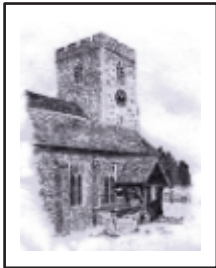


**Higham
Raydon
Holton St Mary
Stratford St Mary**

Quartet

The Parish Magazine



June 2020
Issue 382


HOME, BUT NOT ALONE

Connecting volunteers and vulnerable people in Suffolk

DOWNLOAD

Tribe - Volunteer

APP TO VOLUNTEER



Need a volunteer's help? Call: 0800 876 6926

#COVID19SUFFOLK

Wanted

Garden slabs any sizes considered
Please phone 07706985727

Wanted

Gold coloured acorn and squirrel
with coasters inside made by next
Phone 07706985727

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Quartet Diary

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Editors Corner

Well, here we are in June - it feels a bit odd. In some ways the first half of the year has been so eventful that the time has just melted away, then again lots of us have had to put life on hold since March and time seems to be at a standstill.

Here at the Quartet we've been busier than average - on top of trying to find useful and interesting things for you to read, we've had to learn a new software package this month, so bear with us if you see some formatting errors!

We have been very fortunate however in the response we have had from all sorts of people sending in articles for the magazine. You will find an assortment of memories, insights from abroad, safety advice, regular news and even a few events and meetings all swimming around in the magazine this month.

As well as all that, we have been so pleased at all the lovely photos you have sent in. We have even had a few brave entrants into the writing competition! Take a look at pages 25 - 28, we've printed a few of your entries to give you a flavour of Quartet Lockdown. There's still time to enter if you want to - we'll close the competitions on 15th June and announce the winners in the July edition.

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 June 2020

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Stratford St Mary

Maintenance Work in Village

Stratford St Mary Parish Council are looking for a contractor to carry out general maintenance work in the village. This will involve repairing of benches, clearing of footpaths and other jobs as and when required.

If you are interested, please email Parish Clerk:
parishcouncil@stratfordstmary.org.uk

Medical lifts to the Doctors

Following advice from the Practice Manager at Constable Country Medical Practice, due to the Coronavirus outbreak we have suspended our lift service to doctors appointments until further notice.

Diana and Graham Pearce

LOCAL COUNCILLOR

IF YOU CARE ABOUT WHERE YOU LIVE AND ARE
PASSIONATE ABOUT STRATFORD ST MARY,



WE NEED YOU!!

JOIN US AND MAKE A LOCAL CHANGE

There are currently two vacancies at Stratford St Mary PC

Please contact the Clerk on 01473 311191 for more info or email
parishclerk@stratfordstmary.org.uk

Stratford St Mary Parish Council Emergency Team

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

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

What it is like living under lockdown in Kampala

Introduction

My name is Ronald Kabuye. I am 25 years old from Kampala, Uganda. I am a trombonist, law student, music teacher, and Assistant Director of Music Education (*On a sabbatical*) at Brass for Africa, and conductor of the Kampala Music School Junior Orchestra. In 2017, I visited the beautiful Suffolk county. The memories of that evening at the Portman Road Stadium, the energy and team spirit was absolutely amazing, the drive around the countryside scenery, stop over to grab fish and chips which are still fresh. It is such a haven.

Normal days in Kampala

On a normal day in Kampala it is crowded, loud, and busy with a lot of traffic jams. During such days, I have lectures throughout the week, teach about 100 vulnerable children and youths. Music and life skills twice a week, conduct a junior orchestra, and get involved in other leisure activities. However, this was all put on a halt on the 18th of March 2020.

Life under lockdown in Kampala

Access to basic needs, food has become unaffordable to many people who survive on a daily bread. The government and well-wishers have made efforts to reach out to these people, but this has delayed due to the limited means to access everyone in need of relief. Incidents of death have increased due to lack of enough ambulances, a ban on public transport, and the requirement to obtain prior permission to access medical facilities for specified illnesses.

Other problems, The rise of water levels in lakes, severe bursting of river and landslides, have claimed lives and led to displacement of a lot of people, putting them at the risk of other infectious diseases on top of Covid-19. Domestic violence has also increased in homes with about 4000 cases registered in one month making up 60% of the total number cases recorded last year.

My life Under lockdown, 7 weeks under lockdown, and it is a whole new world. No teaching, no band activities, no lectures, a quiet city, and terrible news from communities every day. With a ban on all outdoor activities, my day is spent in and around my room. With my two friends, we share a food budget, share meals, play cards, and board games. I keep up with the music and work virtually, attend music classes twice a week and help in the development of new life skills module for the children we teach. With musical tasks for my grade 8 trombone and grade 5 theory exams, this keeps me busy. To keep up with studies, me and friends discuss a topic at least once a week.

With my personal schedule accomplished, everyone is indoors by 7pm due to the curfew instated by the government. I get back to the unusual soundless nights of a city which used to be one of the busiest and sleepless in East Africa.

By

Ronald Kabuye.

The Village Emergency Telephone

The Stratford St Mary Village Emergency Telephone System (VETS) is now up and running.

If you are with a person who you suspect has had a cardiac arrest, immediately call 999 as normal. An ambulance will be dispatched as soon as possible, however due to the location of Stratford St Mary, this may take a while.

You will probably be alone with the patient and cannot leave them to go and get the village defibrillator, so we have a group of 10 volunteers who will respond to a telephone call from you. All the volunteers are on the same number and if a volunteer is available you give them your location, they will collect the defibrillator and come to your location, they will then assist in CPR and using the defibrillator until the ambulance or medics arrive.

The number to call these volunteers is :-

01206 700919



Wanted

An understudy/apprentice to assist Chris Griffin to learn the workings of the Stratford St Mary Church Clock.

Full training will be given by Chris of Brook farm, Stratford St Mary.

Tel: 01206 337 363 or mobile 07885 807567

David Sparrow and family would sincerely like to thank everyone who kindly sent us condolence cards of sympathy after Barbara passed away; she would have been pleasantly surprised at the number of cards we received. If anyone would like to make a donation to Barbara's chosen charity it is the S.E.S.A.W charity Stoke Road Leavenhath CO6 4PP

SSM 100 Club Winners

May

97	S.Kite	£40.00
53	J.Drake	£10.00
26	D.Sparrow	£5.00

Colchester Food Bank Donations

Following the example of many other local villages, Stratford St Mary has started collecting for the food bank in Colchester. Our two collection points are at 13 Strickmere and Gatemans (next to the chapel).

We are accepting all non perishable foods, i.e. Pasta, rice and tins etc, and also toiletries and pet food. Our donations are taken once a week and the donation boxes are out seven days a week.

Thank you in advance for your support.

Sarah Brass and Lynn Palmer.

Stratford St Mary Community First Responders Annual Statement.

The SSM CFR group has had a busy year. The committee had several changes to its members, Tony Nixon stood down as chair after many years, a big thank you to him and all he did for the group. This position was taken over by Brian Worton. Helen Garland stood down as treasurer but remains on the committee as a member, the treasurer role was taken over by Peter Dawson. Jane Lelliott remained as the secretary and we welcomed Luciana Hayward to the committee as a member. Sue Lawrence also stood down from the committee due to personal commitments, a big thanks goes out to Sue as well for all she did for the group as a responder, the co-ordinator and as a committee member.

Gerogina Worton had to stand down as a responder due to personal commitments, many thanks go to her for the work she did as a responder. This left the group with just one responder for most of the year. There has been several people interested in joining the group, we have one person awaiting training, 3 more awaiting interviews and the good news was in December we had a fully trained responder join the group, Stephen Finch, who was a responder in Colchester. So hours and cover should go up in 2020.

Due to Covid19 things had to be altered slightly. Several responders in neighbouring areas could not respond due to age or existing medical conditions. This did mean that several kit bags were sitting idle. One of these was the Dedham bag. This has been taken over by Stephen on a temporary basis until the situation returns to normal. He lives on Severalls Lane so will still give additional cover to Langham and SSM.

In 2018 the group covered the area for 433 hours. In 2019, this was increased to 575 hours or 48 hours per month. In the first quarter of 2020 we have recorded 277

hours. Hopefully we can keep this performance up. In 2019 the group had 63 alerts of which about 50% were attended by a CFR, the other 50% were either stand downs or the Ambulance arrived at the same time and the CFR was not required.

Financially the group has done very well. We started the year with £3627.71 in our bank account, at the end of the year this had increased to £5314.55, an increase of £1686.84. The group raised £2078.07, this included £500 from the Co-op token scheme, £530 from the Waitrose token scheme and £650 from quiz nights held at the Shepherd in Langham. The remainder was donations, collection boxes, coffee mornings and easy funding. There was £391.23 spent, this was in the training room and brand new smart uniforms.

Domestic bonfires - advice from Babergh District Council

Given the current situation with many people in 'lockdown' in their homes due to the Coronavirus outbreak, we would not recommend having a bonfire as it is likely to cause more of an annoyance than usual, or breathing difficulties for neighbours who may be suffering with respiratory issues related to the illness. We would advise you to compost waste wherever possible, or to store it on your property ready for when the waste collection and recycling facilities are able to resume normal operation.

If you must have a bonfire we would ask you to be considerate of others at this time and would suggest that you inform your neighbours of when you intend to burn – post a note through their letterbox if necessary. This will enable them to make the necessary arrangements to protect themselves, for example, closing windows

and removing washing from outside. By doing this you will significantly reduce the likelihood of complaints to the Council.

Bonfire guidelines

If you must have a bonfire follow these guidelines to avoid causing a nuisance and to keep safe:

- Keep the number of bonfires to an absolute minimum.
- Only burn dry material. This will produce the minimum of smoke.
- Never burn household rubbish, rubber tyres, or anything containing plastic, foam or paint. The Council will collect domestic hazardous waste for a small fee - see our Hazardous Waste Collections page for details.
- Never use old engine oil, methylated spirit or petrol to light or encourage the fire.
- Avoid lighting a fire in unsuitable weather conditions. Smoke hangs in the air on damp, still days and in the evening around sunset – ensure the bonfire is extinguished well before.
- If it is windy, smoke may be blown into neighbours' gardens and across roads.
- Keep the bonfire under adult supervision at all times and ensure it is extinguished completely, by dousing with soil or water, before you leave it.
- Keep a hose pipe or buckets of water close at hand in case the fire gets out of hand.
- Take account of your neighbours' activities e.g. washing hanging on a line, open windows, sitting in garden, decorating etc.

Virtual Open Gardens



Chelsea eat your heart out – we have SSM Open Gardens!

As we remain in lockdown many of our gardens have been getting extra attention. So why not film or photograph your garden in June and help us create an online experience for all to see. We aim to release this on 20th June so if you would like to get involved please let me know and I will co-ordinate our efforts.



If there is anyone out there who is a whiz with social media presentations I NEED YOU!! It may be a good project for some of our young social media buffs or indeed anyone else one so again do get in touch.

Julie@jj-associates.co.uk or 07989639583

Keep those green fingers moving!

Julie

Raydon



Fair Trade coffee morning.

It was another nice warm and sunny day for what should have been our April 21st Fair Trade coffee morning, but sadly

our Churches are still locked, so again we couldn't meet.

We always look forward to our April event as one of our long standing and original participants has a birthday, often on or very near our Fair Trade coffee morning. Our "Frinton Friends" make him a lovely birthday cake as well as the usual delicious cheese scones. The treats this year will have to be postponed and I think it's likely to be July before we can celebrate. But as they say, all good things are worth waiting for!

You might have noticed a small tribute at the Church gates which commemorated VE day, 75 years since the end of the war in Europe. It consisted of our silhouette soldiers, large poppies and Union Jacks. This was organised by our flower rota leader, and it was very fitting. A very informal distance gathering took place at 3pm with just a few people who wandered along to the war memorial, informal thanks were given to remember them.

I'm sorry to say that it is not possible to have our Fair Trade coffee morning on 16th June, but we are ever hopeful that we might be able to have our July 14th event. This would probably be outside and at a

distance from each other, so let's hope for a warm and sunny day. I'll be in touch with any updates,

Many thanks and hope to see you all again soon

Regards from Wendy Mumford

01473 312123

Lower Raydon and Shelley CV19 News

I think we all feel that we are doing a really good job of keeping our area informed.

This is mainly due to Anita Busulu who spends hours of research to benefit us. The article and helpful contact lists that she produced for us which was printed in last month's Quartet was very useful.

If there are other neighbours who would like to add to our database it would be much appreciated. Let's pool our resources and share our info.

Please call Jayne Tann 01473 828283

Eva Phillip's 07871835458 Janet Cambell 01473 824852

Raydon Parish Council

Schedule of meetings 2020

All at 7.30pm in the KGF Pavillion

TO BE CONFIRMED

Tuesday 9 June

Tuesday 14 July

Tuesday 8 September

Tuesday 13 October

Tuesday 10 November

NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact

Jane Cryer, Parish Clerk
Sunnyside Cottage, Overbury Hall Road,
Layham IP7 5NA

07920 713940 / raydonpc@gmail.com



Big clap to everyone in Raydon for continuing to provide assistance with the Phone Tree. We've been successful in supporting our village friends who have been unable to get out for essential supplies. Thank you all; and sorry if we ask but do not take up all the positive responses! It would seem that the need for help will continue for some weeks so we are hoping you will still be available to answer the call! Kevin Gregory continues to keep us supplied with eggs for which we are most grateful.

Geoff and Simon

Your Raydon Parish Councillors

Sue Newton (Chair)
07808 818847

Keith Lovering
07939 075143

Howard (Jim) Lowe
01473 313094

Amanda Pyall (Vice Chair)
01473 310050

Sigi Steer
07591 875267

Jayne Tann
01473 828283

Faith Backhouse
07999 018049

Stephen Coe
07947211802

Trevor Sayer
07747 610317

Jane Cryer – Clerk
Sunnyside Cottage, Overbury Hall Road
Lower Layham IP7 5NA
01473 824287/07920 713940
raydonpc@gmail.com



Raydon and District Garden Club

June is upon us once again and just watching all the lovely flowers that keep coming out in succession is a must do everyday otherwise they could easily be missed especially the smaller plants. Iris that stand up looking so regal of course can never be ignored and from mid May onwards they make a very fine display especially if you have a fare few different ones as Daphne has, 15 at the last count. Once they have finished flowering your eye is taken to all the wonderful roses that just keep flowering all through the summer. I think this year because of all the dry weather and not too many frosts the quality of flowers has been great and they have lasted much longer. However a few more showers of refreshing rain would not go amiss especially for the veggie plot which on my cloddy heavy clay soil would make it easier for the small seeds to both emerge and continue to grow. It's been quite a task this year trying to achieve a nice fine tilth (almost impossible) but perseverance pays and with the help of watering cans most things are managing to grow. Talking of which watering of pots becomes almost a daily requirement and don't forget to water & feed those pots of bulbs which have flowered and now put to one side for the foliage to die back as this will help them produce better flowers next year.

I see one or two plants caught the mid May frosts but in most cases only slightly, however because it was windy some of my fleece blew off my runner beans so good job I have a few spares in green house that will be hardened off before then planted out to replace.

It's been a strange time since March 19th but at least we all have had extra time to both do and enjoy our gardens which

should all be in tip top order by now !!!!! with the grass cut and soon be time to cut the hedges once the birds have finished nesting. Then hopefully as the year moves towards summer and dare I say Autumn perhaps things will have improved as we gradually get back to normal (whatever that is). At this time of writing these notes we are of course at the very beginning of the beginning, and let's hope that people do not break the rules too much which in turn would see us back to square one. It's too early to say when we might all be able to have a meeting together again with a guest speaker but it will happen in hopefully the later part of the year, also too early to make a final decision about a flower & produce show in mid August or even a coach outing in late September but both of these major events for our club are looking almost impossible but your committee will confirm in the July edition of the Quartet so watch this space.

Another thought to ponder as we have had to cancel so much this year:- Do we start the New Year 2021 with a extra meeting in



January (we used to) provided the weather is reasonable and we can organise a guest speaker who's local, what do you members think, please let me know.

It's not been the best way for this club to celebrate its 40th year anniversary (guess we will never forget) but let's all look forward to making next year a bit special if we can, so start coming up with new ideas of what we as a club can do. Don't forget to try and get new members to join, as more members means more income, which in turn means more quality speakers, because each year we need to have new subjects which might not be covered by our existing list of speakers.

Enjoy the summer ahead and especially your gardens, Enjoy those walks or bike rides out in the local countryside and you may even stop and wonder at a view that is normally passed by so quickly in a car.

Geoff Horrex, 01473 310422 / mobile 07810086143

Dear All,

I'm setting up **Food4Heroes** (<https://www.food4heroes.co.uk/>) in our area with The Crown in Stoke-by-Nayland and in order to set it up we're trying to make contact with:

- a) local organisations whom we could supply bulk orders to and
- b) individuals in our local area whom we can cater for individually

If you can help by sending me contact details (emails are best as I can churn them out more quickly than making hundreds of phone calls, but either is fine) of people who run or work for Colchester

or Ipswich hospitals, local GP practices, local care homes for elderly as well as other vulnerable groups, royal mail/other delivery workers or any other essential workers, whom you can think of who would benefit from and appreciate free cooked meals, I'd be very grateful. (At the moment we're not looking to include supermarket staff as their access to food isn't as limited, although their work is obviously hugely appreciated!). Please do refer anyone who is struggling to Hadleigh Foodbank, which is doing a fantastic job of supporting many households.

- On a totally different note, the casting team for a new Gareth Malone BBC show has been in touch to ask me to publicise this: https://www.twentytwenty.tv/casting/the-choir-britain-in-lockdown-wt_1326.aspx so please apply if that's your sort of thing! □

- Lastly, is anyone interested in deliveries of fish & chips? These people (The Travelling Friar) are stopping in Stratford on Tuesday lunchtimes and I think I could ask them to stop in Lower Raydon afterwards if people wanted to pre-order. Let me know if you're interested.

<https://www.facebook.com/Fishandchips1flyingfriars/posts/2533629973617857>

Food4Heroes now needs people to deliver meals every day from The Crown in Stoke-by-Nayland to hospitals and care homes in our area. Please could you let me know if you're available to help or if you know anyone else who would be able to. (No minimum commitment - even if you can only do one delivery it's helpful as the more volunteers we have, the fewer everyone needs to do).

A few memories of times past.

Having lived my childhood days in Higham down by the river Brett I was fortunate that Mum & Dad owned a small (20 acres) of land that used to be part of a larger farm, along with all the farm buildings. 10 acres was used for growing cereals and 9 acres was water meadows the other 1 acre was woodland. As a young boy it seemed we owned everything as I and my sister were free to roam everywhere as long as we were home before dark. Cattle grazed the meadows and when fattened up went to local butchers in Langham & Dedham. We had 20 or so chickens, the eggs put in a pail of preservative (white in colour) and stored in cellar (no fridge no electric only oil lamps), kept and bred rabbits and ducks for sale at Colchester market which gave us extra pocket money, no overheads as Dad paid for food and took us to market for a 10.00 am start which was a lively and interesting place to be on a Saturday. We made a day of it as Mum would sometimes go into Colchester shopping for clothes and we used to get home about 4.00pm. The corn was sold through Brooks of Mistley or Wilsons of Hadleigh and when collected it was my job to help load the lorry using sack barrow which arrived at 6.00am (corn all in sacks) before going to school. Mind you we had plenty of jobs to do before and after school as in those days our water supply was a "Well" under the cellar in the farm house and I had to pump up enough water for Mum to use each day. Tap water along with electric laid on in 1960. The water came through lead pipes (Health & Safety would have a field day !!!!). Sister Jane being younger had to fetch kindling from one of the barns to be used in the kitchen to light under the brick boiler used for amongst other things "to do the washing", the clothes then taken down the garden to a shed which housed the mangle and guess who had to turn the handle. (Washing machines not invented then). Sister Jane also helped with food preparation and cooking while I used to help outside gardening, given a patch on

my 7th birthday on Dad's veggie plot (1/2 acre) and a few seeds to grow my own. From memory lettuce and carrots and beetroot were my first successful crops to be taken and eaten by all the family and I still have that wonder of watching a tiny seed grow into a plant and then eventually eaten. As we say in Suffolk "blooming marvellous". Being with the River Brett so close, fishing was a hobby of mine, I remember Dad made a rod and a bent pin for a hook loaded with a worm to start me off and after a little while with no bites I asked Dad what sort of fish would I catch. He said it would be a miracle if I caught one, I said "how big is a miracle." I was reminded of this for years afterwards.



Going to school was by firstly on a carrier on Mum's bike, then at 7 years was told to walk, so most days it was across the fields to Stratford. I remember heavy horses working on Tunmers farm at Higham and ladies (land army) working in the fields especially potato picking and loading tumbrils by hand beet forks with sugar beet. Suddenly one day he had a "tractor" working, now that made me late for both school and getting home. Next day told off in school as I was caught dreaming (of driving a tractor) and soon afterwards I did. I used to help doing odd jobs on the farm at weekends and in the lighter nights, one day was asked if I would like to ride on the tractor and of course I soon asked if I could drive it. To my amazement Mr Tunmer said Yes and I was only 10. At 11 years I

joined the Boy Scouts troop in Stratford St Mary run in those days by the Rev John Griffin (Christopher will remember well). The meetings were held in what you now know as the Parish Room and at eleven I had a second hand "Fixed wheel bike" (no brakes, no gears) which I used to bike down from Higham also no lights and remember Mum saying as I went out of the door you be careful you might see a car (how times have changed) but all I saw on my way home was PC Whiteside (Some older local Stratford people) will remember him, on his bike going home from Higham Kings Head which was run by Mr Harold Partridge. (son John lives in Holton St Mary). He used to say "where are your lights boy you be careful" and that was that. Tell you another story about him in part 2 July edition.

Now you all know Stratford A12 by – pass today but just think we used to play over on the marshes, have tree look outs, go under seven arches bridge fishing and swimming, and on Scout exercises etc and it was so lovely and peaceful with wild flowers especially buttercups and Higham seemed a million miles away, but we could roam wherever from dawn to dusk but occasionally late for tea which included a clip round the ear but also a generous helping of toast covered in "Dripping" by the open fire. Those were the days of innocence and fun and short trousers, and dirty knees, had to wait till 12 years old before allowed long trousers, and trainers had not been thought of. It was shiny shoes for best and Church Sunday school, everything else was Hob nail boots (cleaned with Dubbin) order of the time, do you remember wearing them ?

Hope you enjoy this part of my story and may it bring back a few memories of your own in these uncertain times, and hey ho it will get better. Keep smiling and stay safe. Best wishes, Geoff Horrex.



This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.
Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.
If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.

JOHN O'DONOHUE

Higham

Falls Prevention.

Some of the following advice may appear to be obvious, but it is amazing how often people who fall have not carried out common sense precautions. The following advice is from the NHS website and is not just for senior citizens.

How to avoid a fall:

immediately mopping up spillages

removing clutter, trailing wires and frayed carpet

using non-slip mats and rugs

making sure all rooms, passages and staircases are well lit

organising your home so that climbing, stretching and bending are kept to a minimum, and to avoid bumping into things

getting help to do things you're unable to do safely on your own

not walking on slippery floors in socks or tights

not wearing loose-fitting, trailing clothes that might trip you up

wearing well-fitting shoes that are in good condition and support the ankle

[taking care of your feet](#) by trimming your toenails regularly and seeing a GP or chiropodist about any foot problems

Home hazard assessment

You can request a home hazard assessment if you're concerned that you or a relative may be at risk of having a fall, or if you know someone who has recently had a fall.

As well as identifying potential hazards, the aim of a home hazard assessment is to explore how a person's actual use of the environment affects their risk of falling. A healthcare professional with experience in fall prevention will visit you or your relative's home to identify potential hazards and advise on how to deal with them.

For example, as the bathroom is a common place where falls occur, many older people can benefit from having bars fitted to the inside of their bath to make it easier for them to get in and out.

Fitting a [personal alarm system](#) may also be recommended so that you or your relative can signal for help in the event of a fall. An alternative would be to always keep a mobile phone in your pocket so you can phone for help after having a fall.

Contact your GP or local authority to ask about the help available in your area. You can [find your local authority](#) on the GOV.UK website.

Holton St Mary

Suffolk Historic Churches Trust

Ride and Stride, 14th September 2019

A huge thank you to all those in Holton St Mary who made the day such a success - the cyclists, their generous sponsors and our enthusiastic team of recorders who made the visiting cyclists so welcome. The total raised in Suffolk was very nearly £140,000 of which our team of cyclists from Holton St Mary raised £1,460.

We are very lucky to have so many supporters in the village and I know that everyone involved with the Suffolk Historic Churches Trust is grateful for your help.

Please put Saturday 12th September 2020 in your diary when the 40th Ride and Stride will take place, government restrictions permitting.

Caroline Favell

Holton St Mary Social Club

The committee would like to wish all our members well. We are looking forward to welcoming you all back when it is safe to do so.

Kind regards, Peter

quaywallslongmate1@btinternet.com

mobile:- 07957 910608
home:- 01473 314150

Covid 19 One Liners

The Suffolk Local History Council are anxious to record the way the Coronavirus has affected local communities. Since we are all pretty much housebound it is not easy to gauge the feeling in the Village. When I have been out and about I have had brief conversations with others and their comments have led me to think that the best way to record this is by a series of 'One Liners'. Can you sum up in a few words how the pandemic has affected you personally? e.g. 'I've never worked so hard in the garden,' or 'It's like a self catering holiday without going away'.

Please send your comments to marjorie.haste01@btinternet.com or phone 01473 311615.

All comments will be recorded anonymously.

Marjorie Haste, Village History Recorder





Village History Recording

As many of you know, I have been the Village History Recorder for Holton St Mary for some years. The purpose of this voluntary role is to record significant events, changes and community activities so that this information is available to future historians. So far I have only recorded current changes without delving into the past. You may have seen me taking photos around the village as the changing street scene is one of my interests.

Jeanette Appleton approached me to say that she was interested in recording oral history of the village. Whilst many people have a lifetime of memories in their heads, they very rarely get around to writing them down. Recording the spoken word is an easy and enjoyable way to ensure these recollections are not lost forever. We would therefore like some volunteers to come forward and agree to being 'interviewed' about their life in Holton St Mary. The recording can either be just to a digital voice recorder or Jeanette is prepared to use a video camera. You don't have to have lived here for years, recent memories are just as important!

The recording would be made by spending an hour or so in the comfort of your own home and the resultant information will then be stored at the Suffolk Records office. This would then be available for the public to listen to, view, or see a transcript. Public access can be immediate, or delayed until a future date to be agreed if that is what you prefer.

Obviously the Coronavirus situation has affected this project, we will be guided by Government advice and recording will not

begin until it is safe to do so but you may like to start making a few notes about the memories you would like to share.

If you are happy to spend a little time talking about your Holton St Mary memories we would love to hear from you.

Marjorie Haste 01473 311615
Jeanette Appleton 07768 418942



Holton Women's Book Club

The second meeting of the book club took place on 5th May, again as a virtual meeting due to the ongoing pandemic. Although we are currently just a small group of 6 we hope that over time we will gain more members.

Belonging to a book club is known to have many benefits including:

- decreasing stress
- extending your reading repertoire
- broadening your horizons
- taking new perspectives
- gaining new friends
- getting involved in the community

Certainly as a relative newcomer to the village (nearly 4 years) all of the above have proved true for me. By reading a different book each month that someone else has chosen it can take you out of your comfort zone and possibly challenge your thinking too. The opportunity to discuss your thoughts and feelings about the book with others is really refreshing in a comfortable, respectful environment. Although the main focus is the book there

is a lot of informal chit chat too and this month it included exchanging tomato plants and wild garlic, as well as the ongoing problem with rabbits in the village and methods used to keep them at bay!

This month's book was 'Tidelands' by Philippa Gregory. It is set in 1648 during the time of civil war in the tidelands of Sussex. It portrays the life of a poor woman, Alinor, and the immense difficulties faced during this period when trying to survive with two children and no husband to protect her reputation or give her legal status. As she tries to make a living as a midwife and herbalist, she faces the suspicion of others in the community who believe her skills are akin to magic. She meets a young Catholic priest who is seeking refuge and attempting to free the king in exile and so their lives become intertwined.

Philippa Gregory is well known for her novels that are historically accurate and give a good insight into lives during the period. Tidelands is different to some of her previous novels in that it focuses on the tough, simple lives of the poor rather than lives of the nobility. It shows how women of the period were engaged in a daily struggle for independence and survival

It also raises feminist issues of the time whereby, 'To survive a woman needs to be complicit with the ethos of the time, especially when neither widowed nor divorced'. However, Alinor retains her independent thinking and has strong self-esteem. She has aspirations of a better life for herself and her children and this constantly drives her forward.

Book club members all enjoyed this story and look forward to the sequel 'Dark Tides' being published later in 2020.

If you would like to join us at the next meeting on Tuesday 2nd June, please contact Liz Norton on 07745607713.

SESAW News

Life at SESAW is very quiet now visitors don't come and fundraising events are halted but we are extra subdued since losing a stalwart supporter.

Our thoughts are with Dave Sparrow and family since his wife, Barbara passed away last month. Apart from looking after the animals for years she constantly raised money by collecting donated goods and organising sales in and around Stratford St. Mary. She helped at our events and was always willing to dress up for an occasion, be it a Christmas Fair or a Vintage Fete. Her keen support and cheery presence will be sadly missed but we look forward to joining forces with some of her friends who wish to hold a fundraiser in her memory when the current situation allows.

Our volunteers often come up with interesting ideas, like Sharon, a professional seamstress who is sewing washable, pleated face masks in triple layered dense cotton. Jayne is busy knitting 'Rainbow of Hope' car hangings and both items are selling well. The ladies suggest a minimum donation of £2 per



item. If interested please phone Jayne on 07720 079370 to place an order.

We are grateful to our hard working ladies and gentlemen who exercise and care for the residents every day and the many shops that host our food collection bins or donate food and vegetables from their own stock. a choice, we would ask for kitten food because it is that time of the year again! Which reminds me, it's time to help Mum Given on her evening rounds and then it's bedtime for all the animals including me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Reg. Charity No. 1124029,
Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888,
www.sesaw.co.uk

RANDOM THOUGHTS DURING LOCKDOWN

With the frequent mention of the "blitz spirit" in recent days, my thoughts have turned to similarities and differences between now and then. As with other readers, I will have experienced both. To use the phrase "lucky enough" would be totally wrong; perhaps, fortunate to survive so far, would be closer and viewing them as a child and in old age gives a different perspective.

First up are food shortages. It is well known that we lived on meagre amounts of food; economic historians write that in 1941/42, the country was near starvation but we ate what was put in front of us (never any left-overs) and we rejoiced in the very occasional tin of fruit without knowing the human cost of carrying it across the Atlantic. We believed that rationing was fair to all, rich and poor and would never have thought that shelves would be emptied by those who got to the shop first with money to buy it all. What is similar is the huge boom in gardening but the difference is that, in the War, it was fruit and veg, production and not, as I have been doing lately, making the

garden look prettier. Then we enjoyed only the produce that was in season and certainly not strawberries in December or anything as exotic.

Parents and children, as today, had concerns about education. In the three days after the outbreak of war, three million children from the cities descended on rural schools who were, naturally, totally unable to cope. Most arrived with their teachers so arrangements were made between schools. In my case, we shared the village school half and half. This left the teachers to occupy us for the other half without premises or equipment. I take my hat off to them but my memory is of long "nature walks". For the children who remained in the cities or who returned home, as many did, during the Phoney War up to June 1940, there was very little schooling and none once the blitz that followed began. However, schooling became more organised over the next two years and by the time I returned to London in 1943 for my secondary education, going to school was back to normal. I do feel sad for parents today struggling with home schooling in spite of the facilities which are now available to help. Both generations have suffered and we can only hope that some regular education can begin soon.

What we haven't experienced today is the destruction of buildings. In the six years of war forty per cent of UK housing was totally destroyed mostly in the centre of the major cities. In London, most properties had some damage even in the suburbs where I was living. For my family, it was not through enemy action but a stray shell from the anti-aircraft guns stationed on the hill behind us, which went through the roof and brought down all the upstairs ceilings. The roof was given a temporary repair but the ceilings were counted as non-urgent so we used only the downstairs rooms for the next two years but my father continued his vital work which often kept him away from home, my brother and I, home work done, went to school and my mother, the rock of the family, not only managed all the household chores but went out to part-time

war work which was compulsory for all women with school age children. In other words, we just carried on carrying on which I suppose is the blitz spirit.

Did we feel fear? Of course we did, but as children only while the threat of bombing was close. Hearing the sound of the warning siren on recent TV programmes has given me the same jerk in the pit of my stomach and it's my belief that I would still recognise the throb of a Junker's 88 bomber if I heard it today. Certainly the noise of a "doodlebug", the V1 rocket, would be unmistakable. The arrival of the silent V2 rocket was known only from the explosion it caused. The day to day fears felt by all adults, however cheerful they seemed to be, I can only imagine. Ours was a noisy war; the few seconds silence at the end of a raid were quickly followed by the ringing of fire and ambulance bells and, if you were near enough, the sound of buildings collapsing. Today's "war" is a silent one and perhaps even more terrifying because of that. The thought of it out there, unseen but ready to infect you is fearful; the idea that you may infect others including your family, is almost unbearable. Yet we are carrying on carrying on in the same way, mostly cheerful and in a spirit of neighbourliness. The World War generation didn't suffer in a lockdown, keeping separate from family and friends. From the largest city to the smallest village, there was always an event happening. In the towns and cities theatres, restaurants and pubs were always full. In the villages there were dances, whist drives and travelling film shows. Churches were centres of calm and comfort. No wonder then, that I was part of the largest crowd I will ever see as, in our thousands, we stood in Whitehall to hear Winston Churchill speaking and were then swept through Trafalgar Square and down the Mall to cheer the Royal Family outside Buckingham Palace. What a glorious end to six years of darkness. Let us all pray that our present "war" will end soon and bring peace to all our hearts.

A local octogenarian remembers

DEDHAM TENNIS CLUB

The courts are now open for singles or family group play (correct at time of writing). Memberships are available or the courts can be hired for £8 per hour.

More details are available on
www.clubspark.lta.org.uk/dedhamlta

Or email dedham-tennis-committee@googlegroups.co.uk



STOUR VALLEY U3A has set up a number of support systems for its members during the coronavirus pandemic.

These include dedicated helplines for those self isolating in East Bergholt and Manningtree/Mistley/Lawford to help with basic needs such as food shopping and prescription collections.

A general support group for members is also available for those living in East Bergholt.

Lectures for April, May and June have been postponed until July, August and September, pending government advice.

A weekly newsletter is being circulated to all 400 members to keep them informed with news and updates.

For further information visit: <https://u3asites.org.uk/stourvalley/home> or contact chairman Graham Manuel gandamauel@gmail.com or secretary Sue Basted susanbasted10@gmail.com

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Holton St Mary

Church Square - 9.30-9.45am

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Week Commencing	7th June	Refuse Week	
	14th June	Recycling Week	
	21 June	Refuse Week	
	28 June	Recycling Week	
	5 July	Refuse week	
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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

Heres a start:

I go to a super fish van in the George car park in Hadleigh. He comes from Lowestoft on a Tuesday from 7.45am until 12.30 and couldn't be fresher. He also goes to Hollowtrees Farm on a Thursday, 8am until 12.30

His name is Paul phone number 07810251395

Photo Competition



We've been thrilled at how many of you have taken up the challenge and sent in a photo! Here is a quick look at some of the entries so far. We'll close the competition on 15th June and let you know the winner in the July edition. Still time to get that camera out!



Writing Competition

THE BOX OF POSITIVITY

by Flora Coghill, age 11

As I opened the door I noticed a parcel.

I ripped open the packaging to reveal a small box.

Turning it round, I spotted the words 'For when you need it the most'

Deciding not to throw it away, I took it inside and placed it on the table.

And I stared at it.

Something about this box made me smile.

I wasn't going to look inside, oh no!

I was saving it for 'when I needed it the most'.

As I stood up, I was shocked to realise everybody had one!

A box.

Then I realised I was missing the government's speech.

I turned on the T.V to hear that it was still spreading.

It was time.

Time to open the box.

I suspected everybody was opening theirs too.

So, I did.

And it was beautiful.

An explosion of rainbow colours was inside, filling the room with happiness and joy.

Sentences such as 'we can get through this' and 'help each other'.

Love hearts drawn in felt tip pen surrounded the bottom.

It's strange how something so small can hold so much happiness.

So, that's why I'm going to keep it forever.

My box of positivity.

LOCKDOWN

We're staying at home (in 'lockdown')
Because corona virus is rife
We're here on our own
Though not quite alone
It's me and Lynn, my wife

We're lucky we have a nice garden
And there are plenty of things to be done
I've done so much painting
I've been close to fainting
But get saved with tea and a bun!

We're missing the kids and grandkids
But we've discovered the wonders of Skype
So although we're not near them
We can see them and hear them
That's fewer e-mails to type!

For us lockdown is just 'inconvenient'
But for thousands it's very much worse
And we must keep in mind
Those in the 'front line'
Every doctor, every carer, every nurse.

Jack Hayden (aged 71)

I wandered lonely as a cloud....

That's social distancing for you.

Johnny Lockdown Aged 59 3/4

There's still time to have a go
- competition closes 15th June

You can do better than
Johnny Lockdown!



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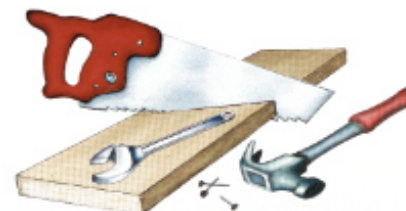
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Benefice Contacts



Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

Please contact Nicola to discuss any aspect of faith and services in the Benefice including home visits.

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

Please contact Frances to talk about baptisms, confirmations, weddings and funerals.

Benefice website:

www.4marys.org.uk

Churchwardens:

Higham	Hugo Parker 01206 337234
Holton	Richard Noel 01206 298276 Paul Torrington 01473 312046
Raydon	Geoff Horrex 01473 310422 Simon Tennent 01473 310320
Stratford	Jonathan Dewey 01206 322148

Benefice Letter

Dear Friends

By the time this copy of the Quartet reaches you, we will be approaching the tenth week of lockdown. However, long time though it feels it is good to think that certain things have gone better than we might ever have believed possible and that the first tentative steps are now being made to unwind the lockdown.

Dwelling first on the past few weeks. Who would have guessed that a new (four letter word) would enter the church language – Zoom! We have held two successful Sunday services in the benefice through the online video conferencing app. The first a Family Hour service on 26 April with around 20 participants and the second a special service to mark the beginning of Christian Aid Week on May 10, which attracted a congregation of nearly 30 from 17 households across the benefice. The clever technology (thank you, Francesca (Nicola's daughter and near full time director of IT!)) meant that we were able to enjoy nearly all the features of a conventional service – hymns, prayers, sermon, as well as village chat and all from the comfort of our own homes. It was even possible to accompany the service with a discrete cup of coffee to hand! Two further Zoom services are planned – one on 24 May and a novel 'Parent's Day' service on Sunday 21 June that will combine Father's Day with Mothering Sunday, which was lost to the lockdown in March.

Looking forward, it is encouraging that Bishop Martin has recently sent out a newsletter which shares some preliminary thoughts on how we might start to re-open our church buildings. He is anticipating that the next stage, in line with the Government's Phase 2, starting maybe early June, will itself be in two stages – opening up for small weddings and funerals, and then opening up for individual private prayer. This is subject to more detailed guidance emerging on how to meet the considerable challenge of maintaining safety from infection, recognising that this will never be 100%, so we will have to weigh risks here.

The third stage, currently scheduled for early July, is a broader relaxation of the constraints and that it is anticipated will enable some sort of return to public worship in church buildings. This will be subject to strict rules on social distancing – sitting in household groups two metres apart etc. It is thought that we will not be given a maximum number who could congregate, but guidance will be provided about how we space people both in the church and coming in and leaving, dependent on the size and configuration of our buildings.

Bishop Martin concludes: "I would urge you to start giving serious thought to what are sensible and manageable patterns of worship that will work going forward, not replicating what was happening, but building on what you have learned from this very challenging experience. How do you continue to involve those who can't physically attend, or who have newly joined us online? Do you find a way

to stream or record our service, or do you point people to a neighbouring benefice where they are streaming? This as an opportunity to develop patterns and practices that are sustainable for the future, and both serve our existing church attenders and are open and accessible to new people. And then, of course, what have we learned about what our younger people are seeking, and how can we respond to them?"

Hugo Parker

Churchwarden, Higham

Benefice Services and Events

Services in June

Please see the Benefice Website for updated information.

www.4marys.org.uk.

Please follow us on Facebook: **4 Marys Benefice**
where we hope to have our Zoom link to services available soon.

****Special Zoom 'Parent Sunday' Family Hour - 21st June, 10am****
Giving thanks for all our Mums and Dads

House Group: There will be no House Group in June.

Peter Snelling

In mid-May I took a phone-call from Peter Snelling saying that he had made the decision to step down from being a Lay Elder. The current pandemic has meant that he and his wife Margaret have had to self-isolate and they feel the time has come for both of them to prioritise their own needs. Peter, supported by Margaret has always been a man of great counsel and wisdom both to the Benefice Ministry Team and also to his fellow-parishioners in the Benefice. We are grateful for his exemplary

service to God, shown through his thoughtful and well-considered words, always underpinned by great faith and prayer.

Thank you, Peter, and Margaret, for your unstinting loyalty to the Benefice. Please take care of yourselves. We all look forward to the day when the churches will be able to open their doors once more and we can worship together again to love and praise the Lord.

Nicola Tindall

Elders

Our four church Benefice is fortunate to have three lay elders who are appointed locally and licensed to help and assist with certain aspects of church ministry. For example, they may undertake pastoral work e.g. visiting people in their homes or in hospital, work with young people in running family and children's services and assist with general church services. The lay elders work as part of our local ministry team and may be contacted about local church matters if churchwardens are unavailable.

Christine Cousins 01206 322530 Janet Dewey 01206 322148
Sandy Ranson 01206 322156



For your Prayers

For your prayers:

For healing, for those who are ill or in need, in our parishes and beyond:

- Higham:** Nicholas Maxwell-Lawford, Ian & Val Boothman,
Gill Wilson & family, Amanda Berry
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Raydon: Michael Mumford, May Peacock, Janie O'Brien,
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family
Others: Helen Gregory, Penny Watkins

We pray for our Benefice during the vacancy and for any candidate who has applied or is thinking of applying to be our next incumbent.

We pray for those due to be married in our Benefice in the coming months: Louise & Marc, Ellen & Liam, Neelu & Reuben, Rachel & Douglas.