

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

# **Quartet**

**The Parish Magazine**



**February 2021**  
Issue 390

Nothing to see here...

Done any clearing out recently?

Advertise things for sale or wanted  
here free of charge

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## Quartet Diary

### February

- 9 Raydon Parish Council Meeting
- 23 Fair Trade Coffee Morning Raydon

### March

- 9 Raydon Parish Council Meeting
- 10 HSM Parish Council Meeting
- 18 SSM Parish Council Meeting
- 23 Fair Trade Coffee Morning Raydon
- 25 R&DGC Meeting (TBC)

### April

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

### May

- 10 SSM Parish Council Meeting
- 11 Raydon Parish Council Annual General Meeting
- 12 HSM Parish Council Meeting

- 27 R&DGC meeting (TBC- may be a garden visit)

### June

- 15 Raydon Parish Council Meeting
- 27 R&DGC Coach Outing (TBC)

### July

- 12 SSM Parish Council Meeting
- 13 Raydon Parish Council Meeting
- 22 R&DGC Meeting (TBC)

### August

- 14 R&DGC Summer Show

### September

- 13 SSM Parish Council Meeting
- 14 Raydon Parish Council Meeting

### October

- 12 Raydon Parish Council Meeting

### November

- 8 SSM Parish Council Meeting
- 9 Raydon Parish Council Meeting

# Editors Corner

Well, here we are in lockdown again. I remember it all being a bit of a panic last March, but there seems to be more of a feeling of resignation this time round. We have all become more versed in what to do and what not to do. Hopefully it will be our last.

The Covid 19 village teams have sent in updates on what they are doing and information on what's still up and running and where to go for help, so we hope you will find that useful. Morrisons have a telephone ordering service for those less computer orientated - see page 19 for more details.

There is also a useful article from the local CCGs about a website for information on the vaccination programme - see page 12 for details.

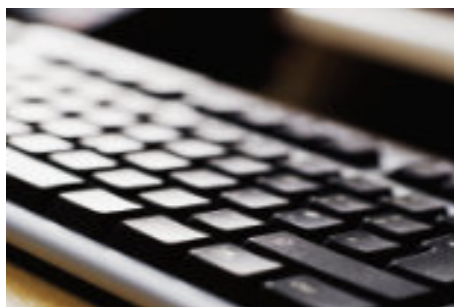
Scattered amongst the pages this month are quite a few articles sent in by some of our lovely contributors to try and give you a smile in these difficult times - we hope you enjoy them!

Did you enjoy the Quiz? We will be printing the answers in next month's magazine - as this goes to press, the quiz is still open to entries.

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:  
**19<sup>th</sup> February 2021**

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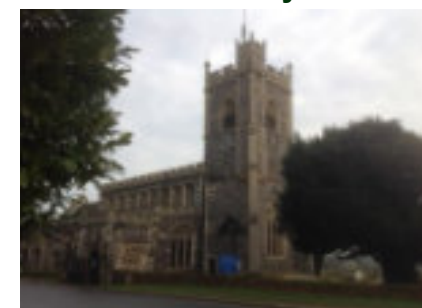
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# Stratford St Mary

## What's the time

## in Stratford St Mary ?



Plans have been given a timely boost of late, the Stratford St Mary Firework Committee have given their support to servicing and cleaning of the village Clock situated on the tower of St Mary's Church seen by many passing along the A 12.

The repairs will be carried out at the first opportunity of fine weather by Mr Ian Haward a Horological expert from Felixstowe.

The Stratford St Mary Church Parochial Church Council are extremely grateful to the Firework Committee in making this timely gesture towards this village project.

Since New Year's Eve only the north Clock face is recording the correct time. Hopefully both faces will be in tune again soon.

## 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@stratfordstmary.org.uk**

## Stratford St Mary Emergency Team-Covid



Lockdown is upon again and for how long we do not know.

Helpful information below

**Prescription, re-ordering and delivery** can be arranged by visiting [www.nhs.uk](http://www.nhs.uk) and searching "A guide to ordering a repeat prescription online using an app or website". Within this information there are links to Echo (Lloyd's Pharmacy), Boots and Pharmacy2u, for arrange free home delivery (subject to availability).

**Online food shopping delivery**, Tescos, Asda, Sainsbury's, Morrison's and Occado.

**Local stores for delivery and or collection**

Hall Farm 02306 322572 phone orders for delivery

Birchwood Farm shop 01206 323797

Post Office 01206 323716

Colchester Diary 01206 870055

We have resurrected the dedicated helper scheme for vulnerable residents. Some of our volunteers are still working under the Key Worker scheme, so we have a reduced service for prescriptions collection from Dedham Pharmacy to Monday, Wednesday and Friday. Please contact our helpers, they are very happy to support you

through these difficult times.

If you no longer have the details of your dedicated helper please contact me, Kelly Martin on 07535558136 and I will connect you with a volunteer. Please leave a message on my answerphone as I have returned to work and I will get back to you ASAP. You can also contact me via email [klwhite1971@hotmail.com](mailto:klwhite1971@hotmail.com).

Useful information can also be located on the Stratford St Mary Parish Council and Stratford St Mary Community Facebook pages.

The village has a collection point for donation for the Colchester Food Bank at 13 Strickmere and Gatemans next to the Chapel.

## STRATFORD ST MARY PARISH COUNCIL MEETINGS

March 9th

May 10th

July 12th

Sept 13th

Nov 8th

date of the Annual Parish Meeting in April to be advised

## SSM 100 Club Winners

5	Linda Paiolo	£40.00
3	Sarah Brass	£10.00
90	Eddie Pring	£5.00

## Stratford St Mary and Langham Community First Responder Group.

The group's responders are still limited to Stephen and Peter, a lot of training was put on standby for the last year and remains that way for the foreseeable future.

The group has been very busy during 2020, even with the pandemic disrupting things the group has continued to operate throughout the whole year.

The hours on call has again increased over the previous year. A total of 960.75 hours (compared with 575.5 hours in 2019) were recorded where Stephen or Peter were available for medical alerts issued by the Ambulance Service. This works out at an average of 80 hours a month, or just under 4 hours every day.

During these times when they were on call a total of 73 alerts were issued. 38 of these alerts were with patient contact. The remaining ones we were either stood down prior to arrival, we arrived at the same time as an ambulance or the ambulance had arrived prior to the responders.

Since March, both Stephen and Peter have been driving ambulances for the East of England Ambulance Service, both trying to do at least one shift a week, this is a voluntary job to help relieve some of the pressure on the Health Service.

## 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.

## The Village Emergency Telephone

Stratford St Mary has, for a number of years had a Village Emergency Telephone System (VETS) in operation. This is a system where, if a dedicated number is rung, you may reach one of up to 10 volunteers. These volunteers have had basic training in CPR and how to use a defibrillator. This number should only be called in the case of a possible cardiac arrest and after 999 has been called. If the number is rung and contact made, the volunteer will go to Hall Farm, collect the defibrillator and head to your location. They will the start basic life support, including using the defibrillator, until the emergency services arrive.

The village of Stratford St Mary and the surrounding areas are also covered by numerous Community First Responders, these are a different set of volunteers to the VETS people. These volunteers will be called by the Ambulance service to start treatment on patients who have life threatening conditions, this is a automatic function by the Ambulance service when you have called 999. These CFR have been given training by the Ambulance service and have equipment to start life saving treatment as soon as possible, these are people who live within our community and can give this life saving treatment prior to an ambulance arriving, they sometimes arrive on your door step within minutes of you calling 999. It is important to remember that the VETS and CFR individuals are all volunteers, giving up their time to help the community. In Stratford St Mary, the VETS number is

**:- 01206 700919**

If you would like further information on either the VETS or CFR please contact me on [Peterdaw50n@hotmail.com](mailto:Peterdaw50n@hotmail.com) or 07775 667753, we are always looking for people to recruit.

# Raydon



## Fair Trade coffee morning

Firstly I want to thank Geoff for taking over and writing the Fair Trade coffee morning notes last month. I expect

many of you knew that Michael had just passed away and it was a difficult time for me. I also want to thank everyone for letters, cards and messages of condolences which have been a great support.

Well, when will we be able to gather again for our Fair Trade coffee morning? As things stand at the moment the planned February 23rd event looks doubtful, so perhaps we should arrange that March 23rd be our next scheduled gathering. However, hope that if things look promising for February then a few quick phone calls could work.

I have noticed a new initiative to reduce single use plastics and cut down on waste. You might have heard of them as well or even already support them. They are called "Love Refills" and operate "Pop Up Shops" in various village locations as well as the market. What about asking them if they would come to Raydon for our Fair Trade coffee mornings? They have a wide range of items including store cupboard foods, eco friendly detergents and body care items etc. Who knows, if this was successful we might be able to attract others wanting to sell local produce etc. Well, food for thought let me know what you think!

Hopefully we'll get together again soon especially as many of us are now receiving our vaccinations

With many thanks  
From Wendy Mumford  
01473 312123

## Community Speed Watch



We are pleased that Raydon Parish Council is planning to introduce a Community Speed Watch, in response to the review undertaken some years ago when speeding traffic was the major item of concern to residents.

We are enthusiastic about this initiative and we already have a team anxious to get started. We would welcome any of our fellow residents who might wish to join the team. The equipment and training is being supplied free of charge by Suffolk Constabulary.

Anyone interested should contact the Parish Clerk, Jane Cryer, on 07920 713940, or email raydonnpc@gmail.com.

# Raydon and District Garden Club

Well by the time these notes appear in the February copy of the Quartet we are getting used to another extended lock down and life indoors in winter time is going to be a bit harder for all. The good news is the daylight hours are extending once again and although the old saying :- As the days lengthen the cold strenghtens, which very often seems to apply you also have the added benefit of increased sunlight and things in the gardens are on the move once again.

Bulbs have appeared, buds showing colour and starting to swell ready to burst out as the Spring progresses, bird song increases, the grass starts to grow and it will soon be time to start the cutting of lawns once again along with that lovely fresh cut grass smell. The birds towards the end of February are searching out nesting sites, with the early ones already started building and laying eggs ie blackbirds and thrushes, rooks will be seen swaying in the windy tree tops as the whole cycle starts over again. Another few weeks and we say good-bye to the field fare, redwing and then start watching out for early arrivals like the chiff chaff and listen out for the skylarks especially on lovely sunny days. Spring is a magical time for all and it is so good for the soul as it gives everybody such a lift after the drab days of winter. As gardeners I hope you have all had a good rest over the last 2 months and it's now time to plan ahead and start your veggie gardens once again. Rhubarb is growing well outside and it's time to start things in the greenhouse by planting seeds etc. Outside due to our garden being clay it tends to be too wet and cold to start much before mid March unlike some of you members who have the complete opposite (light soil) so are able to get going so much sooner. I normally get my seed potatoes chitting in egg trays indoors but timing is

important to have them ready to start planting out end of March. Another thing that cannot be planted out in the Autumn in our garden is sweetpeas (too wet over winter) so I always start them in root trainer seed trays in the greenhouse so they are ready to go out also end of March/early April just before the tulips are in full flower.

Garden club news is still on hold for 2021 as we are still unable to re-start meetings (normally February is our first) just yet, but as the weeks pass I am hopeful that we should be able to look ahead with more optimism each month as we progress through the year. April is always looked forward to as it's our Spring flower show but it may come just too soon to hold this event once again this year, but by the March Quartet we may be able to either confirm or perhaps we may have to cancel the show. To keep you up to date the sale of the village hall (Old primary school) seems to be progressing and provided no hitches should be completed mid March latest. We will of course then re-locate to our venue at the pavillion on the King George V playing field once we can start meetings again. The venue may be slightly smaller but it will seat 80 persons I believe which should be more than enough room for our club monthly meetings but your committee will need to re configure the

41<sup>st</sup> Year



Spring and Summer shows to fit. Good news is parking as this area has been fully re surfaced and of course will hold more cars (always a problem at village hall).

It's highly unlikely to start meetings before April but in the March Quartet hopefully we will be able to list speakers for the coming club meetings starting April !!! if situation allows. Also it would be great if we are able to have our annual coach outing in mid June but of course this is to be confirmed, however your committee may have to consider a mid summer or even a autumn outing instead. We hope to go to RHS Wisley gardens.

To all members as you have some extra time on your hands can you all give some thoughts to possible places of interest that we can visit on our coach outings (to be garden / house/castle orientated) ready for 2022 and with a 2/3 hour maximum driving time from Raydon. Also we need some new subjects and speakers for your committee to consider also for 2022. We always have to work 12 months ahead to make sure we book soon enough as many of the speakers get booked a year ahead. Also if you know of anybody who would like to join the garden club, had two people enquire last week which is great news so please let us know soonest. Remember no increase in membership fees this year once again.

Your committee looks forward to meeting you all again at some point in 2021 and feel certain once the uncertainty has gone away we will all be looking to "Get Out" and enjoy gardening together once again and celebrate our 41st year since we formed in 1980 with increased enthusiasm.

Geoff Horrex. 01473 310422 / 07810086143

## Hope these bits of Suffolk humour makes you smile or even laugh.

The old boy was tending his garden when the new parson congratulated him on the wonderful work he and the Lord were doing in the garden. He replied Ah, you should a sin it when the Lord had it on his own !!!!

A couple of locals talking in the pub, it seemed one had been to foreign parts (the next village) over the bord'er. His friend asked if the coach had gone fast. The reply "Goo, goo? Oi'll say! We hully went, comin back.

A old parish surveyor back in 1980's handed new road sweeper his broom. Harry asked Wass that extra hole in top handle for ? That's in case you get to far along the Colchester road and you pushes it back in the dark. Then that's for the candle.

Two smartly dressed girls walking up the street in town when a woman on other side of road waved to them in greetin. One of the two girls remarked, Why do her wave to we ? Us don't know she !!

Heard on local bus gorn to Ipsidge. Mother to small boy who was playing her up: Do you behave yourself, else, when we get ter Woolwuths, I'll buy you nuthin.

Geoff Horrex.

It will be Betty Cooper's 90th Birthday on the 17th of February.

Sending her lots of love and best wishes from all her family and friends. Congratulations Betty.

## RAYDON PARISH COUNCIL

### SCHEDULE OF MEETINGS 2021

(all at 7.30pm via ZOOM until further notice)

Tuesday 9 February  
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



### St Marys Church plant stall

2019 was not easy for the plant stall, what with the long lockdown and also the very dry weather, but once it rained the plants came so we kept the stall open for longer. Thank you everyone who gave plants etc to sell on our stall.

The plant stall will re-open early March provided we are allowed to, then we can accept plants once again to sell.

Thank you.



I would like to offer my heart felt thanks, and those of our family, to all our dear friends and neighbours who gave support throughout Michaels long illness, and especially for the love, support and condolences received when Michael passed away.

It was so comforting to see so many of our friends and neighbours gathered outside Raydon Church to say a final farewell to Michael. We plan to celebrate Michaels life when Covid restrictions are lifted and would welcome all who knew him to join us.

Our thanks go to the care team and nurses who lovingly cared for Michael during the last two years and special thanks to Dr Croot from Hadleigh Health Centre.

You will be forever in our thoughts and prayers.

Wendy Mumford

### Better Broadband in Raydon!

Don't forget to register your interest (no financial commitment) please send your address with postcode and landline number to Keith ;

raydonsuffolk@gmail.com

Check the flyer for more details

# Higham



## Higham Tree Planting

Over 200 native trees, oaks, field maple, wild cherry, crab apple and birch and the rare "wild service tree" (*Sorbus torminalis*) were distributed (largely thanks to the Woodland Trust) to 23 individual householders in the village and planted over the last weekend in November.

These plantings are in support of the County scheme (yet to be formally launched) to celebrate the Queen's 70th year on the throne in early 2022. By planting ours this autumn we hope that most of them will be firmly established and flourishing by then.

## System launches new Covid-19 vaccination website

A brand-new website has been launched which aims to offer residents of east and west Suffolk and north east Essex a single, comprehensive and accurate source of information about Covid-19 and vaccinations.

Created by health care experts at the Suffolk and North East Essex Integrated Care System (ICS), this locally focused site will contain lots of useful information to inform and reassure people during this time, enabling them to protect their own and their families physical and mental wellbeing.

Visit [www.sneevaccine.org.uk](http://www.sneevaccine.org.uk)

The new website will be updated regularly and contain the very latest information on the ongoing vaccination programme in order to give people clarity on this major situation including:

- Most up-to-date information on who is eligible to receive the vaccine
- Latest details of locations of vaccination centres
- Updates on progress of the local vaccination programme
- Accurate information on efficacy and safety of the vaccines
- A Q&A section covering the most commonly asked questions
- Interviews with people who have received the vaccine and staff who are delivering the programme

# Holton St Mary

## Holton St Mary 'COVID19 Community Emergency Plan Team'

Holton had already updated our Community Emergency Plan and contacts when COVID19 arrived in 2020. The village's COVID19 plan worked well through the first lockdown and this remains the case. The Community Emergency Planning Team (CEPT) helps and supports vulnerable and shielding / isolating residents. This includes help with shopping, collection of medication, dog-walking, advice and simply for someone to speak with.

The CEPT uses a 'WhatsAppGroup' to share and rapidly cascade information to the village community. The village Facebook page also offers a valuable source of up-to-date information.

If you don't feel that your needs are being met or if you would like to talk with someone please contact the village's emergency team member whose details were provided on your yellow postcard in April 2020. Alternatively, please contact Sally Thurlow on 312080 or 07721 625313 or Richard Appleton on 311487 or 07976 010754. If you moved into the village after March or have lost your postcard and would like another one, please call Richard.

The current pandemic national lock-down is likely to continue for some time. It is a dynamic process with frequent updates from Government and its medical and scientific advisers. There are a number of

on-line sites but GOV.UK is the definitive source:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>, and also:

<https://coronavirus.data.gov.uk> which gives up to date information.

Useful telephone numbers are:

• **'Home but not Alone': 0800 876 6926 (Monday to Friday: 09.00 – 17.00. Outside these hours and in an emergency call: 0800 800 4005)**

• **NHS Volunteer Responders: 0800 196 3646 (available 08.00 – 20.00)**

• **Mental Health Support: 0800 196 3494**

If you are in the very vulnerable and 'isolation' groups please ensure that you shield yourselves and that everyone follows the key advice which is:

**'STAY AT HOME'** if at all possible.

If you do go out, keep this to a minimum and stay safe; **'KEEP 2 METRES APART; COVER YOUR FACE'** and always **'WASH YOUR HANDS'** when you return home.

Stay safe and well.

Parish Council Community Emergency Plan Team

## Holton St Mary Millennium Green Trust

Collecting Century Club subscriptions this year has been a challenge, many thanks to all those who have paid directly to our bank account.

We fully understand some of you may not be comfortable with online banking and if you have not yet paid your subscription please get in touch with your collector or me to arrange a safe method of payment.

We will be finalising the list very shortly so that we can make the first 3 months draws in early March.

Marjorie Haste, Secretary  
01473 311615

## Holton St Mary 'Green Gym Group'

The Green Gym Group will **not meet** on Saturday, 6<sup>th</sup> February 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 gently tidy up the verges throughout the village in welcome anticipation of the emerging and spirit-lifting daffodils and crocuses.

Thank you.

The Green Gym Group

## LOCKDOWN LIST OF PLACES DELIVERING TO CAPEL.

This list was kindly sent to us - I suspect they will all deliver to our area too - but check first!

**Anglia Produce** (set boxes of fresh produce, dairy, eggs) **01206 233471**  
(free delivery over £20)  
<http://www.angliaproduce.com>

**Bespoke Catering Services East Anglia**  
Offering Afternoon Teas, Party Platters, Valentines treat boxes.  
<https://www.facebook.com/bespokecateringserviceseastanglia/>

**Direct Meats 01787 223364**  
Phone orders/payments

**Aspects Living 01473 749927** (Meals on wheels)  
<https://www.facebook.com/aspectlivingfoundation/>

**Oak House Farm (meat) 07768 088095**  
<https://www.facebook.com/oakhousefarm/>

**Richards Fruit and Veg** (butter, milk and eggs too) **01473 785982**. Order by phone, Pay on delivery. <http://www.richardsfruitveg.co.uk/produce.html>

**Krusty's Bakery** Bread and yummy stuff. Minimum spend £5.00. 'We will deliver to you on the next available day for your postcode & our cut off time is early evening' Order via their website [www.krustysbakery.co.uk](http://www.krustysbakery.co.uk)

**Hanks Deli Vegan Supermarket.** Vegan produce and fresh fruit and veg, ethical cleaning products too I believe. <https://www.facebook.com/hanksdeliipswich/>

**The Chequers Freehouse** Sunday Roasts! Between 12pm - 4pm. **01473 830455.** <https://www.facebook.com/>



## 'If you go down to the woods today....'

Life is never entirely predictable and always full of surprises, wherever you look. Occasionally, if you look closely enough you might find a touch of logic or reasoning in some of its oddities and surprises. However, sometimes the surprise defies all sense or reason and you are left thinking, 'Why?'.

Walking slightly off the designated trail in a dense forest near Ucluelet on Vancouver Island in British Columbia (Canada) a couple of years ago, we came across this sign. It was three kilometres from any recognised human habitation and, as far as we could tell, there was no Hansel and Gretel, Red Riding Hood's grandma, gnomes or fairies hiding nearby. It may be relevant that Ucluelet and Tofino are long-established domains of the diasporic hippy community of the 1960s with their trademark 'anything goes' behaviour.

Signs that state the blindingly obvious or ones that clearly indicate an order or instruction ('Thou shalt not...') are everywhere in the USA and, to a lesser extent in its less paranoid and trigger-happy neighbour, Canada. This sign goes to another level, trumping all others. We

were half expecting to hear a screamed reprimand or receive a fine through a recorded CCTV-footage of our infringement...This was clearly not a home-made, Blue Peter-style but a professionally-made sign given its identical appearance to those found in streets, parking lots and other public places.

So, why was it there? Possible explanations might include a new species of (or mutated) plant previously undiscovered in our natural world; the only remaining external evidence of a long-deserted township lost under centuries of flora and forestation; the end-point of some bizarre orienteering course or the subject of a lateral-thinking, existentialist philosophy dissertation



Or perhaps it was there to just make people smile.

Sometimes life really is that simple.

### ATTENTION ALL FACEBOOK USERS!

Would you like to know what goes on in our village churches?  
Would you like to attend a church service once lockdown restrictions are lifted but you are unsure when or where the service takes place? Are you planning to get married or would you like to arrange your child's (or your own) Baptism or Confirmation?

The Benefice of Higham, Holton St Mary, Raydon and Stratford St Mary has a Facebook page on which the following are posted:

- Announcements and Benefice news
- Service schedules
- Links to Zoom and online services
- Information about events happening in the Benefice

Do please follow our page!

#### 4 Marys Benefice

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



There is a link to our website and you can also send us a message. We look forward to hearing from you.

## Barry's Page

This month I was going to submit a poem about a local park that had closed and the effect it had but then realising it's the month of Valentines I changed my mind. So The Park will be next month and you may be pleased to know that it is open again!

However this time last year a very good friend of my wife and me asked if I would write her a poem that she could keep as a memento.

She is a very generous person so I know she wouldn't mind sharing it with all those who may not get a Valentine on the 14th!

This is her Very Important Poem

#### "The Letter"

That which flows from the heart  
To the pen  
Through the ink  
Over the nib  
That writes the words of love  
Which soak into the parchment  
Will never fade

Though the ravages of time,  
And the mistral winds may scatter  
to the four corners of the earth  
The words, once read will remain indelibly  
etched  
Into the heart of their intended.  
So I'll write you a poem  
I'll send you a verse  
To carry with you across the universe

I'll write you sonnets of fourteen lines  
That tell of your lovers, your marriage  
And times and sacrifices that you have made  
that will shape your life from cradle to grave.

I'll write you a story, I'll write you a tale  
That exposes the secrets beneath the vale  
of secrecy  
where you hide the key,  
that yearns to be turned to set your soul free.

Yes I'll write you a novel that's yours alone  
To read but seldom share for it would strip  
your soul bare to the bone  
So this is your poem as a tale of your life

As a child, as a lover, as a mother, as a wife.

Barry Davison



## 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 Tel: 01473 684963.  
[www.stmarksparish.org.uk](http://www.stmarksparish.org.uk)

### Services planned for FEBRUARY 2021

Tuesday 2. THE PRESENTATION OF  
THE LORD, Candlemas Day  
9.20am Eucharistic Adoration  
10am Mass

Sunday 7 5th SUNDAY IN ORDINARY  
TIME 9 a m  
Mass

Tuesday 9  
9.20am Eucharistic Adoration  
10am Mass

Sunday 14 6th SUNDAY IN ORDINARY  
TIME 9 a m  
Mass

Tuesday 16  
9.20am Eucharistic Adoration  
10am Mass

Wednesday 17 ASH WEDNESDAY  
9.20am Eucharistic Adoration  
10am Mass

Sunday 21 1st SUNDAY OF LENT  
9am Mass

Tuesday 23  
9.20am Eucharistic Adoration  
10am Mass

Sunday 28 2nd SUNDAY OF LENT  
9am 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](http://www.stmarksparish.org.uk) together with other Parish news.

### Supporting our Local Hospice

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

### The Sick & Homebound

Fr Bineesh Elanjikkal is the Ipswich Hospital Catholic Chaplain assisted by Deacon Rev Clive Brooks (01026 396319). Please be aware that for reasons of patient confidentiality, the current practice in the NHS is NOT to inform the chaplains of any Catholics that are admitted to hospital. So, unless you or your relatives inform the chaplain of your hospital stay yourselves, you will not be visited by a priest or any other member of the chaplaincy team. Please let Fr Paul Vincent know of anyone who is ill at home or housebound, so that they may receive appropriate pastoral care. Both Fr Paul and Fr Bineesh may be contacted at The Priory on 01206 684963.

All are very welcome at Holy Family, Brantham, CO11 1TB

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.



Zoom has impacted upon many of us and reluctant users have become advocates in a short space of time, some of us relying on our children or grandchildren to put us right! This video conferencing tool has enabled many of our groups to continue, including French, German, Italian and Spanish language groups. Our first Zoom lecture took place in November, Christmas quiz in December and Annual General Meeting in January.

Activity groups such as walking, table tennis and keep fit, have staggered between one tier and another but enjoy considerable support when legally allowed. Many new members have joined in order to be active and some to learn how to play the ukulele!

We are planning for better days in 2021, including National U3A Day on 2nd June, annual social in Summer and Christmas lunch in December.

If you have finished working full-time or in the near future and would like to pursue new interests you may like to look at our website – search for “Stour Valley U3A” to see what we have to offer. New members are always welcome.

### Allotment Plots Available

Would you like an allotment plot?  
Dedham Allotment Association  
have plots available, please  
contact Diana for further details  
01206 321297

## FOR THE ELDERLY, SHEILDING, ISOLATING OR VULNERABLE -

Morrisons doorstep delivery. Call them on 0345 611 6111 and choose option 5 (doorstep delivery) then the option to place an order. You tell them your shopping list over the phone (the more specific the better brands/sizes etc - they will deliver anything from their store other than ice cream) and then you pay by card at the door.

So no need to setting up an online account or needing computer etc.

The order is delivered the following day between 10am and 6pm

They ask a contribution of £1.50 to cover petrol costs.

If you or someone you know are struggling to make ends meet - DO NOT go hungry.

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

The Hadleigh food bank support people who are in genuine poverty

## DEDHAM TENNIS CLUB

The courts are now fully open and coaching is available for adults and juniors. Memberships are available or the courts can be hired for £8 per hour.

More details are available on  
[www.clubspark.lta.org.uk/dedhamlta](http://www.clubspark.lta.org.uk/dedhamlta)

Or email [dedham-tennis-committee@googlegroups.co.uk](mailto:dedham-tennis-committee@googlegroups.co.uk)

## SESAW News

We little dogs have a reputation for being noisy creatures with plenty to say. Nevertheless, I sometimes wonder what to write as your magazine deadline approaches but this time Mum has an important message for anyone struggling to look after their animals - PLEASE DO NOT ABANDON YOUR PETS! We currently have space to take in animals so if you, or someone you know, needs help, please get in touch by leaving your name and number on 01787 210888.

Mother and daughter staffies, Alice and Tia are amongst our animals re-homed last year. The pair soon settled into their new home and now enjoy being thoroughly spoilt. It is taking much longer than usual to work through the waiting list of people looking for new pets. Apologies for this but it's unavoidable in the present climate and the prospect of holding fundraising events is still a long way off. Please hold onto good quality items until further notice but we would be grateful for clean duvets, blankets, towels and newspapers.

It's very cold and muddy outside, even awkward old Ollie (the Black) Cat is staying indoors recently. We will wait in the kitchen for Mum's return then it's dinner and a warm bed by the Rayburn for 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](http://www.sesaw.co.uk).



## Do you need urgent NHS care in Suffolk and north east Essex?

### Then contact NHS 111

A new system is being introduced for people in Suffolk and north east Essex who need urgent – but not emergency – NHS care.

Patients are being told to 'Think 111 First' and contact NHS 111 by phone or online at [111.nhs.uk](http://111.nhs.uk) to find out where they should go for treatment and when. These services are staffed 24 hours a day, every day.

Those individuals with very serious or life-threatening health conditions, such as chest pain, severe bleeding or loss of consciousness, should still continue to phone 999 without delay.

People who arrive at an Emergency Department (ED) without a referral from NHS 111 may be directed elsewhere or have to wait until referred patients have been seen, unless they need immediate treatment.

This is a new way of accessing urgent care across Suffolk and north east Essex and will help the NHS manage the flow of patients, maintain social distancing and reduce the risk of infection.

Belinda White, Regional Manager at Practice Plus Group who provide the 111 service, explained: "Contacting 111 first means everyone will get the right treatment more quickly and probably closer to home as well.

**Arrangements have not changed for people with serious or life-threatening illnesses or injuries. Please continue to dial 999, as before.**

## Local Services

### The Constable Country Medical Practice

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

#### Surgery opening hours

8.00am – 6.30pm Monday to Friday  
Telephone 01206 298272  
Fax 01206 299010

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

#### Surgery opening hours

8.00am – 6.30pm Monday to Friday

Dispensary 8.30am – 6.15pm  
(closed between 1-2pm)  
Telephone 01473 310203  
Fax 01473 311722

### Crime prevention

[http://www.suffolk.police.uk/safetyadvice/  
reportacrime/tellthepolice.aspx](http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx)

PC 1347 Gilkes Pcco 3041 Cooper  
[babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)  
Telephone...101



### MOBILE LIBRARY

#### Stratford St Mary - Route 11

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

17 February, 17 March

Black Horse - 11.05am - 11.20am  
Tally Ho! Corner - 11.25am - 11.45am  
Strickmere (School Lane end) - 11.50am - 12.10pm

#### Route 14

The bus stops every 4 weeks on Tuesdays  
23 February, 23 March

#### Holton St Mary

Church Square - 9.30-9.45am

#### Raydon

St Mary's Raydon - 9.50-10.30am

#### Lower Raydon

Sulleys Hill - 11.30 - 11.45am

#### Higham

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838** is staffed 9am to 5pm from Monday to Friday and can handle any library customer queries renewals and reservations to any general library queries. An answer phone is available outside of operating hours and people can also email [help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk)

# Bin collections

Week Commencing	25 <sup>th</sup> January	Recycling Week	
	1 <sup>st</sup> February	Refuse Week	
	8 <sup>th</sup> February	Recycling Week	
	15 <sup>th</sup> February	Refuse Week	
	22 <sup>nd</sup> February	Recycling Week	
	1 <sup>st</sup> March	Refuse Week	
Waste Services 0300 1234 000 (option 4) Email: recycling@baberghmidsuffolk.gov.uk Visit <a href="http://www.recyclenow.com">www.recyclenow.com</a> to find your nearest recycling banks			

**Power Cut? Call 105 | The New Free Way to Report Issues**

**[www.powercut105.com](http://www.powercut105.com)**

Experiencing a power cut? No matter who your provider is, **105** is the new number to call to get help and advice, free of charge on mobile and landlines. You can also call 105 with any welfare concerns related to a power cut, or if you are worried about the safety of over or underground electricity cables or substations.

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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Shop: 01206 322572, [shop@hallfarmshop.co.uk](mailto:shop@hallfarmshop.co.uk) | Restaurant: 01206 323600, [cafe@hallfarmshop.co.uk](mailto:cafe@hallfarmshop.co.uk)  
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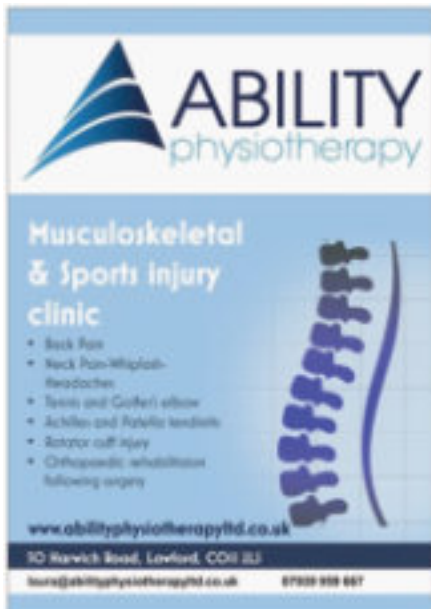


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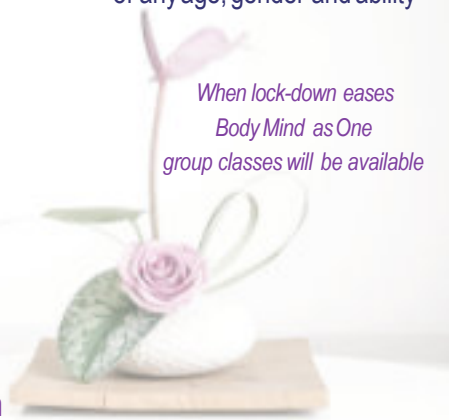
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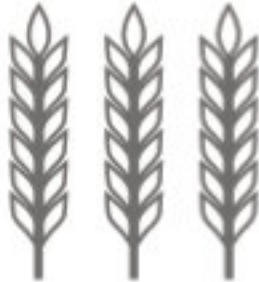
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## Benefice Letter



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As I write this, February is fast approaching. The Christmas decorations and cards have long been taken down and the New Year's resolutions have been packed up in a box along with the figures of the nativity set - safely out of sight until next year! And so life can carry on as usual - well, in as far as we can say that while we are still in lockdown. Much as we want life to go back to some kind of familiar normality, we tend to have fresh hopes when we face a milestone like a birthday, a new school term, or a new calendar year.

At Christmas we celebrate that God's son came to live as a human being among us. God came to be with us, and now we have to take seriously the reality of living with God in our daily lives. God is not just for Christmas; he is there for us every minute of our lives.

In our busy world, the seasons seem to pass so quickly that we hardly take the time to think about their true meaning. Often we look towards the future, to what may happen tomorrow, next week, or next month, but we fail to stop and think about how today shapes what happens tomorrow. With the Covid situation changing daily, we do, of course, look at how the lockdown restrictions are beginning to bring the infection rates down, and we are looking forward to a time when the vaccinations will give us a level of immunity which will enable us to go out and see our family and friends again.

In the Church Calendar, we are beginning to count the Sundays before Lent, and with Ash Wednesday being early again this year on 17<sup>th</sup> February, the season of Lent is upon us before we've even thought about it. Being a Christian is not just about letting the seasons flow by, but it's about active participation. So this year, when we come to Lent, instead of giving something up, perhaps we could take something on. For every day of Lent we could put a donation for a local Foodbank into a box, or we could make a phone call or write a card to someone who is lonely.

Recently, I found the poem below and I'd like to share it with you:

"When the song of the angels is stilled,  
When the star in the sky is gone,  
When the kings and princes are home,  
When the shepherds are back with their flock,  
The work of Christmas begins:  
To find the lost,  
To heal the broken,  
To feed the hungry,  
To release the prisoner,  
To rebuild the nations,  
To bring peace among people,  
To make music in the heart." *By Howard Thurman*

Let's use this Lent to show God's love in action and make the world a better place.

Yours in Christ,  
Rev'd Manette



## Benefice Contacts,

**Priest-in-charge:** Rev'd. Manette Crossman : MOBILE 07947 737789  
revmcrossman@gmail.com

**Deacon:**  
Rev'd. Nicola Tindall: 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.

**Benefice website:** [www.4marys.org.uk](http://www.4marys.org.uk)  
updates also available on the Benefice Fb page

**Churchwardens:**

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

\*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](mailto:sandyranson@hotmail.com)

## Benefice Services and Events

### Services in February

*Please note – While 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 7<sup>th</sup> February – from Stratford St. Mary a service available online.  
Sunday 14<sup>th</sup> February – from Holton St. Mary a service available online.  
Wednesday 17<sup>th</sup> February - A Reflection for Ash Wednesday, available online.  
Sunday 21<sup>st</sup> February – from Higham a service available online.  
Sunday 28<sup>th</sup> February –from Raydon a service available online.  
Stratford St. Mary 10.00 am ZOOM Family Hour

### **Mid-week Morning Prayer in Stratford St. Mary.**

Unfortunately, the monthly midweek morning prayer services held in the parish room are temporarily suspended due to current restrictions.

### **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 (the chapel is accessed via churchyard).

**Raydon Church** will be open for private prayer on Sundays on the 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> February 10.00am -3.00pm in addition to the recorded service on 28<sup>th</sup> February.

*Please check our website and facebook page for current updates:*  
[www.4marys.org.uk](http://www.4marys.org.uk). The pattern of services will be reviewed in line with Government guidance.

### Lent Group

As we can't meet in person, this year's Lent Group will take place by Zoom. There will be 5 sessions, beginning on Monday, 22<sup>nd</sup> February 2021 at 7pm. We will be 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 the first session.

### 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



## For your Prayers

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

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

**Holton St. Mary:** Angela & Ron Stedman

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

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

We also give thanks for the life of Audrey Grogan, who passed away very recently, at Blackbrook residential care home, aged 109. A dear friend to many, she will be greatly missed.