



*Help us
build a
Database of
Everything local*

Higham

Raydon

Holton St Mary

Stratford St Mary

Quartet

The Parish Magazine



March 2021
Issue 391



Stratford St Mary Church

We have thirty-one chairs in the Church that are surplus to requirements,

they are metal framed with blue upholstered seats. We are happy to divide them up into smaller lots. All we ask is a donation to our Church funds.

For further information, Please contact Jonathan Dewey on 01206 322148 Or Christine Cousins on 01206 322530.

For sale
set of 6 antique oak dining chairs
£850
07950 230923
Collection Stratford St Mary



Ergo 115 wheelchair by Karma. Very lightweight, easy to use and very easy to fold and put into the car. Wheels can also be removed for transport. Perfect condition, cost £495 would accept £250 or near offer.

Contact Wendy Mumford for more details and to view.
01473 312123 or
07703498508



Help us with our campaign!

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

Small Ads Pin Board

No charge for non-commercial ads placed for one month only, space permitting. Email quarteteditor@hotmail.co.uk

Quartet Diary

March

- 8 SSM Parish Council Meeting
- 9 Raydon Parish Council Meeting
- 10 HSM Parish Council Meeting
- 11 Lockdown Quiz
- 23 Fair Trade Coffee Morning Raydon
- 25 R&DGC Meeting (Cancelled)

April

- 3 R&DG Spring Show (Cancelled)
- 13 Raydon Annual Parish Meeting
- 14 HSM Annual Parish Meeting
- TBC SSM Annual Parish Meeting
- 20 Fair Trade Coffee Morning
- 22 R&DGC meeting (Cancelled)

May

- 10 SSM Parish Council Meeting
- 11 Raydon Parish Council Annual General Meeting
- 12 HSM Parish Council Meeting
- 18 Fair Trade Coffee Morning
- 27 R&DGC meeting (TBC- may be a garden visit)

June

- 15 Raydon Parish Council Meeting
Fair Trade Coffee Morning
- 27 R&DGC Coach Outing (TBC)

July

- 12 SSM Parish Council Meeting
- 13 Raydon Parish Council Meeting
Fair Trade Coffee Morning
- 22 R&DGC Meeting (TBC)

August

- 10 Fair Trade Coffee Morning
- 14 R&DGC Summer Show (TBC)

September

- 7 Fair Trade Coffee Morning
- 13 SSM Parish Council Meeting
- 14 Raydon Parish Council Meeting

October

- 5 Fair Trade Coffee Morning
- 12 Raydon Parish Council Meeting

Editors Corner

We've just had our annual Quartet meeting, a little later than usual, but even Zoom meetings can sometimes be difficult to organise! The big issue for us this time was ongoing funding - for the past ten years, the magazine has been funded by the advertisers who form the directory in the back. With the pandemic causing so much disruption, we inevitably lost a number of our staunch supporters and we were down to our last few pounds in the bank. The good news is, after a concerted effort and lots of emails, we have recovered our numbers. There are several new advertisers in the back of the book and it's led us to think of a new focus for the whole magazine.

One thing I believe we are all being encouraged to keep on doing is supporting local enterprise as much as we can. Keeping things local not only helps support your local economy, it reduces travel and associated environmental impacts.

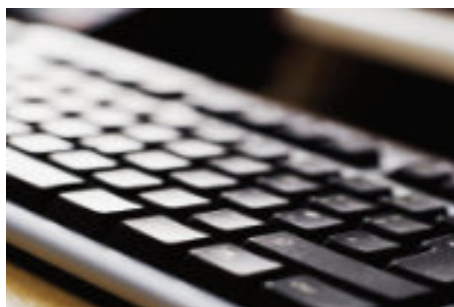
So, over the next few months we are going to see if we can champion the cause and become your go-to source for everything on your doorstep.

We're going to need your help - tell us about local businesses you use. Who sells eggs, when the fish van comes, we want to hear about everything. We will start to provide free lineage (Name, contact details and a few words) for all things local and let's make this happen!

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.



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Rev'd Manette Writes

Over the past few weeks we've seen it all. Our country, like many others, has been battered by storms, we've seen severe frost, snow (lots of it) and flooding in many areas, and as I write this, winter storms are causing disruption for millions of people in the US state of Texas.

For us, here, at last, the weather has turned milder and we hope that spring is on its way. Many of the shrubs and bushes in the Rectory garden still look brown and lifeless, and it will be a while until I know what the garden was designed to look like. I was relieved to see that not just the snowdrops have survived being buried under the heavy snow, but now crocuses and clusters of daffodils are beginning to add some colour to the garden, and I know that other signs of new life will follow suit. The Church calendar doesn't take notice of the weather, and on 17th February we observed Ash Wednesday which marks the beginning of Lent. Services took on a different format, being online this year, and we had to forgo the opportunity to be marked on the forehead with a cross of ashes. This ancient custom symbolises repentance for wrongdoing and it reminds us of our mortality 'dust you are and to dust you shall return'.

Lent is the period of six weeks (40 days + Sundays) leading up to Easter. As Christians we remember the time when Jesus went into the desert to fast and pray before beginning his public ministry. This period in the wilderness is also a test of self-discipline and Jesus was tempted

several times by Satan, but was able to resist. Traditionally, Christians don't eat certain foods in Lent, such as meat, fish or eggs, and many others give up something they really enjoy such as chocolate, cake or alcohol.

This year, as we mark almost a year of Covid restrictions, we can look back and see that we have already given up so much: seeing family and friends, giving someone a hug, going out for a meal, worshipping together as a Church family, the list is endless. And as much as giving something up for Lent is a beneficial spiritual discipline, it's very worthwhile to take something up for Lent instead, perhaps a regular prayer routine, phoning someone who may be lonely or ill, asking whether your neighbour needs any shopping if you have booked a home delivery or are going to a local farm shop, or donating money to church or charity. The Covid-19 pandemic is hitting our Link Diocese of Kagera in Tanzania very hard; infection rates are high and the economic impact is severe in a country dependent on farming. Therefore the Bishops' Lent Appeal is more vital than ever before. Please check out the Diocesan website and give generously if you can:

<https://www.cofesuffolk.org/exploring-faith/our-bishops/bishops-lent-appeal/>

Yours in Christ, Rev'd Manette

Stratford St Mary



Hall Farm Shop Cafe and Restaurant
www.hallfarmshop.com

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560



Spring Update!

abc Preschool has had a busy start to the new spring term. We have welcomed three new children and their families, we have explored winter and the polar region, looked at those people in our communities who help us, understood how we get around, discovering the world of transport and transported our selves to fairytale land learning all about the story of Cinderella! If you are looking for a preschool place for your little one then give Kirsty Robinson a call on 01206 322466 or email admin@abcpreschoolstratford.co.uk.

We are always looking for new committee members, if you have an interest in fundraising and could spare some time to help a local charity, then get in touch.

STRATFORD ST MARY PARISH COUNCIL MEETINGS

March 8th

May 10th

July 12th

Sept 13th

Nov 8th

date of the Annual Parish Meeting in April to be advised



" Time Restored in Stratford St Mary "

Following a report in the February Quartet repairs have been made to St Mary's Church Tower Clock which was kindly supported by the Stratford St Mary Firework Committee.

Repairs took place on Monday 18 January by Mr Ian Haward and his son who in the photograph is removing the hands for cleaning having just abseiled down from the tower roof, while Mr Haward senior attended to the mechanism inside the tower.

Stratford St Mary PCC are very grateful to the Stratford St Mary Firework Committee for their support in providing funds to restore the correct time to the Church Clock.

There is NO excuse for being late anymore!!

SSM 100 Club Winners

123 (83)	P. Alexander	£ 40.00
5	L. Paiolo	£ 10.00
11	W .Davies	£ 5.00

Stratford St Mary and Langham Community First Responder Group

Have you ever thought about becoming a Community First Responder? 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.

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

The current Emergency Team members are all over 70 years of age and, in the current climate, we would like to welcome younger village residents to join the team to assist anywhere in the village if called upon to help. If you feel you can be of use in any such emergency, please contact the parish clerk Mrs Jenny O'Hanlon on parishcouncil@statfordstmary.org.uk



The mobile pizza co are a wood fired mobile pizza business trading in Suffolk and Essex. Started in 2014 by Clint Harper, born out of passion and many years in the food industry.

The original vision worked, a mix of pop ups like capel over four years now, blackhorse at Stratford to name a couple, food events, markets, all were happening, weddings, birthdays, corporate events, village shows, music weekends then in early 2020 Covid hit us all.

Our pop up business coupled with our self converted van done in the first lockdown meant we felt like a Phoenix rising from our pizza ashes! and we truly become The Mobile Pizza Co but now it didn't have to be some great event, we are on a street cooking near you

Please preorder by call/sms txt message 07982 427483, pls state order, location, date and desired collection time, we then txt back confirmation.

•Wed 3rd March

Blackhorse Stratford st Mary, 5 to 7pm

•Sat 6th March Capel 5 to 7pm

•Wed 17th March

Blackhorse Stratford St Mary 5 to 7pm

•Fri 19th March Capel 5 to 7pm

•Wed 31st March

Blackhorse Stratford St Mary 5 to 7pm

www.themobilepizzaco.co.uk

STRATFORD ST MARY PARISH COUNCIL COMMUNICATION

The parish council has traditionally relied on the physical delivery of paper-based documents as its primary method of formally conveying important information to parish residents. Although official council documents are published on the council's web-site, some (e.g. notices and agendas for annual meetings, enquiries and surveys) are also delivered to households as paper -based documents so as to ensure that all residents have the opportunity to make themselves aware of those events.

The council is currently reviewing its methods of communication with residents and has concluded that in the interest of cost, efficiency, timeliness and effectiveness, transfer to primarily electronic communication methods would be appropriate. This is because the adoption of electronic communication in the community is probably now at a sufficiently high level to make this a viable, reliable option.

As a necessary first step in the introduction of this change, the council is delivering to every address in the Parish, a letter seeking support for its plan to create an electronic database of household e-mail addresses to be used exclusively for the delivery of formal council documents to households in the parish. **If your household has not received this communication, or you would like an e-copy, please contact the Data Manager at**

data.manager@stratfordstmary.org.uk.

The council recognises that there are those in our community who, for a variety of reasons, do not or cannot use the internet and for them, the option of delivery of paper-based documents will continue to be available for key documents such as

annual meeting notifications. However, it is hoped that a sufficient number of residents will support the plan to enable a trial of electronic document circulation to be undertaken, probably starting in April and running for 1 year.

Councillors are of the view that this change will not only enable more information to be made available to households in the parish, more promptly and at lower cost, but also be beneficial for the environment as a result of the reduction in unnecessary paper consumption.

Agreement to include e-mail for your household on the Council's database can be withdrawn, in writing, at any time.

Paper-based communication currently delivers one copy of a given document to each street address and accordingly, it is intended that the electronic database should contain one e-mail address for each household. However, recognising that it is possible for a street address to contain more than one household, the information requested on the form includes 'household identity'. It is for each household to decide what that identity should be. For an address containing a single household that could be, for example, house number, house name, or family name, whereas at an address occupied by more than one household it would not be appropriate to refer to the house name or number and the family name or other unique identity, would be required.

The Parish Council believes that enhancing communications in this way will help it to more effectively serve the community it represents. If you are able to access the internet and use e-mail, please support this scheme. Responses, on the form provided with the communication, are requested by not later than Friday 19th March 2021.

Lockdown Pub Quiz

I (used to) run a pub quiz at The Swan, back in the day when there were such things as pubs!

In the past few months, and to alleviate the boredom of lockdown, I have been running them via WhatsApp for those that used to go to the pub, but I got to thinking, would there be any interest in the wider community for such a quiz?

If there is then I propose running a pub style quiz on **Wednesday 11th March**, which just happens to coincide with my Uncle Pony's 105th birthday, yes, you read that right.

Just to give you some idea of how it works, you will need a smart phone with WhatsApp loaded onto it. At the appointed time, normally about 7.30pm, I send out 7 sets of 10 questions at 7 minute intervals on a variety of topics and you write your answers down on paper, you don't send them back to me. At the end of the quiz I send out the answers and you mark your own papers, so honesty is the key here.

I then collate the results and announce the top five in reverse order. There are no prizes, just bragging rights until the next quiz. The quiz usually lasts about an hour and a half. Teams must have no more than 4 members to make it fair as, currently most are only two or three depending on who is living in the house.

If a quiz is of interest, you will need to set me up as a contact on your phone and then send me a WhatsApp message telling me you want to join in. Please include your name in the message. I will acknowledge all messages and set up a WhatsApp group containing all participants.

My name is Dave Pooley and my mobile number is 07936 180061.

Looking forward to quizzing with you.

Higham



Brett Valley installations - Oil boiler servicer - 01206 337316

HC Smith Builders - 07468 456772

Being British

A national newspaper put this question and recently readers to describe what it means to them to be British !!! A reader in Switzerland responded as follows: Being British is about driving a German car to a Irish pub for a Belgian beer; then travelling home, grabbing an Indian curry or a Turkish kebab on the way, to sit on Swedish furniture and watch American shows on his Japanese TV. He buys a holiday home in Spain, fancies Swedish girls and has a Romanian au-pair. And most curious of all, he's suspicious of anything "foreign".

Next day he catches a foreign company – built train up to London. Its run by a Dutch train operator and he goes to watch football at the Emirates stadium where nearly all the footballers are from abroad. Both the team managers are from mainland Europe. He ended by saying "Take back" control! Yeah, right.

This brought a smile on my face and glad I am Suffolk.

Geoff Horrex.



Raydon



Blackwell Barn Holiday Let - www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift garden Services - 07947 322429

Rheal Coatings - 07539 377740



Fair Trade coffee morning

As expected our February 23rd Fair Trade coffee morning was affected by the current

restrictions on social gatherings and we were not able to hold it.

However, last month I mentioned a Pop Up Shop and this is the result:

Are you fed up with excess packaging and single use plastic containers? If you care about what is happening to our environment, and want to do your part in helping to stop waste and landfills then look no further.

"Love Refills" is a zero waste initiative and will be visiting Raydon Fair Trade coffee mornings with their Pop Up Shop.

What can you buy from them? Well: Eco friendly products such as laundry liquid, soap, washing up liquid, shampoo and conditioner etc. Also store cupboard goods such as pasta, rice, lentils, oats, flour and tea. Other items like bamboo toothbrushes, re-usable Bee friendly food coverings, to name but a few of the items available. Depending on social distancing rules then the plan is for a launch date of March 23rd at our Fair Trade coffee morning 10am-12 noon, and then at every coffee morning each month. I'll pin up a complete price list and goods available in the porch of Raydon Church. Then when you're out on your daily

Can you help us?

Our shop local campaign depends on you!

Send us details of companies living near you that offer services or things for sale - we'll contact them and offer free lineage in the Quartet. We can build a really useful directory of local resources!

exercise you can stop by and compose your shopping list. So start saving all those empty plastic bottles that you would normally recycle then get them refilled. (there are some available if you need them) also bring your containers for dry goods.

The mobile library van will hopefully be back on the round so what more could you want than a lovely cup of Fair Trade coffee, do some shopping and change your library books. And of course we hope our faithful fundraising Church stall will be open again with more treasures for you to find!

I do hope we'll be able to put this exciting plan into action, so please call me if you would like any further information.

Looking forward to see everyone on March 23rd
Many thanks
Wendy Mumford
01473 312123

RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2021

(all at 7.30pm via ZOOM until further notice)
Tuesday 9 March
Tuesday 13 April (Annual Parish Meeting)
Tuesday 11 May (AGM)
Tuesday 15 June
Tuesday 13 July
Tuesday 14 September
Tuesday 12 October
Tuesday 9 November

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

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

An easy way to access your NHS number

Everyone invited to have a Covid-19 vaccination is asked to bring a copy of their NHS number with them to their appointment.

And, for those who do not know what their number is, they are encouraged to use the free NHS online service to receive a reminder of their NHS number.

You can access the service here - <https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>

You can use the service either for yourself or someone else.

The NHS number is a unique 10-digit number e.g. 485 777 3456 and helps health care staff identify you correctly and match your details to your health records. You should usually be able to find the number on any letter or document received from the NHS, including prescriptions, test results and hospital letter or appointment letters.

Dr Mark Shenton, a GP in Suffolk and chairman of the NHS Ipswich and East Suffolk Clinical Commissioning Group, said: "This is a really handy online service that is useful for anyone who cannot find their NHS number. Our GP practices are receiving a lot of calls from patients who do not know their number. While practice staff are always happy to help, it would make their already incredibly busy jobs a little easier if people would use this online service to get a reminder of their NHS number."

"And why don't you download the [NHS app](#) which has your NHS number and digital access to your surgery and record?"

Raydon and District Garden Club

Hello to all members and trust you're all keeping well and warm.

As I write these notes on the 8th of February the garden is completely covered in a considerable amount of snow and the forecast for the following week is for more snow showers and frost at nights. It does look so nice especially if no need to go out in it to work, but it's worth going out with your camera to snap those amazing scenes. The bird numbers coming to the feeders has doubled in a matter of a few days due to this winter snap and of course they need to eat plenty to keep warm and survive the cold nights, unlike us who mostly nowadays have central heating to keep us warm. If you're out for winter walks watch out for tracks in the snow or even in the mud across fields as tell tale signs as to what animal has been walking by.

So 2021 meetings for the club are still in limbo as we go again with cancellations for February meeting, along with March meeting & April meeting and of course the "Spring Show" once again. Hopefully perhaps we may be able to consider something in May but this depends on many things of course, not least what tier system we could be in and whether we can meet in numbers inside buildings etc so only time will tell. The summer coach outing normally held in June is also in doubt but will confirm nearer the time depending on current situation at that time. We may of course be able to perhaps have a autumn coach outing !! instead so watch this space in the Quartet each month for updates as to what we might be able to do. At the moment your committee is keeping options open for the Summer show in mid August or a possible option of a show in mid September but this will also be confirmed at a later date. As we say in Suffolk "**Thas a rum owd dew**".

With all the uncertainty it's very difficult to plan much ahead, but we must keep being optimistic for some of this year and the future and things will get better as we learn to live with the virus and we return to a more normal life style.

Once this snow has gone Spring will be just around the corner and gardens will soon start to come into flower once again and along with the different colours will come all the lovely perfumes to cheer us all up, and help drive away the last year and a half into the distant memory bank. Let's all look forward (without wishing time away) to enjoy our gardens once again with sunshine and showers, cutting lawns, picking nice flowers to take indoors, or to be able to just sit outside and enjoy the displays along with a nice coffee or cup of tea, to planting and picking your own veggies as the seasons pass, and just as importantly to be able to talk and enjoy refreshments with fellow members once again under normal circumstances. Stay safe, see you soon.

Geoff Horrex. 01473 310422 / 07810086143

41st Year



Holton St Mary



Love Refills mobile shop -
www.loverefills.co.uk

Ann Mason Care - 01206 233372

Log on to the website www.loverefills.co.uk to see the full range and also check out the Click and collect option where you can pre-order your refills and jump the queue when you collect in person from our mobile refills van.

At checkout select 'schedule for later' and choose the date of the village pop where you intend to collect from.

Don't forget to make a note upon check out to let them know if you wish to fill your own bottles otherwise, they will prepare your order in the best repurposed bottles they have available at the time.

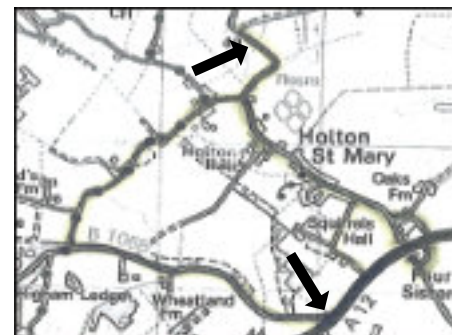
In praise of the litter-pick

'Litter, litter everywhere...' Litter/rubbish is now an inevitable and in some areas, an almost indelible feature of our countryside. Unlike during the first lock-down, the amount of rubbish and its 'R' number have shown no signs of let-up; for every piece of rubbish that lies un-disturbed and unpicked on a road, path, hedge or verge, another ten will almost certainly appear over the following days.

Keeping our village clean is important for many reasons. There is reasonable evidence to indicate that a clean and tidy village does provide some deterrent to more rubbish appearing and thereby

increasing its 'R' number. The same applies to the approaches to our villages. We are blest with so many walks that can be accessed from our villages; some pass beyond our immediate village boundaries but it would still seem appropriate to remove the litter *en-route* and not 'pass by on the other side'. A walk without picking up discarded rubbish could arguably be regarded as a missed opportunity. 'See a can and pick it up and all that day you'll have good luck...'

In Holton St Mary, the approaches include the B1070 from the Western signage of the village up the road to the footpath that leads back to Bacon's Green (the top arrow on the map, about 60 metres before Acacia Road), the lane leading from the T-junction with Brett Vale golf club to, and through Bacon's Green, Sandpits Lane, and the Higham road (B1068) leading from the end of Sandpits Lane to the A12. From here, a footpath will take you back to the village (the bottom arrow). For those intrepid and risk-averse litter-pickers there is the option to continue for 200 metres on the A12 to, and then down Stubbins Lane ... but beware the hurled urine-filled bottles by the side of the A12. I tend to clear this stretch and up to the slip-road three or four times a year. It is also surprising how much litter



accumulates on Stubbins Lane. The approaches and litter-picking circuit are completed by both slip-roads (at Four Sisters) and their hairpin footpaths that descend from the A12 to the underpass. These slip-roads have an 'R' number of at least 5 and the litter and rubbish are hazardous to wildlife and all road-users. Clearly, the slip-roads themselves are a hazard for litter-pickers, particularly on the East-bound one towards Ipswich.

For many years Riet Howard has organised a wonderful and very efficient village litter-picking team. However, most of its members have now left or are unable to continue and it would be fantastic to welcome some new people to maintain the village's cleanliness. I have been asked to take over the litter-picking organisation. I have already been adopted by the Countryside and Public Realm department of Babergh and Mid Suffolk District Councils to receive supplies of litter-picking sticks, high-visibility jackets, rubbish/litter bags and relevant (not junk) mail...

I would be very grateful if all current and enthusiastic new litter-pickers would contact me with your preferences when you would like to litter-pick so that I can set up a new rota. It would be wonderful if we can try to keep the rubbish in and around the village to a minimum and to maintain its 'R' number well below 1.

Thank you.

Richard Appleton

Tel: 311487 or e-mail
richardappleton55@hotmail.co.uk

The next Parish Council Meeting is on the 10th March 2021 at 8pm via zoom, please email the parish clerk at hsmparishclerk@gmail.com if you would like a link to attend the meeting.

Love Refills Mobile shop

Every 4th Tuesday of the month 1 -3pm in Rose Acre Holton St Mary

Love Refills is a zero waste, refillable initiative offering SESI household cleaning products, reusable containers & eco-friendly household items. The concept is that you bring your own containers and fill up from a range of Body care items, Cleaning supplies, Eco swaps, Store cupboard food and SESI Detergent refills.

Ready, steady, census

The decennial census is almost upon us.

Households across Holton St Mary will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941.

Information from the digital-first census will help decide how services are planned and funded in your local area. This could mean things like doctors' surgeries, housing or new bus routes.

Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. Census day is March 21.

Holton St Mary 'Green Gym Group

The Green Gym Group will **not meet** on Saturday, 6th March because of current COVID19 lockdown regulations. However, for those who would like to do some work in the village as part of their daily exercise this could be undertaken by individuals or same household people during February. One task would be to tidy up the verges throughout the village in welcome anticipation of the emerging and spirit-lifting daffodils and crocuses. The verges have really suffered at the hands of aggressive or careless motorists. We will hopefully be able to meet in April ...

Thank you.

The Green Gym Group



Many of our interest groups such as, art lovers, reading, chess, bridge, languages, philosophy and writers' groups meet using "Zoom", the video conferencing platform. The camera, art workshops and ukulele groups are soon to follow suit. Monthly meetings and lectures are also being held using "Zoom".

Plans for 2021 include garden visits, the National U3A Day on 2nd June and our annual Summer social.

If you have finished working full-time or in the near future and would like to pursue new interests, please visit our website for information and contact details <https://u3asites.org.uk/stourvalley/>. New members are always welcome.



Can you help us?

Our shop local campaign depends on you!

Send us details of companies living near you that offer services or things for sale - we'll contact them and offer free lineage in the Quartet. We can build a really useful directory of local resources!

The Answers to the Quiz of the Year (that has been...)

Thank you very much for all those who took part in the January quiz. I hope it was of some interest and gave you a few smiles... and perhaps a few frowns when answering some of the questions. No one scored a 'full house' (45 correct answers) but the prize was awarded to the entry with the highest score (which was 41). The winning entrant was not related to the Editors of the Quartet, the printing or distribution of the Quartet, its advertisers or the compiler of the Quiz. Here are the answers (the questions were in the January Quartet should you need reminding).

1. 95 or 96 (94-97 would have been accepted...!)
2. Edward Elgar
3. Gordon Keeble
4. Acetabulum ('vinegar cup': the acetabulum is the 'socket' of the 'ball and socket' joint and the 'ball' is the head of the femur. The acetabulum is formed by three bones in the pelvis – the ilium, ischium and pubis)
5. Eric Cantona
6. Canary (or canaries)
7. Discworld
8. Tate Modern (London)
9. Kingsway and Queensway (the Mersey rail tunnel is un-named)
10. Quadratic equation
11. Thread or string
12. 1982
13. Polar Winds
14. Advent
15. Wyoming
16. De Havilland

17. Manchester United (a score now shared with Southampton)
18. Brainstem (brain accepted)
19. Claire
20. Weed or Little Weed
21. Nuclear reactor explosion
22. Grendel
23. 14th
24. Damon Hill
25. Periodic Table of the chemical elements
26. They have no official lyrics
27. Ecclesiastes (one of the most interesting and uplifting books in the Bible)
28. Hawaii
29. Dan Dare
30. Solstice
31. Mercury
32. Margaret Thatcher
33. **Act**inium, **Car**bon, **Ra**dium: (Accra is the capital of Ghana)
34. The Prisoner (played by Patrick McGoochan: an amazing TV series)
35. They went to the same school: Hilbre School, West Kirby, on the Wirral. ('Can anything good come out of West Kirby...?')
36. Douglas Adams
37. 2004
38. New Zealand (a superb white wine, particularly the Sauvignon Blanc)
39. A preacher (believed to be John Bunyan) in front of a stained glass window
40. Picture round:
 - A: Cannabis (hemp, marijuana)
 - B: Sheepshank
 - C: No cheese listed in the ingredients
 - D: 'Animal'
 - E: A pilgrimage

Barry's Page

When the battery in my watch starts run down it tells me by sweeping its second hand in four second chunks. Tired of watching my life slip away in these intervals I decided to travel to Colchester and visit my repairers. This was July 2017. Normally I go via the Lower Castle Park but on this occasion the heavy iron gates were locked and a notice read "Closed until further notice".

Aman with his young daughter stood remonstrating declaring they had travelled miles and their day was ruined. I told him that I also liked to walk through the park and had done so for many years and couldn't understand why it was closed. I found an alternative route to the watchmaker and whilst waiting for my timepiece to have a new heart transplant sat and wrote The Park. This is based on the memories and times spent there in my youth and later years.

By the way it's open again!

The Park

They've closed the park
They've closed the park
You're having a laugh
They've closed the park
It's still daylight, not even dark
They've closed the park

Why weren't we allowed a say
Where are the children going to play
Everybody loves the park
The flowers, the boating lake, the lawns and benches
The ice cream parlours, and more let's mention
The bandstand and the music sessions
The bushes where the indiscretions of

lovers

Emerged giggling and brushing skirts that bore the fauna of pleasure
The elders that picnic on tartan rugs, sitting on folding chairs, Left alone, nobody notices, nobody cares about the papers they read and the way they soak up the sun. Hankies on their heads, dresses tucked in their knickers Not for them the iPad tablets, only heart pills and statins.

Groups of congregating youths who without their phones to look at would not know what to do
Dog walkers with plastic bags making promises to pick up the poo
Empty cans of special brew lie scattered all about pointing a trail to their owners, who barely compis mentis are resting under the shade of a chestnut tree
Dreaming of better times.

Another can, another dream they drift away safe and sound not knowing that tomorrow they will still be found, wanting.
The keeper who turns a blind eye to the goings on preferring instead to use his stick to pick up the litter his charges have left

The council say they're going bust
It is imperative, it is a must that cuts have to be made.
We can't afford to do it all, to cut the grass to water the flowers
To maintain the ponds it takes for hours to clear the mess that's
Left behind by the thoughtless beneficiaries.
If everybody did a bit, a little bit, a tiny bit, a whiny whiny whiny bit
Then the council wouldn't be in this fix
And I'd still have my park!

Barry Davison

Constable Country Medical Practice – Practice Update February 2021

Coronavirus Vaccination Programme

The practice is working closely with Hadleigh and Bildeston Practices and in early January both East Bergholt and Hadleigh sites were approved as vaccination 'Hubs'. This was a great achievement as only 12 other practices were approved across Suffolk.

The delivery of the Covid vaccination programme has been a complex undertaking. In January we took delivery 1170 doses of the Pfizer vaccine one week and 2,340 the following week. Hadleigh took delivery of the same quantities. We were given a week's notice and the vaccine needed to be administered within 3 days following delivery. This was a huge undertaking and consumed much of our resources, though we also had help from the CCG and other health professionals. We managed to book every appointment.

The vaccinations days were a real team effort. We are so grateful to our PPG and the many volunteers who helped; often in cold and wet conditions. We tried to keep queues to a minimum and generally the clinics ran smoothly and everyone was in good spirits – especially in the observation tent!

Thank you to everyone who helped us. We were overwhelmed when we sent out a call for volunteers and I'm sorry you have not all had the opportunity to get involved, though there is plenty of time as yet! Thank you also for the biscuits and chocolate which kept the team going, and thank you for the many cards and kind comments on social media.

Through January, we managed to vaccinate well over 90% of all patients over the age of 70, and our housebound and vulnerable patients. We also vaccinated patients from Bildeston,

Hadleigh and Holbrook & Shotley practices. Going forward, we still have a lot of vaccinating to do; administering the first dose to patients under the age of 70 and then the second dose. Unfortunately, we have no control over delivery schedules. We are informed of deliveries just the week before they are made, and only then can we contact patients to book an appointment.

Please only contact the practice regarding the vaccination if you have a genuine concern that you may have been missed. We have a rigorous process of calling patients and need to strictly follow government guidelines regarding the order in which we vaccinate, but we will contact every eligible patient in due course.

In addition to calling patients, we will be using a text message booking system. Please refer to our website, www.constablecountrysmedicalpractice.co.uk, and facebook page for the latest information on the vaccination programme.

While all this is going on we are also providing regular doctor and nurse clinic appts so if anyone has any medical query apart from the vaccination, please contact us.

Thank you again for your support and consideration whilst we continue with the vaccination programme.

Pete Keeble
Practice Manager

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01206 321297

SESAN News

Everyone seems to be in a reflective mood as we mark the changes in our lives over the last year so here are a few words from Mum – better known to you as Maggie.

"Many of us have come to acknowledge the truth of that old adage, 'You don't know what you'll miss until it's gone', be it a person, a pet or the disrupted rhythm of life.

The current situation has brought home to us at SESAN, how much we miss the help and commitment received from Firms in the past. It's very apparent just how much hard work and effort they put into helping us maintain the kennels and catteries on site, thus giving us more time for the animals. That said we are still here, a bit scruffier, up to our ears in mud but nevertheless the animals are clean, warm in their heated kennels, well fed and loved,

So what's to moan about? Spring is on its way, it will get drier and we look forward to releasing a buzzard that was brought into us starving. It is now eating well and waiting for better weather to go back to its territory. It is a similar scenario for a Barn Owl which will be taking wing in the near future. So don't forget, if we can help we are here, operating nearly thirty years and facing the future with hope and compassion."

That's enough for now, Mum. It's time for you to feed all the animals including me, your usual correspondent, 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.

Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB
Parish Priest: Fr. Paul Vincent OCD Assistant
Priest: Fr Bineesh Elenjikkal OCD
180 Hawthorn Drive Ipswich IP2 0QQ T e l :
01473 684963. www.stmarksparish.org.uk

Services planned for MARCH 2021

Tuesday 2	9.20am	Eucharistic Adoration
	10am	Mass
Sunday 7	9am	3rd SUNDAY OF LENT
	9am	Mass
Tuesday 9	9.20am	Eucharistic Adoration
	10am	Mass
Sunday 14	9am	4th SUNDAY OF LENT
	9am	Mass
Tuesday 16	9.20am	Eucharistic Adoration
	10am	Mass
Sunday 21	9am	5th SUNDAY OF LENT
	9am	Mass
Tuesday 23	9.20am	Eucharistic Adoration
	10am	Mass
Sunday 28	9am	PALM SUNDAY OF THE PASSION OF THE LORD
	9am	Mass
Tuesday 30.	9.20am	TUESDAY OF HOLY WEEK
	9.20am	Eucharistic Adoration 10 a m
		Mass

The weekly Newsletter, with Mass times, is always displayed in the cabinet alongside the Church's front door and may also be read on the regularly updated website www.stmarksparish.org.uk together with other Parish news.

Fr Bineesh Elenjikkal is the Ipswich Hospital Catholic Chaplain assisted by Deacon Rev Clive Brooks (01026 396319) .

All are very welcome to attend Holy Family services; it is not necessary to be a Catholic and enquiries about the Catholic Faith are always welcome. Please contact The Priory, as above, or a local person whom you know is a Catholic.

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The Constable Country Medical Practice

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

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Fax 01206 299010

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IP9 2EE

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

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Telephone...101



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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

23 March, 20 April, 18 May, 15 June

Holton St Mary

Church Square - 9.30-9.45am

Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

Sulleys Hill - 11.30 - 11.45am

Higam

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838**

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

help@suffolklibraries.co.uk

Bin collections

Week Commencing	1 st March	Refuse Week	
	8 th March	Recycling Week	
	15 th March	Refuse Week	
	22 nd March	Recycling Week	
	29 th March	Refuse Week	
	5 th April	Recycling Week	BH Week
Waste Services 0300 1234 000 (option 4) Email: recycling@baberghmidsuffolk.gov.uk Visit www.recyclenow.com to find your nearest recycling banks			

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Support may be available free for those with medical needs, people of pensionable age or with children under 5. Register on UK Power Networks website <http://www.ukpowernetworks.co.uk/internet/en/help-and-advice/priority-services-during-a-power-cut/>

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

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

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

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



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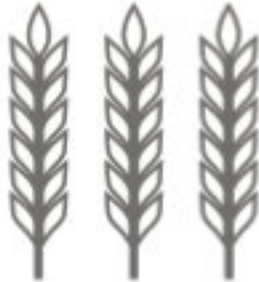
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BENEFICE CONTACTS, SERVICES AND EVENTS

Priest-in-charge: Rev'd Manette Crossman:

Tel. 07947 737789 revmcrossman@gmail.com

Deacon:

Rev'd Nicola Tindall: Tel. 01787 212340

nicolajtindall@btinternet.com

Please contact Rev'd Manette or Rev'd 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.

Please check our website and facebook page for current updates:

Benefice website: www.4marys.org.uk



updates also available on the Benefice FB page

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

Services in March

Please note – Whilst Covid infection rates remain high, services will be recorded from each church in turn and available to view online from Sunday morning. We hope to return to live services as soon as it is safe to do so.

Sunday 7th March – from Stratford St. Mary a service
Lent 3 available online.

Sunday 14th March – from Holton St. Mary a service
Mothering Sunday / Lent 4 available online.

Sunday 21st March – from Higham a service available
Lent 5 online.

Sunday 28th March – from Raydon a service available
Palm Sunday online.



Services for Easter

Plans for services over Easter are being developed and are dependent upon Government announcements. We may be able to hold live services during Holy Week and we are hoping to have services in all of our churches on Easter Day, but this will depend on government and Church of England guidance as well as on infection rates. Please check our Facebook pages and the 4Marys website for details, as well as the various weekly emails which will be circulated.

Good Friday Walk

We are unable to go ahead with our annual Good Friday walk this year, due to current restrictions. However, Geoff is developing ideas for a planned walk later in the Summer. More information will follow in due course.

Family Hour

Please note, that instead of our ZOOM format for Family Hour services, we are aiming to provide recorded online services in March and April. More details will be circulated nearer the time.



Mid-week Morning Prayer in Stratford St. Mary.

Unfortunately, the monthly midweek morning prayer service is temporarily suspended due to the restrictions.

Elders

Our Benefice is fortunate to have three lay elders, 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

*If you wish to be added to the weekly email mailing list, to receive updates and links to online services, the daily bible readings and the current prayer list, please contact Sandy Ranson at: sandyranson@hotmail.com

Lent Group

The Lent Group will continue to meet by Zoom on the 1st, 8th, 15th and 22nd March at 7pm. We are using the short book 'The Nail' by Stephen Cottrell, who is now our Archbishop of York. Please get in touch with Rev'd Manette if you would like a copy of the book (the cost is £6.99). You will be sent the Zoom link before each session.

Benefice churches open for private prayer

The Lady Chapel in **Stratford St. Mary** church will be open for private prayer on Wednesdays & Saturdays 10.00am to 2.00pm (access via the churchyard).



A prayer:

Lord God,
You have called your servants
to ventures of which we cannot see the ending,
by paths as yet untrodden,
through perils unknown.
Give us faith to go out with good courage,
not knowing where we go,
but only that your hand is leading us
and your love supporting us,
through Jesus Christ our Lord.
Amen.

For your prayers:

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

Higham: Val & Ian Boothman, Helena Gurney's mother Mary, Peter Snelling and family, Penny Watkins

Holton St. Mary: Angela Stedman, Doreen Torrington-Petrie

Raydon: Wendy Mumford and family, Janie O'Brien and family, David Luggier, May Peacock

Stratford St. Mary: Nancy Ablitt, Laura Kerry, David Ablitt.

Outside the Benefice: Helen Gregory, Hilda Murray.

We also remember those we have lost recently, including Ron Stedman, Margaret Snelling and son-in-law Tim Francis - they will be sorely missed.