



OHSMag

THE COMMUNITY MAGAZINE FOR
ONEHOUSE, HARLESTON & SHELLAND

JULY & AUGUST 2026 —ISSUE 620

ohsmag@onehouseparishcouncil.gov.uk - www.facebook.com/suffolkohsmag

S J Wallace Builders Ltd.

Extensions, Kitchens & General
Building

Residential & Commercial

Visit our website at

www.sjwallacebuilders.co.uk

Tel : 01449 672997

Mobile : 07788 560482

Free Estimates

Est. 1987

TC Groundworks & Maintenance

Patios • Foundations
Concreting • Drainage
Landscaping • Extensions
Fascia & Guttering
Demolition

NO JOB TOO BIG OR TOO SMALL

For a FREE quote call

01449 614403 or

07775 500525

www.tcgroundworks.co.uk

BJW

PLUMBING & HEATING



Boiler Servicing

Central Heating Installation

Maintenance & repairs

Bathroom Suites, Showers

Burst / Leaking pipes

Water Softeners

General Plumbing needs

For a local, reliable plumbing and
heating engineer call:

Barry Ward 01449 615339 or

07734 872549

PILATES CLASSES

Onehouse Community Centre

Classes: Mondays 5.15, 6.20 and 7.25pm Thursdays 5.45 and 6.50pm

Tuesday 1.45pm in Stowmarket

Pilates is low impact, controlled exercise suitable for all ages and abilities

Medically recommended to improve back and joint pain

Improve your core strength, flexibility, posture, balance & tone your body

Please see www.firstchoicpilates.co.uk for more info

call Lynn 07788 718095 Email: Lynn@firstchoicpilates.co.uk



Local + Reliable

**Part P Approved
Contractor**

ELECSA Registered

**All Types Of Work
Carried Out**

Bryan Jones Electrical



**01449 672948
07892 841891**

ELECSA

Editor's Letter

I love the sun—whilst it's certainly been VERY hot, I am enjoying the opportunity to don my summer dresses safe in the knowledge that rain isn't going to stop play. This is my last issue as editor and so I would like to thank everyone who has helped me with content during my tenure in the chair. This is also the double-month summer edition where we are sharing highlights from the OHS summer fete—how lovely to have such a sunny one.

Future on-line copies of the OHSMag can be found here: // www.hugofox.com/community/ohsmag-21235/home

As always, I would urge you to get out there and take part in all there is to do in our three villages—it's only through participation that communities thrive. If you would like to share any news of local events, fundraising activities, or your own hobbies and endeavours, please continue to email the team at the address below—we love to hear from you all. As I write, England are charging through the knock out stages of the World Cup, lets hope we all have a world beating summer2026. Warm wishes, Emma
ohsmag@onehouseparishcouncil.gov.uk

Circle dancing

Gentle (mostly!) dances to world music.

*1st and 3rd Tuesday of each month. £6/session
2pm–3pm at Trinity Hall, Onehouse
No partner needed.
Jen Larner 07896 495574*



Next Mobile Library Visit

Friday 7th August



Northfield Road, 9:30–9:55am
Onehouse Church Room, 10:00–10:20am
Harleston Postbox, 10:25 –10:45am

News from your District Councillor - John Matthissen

Representing Onehouse, Great & Little Finborough, Combs, Harleston and Shelland

Stowmarket Innovation Gateway

This building, owned by Mid Suffolk Council, is opening this month! It is already creating new employment, as a manager and a receptionist are at work, and a third of the lettable space now has confirmed tenants. There are spaces for occasional hire, and 'hot desk' modules which can be booked by the hour or day. A café is opening in July for users of the building and will shortly be open to the public as well.

A programme for learning will also be starting this year, working with the universities of Suffolk and Essex, and the local colleges.

<https://www.stowmarketinnovationgateway.com>

Better Recycling – New Bins

With the vast majority of new bins distributed, this scheme is settling in gradually, with new lorry crews learning the byways and hideaways that give Mid Suffolk its charm. If they haven't found you yet, please let them know by emailing recycling@baberghmidsuffolk.gov.uk and let me know if that doesn't work within a couple of days. You can call 0300 1234 000 (option 4) but even with extra staff there can be delays answering. Press reports of food waste collections only once a fortnight do not refer to Mid Suffolk.

Mid Suffolk Council Funding for Citizens Advice

The District Council has granted £129,265 which will help them provide advice services when needed. They provide free, confidential, independent and impartial advice and campaign on big issues affecting people's lives. Opening hours are 9.30 – 3.30 Mon – Thurs and Friday morning only.

You can contact them 01449 676060 / 01449 676280 <https://midsuffolkcab.org.uk/contact-us/>

Heat Pump Grants

These grants have just been increased to £9,000 to replace your oil boiler if you are off the gas grid. <https://www.gov.uk/apply-boiler-upgrade-scheme>

Locality Funding Grants 2026/27

The new budget is available now, so let me know first of project ideas to benefit the communities. If it looks eligible to me, fill the form on-line and it will come back to me for a sign off.

Full details available <https://midsuffolk.gov.uk/w/locality-awards>

councillor@matthissen.net - 07976 308128 or 01449 258894

2 Brick Kiln Cottages, Barretts Lane, Needham Market IP6 8RZ

Council telephone number - 0300 123 4000

or drop in to see Council staff at the Stowmarket office

Open Monday – Friday at 54 Ipswich Street, Stowmarket, IP14 1AD



THREE VILLAGE COFFEE MORNING:

WEDNESDAYS IN TRINITY HALL - 10:30am—12:00pm

COME ALONG FOR WARMING COFFEE OR TEA & DELICIOUS HOMEMADE CAKES, ALL FOR
A SMALL DONATION.

EVERYBODY WELCOME

We look forward to seeing you soon!

Nature notes: Tipping Point

We have now passed the halfway point in the year where we slip leisurely downhill towards Autumn. Harvest has started and most of the wildlife have now raised their young, some will be independent now too.

It is time for making the most of fine weather and long days perhaps even preparing for winter by stacking firewood logs. These stacks can be adopted for hibernation or winter refuge by mammals, birds and insects such as peacock and Small Tortoiseshell butterflies. Naturally, the hibernating butterflies (or other creatures) can be disturbed when the firewood is used. Red Admiral butterflies will be looking for appropriate places to spend the winter too, not only log piles being, but also sheds and hollow trees. At home, I have noticed Peacock butterflies searching nooks and crannies in



the cart lodge in July soon after they have hatched from their pupae and had some nectar. Take care when tidying your garden as butterflies and moths that hibernate as pupae will be attached to plant stems or near or below ground, waiting for spring.

Broad bodied chaser—male

Newly formed toads and frogs will now be out of the water and will be fattening up on wet nights before migrating to winter habitats.

Carp will be feeding well after June spawning. For perch it is May and June/July for tench. The variety of spawning times is an evolutionary tactic to maximise survival of the species. As Perch are predators, by being first, they will be ready to take any advantage of the carp and tench fry.

Trevor Goodfellow

Onehouse Parish Council

The Parish Council heard concerns from residents about ongoing bin collection issues and overgrown hedging affecting pedestrian safety. Action is being taken to report these matters to the relevant authorities, along with silt build up on pathways in Finborough Road.

Planning matters were noted, including approval by BMSDC of an extension at Northfield Road .

Councillors discussed the OHSMag Working Group and agreed to dissolve it. The Council also confirmed that future magazine updates will be managed through the Clerks.

The Council received a positive internal audit report, with no issues identified, and approved the Annual Governance and Accounting Statements. Routine payments and financial updates were agreed.

A number of policies and governing documents were reviewed and formally adopted.

The Neighbourhood Plan continues to progress: the resident survey deadline is extended to 31 July, with a plan in place to promote it through printed flyers, with results due in September. A steering group workshop on development design planning was shared, along with next steps.

Updates were provided on local projects and facilities, including ongoing work at Paupers Graves, consideration of a new dog waste bin, and potential storage and equipment for volunteers. The Council also confirmed continued financial support for grass cutting at the playing field, and requested an update on the installation of the picnic bench.

Community activity remains a focus, with funding agreed for a static bird display at the upcoming village fete and continued promotion through the parish website and Facebook page.

The next meeting will take place on 13 July 2026. All residents welcome.

For questions, ideas, or to raise a local issue, email clerk@onehouseparishcouncil.gov.uk

We are proud to be heavily invested in the development of future healthcare professionals and non-clinical staff. Several of our multidisciplinary team possess qualifications which allow us to train a number of different types of trainee healthcare professionals at various levels in their career, such as:

- **Medical Students** in their 4-6 years of initial training to become a doctor;
- **FY2**, Foundation level doctors in their second year of training beyond medical school;
- **GP ST2/ST3** doctors in their final one or two years of speciality GP training;
- **Trainee Nursing Associates** on their way to becoming a Registered Nursing Associate;
- **Trainee Practice Nurse** – Healthcare Assistants or Nursing Associates completing their training to become a Registered Nurse;
- **Pre-registration Pharmacist** – final year Trainee Pharmacists;
- **Independent Prescribing Pharmacist** – Fully qualified Pharmacists completing additional training in order to prescribe medication;
- **Medicine Counter Assistants** undergoing training to give basic advice and sell over the counter medicines;
- **NVQ Level 2/3 Dispensers** – Dispensers in training at varying levels of their profession which allows them to complete more complex tasks; and
- **Non-clinical apprenticeships**, such as Institute of Leadership and Management Level 5 in Leadership & Management and Mary Seacole programmes.

You may be seen by any of the healthcare professionals in training listed above. Occasionally, there will be a fully qualified member of the training profession sitting in on the appointment to assess consultation skills. Similarly the trainee may sit in on consultations with their mentor to gain experience and understand our practice.

Patients will always be notified if another person is due to be present within their consultation and invited to provide their consent.





STOWMARKET
GOLF CLUB
ESTABLISHED 1888

SUNDAY
Carvery
EVERY SUNDAY
12-3PM

VISIT
STOWMARKETGOLFCLUB.CO.UK
TO BOOK OR CALL 01449 736473



For a professional caring service

54 Bury Road, Stowmarket,
Suffolk, IP14 1JF

Tel: 01449 613130
www.stovevets.co.uk



Local Stowe Veterinary Group Surgeries:

Elmswell
The Old Tea Room Veterinary Surgery
01359 241 761
www.elmswellvets.co.uk

Bury St. Edmunds
Moreton Hall Veterinary Centre
01284 747 000
www.moretonhallvets.co.uk

Ipswich
Ipswich Veterinary Centre
01473 555 000
www.ipswichvetcentre.co.uk

Needham Market
The Mustard Pot Veterinary Surgery
01449 722 198
www.needhamvets.co.uk

Independent practices with a personal approach

A member of **+FIVP** Federation of Independent Veterinary Practices

Andrew Bingham
INDEPENDENT FUNERAL SERVICE

**LOCAL INDEPENDENT
FAMILY FUNERAL SERVICE**

24 Hour Personal Service

01449 771666

The Nutshell, Milton Road South,
Stowmarket, IP14 1EZ

www.andrewbingham.co.uk

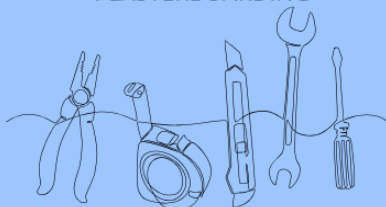


Golden Charter
Funeral Plans



Stephen Horrex
carpenter & joiner

HOUSE MAINTENANCE,
ROOFING, ARCHITRAVE,
PURPOSE-MADE DOORS & WINDOWS,
DOORS HUNG, WARDROBES,
CUPBOARDS, SKIRTING
FITTED KITCHENS,
PLASTERBOARDING



Telephone 01449 676 915

**JOHN BULL
MOTORS LTD**

PETROL AND DIESEL

MOT TESTING

SERVICING - REPAIRS

DIAGNOSTIC CHECKS

COLLECTION CAN BE ARRANGED

UNIT 7B

CHARLES IND. ESTATE

STOWMARKET

PHONE: 01449 774150

FAX: 01449 675898



DESIGN • PRINT • LARGE FORMAT
MAILING • PROMOTIONAL GIFTS
SCANNING & GICLEE PRINTS

Gipping Press
are proud
to print this
publication

01449 721599
enquiries@gippingpress.co.uk
www.gippingpress.co.uk

PAUPERS' GRAVES

THANKSGIVING SERVICE

Sunday
19th July 2026
2.30pm

Paupers'
Graves site
Onehouse

Please bring
your own chair

COMBS AND FINBOROUGH GROUP



THE CHURCH
OF ENGLAND

ARE YOUR LOCKS BEHAVING BADLY?

A Local Trusted Family Business Since 1989
We Value Old Fashioned Customer Service

Christopher
THE LOCKSMITH



Specialist In UPVC & Wooden Doors



No Call Out Charge



All Work Fully Guaranteed



No Fix No Fee



10% Senior Citizen Discount



For More Advice & Help
Call Christopher:

07772 111 222

If a swarm of honey bees lands in your garden this summer,
don't panic!

Andy Wilks would be happy to collect them from you,
if he is able.

Contact him on 07793 394 600 (or via WhatsApp)



OHS Women's Guild

We recently enjoyed a 'Talk On The River Gipping' and also a visit from 'Loveland Honey', and we are now looking forward to our last meeting before our Summer recess which is afternoon tea at The Mill, Stowmarket.

We meet up again on September 3rd with a popular Beetle Drive, which also gives members time to catch up with each other after the summer break.

The committee is now starting to plan next years 60th anniversary. It doesn't seem 10 years since we were planning our 50th. It's gratifying to see that, after all those years, our Guild is still going from strength to strength, with a very strong membership, especially as some other Women's clubs have sadly disbanded. We must be doing something right!!

Any queries, please contact either Chair Margaret 737602, or Gill, 736331.

Jubilee Players



Our next pantomime will take place during February half term week 2027.

If you'd like to take part, on stage or behind the scenes,
we would be delighted to hear from you.

Please contact Bryan on 07892 841 891,

Thank you.

Harleston Pārish Meeting

Villagers met on Monday 18th May for the Harleston AGM and GM.

Chairperson Andy Wilks reviewed the year, thanked everyone in the village for their support in making it a friendly and welcoming place to live, giving special mention to his Treasurer, Karen, his Clerk, Hilary, Marie & Alan for their hard work in keeping the village tidy, and Ursula for her green fingers.

He celebrated village successes for the last year including the bulb planting on the green, and he reiterated the need for everyone in the village to make efforts to express their views with regard to planning to protect the hamlet from inappropriate and overreaching development. Officers were then elected:

Chairperson	Andy Wilks
Clerk	Hilary Gibbs
Treasurer	Karen Wilcox
Internal Auditor	Richard Wheatley
Planning Group	Andy Wilks Hilary Gibbs Lisa Perry Andrew Holding Emma Wilks
Tree & footpath warden	Steve Mayhew
OHS Mag Rep	Ursula Muskett (Harleston news) Emma Wilks (Parish meeting note)
Parish Litter Picker	Marie Stone
Village history recorder	Marie Stone
Neighbourhood watch	Marie Stone

If you are not yet on the village email, please email Hilary and ask to be added: hilary@harlestongreen.co.uk

Next years' AGM will take place on 17th May 2027.

Of note from the General Meeting

- The parish meeting intend to seek grant funding for a new Union Jack flag.
- The parish meeting intend to investigate costs for an event tent to replace the existing one, and apply for grant funding.
- The parish meeting also hope to secure grant funding for further daffodils to plant the remaining areas under the lime avenue.
- Parishioners raised the issue of the large muck heap which has been burning for an extended period on land adjacent to Harleston Church field. New councillor Matt Bentley said he would investigate this issue and seek a resolution with the landowner. John Matthissen said he would refer the issue back to Mid Suffolk again.
- The muck heap on Scarff farmland adjacent to the footpath between Onehouse road and Harleston Church was also identified as an issue for the parish as it is fly and rat infested, and contains a hornets nest. Mr Scarff is aware of the issues with the heap, but is unwilling to move it to a less problematic and prominent position on his land.
- John Matthissen will again seek removal of fly tipped waste on Bevan land, as it has been there for over 18 months and nothing has been done to remove it.
- John Matthissen will seek to get the proposed Moorbridge Lane development referred to committee for proper scrutiny.

Date of next meeting 28th September 2026

All welcome to attend.

R S A PEST MANAGEMENT SERVICES

HAUGHLEY

Tel No: 01449-672083/Mobile 07745-771516

GAME OVER

For

**Rats, Mice, Moles, Rabbits, Squirrels, Ants, Wasps, Flies, Birds,
Bees, Cockroaches, Bed bugs, Fleas, Woodworm etc..**

30 year guarantee available on timber treatments, damp proofing

Deer & Fox Management

Fully qualified and insured pest control

For a service you can rely on for effective control of farm, garden and households pests.



Members of the National Pest Technicians Association

Unmarked vehicles and discreet service

HAUGHLEY VETERINARY CENTRE

63 Old Street, Haughley, Nr Stowmarket

Tel: 01449 673366

A small friendly practice offering a full
medical and surgical service for
companion pets

Also at

THURSTON VETERINARY CENTRE

Tel: 01359 232200

Opening times

Monday - Friday 8.30am - 6.30pm

Saturday 8.30am - 11.30am

Haughley Surgery

12pm - 3.00pm

Thurston Surgery

Please telephone to make an appointment

or visit our website

www.haughleythurstonvets.co.uk

Fed up of running around after your car?

Why not give us the inconvenience
– it's part of our service

WE COLLECT & DELIVER

Servicing, Welding,
MOTs arranged

Air-conditioning recharged

General Repairs –
shocks, clutches, brakes etc.

All work guaranteed

S & P Motecare

Est 1990

Contact: Shane

Tel: 01449 771102 or 07802 545737

**Personal Service at
Competitive Rates!**



Despite the best efforts of the weather to thwart outdoor events this year, we were glad to see the heat relent somewhat on Saturday to enable our annual fete to take place. Whilst only its second year in its current format, it was good to see an event that was so long an eagerly awaited fixture return once more.



The community spirit so cruelly decimated by Covid is returning. The day offered a wide variety of activities and fun for all ages. From pigmy goats to a display of birds of prey, from a brass band to youngsters dancing, and from

Suffolk's version of Fishermen's Friends to a darts competition, the afternoon session was full of variety and entertainment for everyone.

There were also the usual range of stalls and sideshows that have always been the crucial ingredients in making a good old fashioned village fete. The teas and cakes tents were busy, as was the bar, which was most welcome on such an hot and thirsty afternoon!



Even the Fire Brigade were on hand for children and adults to look over their vehicle and to sit in their cab.

There was a natural segue from the afternoon into the evening where live music finished off a successful and satisfying day (ahead of a successful football match later in the evening).

Whilst it was an event aimed at raising much needed revenue for the OHS Community Centre, perhaps the most



important feature of all which the organisers were hoping for was the chance for the community to come together and meet and mingle. This they did: some for the first time, whilst others had a chance to catch up with those who haven't seen each other for a while. Socialising in person... ever the best way.

It was also a time for the old and the new. There were stalwarts like Elaine and Pete Devlin who have supported the community for years playing their part, as well as newcomers such as Jerry Humphreys who has been growing plants for sale at his home and provided a stall for the fete.



Then, of course, there were there was the silent army of supporters and helpers: the setters-up, the transport arrangers, the Grand Draw sellers, the tea makers and refreshment providers, hot dog sellers, face painter, litter pickers... the list goes on...



Events like these don't just happen. The work of the OHS committee led by Brian and Jackie Jones aided and ably supported by the likes of Dawn Roberts, Richard Cook and a host of others have spent a considerable amount of time and effort ensuring that the fete ran smoothly and proved successful. Their efforts are warmly appreciated and let's hope that this venture continues to grow.

Thanks to everyone involved in putting on the event—and also to those who came along. We hope you all will put it in your diaries for 2027.



Thank you to my undercover roving reporter(!) for the words, and to talented student photographer Katie Rowland for her cover image, and all the photo's of the fete, Ed.

A message from the organisers:

We hope you all enjoyed the summer fete, the lovely weather certainly helped! It was great to see so many faces, regulars and new, at the fete this year.

We are very grateful to the performers who came to entertain everyone, they did a fantastic job. Well done to all the prize winners in the raffle and the competitions.



Thanks too to everyone who donated prizes for the raffle and games.

Finally a huge thank you to everyone who turned out to set up on Friday, help on the day and those who came on Sunday to help clear up. We really couldn't do it without you all!

The fete will be back in 2027!

Look out for the date, and if you would like to be involved in any way next year, please do get in touch with Jackie on 07825 432985.

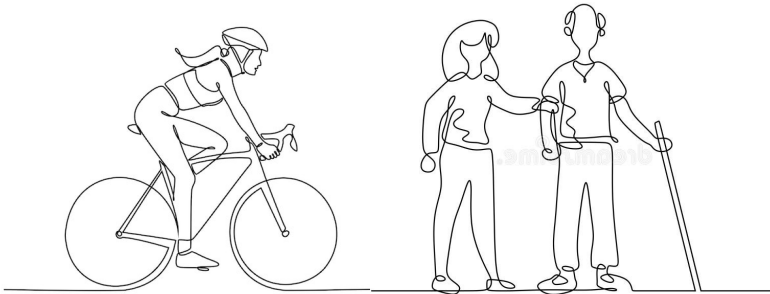


SUFFOLK CHURCHES RIDE AND STRIDE

12TH SEPTEMBER 2026

9.00AM – 5.00PM

IF YOU WOULD LIKE TO GET INVOLVED IN CYCLING OR WALKING TO OUR LOCAL CHURCHES, I HAVE ALL THE SPONSOR FORMS AND THE LIST OF CHURCHES TAKING PART. A LOVELY WAY TO SPEND A SEPTEMBER SATURDAY, VISITING OUR HISTORIC CHURCHES.



St John The Baptist Church, Onehouse
will be open all day as usual

YOU CAN CONTACT ME FOR MORE DETAIL
BY ANY OF THE FOLLOWING:

Telephone 01449 615592

Email theemsdens@hotmail.com

At 22 Forest Road, Onehouse
Many thanks Sylvia Emsden

Happenings in Harleston

LOTTERY: Oops, so sorry no lottery again last month - bit of a busy time in Harleston, but will try to do better.

THANKS: To Emma Wilks who has again wielded her paint brush on the village seats. They are always very well used, and now look spic and span for the summer, and also to Marie, who is relentless in her search for litter in the village.

OHSMAG: Many of you have asked me to make it known how sad and disappointed they are at the demise of their favourite magazine the OHSMAG .

I said that I would air their views in my Harleston report. This is particularly sad for Harleston residents, as so many do not have access to the on-line version. One man who is housebound said that the magazine sits on his coffee table from the time it's delivered, until next month's replaces it. However, we have to be realistic and accept the inevitable, that the OHSMAG in its present form has come to an end, despite best efforts being made to make copies available in various places - I have my doubts as to how successful this will be. I remember in the very early days of the magazine, Gill Robinson used to 'cut the stencil' and a team including Carole, Mike Dean and myself (and others I can't remember) used to print the magazine, attaching the stencil to an old Gestetner machine (which ran on paraffin) and staple the printed sheets (foolscap size before metric!) together in the corners. The smell of the paraffin lingered in the house long after!! 50 glorious years, and we've arrived where we are today - a colourful, informative and professional magazine - reminding us all to put all those special dates in our diaries. We have seen many editors come and go, and many village distributors out delivering in all weathers - we thank them all. I shall of course continue with Harleston Happenings, but I must say, with less enthusiasm. However 'c'est la vie' as they say.

ST AUGUSTINES: I would like to thank everyone who took the time to support my Church Thatch fundraiser on 25th May - plant stall and tea and scones, especially those who helped make the afternoon run so smoothly.

I can't complain about the terrific heat, cos I prayed for a sunny day—but it was exceptionally hot—As far as I know, no one was a victim to sunburn/sunstroke. I couldn't believe that we could squeeze so many people in our front garden. The final total raised was £1107.40.

Service on the Green: Our annual outdoor service—preceded with bacon rolls and prosecco, and followed by a village picnic on the green—took place on 5th July. It was a great day, made even more so because the weather was so kind to us.

Dates for your diary

- ◆ Pet Service - August 23rd
- ◆ Harvest Festival - September 6th
- ◆ Ride and Stride September 12th

Ride & Stride—St Augustine's: I would once again ask for volunteers to take up the challenge for our Church Ride and Stride. So go and investigate that old bike which may be languishing in your shed, mend those punctures and oil those bicycle cogs. Although you can if you prefer, walk, run, go by car or motorbike - whichever is your favourite mode of transport.

It really is a lovely way to spend a day, especially if you make it a family outing with a picnic (supposing the weather is good of course!). I will also be seeking volunteers willing to take a short stint on a rota, to sit in the church to 'sign in' the visitors.

As soon as I receive the sponsor forms, I will ask Hilary to let you all know, and I will deliver the forms to you.

Have a happy summer, see you in September.

Ursu®

01449737845
8 Haughley Road



Stowmarket Eco Future Group



As I write, in June, the new recycling and waste service has just made its first collections. It seems the hot topic of conversation in the town, and there is much mirth and scepticism, and lots of questions still about specific items. Hopefully by the time you read this, good practice will be second nature, and we will have all adapted.

A huge thank you from the eco group to those who have supported our market stall over many years with items that can now go in the bin, and a huge sigh of relief that collecting these items is now official policy. Thanks to all for patience in sorting out the initial difficulties which are always part of introducing change. Society has taken a big step forward together in caring for the environment.

Summer months are a great time of year for appreciating the natural world: local parks and flower gardens are looking beautiful, vegetable plots are producing delicious fresh foods, holidays take us to places where we can wonder at the natural world, fine weather allows us to be outdoors. We rely completely on clean air, clear water, good food, sunshine, rain, reasonable temperatures as our most basic requirements to sustain life. Summer allows us to enjoy and appreciate them.

We also know how easily those things can be distorted by pollution. Temperatures rise, water is unusable, crops fail. Summer is also a time when we travel more and perhaps use more convenience products as we are out and about. So it is a time to be particularly mindful of our carbon footprint

Collection of hard to recycle items:

9:30—11:30am at Market Place on **23rd July & 27th August**

2-4pm at Red Gables on **12th July & 19th August—**

the **Repair Café** takes place at **Red Gables** on the same dates
stowrepaircafe@gmail.com stowmarketecofuturegroup.co.uk

email: stowmarketecofuture@gmail.com

and the impact we are having on nature. "Plastic free July" is a global challenge.

Get Involved - Plastic Free July reusable lunch boxes, cups and water bottles, saying "No thanks" to single use plastic, taking picnic rubbish home to recycle and not leaving it on beaches or wild places, noticing what you throw away and thinking of ways to avoid using those items. It's a beautiful world, let's take good care of it. Happy Summer!

Eco Cafe: We had trouble finding dates to meet but are happy to join the Green Party Evening Socials held monthly at Fred's Bar on the third Tuesday of the month.

UPDATE ON HARD TO RECYCLE ITEMS COLLECTED:

Blister packs, coffee pods – plastic and metallic (not mixed),
pet food pouches (empty, clean & dry), fruit nets, bicycle inner tubes,
spectacles and cases, empty make-up containers,
laptops and tablets with their charger (for parts), batteries.

**We have stopped collecting Tetra packs, plastic bags, film and wrapping
because they now go in your Blue lidded bin.**

Advertise your business here

For more information about advertising in the OHS Mag, please scan the QR code
or email us at ohsmag@onehouseparishcouncil.gov.uk



New Bin Collection Information

We can't pretend it's been straightforward—change never is—but here is a short summary of the new 'rules' for household waste:

The three main large bins are collected once every three weeks on your nominated collection day.

BLUE BIN

Plastic pots, tubs and trays, Plastic carrier bags, film, wrapping and bubble wrap, Plastic bottles, Glass bottles and jars. Drinks cartons (Tetra Pak), Metal cans and aerosols, Tin foil and foil trays

You can leave lids, labels and nozzles on. Please make sure items are clean, empty and dry.

GREEN BIN

Cardboard boxes (please flatten first), Cardboard packaging, Letters, envelopes and other paper, Newspapers and magazines, Shredded paper, Books - hardback and softback

BLACK BIN

Everything else—but do check the Eco Group's list of hard to recycle items they can take from you.

In addition, you put out your large food caddy EVERY week.

You can put any and all food waste into this container BUT do not include any fats, milk or other liquids.



Suffolk Macs

Mac and PC
repairs and maintenance for
business, education
and home users

www.suffolkmacs.co.uk

Tel: 01449 678577

Mobile: 07703 439117
enquiries@suffolkmacs.co.uk

CHIMNEY SWEEP

ECO SWEEP CHIMNEY SERVICES

- NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES.
- INDUSTRIAL HEPA FILTERED VACUUM.
- FULLY INSURED.
- INSURANCE RECOGNIZED CERTIFICATES ISSUED.
- SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
- ALL CHIMNEYS, WOODBURNERS, AGA, BOILER FLUES SWEPT.
- GUILD OF MASTER SWEEPS CERTIFICATED MEMBER.



ecosweep@live.com

TEL. 01359 232335



F. G. BROWN OPTICIANS

41 Bury Street, Stowmarket.

Tel:- 01449 612812/674030

As independent opticians we offer a more
personalised eyecare service that you can trust
for all the family including:-

Optomap retinal examination

Colorimetry

A wide range of competitively priced frames and spectacle lenses

Contact lenses

Prescription and Non-Prescription Sunglasses

YOUR SIGHT CARE IS OUR PRIORITY

COUNTRYSIDE, CONSERVATION & TREE SERVICES

Peter Kerry

01359 230100
07792 995483

peterkerry2018@gmail.com



SPECIALISTS IN

Tree surgery
Hedge management
Patios/Paving
Resin bound driveways
Fencing

£5,000,000 public liability
insurance



For anything not listed above please do not hesitate to contact us to discuss

**PLEASE CONTACT US FOR A FREE, NO OBLIGATION
QUOTE**

Rushbrook's — CHIMNEY SWEEP

Guild of Master Chimney Sweeps &
HETAS registered Chimney Sweep,
providing professional service to ensure
a clean, safe chimney for your home.

Services include:

**Open fire, wood burners & Inglenooks swept
Stoves checked and serviced for efficiency
Birds nest removal**

Safety Inspections and Smoke Tests
All work fully insured & certificates issued.

Contact Robert Rushbrook:

rushbrookschimneysweep@hotmail.com

07581 352772 or 01449 612296



Hillcroft House

Finborough Road, Stowmarket, IP14 1PW

Enjoy peace of mind and a sense of belonging
at Hillcroft House. You can depend on our
caring and compassionate team of specialist
staff to cater for your every need.

With our round-the-clock
residential and dementia care, you
won't have to worry about a thing.
Just sit back, relax and enjoy
living in a 'magical' place.



**Call us on 01449 708903 or
visit healthcarehomes.co.uk**



Nature notes: The Butterfly Effect

July is great for butterfly watching.

In Northfield wood lots of various butterflies nectared on the bramble flowers along the sunny rides. The sunning Purple Emperor, who normally lives at the top of oak trees, occasionally settles on the ground, usually to feed on salts from a dried-up puddle or animals dropping. The male's purple wings are not a pigment; this is diffraction of light from the tiny scales on their black wings. When feeding, you will see their long yellow proboscis probing their food. They are also attracted to sap bleeds, especially from oak trees. So, while you are out walking, glance at the oak trees and see if you can spot one.

Also in the treetops of oaks lives a small silvery looking butterfly called a Purple Hairstreak. They feed on aphid honeydew and will sometimes fly down low in hot weather, sometimes opening their wings to display the bright purple upper side.

Painted lady butterflies (see below) have had an exceptional year as thousands of them have successfully migrated thousands of miles from North Africa.



Currently we could see these arrivals and their offspring boosting the numbers. They lay their eggs singly on the underside of a leaf

on their chosen larval foodplant of thistle, mallow, nettle or others.

For help identifying any wildlife email a photo to goodfellowtrevor8@gmail.com

News from St. Johns

St John's, Onehouse, will hold a Morning Worship on 26th July at 11.00am. Everyone welcome, as always. There will be refreshments after the service and we would very much like you to stay and chat if you have time.

There will also be a special service at the 'Paupers' Graves' on the 19th July at 2.30pm. This is now an annual Service in the area owned by Onehouse Parish Council and maintained throughout the year by a dedicated group of local volunteers. The Service is a time to reflect on the poor souls buried there whose quality of life was far from what we experience nowadays.

There are two services at Onehouse Church, at 11am on the 9th and the 23rd August.—Holy Communion on the 9th and Morning Worship on the 23rd. As always, everyone will be most welcomed and we hope, if you are there, you will join us for refreshments afterwards.

The 'Ride and Stride' experience is on Saturday, 12th September. If anyone would like to ride, stride or travel from Church to Church that day and be sponsored for the privilege, please contact Sylvia Emsden on 01449 615592 and she can provide the forms required.

Half of the monies raised goes to Onehouse Church and half to the Historic Churches Fund. Refreshments will be available for visitors calling at Onehouse Church on their journeys from one venue to the next.

Good Luck to those taking part. Please see the advert elsewhere in this OHSMag.

The Autumn Harvest meal will be held in Trinity Hall on Friday 25th September, 6.30pm for 7.00pm. Further details to follow in September OHSMag, but tickets are available from Sylvia Emsden on 01449 615592.

Throughout the year, John Emsden, cuts the Churchyard grass, but twice a year, usually in the Spring and Autumn, a working party meets to tidy and maintain the Churchyard.



Additional help is always required to cut grass, weed and tidy those graves and ashes plots not regularly maintained by families.

If anyone is able to offer their help and assist a few times a year, please contact Andrew Sykes on 07887 788473. Gardening tools can be provided.

Coffee Caravan

Dates for your diary

Onehouse 10am-12noon, Harleston 1pm—3pm

Monday 10th AUGUST - Monday 14th SEPTEMBER

Monday 12th OCTOBER - Monday 9th NOVEMBER

Monday 14th DECEMBER

Call for photographs

Thank you to those of you that have shared your pictures this month. If you have any shots depicting life in Onehouse, Harleston and Shelland, please send them via email to

OHSMag@onehouseparishcouncil.gov.uk

or via WhatsApp to **07775 924 457** - Thank you



The Combs and Finborough Benefice

Buxhall, Combs, Gt and Lt Finborough, Harleston, Onehouse and Shelland Services in July 2026

Rector: The Rev'd Sarah Jenkins, The Rectory, 135 Poplar Hill, Stowmarket IP14 2AY 01449 676065

Associate Priest: The Rev'd Canon Pauline Higham, The Rectory, Woodland Close, Onehouse IP14 3HL 01449 771791

Sunday Services

Please use this link for all services held on Zoom - Meeting ID: 470 378 1299 - Password: Benefice

<https://us02web.zoom.us/j/4703781299?pwd=doep7y6JYxv0lIXsROXnbzlda9ME.1>

5th July: The Fifth Sunday after Trinity

9.00 am	Holy Communion	Little Finborough
9.30 am	Spiritual Communion	Zoom
9.30 am	Service on the Green	Harleston Green
11.00 am	All Age Worship	Combs
3.00 pm	Hymns and Pimm's	Great Finborough

12th July: The Sixth Sunday after Trinity

9.30 am	Morning Worship	Shelland
9.30 am	Holy Communion	Buxhall
11.00 am	Holy Communion	Onehouse
11.00 am	Morning Worship	Great Finborough

19th July: The Seventh Sunday after Trinity

9.30 am	Holy Communion	Harleston
11.00 am	Family Communion	Combs
2.30 pm	Paupers' Graves Service	Paupers' Graves Site, Onehouse
6.00 pm	Evensong	Little Finborough

26th July: The Eighth Sunday after Trinity

9.30 am	Morning Worship	Buxhall
9.30 am	Holy Communion	Shelland
11.00 am	Morning Worship	Onehouse
11.00 am	Holy Communion	Great Finborough

Weekday Services

9.30 am on Wednesday	Holy Communion	Trinity Hall, Onehouse
10.00 am on Saturday	Morning Prayer	Zoom Meeting

All Welcome! Whether you are a regular worshipper or a visitor to our churches this Sunday, you will find a warm welcome at any of our services

The Combs and Finborough Benefice

Buxhall, Combs, Gt and Lt Finborough, Harleston, Onehouse and Shelland Services in August 2026

Rector: The Rev'd Sarah Jenkins, The Rectory, 135 Poplar Hill, Stowmarket IP14 2AY 01449 676065

Associate Priest: The Rev'd Canon Pauline Higham, The Rectory, Woodland Close, Onehouse IP14 3HL 01449 771791

Sunday Services

2nd August: The Ninth Sunday after Trinity

9.00 am	Holy Communion	Little Finborough
9.30 am	Spiritual Communion	Zoom Meeting
9.30 am	Morning Worship	Harleston
11.00 am	All Age Worship with Baptism	Combs

9th August: The Tenth Sunday after Trinity

9.30 am	Morning Worship	Shelland
9.30 am	Holy Communion	Buxhall
11.00 am	Holy Communion	Onehouse
11.00 am	Morning Worship	Great Finborough

16th August: The Eleventh Sunday after Trinity

9.30 am	Holy Communion	Harleston
11.00 am	Family Communion	Combs
6.00 pm	Evensong	Little Finborough
6.00 pm	Compline	Zoom Meeting

23rd August: The Twelfth Sunday after Trinity

9.30 am	Morning Worship	Buxhall
9.30 am	Holy Communion	Shelland
11.00 am	Morning Worship	Onehouse
11.00 am	Holy Communion	Great Finborough
3.00 pm	Pet Blessing Service	Harleston Green

30th August: The Thirteenth Sunday after Trinity

10.00 am	Benefice Holy Communion	Combs
----------	-------------------------	-------

Weekday Services

9.30 am on Wednesday	Holy Communion	Trinity Hall, Onehouse
10.00 am on Saturday	Morning Prayer	Zoom Meeting

All Welcome! Whether you are a regular worshipper or a visitor to our churches this Sunday, you will find a warm welcome at any of our services

Letter from Combs Rectory

Although it's the middle of June as I write the letter to cover July and August, with all the rain we've had recently I'm beginning to wonder if it will warm up at all soon. So much for a proper Summer, let's pray that it improves so that by the time you read this the sun will be shining and it won't be too hot!

When it comes to major Christian festivals, July and August are quieter months in the church calendar. The Summer months however still have a lot to offer, from the Leavers' services for our Church schools, to the main wedding season, and church fetes. Then, at the end of the Summer holidays, our pet blessing service takes place on Sunday, 23rd August at 3pm on the Green at Harleston. Last year we had a selection of dogs and in the past we've had a horse and hamsters join us so if you'd like to come along please bring a chair and your pet if you have one!

Like the school Summer holidays, July and August in our church communities tend to be a time to recharge the batteries, enjoying regular opportunities to worship together and share fellowship, to get odd jobs done in our church buildings and churchyards before the onset of Autumn and to welcome visitors to our beautiful churches.

I do hope that you too have time to recharge your batteries over the Summer months, and are able to take time to make the most of hopefully the much improved weather. And we would love to welcome you to our social events, any of our regular services or just to spend some quiet time in our churches. Our weekly pew sheet gives details for worship services and social events and can be found on the A Church Near You website for each church (www.achurchnearyou.com).

With blessings for a restorative Summer,

Revd Sarah



01449 774900

www.stowmarketbathrooms.co.uk

Our New Trade Showroom is Now Open All Trade and Retail Welcome

"In 2025, we made the decision to replace our trade counter with a new showroom featuring a more basic, low cost bathroom range to complement our existing displays."

We will continue to stock a wide choice of plumbing spares, along with softener salt, as part of our ongoing commitment to provide essential products and support."

Sean Plaskitt, Showroom Manager



**Please come and visit us
We are open Monday to Friday
8am to 5pm**

3 Mill Street, Stowupland, Stowmarket, Suffolk IP14 5BJ



Please join us for



Shelland Church Stroll & Salad

Saturday 22 August 2026

11am: Walk 12.15pm: lunch

Enjoy a leisurely walk in the countryside then
stay for a salad lunch,

OR

Join us for lunch in a pretty church setting
(Please book your place for lunch)

**Tickets £10.00 available from:
Lisa, 07881 787840**



Shelland Church,
The Green, Shelland,
Stowmarket. IP14 3JE

