

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

# **Quartet**

**The Parish Magazine**



**January 2021**  
Issue 389

### FOR SALE

Lakeland Bread Maker

In excellent working order.

£10

Phone 07999537995



Trees can be left at Stratford St Mary Village Hall Car Park collection point between Saturday 2nd Jan and Tuesday 5th Jan.

Collection will be made from 6.30am on Wednesday 6th January.

Trees must be less than 7' tall & must have all decorations, stands & pots removed. Please call 0300 1234 000 (Option 4) for further details.

## Small Ads Pin Board

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

## Quartet Diary

### January

2-5 SSM Xmas Tree Drop Off - Village Hall car park

6 SSM Xmas Tree Collection

11 SSM Parish Council Meeting

12 Raydon Parish Council Meeting

13 HSM Parish Council Meeting

### 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 HSM Annual Parish Meeting

TBC SSM Annual Parish Meeting

20 Fair Trade Coffee Morning

### 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

# Editors Corner

.The Quartet is a bit thinner than normal this month - often the case in January. Never fear however! We have extra special goodies for you this month!

A huge thank you to a number of readers who have really pulled out the stops this month to help us give you a good start to 2021.

Barry Davison (Page 7) has started a series of his poems that he is going to share with us over the next year - you may remember he wrote a moving poem for Remembrance day in November. Take a look at 'Post it Note' - it's so true.

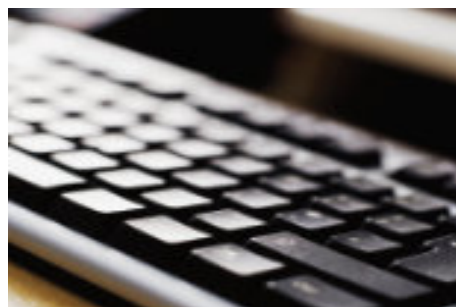
Geoff has been on his rambles in Higham again and concludes his memories of life there in the 50's and 60's (page 11 and 12). Thank you Geoff for an interesting trip!

Last, but by no means least, we have another competition for you! This time it takes the form of a quiz and you'll find the questions on pages 14 - 17. Have a go! If you think you've done well, fill in your contact details and send the answers by email to quarteteditor@hotmail.co.uk or tear out the pages and pop them through the letterbox at 1 Corpus Christi Cottages, Holton St Mary (or you can post them if you like!) The winner will be announced in the March edition.

Happy reading

Anne and Jane

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



Copy deadline for next edition:  
**19<sup>th</sup> January 2021**

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# Stratford St Mary

## 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

## To Anne and Jane and all the Team.

May I take this opportunity to say a Big Thank You for all your efforts in keeping the Quartet "Up & Running" throughout a difficult year for us all. Several village magazines have packed up for the duration of pandemic but you and all your helpers have kept things going each month just as usual. The information has, I am sure, helped to keep all our villagers well informed as to the latest situation and especially to those who needed to ask for help.

Hopefully the "What On" diary pages will gradually fill up again over the New Year as we look to the future normal.

Geoff Horrex.

A big thank you to all the people who contributed to the Stratford St Mary Christmas Greetings page. The sum of £110 was raised for Stratford Church Funds.

Jenny Symons

## SSM 100 Club Winners

December

22	C. Cousins	£ 40.00
59	B. Cavendish-Tribe	£10.00
82	M. Gotelee	£ 5.00



## STRATFORD ST MARY PARISH COUNCIL MEETINGS

Jan 11th

March 8th

May 10th

July 12th

Sept 13th

Nov 8th

date of the Annual Parish Meeting in April  
to be advised

### 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 then 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 or  
07775 667753, we are always looking for  
people to recruit.

Since reading my Armistice poems at  
Stratford St Mary Church I've been asked  
several times if there are more of my  
poems that people can read.

I write based on personal experiences and  
also my interpretations of situations that  
have arisen .

Most people have witnessed the  
devastating effect that dementia has on  
family and friends. The following poem is  
one man's story.

### Post it Note

The post it note is now my life  
Stuck in places by my wife  
The posti is my best friend  
It will be with me until the end  
It tells me what I need to know  
When to eat ,where to go  
Where my shirts and trousers are  
Feed the dog, wash the car  
Never argue ,never refuse  
An offer to help put on my shoes

Sunday morning church then Mass  
Lock the door TURN OFF THE GAS  
The little notes that are my life  
Put there by my loving wife  
Or maybe not, I'm just not sure who put  
those words on every door  
That maps my days to the enth degree  
Flush the loo when you've had a pee

Those little notes my comfort zone  
Make me feel safe at my home  
Never wanting to venture far  
No longer confident to drive the car  
Not wanting ever to make a fuss but then  
I wander off and take a bus  
And as I aboard with extra care  
There's posti notes everywhere  
Suggesting trips that I can make  
Telling me to belt up

Oh how many people would agree with  
that!

Lonely hearts clubs one call away  
Hotels where I can stay  
And I try to remember who I am  
What went wrong with my brain  
When so hard I tried to get it right  
But this blockage still remains  
I try to reconcile my thoughts  
The holidays we had  
The things we bought  
The hope of a future long into old age  
By in my heart there's nothing but rage  
At the injustice I'd been dealt  
Robbed of my memories  
Why did I forget to mention my dementia  
Well thanks!

I sit on this bus wringing my hands  
Please take me back  
Please take me home  
I don't want to be alone  
Anymore  
I recognise the friendly smile  
And the dulcet tones  
But can't remember who it is  
But can feel the love and companionship  
And  
As we go back home  
And enter the hall  
A little note that's hard to miss says  
Have you enjoyed your trip?

Kiss kiss

Barry Davison



# Raydon



## Fair Trade coffee morning

We are hopefully looking forward to starting up again on Tuesday 23rd February for our first outdoor coffee morning, but

of course this is dependant on the pandemic situation ( tier 1, 2 or 3) at the time.

Also very weather dependant, but who knows February last year was nice and warm & sunny so fingers crossed. It will be just great to meet up with friends once again and start looking forward, and talking about the year ahead with renewed belief of better times to come.

Trust you all enjoyed a Christmas if some what subdued, and would like to wish you all a Happy, Healthy, Peaceful New Year.

Written on behalf of Wendy Mumford



## 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 [raydonpc@gmail.com](mailto:raydonpc@gmail.com).



# Raydon and District Garden Club

Winter time can be cold, rain or snow, gales or even fog & frost and just sometimes we can get much of this weather all in one day. But just think once January and February are out we will be into "Spring Time" once again with the start of all the lovely flowers coming out to brighten up our world. Now most years by about 18th/19th of January the first snowdrops are starting to show colour (the drops starting to expand) but of course it's normally early to middle February before they open fully. What a lovely sight they make especially when the sunshine comes out, this is normally the time of year (if places open) to visit some of the more larger gardens to admire their winter gardens but we might just have to miss this event which would be a great shame, but we must be sensible until we have all had "The Jab" and our safety is assured.

This New Year 2021 will be the garden club's 41st year and I am hopeful we may be able to re – open in time for the April Spring Show, time will tell but your committee will plan ahead as always so we are prepared when the right time comes to "Get Going" once again. We will plan for guest speakers, local garden visits, summer coach outing or if not possible perhaps a Autumn outing, Summer flower & produce show, and of course a social evening inc AGM next November. Let's all hope that we will not need to cancel so much this 2021 year as last year was almost a total wipe out as we were only able to hold one meeting.

Don't forget that if you are already a fully paid up member in 2020 that carries over to the full year of 2021 at no cost, however if you've not yet paid up as a member please contact Rachel our treasurer to pay your subs as soon as possible for this year. If it helps put your subs £12.50pp in

envelope and pop through my letter box at High Elms, The Street, Raydon and I will pass it to our treasurer. Anybody reading these notes especially if you have just moved into Raydon, enjoy gardening (however large or small a garden) and you would like to join the garden club please give me a call to arrange, and you can be assured of a warm welcome.

Hopefully by February Quartet I will be in a position to confirm we will be holding meetings (when allowed) in the KGF playing field pavilion, so it will be a New Year, a new start in a different venue, and it will be Springtime once again. I don't know about you but I always get enthusiastic about the new Spring and all that it brings with new growth, new flowers and perfumes, much longer daylight hours to enjoy yours and other people's gardens, and not forgetting all the lovely fresh greenery all around along with the bird song. As they say "It's a wonderful time of the year.

Geoff Horrex, 01473 310422 / mobile: 07810086143





## RAYDON PARISH COUNCIL

### SCHEDULE OF MEETINGS 2021

(all at 7.30pm via ZOOM until further notice)

Tuesday 12 January  
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](mailto:raydonpc@gmail.com)

## Your Raydon Parish Councillors

**Sue Newton (Chair)**  
07587 243678

**Keith Lovering**  
07939 075143

**Howard (Jim) Lowe**  
01473 313094

**Amanda Pyall (Vice Chair)**  
01473 310050

**Sigi Steer**  
07591 875267

**Jayne Tann**  
01473 828283

**Faith Backhouse**  
07999 018049

**Stephen Coe**  
07947211802

**Trevor Sayer**  
07747 610317

**Jane Cryer – Clerk**  
Sunnyside Cottage, Overbury Hall Road  
Lower Layham IP7 5NA  
01473 824287/07920 713940  
[raydonpc@gmail.com](mailto:raydonpc@gmail.com)

The Raydon Pavilion has now re-opened with COVID secure measures in place. Anyone wishing to hire the building should contact Clive Duddridge on 01473 310162.

To comply with current government guidelines, the bar will now open at **8pm** and close promptly at **10pm**. A good selection of beers, wines and spirits are available at considerably less than pub prices.

Membership is open to all residents of the village (over 18s only) and anyone wishing to join is welcome to come along to enjoy a socially distanced drink and chat.

## 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.

lived in by Mr & Mrs Harry Proctor, then further down but on right hand side is The Old Vicarage and right next door was the Barn (converted in a house now) in those days used for village meetings (one or two a year) and social evenings (also very few).

Staying on RH side you come to the drive down to Higham St Marys Church and a branch off towards left takes you to what was Mr Tunmer's Farm where I first learnt to drive a tractor (see previous Quartet's story). Some of the farm buildings have been converted to dwellings.

So we turn back up the drive and on your left is a footpath with a lovely "kissing gate" across meadow going to Lower Street Higham or going right takes you to Stratford. This path was used most days getting to Stratford Primary School by yours truly and others.

So at top of drive turn left and back to village green then take the left. The first house on your right called nowadays "Olden Manor", this used to be a pub many many years ago but forgotten name (Greenman ???) perhaps somebody might know. I always remember on the gateway to the house used to be two concrete monkeys on plinths but sadly these were stolen, I believe in the 1970's.

Then continue to the top of Higham Hill with Mr Freddie Boucher's Hill House on right up driveway, then down further on right you have what was a working Forge, then just slightly lower but on left side you have the entrance to the footpath that comes from the Church and right beside

### A Walk Around Higham: 1950's - 1960's

Firstly a couple of typing errors last month. The pub was the King's Head (not Arms as this was in Stratford), the drive to Valley Farm is on right hand side (not left) as you travel down to village centre, and lastly the demolished cottage before (Peartree house was built) was a Mrs Randell (not Mrs Cone)

So we start again at the triangle village green heading towards Stratford and on the left hand side is the Old Guildhall painted yellow and has a thatched roof

## Michael Mumford

The death of Michael comes as a great loss to those of us who had the pleasure of his friendship. He was a quiet, private man but of good humour and wide interests, always quietly spoken and immaculately dressed. Michael was a keen naturalist which he pursued in much walking around the district and also in travelling with Wendy to interesting and secluded places. He wholeheartedly supported all the activities of St Mary's church and was Wendy's rock in managing the church stall. Whenever we asked, Michael was ready and willing to help. Sadly the last couple of years have been very hard for him and Wendy, particularly the months of Covid. We have missed Michael hugely but will maintain his memory by continuing in our support of Wendy.

the thatched cottage which used to belong to a Mrs Seffton.

Then staying on left you come to Kingfisher Cottage where a Mrs Mins lived. If memory serves correctly she was in the police force. Her son came to play on our small farm once or twice and really enjoyed himself especially with all the animals but what a surprise !!! he got rather muddy as you do, so he was not allowed to come over any more, and my mother was not amused. I remember her saying to Mrs Mins it's only dirt and will wash off. I was of course allowed to play in their garden but it was a bit boring, no animals and no dirt, no cowboys & Indians.

The water works/pumping station was not there in those days and the river meandered around much more which made for great fishing spots. Next to Kingfisher Cottage on same side you have the single story cottage lived in by Mrs Sweetman & sister whose garden regularly got flooded by the River Brett in the winter months. Now coming down the right hand side after leaving the forge you pass the entrance drive to what was another small holding which belonged to Mr & Mrs Double who had lots of chickens in the barns and they used to sell eggs at the door. Bob a Job week in the scouts you always were given the job (you've guessed it) of cleaning out the barn. Firstly removing all the chickens, then de-cobwebbing the rafters, cleaning out the litter/ peat & straw, then replacing with clean material and finally if you could catch them put chickens back in, but of course they didn't want to go back in at least till it became dusk so I always had to go back and do this before I was paid a bob (old money).

Another unwanted item you always seemed to get was fleas so I always had a bath (Tin bath outside on the lawn) as not allowed back in house till all un welcome visitors were removed. That long building that housed the chickens has

long been pulled down. Also that drive way led to what used to be Higham Brickworks and the concrete circular tanks x 2 where the clay was mixed up taken from the hill side close by. There is a house built in beside the cliff face. It was a great place to spot and of course catch common lizards that were sunbathing and sometimes it could be a grass snake or even slowworms. Always had to check because just occasionally an adder might turn up. All the animals let go after a good inspection except for the Adder which was never caught for obvious reasons.

So you remember Mr Easy who planted the beech tree on the green well he lived in a small wooden bungalow at the top end of this shared driveway and it still stands today. Just before you're back to Bridge House on the right as you face the river a couple of semi detached cottages, one lived in by Mr & Mrs Double the other a Mr James and guess what his front room was used as a doctor's surgery once every two weeks I think and the doctor's name was Dr Sleight whose main surgery was down in Dedham opposite today's chemist.

So we come to the end of my life living in Higham (for which I still have a soft spot) with some of the many mostly happy memories and I have now lived in Raydon for more than double the number of years that I lived in Higham. My parents are buried in Higham Churchyard so I visit Higham on a regular basis and often either ride around in car or even walk or just sit and look at the river and marshes where I spent my childhood, happy days indeed.

Geoff Horrex.



# Holton St Mary

## The First Friday Lunch Club



Regrettably the Secretary of State for Health's statement to the House of Commons on 17th December reported a 45% increase in the number of COVID cases in the East of England in the last week.

This means that any hopes we had that Suffolk (or Babergh) would be moved from Tier 2 to Tier 1 have been dashed.

The consequence for the First Friday of the Month Lunch Club is that no mixing of households can take place - so while we could resume, you are not allowed to sit together and you can't shout to each other between tables because of the danger from any aerosol effect.

So regrettably we will **remain cancelled in January** and we are unlikely to be able to resume in February.

We do have quite a long list of people who want to know by email or phone when we are holding the next one, rather than waiting for Quartet - and if you want to be added to this list, please contact

Sally - [salthurlow@gmail.com](mailto:salthurlow@gmail.com)  
01473 312080

Frances - [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com)  
01473 312046

In the meantime stay safe and continue to take care. Happy (or maybe Happier) New Year in 2021

## Holton St Mary Millennium Green Trust

Century Club subscriptions £12 are due in January. We would like as many people as possible to pay by bank transfer and your collector will shortly be putting a note through your door giving the necessary details. There are a number of new people in the village and if you have not been contacted by the end of the month please give me a call and I will make arrangements for you to join in.

The income from the draw pays for the upkeep of the Green and we have not so far needed to carry out any other form of fundraising.

Marjorie Haste

Secretary 01473 311615

## The Quiz of the Year (that was and is to come...)

I hope you find this randomly-designed quiz with no specific theme a bit of fun. The quiz closes on 31<sup>st</sup> January.

A cash prize will be awarded to the person/family with the highest score. If there are many fully-correct answer sheets these will be collated and the first independently and randomly-selected one will be adjudged the winner. Answers and the prize-winner will be announced in the February Quartet.

Please either send your answers by email to [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk) – or fill in these pages, add your name and contact details and drop them off to 1 Corpus Christi Cottages, Holton St Mary.

1. How many raspberries are there on the cake seen in the opening credits of 'The Great British Bake-off'?

2. The music store, 'HMV' was opened by which composer in 1921?

3. Which make of car had a tortoise as its badge?

4. What single word links vinegar and one of the largest joints in the human body'?

5. Which footballer spoke of seagulls, indulged in kick-boxing and enjoys a good beer?

6. What one word links Humphrey Davy, women working in gunpowder factories and Delia Smith?

7. What is the setting for 41 of Terry Pratchett's fantasy novels?

8. In which London art gallery would you find the 'Turbine Hall'?

9. What are the names of the two Mersey Tunnels?

10. What is this an example of:  $a^2 + 8a = 48$ ?

11. In Greek mythology, Ariadne and Penelope used what common domestic science material to save their lovey-dovey men?

12. What year did the Orwell Bridge first open to public traffic?

13. What two-word term is given to the Northern and Southern Lights, also called '*aurora borealis* and *aurora australis*'?

14. Which season of the Christian year is symbolised by the lily of the valley?

15. The nickname of which American State is 'Equality State'?

16. Which aircraft company built the jet airliner, the Comet?

17. Which football team beat Ipswich Town 9 (nine) v 0 (nil)?

18. Where in the body would you find the olives?

19. What is the name of Turner Prize-winning potter Grayson Perry's female alter-ego?

20. Who was Bill and Ben's best friend?

21. What event links the 'China Syndrome' and April 1986?

22. Who did Beowulf stalk and slay in the famous Old English poem of the same name?

23. Which wedding anniversary is celebrated with the traditional gift of ivory?

24. The Jordan Formula 1 Racing Team won its first Grand Prix with which European racing driver?

25. What was Dimitri Mendeleyev famous for developing?

26. What links the national anthems of Spain, Bosnia and Herzegovina, Kosovo and San Marino?

27. Which book in the Bible contains the words: "There is nothing new under the sun"?



28. What single word links a lei, 7<sup>th</sup> December 1941 and Captain James Cook?

29. In the comic, the Eagle, who was the 'Pilot of the future'?

30. What single word is given to the shortest or longest day in the year?

31. What single word links Minimata, the Roman messenger of the Gods and a singer born in Zanzibar?

32. Which British Prime Minister was known as the 'milk-snatcher'?

33. The abbreviations of which chemical elements spell out the name of the capital city of Ghana?

34. Who or what was Number 6?

35. What is the precise educational link between Daniel Craig and Chris Boardman?

36. Who wrote about the life and times of Zaphod Beeblebrox, Marvin and Arthur Dent?

37. What year did 'Strictly Come Dancing' first waltz on to our TV screens?

38. Which country produces the white wine called, 'Cloudy Bay'?

39. Terry Waite received a postcard in solitary confinement as a hostage. What was the picture on the postcard?

40. Picture round (5 questions - see next page).

*Your Name*

*Your contact details (Telephone number, email or address)*

40A. What plant is this a leaf of?



40B. What type of knot is this?



40C. What does this symbolise in a religious context?



40D. What is interesting about this delicious snack?



40E. Who is this Muppet character?



# Stour Valley



## News

*Knocked back by Covid we are now rebuilding as quickly as is safely possible. The majority of our activity groups, including walking, ten pin bowling, fitness, canoeing and kayaking, are back up and running.*

*Other groups, from philosophy, to book club and languages, continue to operate using Zoom. Our gardening group has a number of visits planned, including a week away to Harrogate.*

## Membership

*We are always open to new members. Our fee for 2020/21 is just £8. To find out more, visit our website to see how we work and get the latest updates:  
[stourvalleyu3a.org.uk](http://stourvalleyu3a.org.uk) or contact Graham Manuel (chair) [gandamanuel@gmail.com](mailto:gandamanuel@gmail.com) or Sue Basted (secretary) [susanbasted10@gmail.com](mailto:susanbasted10@gmail.com)*

## About us

*Stour Valley U3A is one of more than 1,000 U3A groups in the UK. We have just over 400 members based in the Essex/ Suffolk border encompassing areas including Manningtree, Dedham, East Bergholt and Shotley.*

*We work with neighbouring branches in Hadleigh, Harwich and Colchester which provides a wider range of social and learning opportunities.*

*The Third Age Trust looks after all U3As nationally bringing together people in their "third age" to develop their interests and continue learning in a friendly and informal environment. Third age is a time after you have finished working full-time and have time to pursue interests or just try something new.*

## Allotment Plots Available

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



## 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)

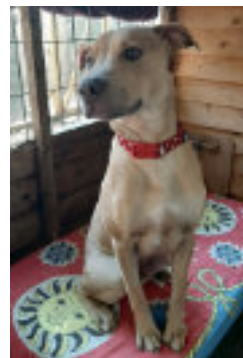
## SESAN News

This time last year some people predicted great things for the new decade and I thought 'seeing in 2020' was having perfect eyesight. Although the volunteers are still talking about Brexit and Australian wild fires, they seem more interested in news of a vaccine bringing fresh hope for a normal life.

I'm hoping someone can give my canine pal, Teddy, a new life. He is a ten month old staffie cross with the potential to become a fantastic companion. This handsome boy will need lots of exercise and company. Would suit an experienced owner who can see the promise in him and is prepared to put in the work to realise that potential.

Ollie (the Black) Cat wants me to tell you we have many cats waiting for new homes too. Some, including several pregnant females, were abandoned to fend for themselves last year and now await forever homes. Lots of humans find animals give as much as they receive by enriching their lives, particularly for those alone and isolated in these difficult times. Visitors by appointment only, please leave a message on 01787 210888 or visit our website or email [info@sesaw.co.uk](mailto:info@sesaw.co.uk) Best wishes for 2021 from all of us, including me, Kenny (the Boss) Chihuahua.

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

## Chernobyl Children's Lifeline & Charity Shop

By the time most of you will be reading this Christmas will have come and gone, I hope most of you managed to have an enjoyable time although for some I am sure it will have been very difficult.

We are hoping that 2021 will bring better fortune to all and that we may be able to again bring the children of Chernobyl to the UK for much needed health respite breaks although we have to be realistic and, at the time of writing, there is still much uncertainty as to what the situation will be both here and in Belarus. Although we were not able to deliver our Father Frost Christmas program as planned we were able to get one batch of Stockings to some very very needy families in Ukraine where the Charity also has contacts and also brings children to the UK under the Chernobyl Health respite program. The remainder of the stockings will be delivered to Belarus as intended but somewhat later than planned.

Due to recent events at the Charity Shop we have also had to make the very sad and difficult decision to close the business although the Charity will most definitely continue! We have had nine years of wonderful support from our customers and would like to express our grateful thanks to everyone, many customers have also become friends, host families and supported the Charity in many ways.

We will be looking to raise funds in other ways to allow us to continue to bring the children over and hope you will support our Fundraising events to help us to do this. We will continue to collect clothing, both for the children and their families and for us to use to raise funds for the visits. We will also welcome donations of any items such as unwanted gifts etc that could be used as raffle prizes at our events.

We have organised drop off points in Needham Market, Stowmarket, Bacton and

other local areas. We may also still be able to arrange collections if needed.

I hope that 2021 will herald a return to some sort of normality for us all although of course none of us will ever be able to forget the year of the Pandemic.

With very best wishes to all

Elizabeth Parker  
Link Chair  
01449 760343

## 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 JANUARY 2021

**Friday 1** SOLEMNITY OF MARY,  
THE HOLY MOTHER OF GOD  
9.20am Eucharistic Adoration  
10am Mass  
**Sunday 3** 2nd SUNDAY OF  
CHRISTMAS  
9am Mass  
**Tuesday 5**  
9.20am Eucharistic Adoration  
10am Mass  
**Wednesday 6** THE EPIPHANY OF THE  
LORD, SOLEMNITY  
9.20am Eucharistic Adoration  
10am Mass  
**Sunday 10** BAPTISM OF THE LORD  
9am Mass  
**Tuesday 12**  
9.20am Eucharistic Adoration  
10am Mass  
**Sunday 17** 2nd SUNDAY IN ORDINARY  
TIME  
9am Mass  
**Tuesday 19**  
9.20am Eucharistic Adoration  
10am Mass  
**Sunday 24** 3rd SUNDAY IN ORDINARY  
TIME  
9am Mass

## The Constable Country Medical Practice

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CO7 6RT

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Telephone 01206 298272  
Fax 01206 299010

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

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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 Pcs0 3041 Cooper  
[babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)  
Telephone...101



# Local Services

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on  
Wednesdays

20 January

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  
26 January

### 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	28 <sup>th</sup> December	Recycling week - Mon, Tues, Weds collections are one day later, Thursday collection is on Saturday, and Fridays collection is the following Monday	BH week
	4 <sup>th</sup> January	Refuse Week - collections one day later	BH week
	11 <sup>th</sup> January	Recycling Week	Normal
	18 <sup>th</sup> January	Refuse Week	
	25 <sup>th</sup> January	Recycling 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			

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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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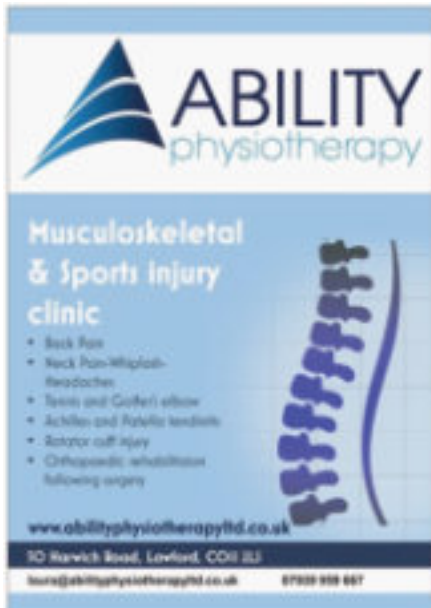
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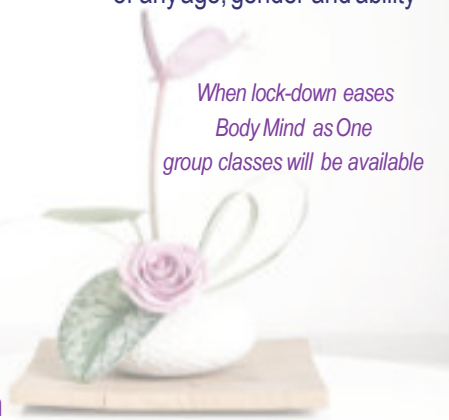
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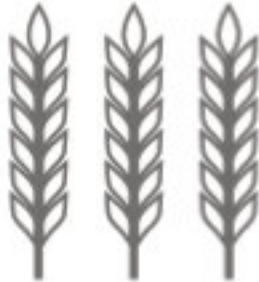
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## Benefice Letter



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On Monday, 14<sup>th</sup> December I was installed as the Priest-in-charge of the Benefice in a wonderful service led by the Bishop of Dunwich, the Rt. Rev'd Mike Harrison and the Archdeacon of Sudbury, the Ven. David Jenkins. Due to the Corona restrictions, numbers were very limited, we all wore masks and social distancing was observed, but that didn't detract from the lovely, warm and welcoming atmosphere in Stratford St. Mary's Church. My grateful thanks go to those who decorated the church so beautifully and to all who were able to attend and take part in the service. We are hoping to have a bigger service sometime in the new year, once life goes back to something resembling normality. In the meantime, I have moved into the Rectory but there are still quite a few boxes to be unpacked, not least because there were some maintenance issues which we only discovered after the move. The heating didn't work and it took nearly a week and some serious rewiring in the house to get this sorted. I trust that things will be more settled by the time you read this.

Now I am trying to get my head round how things are done in our benefice, and I am confident that the time will come that I can find my way around without a SatNav. As I write this, Christmas is still a few days away and we have just heard the Prime Minister's difficult announcement that large parts of the country are facing Tier 4 restrictions and family gatherings can only take place on Christmas Day, if at all. One of my daughters and my son-in-law live in a Tier 4 area so we won't be able to see them over the festive period, and I am conscious that many of you are facing similar challenges, or that you may simply be cautious because of the Covid risk. My prayers during these difficult weeks will include all of you who are lonely or grieving. Please give me a ring or send me an email if you are struggling and I will be happy to have a chat. Do leave a message if I can't pick up and leave your name and number and I will get back to you.

My husband and I are very much looking forward to meeting you and to getting to know many of you over the next few weeks and months. It will be more difficult to meet and to recognise everyone with masks, but there will be a time after Covid when we can all socialise again freely!

I wish you all a very happy & healthy 2021.

God bless.  
Yours in Christ,

Rev'd Manette





## Benefice Contacts,

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

\*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

## Benefice Services and Events

**\*\* There will be no live service held in Raydon Church on December 27th. This is a change from information previously advertised.** There will be a service on 27/12/20 to commemorate St. John the Evangelist available online or via Facebook.

### Services in January

Please check our website for current updates: [www.4marys.org.uk](http://www.4marys.org.uk). The pattern of services may be reviewed if Government guidance changes.

Sunday 3<sup>rd</sup> January – Stratford St. Mary 10.00 am Holy Communion

Sunday 10<sup>th</sup> January – Holton St. Mary 10.00 am Holy Communion

Sunday 17<sup>th</sup> January – Higham 10.00am Holy Communion

Sunday 24<sup>th</sup> January – Raydon 10.00 am Holy Communion  
Stratford St. Mary 10.00 am Family Hour

### **Mid-week Morning Prayer.**

A mid-week service of Morning Prayer, Stratford St. Mary, will take place on Wednesday 20<sup>th</sup>. January at 10am in the Parish Room. Please contact Christine Cousins 01206 322530 if you would like to attend.

### **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 3<sup>rd</sup>. 10<sup>th</sup> and 17<sup>th</sup> January 10.00am -3.00pm in addition to the live service on 24<sup>th</sup> January.

Other churches in the Benefice will be closed except for Sundays when services take place.



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

**Higham:** Nicholas Maxwell-Lawford, Ian & Val Boothman, Gill Wilson & family, Penny Watkins, Amanda Berry, Margaret & Peter Snelling

**Holton:** Ron & Angela Stedman, Sylvia Golding

**Raydon:** David Lugger, Wendy Mumford and family, May Peacock, Janie O'Brien & her family

**SSM:** Nancy Ablitt, Laura Kerry, Josie Thompson & family, Andy Brass and family, David Ablitt.

**Others:** Helen Gregory