

# THE VOICE

OF  
CEDARS  
PARK

COMMUNITY MAGAZINE

July/August 2018



**IN THIS ISSUE: Tesco raise £468.30 for Charity**



Last weekend I had the pleasure of attending my future brother in laws wedding. Leaving everything to the last minute as you do, the day before I rushed out to find a suitable outfit. I

went everywhere; bearing in mind I don't overly do dresses at the best of times. In the end I compromised and ditched the dress idea but also added some colour as I tend to live in black. So I went for some trousers that were striped mustard yellow, black and white which has two slits up the front, a black strappy top and a mustard yellow jacket – rather colour co-ordinated I thought.

On the day of the wedding, I got dressed, did my makeup and curled my hair as we girls do. I was all ready, off to the church we went....

Standing outside the church seeing family and friends was lovely but then I noticed this swarm of little black beetle flies everywhere. They were all over my jacket and because I have long hair they were in that as well. I couldn't believe why I didn't realise that yellow is their favourite colour? I mean how did I not know this?

With several family members patting me down, there was only one option – hide in the church. Everyone else soon joined me and what a beautiful service it was. On the way out after, all I could think of was how we were going to have to pose for photos! As I stepped out the same happened all over again, black beetles everywhere. Luckily I remembered I

had a little white cardigan in the car which Pete dashed off to get for me – hero.

Finally the infamous jacket was off and I left it on a post in the grounds while we had the photos taken. After a while I turned round to see the jacket covered in beetles, and not just a few, there were hundreds. In the words of Taylor Swift we 'shaked it off' and made way to the wedding reception where everyone was saying it would fine to put it back on as it was just where we were in the Church grounds but guess what, yep you got it, as soon as I put it back on they came for me again.

So it was an eventful day, I made some new friends; in the form of little black bugs! The lesson of the day being never wear yellow in the sunshine as your look as attractive as a beautiful yellow sunflower. On a plus point it was a beautiful day and we saw some of our wonderful family.

As this is a double edition, you won't hear from me until September, so enjoy the weather, any holidays you have and here's wishing all your little ones starting school the very best of luck and that goes for the not so little ones moving up school as well.

Please forward all your news, photos and advertising to:

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

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Friday 10th August

## The Voice - Revised advertising prices from February 2017

|                     | Per Issue     | Cost for 5 issues<br>5% discount | Cost for 10 issues<br>10% discount |
|---------------------|---------------|----------------------------------|------------------------------------|
| <b>Full Page</b>    | <b>£42.00</b> | <b>£199.50</b>                   | <b>£378.00</b>                     |
| <b>Half Page</b>    | <b>£22.00</b> | <b>£104.50</b>                   | <b>£198.00</b>                     |
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| <b>Back Page</b>    | <b>£50.00</b> | <b>£237.50</b>                   | <b>£450.00</b>                     |

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An Evening of

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with

# Stephen Holbrook

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**Cedars Park Community Centre**

Sunday 5th August 7.30pm (Doors open at 7pm)

Tickets £10 (£12 on the door) Limited availability.

To book tickets please call Rachel on 07728 765139.

Over 18's Only – The Aviary Bar will be open.



## CEDARS PARK ART PROJECT

There is an amount of money available to the Cedars Park Residents Association to design and install a permanent piece of art/artwork on the estate for the mutual benefit of all residents.

We are looking for ideas/designs for this project from any resident. There is no age restriction for any budding artists/designers. It could be a computer type of work or just on a simple piece of paper.

At the same time we invite views as to its location.

So why not have a go at this, it could be your design that wins, something you can be justifiably proud of for years to come.

At some stage there will have to be a selection process, not complicated, then final selection.

Start and finish dates plus details of how to enter etc will be announced at a later date.

So come on residents start thinking; don't miss this once in a lifetime opportunity to rank alongside Renoir or Michelangelo.

CPRA June 2018



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# CHARITY FUN DAY

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# Message from Dave Muller, Chair CIC Board

**First of all a big thank you to everyone who took part in our recent on-line survey. The CIC Board have listened to what you have said and have so far taken the following action: -**

### **You said the Centre was looking tired**

The Board agree and have arranged for not just the Hillyer Hall, Ash & Beech rooms but the corridors to be repainted. This work will be undertaken during the next couple of months and we will ensure our hirer's are not inconvenienced wherever possible.

### **You had concerns about cleanliness of the centre**

I have arranged for our cleaners to increase the amount of times they clean the centre from twice to four times per week. I am also arranging for our cleaners to deep clean all the floors throughout the centre and once the building work on our extension is completed and the pre-school can move their equipment into the new store, I will arrange for the 2 changing rooms to be deep cleaned also.

### **You asked for some play equipment**

We have moved the fence back to the front entrance of the centre, so we have some more space for play

equipment on the grassed area next to the Aviary patio area. I have met with the Operations and Maintenance Manager from Stowmarket Town Council (his team are responsible for play areas in the town), who has advised me all play equipment has to be checked every week to comply with current Health & Safety regulations. The CIC Board have agreed to pay for Peter from the Aviary to attend the training course run by RoSPA and once this has been completed we will be looking to install some play equipment. The CIC Board would like local residents to help choose the play equipment and once we have a few ideas we will hold an open day where residents can come in and see the items we are considering and vote for the equipment they would like us to install.

### **You were concerned about the litter around the site**

Litter is a big problem wherever you go, but thanks to members of the Cedars Park Residents Association, myself and some local residents we undertook a litter pick on 11th May and filled about 10 bags, not just around the community centre but across the estate also. During the Whitsun half term week, 2 children from the holiday club, along with the pre-school manager, also undertook another litter pick around the centre car park. There are bins both inside and outside the centre

– please use them for your litter or take your litter home with you and put it in your own bin!

### **New signage for the front entrance**

I am in negotiations with a local blacksmith to provide brand new signage for the front entrance to the building.

### **Respondents to the survey said they wanted more entertainment**

We are currently researching options available for evening events. We are also looking for suggestions from the

community – so if you know of a good evening's entertainment, please let us know.

**Residents will appreciate we are unable to do everything at once and we also have to consider the fact we have limited funds to make improvements.**

**If any resident has any ideas on how we can improve the centre, further, the CIC Board will be delighted to hear from you. Please e-mail me at [admin@cedarsparkcic.co.uk](mailto:admin@cedarsparkcic.co.uk).**

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## **ADVANCE NOTICE OF CENTRE DEEP CLEAN OF CEDARS PARK COMMUNITY CENTRE**

**I have arranged for all the meeting rooms, changing rooms\*, corridors and toilets to be deep cleaned on **Saturday 11th August 2018**. As the job will take all day to complete, we will not be able to accept any bookings on 11th August 2018. As a result of this The Aviary will also be closed.**

**Please accept my apologies for any inconvenience caused.**

**\*The changing rooms will only be deep cleaned if the extension has been completed and they are empty of all equipment. If the extension has not been completed, the changing rooms will be deep cleaned at a later date (to be confirmed).**

**Dave Muller  
Chair CPCIC/Centre Manager**

## POET LAUREATE

### A BEAUTIFUL DAY OF SUNSHINE AND BREEZE

With a forecast high of twenty one degrees  
A beautiful evening of sunshine and breeze  
On the trees and bushes birds whistle and sing  
With only five days left of the calendar Spring  
The pee wees are calling in the park by the bay  
One must thank Mother Nature for such a beautiful day  
On the beach the young silver gulls to their parents for morsels to eat cry  
And the pied oystercatchers they pipe as they fly  
Above the calm waves that lap on to the shore  
The wonders of Nature are forever more  
The unmistakeable caws of the dark pale eyed crow  
Yet so little about Nature I can claim to know  
Fascinated by the beauty in her I do see  
A beauty that is everywhere around me.

Written by Francis Duggan

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## Stowmarket and District Camera Club

Justin Minns gave his talk 'Landscape' to the members on 14 May and we now fully understand why his pictures feature on some of the covers of 'Landscape Photographer of the Year'. He gave an interesting, helpful and inspiring talk which the members liked very much. I am sure some of us will be putting our new found knowledge to good use over the summer break.



On 11 June George Buxton came to judge our final competition before the summer break. As usual he made helpful and constructive comments on all of the entries. He then presented the Len Backhouse trophy to Roy Fidler for the best projected digital image (PDI) on the night – 'Come fly with me' and the Cyril and Mary Hall salver to Roy Ward for the best print on the night – 'Cley windmill'.  
Congratulations to you both.

Our end of season photoshoot took place on Sunday 24 June at Southwold harbour. This was a wonderful venue with lots of interesting things to photograph. We also have several photoshoots throughout the summer including West Mersea (tides permitting), Snetterton, Walton-on-the-Naze and Audley End.

Our new season starts on **Monday 10 September** when we welcome prospective new members and catch up with existing members. The first meeting for prospective new members is free of charge, whenever they attend for the first time.

New members are always very welcome at the club. All you need is a camera – any camera and a real interest in using it. Our members use DSLRs, mirrorless, compact and bridge cameras. Regular meetings are held at Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD, usually on the 2nd & 4th Monday of the month between September & June. We start arriving at around 7:00pm for a 7:30pm start. We'd love to see you there, so why not join us?

For more information see our web site  
[www.stowmarketanddistrictcameraclub.onesuffolk.net](http://www.stowmarketanddistrictcameraclub.onesuffolk.net)



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## Darts Update...

Well everything was on target for our 'A' team to win the league as they were undefeated but then came the clash at the top with the all star Pickerel team, seeing us lose 8-1 at home. This put us level at top but we needed to continue to win the rest of the games and hope they would slip up at some point.

The bad luck continued as we then went to play Thurston Fox and Hound and lost 5-4 to them. So it's not looking great now for them to defend their division one title but who knows what could happen, there is still time.

As for the B team things really are going from bad to worse as they are yet to gain any points and have not won a game yet. They are set for relegation unless they can get some wins in the next couple of games.



## TREETOPS

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

The club is available from  
7.30am onwards.

Breakfast provided and 'walk  
to school' service.

Enhanced DBS checked,  
Paediatric First Aid certificate,  
Safeguarding of children  
certificate

For more information  
contact Julie on 01449 706101.

## STOWMARKET LOCAL HISTORY GROUP

Monday 16th July, Our Annual Outing  
A walk around Stowmarket part two,  
Meet outside the Tourists Information  
Centre at 7pm,  
(free parking in Asda car park)

### CHANGE OF VENUE.

Please note as from August, meetings  
will be held at Hillside Community  
Centre at 7:30.

Monday 20th August,  
Miss Grimwade and the Girls of Hope  
House, By Linda Sexton.

Meetings will be held at Hillside  
Community Centre at 7:30.  
Members £1 non members £3:50.

For further details contact  
Jeannette Baldry: 01449 675271.  
[www.stowmarket-History.co.uk](http://www.stowmarket-History.co.uk)

# Chernobyl Childrens Lifeline & Charity Shop

**As the date of the group arrival approaches we would like to say a very big thank you to all of our supporters who have helped to make this years visit possible. 15 children arrive on July 1st and four of them will have their birthdays while they are here, the first being on the day of arrival!**

Many people have dropped donations into our Charity shop but not left their details so I have been unable to write personally to thank you. If you prefer to remain anonymous then of course we respect this but I would like to take this opportunity to acknowledge how grateful we are for your contributions.

The Charity Shop provides a great focal point for us and helps to raise awareness for our work. Although we have Links across the country we are not a National chain of shops, all staff are all unpaid volunteers. We really do need people who are able to offer a few hours a week to help out covering for holidays and sickness, each session is only 3 hours so if you think you could be available to help with "spot cover" we would love to hear from you, no experience is necessary and you're never on your own. Everyone is very friendly and welcoming, drop in and have chat when you are passing.

We give as much support as possible to the children, their families at home and also the Host Families who take the children into their homes for the whole month, the donations and support we receive from our local community form a great part of this support. Yes, the main purpose of the children's visit is for Health Recuperation but how brilliant is

it that we can also give them memories to take home that will last them a lifetime!

We are always happy to continue to receive donations of clothing for the children throughout the year, any age is appreciated as we provide clothing to the children when they come here and also to their siblings at home plus other children who, for various reasons, are unable to be included in the program who we will visit in Belarus later this year.

On August 26th I will travel with 18 people, 13 of whom are from Mid Suffolk, on a good will mission to Belarus. This will be their first time visiting Belarus and will give them the opportunity to visit the children they have hosted over the past few years. The trip will include a visit to the Children's Cancer Hospital in Minsk, several Social Shelters (cross between an Orphanage and a Foster Home) and we will also visit a local school and take part in the "First Bell" ceremony which celebrate the beginning of the new school year.

I am sure there will be much to report on our return!

Many thanks to everyone for their continued support.

**Elizabeth Parker**  
**Link Chair**

**[www.ccllmidsuffok.org.uk](http://www.ccllmidsuffok.org.uk)**

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## Branching out with Befriending!



Established in 1989, The Befriending Scheme is a Suffolk wide charity that provides friendship and learning opportunities to people

aged 16+ from vulnerable groups, including individuals with learning disabilities, common mental health disorders and older people. Starting out with just a handful of linked friendships, we have expanded enormously with the help and support of our dedicated volunteers and now have over 70 links countywide.

Holding out the hand of friendship in your local community can be so powerful. There may be vulnerable, isolated and lonely individuals just around the corner, who find it hard to ask for help. The Befriending Scheme seek to reach out to those who are lonely and isolated, and support volunteers in making a difference to the lives of these individuals.

Volunteers are welcomed into our well-established, vibrant and friendly team and are provided with all the information needed to become a Befriender who makes a difference. Training and professional development opportunities are also available.

**Our vision is world where people are valued equally, listened to and included in all that life has to offer. Our challenge is to make this a reality.**

“Helping people find a friend is our core activity but this relies on volunteers who are willing to invest their time in building a new friendship with one of our members. The recent rise in applications



from those seeking company shows that more people than ever in Suffolk are desperate for a friend to help them enjoy social contact, activities and outings that we often take for granted. Befriending is a way of helping in your community. Making a friend can make a massive difference to someone’s life, and also to the lives of their family”

**CEO, Shirley Moore**



Do you know someone with a learning disability, common mental health disorder or older person who is lonely and isolated?

Get in touch! We would love to hear from you and our staff will be more than happy to explore ways that The Befriending Scheme can help. You can call us on 01787 371333 or email us at [info@thebefriendingscheme.org.uk](mailto:info@thebefriendingscheme.org.uk)

Could you spare just 2-3 hours a month and become a Volunteer Befriender?

To apply as a volunteer, please contact The Befriending Scheme on 01787 371333 or email [info@thebefriendingscheme.org.uk](mailto:info@thebefriendingscheme.org.uk)

**For more information, please visit our website at [www.thebefriendingscheme.org.uk](http://www.thebefriendingscheme.org.uk)**

**Thank you.**



## Cedars Park Preschool - 07531 981117



The royal wedding (although it seems so long ago now), was a keen focus for the children. They've been

designing dresses, discussing families and designing medals. They're still dressing up in floaty dresses and hats and drawing union flags on things including some very interesting looking pictures of caterpillars. The children even made a wedding cake!!

We have again this year bought caterpillars from [www.insectlore.co.uk](http://www.insectlore.co.uk) and the children have excitedly watched them grow from tiny caterpillars, into chrysalides and in the last day into painted lady butterflies. We will be releasing them into the garden in the next couple of days.

Sport's Day is fast approaching as well of the Leaver's Party, an outing (we've still voting on where to go for that!!) and then end of term party days on Monday 23rd and Tuesday 24th July ☺ Have a happy and safe summer everyone.



**FOR SEPTEMBER 2018**

**Information session for  
parents/carers – Monday 2nd July  
7pm at Cedars Park Community  
Centre**

### GETTING TO KNOW YOUR PRESCHOOL STAFF



**Sara – Admin Assistant**

**Lives in:** Stowmarket **Went to school in:** Thurston **Children:** Georgina (12), Ben (10) & Tabatha (7) **Pet:** 2 cats (Ziggy & Mia) & fish **Favourite Colour:** Purple **Likes:** Spending time with family and organising **Dislike:** Frogs **Favourite food:** Jacket Potato **Strengths:** Always smiling, organised & good listener

**Weaknesses:** Confidence

**The best thing about my job is:** All the people and children – no two days the same.

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, Tiff, Gemma, Wendy, Lis, Nicki, Megan, Tash, Sara and Beth

# School's Out Club - Cedars Park



### AWARDS AND MEDALS – CELEBRATIONS ALL ROUND

Lots of points have been given out in the last couple of weeks. Some of the children have been taking part in the Muddy Race raising money for Cancer Research and so they deserved some extra points for doing an incredible job. In all, seven girls did the muddy challenge and between them raised (at last count) a staggering £1341.25 – Well done to Chloe, Chloe, Jess, Esmée, Bella, Jasmine and Ruby – go girls!! On top of that Christopher, Esmée and Bella also took part in a 5 mile cyclathon with their parents, the following day!!



Reward points were also given to some of the children at Holiday Club who showed respect for the community. We went for a walk

to pick natural objects to make prints in clay. One of the children spotted that people had left litter around the car park and along the footpath and suggested they do a litter pick. When we returned to the centre, the girls spoke to Dave Muller who kindly provided the children with protective equipment and we set off to clean up the area (with a slight diversion for five minutes at the park too!!). When

we returned to the centre again, they produced posters to tell people to 'Put It in The Bin'. Well done Chloe, Freya and Hollie, very community spirited of you, keep up the good work.



Given the opportunity, children can show that they are developing into outstanding members of our local community and we are very proud to know them.

### SUMMER HOLIDAY CLUB

Monday 30th July –

Friday 24th August

Monday 3rd – Thursday 6th

September 8am – 6pm

10% discount for places booked  
before 30th June 2018

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](mailto: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](mailto:honeycombscedarspark@gmail.com) Michelle, Lou, Tracy, Tiff, Denise, Chloe, Gemma, Wendy & Nicki

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Did you know that Stowmarket has its very own print and design company? Or that we've been here for over 20 years?... Polstead Press Ltd is neatly tucked away just behind the Ford Garage, opposite Creeping Road in Stowmarket, but many of our new customers quite often say that they never even knew we were here!

Although it would be wonderful to have a huge neon sign with an arrow lighting our way, the next best thing was to pop some editorial into our local magazine to raise awareness about our services and where exactly we are!!

We offer a range of printed products, including wide format prints such as Pull-Up banners, Posters and PVC Banners, as well as your every-day printing needs, for example leaflets, stationery, NCR pads and stickers.

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So, now you know where we are, please do give us a call, drop us an email or simply stop by to say hello and one of our helpful, friendly staff will be more than happy to help you!

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## QUIZ NIGHT

**Saturday 22nd September**

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