

Stowmarket

Unique

Town Guide

Experience

2013-14

Every Time



www.stowmarketguide.org.uk

Welcome to Stowmarket

Welcome to the Stowmarket Town Guide. Produced by Stowmarket Town Centre Partnership

Stowmarket is the largest town in Mid Suffolk, and with excellent road and rail links it is a great place to live, work and visit.

Our Town Centre offers a unique shopping experience. There are five supermarkets, two of which are conveniently situated at either end of the Town Centre, both with ample parking, and there is a good selection of independent shops and national chains and a popular twice weekly street market. This gives you the opportunity to do your weekly shop and visit the town and market in one visit.

Our good numbers of independent shops continue to thrive despite difficult times, and if you take the time to look around, you will discover some hidden gems that stock unique and hard to find products. All brought to you by our helpful and friendly owners and staff.

There are also other shopping areas located on the edges of the town, and a good range of service providers.

As well as our retail offering, Stowmarket also has unique and interesting places to visit. The Museum of East Anglian Life offers a great value experience for all the family, our beautiful and historic St Peter and St Mary Church is open every day and free to visit, and the world famous John Peel Centre presents a wide range of events to suit all musical tastes.

In addition we have a thriving traditional cinema, a leisure centre with excellent facilities and a recreation ground with lots of space to play in.

If you are a resident in the area, take a fresh look at what your town has to offer. If you are visiting we hope you enjoy your stay and will return very soon.

Sharon Brown, Town Centre Manager
Stowmarket Town Centre Partnership

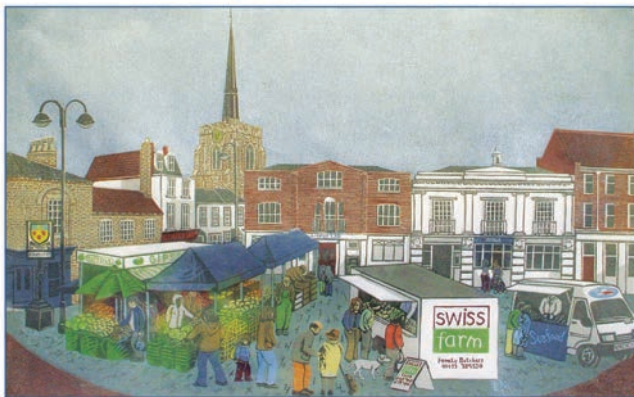


Illustration by Carl Peter Borges

Get Fit in Stowmarket

Maybe you have heard the recent guidelines about walking 10,000 steps per day to get fit? Here in Stowmarket there are plenty of opportunities to do that, and have a great time along the way!

Gipping Valley Walk

The path of the Gipping valley walk starts close to the railway station, and runs a full 17 miles to Ipswich Docks. The walk provides a good day's walk (you could get the train back!), or you could do a shorter walk using the many points of access. The walk is both interesting and includes beautiful scenery in parts.



Museum of East Anglian Life

Perhaps fitness would not be your first thought for a visit to the Museum. Yet set within 75 acres of beautiful Suffolk landscape, located just a few minutes from Stowmarket Town Centre, is an ideal opportunity to do your 10,000 steps.

You'll be surprised at the variety of East Anglian landscapes to be found within 15 minutes walk of the museum entrance as you discover the peace and quiet of the open countryside.

For the more active...

Mid Suffolk Leisure Centre

Offers a wide range of facilities and activities for all the family, including gym, swimming pools and much more.

Gainsborough Road, Stowmarket Suffolk IP14 1LH

[t] 01449 674980 [w] www.everyoneactive.com

Sports Clubs

Stowmarket is lucky to have a good range of thriving sports clubs, including football, rugby, golf & bowls clubs and more.

See the information pages in this guide for more details.

Places to Visit



Museum of East Anglian Life

Discover the history and natural world of East Anglia on the museum's beautiful 75 acre site. Explore nearly 3km of woodland and riverside nature trails. With 15 splendid historic buildings, including a working watermill, you can learn about fascinating East Anglian lives, crafts and culture. Don't miss the varied programme of events including the annual Beer Festival and Steam and Crafts weekend, as well as talks, demonstrations and children's activities available throughout the year.

The museum has also opened the newly refurbished Queen Anne Style Abbot's Hall, featuring exhibits exploring the theme of home and belonging in East Anglia, with interactive displays, listening posts and a changing programme of temporary exhibitions. Entrance to the hall is free of charge. Additionally, the museum now features Crowe Street Cottages a pair of 18th Century workers dwellings, containing the belongings of its last resident Mrs Wilding, who along with her husband worked in Abbot's Hall and its estate.

With lots to see and learn, the museum is a day out for all the family to enjoy. The Museum is open Monday-Saturday 10am-5pm and Sunday 11am-5pm.

For more information telephone 01449 612229 or visit www.eastanglianlife.org.uk



St Peter and St Mary Church

Stowmarket's skyline shows the distinctive spire and tower of the Parish Church pointing heavenward. Anyone visiting really should come and see the town's oldest building which is of architectural interest and is still active in the life of the town. This is a place where people come to be with God, in worship on Sundays and also in the peaceful tranquillity that can be found here throughout the week. The Church is open for some time every day of the year and there will always be someone here to tell you about the Church and make a cup of tea.



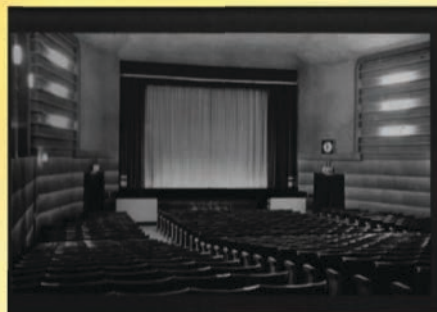
Recreation Ground

Stowmarket Town Council owns Stowmarket Recreation Ground, a pleasant popular public park surrounded by trees, close to the centre of town. "The Rec" as it is known has recently undergone various improvements, including the installation of a new play area, skatepark, ballpark and CCTV camera at the start of 2011. It is a well used area, popular with dog walkers and as a meeting place for young people. The Rec is also the venue for the long running Stowmarket Carnival as well as other community events.

REGAL

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Stowmarket Town Council
Milton House
Milton Road South
Stowmarket
IP14 1EZ



Tel:
01449 612060
Email:
info@stowmarket.org
web:
www.stowmarket.org

STOWMARKET MARKET

Stowmarket takes pride in its weekly markets, which take place in the town centre throughout the day every Thursday and Saturday.

The first Friday of every month brings the blossoming Farmers' Market, which has currently doubled its number of stalls – and counting!

Whether you're a trader looking to be a part of our markets at a reduced rate of just £1 per foot for your first four weeks, or you'd just like to find out more, please contact our Market Warden Chrissie Day on 07925 592775 or email christined@stowmarket.org



Stowmarket Town Council
Milton House
Milton Road South
Stowmarket
IP14 1EZ



Tel:
01449 612060
Email:
info@stowmarket.org
web:
www.stowmarket.org

STOWMARKET COMMUNITY CENTRE



Stowmarket Community Centre is a thriving and friendly facility that offers a spacious main hall
2 lounge rooms (one with kitchenette)
2 standard rooms for hire
well equipped kitchen
full disabled access to Centre
and all rooms

We hire out rooms for your events, parties and groups, as well as hosting a wide variety of fantastic courses and organisations. To find out more of what we have to offer please contact Centre Manager Heather Tooke on 01449 613084 or email heathert@stowmarket.org

Stowmarket Town Council
Milton House
Milton Road South
Stowmarket
IP14 1EZ



Tel:
01449 612060
Email:
info@stowmarket.org
web:
www.stowmarket.org

Retail & Professional

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10 Bury Street, Stowmarket IP14 1HA

[t] 01449 675675

[w] www.chapmanshair.com

[f] chapmans

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41 Bury Street, Stowmarket IP14 1HA

[t] 01449 612812

[f] 01449 614868

[e] fgoptician@btconnect.com

[w] www.fgbrownopticians.co.uk

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www.baldwins-departmentstores.co.uk



Baldwins of Stowmarket

2 - 4 Tavern Street
Stowmarket
Suffolk
IP14 1PH
Tel: 01449 612451



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Avalon Images WEDDING, PORTRAIT AND EVENT PHOTOGRAPHY

Wattisham, Needham Market IP7 7RA

[t] 01449 728646

[m] 07523 374498

[e] info@avalonimages.co.uk

[w] www.avalonimages.co.uk

[f] avalonimages

[t] @avalonimages

Heathers Soft Furnishings BESPOKE CURTAINS & UPHOLSTERY

13 Bury Street, Stowmarket IP14 1HA

[t] 01449 612502

[f] 01449 614283

[e] heathers13@virgin.net

[w] www.heatherssoftfurnishings.co.uk

Lacy Scott & Knight ESTATE AGENTS & CHARTERED SURVEYORS

Market Place, Stowmarket IP14 1DN

[t] 01449 612384

[f] 01449 677185

[e] mail@lsk.co.uk

[w] www.lsk.co.uk

Lime Tree Cafe CAFE

1 Market Place, Stowmarket IP14 1EB

[t] 01449 774996

[f] Lime Tree Cafe

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Products we offer are cloud backup, antivirus software, and peace of mind helpdesk. So if you know any businesses that would like help with their IT please give us a call.

Stowupland IP14 4DX

[t] 01449 700478

[m] 07733 262116

[e] enquiries@mpmit.co.uk

[w] www.mpmit.co.uk



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Retail & Professional

Mid Suffolk Tourist Information Centre



Offering a warm welcome with excellent local knowledge and extensive FREE information on places to visit and things to see both in Suffolk and beyond. Holiday guides covering Britain. Shop selling local cards, gifts and produce & local maps, books, homewares and souvenirs. We offer National Express coach bookings, days out with John's Tours and tickets for many local events. Open year-round.

Mid Suffolk Tourist Information Centre
At The Museum of East Anglian Life
Stowmarket IP14 1DL
[t] 01449 676800
[e] tic@mid Suffolkgov.uk
[w] www.southandheartofsuffolk.org.uk

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Mill House Holiday Cottages
Water Run (B1115), Hitcham, IP7 7LN
[t] 01449 740315
[e] hitcham@aol.com
[w] www.millhouse-hitcham.co.uk

Purbeck & Co ESTATE AGENTS

Purbeck & Co is a truly independent estate agency. In their new office in Stowmarket town centre clients can sit in spacious comfortable surroundings and discuss their requirements with Purbeck & Co's informed and professional staff. They offer a high level of customer service.

26 Station Road West, Stowmarket IP14 1ES
[t] 01449 771133
[e] info@purbecks.com
[w] www.purbecks.com
[f] [@purbeckCo](https://www.facebook.com/purbecks)

Winchester's WINE BAR - BISTRO

7 Old Fox Yard, Ipswich Street
Stowmarket IP14 1AB
[t] 01449 770023
[e] wendywinch@googlemail.com
[w] www.winchesterswinebar.co.uk
[f] [@winchesterswine](https://www.facebook.com/WinchestersWine)

Pickwicks COFFEE SHOP & RESTAURANT

We can cater for all your needs from full breakfast or a simple sandwich to jacket potatoes with homecooked dishes and daily roast lunches, going through to afternoon teas. Open 7 days a week from 7am. Take-away and outside catering available.

The Old Fox Yard, Stowmarket IP14 1AB
[t] 01449 771321

Stowmarket & District Royal British Legion Club MEMBERS SOCIAL CLUB



Affiliated to Royal British Legion
Join in July for up to three months free Membership. Open to all over 18. Free room hire for members. Bar meals available. Bespoke catering for all events; varied programme for members including live music, pool, snooker, darts, crib and much more.

8 Tavern Street, Stowmarket IP14 1PH
[t] 01449 613621
[e] rblegion@btconnect.com
[w] www.britishlegion.org.uk/branches/stowmarket/club

G. Tydeman JEWELLERS



Established in the Suffolk market town of Stowmarket (c1790) 'Tydemans' have been serving the needs of the people of Stowmarket and surrounding villages for more than 200 years. We offer a wide range of Jewellery, Watches, Clocks and Giftware. Our jewellery brands are: Pandora, Hot Diamonds, Sphere of Life, Lucet Mundi and Diamonfire.

1-3 Bury Street, Stowmarket IP14 1HA
[t] 01449 612510
[e] info@tydeman-jewellers.co.uk
[w] www.tydeman-jewellers.co.uk
[f] [g.tydeman.jewellers.ltd](https://www.facebook.com/g.tydeman.jewellers.ltd)
[t] @gtydeman

Retail & Professional

Style@stow

Stowmarket Town Centre Partnership will shortly be opening a new shop at 15 Bury Street. The aim is to help people start up in retail, to reduce empty shops and to create more variety in the town for shoppers.

The shop will be occupied by several different businesses, selling a wide variety of goods, under the theme of 'style' – whether it's for people or home.

For more information contact Sharon Brown, Town Centre Manager. sharon.stowtcm@gmail.com



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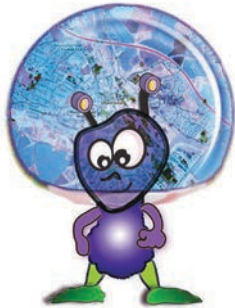
7 - 9 TAVERN STREET, STOWMARKET, SUFFOLK
IP14 1PJ

Telephone: (01449) 613631

email: enquiries@haywards-solicitors.co.uk

www.haywards-solicitors.co.uk

Free Car Park Available For Use By Clients.



STOWMARTIANS LOYALTY SCHEME

Our Townspeople are affectionately known locally as 'Stowmartians! The Town Centre Partnership has been looking at ways to encourage our residents to shop locally, and reward their loyalty.

The scheme we have chosen is a simple but effective idea. Shoppers simply buy a bag, and on production of the bag, they will be offered a range of discounts and special offers from participating independent retailers.

You don't have to actually live in Stowmarket – just shop with us, so look out for a place to buy a bag and cash in on the offers!



Picture and 'Stowmartian' image courtesy of Folstead Press



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- Bespoke desktop and mobile phone websites
- Hamilton Smith iPhone and iPad app
- Four page full colour details with colour floor plans
- Also on Zoopla, Primelocation, Findaproerty and 12 other websites
- 25 years of successful sales locally

**33a Ipswich Street
Stowmarket
IP14 1AH**

**31 High Street
Needham Market
IP6 8AL**

**01449 722242
hamilton-smith.com
needham@hamilton-smith.com**

Paul Wright & Co. ESTATE AGENTS



Founded in 1965, Paul Wright & Co. Ltd have successfully answered the needs of the local property market. Our office is conveniently located in central Stowmarket (opposite The Regal Theatre). Combining modern technology with traditional professionalism, the Directors, Management and Staff at Paul Wright & Co. Ltd are committed to providing the ultimate in service for all their customers. Should you be buying, selling, renting, residential or commercial property Paul Wright & Co will welcome your enquiry. 121 Ipswich Street, Stowmarket IP14 1BB
[t] 01449 613678
[f] 01449 774188
[e] all@paulwright.co.uk
[w] www.paulwright.co.uk

Useful Information

Charities in Stowmarket

ACE

c/o Red Gables, Ipswich Road
Stowmarket IP14 1BE
[t] 01449 678088
[f] 01449 616185

Age Concern Suffolk

45a Ipswich Street
Stowmarket IP14 1AH
[t] 01449 774777

British Heart Foundation

12 Ipswich Street
Stowmarket IP14 1AD
[t] 01449 678127

Cancer Research UK

8 Old Fox Yard, Ipswich Street
Stowmarket IP14 1AB
[t] 01449 616053

Community Action Suffolk

[w] www.communityactionsuffolk.org.uk

Lions Club of Stowmarket and District

[t] 0845 833 5114

Midsuffolk Action in Partnership

c/o Red Gables, Ipswich Road
Stowmarket IP14 1BE
[t] 01449 673947

Oxfam GB

7 Meadow Centre, Wilkes Way
Stowmarket IP14 1DE
[t] 01449 674068
[e] oxfamshop2610@oxfam.org.uk

Rotary Club of Stowmarket

c/o The Cedars Hotel
Needham Market
Stowmarket IP14 2AJ
[t] 01449 612668

Soldiers, Sailors, Airmen and Families Association

c/o Red Gables, Ipswich Road
Stowmarket IP14 1BE
[t] 01449 672222 or 615039

Sound Sense

7 Tavern Street
Stowmarket IP14 1PJ
[t] 01449 673990
[f] 01449 673994

St Elizabeth Hospice

12b Bury Street, Stowmarket IP14 1HA
[t] 01449 615808

The RSVP Trust

P O Box 55, Stowmarket IP14 1UG
[t] 01449 711726

The Salvation Army

59 Violet Hill Road
Stowmarket IP14 1NQ
[t] 01449 614133

Victim Support Suffolk

Office 1, Wharfside House
Prentice Road, Stowmarket IP14 1RD
[t] 0845 389 9548
[f] 01449 616876

Volunteer Centre Mid Suffolk

c/o Red Gables, Ipswich Road
Stowmarket IP14 1BE
[t] 01449 612486

Churches in Stowmarket

Methodist Church

Regents Street, Stowmarket IP14 1JR
[t] 01449 614264
[w] www.eamethodist.org.uk/churches.php?Stowmarket

New Life Church

Hillside Community Centre
Hillside, Combs, Stowmarket IP14 2BD
[t] 01449 774000
[w] www.findachurch.co.uk/churches/tm/tm05/newlife

Our Lady's Catholic Church

Stricklands Road, Stowmarket IP14 1AP
[t] 01449 612946
[w] www.ourladys-stowmarket.co.uk

Salvation Army

Violet Hill Road, Stowmarket IP14 1NQ
[t] 01449 614133
[w] www.salvationarmy.org.uk/Stowmarket

Useful Information

St Mary's Church

Church Road, Combs
Stowmarket IP14 2RA
[t] 01449 766359
[w] www.great-apes.co.uk/combs

St Peter and St Mary's Parish Church

Station Road West, Stowmarket IP14 1ES
[t] 01449 774652
[w] www.stowmarketparishchurch.co.uk

United Reformed Church

Ipswich Street, Stowmarket, IP14 1AD
[t] 01449 675045
[w] www.stowmarket-urc.org.uk

Baptist Church

Bury Street, Stowmarket IP14 1HF
[t] 01449 677318

Gospel Hall

Violet Hill Road, Stowmarket IP14 1NE

Cedars Church

Cedars Park School, Pintail Road
Stowmarket IP14 5FP
[t] 01449 609412
[e] info@cedarschurch.com

Stowmarket Community Church (Elim)

The Old Library, Red Gables
Ipswich Road, Stowmarket IP14 1BE.
[t] 01449 678017
[e] scelim@btinternet.com

In addition to the above there is also Kingdom Hall of Jehovah Witness which is situated in the Crown Street/ Cardinals Road area of the town.

Sports Clubs in Stowmarket

Stowmarket Cricket Club

Stowmarket Sports Club, Chilton Fields
Chilton Way, Stowmarket IP14 1SZ
[t] 01449 613181
[e] wigg51@btinternet.com

Stowmarket Town Football Club

Greens Meadow Ground, Bury Road
Stowmarket IP14 1JQ
[t] 01449 612533
[e] webmaster@stowmarkettownfc.co.uk

Stowmarket Golf Club

Lower Road, Onehouse
Stowmarket IP14 3DA
[t] 01449 736473
[e] secretary@stowmarketgolfclub.co.uk

Mid Suffolk Leisure Centre

Gainsborough Road, Stowmarket IP14 1LH
[t] 01449 614603
[e] midsuffolkinfo@everyoneactive.com

Rookery Bowling Club Ltd

Finborough Road, Stowmarket IP14 1PN
[t] 01449 774686
[e] mail@gippingview.co.uk

Stowmarket Rugby Union Football Club

Chilton Fields, Chilton Way, Stowmarket IP14 1SZ
[t] 01449 612979
[m] 07504 827052
[e] susan.kettle15@btinternet.com

Salvation Army Football Club

Chilton Fields, Chilton Way, Stowmarket IP14 1SZ
[e] moye.clan@btinternet.com

Stowmarket Striders

Mid Suffolk Leisure Centre
Gainsborough Road, Stowmarket IP14 1LH
MEET OUTSIDE ON:
Tuesdays 6.30pm:
New runners and people recovering from injury.
Tuesdays 7.30pm:
More experienced or confident runners.
Thursdays 6.30pm:
Social run 4 or 6 miles.
Thursdays 7.30pm:
Social run 6 miles.
[e] leslie@basham.fsnet.co.uk

Stowmarket Lawn Tennis Club

Iliffe Way, Stowmarket IP14 1SL
[t] 01449 673941
[e] h.bidwell@talk21.com

Ground - Cedars Park Football Club

Stowmarket High School Changing Rooms
Gainsborough Road, Stowmarket IP14 1LH
[m] Ground: 07917 390405 or 07734 309717
[w] www.cedarsparkfc.co.uk

Useful Information

Regular Groups held at the Stowmarket Community Centre

Bellycise

Contact: Alison Townrow
[t] 01379 678176

Blood Donor Sessions

[t] 01277 306000

Children's Centre Groups (Sunshine)

[t] 01449 616091 or 01449 776062

Gipping Occupational Health

[t] 01449 766913

In Stitches

Contact: Janet
[t] 01449 774773

Laura Emily Theatre School

Contact: Laura Emily
[m] 07729 724753

Mama Baby Bliss Courses

Contact: Laura Emily
[m] 07729 724753

Kumon Maths & English

Contact: Lisa
[t] 01473 413118

Men in Black Line Dance Club

Contact: Pat Finch
[t] 01449 612263

Mid Suffolk Video Camera Club

Contact: Anne Evans
[t] 01728 861566

Mid Suffolk AXIS

Contact: Ann Squirrel
[t] 01379 678703

New Life Church

Contact: Mike Smith
[t] 01449 774000

Youthbase

Contact: Mike Smith
[t] 01449 774000

Pilates Classes

Contact: Lynn Perry
[m] 07788 718095

Red Cross

Contact: Steve Mayhew
[m] 07810 113298

Rainbow Guides

Contact: Tracey
[t] 01449 678213

Skitfit Karate

Contact: Stuart Kitchener
[m] 07502 439637

Slimming World

Contact: Donna Keeble
[t] 01449 676460

Stowmarket Art Club

Contact: Dennis Copping
[t] 01449 612970

Stowmarket Historical Society

Contact: John Pattison
[t] 01449 675693

Stow Sketch Club

Contact: Mary Finch
[t] 01449 614396

Stowmarket Camera Club

[t] 01449 737785

Suffolk Befrienders

[m] 07932 323918 or 01787 371333

Suffolk Family Carers

Contact: Judith Goldsmith
[t] 01473 835415

U3A – Activities with Freddie

Contact: Freddie
[t] 01206 391219

Warhammer War Games Club

Contact: Jacob
[m] 07808 916447

West Suffolk College

Various courses
[t] 01449 613903

Yoga

Contact: Linda Noller
[t] 01449 615351

Zumba

Contact: Kim
[m] 07962 105446
Contact: Nicky
[m] 07817 838831

Footnote:

Contact details provided were acquired through various sources and are correct at the time of printing the Stowmarket Guide.



Stowmarket & District Chamber of Commerce

Stowmarket & District Chamber of Commerce is a well-established, friendly and pro-active business organisation, whose principal aims are to foster business enterprises in the Gipping Valley area, to create employment opportunities and to contribute to the enhancement of the area as a pleasant place in which to live and do business.

The Chamber enjoys close and productive working relationships with Town, District and County Councils, plus the New Anglia Local Enterprise Partnership, which ensures that we are consulted about future plans and enables our voice to be heard about issues which may affect the economy of the area.

We hold two different Networking meetings each month; one in Stowmarket and the other in Needham Market, which have proved very successful in generating leads for new business. Additionally we undertake a range of projects, including active participation in the Town Centre Partnership and support for selected charities.

From time to time the Chamber arranges seminars and workshops with specialist speakers, on best business practices and the implications of changes to statutory controls. These seminars are a useful supplement for management and staff training.

Currently membership of the Stowmarket and District Chambers is about 50, mainly small enterprises providing a diverse range of professional services. We have a special Town Membership Scheme that provides a low cost entry point for new and small businesses.

Stowmarket Chamber is affiliated to the Suffolk Chamber of Commerce, the largest independent private business forum in the county, which gives members access to intelligence on new and overseas markets, plus export documentation services and a wide variety of information on training courses and grants that can assist to develop your business.

For further details, please consult our website
www.stowmarketchamber.co.uk
or phone our Secretary on 01449 770 965.



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