

THE VOICE

OF
CEDARS
PARK

COMMUNITY MAGAZINE

December / January 2019



IN THIS ISSUE: Stowmarket Stars Shine

EDITORIAL



As I sit here writing my last editorial of the year...I keep asking myself where has this year gone!! Christmas is only a few weeks away and I'm still not organised but would

you expect anything less if you have read my previous Christmas editorials - I am definitely last minute.com.

I am sure many of you lovely readers are thoroughly organised and ready to wrap. Some of my friends finished their shopping in the second week of November! Annoying or what? Every year I think I will do it all online but for some reason I'm glutton for punishment and endlessly waltz around the shops as I can never decide what to buy.

I do, however, love the magical feeling that everyone gets around this time of year.

Snuggling on the sofa watching those cheesy Christmas movies and not forgetting the Christmas Specials. Every year I find myself watching Morecambe and Wise as I did from when I was a child and it never seems dated. Christmas music playing while you play board games with the children – always competitive in our household. Then there's the Christmas food and drink which we always over indulge in every year and find ourselves signed up to the gym by January.

Finally there are the Christmas adverts that build it all up; normally I'm in tears by the end of some of them, although this year they so far have been rather tame. I do like the

John Lewis advert with Elton John but it didn't pull on my heart strings as some have in the past. There was a lot of debate on what this advert was about; some say it is a promo for a new film, others think it's all about Elton John's life but I think if you watch it closely and look beyond the fact it's Elton John you see the hidden message. How that one gift can change someone's life forever. In this case a piano but it could have been anything.

Then there is the Iceland advert that got banned for being too political about the Orang-utan. Obviously we have all seen it online as it was bound to get leaked and to be honest the advert itself was cleverly done. I'll stop there before I get banned for being too political to...

Anyway have yourself a very Merry Christmas and New Year and enjoy spending quality time with family and friends creating memories. Thank you to everyone for supporting our magazine by reading, advertising and a special thanks to all the distributors that volunteer all year round to make it possible.

Merry Christmas.....

Please forward all your news, photos and advertising to:

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

Published by: Cedars Park CIC
www.cedarsparkcommunitycentre.co.uk

Deadline for February edition:
Friday 11th January

The Voice - Revised advertising prices from February 2019

	Per Issue	Cost for 5 issues 5% discount	Cost for 10 issues 10% discount
Full Page	£45.00	£213.75	£405.00
Half Page	£25.00	£118.75	£225.00
Quarter Page	£15.00	£71.25	£135.00
Back Page	£55.00	£261.25	£495.00

We are no longer able to offer a leaflet distribution service.

MARCUS DAY & CHARLIE KELLY

AN EVENING OF MEDIUMSHIP CHRISTMAS SPECIAL IN AID OF CANCER END OF LIFE CARE



TWO MEDIUMS WITH AN EXCEPTIONAL GIFT,
THE GIFT OF BRINGING MESSAGES FROM FRIENDS AND LOVED ONES PASSED.



**chat
it's fate**

Medium to the Stars and Star of the brand new series
"The Medium Wave" and internationally renowned Charlie Kelly.
Both mediums are known for delivering incredibly accurate messages
always with warmth and good humour.

Whether you are a sceptic or true believer
this is an evening that promises to be enlightening,
full of laughter and not to be missed!

Sunday 23rd December - Doors open at 7 pm for 7.30 pm start.

Cedars Park Community centre, Stowmarket.

Tickets just £10 on sale now from cedars park community centre
or online from

<https://www.ticketsource.co.uk/date/580885>

For info please call 07795 108 938

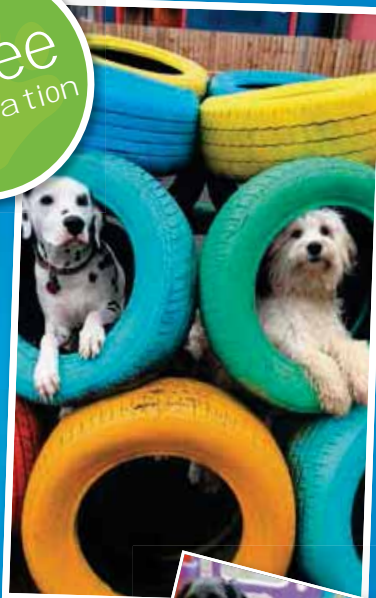


Welcome to Needham Canine Creche

Free
Registration

We are a Luxury Canine Facility offering...

- 🐾 Day Care in our huge custom built Creche
- 🐾 **Activity Halls** offering endless fun
- 🐾 Insured, Licensed, **Safety** Comes First!
- 🐾 Paddling Pools and **Toys** Galore
- 🐾 Ball Pits, Climbing Frames & **Brain** Games
- 🐾 Bi-Monthly Puppy Parties



Come for
a Tour!
No Appointment Necessary

☎ 01449 706456

💻 www.needhamcaninecreche.co.uk

✉ info@needhamcaninecreche.co.uk

📍 Unit 15, Maitland Rd, Lion Barn Ind Est, Needham, IP6 8NZ

Open Mon – Fri 8am – 6pm with early drop offs by arrangement only.



The Aviary Presents...

80's THEME DISCO

At Cedars Park Community Centre

Saturday 23rd February

Raising funds for a New Sensory Garden

7pm-11pm • Adults Only

£5 per ticket • Bar Open • Raffles

**To purchase your tickets contact
Janine or Pete in The Aviary or ask
Michelle at Cedars Park Preschool**

Polka Dots and Petticoats

Vintage style dresses & petticoats, accessories, lighting, home & gift



Sizes 8-26 available



01449

775680



Personal, friendly service



"Making the world prettier, one dress at a time"



Shop online or
by appointment
at Combs Tannery, Stowmarket



Vintage style
bridal range
now
available!

www.polkadotsandpetticoats.co.uk

Cedars Litter Pick



Veni vidi vici is attributed to Julius Caesar to report that he 'came, he saw and he conquered'. Never more appropriate was his report than the Cedars litter pick, held on October 20th this autumn. There can be no question that our local litter was substantially conquered by the joint efforts of a valiant team of local volunteers, drawn from our estate. The pick included, amongst other things, a whole box of recyclable bottles, a rusty scooter and a derelict wheelbarrow. Paraphernalia from drug users mingled with dog poo bags and a wide assortment of fast food packaging. Cigarette ends too adorned our public areas with stubs which take up to 10 years to biodegrade.

The pick finished at our Community Centre, with refreshments provided through the kindness of the Community Centre Committee. The finale providing an excellent opportunity to meet neighbours and share interests. One good soul, who is resident in Ipswich,



joined us for no better reason than that she is a member of Stowmarket's choral group. Perhaps she's a wanabee resident, and who could blame her?

Congratulations to everyone who took part. Your efforts made a difference to our community, and your citizenship will be visible and appreciated over the coming months. We plan another pick in May, but meanwhile, thanks to everyone who made a difference in October.

Join the WI – find out what you're missing!

Early Birds WI are a morning group that meet the third Monday of the month at Cedars Park Community Centre, Pintail Road, Stowmarket, IP14 5FP.

We meet between 10am-12noon and within this time we have a variety of activities from cooking, craft, visiting speakers and community projects.

Our age group varies from 30 - 80, so there's something for everyone. We are a very friendly group.

Every month within the meeting we have a raffle, a trading table for members to sell various items, refreshments and time to catch up and natter. We also run a monthly outing and lunch club which is optional, but gives extra opportunities to socialise.

Suffolk East Federation of WIs will be celebrating its centenary during 2019, with

lots of extra activities taking place.

Your first meeting is free so why not come along and see what you're missing out on, our next meeting will be on the Monday 18th January 2019 when our speaker will be Mr Brian Heard, and he will be speaking to us about his experience of 'Hong Kong and the Triads'.

Brian is a former Ballistics officer with the Royal Hong Kong Police.

We look forward to welcoming you to Early Birds WI.

 **Early Birds WI Stowmarket**
Email – earlybirdswi@hotmail.co.uk

Or why not come just along to the next meeting, new members and visitors can be assured of a warm and friendly welcome.

There is general information about the WI at www.sefwi.org.uk 01473 251632



HOUSE OF FLOWERS

01449 612631
Suffolk Ltd

Flowers for all occasions

Funeral Spray from £40.00

Boxed Hand Tie from £35.00

Flower Basket from £35.00

Large Selection of House Plants

Same day delivery ordered by 2pm

Shop online 24/7

Local and rural Stowmarket area (10 mile radius)

48 Ipswich Street, Stowmarket, Suffolk IP14 1AD
www.houseofflowerssuffolk.uk



Stowmarket Stars Shine!

The Stars of Stowmarket shone brightly as they received thanks for their dedication and service to Stowmarket from Town Mayor Cllr Linda Baxter. Town Mayor Cllr Linda Baxter said "This has been a wonderful opportunity to acknowledge the wonderful work and community spirit within our town. My congratulations to all who received an award."

Fiona Palmer winner of a Star Award in the Community Hero of the Year category said "It was wonderful to be recognised for the work we are doing within Stowmarket. As Chair of Stowmarket Dementia Action Alliance, I am very proud to be involved with other local organisations and businesses who are all



working towards making Stowmarket a dementia friendly town.

This award for me is not just about my actions but all about linking with others to enable people living with dementia feel valued, included and part of their local community now and in the future."

What's a typical day at Cedrus House?



Baking cupcakes with friends



Catching up over afternoon tea



Getting creative

At Cedrus House, our stunning, purpose-built care home, we offer the latest in luxury living combined with a wide range of round-the-clock care services.

We're passionate about helping residents to enjoy every day, and with the extensive facilities Cedrus House has to offer, your loved one will have the chance to maintain a fulfilling lifestyle with the support of our dedicated care teams.

Why not stop by for a chat with our friendly team and a chance to learn more about the superb facilities on offer?

To find out more or to book a visit please call **01449 797462** or visit careuk.com/cedrus-house

Cedrus House
Creeping Road East, Stowmarket IP14 5GD



'Twas The Night Before Christmas

'Twas the night before Christmas, when all through the house, Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care, In hopes that St. Nicholas soon would be there;
The children were nestled all snug in their beds; While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap, Had just settled our brains for a long winter's nap,
When out on the lawn there arose such a clatter, I sprang from my bed to see what was the matter.
Away to the window I flew like a flash, Tore open the shutters and threw up the sash.
The moon on the breast of the new-fallen snow, Gave a lustre of midday to objects below,
When what to my wondering eyes did appear, But a miniature sleigh and eight tiny rein-deer,
With a little old driver so lively and quick, I knew in a moment he must be St. Nick.
More rapid than eagles his coursers they came, And he whistled, and shouted, and called them by name:
"Now, Dasher! now, Dancer! now Prancer and Vixen! On, Comet! on, Cupid! on, Donner and Blixen!
To the top of the porch! to the top of the wall! Now dash away! dash away! dash away all!"
As leaves that before the wild hurricane fly, When they meet with an obstacle, mount to the sky;
So up to the housetop the coursers they flew, With the sleigh full of toys, and St. Nicholas too--
And then, in a twinkling, I heard on the roof, The prancing and pawing of each little hoof.
As I drew in my head, and was turning around, Down the chimney St. Nicholas came with a bound.
He was dressed all in fur, from his head to his foot, And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back, And he looked like a pedler just opening his pack.
His eyes--how they twinkled! his dimples, how merry! His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow, And the beard on his chin was as white as the snow;
The stump of a pipe he held tight in his teeth, And the smoke, it encircled his head like a wreath;
He had a broad face and a little round belly That shook when he laughed, like a bowl full of jelly.
He was chubby and plump, a right jolly old elf, And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head Soon gave me to know I had nothing to dread;
He spoke not a word, but went straight to his work, And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose, And giving a nod, up the chimney he rose;
He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight-- "Happy Christmas to all, and to all a good night!"

By Clement Clarke Moore



MAKE AN *entrance*



The only tool that
opens a **Frames
Conservatories
Direct** locked door

All our doors are
fitted with the
burglar proof*
Ultion Lock
as standard.

- ✓ *Local business*
- ✓ *Family owned & run*
- ✓ *NO HARD SELL*
- ✓ *No deposit*
- ✓ *10 year insurance-backed guarantee*
- ✓ *Two showrooms*



GET A
**FRONT DOOR
AND
A BACK DOOR
FROM
£37** PER MONTH



Representative example: Cash Price £3,339. Total amount credit £3,339. Duration of agreement 120 months. 120 monthly payments of £37. Rate of interest 5.9% APR representative. Total amount payable £4,440. Credit is subject to status & application. Frames Conservatories Direct is a credit broker (FRN 6687000) for the purpose of introducing the credit provided by Hitachi Personal Finance, a trading style of Hitachi Capital (UK) PLC (Register no. 704348). Both are authorised and regulated by the Financial Conduct Authority.



MULTI AWARD-WINNING

Frames  **Conservatories**

Your Complete Home Improvement Centre *Direct*


£1000
GUARANTEE

If an intruder breaks in by snapping the lock within 10 years of installation Ultion will pay you £1,000

Call 01284 799 470

or visit our website www.fcdhomeimprovements.co.uk

*If an intruder breaks in by forcing the lock.

Tree-mendous Team Work!

A 'day of action' was held at Wood Ley Primary School in Stowmarket, when local firm Timberwolf, and Stowmarket Town Council, joined forces to repair, and make safe, a woodland area adjacent to the Primary School - which had been vandalised earlier in the year.

Over 15 tonnes of timber were put through a shredder, producing wood chip which will now be used to resurface some of the footpaths at the school. The work will be completed during a second 'day of action' planned for Easter 2019.

Deputy Town Mayor, Councillor Paul Ekpenyong said: "My confidence in human nature has been restored through the actions of Timberwolf who have gladly stepped in to lend their staff and specialist equipment to this project. This is a really



good example of partnership working and demonstrates the great things that can happen when we all work together."

School headteacher, Sandra Renwick said: "We are truly grateful for the work that has been undertaken. The woodland area is really important to us and it is wonderful to see our children develop their confidence through the activities that they are able to undertake in this natural environment."



ROSE HOME SOLUTIONS

FITTED SLIDING WARDROBES
WITH BESPOKE INTERIOR
OPTIONS.

Email: rhsinfo@yahoo.co.uk
www.rosehomesolutions.co.uk

Tel: 01473 846511
Mobile: 07572 482315

Tips to Toes Darling Beauty

Treat Your Nails Like Jewels
Not Tools



Manicure
Pedicure
OPI Gels



First set of gels £15

Mobile Nail Technician, Onehouse
07584 573385
martinammeadows@live.co.uk



SPA SERVICES

FULL FLUFF - The works!

SPLASH AND DASH

- An interim between groom service

PUPPY GROOM

- A sensitive intro to fluffing!



We use all Natural, 100% Essential
Oils - natural, kind and gentle

Located in Needham Canine Creche

(You don't have to be registered to use our spa!)



Crufts Groomer



Precision Styling



No dog too big or small



All breeds welcome

☎ 01449 706456

🌐 www.needhamcaninecreche.co.uk

✉ info@needhamcaninecreche.co.uk



Unit 15, Maitland Rd, Lion Barn Ind Est,
Needham, IP6 8NZ

NEWS & VIEWS

Museum receives grant of £158,610 towards Heritage Farm

The team at the Museum of East Anglian Life is delighted to announce that they have been awarded a grant of £158,610 from the European Agricultural Fund for Rural Development and Defra towards their Heritage Farm project.

The grant will allow the museum to build a new attraction at the site, with new displays in a new building, an animal handling and learning area for visitors and better conditions for collections. New paths will make the site more accessible for all visitors.

The Heritage Farm will open in April 2019. As well as the new building at the heart of the attraction, there will be a brand new orchard and animals to meet, representing the key East Anglian breeds.



The museum's director, Jenny Cousins, said:

'We are delighted to have received this support. Together with a grant from Viridor and the money that the public have given, we will be able to create a new and exciting attraction at the museum. There will be hands-on activities available in all weathers and much better conditions for our collection. We're really excited about the project!'

The grant has been awarded by the Rural Payments Agency as part of its Rural Development Programme for England. The programme seeks to support the development of tourism and recreational infrastructure, to create jobs and growth in the rural economy.

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.**

MIKE BROWN PAINTER & DECORATOR



**All Interior and
Exterior Work
40 Years Experience
Locally Based
07849849620**

brownlorna72@gmail.com

THE AVIARY WHAT'S ON

**EVERY FRIDAY
IN JANUARY
ORDER ANY
MAIN MEAL
AND GET A
FREE DESSERT
6PM-8PM**

If you are looking at
raising money for a
Charitable cause

Please contact Janine
or Pete in The Aviary
and we will see what
event we can put on for
you to raise those much
needed funds.

aviary@cedarsparkcic.
co.uk or
Tel: 01449 257303

We would like to wish all our fantastic
customers a wonderful Christmas and
a very Happy New Year!
See you all in 2019 if not before.
All our love Janine and Pete x

PATMORE WATER SOFTENERS



Non
Electric

Boiler
Friendly

10 Year
Guarantee

Ipswich

Saxmundham

Braintree

01473 713600

01728 633007

01376 334949

www.patmorewatersofteners.co.uk

Benefits and debt are most common issues faced by Stowmarket based charity

Local councillors, volunteers and members heard that problems with benefits and debt are the most common issues faced by people coming to Citizens Advice Mid Suffolk. At its Annual General Meeting the charity reported that in the last year it had addressed over 9,300 issues and helped more than 3,400 clients. The charity had seen a 6% increase in client numbers in 2017/2018.

Carol Eagles, Manager of Citizens Advice Mid Suffolk, said that their research had found that people predominantly wanted face to face advice, followed by phone then web chat. The charity will trial a web chat service as part of a new package of support for Universal Credit claimants.

During the past year Citizens Advice Mid Suffolk has helped clients to claim more than £1 million worth of benefits that they were entitled to. The charity had managed £1.4 million of debt on behalf of its clients. The work done by the 50 volunteers had been officially valued at more than £390,000. Mrs Eagles appealed for more volunteers to help the charity deal with the increase in demand.

Michael Wangermann, Chair of Citizens Advice Mid Suffolk, said "We are a local charity and we rely on local support. My thanks go to our funders for providing the financial support that we need to be able to provide advice at no cost to our clients. We couldn't do it without our fantastic staff and volunteers and we are looking for more volunteers to join us."

Derrick Haley, Chair of Mid Suffolk

District Council, said "Although Citizens Advice Mid Suffolk have told us the statistics about the reach of their service today, this can't really measure the real positive impact they have on people's lives. The volunteers at Citizens Advice Mid Suffolk do an excellent job at advising people on how to solve their problems. If it wasn't for their work to help people, then the council would have to pick up the pieces."

Linda Baxter, Mayor of Stowmarket, said "In my professional life, I send people to Citizens Advice Mid Suffolk and they make a real difference. That's why I chose them as one of my Mayor's charities. We are fortunate in Stowmarket to have this excellent service."

J hunt **Plumbing and Heating**

Covering:
Stowmarket
Bury St. Edmunds
Ipswich
Felixstowe



*All Aspects of Plumbing
and Heating undertaken*

Natural Gas • LPG • Oil

Installation • Service • Repair

*For a fast, friendly service
at a competitive price*

**Call: 01449 402175
or 07976 378301**

(anytime)





Cedars Park Preschool - 07531 981117



Children in Need PJ Day was lots of fun. The children thought about how they could help people and made Kindness Vouchers to pledge their help – some pledged to give hugs to anyone that was feeling sad, some to help with cooking the tea and some to tidy their bedrooms!! (I wonder how many remembered once they'd gone home!). Preschool donations to Children in Need totalled £30.06.

Parent/Carers workshops have been taking place this term to share ideas, information and strategies on supporting different areas of children's development, including communication and language, writing skills, maths skills and challenging behaviour. There has been some very encouraging feedback from those that have attended and so we will be running them again next term, possibly on a Saturday morning to enable more parents/carers to attend. More details to follow next issue.

The festive season is upon us and the children are firmly into the swing of singing Christmas songs, practicing for their Christmas nativity and creating those special sparkly things for the tree. The children will be showing off their beautiful singing voices with some of the residents of Cedrus House, at the Seniors Luncheon, at the Community Centre Christmas Fayre and at the performance for the parents, and of course there will be the traditional visit from Father Christmas after the Christmas Nativity Performance too.



Friends of Cedars Park Preschool Committee are holding a Children's Christmas Disco on Saturday 22nd December 3pm – 5pm. For Children from 2 to 8 years old. Tickets £3 per child, available from Preschool

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, Lis, Nicki, Tash, Lisa, Debbie, Denise, Sara, Beth, Lynn & Bonnie

School's Out Club - Cedars Park

CHRISTMAS HOLIDAY CLUB

Thursday 20th December, Friday 21st December 2018
& Wednesday 2nd January 2019

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

Please note: The community centre
will be closed between
Christmas and New Year



PLANTING FOR SPRING

A group of the older children have been out planting bulbs ready for the Spring. They helped to dig out the grass top of an area within the footpath that leads past the community centre towards Crossbill Road. Once the grass had been removed, the children arranged the bulbs and dug them into the ground. We look forward to a vibrant array of colour along the path after a dark and gloomy winter!



ELF DAY CHRISTMAS GAMES

Friday 7th December

at Cedars Park Community Centre

3.30pm – 4.30pm

Christmas Games – all 20p a go –
stalls organised by the children

Raising money for Alzheimer's Society
– everyone welcome



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, Tash,
Nicki, Lis, Lisa, Beth & Debbie

Stowmarket Choral

Last Saturday the Stowmarket Choral, formed in 1901, performed their first concert under recently appointed music director Tom Appleton: Händel's Messiah. Although the choir has performed this piece before, Tom brought his own interpretation to this well-known music. The audience heard the choir sing For Unto Us a Child is Born and Hallelujah, amongst others, interspersed by solo pieces such as Ev'ry Valley and The Trumpet Shall Sound by the soprano and bass soloists. The choir was complemented by a string quartet and a trumpet player - who took a prominent place in the pulpit! The fireworks display going on outside added some unexpected sound effects!

Under Tom's guidance, the choir seems to have found a new energy and enthusiasm. Rehearsals are a lively affair, bringing the music 'off the page', which resulted in a



moving concert. To their delight the choir received a standing ovation - Tom's hard work with the choir has obviously paid off!

The choir will next be performing at the Apex in Bury St. Edmunds on 1 December for BBC Radio Suffolk as part of Children in Need, where they'll be singing a selection from the Messiah and various carols.

For more information about the choir, please contact Mary Payne, the choir's secretary (secretary@stowmarketchorale.org.uk)



SC TREE & HEDGE SERVICES

COVERING ALL ASPECTS OF TREE AND HEDGE WORK

Fully NPTC qualified and insured tree surgeon based in Stowmarket

Please visit our Facebook page 'SC Tree and Hedge Services' for excellent references and a look at some of our previous work

Call or email us for advice and a free no obligation quotation

Tel: 01449 612119
Mob: 07510 103668
Email: sean@sctrees.co.uk




1st & 3rd Stowmarket (Phoenix) Scouts Christmas Post Service



Let us deliver your Christmas cards in Stowmarket (Inc Combs Ford) PLUS Stowupland and Onehouse and you will be supporting a local youth group?

Post your cards together with just 25p per card into one of our collection boxes and we will make sure they are delivered in time for Christmas.

You can find our post boxes from Friday 23rd Nov 18 at:



"Stowmarket Library"
 "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 12th 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)

Leader of Cedars Church



Hello! My name is Jonathan Moore-Crispin and I recently moved to Cedars Park in order to become the full-time leader of Cedars Church. I am here with my wife Lidia and two young children, Joseph and

Naomi. From the moment I stepped foot on this estate I could see that it is a great place to live and I am excited about becoming part of this vibrant community. Prior to moving here we lived in Bucharest, Romania, where I worked for an international church and taught music and P.E. at the British School.

My new place of work, Cedars Church, was established 10 years ago and has a number of activities aimed at those in this community. These include Friday night groups for children and teenagers which take place at Cedars Park Primary School. These groups are free

and provide a fun and safe place for the young people of Cedars to enjoy being together. We also have our main service in the school on Sunday mornings at 10:30. This is a time when we sing, listen to a talk based on the Bible and enjoy spending time together. During the service there is a very gifted team of people who look after the children and provide exciting activities for them. As Christmas is approaching I would particularly like to invite you to join us on Sunday 16th December for our Christmas family service and on Sunday 23rd December for our carol service. These will be at the normal time of 10:30 and will include free mince pies! We would love for you to join us.

For more information about the youth groups and services, please see our website: www.cedarschurch.com or contact us at atinfo@cedarschurch.com.

When you're in bits visit

PHYSIOFIXX

Physiotherapy for all injuries and pain - 01449 763023

Our services, offered by a team of dedicated professionals:

- Physiotherapy for all aches, pains and injuries
- Specialist Sports Physiotherapy
- Treatment of Conditions Acquired by Brain Injury, Stroke, MS and Parkinsons
- Running Analysis, Coaching and Re-Education
- Advanced Retul Bike Fitting *
- Anti-Gravity Treadmill (for injury & surgical rehabilitation, aids weights loss & sports training)
- Radial Pressurewave (Shockwave) Therapy
- Acupuncture Therapy
- Sports Massage Therapy
- Rehabilitation, Pilates, Strength & Conditioning, Stick Mobility Classes in our on-site gym

*Retul 'BikeFixx' conducted by Robert Grainger; former lead Physiotherapist to Team Sky and the British Professional Cycling Team

Open Monday to Saturday. Evening appointments available

Based close to Tesco in Stowmarket at:
Alpha 1 The Bunnings, Cedars Park, Stowmarket, IP14 5GZ
T: 01449 763023 | E: admin@physiofixx.co.uk | W: www.physiofixx.co.uk

RUNFIXX

PHYSIOFIXX

BIKEFIXX

PERFORMANCEFIXX

Kids Competition Winners....

First of all I would like to congratulate all the entrants this year as they were all fab.

Massive congratulations to our winner Ethan Herwono from Trinity School, Stowmarket age 5 years and 10 months. I think we all agree how fantastic his drawing is and shows real talent.

Also congratulations to our runner up Lucy Brett age 7 for a great effort.

Prizes to be collected at our Christmas Fayre on Sunday 25th November.

WELL DONE EVERYONE.



Painting & Decorating
Tiling
General DIY

Decking, Patios & Fencing



Any type of work considered
No Job too small - need a helping hand?

All aspects of Home & Garden Maintenance carried out

Call Kevin

01473 839006 - 07513107911

SPORTS

Darts Update

The Wednesday team have finally broken the deadlock by beating the Queens 9-2. A valiant effort by the team and lets hope this is the start of many more wins to come.

As for our Thursday teams, one in particular is having a fab season. They are currently sitting top of the Singles table with 5 points clear and top of the Doubles table 3 points clear. Lets hope they bring home some silverware this year, although there's still a long way to go but we have every faith in them.

As for the 'B' team they are sitting 4th from bottom in Singles but are 3rd in the Doubles league. For first timers in this league they are having great fun and looking forward to the rest of the season.

Until Next time.....

A1 Carpentry Locksmith

24 HOUR LOCKSMITH
www.a1carpentryandlocksmith.co.uk

NO CALL OUT FEES
All locks supplied and fitted
All carpentry undertaken

TEL: 07525 168895
(24 HOUR)

TEL: 01449 673770
(HOME)

Email: arron-a1@live.co.uk

HAYWARDS SOLICITORS

FOR ALL YOUR FAMILY'S LEGAL NEEDS

We offer Fixed Fees at Competitive Rates

Telephone: (01449) 613631
email: enquiries@haywards-solicitors.co.uk
www.haywards-solicitors.co.uk
[@HaywardsLaw](https://twitter.com/HaywardsLaw) on Twitter

Free car park available for use by clients

7 - 9 TAVERN STREET
STOWMARKET IP14 1PJ

Do you need help with:

Personal Care
Dementia Care
Respite Care
Help Around the House
Day Trips



Request a Brochure
or book an appointment
on 01449 763086 or 01284 711845



 **MyCare**
at Home

Supporting Independent Living

www.mycare-athome.co.uk

LACY SCOTT & KNIGHT

Chartered Surveyors | Land & Estate Agents | Auctioneers & Valuers



Solid Foundations | Exciting Future

Bury St Edmunds Office

01284 748600

Stowmarket Office

01449 612384

WWW.LSK.CO.UK

Stowmarket Concert Band

As 2018 comes to a close we have our last few events to enjoy, culminating in our own 'Festive Brass' concert at Stowmarket's URC on 15th December at 7:30pm. Tickets are available and selling quickly... this is always a great night with performances from a range of our ensembles. If we miss you there, we will be carolling at Snowfiesta and various other locations too... come along and request your favourite carol!

We are currently open to recruit a next batch of 'trainees' to our Training Band. Our trainees have the benefit of a number of our main-band members being available to lead the whole Training Band as well as group tuition, 1to1 tuition, and preparation for music exams if desired. A number of our trainees have also graduated to the main band, all under one happy roof. If you would like to learn a brass instrument, or look to continue or revitalise an old interest, please do contact us.

2019 is looking to be another great time in SCB's

journey, and we are already booked for various

weddings, concerts, fayres and services. We are also looking to reinstate our 'beer-night' group, to add further versatility to the events and ensembles we can offer. If you would like to book a group for 2019 please do contact us as soon as possible to secure your space in our calendar.

Our main-band membership continues to be really strong, but we do have a possible vacancy for an EbBass player. Please do contact us if this could be you!

For any queries, or to book tickets for our Christmas Concert on 15th December, email us at info@StowmarketConcertBand.org.uk or call us on 01449 677924. Our website is at www.StowmarketConcertBand.org.uk and shows our full calendar and lots more information, and our facebook will update you with what we are up to.



Roy's FENCING of STOWMARKET

07895 618801

oscarharvey@btinternet.com

**FREE
QUOTES**

**NO
V.A.T.**

**All types of fences and gates
erected from domestic to
equine, big or small.**

BOB TAYLOR YOUR LOCAL ELECTRICIAN



✓ **SMALL JOBS A SPECIALTY**

✓ **LIGHTING**

✓ **HEATING**

✓ **POWER**

t: **01449 678312**

m: **07542 230746**

e: **Robert.taylor678@btinternet.com**

w: **roberttaylorelectrician.simdif.com**



Masonic
Charitable Foundation



4 CLEANRIGHT

CARPET, RUG AND UPHOLSTERY CLEANING SPECIALISTS

NO CALLOUT CHARGES
NO CHARGE FOR TEST PATCH

FULLY INSURED • WE MOVE FURNITURE
NON-FRANCHISED AND PRIVATELY OWNED
RELIABLE PROMPT SERVICE

CARPETS Lounge from £20

RUGS From £5

UPHOLSTERY From £25

MATTRESS From £10

PRIVATE
END OF TENANCY
COMMERCIAL

Grade 'B' Clean includes Deodorisers, Conditioners and High-performance Clean (optional). Grade 'A' Clean includes Fabric Protector (optional).

PLEASE CALL US FOR A FREE QUOTE

TEL 01449 711687

Locally trading for over 12 years

**WE
CLEAN
DAYS A
WEEK!**

7



FAST TEST STOWMARKET

SERVICING ~ WELDING ~ MOT ~ DIAGNOSTICS ~ A/C

- Main dealer quality of service at local garage prices
- Specialist dealer level software for BMW, MINI & Volkswagen Audi group
- Service, repairs & welding to any make or model of car & light commercial vehicle
- Open Monday to Saturday
- All maintenance & servicing undertaken without affecting the Manufacturer's warranty
- Diagnostic equipment for most makes & models of vehicles
- Friendly & helpful advice always on hand
- Lift to work/home or courtesy vehicle available

**Call 01449 770902
FOR A FREE ESTIMATE**

VISIT US AT OUR NEW BIGGER PREMISES

Unit 4, Tomo Business Park,

Tomo Road, Stowmarket, Suffolk, IP14 5EP

Email: adam.bennett1@hotmail.co.uk

Domestic
&
commercial
cleaning

Tailored
packages
to suit
your needs

Free site
visit & no
obligation
quotation

15 years
experience
& family
run

Fully
insured
up to
£5m

Iain Taylor



Ian Harries



01449
745685

Hate cleaning? We love it!

With over 15 years experience in domestic and commercial cleaning we have built up a reputation for a friendly and professional approach to cleaning, tailored to your own needs. So if you are looking for an affordable and trustworthy cleaning company then why not give us a call!

www.helpinghandscleaning.co.uk

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