instructors to dedicate more time to individual students, ensuring a smoother and more immersive learning experience.

Whether you are new to Aikido or returning after a hiatus, instructors can address specific challenges, offer personalised corrections, and tailor training sessions to suit individual goals.

In addition to training, our Aikido club organises various social events and outdoor activities during summer. These gatherings create the perfect backdrop for forging new friendships and connecting with fellow practitioners.

Let the summer breeze carry you towards a rewarding path of self-discovery and personal growth through the art of Aikido.

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 or by visiting www.satomikai.co.uk





Needham Market and District Horticultural Society

In July a few members enjoyed an excellent short break to Cheshire with Windmill Tours. We were joined by members of the Women's Institute and other garden clubs from the Ipswich and Felixstowe areas.

Stopping for the afternoon at Trentham Gardens in Stoke on Trent, we made our way to the Best Western Hotel on the top of Overton Hill near Frodsham where we had spectacular views over the river Mersey and surrounding countryside.

We managed to take our sunny weather with us and had a lovely day visiting RHS Garden, Bridgewater. This is a work in progress of restoring a large estate garden. A large walled kitchen garden has been completed and borders have been planted. Work is being done on building a Chinese stream side garden using materials from China, and being built by Chinese workers. We agreed we would need to visit again in two or three years to see how it has progressed.

Day three saw us at Tatton Park Flower Show with all its trade stands selling plants. Space in the boot was provided! There were a few show gardens and

a good number of small gardens built by school children.

Home on Saturday, in the rain, calling in at the National Memorial Garden near Lichfield. We took a tour of the garden on the land train, viewing the tributes, amongst the trees, of those who have



served and continue our country.

We look forward to the trip to Barnsdale on 1st October and we hope to continue working with Windmill Tours in the future.

If you are interested, please contact Windmill Tours directly - www.windmilltours.co.uk or telephone 07734 722484. They have a programme of excursions and holidays throughout the year – you don't have to be a member of an organisation to book.

The next meeting will be on 7th September and will be Roger Hance with Wild Flowers and Orchids, followed by Hawk Honey with Wasps in October.

Have a look at the Society's website 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.

P.R.

St Elizabeth Hospice Shop, 75 High Street, Needham Market

We are very pleased to welcome Callum as our new manager. Many of you will recognize him as he has covered many days as mobile manager in our shop. Sue, who you will also recognize as a covering manager, will be working on Callum's days off. It has been mainly Callum and Sue that have been looking after the shop and its volunteer team for the past 18 months. It will be so good to have them settled in properly and we welcome them both as permanent members of staff and look forward to working with them.

We have also had another volunteer join our happy team. We welcome her and hope she enjoys it as much as we do. We could still use more volunteers, so don't just think about it – pop in and speak to Callum or Sue.

The shop continues to evolve and develop. We try to keep up with what

is needed. We had a rush on bright pink items when the new Barbie film was launched! It's lovely to see that people come into our shop looking for specific items as well as a general browse. The internet is fantastic for finding things but there is nothing like seeing something for real!

Our summer clothes are in full swing and flying off the shelves, or should that be coathangers? We will shortly be preparing to change our stock to warmer items so do keep an eye open for the change. It will depend on the weather, which has been rather inconsistent this year!

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

Marion Gibbons
Volunteer





Psychic & Pamper

NEEDHAM MARKET COMMUNITY CENTRE
School Street IP6 8BB

Evening

FRIDAY 29TH SEPTEMBER

6.45pm - 10.30pm

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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

Ashburnham Over 60s Club

We enjoyed our meetings in July. As well as playing bingo and our Bring and Buy we had 2 musical afternoons. Evie Capon entertained us with some beautiful songs - she sounded wonderful - and another afternoon The Bruvs, Mick and Tony sang for us raising money for EACH.

This month, as well as Bingo on the 21st and Bring and Buy on the 28th, we shall welcome the strummers on the 7th. They will also be entertaining us and raising money for EACH. On the 14th we will be having our Harvest lunch.

Finally we would like to thank everyone who donates things for our meetings especially Mandy who has given us many items. Thank you very much, we really appreciate your generosity.

We meet at the Community Centre every Thursday 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.
Hope to see you soon.

Margie, Rita, Shirley, Alison and Margaret
For information please phone 01449 722788.



CRAFT FAIR

Sunday 22 October 2023
At Needham Market Community Centre
10am – 4pm

A variety of crafts and gifts to purchase
Refreshments available
Free admission
Plenty of parking

This is a fundraising event organised by Needham Market Community Council
Contact Hayley on needhammarketcraftfair@gmail.com for more information



BINGO!

Friday 1st & 8th September 7:30pm...

Weekly From Friday 6th October
(Subject to room availability)

£1.00 entry & £10 to play.
Charity Raffle

BAR Open From 7pm

Only food & drink purchased here may be consumed on the premises



Meadow Management in Needham Market



Song Thrush Close, Stowmarket.



A pyramid orchid growing in one of the meadows.

As you will have seen there are a number of areas in Needham Market where areas of green open space on housing estates are being managed differently by MSDC. As a result, the Town Council, as well as MSDC, have received several communications, some of which are in support of the policy and others which are not. In response to this, we have spoken to MSDC and discussed the subject at both a Town Council meeting and at the Needham Market Climate Action Group meetings (a sub-committee of the Town Council).

The Background

- MSDC have a meadow management policy which they have been running for several years.
- The goal is to create areas with lots of plant species. This takes time. At the end of the growing season, the areas are cut, and all the cuttings are removed. This progressively reduces soil fertility and increases plant diversity. Far from being a cost-cutting exercise, this is all about making our urban areas better for nature.
- In Needham Market, the five designated areas for

trials are: Pinecroft Way; Junction of Quinton Road with Foxglove Avenue; Primrose Way; Hargrave Ave – opposite Primrose Way, and; Primrose Way – link via Lupin Way and Chainhouse Road.

- We have previously shared information on the reasons for meadow management as well as the positive impact and if you wish to look at these again, they can be found in one of these places:
- [https://www.babergh.gov.uk/environment/planting-schemes/wildflower-meadows/Needham Market Newsletter, June 2023](https://www.babergh.gov.uk/environment/planting-schemes/wildflower-meadows/Needham%20Market%20Newsletter,%20June%2023)

What follows is a summary of responses from MSDC to specific lines of complaint.

Not 'No Mow May'...

The trial areas above are designated for Meadow Management. This is separate to the following:

- No Mow May.
- Management of grass verges, curb sides and roundabouts.

Housing estates are not appropriate locations:

- We are in the midst of a biodiversity crisis. We have lost 97% of our flower meadows since the 1960s. We have seen a 60% decline in flying insect numbers since 2004. Many, once common bird species, have declined enormously.
- In part, these declines are a result of the loss of meadows and other habitats, often replaced with housing estates. Farmland, amenity grassland and lawns support very few species.
- Creating areas of grassland with lots of plant species will support more insect species, which, in turn, will support more birds, etc.
- Children have been observed playing in the areas and mown paths through the meadows can encourage children to play.
- Over time, observation and feedback will inform MSDC which areas continue to be meadow managed, which return to being kept short and what works where in Needham Market. Not all areas will work.

The areas look unkempt, children cannot play there, the area is too large:

- This is subjective - some like the appearance, some do not.
- MSDC have noted that in some of our five areas, pavement edges are not being kept short and desire line paths not mown. Ensuring that this is done in future will give a greater sense of order and intention.

The grass seed blows across gardens and tree saplings are growing where we do not need more trees:

- That happens already between mows.
- The tree saplings are not seedlings, but suckers growing from the roots of established trees. These will be cut down when the meadows receive their cuts and so will not be able to develop into trees.

The grass is too tall already and increasing in height:

- The grass grows until it flowers, sets seed and then dies back.
- It is now at the flowering and setting seed stage. It



should not get any taller than it is now (June).

People are leaving dog mess in the meadow:

- Dog owners shouldn't be leaving this. Dogs should normally be on leads and under the control of their owners, it is the owner's responsibility to make sure they go to the toilet on areas where they can easily clean up.

There was no consultation:

- Consultation has deliberately not happened ahead of the change as people's responses would have been based on their perceptions of what the areas would look like.
- Consultation forms part of the trial and is in the

form of communications received from members of the public whilst the areas are being trialled.

- Observation of how the areas develop, as well as feedback, will inform how the trial areas are managed in the future and which other areas in Needham Market would be suitable.

There should be a Council Tax refund for grass not being cut:

- MSDC are not legally obliged to cut the grass and council tax doesn't specify that it must be used for this.
- They are responsible for managing our open spaces and grass cutting is but one form of management.
- MSDC do not anticipate

any cost saving as whilst they may carry out fewer cuts, there is more work involved in cutting and clearing areas at the end of summer.

Some additional points:

- MSDC are learning and adapting as they learn how better to implement the change to meadow management.
- Rats do not live in long grass but will use the areas for transit. Meadows are not encouraging greater numbers,
- If you would like to see an example of a more established area which is an indication of what the aim is, please visit the green at Song Thrush Close on Cedar Park in

Stowmarket, IP14 5WG.

- It will take time for us to get used to having some areas meadow managed. Across the country more areas will be left like this and people will begin to accept it as part of the urban environment.

If you would like to have your say, here's how you can do that:

Email MSDC's biodiversity team: biodiversity@baberghmidsuffolk.gov.uk

Email NMCAG via the Town Council office: clerk@needhammarkettc.co.uk

Telephone the Town Council office and leave your number for one of the NMCAG members to call you.



The High Street is looking good this summer with help from the cooler weather and lots of rain. Thanks to all residents who have planted up containers, and a special mention must go to The Swan for their fantastic floral display.

The August meeting will be to discuss

the winter planting – always difficult to find the right plants that will look good all winter, so please bear with us. If you have any ideas and you would like to join us, please email pamnmb@gmail.com or phone Vera on 723424.

PR

Scorpion Academy

We've had a busy few months here at the Scorpion martial arts Academy. A fundraising event raised £1700.00 which was an amazing amount. A large turnout of students ventured to the playground assault course at Barrow for a fantastic, challenging and fun filled day. A huge well done to all that took part and who kindly donated. We have held our monthly kids Team Building Workshops at Red Gables in Stowmarket and activities include Bivvy Building, Archery, Nerf Gun Battles, Art and eco Projects and lots of fun. A great attendance of Scorpion students trained at a seminar held at the Combat Karate Club in Thetford. Martial arts legend Grandmaster Brian Dossett, 10th Dan

Blackbelt, taught self defence and Professor Anthony Cairns, 8th Dan Blackbelt, taught weapons. Mark and Amy ran a martial arts and fitness session for the summer club at Leading Lives in Stowmarket. Gentle exercises, Karate, tai chi and self defence was taught. Both Amy and Mark run sessions that can be tailored to suit your needs for individuals, clubs, businesses and organisations. Please get in touch to discuss options. Karate and Kickboxing sessions run throughout the year including holidays. One month for free, no membership fees and no hidden costs. We run classes in both Stowmarket and Needham Market. We have been teaching for thirty three years and our Chief Instructor has forty five years



of training, teaching, researching and a wish to promote the martial arts in a realistic and relevant approach to modern times.

scorpion.ufkwa@gmail.com
Mark jr trent - 07708 644162



Grants/Donations

At a recent meeting of Council's Governance & Finance Committee, Councillors approved the following grants/donations: £2,500 to Citizen's Advice (Stowmarket & Needham Market) and £1,500 to Needham Market Community Centre as a contribution to the cost of operating the Community Minibus). Councillors also approved a £200 donation to the Suffolk Accident Rescue Service (SARS).

Needham Market Scout Hut Project

Welcome confirmation has been received that the application for grant support towards the cost of the replacement scout hut has been received from Mid Suffolk District Council. The grant is from Housing Developer Contributions to local infrastructure, in this case from the former Needham Market Chalk Quarry development. The grant is for £235,302. The total project cost is £329,000 and a further grant application is to be decided on, by the District Council, in September.

20's Plenty (Road Traffic Speed) for Suffolk Campaign

Councillors recently considered the campaign and its objectives. There are many areas of the country where the campaign is resulting in lower than general traffic speed restrictions in residential areas. The Needham Market Neighbourhood Plan includes a policy which seeks 20mph speed limits in the town, on roads that serve the main residential areas, in which case the Town Council is already on board with the objectives of the campaign. Councillors resolved to include further consideration of the campaign in scope of the Neighbourhood Plan review process.

Extended CCTV Coverage

The Council has resolved to procure additional CCTV equipment that will cover the new younger children's play area, adjacent to Needham Market Community Centre. Working with the Community Centre, the cost of the new equipment is £629.

Kevin Hunter
Town Clerk

Gipping Women's Club

We hope that all our members have enjoyed a pleasant summer break and are looking forward to getting back to weekly meetings.

Our first meeting will be on September 12th. Here are the details of the meetings for September.

- Sept 12th** Hadleigh Show with Tori Lugsden
- Sept 19th** Dotty Dominoes
- Sept 26th** Royal Roundabout with Ken Stone

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

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PLEASE INFORM US OF ANY DIETARY REQUIREMENTS

Sustainable travel infrastructure



After a long period of being out of action, the electric vehicle, fast-charging point at Needham Market Lake has now been replaced and is up and running (see photo above). Mid Suffolk District Council have earmarked the station car park for the installation of further fast charging points, the exact number of which is to be confirmed. The costs of these chargers are being investigated with UK Power Networks and the deadline for this phase of charger installations is the 31st of March 2024. The Jubilee Crescent car park is also being investigated as a potential site for the installation of chargers. For cyclists, a new cycle repair station has been installed by the electric vehicle charging point at Needham lake.

Dr Ross Piper FRES



**COME AND JOIN
OUR SINGALONG
AT
THE RAMPANT HORSE
NEEDHAM MARKET**

**TUESDAY, 19 SEPTEMBER 2023
STARTING AT 3PM**

ALL WELCOME

**A DEMENTIA FRIENDLY EVENT
HOSTED BY**

**STOWMARKET & DISTRICT
DEMENTIA COMMUNITY
GROUP, RED GABLES AND
NEEDHAM MARKET DAA**

**TO BOOK YOUR FREE PLACE
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Halloween Family Disco
Including Firework display

Sat 28TH OCTOBER 2023

at NEEDHAM MARKET COMMUNITY CENTRE

7pm - 11pm

*Fun for all the family, with disco and games.
Prizes for best fancy dressed Adult and Child and best decorated
pumpkin*

*Hot food can be purchased on the night and the bar will be open all
evening*

*Tickets £5 each (Aged 10 years and under are free, all under 18s
must be accompanied by a paying adult)*

*Tickets can be purchased from Lilac & Lilys and the Community
Centre in Needham Market or contact Tracey on 07990878646*

**Everyone welcome, an event organised by
Needham Market Community Council - a charity run by volunteers**



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From £80 + VAT for a year
(11 Newsletter editions)

Contact Kevin at the Town Council Office on
01449 722246

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

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

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What's on at Needham Market Community Centre

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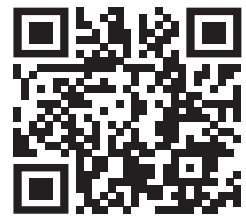
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Simply visit our website:
www.suffolk.police.uk where you can make a report in just minutes.

Rest assured, all reports made online will be dealt with in exactly the same way a telephone call would be. There is also a vast amount of information on our website and the answers to a large number of questions you may have.

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GP+ Extended Access Service for Cervical Screening

The 'Very Important Invitation' is a co-production between Suffolk GP+, Public Health bodies, local charities and is funded by the Cancer Alliance. Our aim is to increase the uptake of cervical screening across Suffolk.

We recognise that various communities are negatively impacted by health inequalities and our project aim is to reduce the barriers some individuals face when accessing screening.

Suffolk GP Federation is a not-for-profit community interest organisation owned by 57 GP practices covering 650,000 patients. We work throughout the county to provide education sessions to clinical and non-clinical members of staff. We also work with other charities and organisations to provide health education and promotion around cervical screening.

We will also support individuals on a 1:1 basis, providing tailored and individualised care, this could be for anyone who is finding it particularly difficult to attend for cervical screening.

Cervical screening can be very daunting for many reasons, and we want every woman and person with a cervix in Suffolk, to realise that no matter how you may feel about this mostly quick and simple procedure, we have

everything in place to make sure that you feel happy and safe when you are with us.

The Suffolk GP Federation and co-producers have been working around the clock to create a testing service that is accessible to EVERYONE, with evening and weekend appointments to make sure that we can see even more people for screening. We understand that the screening process can make people feel physically and mentally vulnerable. So, whilst, in-clinic we will do everything to support you and make you feel safe... you are in control.

The cervical screening in GP+ will always be carried out by a female nurse, you can bring a friend or person of support, request a longer appointment, we can supply a translator, you can ask for a smaller speculum, listen to music and if you need us to stop, we will stop. These are just some of the many adjustments we can make to support you through the appointment.

Requesting an appointment is very straightforward using our booking request form on the website, or you can call your GP practice, but whichever method you use it is vital that you tell us if you need any extra support at your appointment. If you let us

know, we can make this happen and ensure that you are not denied this potentially life-saving screening.

The service is managed by Suffolk GP Federation on behalf of GP practices and includes evening and weekend screening appointments via the Suffolk GP+ service.

Clinics running from bases in Ipswich, Bury St Edmunds, Felixstowe, Haverhill, Stowmarket, Hadleigh, Glemsford, Eye and Wickham Market.

Please get in touch if you want to book an appointment, or if you have any questions or require any additional support.



WHAT IS OUR GP+ EXTENDED ACCESS SERVICE FOR CERVICAL SCREENING?

We offer appointments for all women and people with a Cervix who are due a Cervical Screening appointment.

Our service allows patients to book an appointment who are unable to make an appointment at their own GP practice. Ask your GP to book you a GP+ appointment or scan the QR to book directly from our website.

We have 9 different bases across Suffolk: Bury St Edmunds, Felixstowe, Ipswich, Stowmarket, Wickham Market, East Bergholt, Hadleigh, Glemsford and Eye.

EVENING AND WEEKEND APPOINTMENTS AVAILABLE - ASK AT YOUR DOCTOR'S FOR AN APPOINTMENT AT GP+



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



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OUR SINGALONG
AT
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STARTING AT 3PM**

ALL WELCOME

**A DEMENTIA FRIENDLY EVENT
HOSTED BY**

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DEMENTIA COMMUNITY
GROUP, RED GABLES AND
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Needham Market Rangers



As I write this Needham Market Rangers have set up camp for the day. The girls have already cooked an amazing breakfast and are now lighting the campfire to cook their pizza lunch. The tunes are playing, they've made a great festival flag for the tent and this afternoon the plan is to make festival outfits from laundry bags! It's a full-on day but by this evening we'll be showered and in our own beds.

Three of our members have already been away on a longer County Camp this year. They got the opportunity to try their hand at a range of new skills and activities as well as dancing and singing their nights away with new friends.

In the Autumn we're calming things down with some Wellbeing Bingo. We're also offering the opportunity to complete the Duke of Edinburgh Award at all levels.

If you're 14-18 and would like to join us, call Angela on 07776 145695. We meet fortnightly, on Tuesdays, 7-8.30pm at Christchurch hall.

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