



THE VOICE

OF
CEDARS
PARK

COMMUNITY MAGAZINE

May 2018



IN THIS ISSUE: Choirs Sing Out for Children's Ward

EDITORIAL



What beautiful weather we have been having, certainly a change from last month. It is lovely to finally see a glimpse of sunshine and I'm sure

many of you have certainly enjoyed spending time in the garden, whether you have been planting new flowers, playing with the children or even just lounging in the sun with a cheeky pimms while the hubby fires up the BBQ. Lets hope it continues!!

There's only a couple of months left until the children break up for the Summer holidays which means some of your little ones will be starting school for the first time in September and others may be moving up a school. I hope you all got your choices for placement, I know my nephews did which they were both over the moon with. Although I would imagine it will be expensive at the same time with all the new uniforms and stationery. It is amazing how times have changed since I went to school and probably for some of you reading this. The technology is so advanced now. There was no internet when I was at school and you had use the library if you wanted to find out information for doing your homework. The other day my nephew just asked his phone the answer to his question. It does make you realise how reliant we all are to

our phones, laptops, internet etc, etc.

Especially the young ones you struggle to stay off their phones for 5 minutes. I went for a meal with my family last week and my nephew got his phone out as soon as we got there and was told to put it away and he replied " but I brought it so I could play on it". You can only imagine my reply when I tried to explain that if you are out with family having a meal then your phone should be in your pocket as for one it is rude and two the whole point of family meal is to spend time together. In all fairness he did put away which I soon went on to regret as I then discovered he can talk for England.

Finally I would like to thank Jenny who kindly sent me in the picture for the front cover this month of the blue tit. Jenny sent me a couple of photos of a blue tit that had taken up nest nearby and they were beautiful to see.

See you next time....

Please forward all your news, photos and advertising to:

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

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www.cedarsparkcommunitycentre.co.uk

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Friday 11th May

The Voice - Revised advertising prices from February 2017

	Per Issue	Cost for 5 issues 5% discount	Cost for 10 issues 10% discount
Full Page	£42.00	£199.50	£378.00
Half Page	£22.00	£104.50	£198.00
Quarter Page	£13.00	£61.75	£117.00
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Separate flyers distributed with the Voice to properties on Cedars Park for only £100.00



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And if that wasn't enough, one lucky customer during the weekend will win £50 Cash.

This month marks the second anniversary of Cameron Kerr taking ownership of the established Stowmarket store, based near the railway gates on Stowupland Road, and he's keen to show everyone the changes that his team has made.

"In common with other town centre traders, we've faced a number of challenges over the last couple of years, but we offer a real alternative to the impersonality of the out-of-town furniture outlets," he said.

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And with Charringtons now able to offer interest free credit (subject to status), customers have even more choice over purchasing quality items at competitive prices.

All customers can enjoy 10% off across the store over the weekend of May 5-7, with everyone making a purchase going into a special draw. One lucky customer will then win £100 off their next purchase at Charringtons!

"It's our way of saying thank you to everyone – old and new – for their custom over the last couple of years," Cameron added. "We look forward to seeing old friends and new faces and sharing the celebrations with everyone."

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Stowmarket goes Science Mad!

Hundreds of children from across Stowmarket and the surrounding villages came together over the Easter Holidays for a mad & magical mystery into the world of Science. The event organised by Stowmarket Town Council and sponsored by Anglian Water saw scientists from Mad Science bring Science to life for all those that attended the free event held at Cedars Park Community Centre!

Event organiser Sarah-Jayne Thomas from Stowmarket Town Council said "We were absolutely thrilled to see so many young people enjoying Science, our thanks to Anglian Water for making it possible." Town Mayor Cllr Dave Muller added "It was absolutely superb. I spoke to many children and their parents and all the feedback has been very positive indeed."

Stowmarket Mad Science Festival included amazing interactive stage shows which took you on a magical mystery tour of the wonders of air and pressure plus created a radiant reactive rainbow in the Reactions in Action show. It gave children aged 4-11 the chance to get very hands on, watch and be amazed by the wonderful world of science. They made a human light chain with plasma balls, erupting volcanoes, mixed up Mad Science Slime, became champions of the tablecloth pull, got their hands on magic mud & took the hair raising challenge with the Van Der Graaf generator.

Stowmarket Mad Science Festival also offered two 30 minute workshops Radical Robots & Junior Engineers. Radical Robots gave children the chance to get hands on with robots and automatons. Junior Engineers saw children working in teams to create super structures.





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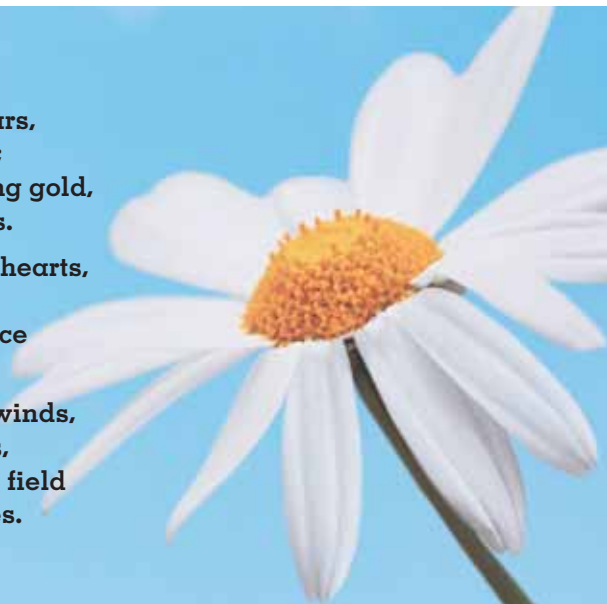
Daisy Time

See, the grass is full of stars,
Fallen in their brightness;
Hearts they have of shining gold,
Rays of shining whiteness.

Buttercups have honeyed hearts,
Bees they love the clover,
But I love the daisies' dance
All the meadow over.

Blow, O blow, you happy winds,
Singing summer's praises,
Up the field and down the field
A-dancing with the daisies.

By Majorie Pickthall



What's a typical day at Cedrus House?



Baking cupcakes with friends



Catching up over afternoon tea



Getting creative

Join us as we open our doors to celebrate Care Home Open Day at Cedrus House care home.

Care Home Open Day

Friday 20th April 2018, 2pm - 4pm

We always love welcoming people to our home, but to celebrate Care Home Open Day this year we're planning something extra special and would like to invite the whole community to come along.

- Celebrations to mark the Queen's birthday
- Traditional afternoon tea
- Live entertainment from talented saxophone player, Melina Escobar
- A chance to meet our friendly team members and take a closer look at our home

For more information please call us on **01449 797462** or email chantal.sencier@careuk.com

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Stowmarket and District Camera Club

On 12 March Mike Cowling returned to the club to judge our 'OPEN 4' competition. As usual he gave constructive comments and appropriate marks to the entries. We only found this new judge last year, but unfortunately he will not be available on Monday nights for the next season due to his other obsession of bell ringing. We will miss him.

On 26 March our club member, Jo Honour, gave a talk on High Speed Photography, which was enjoyed by the members despite some technical difficulties at the start. Thank you Jo and to another club member, Jonathan, for your help in sorting the technical issues out.

Next meetings:

Monday 9 April: Colin Stubly Shield for Portraiture and the Audio Visual salver – both to be judged by John Wrigley.

Monday 23 April: AGM/club night.

Monday 14 May: LECTURE 4: 'Landscape' to be given by Justin Minns.

Monday 11 June: Open 5 competition to be judged by George Buxton.

Monday 25 June: End of season photoshoot – venue TBA

Monday 10 September: the new season starts with this 'no charge' meeting, when we welcome prospective new members and catch up with existing members.

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, compacts 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



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Darts Update...



With the summer season on its way, both teams are off to a great start. In the Cup the 'A' team beat the Stowmarket Crown and the 'B' team beat The Three Tuns in Needham after being 4-2 down at half time

they went on with a gallant effort to win all doubles leading to a 5-4 victory. It saw Craig Dootson (Stretch) throw a 180.

The first league game saw the 'A' team defeat The Pickerel all star team 6-3 which was a massive win for them as The Pickerel are probably one of the hardest teams in the league. Sadly the 'B' team did not have a great start as they lost 6-3 to The Kings Arms, mind you I don't think it helped that our newly elected Captain had a few too many pints before the night begun. But its only the first game and lots can and will still happen to turn it around.

Until next time for more tungsten tales....



2018 STOWMARKET CARNIVAL DARTS



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Contact Darren 07779 319461 or email evolutiondarts@yahoo.com**

Choirs Sing Out for Children's Ward



Community choirs from across Suffolk and Norfolk raised £1420 for West Suffolk Hospital Children's Rainbow Ward.

The money was raised in Easter concerts that took place last week performed by the VivaVoices community choirs in Stowmarket, Bury St Edmunds, Newmarket and Wymondham, singing a mix of songs from across the decades. The Stowmarket choir concert was attended by mayor Dave Muller and his wife Lois.

"The Rainbow Ward is a cause particularly close to my heart," says choir leader Graeme Hopson, "because my son Theo, who was born over Christmas, became ill and required care on the ward for a week before making a full recovery. During that difficult time my wife and I were impressed by the

kindness and dedication of the staff and the quality of care he received. Raising money for the Rainbow Ward is our way of thanking the staff and helping other babies and children, and I'm delighted by how much our concerts have raised."

VivaVoices meets Mondays, 7.30-9.00pm, at the United Reformed Church, Ipswich Street, Stowmarket, rehearsals starting 23rd April. New members welcome. Call Graeme Hopson 01284 700286 or visit www.vivavoices.com for more information.

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Cedars Park Preschool - 07531 981117



Our Easter event was a success with lots of families joining us for a morning of crafts and fun, and of course an Easter Egg hunt! The weather was particularly unkind on that day, so we changed plans and made it an indoor event (we're still finding a random egg or two now ☺). The children made Easter hats and did an Easter Parade around the room to show off their creations. The task of picking a winner proved very difficult for our judge Dave Muller.

BRADFIELD WOODS TRIPS



We have visited Bradfield Woods on two occasions so far. The weather couldn't have been different. Week 1, the children were wrapped up in coats, hats, scarves and

gloves and had to keep moving to keep warm and Week 2 we were searching for shade to cool down!

On the first visit, the children helped to build homes for a hedgehog and his friends (soft toys), searched the forest floor for bugs that to feed the animals and explored the safety zone with magnifiers

and mirrors (have you tried standing in a wooded area, holding a mirror in your hands to see the sky? The children found it amazing and somewhat confusing!)

During the second visit, we ventured a little further into the woods looking for objects the same colour as some precious stones, we followed a rope trail wearing blindfolds, made dinner in the mud kitchen and played musical instruments made from natural materials. Check back next time to read about Weeks 3 & 4.

SENSORY GARDEN PLANS - WE STILL NEED YOUR HELP, PLEASE UPDATE



Thank you to Bob Taylor and Sam for their kind offer of help towards the project. Hopefully we will have a garden design plan ready in the next

couple of weeks.

TABLE TOP SALE

Cedars Park Community Centre, Pintail Road, IP14 5FP, Saturday 5th May 9am - 12pm (open for set up from 8pm) 6 foot table top £10, to book call Cedars Park Preschool 07531 981117. Children's clothes, shoes, books, toys, curtains, kitchen items, plants, games & baby equipment. Table fees in aid of Friends of Honeycombs & Cedars Park Preschools Committee.

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 Michelle, Lou, Tracy, Tiff, Gemma, Wendy, Lis, Nicki, Megan, Tash, Sara & Beth

School's Out Club - Cedars Park

Half Term Holiday Club

Tuesday 29th May - Friday 1st June 8am -6pm

For children 2 - 12 years old

£30 full day/£15 half day (8am - 1pm/1pm - 6pm)

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



At our School's Out Club, we have the privilege of caring for some incredible children. Their talents and compassion never cease to amaze. They are talented artists and sports people, they demonstrate kindness and caring to others and they do it all in good spirit. Three impressive young ladies are planning to do a 5km Pretty Muddy event in June, to raise money for Cancer Research UK. They are well on their way to raising at least £500. Well done Chloe, Chloe and Jess. We're very proud to know and support you and we know that you will be great as you as such kind, caring and determined young ladies.



Our new reward scheme is still at the beginning but has had a promising start. The children are already receiving green points for kind and thoughtful behaviour, team work and helpfulness to each other and staff. Some of their ideas for rewards include: Ice cream sundae desserts, going out onto the field for team games and football, pottery workshops and lots of cooking (now there's a surprise – more food involved!!!!).



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, Gemma, Wendy & Nicki

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Universal Credit to be rolled out in Stowmarket Jobcentre

Citizens Advice Mid Suffolk is helping people get ready for Universal Credit as it rolls out in full across Mid Suffolk. Full service roll out of Universal Credit starts in Stowmarket Jobcentre Plus area from 9th May and Diss Jobcentre Plus area from 9th May.

Universal Credit is a new benefit which helps working age people on a low income or not in work meet their living costs. It replaces six means-tested benefits and tax credits with one benefit. Universal Credit replaces housing benefit, working tax credit, child tax credit, income support, income-based jobseeker's allowance and income-related employment and support allowance.

However this doesn't mean that everyone of working age will be able to apply. From this date, in general, parents with one or two children, couples and people who can't work because of their health, whose circumstances make them eligible to apply for Universal Credit, will be able to claim.

Some benefits are available at the same time as claiming Universal Credit and Citizens Advice Mid Suffolk recommend that people visit the Citizens Advice website to find out if they're eligible to apply and for more information about making a claim.

People who are already claiming any of the six benefits are likely to be moved onto Universal Credit from 2019 onwards and don't need to do anything until the Department of Work and Pensions gets in touch. If their circumstances change before then, they may have to make a claim for Universal Credit.

The charity is highlighting the differences in the ways that Universal Credit is paid so that people can prepare before applying for the new benefit. The three changes people need to be aware of are:

- Universal Credit payments are made in arrears once a month, rather than being paid every fortnight or every week.
- Payments will go straight into a claimant's bank account. This means people may need to open a bank account if they don't have one and set up their own standing orders for expenses like rent if it was paid directly to their landlord under the old Housing Benefit system.
- New Universal Credit applications, and any change in your circumstances, need to be made online.

There is a built in five week wait for the first Universal Credit payment. Citizens Advice Mid Suffolk is encouraging people to apply for an advance payment if they're concerned about meeting their living costs in the meantime.

Carol Eagles, Manager at Citizens Advice Mid Suffolk, said: "Universal Credit is the biggest ever change to benefit system, so it's important people get support while they get used to the new system.

Most of the queries we've helped with so far have focused on people wanting to know how Universal Credit works and how to apply, and we'd expect that to continue during the full roll out.

We help people understand every stage of the application process- from explaining how Universal Credit works, to offering budgeting advice to help people best manage their monthly payment.

Anyone with a question or concern should get in touch with us at the earliest chance so we can help them make preparations for being on Universal Credit. People can get free confidential advice from Citizens Advice Mid Suffolk at the office in Stowmarket, by phoning 01449 676060 or via our website."

1st Combs Scout Group

Duck Race



Sat 9th June 2018 2pm
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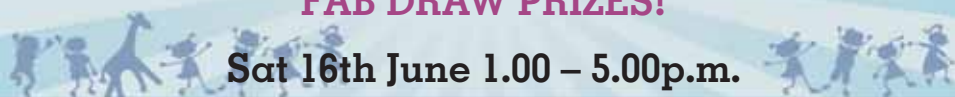
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TREE PLANTING CEREMONY



The event was a tree planting ceremony on Chilton Way on 27th March 2018. A big thank you to Bob Taylor who provided the Maple trees.

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4 CLEANRIGHT

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CLEAN
DAYS A
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7



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Regular & deep cleaning | Spring cleaning | Tenancy cleaning | Party clean ups | Offices | Carpet cleaning