

EARL STONHAM



VILLAGE WELCOME PACK 2021

CONTENTS

HELP!	3
COUNCILS	3
CHURCHES	3
EARL STONHAM ORGANISATIONS.....	5
STONHAM PARVA ORGANISATIONS.....	5
STOWUPLAND & STOWMARKET ORGANISATIONS	5
CHILDREN'S UNIFORMED ORGANISATIONS.....	6
HEALTH	6
EDUCATION.....	7
BUTCHERS/MILK & NEWSPAPERS.....	9
REFUSE DISPOSAL	9
EXHAUST & TYRE CENTRES	10
GARAGES.....	10
LOCAL SHOPPING	11
POST OFFICES.....	11
CASHPOINT MACHINES	12
FUEL	12
CHIMNEY SWEEP	12
WINDOW CLEANERS.....	13
ELECTRICAL APPLIANCE REPAIRS & ELECTRICIANS	13
PLUMBERS	13
GARDEN CENTRES & GARDENING CLUB	13
FUNERAL DIRECTORS	14
DIY	14
TOOL HIRE.....	15
CRAFT SHOPS	15
TAKE-AWAYS.....	15
PUBS & HALLS	16
LIBRARIES.....	16
TOURIST INFORMATION	17
COFFEE SHOPS.....	17
RECREATION	18
ANIMALS	19
STOWMARKET SHOPPING	20

Welcome to the villages of Earl Stonham

This guide to the villages and surrounding area has been compiled by the Earl Stonham Parish Council and we hope that it helps you to settle quickly into the area.

We would emphasise that no advertising revenue has changed hands, and that the information included is by no means exhaustive. If you have any comments on how it could be improved or added to, then please email Recorder@btinternet.com.

To avoid confusion, we have used the name Stonham Parva throughout the guide, but many people will refer to it as Little Stonham - the names are interchangeable.

Earl Stonham is the name of the parish that encloses the hamlets of...

- ❖ **Earl Stonham** (around the church and up Angel Hill along the A140)
- ❖ **Middlewood Green** (around the water tower in Blacksmith's Lane, Larters Lane and a few houses to the east)
- ❖ **Forward Green** (around the actual village green and along the main road towards Stowupland)
- ❖ **Broad Green** (on the 'loop' past the chapel and back to the main road)

Some people use the old names - others just use Forward Green or Earl Stonham.

Stonham Parva lies either side of the A140 from the junction with the A1120 to the Mickfield crossroads.

HELP!

The nearest **Police Station** for both villages is in Violet Hill Road, Stowmarket - manned 8.00 am - midnight. Phone calls go through Ipswich, being automatically transferred to a local station if anyone is there (01473 613500). If in doubt, dial 999. For non-emergency calls ring 101.

Stowmarket Resource Centre, Crown Street, Stowmarket (626215)

Citizens' Advice Bureau can be found in the Council Offices, 5 Milton Road, Stowmarket (676060/676280) and are open Monday & Tuesday 9.30am-3.30pm, Wednesday closed for drop in, Thursday 9.30am-6.30pm and Friday 9.30am-12.30pm.

Samaritans (01345 909090) (24 hrs)

COUNCILS

Earl Stonham Parish Council

Usually meets on alternate months in the Village Hall. Parish Clerk is Jennie Blackburn (721369)

Stonham Parva Parish Council

Usually meets on the second Monday of alternate months in the Baptist Chapel Hall. Meeting schedules, minutes of previous meetings and other associated information can be found on the parish notice boards.

Mid-Suffolk District Council (0300 1234000)

Planning, housing, sports centres, community charge, pest control, environmental health etc, leisure and culture, waste and recycling. Opening hours 8.30am-5.00pm. Your local councillor (for both parishes) is Suzie Morley (01449 711306)

Suffolk County Council, Endeavour House, 8 Russell Rd, Ipswich (0345 6066067)

Open Monday-Friday 8.30am-6.00pm & Saturday 9.00am-1.00pm

Social care and support, transport & highways, education, fire & emergencies, libraries & culture etc

The County Councillor is Matthew Hicks.

CHURCHES

Church of England

Stonham Parva Parish Church is in the care of the Church's Conservation Trust. However, services are held there on some Sundays in summer. Both parishes now worship together at **St Mary's Church** in Earl Stonham. The Priest-in-Charge is Rev Philip Payne (711684), Lay Pastor, Mrs Frankie Wicks (711222) and Reader Mr Henry Stanford (711742). Lay Elder for Stonham Parva is Mary Hamilton (711241). Please feel free to contact any of the ministers for help in any situation.

The parishes are part of the benefice of Creting St Mary, Creting St Peter and Earl Stonham with Stonham Parva. They, together with Stonham Baptist Community Church and the Catholic Parish of Our Lady, Stowmarket share a magazine, "The Grapevine", once a month. If you would like to receive a copy, please phone 711337.

Services are detailed on the notice board by the churchyard gate, in 'The Grapevine' and in the 'Recorder' (the free Earl Stonham parish newsletter published quarterly). There is a service every Sunday at 11.00 am but the form of the service will vary.

Children are positively welcomed at any service.

The Parish Room is available to hire for parties, meetings etc - contact Frankie Wicks (711222)

Midweek Communion Services are held in the Parish Room on the 2nd & 4th Wednesday of each month.

Music Group meets intermittently - contact Colin Edgar (711606)

Stonham Baptist Community Church

Contact Rev Barbara Challis (07905 033301). Office contact - Anne Havers (711338)

Services are held at 10.45 am on each Sunday.

Prayer meetings on Tuesdays at 7.45pm.

Parents & Toddlers on Wednesdays at 10.00 am.

Friday Clubs for young people - 6-7pm Juniors, 7-8pm Middle, 8-10.30pm Seniors

A Community Lunch is served on the last Tuesday of each month at 12.30pm. Contact Anne Havers (711338).

The Forge Community Church (formerly) Mendlesham Christian Fellowship

Meets at Debenham Community Centre - info@forgechurch.com, phone 710437 or www.forgechurch.com

Roman Catholic

The nearest RC church is the Church of Our Lady in Stricklands Road, Stowmarket. The priest, Father David Finegan, can be contacted on 612946.

Details of services are on the notice board outside the church. Local contact in Earl Stonham is Anne Perkins (711272).

EARL STONHAM ORGANISATIONS & CONTACTS

- Cricket Club:** Simon Edgar (711572) - Players and non-players welcome.
Earlstonhamcricketclub.co.uk
- Golden Circle:** Joan Rice (711294) - meets first Wednesday of every month, 2.00 pm in the Parish Room for those of 'mature years'.
- Women's Institute:** Diane Hurt (711879) or Lindsay Stone (711602)
Meets on the third Tuesday of the month in the Village Hall, 7.30 - 10.00 pm.
- Theatre Guild:** Kathryn Burston (710096) or David Kirk (710300)

STONHAM PARVA ORGANISATIONS

- Friday Club:** Baptist Chapel - meets weekly:
6.00 - 7.00 pm Year F1, 2 & 3
7.00 - 8.00 pm Years 4, 5 & 6
8.00 - 9.30 pm Year 12 upwards
Baptist Chapel, age approximately 8+ - games, quizzes, trips, Tuck Shop. Contact Elizabeth Clarkson on 711338
- Friends & Neighbours:** Joan Rice (711294) or Anne Havers (711338) - meets on the third Thursday of the month, 7.30 pm in the Baptist Chapel. Transport can be arranged. All ladies in either village welcome.
- Toddler Group:** Elizabeth Clarkson (711338) - meets every Wednesday during term-time, 10.00 - 11.45 am in the Baptist Chapel.

STOWUPLAND ORGANISATIONS

- Toddler Group:** Meet at Stowupland Village Hall on Wednesday mornings from 9.00-11.30am.

STOWMARKET ORGANISATIONS

Details can be obtained from the Library.

CHILDREN'S UNIFORMED ORGANISATIONS

- Rainbows:** Contact via website www.girlguidingsuffolk.org.uk
- Brownies:** Contact via website www.girlguidingsuffolk.org.uk
Stonham Aspal - Charlotte Hood (761901)
- Girl Guides:** Mendlesham & Stonham Aspal - contact via website www.girlguidingsuffolk.org.uk
- Beavers:** Mendlesham - contact via website www.girlguidingsuffolk.org.uk
- Cubs & Scouts** Mendlesham - Nita Scruby (766902)
Stowmarket - Barbara Cutting (email dc@stowmarketscout.org.uk)

HEALTH

Doctors' Surgeries:

Stowmarket Health Centre **776000**
Violet Hill Road
Stowmarket

Large practice of approximately 10 doctors, with pharmacy, dental clinic, chiroprapist, physiotherapist, chest X-Ray and visiting consultants for certain conditions.

Combs Ford Surgery **678333 (enquiries and appointments)**
Combs Lane **678366 (emergencies and home visits)**
Stowmarket

On the south side of town with five doctors, with pharmacy next door in the Solar supermarket. Has access to all the facilities at Violet Hill Road.

Mendlesham Health Centre **767722**
Chapel Road
Mendlesham

Large village practice, with 4 doctors and pharmacy attached. Easy to get to from Stonham Parva and the Middlewood Green end of Earl Stonham.

Needham Market Health Centre **720666**
Needham Market

6 doctors, with pharmacies at the surgery.

All the surgeries have women doctors available and the usual range of baby clinics etc.

Hospitals:

Ipswich Hospital
Heath Road
Ipswich
(01473 712233)

West Suffolk Hospital
Hardwick Lane
Bury St Edmunds
(01284 713000)

Both these hospitals have casualty departments. Other referrals tend to be made to either hospital, depending on which has the shorter wait for any particular treatment. You can, of course, express a preference.

Dentists:

There are two community dentists based at the Stowmarket Health Centre who regularly go into the local schools, and who are also available to treat anyone who is entitled to free dental care. For further details contact the Health Centre and ask for the Dental Clinic.

Bury House Dental Practice
32 Bury Street 612705

Tavern Street Dental Practice
5 Tavern Street 612181

Needham Market Dental Practice
56 High Street
Needham Market 720699

Wedgewood House Dental Practice
100 Bury Street 771700

Church View Dental Practice Ltd
13 Station Road West 677148

The Dental Design Studio
7 Crowe Street 613369

Opticians:

F G Brown & Associates
41 Bury Street
Stowmarket 612812

Peel & Gudgin
11 Station Road
Stowmarket 612984

Specsavers
11 Ipswich Street 618280

Asda & Boots are also
in Stowmarket

EDUCATION

Pre-school:

Toddler Groups

Stonham Parva - meets in the Baptist Chapel every Wednesday morning 10.00 - 11.45 am during term-time. For further details contact Elizabeth Clarkson (711338)

Stowupland - meets at Stowupland Village Hall on Wednesday mornings 9.15 - 11.15am. Contact Stowupland Preschool Management Committee.

Pre-schools

Stowupland (Pre-School & The Mighty Oaks) - meets every morning in their own building behind Freeman School. Contact 678550 for further details.

Stonham Aspal - The Street, Stonham Aspal - next to the Primary School. Contact 711593 for further details.

Mendlesham - Mendlesham Community Centre Small Hall. Contact Annette (766041)

Nursery

All the local schools now have provision for the under-5's. Please contact the schools for further information.

Private Nurseries

Busy Bees Day Nursery, Community Centre, Hillside, Combs, Stowmarket
Sally Jones (615604)

Foxglove Montessori Nursery, The Kingsfield Centre, Chilton Way, Stowmarket.
Contact Lindsey Harvey (Principal) (775333)

Little Mice, Stowmarket (774800)

Little Mice, Stowmarket Station (678089)

Just Learning, Cedars Park, Stowmarket (770806)

Poppies, Fairfield Road, Stowmarket (614848)

See also www.daynurseries.co.uk

Adult Education:

The **Adult Education Centre** is based at 54 Ipswich Street, Stowmarket (0845 603 7917)
Reception open between 09.00am-4.30pm.

Details of evening classes are published in September, and distributed through the 'Mercury' and local libraries. Some classes are held in the villages, but none, as yet, in Earl Stonham or Stonham Parva.

Suffolk New College, Rope Walk, Ipswich - (01473 255885) - holds many courses, including 'A' Levels, word processing etc, for which anyone can apply. They also run Saturday schools on varying topics, and an annual Summer School during July.

Belstead House, Belstead, Ipswich, is the Adult Residential Centre for Suffolk (01473 686321). Details of courses can be obtained direct, or through the Library.

Suffolk New College Rural Campus, Otley, nr Ipswich - (01473 785543) - holds many courses including Equine, Horticulture, Construction, Animal Care.

Earl Stonham Charity:

Through a charitable bequest, money is available for which Earl Stonham residents may apply - the only condition being that it must be for educational expenses. Contact Phil Hurt (711879).

BUTCHERS

M & M Butchers
Stowupland (677720)

MILK

Suffolk Dairies Ltd (676746)
Unit 18 Tomo Industrial Estate
Stowmarket
Delivers to our villages

NEWSPAPERS

Mr P Wolfe, Brockford Home Delivery, The Pines, Brome, Eye IP23 8AT (01379 870241)

Sunday papers can be delivered in some parts of Earl Stonham - contact 768123. Mr Wolfe (above) also offers a Sunday delivery service. Otherwise they can be bought from Stowupland Garage. **Local papers** include the East Anglian Daily Times (Daily), The Evening Star (Daily) and The Bury Free Press (Weekly on Fridays).

Earl Stonham has its own village paper - The Recorder - published four times a year and delivered free to every house in the village. The editors are Margaret Anthony (711779) & Deb Turner (711461). Items can be sent electronically to Recorder@btinternet.com

REFUSE DISPOSAL

Wheelie Bins are emptied for the council by Serco - the day and time vary according to where you live. In general, however, they expect the bins to be available by 6.30am on the day stated, and, unless special arrangements are made with them, e.g in the case of elderly or disabled people, they have to be by the roadside. If your bin has been missed, you can report a missed collection by ringing 0845 606 6045. If your bin is stolen or damaged, MSDC will charge for a replacement.

There is a garden waste collection service too. Annual subscriptions cost £45 per brown bin for new subscribers. Annual subscription renewals cost £40 per brown bin. Please contact MSDC on 0845 606 6045 to arrange.

There is a **Household Waste Recycling Centre** for larger items on the north side of Stowmarket, on the slip road leading from the A14 down to Bury Road. It can be reached from Stowmarket by going up Bury Road as far as the roundabout, and then taking the right turn. They will also accept used motor oil, household and vehicle batteries, fluorescent tubes and low energy lightbulbs, televisions and computers and fire extinguishers (except the Halon type) for recycling. Opening hours can be seen on the next page.

There is a bulky item collection service which can be arranged by using ringing the Waste Services Team on 778678. The charge for up to five items is £38.50 (February 2017).

Opening Times:	April - September	October - March
Monday	9am - 5pm	9am - 4pm
Tuesday	9am - 5pm	9am - 4pm
Wednesday	CLOSED	CLOSED
Thursday	9am - 5pm (Open until 7pm May to August)	9am - 4pm
Friday	9am - 5pm	9am - 4pm
Saturday	9am - 5pm	9am - 4pm
Sunday /Bank Holidays	9am - 5pm	9am - 4pm

Recycling banks are available at:

Earl Stonham Village Hall - bottles, cans, paper & clothes (money raised is used for village facilities)

Stowupland Village Hall - bottles, cans

Iliffe Way car park, Stowmarket - cans, bottles, clothes and paper

Solar Supermarket - cans, bottles, clothes

Tesco Supermarket - cans, bottles, clothes, paper

Mid-Suffolk Council produce a **guide to recycling sites** in the area - available from the Council Offices in Needham Market.

EXHAUST & TYRE CENTRES

Stowupland Fast-Fit (770888)
Mill Street
Stowupland

Stowmarket Exhaust & Tyre Centre (674141)
Charles Industrial Estate
Stowmarket

GARAGES

John Bull (675898)
Charles Industrial Estate
Stowmarket

Old Forge Garage (711252)
Norwich Road
Earl Stonham

Stowupland Service Station (612326) Thorney Green Stowupland	7.00 am - 8.00 pm Fully stocked shop No mechanic, but next door is...
Mike Ling (674920) Orchard Garage Middlewood Green	General mechanic, MOT's, recovery
Stonhams Automotive (711808 or 07928 835224)	Garage services, Rent-a-Ramp Vehicle Storage & Transport
Tesco (Cedars Link)	24 hours

24 hour petrol and shop are also available at the Esso garage at Combs.

LOCAL SHOPPING

Earl Stonham doesn't have any shops.

Stowupland has: a butcher (on the green at the back of the village)
a farm shop - Walnut Tree Farm
a shop attached to the garage
a fish and chip shop (on the green)
a Chinese take-away (on the road into Stowmarket)

Mendlesham has: a bakery, with groceries (Old Market Street)
a fish and chip shop (Chapel Road)

POST OFFICES

Stonham Barns 10.00 am - 4.00 pm Mon-Sun
Unit 5-6 Stonham Barns
Stonham Aspal

Stowmarket PO (612869) 8.30 am - 5.30 pm Mon, Thurs
23 Ipswich Street 9.00 am - 5.30 am Tues, Weds, Fri
(in Dillon's) 9.00 am - 4.00 pm Sat (last post collection 12.30)
Stowmarket

1 Wolsey Road 9.00 am - 5.30 pm Mon-Fri
Stowmarket 9.00 am - 12.30 pm Sat

Mendlesham PO 9.00 am - 1.00 pm Mon-Sat
Premier Store
Old Market Street

CASHPOINT MACHINES

Adjacent to Debenham Co-Op
Beacon Hill Services - A14/A140 junction
Tesco Stowmarket
Co-op (Combs Ford)

FUEL

Gas:

There is no natural gas piped to either village.

Electricity:

For emergencies, account enquiries, repairs etc the local office is at Bury St Edmunds (01284-763111).

Oil:

<http://www.communitybuying.org.uk/>

There are various other companies who supply domestic fuel oil, mainly based in Ipswich - see Yellow Pages for numbers and then phone around for the best deal.

Coal:

Rose Brothers (01728 860364)
Wetherupstreet
Wetheringsett

Ipswich Co-op Society (01473 727023)
Derby Road
Ipswich

Bags of coal and logs are usually available from Stowupland Garage.

Boiler Maintenance:

Stowmarket Fuels will supply and maintain oil-fired boilers.

JS Boiler Service (674949)
Willowfield
Station Road
Old Newton
Service all boilers and send automatic reminders.

CHIMNEY SWEEP

Atlas Chimney Sweep (01473 735508)

WINDOW CLEANERS

Abacus Cleaning (07810 500836) visits Earl Stonham every 8 weeks

2020 Window Cleaning (Andy) 07969 264644

Crystal Clear Window Cleaners (766542)
5 Freelands (ask for Jon)
Mendlesham

Andy (710059 or Mobile 07986 470181)
21 Church Lane
Little Stonham

ELECTRICAL APPLIANCE REPAIRS

DK Appliances (780398 or 07875 132114)
Finbows Yard
Bacton
dkappliances@yahoo.co.uk

ELECTRICIANS

John Chaplin (711589)
Ashtree Cottage
Middlewood Green

Pryke Electrical (612537)
Onehouse

Tony Turner (07710 018743)
Forward Green
Earl Stonham

Mick Ruffles (613778)
96 Poplar Hill
Combs Ford

PLUMBERS

A number are listed in Yellow Pages - there are also

Stow Heating & Plumbing (613124)
Mill Street
Stowupland

L & R Contractors (711001)
Angel Hill
Earl Stonham

GARDEN CENTRES & GARDENING CLUB

Nareys (612559)
Bury Road
Stowmarket (on the eastern side of the A14, just north of Stowmarket)

Perfect Perennials (711320)
Mill End Lane
Earl Stonham

Roots n Shoots (721965)
Stowmarket Road
Badley (on the “old” Stowmarket to Needham Market road)

Stonham Barns (711755)
Stonham Aspal (on the A1120 on the eastern side of Stonham Aspal).

Includes a tea room, woodcraft shops, gift shop and a golf driving range. Birds of Prey Centre. Dog Training Classes.

There is usually at least one plant stall at Stowmarket market on Thursdays and Saturdays.

Needham Market Horticultural Society have a useful website (www.nmdhs.onesuffolk.net) and membership is £5 per year. Chairman is Brian Finbow (711874) and Secretary Pam Rushbrook (720942) - email sec.hortsoc@gmail.com

FUNERAL DIRECTORS

Andrew Bingham Independent Funeral Service (771666)
17 Charles Industrial Estate
Stowmarket

Meredith Greengrass Funeral Service (612765)
9 Marriotts Walk
Stowmarket

Pecks Funeral Service (01473 272711)
44 Aspoll Road
Debenham

DIY

Jewson (677780)
Finborough Road
Stowmarket

Jewson (613147)
Newton Road
Stowmarket

Suffolk Heating and Plumbing Supplies (675174)
Charles Industrial Estate
Stowmarket

Wicks & Travis Perkins are at Gipping Way, Stowmarket and the usual large DIY chains e.g Homebase, B&Q etc are situated in Ipswich and Bury St Edmunds.

TOOL HIRE

Bright Acres Tool Hire (612632)
Charles Industrial Estate
Stowmarket

Any Tool Hire (774322)
Union Street
Stowmarket

Jewsons Tool Hire (613147)
Newton Road
Stowmarket

CRAFT SHOPS

Homebrew Crafts
Bury St
Stowmarket

Museum Shop & Tourist Information Office
Museum of East Anglian Life
Stowmarket

Various units - Pottery; Crafts; Sugarcraft
Alder Carr Farm
Creeping St Mary

Tues - Sun: 9.00 am - 5.00pm
closed Monday

TAKE-AWAYS

Little China
1 Devon Road
Stowupland

(Chinese) (616049)

Authentic
(Restaurant & delivery service)
5 Station Road
Stowmarket

(Chinese) (770649)

Radhuni
(Restaurant & delivery service)
16/18 Tavern Street
Stowmarket

(Indian) (674392)

Sultan Kebab House
39 Ipswich Street
Stowmarket

(Turkish) (613327)

Tasty Pizza
(Delivery service)
41A Ipswich Street
Stowmarket

(674999)

Chinese Chequers
Ipswich St
Stowmarket

(676788)

There is a Domino Pizza in Stowmarket and a Burger King at Beacon Hill (A140/A14 junction). There are also Indian and Chinese take-aways in Needham Market.

Fish & Chips:

Stowupland Thorney Green Road (opposite Shell Garage) (615496)
Mendlesham Fish and Chip shop is on Chapel Road (767194)

A **mobile** fish and chip van visits both villages on Friday evening - times are not exact, but watch out for a large red van with a smoking chimney between 5.30 pm and 6.30 pm in Weylands Close, Earl Stonham, later in Stonham Parva.

PUBS

The Highwayman (A140) (760369)

The Magpie Inn (Stonham Parva) (711287)

The Crown (Stowupland) (490490)

HALLS

There are two halls available for hire:

Earl Stonham Village Hall which can accommodate functions of up to 250 people. To book, call Deb Turner on 711461 and the **Parish Room** which is available for meetings, parties etc - call Frankie Wicks on 711222.

LIBRARIES

Milton Road (613143)	Mon Closed
Stowmarket	Tues 9.30 am - 7.45 pm
(behind the church)	Wed & Thurs 9.00 am - 6.00 pm
	Fri 9.00 am - 7.30 pm
	Sat 9.30 am - 5.00 pm
	Sun 10.00 am - 4.00 pm

There are also libraries in Needham Market (720780) and Debenham (01728 861940)

Mobile library:

Visits both villages every four weeks on Friday morning. Times are as follows -

Forward Green (Village Hall car park)	12.10pm - 12.40 pm
(Lunch served by volunteers one Friday each month 12.45pm in Earl Stonham Village Hall. Also Coffee & Cake Morning once a month from 10.30am in Earl Stonham Village Hall.)	
Stonham Parva church	1.30 pm - 1.40 pm

Stonham Parva Magpie pub

1.45 pm - 1.55 pm

The van is based at Ipswich Library - ring 01473 583702 to find out which Friday it is due.

Toy Libraries:

Stowmarket Toy Library meets every Wednesday at the Family Centre in Violet Hill Road (next door to the Health Centre) from 9.30 am until 11.30 am.

Needham Market United Reform Church - see church for details

TOURIST INFORMATION

Mid-Suffolk Tourist Information Centre (676800)

Museum of East Anglian Life

Stowmarket

Information on the local area and other parts of Britain. Agent for National Coaches.

Travel Agents:

Thomas Cook (613566)

Meadow Centre

The Tourist Information Office in the Meadow Centre acts as an agent for National Coach services.

Museums:

Museum of East Anglian Life (612229)

Stowmarket

Covers a large acreage in the centre of the town - includes water mill, windmill, farm transport and farming implements. Friends' Association holds regular lecture evenings.

Ipswich Museum (01473 213761)

High Street

Ipswich

Christchurch Mansion (01473 253246)

Christchurch Park

Ipswich

Moyse's Hall (01284 757489)

Cornhill

Bury St Edmunds

COFFEE SHOPS

Lime Tree Cafe

Market Place

Winchester Bistro

Old Fox Yard

Tall Orders

Bury St

Greggs

Ipswich Street

Alder Carr - Barn Café
Alder Carr Farm, Creeting St Mary

The Mix Bistro
Ipswich Street (opp Regal Cinema)

RECREATION

Stowmarket Leisure Centre (674980)
Gainsborough Road
Stowmarket

Includes a 25m swimming pool, training pool and baby's splash pool, Play World, indoor bowls, gymnasium, Images workout gym, Athena health suite, tennis courts and football pitch. Numerous courses available for all ages and covering many sports and interests. Open Mon-Fri 7.00am-11.00pm, Sat 8.00am-6.00pm & Sun 8.00am-9.00pm

Stowupland High School (674827)	Sat 9.00am - 5.00pm
Community Sports Centre & Gym (Badminton, Aerobics etc)	Sun 10.00am - 2.00pm Weekday Evenings 5.00 pm - 10.30 pm

Stowmarket Golf Club (736392)
Lower Road
Onehouse
(on the western side of the town)

Vibro Club (Vibration Training Studio) (710389)
Stonham Barns

Cinema:

Regal Theatre (612825)
Ipswich Street
Stowmarket
Also has live shows occasionally and hosts Stowmarket Music Society concerts.

Theatres:

New Wolsey Theatre (01473 253725)	Theatre Royal (01284 769505)
Civic Drive	Westgate Street
Ipswich	Bury St Edmunds

Both theatres have a reputation for excellent productions. The New Wolsey is a modern theatre, whilst the Theatre Royal dates back to 1819 and is a National Trust property.

One smaller theatre worth a look is The John Mills Eastern Angles Theatre which is based in Ipswich just off the Bramford Road but which also visits the outlying villages including Creeting St Mary.

Car Boot Sales:

Needham Lake, Needham Market on Saturday mornings
Stonham Barns on Sunday mornings.

ANIMALS

Vets:

Stowe Veterinary Group (613130)
56 Bury Road
Stowmarket
Also at The Mustard Pot, Needham Market

Cedarwood Veterinary Practice (676966)
Needham Rd
Stowmarket

Haughley & Thurston Veterinary Group (673366)
63 Old Street
Haughley

Grooming Parlour

Larling Grooming Parlour (in Quintons) (615980)
Unit 27, Maitland Road - Lion Barn Industrial Estate, Needham Market

Stowe Vets also has a Grooming Parlour and Pet Shop

Feed:

Milpets (675947) 3 Ipswich Street Stowmarket	Stow Feeds Old Newton (For Bulk buys)
--	---

Quinton's (701534)
Unit 27, Maitland Road, Lion Barn Industrial Estate, Needham Market (also Larlings Grooming - see above)
Has most things needed for small and larger animals, with many items available in bulk.
Also sells gardening things and dishwasher salt.

Stowe Vets also has a 'Farm Shop' for animal feeds etc behind the main building.

Riding Stables / Clubs:

Mid-Suffolk Pony Club
Sec: Lori Eaton (01473 890658)

STOWMARKET SHOPPING

The Market operates on Thursdays and Saturdays - some of the stalls are only there on one of those days. Includes fruit and veg, meat, clothes, eggs, cheese, fish, crockery, stationery, embroidery supplies, electrical spares, plants. Bargains in fruit and vegetables can sometimes be had after 3.00 pm on Saturday, as the stalls are closing down.

Farmers' Market often held on Fridays at Museum of East Anglian Life.

Farmers' Market once a month at Alder Carr Farm, Needham Market.

Early closing day is Tuesday but does not affect all shops (but some shops close all day). Some shops still close for lunch every day.

Car Parks:

Bury Street
Iliffe Way (by Asda)
Duke's Head - next to cinema

Supermarkets:

Asda
Meadow Centre
Small range of household goods as well as groceries.

There is a larger Asda on the slip road off the A14 Norwich Road, Ipswich.

Lidl
Bury Road near Floor Dimensions

Co-op (with Age UK shop next door)
Combs Lane (next to the health centre)
Free parking, household goods, pharmacy

B&M
Milton Road

Tesco	Mon - Sat	24 hours
Cedars Link	Sunday	10.00 am - 4.00 pm

+ Larger Tesco at Copdock Interchange of A14, Ipswich (+ Bury + Diss)

Sainsbury's has stores just off the A14 at Bury St Edmunds (this side) and at Ipswich (Hadleigh and Felixstowe sides) - the latter includes a Homebase.

Waitrose have a store in the centre of Bury St Edmunds. There is also a Waitrose & John Lewis Home store in Ipswich at Futura Park, Crane Boulevard (0845 604 9049)

Asda, Sainsbury, Tesco & Waitrose all deliver groceries ordered online.

Health foods:

Holland & Barrett
Market Place

Carpets:

Floor Dimensions
34-36 Bury St

Neville Taylor Carpets
Charles Industrial Estate

Kevin Tuffs (781837)
Stanwell Farm
Finningham

Will bring carpet samples to your home - National carpet fitting finalist

Peter Godden (781306) will fit or re-fit any carpet

Decorating:

Jewsons
Stowmarket

Curtains:

Heathers
13 Bury St

Hardware:

QD Discount Stores
Ipswich St

Needham Hardware & DIY
High Street
Needham Market

Finbows Yard (sells everything!)
Finningham Road
Bacton

Electrical goods:

B V Hicks
29 Ipswich St

Stannards
Tavern St

Dress Materials & Fabric shops

The nearest (and some would argue the best) shop for this is The Fabric Shop, Church Lane, Eye. There is also Stitch X Stitch in Bury Street, Stowmarket who has lots of fabric and runs sewing classes.

Books and Stationery:

John Dayes
Needham Market Post Office
Artist Materials

Jewellers:

G Tydeman (612510)
Bury St

Florists:

Kings The Florists (672958)
125 Ipswich Street

Edelweiss (612505)
1 Market Place

House of Flowers (612631)
48 Ipswich Street

Roots 'n Shoots Garden Centre (721965)
Stowmarket Road
Badley

Market stall in Stowmarket on a Thursday & Saturday

Hairdressers:

John Michael (770864)
12 Bury St

Louise's (614934)
18 Stowupland St - near snooker hall

Jon-Simon (612774)
25 Bury St

Top Notch (612565)
19 Bury St

Power Cuts (674765)
Fox's Yard
Ipswich St

Charlie Milz Hair (674735)
54 Stowupland Rd
(edge of Charles Industrial Estate)

The Salon (612774)
9 Bury St

Posh (613500)
Bury St

The Beauty Barn (711190)
Stonham Barns, Stonham Aspal

Barbers:

Combs Ford Barbers (770860)
Combs Ford

Frobisher's (674605)
39/41 Stowupland St

Jon-Simon (612774)
25 Bury St

Outdoor Suppliers:

Come-Camping
Stonham Barns
Pettaugh Road
Stonham Aspal

711888 or 07544 815112

Calor Gas is also available from Stowupland Petrol Station