



**February 2023**  
Issue 414

# Quartet

**The Parish Magazine**

---

**For Higham, Stratford St Mary, Raydon and Holton St Mary**

# Quartet Diary

## Cleaner needed

Help is wanted to keep the interior of Stratford St Mary Church clean and tidy. Times could change depending on church services, but would be mostly monthly. Pay rate £30. Approx. 3 hours per month.

Contact details as follows :  
Jonathan Dewey, SSM  
Churchwarden.  
Tel 077 4599 6349.

## Get that spring cleaning attitude early!

There's space on the Small Ads pin board for things you've been meaning to find a new home for, but still haven't got round to it yet.

Just email Anne and Jane at [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk) (add a picture too) and let your unwanted items find a new life.

SHOP  
LOCAL

## Help us with our campaign!

If you know any merchant or service provider living in one of our four villages, please let us know by emailing [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk). We will contact them and see if they would like a **free listing** in the Quartet

## Small Ads Pin Board

No charge for non-commercial ads placed for one month only, space permitting. Email [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk)

Details of events can be found within the magazine. **It would be advisable to check with organisers if regular events are happening, we may not have been informed of last minute changes**

## February

- 1 Raydon Club  
Little Sparks SSM
- 3 First Friday Lunch Club Holton  
HSM Social Club
- 4 HSM Green Gym  
Rugby, Pavilion, Raydon
- 7 Raydon Parish Council Meeting
- 8 Raydon Lunch Club  
Little Sparks SSM
- 10 HSM Social Club
- 12 Rugby, Pavilion, Raydon
- 15 Raydon Club  
Little Sparks SSM  
Soup and Social, Raydon
- 16 Slow Stitch Holton
- 17 HSM Social Club
- 21 Fair Trade Coffee Morning Raydon
- 22 Raydon Club  
Little Sparks SSM  
SSM Coffee Morning
- 23 R & DGC Meeting
- 24 HSM Social Club

- 25 Rugby, Pavilion, Raydon
- 26 Holton Sunday Lunch

## March

- 1 Raydon Club  
Little Sparks SSM
- 3 First Friday Lunch Club Holton
- 4 HSM Green Gym  
Talk and tea, Raydon
- 7 Raydon Parish Council Meeting
- 8 HSM Parish Council Meeting  
Raydon Club  
Little Sparks SSM
- 10 HSM Social Club
- 11 Rugby, Pavilion, Raydon
- 15 Raydon Lunch Club  
Little Sparks SSM
- 16 Slow Stitch Holton
- 17 HSM Social Club
- 18 Rugby, Pavilion, Raydon
- 21 Fair Trade Coffee Morning, Raydon
- 22 Raydon Club  
Little Sparks SSM  
SSM Coffee Morning
- 23 R & DGC Meeting
- 24 HSM Social Club

# Editors Corner

The nights are finally getting shorter and we're beginning to see signs of spring. I do hope we don't get another cold snap!

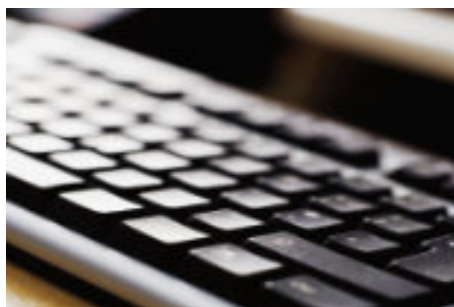
This month we continue to see more events both regular and special one offs appear in the pages. It's also good to see reports for village organisations - it helps to keep everyone who wants to know 'in the loop' and the Quartet is always glad to help out.

It's the time of year for our annual Quartet meeting where the team get together in person, rather than just by email and talk about how the year has gone, how the finances are holding up and what we would like to do in the coming year. We've had a really good reliable team for a number of years now and despite circumstances changing for us all as we inevitably grow older, I'm hopeful we can continue to publish the Quartet every month and give you all a really useful magazine. If you have any ideas about something you would like to see in the magazine, why don't you drop us an email at [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk)? We're always looking for ways to improve!

Happy reading as always

Anne and Jane.

Articles for the Quartet are included if we have room, and if, in the opinion of the editors, they are of general interest to our readers. Please remember all articles will be subject to editing. We prefer you to contact us via email where possible.



Copy deadline for next edition:  
**19<sup>th</sup> February 2023**

**Contact details:** Email:  
[quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk)

**Editors:**  
Anne Priestley; 1 Corpus Christi  
Cottages, Holton St Mary. CO7 6NN

Jane Lelliott ; 5 Swan Meadow, Stratford  
St Mary. CO7 6JQ

**Distribution:** Dave Leach  
07930390517

**Invoicing:** Jenny Leach  
[quartet.advertising@gmail.com](mailto:quartet.advertising@gmail.com)

# Rev'd Manette Writes

Dear friends,

It's the time of year when we begin to look ahead to our APCMs (Annual Parochial Church Meetings), which will be held in the four churches of our benefice on different dates in May. It is wonderful to have four beautiful church buildings which are used by the regular worshipping congregations and by members for the wider community for weddings, baptisms and funerals. And we still have open churchyards in all our villages where generations of local families have been buried. And managing all of this and more is part of the role of the Parish Church. But a church does not run itself. It is hard work to keep everything going and in good order, and we would not be able to do this without the support and involvement of our volunteers who help and give of their time and talents on a regular basis and with great dedication. But as the saying goes, many hands make light work and I am asking for your help. Stratford and Holton don't have enough members on their PCCs (Parochial Church Councils). The PCCs meet 4x per year and make decisions about the running of church. In Raydon and Higham, we only have one churchwarden whereas it would make the role so much easier if two wardens were sharing the role. In Stratford, Jonathan will be retiring from his role as churchwarden and we need one, if not two people to take his place. In Higham, we need to find a new PCC secretary as soon as possible. The secretary writes up the minutes during our meetings and helps us prepare for the annual meetings.

Running the church is not just about Sundays, but it is about being involved. Being a follower of Jesus is moving on from being merely a consumer on Sundays to becoming an active member of the church community.

Whether it could be a belated New Year's resolution or a feeling that God might be calling you to try something new, can I ask you to prayerfully consider whether you could become involved in your local church?

Please get in touch with me if you want to find out more, or talk to another member of our churches.

In the words of St Paul's Letter to the Ephesians 4:11-16, "The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, <sup>12</sup>to equip the saints for the work of ministry, for building up the body of Christ, ... speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Yours in Christ,  
Rev'd Manette  
Tel. 07947 737789;  
Email: [revmcrossman@gmail.com](mailto:revmcrossman@gmail.com)

# Stratford St Mary



## In Stratford

Hall Farm Shop Cafe and Restaurant  
www.hallfarmshop.com

Anchor Inn [www.stratford.pub](http://www.stratford.pub)  
01206 322143

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -  
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

John Burrell Bespoke Bedrooms -  
07734700507

Nexus Creative Print Production -  
gill@nexuscpp.co.uk

tim germain - furniture designer-  
maker. www.germain.co.uk



## Coffee Morning

We have recommenced the monthly coffee mornings which take place on the fourth Wednesday of every month.

10.30 am in the Parish Room Do come along and socialise - £2.00pp. Money raised to date has contributed to the purchase of chairs and garden furniture for the Parish Room

## STRATFORD ST MARY INSTITUTE HALL

Please note that requests should be made through the bookings email address: [ssminstitute.bookings@gmail.com](mailto:ssminstitute.bookings@gmail.com) Information supplied to book should include a name with contact details and the nature of the event.

This results in a natural queuing system which ensures that first come is first served. I check this address every day and will respond accordingly.

Steve Kite  
42 Strickmere  
Stratford St Mary, CO7 6YG

## Stratford St Mary Parish Council Meeting Dates 2023

13<sup>th</sup> March  
15<sup>th</sup> May  
10<sup>th</sup> July  
11<sup>th</sup> September  
13<sup>th</sup> November

## Stratford St Mary Annual Parish Meeting

will take place on Monday  
24<sup>th</sup> April 2023 at the Parish  
Room in Upper St.  
commencing at 7.30pm

**Village Life  
Presents**

**Stratford St. Mary May Ball**  
Friday 26<sup>th</sup> May 2023

**Talbooth Restaurant**

Welcome drink  
3 course dinner & coffee  
Followed by Dancing

Black Tie/Posh Frocks/Formal Attire

**Tickets Now Available**  
**£65pp**

High demand expected so get yours early  
Call Julie 07989639583



## **Stratford St Mary Hand-bells**

Interested in learning (*or re-learning*)  
*a new skill?*

*We are hoping to start up the  
Stratford St. Mary hand-bell ringers  
group once again.*

Our village has a notable history of  
bell-ringing and we are hoping to re-  
establish our once thriving hand-bell  
group.

Novices and new players welcome  
(*tuition provided*) and we would love  
any previous / experienced players  
to join us too.

Please contact Heather Wager for  
more information at:

heather.wager@btinternet.com



## **LITTLE SPARKS**

**(Mums and Tots)  
at  
Stratford St Mary Chapel**

**9am - 11am every Wednesday  
(Term Time)**

**Donation Request: £1 per family**

**Contact Beckie for more information at  
sparksandignition@gmail.com**

## **Stratford St Mary Parish Room**

Our comfortable, well-equipped hall in  
the centre of the village is open and  
available for hire.

Please contact our new bookings clerk  
for more information or to make your  
booking by emailing

ssmparishroom.bookings@gmail.com

or contact Paul Ranson on 01206 322156  
or  
07870 388184

Stratford St Mary Community 1<sup>st</sup>  
Responders

are holding:

## **Defibrillator and CPR Training**

Please call in anytime  
between 12 noon and 4pm

Saturday, 25<sup>th</sup> February 2023

The Parish Rooms  
Stratford St Mary  
(The green building in Upper Street)

Come and have a go or watch  
a demonstration on how to  
use a defibrillator or perform CPR

## **Stratford St Mary Parish Council THERMAL IMAGING PROJECT**

### **Helping You Keep Your Warmth In**

The Suffolk Climate Change Partnership,  
which is made up of all the Local  
Authorities in Suffolk, have purchased  
several thermal imaging cameras which  
they are loaning out to community groups  
to carry out surveys in their areas for free.

Stratford St Mary Parish Council has  
booked a camera for **Tuesday 4<sup>th</sup> April to  
Monday 24<sup>th</sup> April 2023**

Our aim in running the project is to raise  
awareness about insulation, and if  
possible, help you to improve the energy  
efficiency of your house. This could mean  
a reduction in fuel bills, better health and  
also reducing the total amount of carbon  
dioxide that we emit into the atmosphere  
which is important for stopping climate  
change.

### **What is thermal imaging?**

Thermal imaging works by detecting the  
infra-red radiation emitted by a building  
and using it to determine the temperature  
of the surface of walls, windows, doors,  
roof etc. Objects at different temperatures  
emit varying amounts of infra-red and the  
infra-red camera translates these  
differences into an image with different  
colours representing cool (blue/purple) to  
hot (white/red) temperatures.

Infra-red radiation cannot pass through  
glass and so the camera cannot see  
through your windows, doors or walls. This  
means that a thermal imaging survey will  
not invade your privacy, and what we are  
seeing in the images is only the outside  
surface of the house. Glass actually  
reflects infra-red radiation, so any shapes

you may see in pictures of the windows will  
be due to reflections from outside.

A thermal image of the outside surface of  
your house is useful because it can show  
areas which maybe conducting heat from  
the inside to the outside of the house.  
Ideally insulation, either in a cavity inside  
the walls or in a layer in the loft, should  
minimise the heat loss through the walls or  
loft. However, if there are gaps in the  
insulation, or places where it has been  
bridged by a conducting structure, then we  
will see a hotter pattern on the outside  
surface. Similarly for windows and doors,  
we can see in the image if there is a poor  
seal around them that is letting warm air  
escape, or if they are poorly insulated (e.g.  
single glazed windows).

### **What can you learn from a thermal imaging survey?**

If your house is relatively new, already has  
insulated cavity walls and double glazing  
and feels warm – you might not learn  
much, except to get an even warmer glow  
after confirming your house is well  
insulated!

If your house is older and seems difficult to  
keep warm - you might learn exactly where  
the heat is escaping and get some ideas  
about where to insulate.

A thermal imaging survey might

- identify places which might have draughts
- detect whether cavity wall insulation is patchy or missing
- detect areas with less loft insulation (although roofs are tricky to image with the camera)

If you would like us to include your house  
in the survey please contact us on  
**parishcouncil@stratfordstmary.org.uk**



## Stratford St Mary Community Trust

The Trust's function is to manage certain properties bequeathed to the Parish, with the objective that any surplus income be used to provide short term financial help to Parish residents who may find themselves in temporary financial difficulty for whatever reason. This remit includes a particular focus on situations where individuals might require assistance to get into paid employment or transition to new skills.

**If you are resident in the Parish of Stratford St Mary and find yourself in such difficulty, or you become aware of someone else who is, remember the Trust and contact us on:**

**Telephone: 07850668064**

**E-mail: [trust@stratford-st-mary.org](mailto:trust@stratford-st-mary.org)**

**We may be able to help.**

All such contact will be in strictest confidence.

Board of Trustees  
Stratford St Mary Community  
Trust (SsMCT)



## STRATFORD ST MARY RAMBLING CLUB

Invite you to join them on their walks.  
Distances vary from 4 to 5 miles with shorter evening walks in the summer. Do join us on our walks

For more information, please phone Don Umfreville 01206 322626



## Winners of SSM 100 Club

The winners of the January 100 club draw are

£50 S Davies ( No 89 )  
£10 M Chard ( No 55 )

For just £1 per month be in with a chance of winning £50.

All surplus funds go towards the upkeep of the Institute Hall.  
Each member can hire the hall for free once a year.

Contact either Norman Woodard on [Norman.woodard@fatbloaters.com](mailto:Norman.woodard@fatbloaters.com) or Phil Brown on [philipbrown123@hotmail.co.uk](mailto:philipbrown123@hotmail.co.uk) for details

## Stratford Chapel

Upper Street, Stratford St. Mary

**Leaders:** Phil Wyncoll & Bill Richardson

**Youth and Children's Pastors:** Jamie & Beckie Wyncoll

We are an independent mainstream Evangelical Church of around 60 people encompassing and providing for all age groups. We particularly specialise in the areas of Children's and Youth work, Bible Teaching and Evangelism.

### Services and Groups:

#### **Every Sunday:**

10.30am Morning Worship and Junior Church

6.30pm Church Prayer Meeting

8.00pm Bible Teaching Group (currently on Zoom)

**Monday:** 8.00pm House Group (on Zoom)

**Tuesday:** 7.30pm Discipleship Group (at the Chapel)

8.00pm House Group (on Zoom)

Wednesday 9-11am Mums and Tots

**Friday:** 5.00pm "Sparks" Children's Club for ages 7 – 11 (at the Chapel)

7.30pm "Ignition" Youth Club for ages 12 – 16 (at the Chapel).

Web-site: [stratfordstmarychapel.com](http://stratfordstmarychapel.com)

Enquiries: Children's & Youth: Jamie & Beckie (01206 323095) email: [Beckie.w@live.com](mailto:Beckie.w@live.com)

General enquiries: Maggie Chapman (01473 311436)



Keeping you up-to-date with a range of social and community activities in Stratford St Mary

*Dates for your diary!*

- **Saturday 29th April 'Joseph' sing-along event** (see details elsewhere in Quartet)

- **Saturday 6th / Sunday 7th May - Coronation Celebration:**

There will be the usual encouragement to get out the bunting and balloons throughout the village - full details in the next edition of Quartet .

**\*Saturday 6th May** - BBQ / party on the Institute field with music / karaoke fun.

**\*Sunday 7th May** - Family / Village 'street party / picnic' (Institute field) with fun kids activities .

*NB It has been decided to concentrate efforts on this one big celebration and this will replace the proposed Summer Fair / picnic originally planned for July.*

- **Friday 26th May Village Ball** at The Talbooth (Black Tie or formal attire)

- **Saturday 17th June** - Concert by Wattisham Military Wives' Choir to be held in the Church.

**Future events in the pipeline...**

dates tbc

June - Summer Quiz

October - Race Night

*Interested in getting involved? -*

email us at: [villagelife@stratford-st-mary.org](mailto:villagelife@stratford-st-mary.org) and/or come along to our next planning meeting on:

**Thursday 16th March at 7.30 pm** in the Parish Room. - we'd love to see you!

*Save the Date!*  
*'Joseph and the Amazing Technicolor Dreamcoat' Singalong*



*Everyone welcome - come and join in with a Scratch performance of 'Joseph' for a fun afternoon with cream tea.*

*When: Saturday 29th April 2023*

*Where: Stratford St Mary Church*

*Time: 2pm Rehearsal  
 4pm Cream Tea  
 5pm Performance*

*Singers welcome - whether you would like to join in with the choral singing or if you want to take part in solos or small group pieces, we'd love to hear from you!*

*[Scores available / planned pre-rehearsals for soloists / group singers - dates tba]*

*Or - just come along to join the fun.  
 for more information contact:*

Revd Manette Crossman at: revmcrossman@gmail.com or

Julie Alexander at: julie.skinner@jj-associates.co.uk



## In Raydon

Blackwell Barn Holiday Let -  
[www.cottages.com](http://www.cottages.com)

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

Earth&Turf Garden Services -  
 07922078241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515  
 351894

Fresh Eggs - Roadside stall Fox Farm

Katie's Little Beauty Box - 07802  
 847628

Tarbins Bakes and Cakes - 07922  
 129825



## Fair Trade coffee morning

Hello again to everyone and a very happy new year. I hope you were all able to enjoy Christmas and perhaps celebrate the arrival of 2023. Although I'm writing a few notes we haven't actually had a Fair Trade coffee morning to write about yet. Our first one was on January 24th and hope that we saw many of you, our February gathering is on 21st in Raydon Church as usual.

I have attached the dates for the year and thought that when you had finished reading the Quartet you might like to cut the dates out to keep, so you know when they all are.

As usual thanks for all your support and see you soon

Wendy Mumford 01473 312123

## Fair Trade Coffee Morning Dates 2023

January 24th  
 February 21st  
 March 21st  
 April 18th  
 May 16th  
 June 13th  
 July 11th  
 August 8th  
 September 5th  
 October 3<sup>rd</sup>  
 October 31st  
 November 28th

Any time between 10am and 11.30am  
 Everyone welcome, come and enjoy cakes and savouries St Mary's Church, Raydon



\*\*\*\*\*

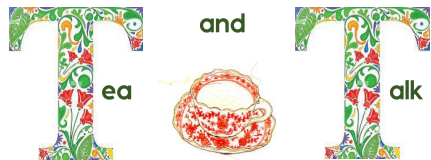
## Our lovely ancient Church in Raydon needs Help.

We have a vacancy for two persons to help with Church Cleaning. 5/6 times per year on rota basis.

\* This is a volunteer position.  
CAN YOU HELP please.\*

\* Contact Churchwarden or PCC members.\*

\*\*\*\*\*



**Mark Mitchels'**

talk on

**The Suffolk Coastline**

**RAYDON PAVILION**  
**SATURDAY 4<sup>TH</sup> MARCH**  
**Cream tea at 3pm**

**ENTRANCE STRICTLY BY TICKET ONLY**

Available in advance for £10 each from

**01473 312123**



## \*Raydon Community Lunch Club \*

Come and join us on February 8th  
Meet some new friends, and try some  
Crystal art.  
We have lots of Raffle prizes,  
only £1 a Ticket.

Two course lunch with Cake only £4.00,  
plenty of tea, coffee and cold drinks.

If you need Transport The Community  
bus will bring you from home and back  
again.

Pre booking is required, ring 01473  
826242.

Anyone welcome from near or far,  
children welcome too.

We need volunteers if you can help, it  
will be appreciated.

We are open from 11.30am,  
lunch served at 12.30pm  
Booking is essential,  
Ring/message Faith  
07999018049

Holton St Mary village Hall  
Hadliegh Road  
CO76NW

### Dates for your diaries

Wednesday 8th February  
Wednesday 8th March  
Wednesday 12th April

We look forward to meeting you



**ST MARY'S CHURCH, RAYDON**  
INVITE YOU TO OUR  
**COMMUNITY WARM SPACE**  
Join us at The Pavilion from  
**12 noon until 2.00pm**  
**Wednesday 15<sup>th</sup> February**  
for



**AND SOCIAL**

Sponsored by Raydon Parish Council and  
The Pavilion



## 6 NATIONS RUGBY AT THE PAVILION

 ENGLAND	SAT 4 Feb, 16:45	SCOTLAND 
 ENGLAND	SUN 12 Feb, 15:00	ITALY 
 WALES	SAT 25 Feb, 16:45	ENGLAND 
 ENGLAND	SAT 11 Mar, 16:45	FRANCE 
 IRELAND	SAT 18 Mar, 17:00	ENGLAND 

BAR OPEN 30 MINS BEFORE K.O.

## Ideal for your special event

The Raydon Pavilion is for hire

Fully carpeted room for up to 80 people  
Kitchen and preparation room  
Easy parking

Available morning, afternoon and evening

For details, contact Mark Smout  
Tel 07748 842750 or email  
marksmout@gmail.com



# Raydon and District Garden Club

Time where does it go as it's already three weeks since Christmas Day as I write these notes, and of course a whole month of 2023 will have passed by the time you read this edition. The good news is the daylight hours are stretching which is always a good feeling, however of course as the old saying goes "as days lengthen the cold strengthens" and it seems to happen every year almost on cue. As this happens if you walk round your garden you will see things are on the move with Snowdrops flowering along with several winter flowering shrubs and even early daffodils and crocus. "Spring" is just around the corner once again and it's only a few weeks away if we're lucky. The anticipation of actually starting a new season again after hopefully a restful winter break is a great feeling. We are celebrating our 43rd year as a garden club, a great achievement with our first meeting in the pavilion on 23rd February and soon followed by March 23rd then our Spring show on 1st April. ( This is not a April fool joke) We had to bring show forward by a week because of Easter week.

So to subject matter for you all to look forward to at our meetings starting with 23rd Feb: Cool Conifers by Fay Jones. An in depth talk on all things "Conifers" An underrated group of plants that are enjoying something of a revival.

This is followed by 23rd March: Fullers Mill, A plantsmen's garden A close up look at an important Suffolk garden which won the 2022 RHS regional Partner garden of the year, and works in partnership with the Charity "Perennial" which looks after horticulturalists.

April 27th: Dr Ian Belford British Butterflies in a changing Environment, How we gardeners can help the struggling

Butterfly population of the UK with the plants we choose and the way we garden.

May 25th : Normally a local outside garden visit still to be confirmed, more information in March.

Thank you to all members who have paid their subs for 2023 already, and to those who have yet to re-join, our treasurer will be on hand on the meeting night in February to facilitate this. As a club we accept cash, or cheques, but do not have a card machine at present, perhaps in the future.

Members, don't forget if you have a favourite subject that you would like to hear about tell your committee, and we will endeavour to get a specialist speaker for you. If you know of a speaker even better, let us have a name etc and we can organise.

Wishing you all a successful 2023 gardening year and your committee looks forward to meeting you all again at our planned events.

Geoff Horrex. 310422 or 07810086143



## RAYDON PARISH COUNCIL

Parish Clerk Jane Cryer	01473 824287
<a href="mailto:raydonpc@gmail.com">raydonpc@gmail.com</a>	
Chairman	
Councillor Faith Backhouse	07999 018049
Councillor Keith Lovering	07939 075143
Councillor Jim Lowe	01473 313094
or 07923 546669	
Councillor Amanda Pyall	07925 108373
Councillor Jayne Tann	01473 828283
or 07887 767478	
Councillor Jo Brothers	07875 329901
Councillor Colin Chapman	07731 477971

### RAYDON PARISH COUNCIL

#### **SCHEDULE OF MEETINGS 2023 (all at 7.30pm in the KGF Pavilion)**

**Tuesday 7 February  
Tuesday 7 March**

Meeting dates for the remainder of 2023 will be confirmed when the timetable and key dates leading up to the elections in May 2023 are confirmed.

**NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please visit [www.raydonpc.org](http://www.raydonpc.org), or contact Jane Cryer, Parish Clerk.**



## NEWS FROM KING GEORGE'S FIELD TRUSTEES

With the festive season out of the way, the Trustees have begun the daunting task of trying to raise the £500-600,000 that will be needed to build a new community building to replace the pavilion and the previous village hall. The proceeds from the sale of the village hall have given us a good start towards this target, but we still need to raise more than a quarter of a million pounds! We are already in discussion with the Parish Council and with Babergh District Council about grants from the Community Infrastructure Levy and have submitted an application to the Platinum Jubilee Village Hall Fund to assist with building costs. Other funding organisations have been identified and are being researched with more grant applications to follow in due course.

Meetings during January with the architect and with the project management company should give us a better idea of building costs, and what we can achieve for our budget, so that the architect can begin to produce some concept drawings. We will be engaging with the main tenants at the pavilion over the coming weeks to ensure that the new building will satisfy their future needs and by early Spring we hope to organise a broader consultation event with the village to present our initial plans and seek a wider input of views.

Whilst active fundraising continues we are also planning for this Summer's Farmer's Market which is scheduled for Sunday, 16th July.

# Holton St Mary



SHOP  
LOCAL

## In Holton

Ann Mason Care - 01206  
233372

Freshen Up Decorating -  
07900 242 141

Hazleton Plumbing and  
Heating - 07448 152693



## Green Gym

The next Green Gym session will be on **Saturday, 4 February 2023** at 10.30 in Church Square. There will be a general tidy-up that day as well as any other tasks that may have emerged in December and January and require attention. This autumn we have planted many more daffodil bulbs which will hopefully gladden our eyes, hearts and spirits from February and beyond. We want to thank everyone who has given us bulbs and some lovely comments and encouragement over the past twelve months; it is nice to feel appreciated. There is always space and work for new members to the Group. We hope you have a joyous Christmas and a happy and healthy 2023. Thank you.  
Richard Appleton 07976 010754

## First Friday of the Month Lunch Club

January 2023

From January 2023 the cost of lunch will increase from £3.50 to £4.00 per head.

All ages including children are welcome at all lunches. Lunch will be served from 12.30 – 2.00 pm.

If you would like to join us please contact Frances Torrington:  
312046/ familytorrington@btinternet.com  
or  
Sally Thurlow:  
312080 / salthurlow@gmail.com

We are also looking for volunteers to help run the lunches and help on the day.

May we make one request – if you have signed yourself up for lunch and then find yourself unable to attend please can you inform the lunch organisers well in advance. Margins are tight these days and we have run at a loss for the last few lunches!



## Sunday Lunch



The return of the renowned Holton St Mary Sunday Lunch which will take place on Sunday 26th February 2023  
In the Village Hall  
Price held since 2020 £15 adults £10 children (free for pre-school children)

### **This is your chance to book your place to attend.**

To do so, please contact Sally Thurlow (01473) 312080 or [salthurlow@gmail.com](mailto:salthurlow@gmail.com) or Marjorie Haste (01473) 311615  
[marjorie.haste01@btinternet.com](mailto:marjorie.haste01@btinternet.com)

This popular event is always fully subscribed so please book early to avoid disappointment.

Stand by your beds pudding bowls to be asked to cook something or donate a dessert/pudding towards this Church fundraiser

## Holton St Mary Millennium Green Trust

Century Club subscriptions for 2023 are due in January. Once again we would like as many people as possible to pay by bank transfer and your collector will shortly be putting a note through your door giving the necessary details. Thank you all for your support this year, income from the Century Club pays for the ongoing running costs of the Green. The price of draw tickets has remained static at £1 a month for the last 22 years. In view of current price increases the Trustees have reluctantly decided that it is time to revise this to £1.25 a month. Therefore we will be collecting £15 instead of £12 for the year. By law we have to pay out in prizes at least half of the proceeds therefore, as long as we retain your support, the prize money will also be increased. If you are new to the village, would like to take part and have not been contacted by the end of the month, please give me a call and I will make the necessary arrangements.

Marjorie Haste, Secretary  
01473 311615

## Slow Stitch

We meet every third Thursday of the month in Holton St Mary village hall from 2-4pm. We are a drop in group where anyone can pop in, whether for a chat or to bring their own project to stitch.

This month we will start planning our themed yarn bombing for May 6<sup>th</sup> the coronation of King Charles III. Any donations of red, white and blue fabric would be much appreciated.

For more information contact Jeanette Appleton 07768418942

## Holton St Mary Village Hall

The Hall is back in use and taking bookings again. Please contact Tanya Kunz on 01473 311570

## Holton St Mary Parish Council -

The next meeting of Holton St Mary Parish Council is to be held - see below - at 8pm in Holton St Mary Village Hall. Members of the public are welcome to attend. There is an opportunity to ask questions in the Public Forum Section of the meeting.

### Dates for Meetings

Parish Council Meeting	March 8th
Annual Parish Meeting	April 12th
Parish Council AGM	May 10th



## HSM Social Club

A chance to meet with friends again in the nearest thing we have to a pub.

Every Friday in the Village Hall 17:30 to 22:00

New members always welcome

## Worth registering!

With the cold snap before Christmas highlighting the need for us to look out for our neighbours, it's worth pointing out that our utility providers offer a priority service for vulnerable residents. Those eligible will need to register with their providers in order to qualify for the helpful additional support available:

### UK Power Networks

<https://www.ukpowernetworks.co.uk/power-cut/priority-services/about-the-priority-services-register>

You can register if you or someone in your household:

- relies on medical equipment.
- have refrigerated medicines.
- have a serious or chronic illness.
- have a disability.
- is living with dementia.
- are of pensionable age.
- have children under five in your household.
- have mental health difficulties.

UK Power Networks can provide free services to customers who need it and offer support in the event of a power cut. Just call **0800 028 4581** and ask about the Priority Services Register or register online.

In addition, for widespread power cuts, UK Power Networks offers to keep us up-to-date with what's happening via text. Call the number above and register.

### Anglian Water (AW) – WaterCare Service

<https://www.anglianwater.co.uk/help-and-advice/water-care/priority-services/>

Anglian Water offers a free Priority Services Register. Sign-up online or call: **03457 919 155**

Help offered as part of AW's WaterCare Service:

If you're going through life changes - eg if you're recovering from a medical treatment, or going through a divorce, job loss, AW can offer temporary support to help you out.

If you use vital medical equipment (home dialysis or other mechanical medical devices), AW will let you know as far in advance as possible (and offer support) if there's going to be a water supply interruption.

If you're an expectant mother or have a baby under 12 months old – AW will contact you as a priority if your water supply is going to be interrupted.

If you're deaf, or have a sight, hearing, or speech impairment - AW can send your bills in large print, Braille, or audio formats. Or can send your bills to a friend or relative.

If you have restricted mobility or a disability - AW can offer to read your meter for you. And, if they need to visit, will know to wait to give you more time to answer the door.

If you have a serious or long-term illness – AW will look at the best ways to support you and give you priority during any changes to your water supply.

If you need mental health support - You can talk to AW over the phone, email, or live chat – and they will work out a way to support you.

If you're caring for a loved one - AW can add you to its nominee scheme, so you can manage their account for them. If your loved one is also signed up to AW's Priority Services Register, AW can contact you to let you know about any interruptions to your loved one's water supply, and work with you to get them the help they need. A nominee can also sign someone up for the Priority Services Register.

### BT

<https://www.bt.com/about/digital-impact-and-sustainability/our-approach/our-policies-and-report/bt-vulnerability-policy>

If you have an age-related, physical or learning disability, suffer from mental health issues, have difficulty in communicating, or, due to challenging circumstances and events such as bereavement or separating from a partner need some extra support, it is worth speaking to the team at BT to see if they can help to keep you connected. Call BT on **0800 919 591**: Monday to Friday 8am to 5pm.

Alternatively, the next time you call BT, let the advisor know and they'll make a note of it on your account so that they can consider your extra needs when you contact them next time. You can give permission for someone else to contact BT on your behalf.



## BERGHOLT BRIDGE CLUB

We are a friendly relaxed club and are looking for new members.

No need to bring a playing partner we can provide you with one!

We meet at

THE LAMBE SCHOOL

Gaston Street

EAST BERGHOLT.

Monday evening at 7pm.

Want to know more?

Call Jayne : 07887767478.



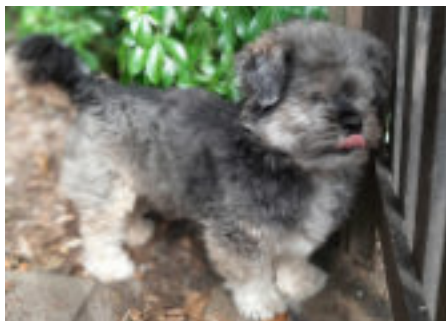
## SESAW NEWS

Anyone remember last summer's heatwaves? Me neither, but there must be some sunlight getting through the clouds, judging by our quirky mascot outside.



A few years ago, a small plastic solar powered Pug was left at our gate. Perhaps a dog lover thought he would bring us more luck than the traditional waving cat. Apparently these Chinese talismans are actually Japanese and not waving but beckoning. The right paw invites good fortune but our Edmond beckons friendship with his left paw, perhaps suggesting true friends are worth more than money? We are certainly blest with wonderful people who come in each day to care for the animals awaiting new homes, including dogs like seven year old Buster who cannot see.

His sense of space and touch is fantastic but he likes his world to remain static so that he can negotiate it accurately. Buster enjoys his walks, he knows the exact whereabouts of his dinner - and the treat you are offering him! Slowly build up trust, talk to him as you approach so he is not



frightened and a rewarding relationship will develop.

Please leave a phone message or email if you would like to meet this special boy, or if you would like to become a volunteer. New adults are always welcome to help with feeding, walking and cleaning the living quarters. All we ask is commitment to one morning per week. There are lots of grateful animals waiting to meet you, including me, Kenny (the Boss)

Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787

### CCLL The Helping Hand for Ukraine & Online Charity Shop

I am really pleased to report that our trip to take Christmas to some of the children of Ukraine was a great success. The children really enjoyed the parties and special outings and the accompanying adults said that they could see a tremendous change in the children due to the relief of being away from the constant pressure of living under siege, even in these few short days.

Regretfully we also heard of some very sad events, every adult had a tale to tell and just being able to talk seemed to help them.

Not only did we host the visiting children we also delivered food parcels to many Ukrainian families (mainly only women and children) who are currently refugeeed in Poland. We bought masses of fresh & dried fruit and long life staple products to help them. As in many other countries, the initial 6 months financial support has ceased and many are left wondering what will happen to them in the New Year, they can't go home but how will they stay?

As our CEO had travelled in advance taking the Charity Mini Bus we were also able to send all the goods we had collected locally back to Ukraine with the children when they left. So much of this was only possible due to the support of local people for which we are very grateful.

I have a small favour to ask.....

As you may be aware we are now running an online Charity shop and we urgently need donations to allow us to continue to fund or projects in Ukraine. If you have anything at all, unwanted Christmas Gifts, Clothing, Shoes, Jewellery, in fact anything at all that may be saleable that you could donate, please get in touch. It never ceases to amaze at the breadth of product that can be sold, some things you perhaps would not consider donating, from Avon products to Tupperware Dishes, coffee makers, curtains, sewing patterns and so on. This is such a great way for us to raise funds and if needed it may be possible to arrange collection from you or give you details of a local drop point near you. We have various options ranging from Ipswich to Stowmarket and surrounding areas.

Thank you

Elizabeth Parker  
Branch Chair  
07771 550868  
CCLL – The Helping Hand for Ukraine

## What are your plans for 2023?

Mothers' Union is a global Christian movement working with people of all faiths and none to develop communities, strengthen families and advocate for change. Here in the diocese of St Edmundsbury and Ipswich we have a strong Mothers' Union membership, making a difference in the communities where we live and supporting members and their work across the world. Why not put your faith into action by joining us as we work together for a better world?

### As a member you can:

**Strengthen** communities all over the world  
**Help** the most disadvantaged at home  
**Shape** how we advocate for the rights of families  
**Build** supportive, loving relationships  
**Develop** your own relationship with God

**No parish branch, no problem.** You can join Mothers' Union as a diocesan or central member. [Find out more at: www.musuffolk.org](http://www.musuffolk.org) or [www.mothersunion.org](http://www.mothersunion.org)







## Do you enjoy singing?

Do you like to socialise with like-minded people?

Then come and join the Constable Singers every Thursday from 7pm to 9pm at East Bergholt Congregational Church. First session free then £2.50p per week. No need to read music. All ages welcome and we particularly need men and altos. We sing along to backing tracks covering many different genres of music  
AND WE HAVE FUN !!

Contact Terri 07891785969  
We look forward to meeting you.

## stour valley U3A

learn, laugh, live

Make the most of life once you're no longer in full time work and come and explore new ideas, interests and skills. Across the country U3A members are learning, staying active, meeting new people and having fun later in life. It's local, social, friendly, low cost and open to all.

We have over 40 interest groups including walking – from strollers to 5+ milers – theatre, film, garden visits, art appreciation, curry club, science group, keep fit, international travel, pickleball ..... there's something for everyone. Do visit our website and see what we offer.

Monthly coffee mornings are held on the first Friday of the month 10am – 12pm at the Lambe School, East Bergholt. Our monthly talks are held on the second Wednesday at 2pm at in Constable Hall, East Bergholt. On 8<sup>th</sup> February we have a speaker from the Co – Op's Estate Planning Dept who will advise on making a will, inheritance tax, living wills & other tax issues for our generation.

Then on 8<sup>th</sup> March our speaker is Christine Beedle whose talk is entitled "Confessions of an Essex Scrubber". You will be disappointed if you anticipate a seedier version of 50 Shades of Grey! Instead, you will hear about a lady who grew a business employing 850 staff and was awarded an MBE for her services to industry.

Please take a look at our website [www.u3asites.org.uk/stourvalleyfor](http://www.u3asites.org.uk/stourvalleyfor) more

St. Mary's Church, Capel St. Mary

  
**A Concert of  
Light Classical Music**  
featuring String Players  
&  
other Soloists from  
**TRIANON**  
**Saturday 25th Feb 2023 - 4.00 pm**

St. Mary's Church  
The Street  
Capel St. Mary  
IP9 2EL

Free Entry  
- Retiring Collection -

The concert will last approximately one hour and  
will be followed by refreshments in the Church Hall



## Manningtree & District Photographic Society

We are a small and friendly group of photography enthusiasts who meet up on the Essex/Suffolk border. The club aims to provide a pleasant environment for members to enjoy the development of their photographic skills through a variety of activities in the company of like-minded individuals.

Last month we enjoyed a 'Print Mounting' workshop and a prints competition 'Open Mono', which was judged by Vic Hainsworth ARPS, DPAGB, APAGB.

We are looking forward to a zoom-based presentation 'My Passion for Wildlife Photography' by Kevin Pigney ARPS, DPAGB, ASINWP on 9<sup>th</sup> February. We are also holding another prints competition 'Transport' on Thursday 23<sup>rd</sup> February, which will be judged by Roy Essery MPAGB.

This month's featured image, by Ian Parker, is the winner of our recent Facebook Challenge.

We are always keen to welcome new members and we invite you to come along to a free club meeting. We meet at Mistley Village Hall, on the 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Thursdays of the month between September and May at 7.30pm.

For further information please contact our Secretary Viv Scurrall on 01206 393751 / Email: madps@post.com

Website: <https://e-voice.org.uk/manningtreeanddistrictphotographicsociety/>



## Dedham Tennis Club

Dedham Tennis Club is a friendly club in a beautiful setting. We welcome members of all ages and abilities and offer the opportunity to play tournaments, undergo coaching and meet new friends. All with an emphasis on fun and inclusion.

Whether you are looking for the chance to improve your game, get fit or simply want to enjoy the community vibe, Dedham Tennis Club is for you.

Membership options are on the website now, with junior membership starting at £5. Go online at: [clubspark.lta.org.uk/dedhamlta](http://clubspark.lta.org.uk/dedhamlta) for details of memberships, coaching groups & how to book courts.

Why not pick up that racket & join Dedham Tennis Club?

## Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB  
Parish Priest: Rev Fr Luke Goymour, St Mark's Parish House, 180 Hawthorn Drive Ipswich IP2 0QQ. Tel: 01473 684963  
revgoymour@googlemail.com

For other Mass times please refer to the weekly Newsletter that is always displayed in the cabinet alongside the Church's front door, they may also be read on the regularly update website [www.stmarksparish.org.uk](http://www.stmarksparish.org.uk) together with other Parish news.

All are very welcome to attend Holy Family services; it is not necessary to be a Catholic.

### PRAYER GROUPS at St Marks - 1st & 3rd Mondays

6-6.15 : Intercessory Prayer Group  
6.25 : Living Stones Prayer Group - praise, worship, scripture, reflection

### CONFESSIONS by appointment

### Supporting our Local Hospice

All Parishioners are asked to collect used postage stamps, ALL YEAR, not just at Christmas and place them in the box at the rear of the church to help support the outstanding work of our local Hospice.

### The Sick & Homebound

Please let Fr Luke know of anyone who is ill at home or housebound, so that they may receive appropriate pastoral care, he may be contacted at The Parish House, 180 Hawthorn Drive, Ipswich IP2 0QQ on 01473 684963.

## There's a range of mental health support on offer - here's where to find it

NHS Suffolk and North East Essex is launching four bite-sized videos on Monday 16 January 2023 to help people searching for mental health support.

The first explains how to access help for anyone who's feeling down or in a low mood.

The second signposts people to support for anxiety and depression and for anyone who is struggling to cope with life.

The third shows the options available to anyone who needs immediate, emergency support in a mental health crisis situation.

The fourth video tells people where they can get help if they're grieving after losing a loved one.

The videos can be found on the NHS Suffolk and North East Essex wellbeing website: [www.sneewellbeing.org.uk/mental-health](http://www.sneewellbeing.org.uk/mental-health). The information given is not intended to be a complete list of all the free support which may be available but to point to some key services and organisations which may signpost people to others if necessary.



# Bin collections

Week Commencing			
	23 <sup>rd</sup> January	Recycling Week	
	30 <sup>th</sup> January	Refuse Week	
	6 <sup>th</sup> February	Recycling Week	
	13 <sup>th</sup> February	Refuse Week	
	20 <sup>th</sup> February	Recycling Week	
	27 <sup>th</sup> February	Refuse Week	
Waste Services 0300 1234 000 (option 4) Email: <a href="mailto:recycling@babberghmidsuffolk.gov.uk">recycling@babberghmidsuffolk.gov.uk</a> Visit <a href="http://www.recyclenow.com">www.recyclenow.com</a> to find your nearest recycling banks			



Do you want a recommendation?

Tell us your favourite local service - could be a pub or restaurant or takeaway, or other service you think would benefit getting a recommendation...If we agree, we'll print it here

**The Layham Queen** take out service on Fridays & Sunday Roasts - Steve and Tannith are very community minded and give a very good service

**Simply Thai** Manningtree - It was simply delicious! Freshly cooked, and arrived within the quoted time frame. 01206 396060. Delivers to Holton St Mary

**Zaynab** and **Mother Indian** at Capel. Really good and highly recommend. They don't deliver, but it's made quickly for pick-up.

**Brantham Bull** 01473 328248

**Lucca Enoteca** Manningtree 01206 390044

**Oranges & Lemons** East Bergholt 01206 299000

**the florist in East Bergholt** does lovely flowers:- [www.gayedrummond.com](http://www.gayedrummond.com)

**Sam Pritchard** [sam@samselectrics.co.uk](mailto:sam@samselectrics.co.uk) 07940031776 - Sam can certify safety for insurance and landlord work too. Anyway, he's great.

There's room for more...let us know...!

# Local Services

## The Constable Country Medical Practice

Heath Road, East Bergholt, Colchester CO7 6RT

### Surgery opening hours

8.00am – 6.30pm Monday to Friday  
Telephone 01206 298272

36 The Street, Capel St Mary, Ipswich IP9 2EE

### Surgery opening hours

8.00am – 6.30pm Monday to Friday

Dispensary 8.30am – 6.15pm

(closed between 1-2pm)

Telephone 01473 310203

Fax 01473 311722

## Crime prevention

<http://www.suffolk.police.uk/safetyadvice/reportacrimetellthepolice.aspx>

PC 1347 Gilkes Pcco 3041 Cooper

[babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)

Telephone...101

## Your District and County Councillors

### District Councillor: John Ward

Leader, Babergh District Council

Phone: 07802 414981

Email: [john.ward@babergh.gov.uk](mailto:john.ward@babergh.gov.uk)

### County Councillor: Georgia Hall

Email: [georgia.hall@suffolk.gov.uk](mailto:georgia.hall@suffolk.gov.uk)

Phone: 07955 434445

Both have correspondence addresses at Endeavour House, 8 Russell Road Ipswich IP1 2BX.

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on Wednesdays, subject to current restrictions

15 February, 15 March

Black Horse - 11.05am - 11.20am

Tally Ho! Corner - 11.25am - 11.45am

Strickmere (School Lane end) - 11.50am - 12.10pm

### Route 14

The bus stops every 4 weeks on Tuesdays

21 February, 21 March

### Holton St Mary

Church Square - 9.30-9.45am

### Raydon

St Mary's Raydon - 9.50-10.30am

### Lower Raydon

Sulleys Hill - 11.30 - 11.45am

### Higham

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838**

is staffed 9am to 5pm from Monday to Friday and can handle any library customer queries renewals and reservations to any general library queries. An answer phone is available outside of operating hours and people can also email

[help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk)

# Local Directory

THE GATTINETTS

## OFFICE and WORKSHOP

### PREMISES TO RENT

- ☐ Central East Bergholt with excellent road and rail links
- ☐ Various sizes with tailored leasing arrangements
- ☐ Carpeted offices with own toilets and kitchenette
- ☐ Quiet rural location with plenty of parking



[www.gattinets.co.uk](http://www.gattinets.co.uk)

Or ring 01206 299555 / 07941781489 to check availability

## ARTSCENE

Local Mobile Picture Framing Service  
30+ years experience

Oil paintings, Photos, Prints, Medals, 3D Bar frames,  
X-Scratch, Tapestry, Mount Cutting, Stretching Also  
Frames cut to size for the DIY enthusiast

FOR MORE DETAILS TELEPHONE  
LESLEY ON 01473 310630 (Bentley)  
MOBILE 07500 488667  
Email: [lesley.artscene@gmail.com](mailto:lesley.artscene@gmail.com)

## Fix-A-Lock

Locksmith - available 24/7

• 24 HOUR LOCKSMITH -  
Wooden and UPVC doors

Ted Blanchette  
07836 551032

R.m.k.chisnall

## YOUR LOCAL MACHINE SERVICE

For mower repairs, compact tractors  
and small machinery

Mobile: 07557 771721  
Email: [r.m.k.chisnall@gmail.com](mailto:r.m.k.chisnall@gmail.com)

John Deere trained  
Address Wilshire, Radleigh Road Higham, Colchester CO76LJ



Bespoke, handmade soft furnishings  
& upholstery

SEW  
NIMBLE

Contact Annabel

07539 722496  [sewnimble](#)



Home baking in Raydon; afternoon teas,  
cakes, brownies, cupcakes...

Find me on Instagram and facebook or contact:

[claire@tarbinsbakesandcakes.com](mailto:claire@tarbinsbakesandcakes.com)

07922 129825



## Dave's Private Hire

Professional and friendly service

Based in Dedham

For all your travel needs:

- Waits to local shops
- Days out
- Airports
- Cruise terminals

Licensed to carry up to 4 passengers

To make a booking please call

**07834 570479**

[davesprivatehire44@gmail.com](mailto:davesprivatehire44@gmail.com)



ESTABLISHED  
OVER  
**20**  
YEARS



Summit Landscapes

East Anglia's Most Trusted  
Landscaping Company

-  Garden Design & Construction
-  Groundworks
-  Driveways & Drop Kerbs



Get in touch to arrange a free on site  
consultation and quotation, visit

[www.landscapingpaving.co.uk](http://www.landscapingpaving.co.uk)

or call

**01223 929394**

# HALL FARM CHRISTMAS AT HALL FARM SHOP

## HAMPERS

Hall Farm hampers are made individually to order meaning you can add a personal touch  
to the perfect gift for a loved one, friend or colleague!

We require a minimum of 72 hours notice to fulfil orders, please call or ask in store with any queries.

## CHEESE

Our counter boasts over 45 cheeses with a mix of local and European.  
We strongly advise you pre order to avoid disappointment.

## COOKED HAMS

Our locally sourced, home cooked hams are perfect for Boxing day!  
Local smoked and un-smoked hams; half, whole and on or off the bone  
(only available when pre ordering).

Order forms will be available in store or on our website.


## CHRISTMAS TIPPLE

See our ever expanding range of Gins, Whiskies and Liqueurs in store  
as well as a range of small bottles that are perfect for hampers or gifts.

Get your Pre Order forms from the store or on our website!

Shop: 01206 322572

Hall Farm, Church Road, Stratford St Mary, Colchester, Essex, CO7 6LS

 [HallFarmShop](#)

[hallfarmshop.com](http://hallfarmshop.com)





## OWN A SHARE IN A RACEHORSE



Price per share:  
**£67.00**

Number of shares:  
**650**

Join in the excitement of owning a share in a new two year old colt for 2022 by CHARMSPRIT which is in training with Stuart Williams at Newmarket. The colt was acquired at the Tattersalls Yearling Sales and is currently in pre-training, he will be targeted at races in the Spring of 2022.

The share price is inclusive of all charges up to 31st October 2022.

"What this colt very much when I viewed him at the Yearling Sales. He is of good size and shape and looked an able type."

"You sure we shall have some fun with him in the coming season, and wish the syndicate luck with him."

Trainer Stuart Williams at Diomed Stables



- Shareholders receive their full entitlement of prize money won
- Regular email reports regarding progress and racing plans
- Share certificate and agreement with full terms and conditions
- Stable visits (when regulations permit)
- Multiple shares available which can also be bought as gift for family or friends

Pay by PayPal

Reserve your shares by contacting:  
[diomedracing@gmail.com](mailto:diomedracing@gmail.com)

Or telephone The Secretary on 01638454881



## Leisure Hire

### Marquee and Equipment Hire

- Marquees erected on most surfaces
  - \* Awnings \* Walkways
- Extensions to Buildings \* Linings
  - \* Lighting \* Furniture
  - \* Flooring & Staging
  - \* Heating

Summer or Winter Weddings  
Anniversaries Corporate

Brochure upon request

[www.leisurehiremarquees.co.uk](http://www.leisurehiremarquees.co.uk)

**(01206) 242196**

### Holiday Let in Cromer Coach House Studio - Sleeps 2

- Spacious two-level studio
- Double bed. Ensuite shower
- Large sitting room with wood burner
- Fully fitted kitchen with dining area
  - Pretty courtyard garden
- 5 minute walk from the beach
- Dogs allowed (maximum of 2)

Please visit our website: [www.coachhouse.studio](http://www.coachhouse.studio)

### Blackwell Barn Holiday Let The Street Raydon IP7 5LW



- Large double/twin bedroom
- Ensuite shower
- Fully fitted kitchen
- Countryside setting
- Cozy, modern and Covid cleaned

All enquiries via [www.cottages.com](http://www.cottages.com)



**PLANT CENTRE  
GARDEN & CAFE**  
For Specialist and Popular Plants

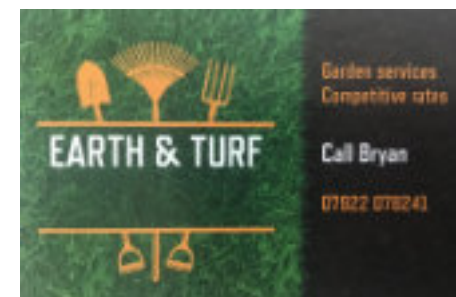
Renowned plant nursery right on your door step, established by Rupert and Sara in the walled garden at East Bergholt Place.

Garden & Arboretum open Mar -Sept  
Cafe and gift Shop OPEN DAILY  
10am-5pm  
East Bergholt Place, CO7 6UP  
Tel: (01206) 299 224

### Stratford Hills Logs For fires and woodburners

Ready to Burn  
Fully Licensed

Call Rob at  
Stratford Hills Farm on  
**07979 237868**





**Over 20 years experience  
in the industry**

**What we do**

- ✓ Tree Surveys
- ✓ Hedge Cutting
- ✓ Planting and Aftercare
- ✓ Stump Removal
- ✓ Fruit Tree Pruning
- ✓ Logs and wood chip supplied
- ✓ Felling and Dismantling
- ✓ Crown Reduction, Lifting, Thinning and Cleaning
- ✓ Tree Monitoring

**07841 623027**

**jftreespecialist.com**



Fully insured and council approved  
Free estimates and expert advice

**Essex & Suffolk  
Garden Machinery**

Servicing and repairs to lawn mowers  
and all types of garden machinery

Local, family run business.  
All enquiries please call 07867493364  
Or Email,  
essexsuffolkgardenmachinery@outlook.com



Free collection and return in the Tendring and Debenham areas.

**Swift Garden Services S G S**

DESIGN  
PLANTING  
CLEARANCE  
MAINTENANCE

HEDGE CUTTING AND LAWN MOWING  
ALL YOUR GARDEN REQUIREMENTS CATERED FOR  
For more information please contact:  
R SWIFT (HND Commercial Horticulture)  
Telephone 07947 323629



**Bland Landscapes Ltd**

**Our services include:**

01206 230882  
[www.blandlandscapes.co.uk](http://www.blandlandscapes.co.uk)

Ivydene, Frating Road  
Colchester, Essex, CO7 7SY

- |                       |                       |
|-----------------------|-----------------------|
| Tree work Specialists | All types Fencing inc |
| Felling               | Equestrian Fencing    |
| Pruning               | Driveways             |
| Reducing              | Patios                |
| Reshaping             | Turfing               |
| Stump Grinding        | Planting              |
| Seasoned Logs         | Grass Cutting         |

**BUILD WITH  
COLLIERS**

**GETTING YOUR GARDEN  
READY FOR SUNSHINE?**

Visit our yards in IPSWICH and COLCHESTER for a wide range of fencing, trellis, decking,  
paving, artificial grass, sleepers, decorative aggregates and much, much more.

With service you can expect from an independent builders' merchant which has been  
around for almost 200 years.

**COLCHESTER 01206 715500 | IPSWICH 01473 689605**

**Collier &  
Catchpole**  
COLLIERCATCHPOLE.CO.UK

Looking for aggregates,  
paving, walling and edging?

Go to our website and  
click on our online shop.  
**WE DELIVER!**

**AB Trees**

- Tree reduction
- Tree felling
- Tree pruning
- Hedge trimming
- Vegetation clearing
- Lawn Cutting
- Log splitting
- Firewood
- Can cover all aspects of arboricultural tree work

**07808 808147**

antonbray1990@gmail.com  
Ipswich





# Mending your home

## Andy Slocombe brickwork serving the Dedham vale

for all your building requirements  
property maintenance, roofing, block paving, landscape,  
repairs & restoration

tel 01206 322884 / 07786 871364  
3 Constable Row Manningtree Road  
Dedham or Colchester Essex CO7 6DW

## Michael J Byles Plumbing & Heating

Specialist in Oil Boiler installations,  
Maintenance & Servicing  
- Oftec registered.

General Plumbing & Heating  
work also undertaken.

Tel: 01206 822225  
Mobile: 07717 012433  
Email: Michaeljbyles@aol.com

## S.W. STIFF Carpentry & Building Maintenance

For all your carpentry & building  
maintenance, call for a no obligation free  
quote. No job too small.

**CONTACT : Steven**  
**on 07811 005241**

## BAILAND CONSTRUCTION LTD

EXQUISITE ATTENTION TO DETAIL

TOAD HALL  
THE HEATH  
DEDHAM  
ESSEX  
CO7 6BT  
01206 323230

[WWW.BAILANDCONSTRUCTIONLIMITED.CO.UK](http://WWW.BAILANDCONSTRUCTIONLIMITED.CO.UK)  
[ENQUIRES@BAILANDLTD.CO.UK](mailto:ENQUIRES@BAILANDLTD.CO.UK)



## Philip Avery

**Domestic Electrician**  
**Local, reliable,**  
**competitively priced**

Registered Part P electrician  
Plumbing  
Carpentry / joinery  
Home improvements/maintenance

2 The Gardens,  
Raydon  
Tel: 01473 311261  
Mob: 07923 434689  
[avery218@btinternet.com](mailto:avery218@btinternet.com)



## Andy Smith Roofing

TILING  
SLATING  
FASCIAS AND GUTTERING  
LEADWORK  
POINTING  
GENERAL PROPERTY MAINTENANCE  
30 YEARS EXPERIENCE



For more information contact  
Harvest Cottage, Upper Street  
Stratford St Mary CO7 6JW

**01206 322882**  
**07754368693**



## tenon decorating

"We are Specialists in  
Grade II Listed Buildings"

For all your internal and external painting and decorating work:  
Doors, Windows, Skirting and Fascias  
Artexing and Coving  
General Repair and Maintenance  
Floor and Wall Tiling  
Wallpapering  
NVQ2 Qualified

**A PROFESSIONAL PAINTING & DECORATING SERVICE**  
**FROM PEOPLE YOU CAN TRUST**

For a FREE Estimate Contact Steve Ferguson on 07719 357322 or 01206 393351  
[www.tenondecoratingltd.co.uk](http://www.tenondecoratingltd.co.uk) - [tenondecorating@btconnect.com](mailto:tenondecorating@btconnect.com)  
Sbras, East End, East Bergholt, Colchester, Essex CO7 6XQ





# Jackson

Plumbing & Heating & Renewable Technologies



## Services we offer:

Gas, Oil, Central Heating,  
General Plumbing, Bathrooms,  
**Heat Pumps, Solar Thermal Hot  
Water, Solar PV**, Electric Battery  
Storage, Electric Car Charging Points  
**MCS Grants up to £5000**



01206 322 063 01473 214 215 01245 287158

Grant UK, Worcester-Bosch, Baxi-Potterton, Vaillant

## Ashley Short

Carpentry, Joinery, Property Maintenance  
& General Handyman



Kitchen fitting -  
Bespoke units made  
Decorating,  
Renovations  
No Job too small  
Local and Reliable

01473 311226 07904 875556



## David Friend Oil Heating Services

Oil Fired Boiler Service, Repair and Installation Specialist



- Servicing and commissioning of oil fired boilers.
- Boiler and system breakdowns.
- AGA's, Rayburns and Stanleys.
- Oil tank replacement and installation.
- Oil boiler replacement.
- All central heating system components catered for.

No call out charge. Free quotes.

Tel 01394 411839 Mobile 07786 971425



# Raydon Electrical



Landlord Test Certificate \* Electrical  
Vehicle Charging \* Extensions  
Garages \* Summer House  
Outbuilding \* Emergency Repairs  
Smart Homes \* Wi-Fi \* Cabling  
Point to Point Links

**NO JOB TOO SMALL**

W : raydonelectrical.co.uk  
E : sparky@raydonelectrical.co.uk  
T : 01473 942140



**GORDON SHORT**

Painter/Interior and Exterior  
Property Maintenance and General Handyman

Trustworthy and efficient  
No job too small or too big  
Local and reliable

Give me a call: 01473 313053 / 07773 236642

gordonshort1959@icloud.com

## Nigel Bruce

Industrial & Domestic

**ELECTRICIAN**

'The Swift', Upper Street, Stratford St. Mary,  
Colchester CO7 6JW  
Telephone: 01206 322751

## Gary Moye Plastering

Over 25 years' local experience  
Now based in Stratford St Mary

Tel: 07807 314911  
email: garystewartmoye@gmail.com



Gas Safe Registered Engineers  
Local, Friendly & Reliable Service

- Boiler & Central Heating Installations, Servicing & Repairs
- Power Flushing
- Under Floor Heating
- Bathrooms, Wet Rooms  
Taps & Showers
- Gutters, Downpipes  
& Drain Rodding

TELEPHONE:  
**07912 161 646**

EMAIL:  
gransonplumbingandheating@hotmail.com



## Essex & suffolk PEST SOLUTIONS

Your local pest control experts  
for home & business

- Free advice, fast response
- Highly accredited, fully qualified & insured
- Discreet - unmarked vehicles

info@eandspestsolutions.co.uk

Tel: 01473 328092 (Holbrook)

## HAZELTON PLUMBING

A FRIENDLY, TRUSTWORTHY AND LOCAL  
PLUMBING SERVICE

No job too small or large free quotes

Call Jamie: 07448152693  
E: jamie.hazeltan@yahoo.co.uk

## ARDLEIGH CHIMNEY SWEEP SERVICES



- Traditional and Power Sweeping
- CCTV Inspections
- Safety Certificate Issued
- Fully Insured

ANDREW SMITH

**01206 231718 • 07845 249820**

31 HARWICH ROAD, LAINFORD, MANNINGTREE, ESSEX CO11 3LS

# Richardson .....&..... Rothwell

Plumbing & Heating Ltd

FRIENDLY, LOCAL PLUMBING AND HEATING ENGINEERS

SPECIALISING IN OIL AND GAS BOILER INSTALLATION,  
REPAIRS AND SERVICING

COMPETITIVE PRICES

ALL PLUMBING WORK UNDERTAKEN. NO JOB TOO  
SMALL

Unit 1  
Dedham Vale Business Centre  
Manningtree Road  
Dedham  
Colchester  
Essex CO7 6BL

Tel: 01206 323732 Fax: 01206 323735  
E-mail: [enquiries@richardsonandrothwell.co.uk](mailto:enquiries@richardsonandrothwell.co.uk)

Gas Safe registration number: 184271

## Brett Valley Installations

### Oil boiler Service Engineer.

Very experienced in fault diagnosis and repair, servicing and installation of oil fired boilers and heating systems.

Local, Reliable, Competent.

Nick Mamo Tel. 01206 337316 or 07896 054439



L.W.  
CARPENTRY & BUILDING

12 Winding Piece. Capel St Mary

Mob: 07539067582 Email: [leewcb@gmail.com](mailto:leewcb@gmail.com)  
Find us on [facebook](#)

Carpentry. Timber Framing. Garden  
buildings. Kitchens. Extensions

## In the House

## Hicks TV & Audio Solutions

(Formerly BV Hicks Ltd)

**Are you having trouble setting up or  
operating your TV / Audio or DVD?  
Has your equipment stopped working?  
Does your TV need a re-tune?**

**Help is at hand - Call Toby Hicks  
01449 771991 / 07968 686035**





**MJS SYSTEMS**  
Audio Visual Security

**ALARM - CCTV - AUDIO VISUAL SPECIALISTS**

- Smart Wireless Alarms
- HD CCTV
- Video Door Bells
- TV Wall Mounting
- TV Aerial Points
- Audio System
- WIFI & DATA Networks
- Repairs & Maintenance

For Free Quote & Advice  
Tel: 01206 322071 mjssystems.co.uk

Sponsors of EBUFC U9's

**EDg**  
edwards design group

Over 25 years of professional making & fitting of curtains and blinds using the very best available products.

Fabrics, wallpaper, paints, floor coverings, cabinet furniture, lighting & upholstery.

Visit our showroom in East Bergholt or our website: [www.edwarddesigngroup.co.uk](http://www.edwarddesigngroup.co.uk)  
Email: [info@edwarddesigngroup.co.uk](mailto:info@edwarddesigngroup.co.uk)

The Gattinotts, Unit 2a, Hedleigh Road  
East Bergholt, Colchester CO7 6QT  
01206 299790




**Right at Home**  
Quality Care in Your Home

**WE'RE HIRING**

**Would you like a Care Service that offers you:**

- A Discreet Service
- Consistent CareGivers
- Set Visit Times
- A Person Centred Approach

**We can provide:**

- Personal Care Visits
- 24hr Live-In Care
- Companionship
- Sleeping/Waking Nights
- Light Housekeeping

*Contact us today at*

01206 932792  
colchester@rightathomeuk.com  
[www.rightathomeuk.co.uk/colchester](http://www.rightathomeuk.co.uk/colchester)  
[www.facebook.com/rightathomecolchesteranddistrict/](http://www.facebook.com/rightathomecolchesteranddistrict/)

Care Quality Commission  
Good

TOP 20 AWARD  
2019  
homecare.co.uk





# ARRDEN VALE

kitchens

100% EXCLUSIVE, BESPOKE, HANDMADE TIMBER

Established in 1997, Arrden Vale Kitchens is a family business dedicated to producing bespoke handmade kitchen, bedroom and office furniture.

We specialise in the design, creation and installation of exclusive handmade kitchens throughout East Anglia.

**T: 01449 782062**  
**E: [info@arrdenvalekitchens.co.uk](mailto:info@arrdenvalekitchens.co.uk)**  
**[www.arrdenvalekitchens.co.uk](http://www.arrdenvalekitchens.co.uk)**



AGA BETHLEHEM FRANK & PIERRE Fisher SIEMENS Quooker FRANK & PIERRE Miele KitchenAid LINDBERGH



**9.8**

Blackbrook House  
Review score 2022  
[carehome.co.uk](http://carehome.co.uk)\*\*

\*T&C's apply. Please see website for details.  
 \*\*carehome.co.uk scores are based on independent reviews with a maximum score of 10. Rating correct as at 10/01/2025



Read Frank's story

Rated Jan 2020  
Good  
CareQuality Commission

# TRUST US TO GET FRANK A GREAT CUP OF TEA

We found out what Frank was passionate about



Who Cares? We do, and we always will

**3 weeks for 2 on a respite stay\***

Blackbrook House care home, Gun Hill, Dedham, Colchester CO7 6HP  
 Call 01206 805839 Visit [www.anchor.org.uk/BlackbrookHouse](http://www.anchor.org.uk/BlackbrookHouse)

Image does not represent face mask guidance followed in our locations



Full and part-time  
care workers required  
to provide care visits to people  
in their own home

- Flexible Hours
- Pay to match qualifications and experience
- Training provided if required

For further information call 01206 233372  
 Or visit: [www.annmasoncare.co.uk](http://www.annmasoncare.co.uk)

## Felicity Toone

### Freshen Up Decorating

- Established in 2002
- Based in Holton St Mary
- Small, local projects preferred
- Interior, Exterior, Joinery, Furniture

**07900 242 141**  
**[flisstoone@gmail.com](mailto:flisstoone@gmail.com)**



## Removals and Storage



We cover local, national and international moves.



We've been moving people from Suffolk and Essex for nearly 100 years.



Find out about our specialist moving services: from pianos and paintings, to full packing services. We're always happy to help!



We have over 100 clean and safe self-store units.



Our staff are long serving and fully trained to BAR standards.

— Your move, safe in our hands —

01206 233376 | [www.schofieldremovals.co.uk](http://www.schofieldremovals.co.uk) | [info@schofieldremovals.co.uk](mailto:info@schofieldremovals.co.uk)

## Professional Services

  
**Nayland  
Chiropractic**

*Supporting Your Wellness*

**Inga Hurren** Registered Chiropractor

4 Church Mews, High Street, Nayland CO6 4JF  
t: 01206 264139  
e: [enquiries@naylandchiropractic.co.uk](mailto:enquiries@naylandchiropractic.co.uk)  
w: [www.naylandchiropractic.co.uk](http://www.naylandchiropractic.co.uk)

## Alexander Technique



- ✓ Improve balance, co-ordination and ease of movement.
- ✓ Enhances health and wellbeing.
- ✓ Individual tuition. Also weekly group classes in Colchester.

Rosalind Field MSTAT  
01473 210796  
07759 393 026

## Susan Morrison Registered Osteopath

TEL: 01206 299027  
MOB: 07919 101099

email:  
[susie.kramers@gmail.com](mailto:susie.kramers@gmail.com)

Abbey View, Rectory Hill  
East Bergholt, Suffolk,  
CO7 6TG


## EYFS / KS1 / lower KS2 Primary School Tutor

- \*Highly qualified primary school teacher with 20 years of experience
  - \*Rated OFSTED 'Outstanding' during my career in EYFS and KS1
  - \*Specialising in phonics, reading, writing and KS1 maths
  - \*Tailored tuition to meet the specific needs of your child
  - \*Full DBS clearance
  - \*References on request
  - \*Flexible availability, evenings, weekends and holidays
  - \*Based in Stratford St Mary, but willing to travel
- Please feel free to contact me with any questions you may have or any further information you would like.*


*Cathy MacMorrin -  
07412139835 or email:  
[cathy.macmorrin@hotmail.co.uk](mailto:cathy.macmorrin@hotmail.co.uk)*

## PRIMARY SCHOOL TUTOR AVAILABLE

- Highly qualified primary school teacher specialising in English and Maths
- Experience teaching across KS1 and KS2 for over 30 years
- Full DBS clearance
- Available for summer sessions or evening/weekend sessions.
- All sessions personalised to the needs of your child
- I am based in Holton St Mary

 Feel free to private message me with any queries

**Trena Walker - 07773652095**



Body Mind as One

More Energy - Less Stress  
Gain Calm & Ease in Body Mind & Spirit

## Body Mind as One

Movement & Mindfulness for Adults

Studio Classes run on  
Tue, Thu & Fri (mornings)  
Mon, Tue & Fri (evenings)

Max 6 participants per class  
Equipment provided


QiGong  
Yogalates  
Somatic Exercise  
Yin Yoga, Restorative Yoga & more

for full information, booking, etc. please visit  
**[www.bodymindasone.com](http://www.bodymindasone.com)**  
Janet Drake - Body Mind as One, Charity Farm Estate, Chattisham

**Franklyn Nevard Associates**



Architecture and Interior Design  
Thurland, Sulleys Hill, Lower Raydon,  
Ipswich, Suffolk, IP7 5QQ



New build / Extensions /and Alterations /  
Feasibility Studies / Planning / Building  
Regulations, and Tendering specifications.

Contact Franklyn  
tel: 01473 372 382 mobile: 07515 351 694  
email: [franklyn@franklynnevard.co.uk](mailto:franklyn@franklynnevard.co.uk)  
web: [www.franklynnevard.co.uk](http://www.franklynnevard.co.uk)  
**ESTABLISHED IN 1982**



Osteopathy and Western Medical Acupuncture Clinic in the heart of Dedham providing treatment for:

- Back pain & sciatica
- Arthritis pain & stiffness
- Neck & shoulder pain
- Trapped nerves
- Tennis/Golfer's elbow
- Tendinopathy
- All joint strains
- Muscle/ligament strains

**DEDHAM OSTEOPATHY**

Luke Jackman Bsc Hons Ost  
Registered Osteopath

Tel: 01206 323 239 / 07974 144593  
[www.dedhamosteopathy.co.uk](http://www.dedhamosteopathy.co.uk)

Dedicated to getting you better.

One hour initial appointment • Free on-site parking • Open weekdays and evenings



**"I'll sort it out tomorrow"**

**We can make it easy to prepare an LPA today!**

When they are needed, the absence of Lasting Powers of Attorney results in additional time, stress and cost for those trying to help look after your affairs. Putting LPAs in place before they are necessary provides you with protection in regard to your financial affairs and welfare choices, which many people wrongly believe their loved ones can deal with for them if they ever become unable.

**Contact us today to protect yourself and your loved ones.  
Legal advice with a conscience.**

**FJG** FISHER JONES GREENWOOD SOLICITORS  
Fisher Jones Greenwood LLP, Charter Court, Newcomen Way, Colchester Business Park, Colchester, Essex, CO4 9YA  
Offices across Essex and London

**01206 700585**  
[www.fjg.co.uk](http://www.fjg.co.uk)  
[enquiry@fjg.co.uk](mailto:enquiry@fjg.co.uk)



## P.W. Body Repairs Ltd.

Repair & Paintwork Specialists Car & Light Commercial

- Insurance Work
- Motorhomes & Caravans
- Small Horse boxes
- Paint less Dent Removal
- Classic Cars
- End of Lease
- Wheel Refurb
- Collection Service

*Paul* - 07785 268971

**Birchwood Farm - Unit W - Birchwood Road  
Colchester - Essex - CO7 6HX  
Tel 01206 323126  
Email: pwbodyrepairs@gmail.com**



## DIY LIVERY

*available at Lower Raydon*

- ☐ Barn style stables
- ☐ Large paddocks
- ☐ Manège
- ☐ Quiet location



Call Graham on **07710 540926**  
or email **graham@ivc-ltd.co.uk**

## THE BARN VETERINARY PRACTICE

Robert M Hill BVMS MRCVS

Wentham Road, Copdock, Ipswich

Tel: 01473 730213

2A Ashcroft Road (off Norwich Road), Ipswich

Tel: 01473 743460

Consultations by appointment  
24 Hour Emergency Service

Monday-Friday: 8.30am-7pm,

Saturday: 9am-12noon,

Sunday: 10am-1pm (Ashcroft Rd only)

**MODERN DIAGNOSTIC, MEDICAL  
AND SURGICAL FACILITIES ON SITE  
CAR PARKING**

Surgical Operating Theatre • Ultrasound scanner  
Radiography Department • Electrocardiography  
Own laboratory for rapid testing • Endoscopy  
Hospitalisation with isolation ward • Stabling



*Kingsleigh Estate Agents*

**Sales and Lettings**

Award-winning family-run,  
independent agent

**Covering Dedham, Colchester, Manningtree  
and surrounding villages**

- Fully immersive 360° tours
- Professional drone photos
- Bespoke Particulars
- Premium Rightmove listings
- 3D Floorplans
- Experienced, award-winning team
- Paid social media adverts
- Associate office in Park Lane, London

**No lengthy contracts — zero week tie-in period**

**01206 940123**

High Street, Dedham, CO7 6DE

[sales@kingsleighresidential.co.uk](mailto:sales@kingsleighresidential.co.uk)

[lettings@kingsleighresidential.co.uk](mailto:lettings@kingsleighresidential.co.uk)

Follow us on social media for  
sneak previews of soon-to-be  
launched properties





Chapman Stickels

*Suffolk and North Essex*

Providing unrivalled local knowledge,  
combining traditional servicewith  
a modern marketing approach



**chapmanstickels.co.uk**

01473 372 372

info@chapmanstickels.co.uk

The Corn Exchange, Market Place, Hadleigh IP7 5DN

*Part of Investeq Holdings Limited*



## STORAGE CONTAINERS TO LET

NOTLEY ENTERPRISE PARK  
RAYDON  
CO7 6QD

20ft. - £80 per month + VAT

40ft. - £140 per month + VAT

Let on Easy In / Easy Out Terms  
Secure Site  
24 Hour Access

Contact:

Nicholas Percival Surveyors

T: 01206 563222

E: [info@nicholaspercival.co.uk](mailto:info@nicholaspercival.co.uk)



john@grierandpartners.co.uk - 01206 299222

## **BENEFICE CONTACTS, SERVICES AND EVENTS**

**Priest-in-charge:** Rev'd Manette Crossman: Tel. 07947 737789

Email: [revmcrossman@gmail.com](mailto:revmcrossman@gmail.com)

**Curate:** Rev'd Nicola Tindall: Tel. 01787 212340

Email: [revnictv@outlook.com](mailto:revnictv@outlook.com)

**Lay Elder:** Sandy Ranson 01206 322156

Email: [sandyranson29@gmail.com](mailto:sandyranson29@gmail.com)

**Please contact Rev'd Manette if you or your children would like to be baptized, if you would like to get married in one of our churches, or if you need to arranged a loved one's funeral.**

**If you would like to know more about Confirmation, please let Rev'd Manette know. She is happy to answer any questions you may have.**

**If you would like to receive Home Communion, please contact Rev'd Manette or Rev'd Nicola.**



Regular updates about what is going on in our parishes can be found on the Benefice Facebook page:

<https://www.facebook.com/4-Marys-Benefice-111433503828636>

**Benefice website: [www.4marys.org.uk](http://www.4marys.org.uk)**

### **Churchwardens:**

**Higham** Hugo Parker 01206 337234

**Holton** Richard Noel 01206 298276  
Paul Torrington 01473 312046

**Raydon** Geoff Horrex 01473 310422

**Stratford** Jonathan Dewey 01206 322148

### **Benefice Safeguarding Officer:**

Steph Middlebrook will be our new Benefice Safeguarding Officer and she will also help with some general parish administration. Until she has completed her training, please contact Rev'd Manette with any questions or concerns.



## Church Services for February

**Sunday 5<sup>th</sup> February** 10am: Morning Praise Stratford St. Mary  
3<sup>rd</sup> Sunday before Lent

**Sunday 12<sup>th</sup> February** 10am: Holy Communion Higham  
2<sup>nd</sup> Sunday before Lent

**Sunday 19<sup>th</sup> February** 10am: Holy Communion Holton St. Mary  
Sunday next before Lent

10.30am: Baptism Service Raydon

**Wednesday 22<sup>nd</sup> February** 10am: Ash Wednesday Service Stratford  
Ash Wednesday – Communion with Imposition of Ashes

**Sunday 26<sup>th</sup> February** 10am: Holy Communion Raydon  
1<sup>st</sup> Sunday of Lent

9.30 for 10am: Stratford St Mary Family Hour  
(Parish Room)

*Rev'd Manette will be with us and we are hoping to have a fun time learning about Baptism.*

4pm: Higham Hangout

### 5<sup>th</sup> Sundays in the Benefice

On 5<sup>th</sup> Sundays we meet for an informal Family Communion. This is a shorter service which begins with a Café Church style breakfast at 10am, followed by a short contemporary service of Communion in which children and adults can be involved in different ways. For 2023 the dates are as follows:

29<sup>th</sup> January – Stratford St. Mary  
30<sup>th</sup> April – Higham  
30<sup>th</sup> July – Holton  
29<sup>th</sup> October - Raydon

### Sing-along Joseph on 29<sup>th</sup> April 2023 in Stratford St Mary

Come and sing your favourite songs from 'Joseph' and join us for cream tea in the afternoon. Everyone welcome, bring the whole family, music will be provided. More details to follow in the next edition of the Quartet

*With the many winter viruses and flu-type illnesses that are doing the rounds, if you feel in any way unwell, or you have a cough, a temperature, a sore throat or a runny nose, even if you don't test positive for Covid, please stay at home until you feel better. Some members in our church congregations are vulnerable and we don't want to share illnesses if we can avoid it.*

## Family Hour in Stratford St Mary at 10am

Do come along to Family Hour in the Parish Room. Our next meeting is on **Sunday 26<sup>th</sup> February**. We have been thinking about the theme of Water and February's session will focus on what Baptism is all about. Craft activities always included. Everyone is welcome so why not join us for breakfast (bacon rolls / juice / tea / coffee) served **from 9.30 am**. We look forward to seeing you.

The Family Hour Team.



### Sunday Hangout in Higham on 26<sup>th</sup> February at 4pm

**This month the Higham Hangout will be a Christingle Service.**

A Sunday church group, aimed primarily at children, but open to any age! The Sunday 'Hangout' is a time to reflect on our faith, to ask question, to talk and discuss and learn in a fun way. We usually have some craft activities or we may go outside to explore. It's an opportunity to hang out with friends whilst getting involved in fun activities which the whole family can enjoy. Come along if you are thinking about Baptism or Confirmation and ask any questions you may have. We meet for about an hour at 4pm and snacks and drinks will be provided.

### Chat, Prayer & Coffee every 3<sup>rd</sup> Wednesday of the month

**Stratford St Mary Parish Room, on 15<sup>th</sup> February at 10am**

This is an informal time to chat, share news and pray together over a cup of coffee – there may even be cake or biscuits.

We look forward to seeing you!

### Benefice House Group

The House Group will meet this month on **Thursday 23<sup>rd</sup> February** at the home of Jonathan and Janet Dewey: 5 Veyses End, 2.30 - 4pm.

## **Benefice Churches Open**

All the churches in our benefice are open every day for private prayer and visiting. Everyone is welcome to come and visit and enjoy some quiet time for reflection or to enjoy the beautiful church buildings.

### **Prayer**

**Sovereign God,  
during the season of Epiphany we were reminded  
of the journey of the Magi:  
of how they stepped out into the unknown,  
persevering despite adversity,  
searching diligently until their quest was rewarded.  
Today, we are seeking in our turn:  
looking to learn from their experience,  
to worship the one before whom they knelt in homage,  
to understand what his birth, life, death and resurrection  
mean for us.  
Help us to discover each day a little more of you love,  
and to discern more of your purpose in our lives,  
so that we may offer our lives to you,  
in joyful praise and glad thanksgiving,  
through Jesus Christ our Lord.  
Amen.**

*Prayer adapted from an Epiphany Prayer by Nick Fawcett*

### **Prayer pointers**

We pray for those who are unwell and who have asked for our prayers, among them: In Higham: Amanda Berry and Penny Watkins  
Outside our parishes: Helen Gregory

We remember all those who have died, among them Albert 'Albie' Barham from Raydon, and those whose anniversaries fall at this time. May they rest in peace and rise in glory, and may those who mourn them be comforted in their grief. We pray for everyone who has lost family members or friends who are very much missed at this time.

We pray for peace in the world and an end to violence, aggression, injustice and unnecessary suffering, in the name of Jesus Christ our Lord. Amen.