

**Stratford
St Mary**

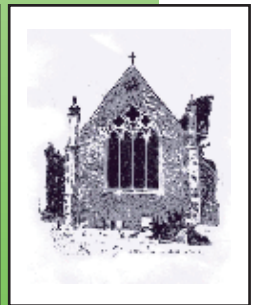
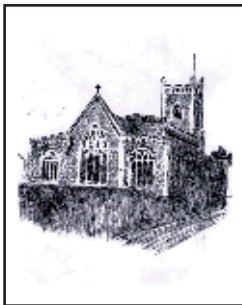
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



February 2016

Issue 330



**IGNITION Youth Club
Stratford Chapel
Every Friday night
7.30 to 9.30**

Age 11 - 16
contact Beckie.w@live.com
07842 207598

Classic/old car or motorcycle wanted
for restoration project, anything
considered please call Graham on
01206 322557



Colin the fishmonger has his fresh
fish van in the lay-by at the bottom of
Church Hill in Stratford every
Thursday morning from
10.30am to 1.30pm

**Boot Sale – Volunteers
needed!!**

We have various items left over
from the church Christmas Fayre
and were thinking about doing a
boot sale in the Spring to sell it on
and add a little more to the Church

Roof fund. We are looking for
volunteers to help with this project
so any boot fair officianardos
please make yourselves known by
calling Janet Dewey 01206 322
148 or Julie Alexander on 07989
639 583. Also if anyone has
saleable items for the stall again
please let us know.

**CAKE DECORATING
EQUIPMENT .**

Small selection of
Flower/Leaf Cutters,
Stamens, Wires ect.
All new, packaged, unused.
Half Retail Price.7585034

01206 323022. Leave
message if unavailable.

You can place items for sale or wanted on the Small Ads Pin Board for free.
Just email quarteteditor@hotmail.co.uk with your advert.
We will place it for one month space permitting.

Small Ads pin board

Welcome



Dear friends,

The season of Lent will be upon us very early this year, starting on Ash Wednesday, 10

February. Traditionally, Lent is about saying sorry to God for all that we know to have been wrong in the past year; it is also about giving alms (money) to charitable causes, and about looking after your neighbours. If you can increase your giving to charities, and your loving words and deeds to your family and friends at this time of year, that would be a wonderful way of keeping Lent. People often give up things like chocolate or alcohol at this time of year, which is in theory a way of showing the world that they are sorry for being too greedy or drunk in the previous 12 months. I always prefer to see the positive and take up something in Lent - like being healthier (that is the other side of the coin of giving up chocolate and alcohol, of course!). Although Lent can feel like a rather gloomy time, often symbolized in churches by not having flowers in the church building, it doesn't have to be, and I am thrilled that this year we shall be having 2 marriages and 2 baptisms during this period before Easter. May God bless all 6 of those involved.

Another exciting thing that will be happening this year is the Mothering Sunday service at Stratford St Mary on 6 March. I have invited the Youth Leaders from St Mary's Hadleigh to come and lead the service for us, with modern worship in music and words. It will be appropriate for people of all ages, so please bring babies, teenagers and older people too! It will be wonderful to celebrate the fantastic work that mothers

do, by having their children all around them. We shall also, of course, have bouquets of flowers for children to give their mothers.

And then finally we shall be welcoming Simon White to be with us for just over a month over this period. Simon lives in Assington but is training to be a priest and will eventually serve his curacy in St Mary's Hadleigh. He is coming to us to do his final placement before he is ordained in June, so you will see him at many services around the Benefice in February and March. Please give him a good welcome.

God bless you all,

Rosalind Paul
Rector



The Quartet Diary



February

- 2 Raydon Fair Trade Coffee Morning
- 3 Stour Valley Men's Probus Club
- 9 SSM Rambling Club
- 10 U3A Meeting
- 11 Stories by the Fire, SSM
- 17 Stour Valley Men's Probus Club
- 20 Big Breakfast, SSM
Quiz Night, HSM Social Club
- 21 SSM Rambling Club
- 25 R&DGC Meeting

March

- 1 Raydon Fair Trade Coffee Morning Big Brew
- 7 SSM Rambling club
- 12 Heartwatch Race Night
- 13 HSM Sunday Lunch
- 14 SSM Parish Council Meeting
- 19 SSM Rambling club
- 24 R&DGC Meeting

- 29 Raydon Fair Trade Coffee Morning

- 30 SSM Rambling Club

April

- 2 Suffolk Church Singers, SSM
- 10 SSM Rambling Club
- 24 HSM Social Club St George's Day Lunch
- 22 SSM Rmbling Club
- 26 Raydon Fair Trade Coffee Morning

May

- 9 SSM Parish Council Meeting
- 24 Raydon Fair Trade Coffee Morning

June

- 11 Celebrations for 90th birthday of HM The Queen
- 21 Raydon Fair Trade Coffee Morning
- 26 R&DGC Summer Outing

Editors Corner

Here comes February - that's a twelfth of 2016 over already, and I feel we've hardly started. The last few weeks have seen the coldest of the weather so far this winter and spring still seems a long way off, but there are still lots of events going on and things to do, so don't get disheartened!

We seem to be quite food orientated this month, which has to be good news in this cold weather - there's a Big Breakfast in Stratford (P4) and a Birthday Tea Party with the Magna Games (P8). In Raydon there is a Big Brew supporting Fair Trade farmers with lots of cake no doubt! (See page 12). Over in Holton we seem to be more into lunch, with the annual HSM Sunday Lunch on page 15 and of course the regular first Friday lunch on page 16. That should be enough to keep us all going!

It's great to get your articles and notices of village events - please don't forget if you have an event planned, tell us about it! Charity events are always free to place and rates are very reasonable for business ventures. We also have voucher placement schemes so firms can offer a discount to readers, so spread the word and we'll keep the Quartet full of new events, offers and news!

Happy reading

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:
19th February 2016

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Stratford St Mary

SSM 100 Club Organiser

Our current Organiser, Eddie Lawrence of 35 Strickmere, is having to stand down owing to business and family commitments so we are looking for someone in the village to take over the administration of this useful fund raising scheme on behalf of the Institute Committee. The duties consist of collating the monies brought to you by the collectors, banking it and conducting the monthly draw. If anyone is prepared to volunteer for this position please contact Eddie at the above address or telephone him on 322066.

Thank you

Transport to medical appointments.

If you live in Stratford St Mary and have difficulty in getting to and from medical appointments our friendly team are happy to help.

We can also help with transport to visit people in hospital.

Please give us as much notice as you can.

ring: **Charlie Ablitt on 01206 322684**
Lynn Badcock on 01206 323788

Please note the following dates for the Parish Council meetings:

March 14th 7.30pm
May 9th 7.30pm
July 11th 7.30pm
September 12th 7.30pm
November 7th 7.30pm

THE BIG BREAKFAST

Saturday 20th February
8-10am.

The Parish Room, Stratford St Mary.

"We are back ". After a long absence the Big Breakfast is back.

Not only will we be serving a continental buffet followed by a traditional full English breakfast we are going to have some new additions to the menu.

In aid of Harriet Brass' Mount Kilimanjaro climb in August 2016 to provide clean water and sanitation to rural communities in Kenya.

We look forward to seeing you all.

STRATFORD St. MARY PARISH ROOM

letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

A session is 5 hours i.e. morning -
afternoon- evening

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring

Don Umfreville at Christmas Cottage,
Upper Street.

STRATFORD ST MARY CHURCH



On **Saturday 2nd April**
at 7.30pm

We are really lucky to have The
Suffolk Church Singers from Bury St
Edmunds to entertain us.

They are a group of Singers who aid
Suffolk Churches which are in need
of finance. We really hope you will
support our roof fund on this
occasion and support this group of
singers who are prepared to travel
from Bury St Edmunds to help us
raise money for our new roof.

Tickets will cost £7 and there will be
an opportunity to buy refreshments
on the night.

For tickets or more information
please contact Christine Cousins on
322530.

Stratford St Mary Parish Council Emergency Team

If an emergency does arise, please
contact one of the following team
members:

Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417

07712 591379

hilcairns@tiscali.co.uk

Norman Woodard

12 Swaynes 01206 323015

Norman.woodard@fatbloaters.com

Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

chrisbrookfarm@gmail.com

Steve Kite

42 Strickmere 01206 322482

07958 515573

Bill Davies

3 Spanbies 01206 322990

billdav@hotmail.com

Stratford St Mary Parish Council website
has now been updated. Please pop over to
www.stratfordstmary.onesuffolk.net and let
us know what you think. If you would like
your event advertised on the website as well
as in the Quartet, whatever it may be,
please let the parish clerk know on
parishcouncil@stratfordstmary.org.uk

SSM Rambling Club

Future Events

Saturday 30 January – *Harwich* (about 5.25 miles)

Tuesday 9 February – *Holton/Higham* (about 4.5 miles)

Sunday 21 February – *Felixstowe* (3 or 5 miles)

Monday 7 March – *Great Bromley* (about 5.5 miles)

Saturday 19 March – *Dovercourt* (about 5 miles)

Wednesday 30 March – *Copford Green* (about 4.5 miles)

Sunday 10 April – *Wivenhoe* (about 4 miles)

Friday 22 April – *Wrabness* (about 4.5 miles)

Recent Walks

New Year's Day – Local Walk. Over 30 people gathered in the Parish Room for this seasonal highlight of the year; greetings were exchanged and subscriptions for the coming year collected. At about 11 o'clock, two dozen walkers started out, leaving behind a band of volunteers to prepare the teas/coffees, mince pies and mulled wine to be tackled after the ramble.

We slowly strolled through the village, with much chin-wagging about one's Christmas adventures. I accompanied one of our more mature members at the back of the field, as far as the Swan, where she decided to have a little rest, before returning early to the Parish Room. As Jane from the Swan had just appeared to do some tidying outside the pub, I could not be sure if my companion may have been tempted inside for a more comfortable seat and a glass of something seasonal!

I thought it might have taken me some time to catch up with the other walkers, as we had fallen some way behind. However, on reaching Stratford Mill, most of our party were gathered on the footpath next to the mill, looking as if they were waiting for the 93 bus. It transpired that an advance party had crossed over the river to try out the fields to see if they were passable. After a long wait and no return of the other party, we started again through the village towards Le Talbooth and Gun Hill. This was a deviation from the Club's famous plan of campaign, which comprises having a plan B, and a plan C etc for when we get hopelessly lost. The new plan is to get two separate groups totally lost at the same time.

We crossed over the Stour into Essex and headed up Gun Hill and then through the Golden Gates along the Essex Way towards Langham Hall. As we met other sturdy walkers welcoming in the New Year, we enquired regarding any news of the second part of our group. Some reported no sightings, others suggested that our colleagues were heading for the Hindu Kush or the Matterhorn.

Arriving at Langham Church, we found that the rumours had been exaggerated, with our colleagues waiting there for us. With news of fields not too sodden, we headed back towards the Parish Room and the mulled wine.

Main contact is the chairman, Don Umfreville on 01206 322626. Unless stated otherwise, we meet up at 09:45 at the Parish Room, Upper Street, Stratford St Mary.

Dave George 01206 322297

MUMS & TOTS



Every Tuesday 9.15 – 11.30 a.m.
Stratford Chapel, Upper Street
Stratford St. Mary CO7 6JH

Join us every Tuesday morning at Mums & Tots. A great way to meet other mums, dads, grandparents & carers while the little ones get creative and play.

£1.00 per session
Drinks & snacks provided
For more details call Becky on (01206) 323095

Balboa Dance Classes are held in the Stratford St Mary Institute Hall on the 2nd and 4th Friday of each month starting on the 8 January 2016.

Beginners start at 7.30 pm then tea/coffee and chat at about 8.30 followed by the Intermediates Class.

Balboa is danced to the swing of Robbie Williams and Electro Swing or old timers like Benny Goodman and Count Basie. You are welcome with or without a partner. Come and give it a try and meet lots of others who love the fun of music and dance.

£5 per Friday - drop in as you want - for details contact John and Caroline Hall.

01206735461

Cleaner needed for Institute Hall

We are looking for someone who is prepared to carry out cleaning duties at the Institute for approx 1 hour per week at a modest rate of pay. The Institute Hall is a valuable facility for our village but it needs to be cleaned and maintained regularly to a high standard so if anyone feels "community minded" enough to take this job on, please contact me for further details. Thank you.

Bill Davies,
3 Spanbies Road
Tel 322990



Community First Responders

Interested in becoming a CFR?

Why not find out what it is about?

Look at the CFR link on the East of England Ambulance Services website.
You can even apply on line!

If you watch the training video - do not be alarmed - you are never expected to do mouth to mouth.

For further information, please contact your local co-ordinator.



SSM Village Life

Opportunity for Stratford St Mary to celebrate Her Majesty the Queen's 90th Birthday

Saturday 11th June 2016

Stratford St Mary School Playing Field
12:50 to 18:00

Magna Games and Birthday Tea.

Preparation is underway for this year's summer extravaganza in Stratford St Mary. This will be a village sports event followed by a communal tea party with music and entertainments, and ending with country dancing to the music of the Haywainers.

Outline programme.

12:50 Event Opening, immediately following the flypast (on route to London)

13:00 to 14:00 – Live music, sideshows and amusements around periphery of the field.

14:00 to 16:00 – Magna Games on arena track

16:00 to 17:00 – Traditional Birthday Tea with music and entertainments

17:00 to 18:00(ish) Country dancing in central marquee

Based on the 2015 summer event (on which VillageLife received good feedback), the **Magna Games** will consist of a series of (slightly silly) competitive activities open to village residents, with medals presented to event winners. Activities will include a repeat of last year's events, *Wheelbarrow and water race, Cabbage and spade sprint, Tossing the peat bale, Horseshoe pitching and the Magna endurance race*. Planned additions to the programme include a 5 Kilometre 'fun run' starting and finishing in the arena but run mainly along footpaths through and around the village and also a 'dog joggers run' again starting and finishing in the arena but run mainly off-field. The VillageLife Kart fleet will feature in races around the arena.

Refreshments (licensed bar, teas/coffees and soft drinks) will be available throughout the event, but the main feature will be a **Traditional Birthday Tea Party** enjoyed by everyone at the same time. To enable this it will be necessary to ask that village residents book their tickets in advance. It will be possible to book for families and small groups, as well as for individuals and tickets will entitle partygoers to a seat at a table in the arena from which it will be possible to watch the Magna Games events, enjoy the birthday tea and entertainment and join in the dancing afterwards. **A prize will be awarded to the most patriotically dressed partygoer.**

We plan to erect as many gazebos and small marquees as we can around the inside of the arena to accommodate the tea tables and seating and provide some protection if the weather is not up to the standard of last year. If you have a gazebo that you would be willing to lend us for the day, do please let us know (details below). With the focus of the day being the Queen's 90th Birthday, this is intended primarily as a village celebration, not a fund raising event. The ticket price (which has yet to be determined) will be kept to only that which is necessary to cover the cost of the event.

Tickets will be available from April 1st

Further information will be made available in the coming months through the pages of Quartet and the VillageLife web-site as well as by notices and posters. In the meantime, we would welcome expression of interest and support. If you would like to enter the Magna Games, take part in the Fun Run or Dog Joggers Run or offer your help on the day please call Brian on 01206 323 091 or e-mail villagelife@stratford-st-mary.org. **We look forward to hearing from you.**

The Institute hall

can be hired at reasonable rates for a wide range of social activities. Please contact our booking secretary Anna Shead on 01206 321261 or email ssminstitute.bookings@gmail.com for more information. Many thanks to all our 100 Club subscribers for your continued support in helping us to maintain your village hall. Membership costs only £1 per month and you could win £40 first prize in our monthly draw. Contact Sue or Eddie Lawrence on 01206 322066 if you wish to join.

Stratford St Mary Institute Committee

EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt,
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

Services - Each Sunday morning at 10.30 led by the pastor unless otherwise stated

Coffee Mornings - Each Thursday 9.30 to 11.30 am

Church Secretary – John Jeffreys
Tel 01206 298737
Email j.jeffreys.eb@btinternet.com

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(known also as “Stratford Chapel”)
Upper Street, Stratford St. Mary CO7 6JH

We are an evangelical/charismatic and community based Church attended by all age groups

Sunday Services:

10 a.m. Morning Praise & Worship
followed by refreshments

10.15 a.m. -11.15 a.m. “Sparks on Sunday” for children aged 5 – 11 years
and Youth Group for ages 12-16 years.

6.30 p.m. Prayer and Praise

Mid-Week Groups:

Tuesdays 9.30 am – 11.30 am - Mums & Tots (during term time)

Tuesday 7.30 am -9.30 am - Men's

Recreational Evening (2nd Tues every month)

Wednesday 7.30 pm – 9.30 pm - Bible Discussion and Fellowship Evening

Friday 5 pm – 6.30pm – “Sparks on Friday” for Children ages 7 – 11 years

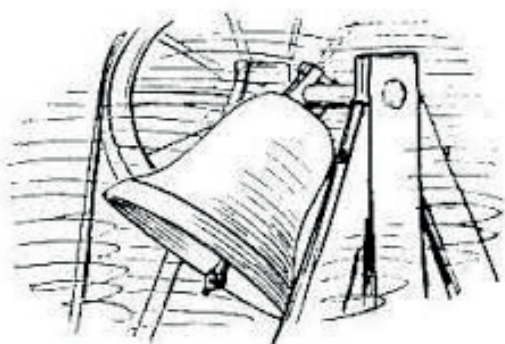
Friday 7.30pm – 9.30pm - “Ignition” Youth Club for teens ages 11 – 16 yrs

For further information:

Telephone: Phil (01473) 310728

Email : philipwyncoll@btinternet.com

<http://www.stratfordstmarychapel.com>





Fair Trade Coffee Morning.

What an amazing turnout for our New Year Fair Trade coffee morning on January 5th, it was a lovely

sunny day although not very warm. I think we all managed to get around the gathering to greet each other and give New Year wishes, and of course to catch up on any news. My news was that of my grand-daughter's engagement, apparently an old fashioned proposal (down on one knee) on Christmas Day and a fantastic diamond ring. All a big surprise!

Now back to earth, remember the knitting of squares for Haiti? Well many thanks to those who brought along completed squares this month, there is a great need for the blankets so do please keep knitting! I have lots more wool and will bring it along to our next coffee morning on February 2nd.

Now what about our March event? Well that will be at the beginning of the annual "Fair Trade Fortnight" when we always hold a "Big Brew", the theme this year is **Sit down for breakfast, stand up for farmers**. Please book the date, it's **March 1st** and let's see if we can raise lots of money to support the Fair Trade farmers and their families! I'll have more information at our next gathering on February 2nd so do hope to see you then.

With thanks as ever,
Wendy Mumford 312123

RAYDON PARISH COUNCIL NEEDS YOU!

Raydon Parish Council has vacancies for new councillors – if you care about your village and want to ensure it continues to be a great place to live, why not find out more about being a parish councillor?

Please contact the parish clerk for more information:

Jane Cryer
Clerk to Raydon Parish Council
01473 824287 / 07920 713940
raydonpc@gmail.com

NOTICE BOARD ON SULLEY'S HILL

Some of you may have spotted that the noticeboard halfway up Sulley's Hill is in a poor state. A proposal has been made to the Parish Council that the board should be removed and not replaced. We would like to know from residents of Lower Raydon whether they think a noticeboard is still necessary in that location, given that the cost of a new one would be around £900.

All notices will continue to be posted on the noticeboard near the church, and sent out via the community email (if you haven't signed up for that yet, please contact the Parish Clerk, Jane Cryer):

Jane Cryer Contact details as above

Raydon and District Gardening Club

Writing these notes on (18th Jan), after overnight frost but now winter sunshine just coming through, it all seems normal for this time of year, but it was only a week or so ago since we had record mild weather for our winter, which in turn has brought forward a lot of bulbs and odd flowers showing colour in some cases a month early.

In our garden the snowdrops are out 1st week January (18th of Jan normally) followed by early daffs, hellebore, aconites, Bergenia, Iris Reticulata etc. Whilst it's lovely to see these early spring flowers it begs the question will they flower longer ? (as temperature has now dropped) if so will they burn up the bulb resources and weaken them so flowering not so good for next year ?? Nature is very clever so we will wait and see. Remember last year it was a cold Spring and things were late. (had to change date of Spring Show) to ensure we had flowers on bloom. Now before we all get to busy in our gardens now is the time for some lovely winter walks and visits to some beautiful winter gardens that are now open, to view masses of snowdrops and other winter flowering plants and shrubs. It's so good to get out and about as the days lengthen and even a walk around your own garden makes you realise we are only 4 – 5 weeks away from Spring again as everything starts growing including the grass (Did it stop this year ?) My last cut was the week before Christmas – !!!!!!!

On Thursday 25th February we start our monthly meetings once again in our village hall (The old School) at 7.30pm (hall open

at 7.00pm) and our first guest speaker will be well known to most members. Sarah Cook of Shelley will give us a illustrated talk on “Winning Gold” at The Chelsea Flower Show. (no mean accomplishment). This should be a very interesting evening and well worth getting out for a for a few hours to enjoy the talk plus the company & refreshments along with other like minded members, also bring a guest along, they may even like to join our club. This year's Membership fees due @ £11.00. (if not already paid). Guests welcome @ £2.00, waived if joining the club.

Hopefully on the night I will be able to confirm the summer coach outing, plus the cost. Date to pencil in this year (week later than normal to miss Fathers Day) will be Sunday 26th June 2016.

Your committee looks forward as always to meeting you again at all of this year's events (our 36th year) so let's make it a good one to remember.

Geoff Horrex. 310422.



www.raydon-gc.org.uk

Daily Papers

Thanks to our paperboy, Ben, and Capel Convenience Store (01473 311112) we are again getting weekday deliveries of newspapers in the village. To make this a worthwhile service for the Store, it would be advantageous to have more people on the paper round. If you have had a delivery in the past and would like to return to it, please contact the Store to get yourself this regular delivery.

If you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact Jane Cryer, Parish Clerk on 07920 713940, or email her at raydonpc@gmail.com.

Please Come to our Big Brew

MARCH 1ST

Raydon Church 10.15-12.00

Coffee and cakes

Wide variety of goods to buy

Supporting

Fair Trade Farmers.



Don't be too amazed but we are thinking of Christmas 2016!!

It would be super to have a Raydon Christmas card for **next** year but to make it really special the "picture" should be local. Are there any keen photographers or artists in the village who would like to use this winter to get a suitable scene for a Christmas card? We are asking now so that the best use can be made of any wintry weather that comes along! Of course the picture does not have to be all snow, holly and festive but there would be no use thinking about this in high summer!

Please send your creative solutions to either myself on Geoff Horrex to be with us by 30th March 2016. This will give us time to make a selection and get the printing completed in good time for the autumn buying season.

Simon Tennent

HELP US MAKE RAYDON TIDY!

Raydon Parish Council would like to instigate an annual "Spring Clean" – maybe followed by a BBQ on the playing field.

We're looking for a volunteer to help organise this, so if you're interested, please contact Jane Cryer, Parish Clerk, on 07920 713940 – or email her at raydonpc@gmail.com.



Raydon Club is open to residents of this parish and will in future be held on Wednesday evenings each week from 8.30 till 11 pm.

Licenced bar, pool, darts etc.
Look forward to seeing you!

NEW WEBSITE GOES LIVE!

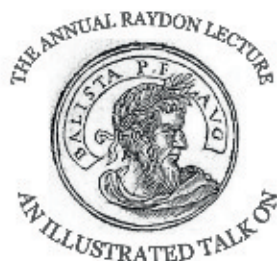
The new Raydon website is now live - please visit www.raydonpc.org and 'contact us' let us know what you think.

The Parish Council has always been impressed by the footpaths surrounding Raydon. Our footpaths offer great scenic value and provide the opportunity to indulge in rewarding exercise whilst enjoying the beautiful Suffolk landscape.

The footpaths also allow people to walk their dogs in a safe environment - but unfortunately, of late, this particular pastime has encountered a problem due to the increasing occasions on which dog owners allow their dogs to foul the footpaths. The area most affected seems to be the Noaks Road end of footpath no 55. Raydon Parish Council would like to politely request that dog owners use the bin provided.

We know you will all wish to keep our footpaths clear and remain a joy for all our fellow parishioners.

Thank you.



HADRIAN'S WALL

ROME'S NORTHERN FRONTIER

by Mark Mitchels

SATURDAY 27th FEBRUARY 2016

RAYDON VILLAGE HALL

7.30 pm

TICKETS £7

INCLUDING LIGHT REFRESHMENTS

01473 312123 01473 310320

~ IN AID OF ST MARY'S CHURCH FABRIC FUND ~



Higham

People across east and west Suffolk have reported a high level of satisfaction with their local GP practice, according to the latest independent national GP Patient survey data.

The results of the IPSOS Mori/NHS England survey show that overall, GP practices in the NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning group areas are performing better than the national average.

Patients were asked to rate their experiences of using their GP practice including the ease of making an appointment, waiting time at the surgery, satisfaction with opening hours and the trust in the care given by the GP or practice

nurse. Results for both CCG areas equalled or exceeded the national average in every category.

Dr Mark Shenton, a GP in Stowmarket and chairman of the NHS Ipswich and East Suffolk Clinical Commissioning Group said: "For many people, their GP practice is the first port of call for medical help and advice, which is why the results of this survey are pleasing. They show that overall local people are receiving high quality services from their GP practice. Healthcare staff including receptionists, nurses and GPs are all rated highly for the level of care and support they provide. The high quality of NHS healthcare services in Suffolk."

NHS Ipswich and East Suffolk Clinical Commissioning Group



PROMOTION WINE

YOU MAY BE THE PERSON *WE ARE LOOKING FOR...*

or you may know someone who would like to be considered for a new position within our company. Ideally you will have knowledge and an interest in marketing and social media with strong IT skills linked to using Mac software. A current knowledge of wine is not necessary as this will evolve over time as you gain experience within the role.

It does however help if you enjoy a glass of wine!

This is a full time position, and the successful applicant will be part of a small team moving the company into a new era of development. Applications, with your CV, should be sent to:

Tim Ferguson, Promotion Wine Ltd.

Oak Barn Offices, Thorington Street, Stoke by Nayland, Suffolk CO6 4SP • T: 01206 338915
E: tim.ferguson@promotionwine.co.uk • W: www.promotionwine.co.uk

Holton St Mary

Holton St Mary Social Club

Whist – Last Friday each month -
£1 entry – 8 pm start

Quiz Night – Saturday 20th
February – Poster for Teams and
Supper Choice (Fish, Scampi or
Chicken) in Village Hall

St Georges Day Lunch – 24th April -
£25 per person includes coach from
Holton to Stoke Golf Club – See Erik
at Club

Holton St Mary Sunday Lunch in Village Hall

13th March 2016

12.30 or 1pm -on

Cost £14 adults, £10 aged 5-18

*Reservations: Sally Thurlow on
312080 or salthurlow@gmail.com*

The Church Fundraising group is once again organising one of our most popular events; the Annual Sunday Lunch.

Once again, we will be asking you if you prefer to be part of the 12.45 sitting or the 13.15 sitting - this is so that your table all sit down together and the vegetables are still hot and to stagger the queues for drinks and meat, which are served to order.

CAROL SINGING

Thank you to all who sang: Martin Favell, Rosalind Field, Paul, Dom, Martha and Lydia Torrington, Jacqueline Unwin, Anne and Jon Wicks, my son Jon Armour and my husband Michael. It was a very enjoyable evening and we raised £104 for the Children's Society. Thank you also to everyone who invited us to sing to them, and especially to Benji and Natalie Unwin, and to Geoff and Sally Thurlow, who invited us in for very welcome refreshments.

Diana Wilson (formerly of Rose Acre)

When you respond please be ready to tell me who is in your party, what time you prefer, whether you can contribute. Several volunteers already cook some vegetables (we deliver) or donate desserts, or help with setting up or clearing up. We normally focus on roast pork or beef but do cook chicken and vegetarian options, where there is demand - so please say if you are not a pork or beef eater.



Holton St Mary Village Hall

can be hired at very reasonable rates!

Available during the day and most evenings (not Friday) from £17.00
Saturdays from £35.00

For further information and booking please contact Rachel Eagle on 01473 310550

First Friday of the Month



Every first Friday of the month, a lunch club is held in the Village Hall for residents of Holton St Mary.

A light lunch is served between 12.30 and 2.00 pm at a cost of £2.50 each.

The First Friday of the Month Lunch Club is a collaboration between some of the organised groups in the village, and is non-profit making!

Any surplus funds are reinvested.

To reserve a place, please contact Frances Torrington (01473 312046/ familytorrington@btinternet.com), Sally Thurlow (01473 312080 / salthurlow@gmail.com) or

Jinny Hay (07717 867583 / jinnyhay200@icloud.com)

at least a week beforehand for catering purposes.

Want to change your body shape? Fed up of not being toned?

Hadleigh welcomes Spirit Fitness studio. Set up a few months ago as a non-profit organisation by Tracey Crawley and Cheryl Farmer. There are 6 qualified instructors within the group all able to offer expert exercise and diet advice. Their ethos being to offer affordable and accessible exercise classes to all in the community. Cheryl and Tracey are both qualified Personal Trainers, Metafit and Kettlercise Instructors, with many years experience.

Spirit fitness studio is upstairs at the Hadleigh Baptist Church, George Street, Hadleigh. There are a wide variety of classes to suit all abilities, for men and women. Whether you want to lose a bit of weight, increase your fitness level or feel that you need to tone up a bit, give it a try, make new friends and have fun exercising to music. It's a small friendly welcoming group and the first class is FREE, but you do need to book!

The classes on offer include Kettlercise, Metafit, Zumba, Circuit Training, LBT and Stretch. A total of 24 classes available throughout the week, mornings, evenings and Saturday mornings, with more classes being added every month. Mums with young children please don't be put off as children are very welcome to all classes. There is a playpen for the small ones and table and chairs for slightly older children. 1 hour classes are £5 - 30mins classes are £4 - 12 classes for £55 - or pay £30 per month for unlimited classes.

For more information www.kettlercisehadleighsuffolk.com
Join us on facebook: Kettlercisehadleighsuffolk
or contact Tracey on 07890 615920 or Cheryl on 07530 244822.
fitgymbunny@gmail.com

Timetable of classes can be emailed upon request.

On Wednesday 13 January Bryan Thurlow, Actor in film & on TV, spoke on "Music Hall Memories". A pocket history of Music Hall featuring songs & monologues. We heard about the artistes, their songs and the many other acts that contributed to the success of British Music Halls.

On Wednesday 10 February Brian Barker, of E J Barker & Sons will talk on "Farming with Wildlife in Mind". A presentation showing how a commercial farm can maximise wildlife diversity. The speaker's farm won the FWAG Silver Lapwing award in 2009 and in 2010 P and B Barker were named Countryside Farmer of the Year by Farmers Weekly.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 200 members and 18 groups.

For further information please visit www.stourvalleyu3a.org.uk where membership secretary Val Pretty may be contacted. Remember, it's never too late to learn! Join the 361,477 members in 969 U3As throughout the UK today!

Stour Valley Men's Probus Club



On Wednesday 6 January Ian Rose spoke on "Kathmandu and the Jungles of Nepal" and on Wednesday 20 January Peter Gant informed us on "The Route of The Stour". Our popular New Year Lunch took place at the Venture Centre on Sunday 24 January and was enjoyed by both members and their guests.

On 3 February Jessica Lewis will speak on "The History of the Cutty Sark" and two weeks later on 17 February member Dick Patterson will talk on a most interesting subject "The history of and living in Sierra Leone during its last colonial days".

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.

East Bergholt Heartwatch

Charity Race Night

12 March 2016, 6.30pm for 7pm start

**Constable Memorial Hall, Gandish
Road, East Bergholt**

Come along and join in the horse racing fun and raise funds for your village community responder charity. Free snacks will be provided, a pay bar will be open and we will be holding a raffle.
Entry is £3 per head.

Tickets are available from Fountain House Tea Rooms or from Val on 01206 298692. To sponsor a race and/or a horse please call Val on 01206 298692.

Please support us in any way you can, so we can support you.

Thanks from the Heartwatch Committee.

Constable Singers

Constable singers have had some very good pre Christmas concerts/events at Flatford, Wivenhoe, Hare and Hounds E. Bergholt and at Claydon and Capel .

We meet at East Bergholt Lamb School each Thursday at 7pm apart from the second Thursday when we are at Holton Village Hall to sing from the musicals and popular music. We would welcome new members so come and have a free session .No need to be able to read music and we sing along to cd's or guitar.

For further details contact Yvonne 01206298428 or Mel 01206298628

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Hadleigh Library 29 High Street IP7 5AG

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Constable Country Patient Participation Group (PPG)

We were delighted that the practice received a Good rating from the Care Quality Commission following the re-inspection in early November. Staff have worked very hard and it is a major achievement to go from being in Special Measures to a Good rating. We look forward to helping the practice maintain this improvement.

Thanks to all of you who have been giving feedback to the PPG either on the comment cards available in the waiting rooms or via our email address:

constablecountryppg@gmail.com

Contact phone numbers for the twelve members of the Patient Participation Group are available on the practice website: www.constablecountrymedicalpractice.co.uk and in both waiting rooms.

Appointments: We have received a lot of positive feedback about the improvements in the appointments system. However it can still be difficult to get an appointment with a GP of choice. Some of the GPs are part-time and we know that there are problems with booking follow up appointments.

Don't forget that you can book an appointment online. If you don't already have a username and password you can get one from the reception team.

Please be assured that we pass on all the issues raised with us and try to get a solution. If you have a complaint we would encourage you to put this in writing.

Blood tests: We continue to get complaints about delays in appointments for blood tests. This has been caused by the long term sickness of one of the phlebotomists. We know that the alternatives of the Riverside Unit on Landseer Road and/or Ipswich hospital are difficult to get to without your own transport.

The practice has tried to recruit a temporary replacement but so far without success. In the meantime nurses and other healthcare staff have been helping out. We hope that this situation will be resolved soon.

Magazines: We are pleased to announce that there will once again be magazines available in the waiting rooms at Capel and East Bergholt. We also hope that children's toys will return soon. If you have any unwanted children's books in good condition and with wipeable pages you may like to donate them to the practice.

Kathy Pollard

Chair Constable Country Patient
Participation Group
01473 311384

Dedham Community Farm urgently seeks volunteers

Do you love ANIMALS and have a few hours a week to spare.

If so, we urgently need help with Animal Welfare, Maintenance and Land Management.

We are a not for profit community farm which stands on 14 acres in the beautiful Dedham Countryside. Run by Volunteers and Occupational Therapists we aim to bring the pleasure and therapeutic value of the human-animal bond to people with disabilities and learning difficulties.

Please contact either Cath on 07825 952 560 or Debbie on 07788 718 817 for more information.

Waste & Recycling Collection Schedule 2016

February 2016						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

Recycling this week

Rubbish collected this week



Kenny's SESAW news Feb 16

Someone's getting a bit too big for his boots, me thinks! Kenneth is still prancing around in his smart new jacket from Betty's Knitting Group so I've slipped into the office to meet the Quartet deadline. This gives me the opportunity to ask if you can help my dear friends, Baby and Julian.

These handsome long haired, black and white cats are looking for a special, child free home where they would be the only animals. Baby is extremely nervous and prefers to stay indoors except on really sunny days. Julian is an affectionate boy, quite nervous but loves being outside whatever the weather. If you are the special person they need, please leave a phone message or email Mother.

I must add that once again, my fellow black cats and kittens have been overlooked while the pretty ones are snapped up. Please give us darkies a chance to prove you couldn't wish for a better feline

companion. After all, as the Bard might have written, if he were penning this article, a cat of any other colour would be as sweet. Just time to say you can hire a table for £10 at our Spring Fair in Long Melford on 10th April. Call 01206 263269 or email sesawcharity@gmail.com for a booking form. Don't forget we are always glad of any saleable items for our fundraising events.

By the way, Barbara tells me she is planning another of her Bazaars in Stratford St. Mary soon. You would not have known about that, had I not stepped into the breach once more! Perhaps Lucky should be the middle name of me, Ollie (the Black) Cat

Suffolk& Essex Small Animal Welfare, Reg. Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, <http://www.sesaw.co.uk/>, email: info@sesaw.co.uk



Save time and money: Buy your heating oil through a community bulk buying scheme

Community Action Suffolk (CAS) can save domestic households an average yearly saving of £74 on heating oil, and higher volume users such as community groups and rural businesses, an average yearly saving of £181. The heating oil is purchased in bulk twice a month (once in December) and deliveries are planned to provide an environmental benefit, with one tanker making a single trip to several customers in a village on the same day. Individual orders can also be made if a bulk deadline is missed. The scheme provides a hassle free process and membership is open to all, starting at just £20 per year with the option to place orders online, by email, by post or by phone.

Visit www.communitybuying.org.uk or call 01473 345400 for details



CAN YOU HELP?

Do you have some spare time to help with leading the ponies or sidewalking the riders for Ipswich RDA?

Our sessions are as follows:

Adults on Tuesdays 10 - 11.30 a.m.

Children on Thursdays 1 - 2.30 p.m.
term time only.

You do not need to do a session every week - just as often as you like!

If you would like to know more or come along to visit during a session at Bentley Riding School please contact

**Frances Torrington on 01473
312046/07711080658**

You will receive a very warm welcome, make new friends and be involved in something that is very rewarding!

Previous experience with horses helpful but most certainly not essential.

One form to fill in and an Advanced DBS check required unless you have had an Advanced DBS check with another organisation within the last six months.

Local Services

The Constable Country Medical Practice

The Medical Centre,
Heath Road, East Bergholt, Colchester
CO7 6RT

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8.00am – 6.30pm Monday to Friday

Telephone 01206 298272

Fax 01206 299010

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Stratford Village PO Opening times

SHOP:

Monday 9am to 1pm - 2pm to 5.30pm

Tues to Fri (inc) 8.30am to 1pm - 2pm to
5.30pm Saturday 8.30am to 1pm

POST OFFICE:

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MOBILE LIBRARY

Stratford St Mary - Route 11

The bus stops every 4 weeks on
Wednesdays

24 February, 23 March, 20 April, 18 May, 15
June, 13 July, 10 August, 7 September, 5
October, 30 November, 28 December

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,

Holton St Mary

Church Square - 10.00 - 10.15am

Raydon

St Mary's Raydon - 10.20am - 11.05am

Lower Raydon

Sulleys Hill - 11.10 - 11.25am

Higham

The Green - 11.35 am to 11.50 am

2 February, 1 & 29 March, 26 April, 24 May,
21 June, 19 July, 16 August, 13 September,
11 October, 8 November, 6 December

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 .

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

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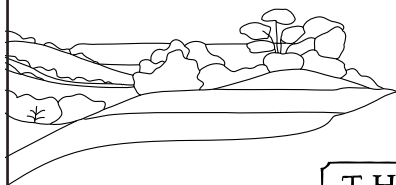
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A business card for John Parker, JP Handyman Services. The card has a wood-grain background. On the left, there is a partial image of a person's arm in a blue shirt holding a tool. The text on the card includes the name 'John Parker', the business name 'JP HANDYMAN SERVICES', a list of services: 'Bathroom/Kitchen Tiling', 'Painting/Decorating', 'Plastering', and 'Gardening', followed by the phrase 'The list is endless'. The phone number '07804 632645' and email address 'jtp1001@hotmail.com' are also listed.

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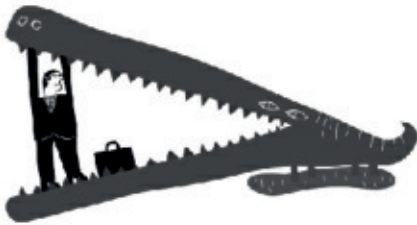
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Please contact the Rector direct to talk about baptisms, confirmations, weddings, funerals, or for home visits. **Please note that her normal day off is Friday.**

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Higham	Nicola Tindall 01787 212340 (Elder) Martyn Carr 01206 337325 (Elder)
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Morning Prayer in February

This month Morning Prayer will be said at 9.45 a.m. around the Benefice as follows:

2nd	Raydon
9th	SSM
16 th	Holton
18th	Higham

Silent Prayer Group

This group continues at 11.30 a.m. in the Rectory for 25 minutes of silent prayer, with fellowship. Do come and join us if you can.

Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **17 February**.

Meet the Rector at the Anchor in SSM

The next lunch together will be on **17 February**.

Sunday Services in February and March

	10.00 a.m.	5 p.m.
7th	SSM (+Baptism)	Holton
14th	Higham	Raydon
21st	Holton	SSM
28 th	Raydon	Higham
	SSM Family Hour	
6 th	SSM Mothering Sunday	Holton
13 th	Higham (baptism)	Raydon
20 th	Holton Palm Sunday	SSM
27 th	SSM + Holton EASTER DAY	

Ash Wednesday service

Lent begins on Ash Wednesday (10 February this year) and we commemorate it with a service at 6.30 p.m. at Raydon.

Services in Easter (Holy) Week

21st	SSM)	
22nd	Holton)	6.30 p.m. Compline
23rd	Raydon)	
24 th	Higham		6.30 p.m. Maundy Thursday Liturgy
25th			9 a.m. Start of the Walk of Witness at Raydon, ending at SSM at 2.30 p.m.
26th	Higham		7.30 p.m. Easter Vigil with lighting of the Easter fire



New Testament Readings and Collects for weekdays in February

7 February: *Sunday next before Lent.* Holy God, you know the disorder of our sinful lives; set straight our crooked hearts, and bend our wills to love your goodness and your glory, in Jesus Christ our Lord. Amen.

- 8th Galatians 1
- 9th Galatians 2.1-10. *Shrove Tuesday*
- 10^h 1 Timothy 6.6-19. **ASH WEDNESDAY**
- 11th Galatians 2.11-end
- 12th Galatians 3.1-14
- 13th Galatians 3.15-22

14 February: *First Sunday of Lent.* Heavenly Father, your Son battled with the powers of darkness and grew closer to you in the desert; help us to use these days to grow in wisdom and prayer, that we may witness to your saving love in Jesus Christ our Lord. Amen.

- 15th Galatians 3.23-4.7. Sigfrid, Bishop, Apostle of Sweden, 1045
- 16th Galatians 4.8-20
- 17th Galatians 4.21-5.1. Janani Luwum, Archbishop of Uganda, Martyr, 1977
- 18th Galatians 5.2-15
- 19th Galatians 5.16-end
- 20th Galatians 6

21 February: *Lent 2.* Almighty God, by the prayer and discipline of Lent may we enter into the mystery of Christ's sufferings, and by following in his Way may we come to share in his glory, through Jesus Christ our Lord. Amen.

- 22nd Hebrews 1
- 23rd Hebrews 2.1-9. Polycarp, Bishop of Smyrna, Martyr, c. 155
- 24th Hebrews 2.10-end. Matthias the Apostle
- 25th Hebrews 3.1-6
- 26th Hebrews 3.7-end
- 27th Hebrews 4.1-13. George Herbert, Priest, Poet, 1633

28 February: *Lent 3.* Eternal God, give us insight to discern your will for us, to give up what harms us, and to seek the perfection we are promised in Jesus Christ our Lord. Amen.

- 29th Hebrews 4.14-5.10
- 1st Hebrews 5.11-6.12. David, Bishop of Menevia, Patron of Wales, c. 601
- 2nd Hebrews 6.13-end. Chad, Bishop of Lichfield, Missionary, 672
- 3rd Hebrews 7.1-10
- 4th Hebrews 7.11-end
- 5th Hebrews 8



For your prayers

- Nicola Tindall as she continues her studies to become a Reader
- For those to be married in March:

10th: Jane Baylis and Ian Young

19th: Louise Bruce and Kristen Johnson

- Those who are ill or in need:

Holton: Gerard Noel, Olive Britten

Raydon: Patricia Reeves

SSM: Paul Alexander, Frank and Laura Kerry, Reg Price,
Trina

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