



# THE VOICE

OF  
CEDARS  
PARK

COMMUNITY MAGAZINE

October 2018



**IN THIS ISSUE: Cedars Park Art Project**

## EDITORIAL



I have enjoyed the summer but I quite like the colder months that are now coming our way. Those fresh mornings when you wake up with frost on the ground and a slight chill in the air, it certainly wakes me up.

I can't quite believe how quickly this year has flown by; Halloween is just around the corner, Bonfire night and then Christmas. Then before you know it, it will be Easter again.

I'm starting to think the older you get the more it feels like you're just going round in a constant loop. I remember being a teenager and how I couldn't wait to be 18 years old. The thought of all that independence, being able to go out with friends and enjoying yourself. It felt like a lifetime getting to that point. To start with it's great but then you realise how expensive it is being an adult. You have to have a job to fund those nights out and when you move out of your family home it is even worse as you have bills, bills, bills coming out of your ears!

So kids, don't wish your life away, don't grow up too fast and remember how

much your parents do for you. Here endeth the first lesson!

On the 22nd September we held a Quiz Night to raise funds for the Cedars Park Residents Association. I would like to thank everyone who attended, it was a great fun night of quizzing, we raised £355.00 for a good cause and the association expressed their thanks to you all.

Another great Charity day, come and join us on 25th November for our annual Christmas Fayre, where we will be raising money for The Williams Syndrome Foundation. Plenty of stalls, festive food and drinks, crafts, Santa in his grotto, Cedars Park Primary Choir and Cedars Park Pre-school will be singing and so much more.

A definite date for the diary and a very worthy charity to support. Hope to see you all there.

Please forward all your news, photos and advertising to:

**Editor:** Janine Griffiths 01449 257303  
thevoice@cedarsparkcic.co.uk

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### The Voice - Revised advertising prices from February 2019

	Per Issue	Cost for 5 issues 5% discount	Cost for 10 issues 10% discount
<b>Full Page</b>	<b>£45.00</b>	<b>£213.75</b>	<b>£405.00</b>
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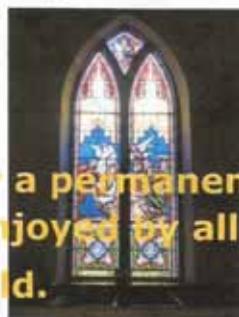
# Connecting a Community Through Art



**We are calling all creative residents  
(no age limit) to submit entries for**

the

## **Cedars Park Artwork Project**



**Submit a drawing/suggestion for a permanent  
piece of artwork which can be enjoyed by all  
resident's young and old.**

**What do you think people would like to see.  
Where would you like it to be displayed/  
erected for all to enjoy.**

**Opening date 10th  
September - Closing date  
30th November 2018**



A prize will be  
presented to the  
winning entry at  
the  
unveiling of their  
suggested  
artwork



**Drop your entries off at Cedars Park**

**Community Centre or send by email to [cedarart@gmail.com](mailto:cedarart@gmail.com)**

**All enquiries regarding this competition should be sent to [cedarart@gmail.com](mailto:cedarart@gmail.com)**

## NEWS & VIEWS

### Cedars Park Community Litter Pick Saturday 20th October 2018

Most people enjoy living here on Cedars Park, which is an attractive part of the world and a real asset to Stowmarket. We are so lucky to have an attractive market town on one side of us and beautiful countryside on the other. We have a rich mixture of people in our community from the elderly to the young and many people enjoy walking around the estate either with their dogs, their children, or going to and from Tesco.

Our first Litter Pick, which was held on Friday 11th May was organised as a response to a general feeling of dismay at the amount of litter lying around the estate which made it look unkempt and ill cared for. It was really well attended by a group of about 17 people young and old and a collection of several bags full of rubbish was taken to the County Council skips. However, the organisers had feedback from various people who were disappointed that they were unable to attend because the Litter Pick had been held on a weekday when they



were at work and so this time, we have decided to hold it on Saturday 20th October, meeting at 11.00am at the Community Centre.

Again, we invite all who are interested in helping to maintain our attractive environment to join us. Perhaps you have a particular area that you would like to see cleared of litter, or you would just like to help with a general tidy-up. As with last time, we are allowing 2 hours for the Litter Pick and there will be tea/coffee and biscuits for volunteers back at the Community Centre. We look forward to welcoming as many people as possible to help with this task, we have a certain number of litter picks and gloves and bags which can be provided and the organisers would very much like to thank Messrs. Paul Wright Estate Agents for their support and sponsorship and the CPCC for their support, their website can be accessed through this link:

<http://www.cedarsparkcommunitycentre.co.uk/>



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VOLUNTEERS NEEDED



# JOIN OUR COMMUNITY LITTER PICK

Saturday 20th October, 11.00am

Starting at

Cedars Park Community Centre

Tea/coffee and biscuits for all volunteers afterwards



SCAN FOR  
DETAILS



[cedarsparkcommunitycentre.co.uk](http://cedarsparkcommunitycentre.co.uk)

Email: [cedars.litter@icloud.com](mailto:cedars.litter@icloud.com)

Telephone: 07864 928 696



## Christmas Fayre Raffle Sunday 25th November

If you would kindly like  
to donate a gift to our  
Charity Raffle

then please drop it in to  
Janine at Cedars Park  
Community Centre

All raffle proceeds will  
be donated to The  
Williams Syndrome  
Foundation

Thank you!

## CHILDREN'S COMPETITION

Design our Christmas front cover for  
our December edition and win prizes  
as well as your picture on the edition.  
Entries to be sent to Janine Griffiths  
[thevoice@cedarsparkcic.co.uk](mailto:thevoice@cedarsparkcic.co.uk) or post  
to Cedars Park Community Centre,

Pintail Rd, Stowmarket,  
Suffolk IP14 5FP

All entries must be received  
by 16th November



# The Aviary Christmas Menu

Cedars Park Community Centre, Pintail Road  
Stowmarket, Suffolk IP14 5FP Tel: 01449 257 303

## STARTER

Winter Vegetable Soup (v) - served with fresh bread

Duck & Orange Pate - served with toasted sourdough  
bread & caramelised onion chutney

Crab Mayonnaise - served with toasted sourdough bread  
Pear, Stilton and Walnut Salad (v)

## MAIN COURSE

Traditional Roast Turkey - served with chipolata wrapped  
in bacon, sage & onion stuffing, roast potatoes & seasonal  
vegetables in a rich gravy

Slow Cooked Lamb Shank - served with roasted new potatoes  
on roasted cherry tomatoes & courgette's in a red wine jus

Leek & Stilton Pudding (v) - served with roasted new potatoes  
& a beetroot salad

Teriyaki Salmon - served on a bed of stir fried  
vegetables and soft noodles

## DESSERTS

Traditional Christmas Pudding - served with brandy sauce

Black Forest Bavarian

Plum Frangipane - served with mascarpone cream

Chocolate Soup - topped with ice cream and served  
with amaretti biscuits

3 Courses £19.99 - Available from 26th November

Booking Essential - Pre-order and a £5 per person deposit  
required at time of booking (non refundable)

## MYSTIC MAGINATION NIGHT By Patricia L Cisco

On one mystic magic night,  
Jack O Lanterns glowing bright,  
kids with bags of candy sweet,  
roam door to door and street to street,  
all dressed up for trick or treat!

Wizards with wands, pirates with hooks,  
monsters and clowns with spooky looks,  
kings and queens with capes and crowns,  
a princess in her royal gown,

witches with warts and fairies with wings  
movies stars with sparkling rings,

vampires with fangs that bite,  
ghost that boo all dressed in white.

Imaginations taken flight,  
on that one mystic magic night.

Oh, the fun of Halloween,  
be young or old or in between



If you have a poem or short story you would like to feature in our Poet Laureate, please email Janine at [thevoice@cedarsparkcic.co.uk](mailto:thevoice@cedarsparkcic.co.uk)

## What's a typical day at Cedrus House?



Baking cupcakes with friends



Catching up over afternoon tea



Getting creative

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# Stowmarket Concert Band



Having enjoyed a really successful 2018 to date, our various groups have 15 remaining events to look forward to between October and December. You will find us at a variety of events around the area, including a number of Remembrance and Christmas bookings.

We already have a number of events in the pipeline for 2019. Our calendar is largely built by February each year, and we regrettably have to decline some events due to being heavily booked at certain times of the year. To book one of our groups for fetes, fayres, proms, weddings, concerts, beer-nights, parties and all manner of other occasions, please do contact us as soon as possible to secure a place in our calendar. Our ensembles include the Main Band, Training Band, Trombone Choir, and various smaller groups, and between us we can cater for pretty much anything, with a wide variety of music and styles to present.

We have a really strong player-membership at present, but do have a possible vacancy for a drummer and an Eb Bass player. Please do contact us if this could be you!

Alongside a number of private bookings, our publicly-accessible events remaining in 2018 include the following:

10 November, 1:30pm... Royal British Legion Festival of Remembrance, Regal Theatre, Stowmarket

11 November, 10:30am... Remembrance service at Bildeston

11 November, 10:30am... Remembrance service at Buxhall

24 November, 2:00pm... Training Band at Combs Christmas Fayre

01 December, 7:30pm... Hessett Church Christmas Concert

05 December, 6:00pm... Training Band at Stowmarket Christmas Tree Festival

15 December, 10:30-11:30pm... Snowfiesta, Stowmarket Market Place

**15 December, 7:30pm... Our own Christmas Concert, URC Stowmarket. TICKETS OUT NOW.**

16 December, throughout the day... Carols around the county, various locations throughout the day.

24 December, 10:00-2:00pm... Carols in Stowmarket

**Email: [info@StowmarketConcertBand.org.uk](mailto:info@StowmarketConcertBand.org.uk) or call 01449 677924.**



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### PC Stefan Henriksen, Stowmarket Police Station

Hi, I wanted to introduce myself to those that don't know me, and briefly explain my role, which is a new one for Suffolk Constabulary.

I am PC Stefan Henriksen, from Stowmarket Police Station, and I am one of nine Police Officers throughout Suffolk Constabulary performing the role of Community Engagement Officer. I know many of you already from my years of working in the SNT based in Stowmarket, and I look forward to meeting those I don't yet know.

This is a new role for Suffolk Constabulary which is aimed at greater communication between the Police and you. It does, amongst other things, involve meeting our communities, being in contact with and meeting community representatives, groups and individuals, who would like to receive information from local Police about what we have been doing within the

community. Our aim is to be aware of what's important to you and to keep you up to date with our work and provide an insight into what can sometimes be perceived as the unfamiliar world of policing.

We shall be doing this in both traditional and contemporary ways. I will be attending meetings and organised events, but also using digital means of communication such as social media. Our intention is to provide relevant and timely information.

If you have events coming up, or feel that my attendance would be of benefit, please let me know. Where possible, I will happily come along.

**Please follow our Facebook and Twitter pages, as much of what we do will be shared.**

**Stefan**

### TREETOPS

**Childminding/breakfast club**  
**For children attending Cedars**  
**Park School.**

**The club is available from**  
**7.30am onwards.**

**Breakfast provided and 'walk**  
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**Safeguarding of children**  
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**For more information**  
**contact Julie on 01449 706101.**

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# Armistice 100th Anniversary in Stowmarket

On Sunday, 11th November, 2018 Stowmarket will mark the 100th anniversary of the end of the First World War with a parade and services. Jointly arranged by the Stowmarket Branch of the Royal British Legion, St Peter & St Mary's Parish Church and the Town Council, the commemorations will begin with the parade marching off from Red Gables at 8.45am, proceeding through the town along Ipswich Street to the Parish Church where the service will start at 9.30am.

Following the church service, a short service will be held in the Market Place at 10.50am with the silence observed at 11am, before the parade marches to the Town's Memorial Gates situated on the Recreation Ground for the Poppy Wreath laying ceremony.

Town Mayor, Councillor Linda Baxter said, "As has always been the custom here in Stowmarket, it would be lovely to see as many people as possible attending the Remembrance Parade and Services, especially as this year commemorates the 100th anniversary of the signing of the Armistice that brought an end to four and a half years of conflict."



## Free hearing checks in Stowmarket to help those with hearing loss



Ten million people in the UK - one in six of us - have some

degree of hearing loss. It's surprisingly tricky to spot gradual hearing loss as our brains are very good at compensating, so we're not even aware of how much we've lost until things are quite far advanced.

The good news is that there are things you can do to about it. The bad news is that there are potentially serious consequences if you choose to ignore hearing loss, including an increased risk of dementia.

Local hearing care specialists The Hearing Care Centre, offers award winning hearing care services from 25 centres across East Anglia. This year they are celebrating their 20th year in business and they hope to continue to raise awareness about the

prevalence of hearing loss, its effect on everyday life and the potential dangers of leaving hearing loss untreated.

Audiologist Karen Finch and her team will be holding a free 'Hearing Care Centre Open Day' at their local hearing clinic at Stowhealth between 9am and 5pm on Thursday 18th October 2018. During the event they will be providing free hearing assessments (usually £20), along with complimentary professional advice about your hearing test results and discussing possible solutions that could help improve your hearing. All services are available by appointment only.

**To book your appointment call The Hearing Care Centre on 01473 230330 or visit [www.hearingcarecentre.co.uk](http://www.hearingcarecentre.co.uk) for more information.**



## Cedars Park Preschool - 07531 981117



So many new friends to get to know and it's always fun seeing those friends that you haven't seen all summer. We have welcomed over a dozen new children and families to Preschool and the children are settling in very quickly. We also welcome Bonnie to Cedars Park Preschool. Bonnie is joining us straight from high school as an apprentice to learn all about being a childcare professional whilst getting first hand experience to enhance her learning.



Autumn is an amazing time of the year, so rich in colours, sounds and weather experiences (warm sunshine, a breezy nip in the air, rain showers for puddle jumping – what's not to like!!) Who knew there were so many activities to do with fallen leaves – printing, rubbing, clay modelling, painting, collage, nest building, threading.....the list goes on! But one of the most time-honoured leaf traditions has to be leaf throwing – collecting piles of fallen leaves and just throwing them up in the air. To do this, we had to go out for walks collecting. You may have seen us wandering around with our bags, collecting leaves of all shapes, sizes and colours, finding conkers and acorns, seeing blackberries and fallen fruits.

The Friends of Cedars Park Preschool Committee have put in a locality budget application for an AED (Automated External Defibrillator) to be placed in a cabinet on an external wall of Cedars Park Community Centre. If you happened to walk past the centre right at the beginning of September and glanced

through the window, you may well have seen several of the preschool staff undertaking paediatric first aid training. For some this was a refresher of training that we have done several times in the past (and is completed at least every three years) but for others, something new. Training to use an AED was new for us all though. If the locality budget is granted this will be a valuable asset to the local community and whilst we hope it is never needed, it could save someone's life. I'll let you know when there is more news on this.



### GETTING TO KNOW YOUR PRESCHOOL STAFF

**BETH** Lives in: **Stowmarket**  
Went to school in: **Nayland**  
Children: **India (6) Skye (1)**

**Pet:** None but would like a cat  
**Favourite Colour:** Blue **Likes:** Reading  
**Dislike:** Spiders **Favourite food:** Steak  
**Strengths:** Always happy **Weaknesses:** Chocolate!  
**The best thing about my job is:** Playing with the children.

### WAITING LIST

Our preschool places waiting list is open for January and April 2019 and we will be contacting parents/carers on the list already for January start, about information sessions and open events at the beginning of November.

**If you would like more information about preschool, would like to arrange a visit or to put your child's name on the waiting list please phone 07531 981117 or email [honeycombscedarspark@gmail.com](mailto:honeycombscedarspark@gmail.com)**

**Michelle, Lou, Tracy, Chloe, Tiff, Lis, Nicki, Tash, Lisa, Debbie, Denise, Sara, Beth, Lynn & Bonnie**

# LOCAL SCHOOLS

## School's Out Club - Cedars Park

School's Out Club is back to full swing after the summer. The children are coming out of school excitedly talking about what's happening in their new classes and eager to start their wind down from their school day.

We would like to offer the after-school children the opportunity to try new activities and learn more about their local community. We are looking for local people to come in and share their skills and knowledge with the staff and children in the hope it will inspire the children to try new things and have a great respect and involvement in their local area. Skills such as: a new language, wood working, gardening, pottery, needlework, baking, creative writing, painting, local history, drawing...

If you have a skill/local knowledge that you would be happy to share with the children, please contact me on the phone number/email address above or call into the centre to see me.

**Half Term Holiday Club –  
Monday 22nd – Friday 26th  
October 8am-6pm**

**(Please note: Monday 22nd Oct will be held at an alternative location as Cedars Park Community Centre is being used for an event – details will be confirmed with parents)**

**Full day from £35 .00/½ day from  
£17.50/Hourly rate from £4.00  
(depending on age)**

**To book please call 07531 981117 or  
email honeycombscedarspark  
@gmail.com**

**If you would like more information about School's Out Club, and to receive an information and registration pack please contact us on 07531 981117 or email honeycombscedarspark@gmail.com**

**Michelle, Lou, Tracy, Tiff, Denise, Chloe, Tash, Nicki, Lis, Lisa, Beth & Debbie**



### TIME FOR SOME HALLOWEEN FUN!

Find as many words as you can relating to Halloween in the adjacent grid and send your answers to Cedars Park Community Centre by Monday 29th October for a chance to win a Halloween Treat (or is it a trick?!!!) Don't forget to put your name, age and a contact number on the back of your entry (there are at least 16 to find, going up, down, forwards and backwards). Good luck

z	p	u	m	p	k	i	n	f	w	b	g
e	l	s	s	p	o	o	k	y	i	h	a
r	f	t	d	e	t	n	k	u	t	a	p
l	g	r	p	n	s	o	s	c	c	u	r
p	n	e	e	w	o	l	l	a	h	n	e
m	l	a	p	e	h	c	i	c	b	t	d
a	u	t	h	b	g	z	m	k	o	e	i
v	k	c	i	r	t	o	e	l	o	d	p
a	g	p	n	o	t	e	l	e	k	s	s
g	n	i	b	b	o	b	e	l	p	p	a

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## 'AWARD WINNING' ANDY OTTLEY

AS...

# ELVIS

Saturday 24th November,  
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at The Aviary, Cedars Park  
Community Centre,  
Stowmarket





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Telephone (01449) 612067; e-mail: [admin@freeman.suffolk.sch.uk](mailto:admin@freeman.suffolk.sch.uk)

# British Museum and Museum of East Anglian Life team up to offer new local traineeship

The Museum of East Anglian Life (MEAL) has teamed up with the British Museum to give a young person a gateway into a museum career. MEAL is offering a paid traineeship through the British Museum's Museum Futures programme, supported by the National Lottery. Museum Futures is designed to provide a pathway into museum work for young people who may not have considered this career path before.

The traineeship will be based at MEAL, Stowmarket, and will focus on photography and digital work with the museum's collection of objects, creating a new online object catalogue. It runs for one year, from January-December 2019 and comes with a tax-exempt bursary of £13,350. During this time, the trainee will complete an accredited Level 3 diploma in Cultural Heritage and gain in-work skills training and experience to add to their CV and further their career opportunities.

Museum Futures is aimed at diversifying the museum workforce by providing an opportunity for young people without experience in the sector. People aged 18-24 who do not hold an undergraduate degree are therefore particularly encouraged to apply. Candidates whose highest level of qualification is at GCSE or equivalent (Level 2) and those from rural areas of Suffolk are welcomed. Candidates with over 6 months' paid or unpaid experience of working in a museum and/or a postgraduate qualification are not eligible to apply.

MEAL has been chosen by the British Museum as one of eight partner museums across England to offer a

Museum Futures traineeship. The trainees across these partner museums will receive training and support coordinated by the British Museum. The group will work together and form a supportive network of young people who can go on to act as champions in the museum and heritage sector or beyond.

Caitlin Peck, Curator at MEAL, says: "We are delighted to offer this opportunity for a young person to get some great paid experience of museum work. They will be getting hands on with our fantastic collection and developing digital skills, alongside a whole range of workplace skills and experience. It would be wonderful if they get the museum bug, but the skills and experience they will gain will move them forward in whatever career they choose. It's all about opening up the opportunities museums can offer to people who may not have previously thought they were for them."

**For potential applicants who would like to find out more about what the traineeship involves and what working in a museum is like, MEAL is hosting an interactive 'taster session' on Saturday 13th October, 10am-12.30pm. To book a free space on this session, please email [caitlin.peck@eastanglianlife.org.uk](mailto:caitlin.peck@eastanglianlife.org.uk).**

**Applications for the traineeship are now open and close at 11pm on Sunday 28th October 2018. Details, including on how to apply, can be found at [eastanglianlife.org.uk/about-us/careers/museum-futures-traineeship](http://eastanglianlife.org.uk/about-us/careers/museum-futures-traineeship).**

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- \* "Stowmarket Rugby Club"
- \* "Mid Suffolk Leisure Centre"
- \* "M&M Butchers (Stowupland)"
- \* "ZarKeys (Meadow Centre)"
- \* "StowHealth" "Combs Surgery"
- \* "Baldwins" "Hughes" "Tesco"
- \* "Co-operative (Combs Ford)"
- \* "Cedars Park Community Centre"



Last date for posting is Wednesday 12<sup>th</sup> Dec 18

Please remember to fully address your cards. We will not deliver to addresses outside the areas indicated above.

For more details of our service, or if you would like us to collect cards specifically from your organisation, please contact: Dave Newbery on 01449 672344 (or 07889 137783)

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# Chernobyl Children's Lifeline & Charity Shop

18 people from Mid Suffolk have just returned from Belarus where we spent a week delivering aid to various locations. Everyone agreed without doubt; "no words, photographs or videos can truly give you the real picture". All who took part enjoyed the trip although at times it was emotionally hard but still very rewarding. The group took part in a "work experience" activity where they joined a family in a remote village and worked alongside them for the day.

In Minsk we visited the Children's Cancer Hospital delivering gifts to children and young adults, some of whom who have returned for the 2nd or 3rd time. We presented the Hospital with some much needed items such as wheelchairs, blood pressure monitors and oxygenating humidifiers meaning children who need extra oxygen following operations can remain with their parents rather than having to be moved to HDU units.. Amongst the toys we gave out where many of the "McDonald Toys" that we had received, these were an amazing success and we welcome these now on an ongoing basis.

Moving on to Stolin we had a "clothing party" and BBQ for the families and children who the group would visit for their work experience. This not only helped the families with clothing but allowed them to get to know the people they would be with them the following day. We also visited another general hospital in the area of David Goradok. As there is no GP service in Belarus ,children with illnesses we would usually treat at home are hospitalised in this type of facility.

Another day the group went to a boarding school for hearing impaired children. The school was closed for the summer break but due to open in the next few days. All the schools must be painted and redecorated before reopening and our group helped the teachers and staff to carry out the various works needed as there would be an official inspection the following day. We also provided bright posters for the walls, a new wall mounted TV , helped with wallpapering, ironing, electrical works and sweeping of the

grounds. The sweeping of the grounds is a thankless tasks done with very inadequate "broomsticks" but must be done daily so none of the berries that fall from the trees are walked into the school.

A great success wherever we went was the provision of reading glasses, just standard 1.99 ones but at one point there was almost a stampede to get them!

Several individual families in very poor circumstances were visited with extra aid and in one instance ,with the help of a sponsor, the Charity is helping to provide running water into an isolated home where a young mother lives on her own with 4 children as her husband is seriously ill in hospital and it is very likely he will not be returning home.

We also had the privilege of being invited to attend the opening ceremony which takes place at the beginning of each new school year. This known as "First Bell" and is a very old tradition in Belarus where the pupils in their final year welcome the newcomers to the school. We donated stationary to the school and this was met with tremendous gratitude. When we also added an A3 laminator there were shouts of joy from some of the teachers!

Over the last two days of the trip everyone was able to visit with families of children who had been to the UK. Each small group visited at least 4 children and as usual were met by the welcoming generosity of the Belarussian people. No one wanted dinner in the evening!

Four children will travel to the UK for a group visit in December. The girls will be aged between 9 and 12 years so we are very keen to receive donations of clothing to provide for them whilst they are here and to take home with them. Not only will the break be invaluable to their health, getting them away from the severe winter but they will also get to experience Christmas in the UK!

With grateful thanks to all who support us

**Elizabeth Parker, Link Chair Mid Suffolk,  
Trustee CCLL National  
01449 760343**

# Stowmarket based charity seeks volunteers

A local charity offering advice has seen a surge in demand and is looking for new volunteers to help them.

Citizens Advice Mid Suffolk offer people free advice on issues like benefits, debt, employment and housing. Volunteers are based in the Advice Centre in Stowmarket.

Carol Eagles, Manager, said, "in the last 3 years we've seen an 16% increase in client numbers, and recently a number of our long serving volunteers have moved on. Our Advisers are busier and we could really do with some new people to pitch in. You don't need any specific qualifications or experience to volunteer with us, just an interest in working with people to make their lives better."

There are several roles available.

Advisers work directly with clients, both face to face and on the telephone. They find out what the client's problem is and explore the options available to sort it out. The Adviser role is really

varied as the charity offers advice on sorting out any kind of problem where it helps to know your rights and responsibilities. Volunteer Advisers get full training in the skills needed to help people to deal with their problems.

Receptionists take care of clients when they arrive and work with the Advice Team to get them seen. The charity is looking for people who are happy to talk to members of the public and have basic computer skills.

Steve Avery, who has been volunteering with Citizens Advice Mid Suffolk for 2 years, said, "I like volunteering here because you make a real difference to people's lives. There's a great team of people and you get a lot of support. I would say to anyone considering volunteering to give it a try because it keeps you connected and up to date."

**Anyone interested in finding out more can visit [midsuffolkcab.org.uk](http://midsuffolkcab.org.uk) or contact Kimberly Roberts on 01449 676060.**

## SODS Presents their Great British Pantomime "Dick Whittington"



**Tues 4th – Sun 9th December  
Weekday Evenings 7.30 pm Sat / Sun 12 and 5 pm**

**Meet Dick Whittington and his friendly cat, Tommy. They have started their journey to London to look for the streets paved with gold. They are looking forward to seeing you along the way in December!**

**Following on from last year's panto success, the SODS have decided to add a Tuesday night performance to their pantomime week. And this will also be included in the Early Bird offer this year along with the Wednesday performance. Early bird tickets are all £10.00.**

**Regular tickets will be Adults £14, Concessions £12. Tickets now available online at the box office 01449 612825 or [www.regalstowmarket.co.uk](http://www.regalstowmarket.co.uk)**

**Tommy – Sammy Finn, Dick – Lauren Bunce.  
Photographs by Carrie Chadwick**

## Darts Update

We have not had the best start to the season on a Wednesday evening. First we lost 11-0 to The Pickarel, followed by a 9-2 to Coddenham and most recently losing 7-4 to Battsiford Punch Bowl. Not one of our finest hours although you can see the improvement.

Our new Thursday team debut went down well as we won against Chilton Fields in both Singles and Doubles and although we lost Singles against The Stag 4-3 the following week we won the Doubles 2-1. Our Division One team set off to a losing start against Finningham but went on to win the second week against the Legion.

**Go teams, its only the beginning!**



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## CHARITY FUN DAY



In August we held a Charity Fun day for the Ipswich Deaf Children Society. This day was a huge success and a lot of time and effort went into the organising of this event by Charlotte Morgan and Tracey McKeon. They raised a total of £1598.17 for the charity which was fantastic.

Thank you to everyone for supporting the event and well done ladies.

# Roy's

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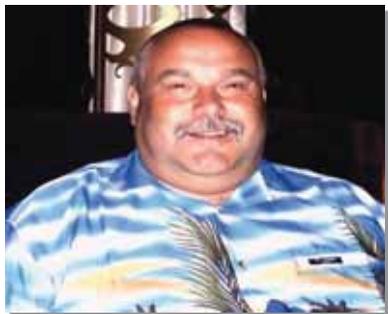
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