

Higham
Raydon
Holton St Mary
Stratford St Mary

Quartet

The Parish Magazine



November 2020
Issue 387

Quartet Diary



Part-time Female Personal Care Assistant

Required to assist a lady in Lawford who has learning disabilities. Support is required in all aspects of independent living including personal care.

No experience is necessary.

A full clean driving licence is preferable.

Variable hours (approx. 60 plus 4 sleepovers) per month.

Rate of pay £10.50 (£11.50 at weekends)

Sleepover Rate £91.00

To apply please contact Carol Eagle on 07748 995901

November

- 3 Raydon Fair Trade Coffee Morning
- 6 HSM Lunch club
- 7 HSM Green Gym
HSM Church Clean Up Day
- 9 Stratford Parish Council Meeting
- 10 Raydon Parish Council Meeting
- 11 HSM Parish Council Meeting

December

- 1 Raydon Fair Trade Coffee Morning
- 4 HSM Lunch Club
- 5 HSM Green Gym
- 25 Christmas - I hope.

Small Ads Pin Board

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

Editors Corner

Welcome to the November edition! I must admit in March, and I thought I was being pessimistic at the time, I was expecting things to be more back to normal by now. However, it looks like we will all be coping with the pandemic lifestyle for many months yet.

You will notice a sad lack of bonfire night celebrations being advertised this year, one more type of event that couldn't happen. I'm sure there are a few birds and dogs who would disagree, but let's hope we will be in a better position next year.

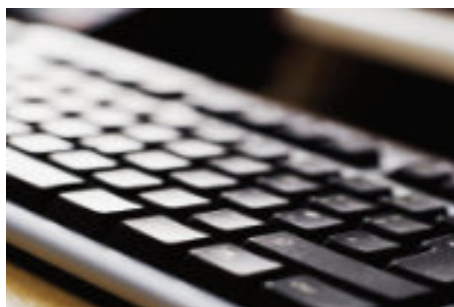
Christmas is still set to go ahead I'm told - albeit in a compromised state - the November Quartet is usually full of early notification of festive events, but not much this year. The diary page is looking horribly empty! We do hope you will be able to find a way to appropriately celebrate the season and we'll hopefully bring you notification of what's going on next month. It's difficult for organisers to know what to do with the situation changing so frequently.

We do know the village 'Christmas Cards' for Holton and Stratford will be published in the Quartet as usual next month, so if you want to send greetings to fellow villagers, don't forget you will need to speak to the organisers early this month.

Happy reading

Anne and Jane

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



Copy deadline for next edition:
19th November 2020

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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

POPPY DAY APPEAL – 2020

Understandably Covid -19 has caused disruption in the sale of 'poppies'. Poppies will however be available at the following locations in Stratford St Mary for 2 weeks prior to Remembrance Day.

Farm Shop/Restaurant - Anchor Public
House - Garage/Village Shop/PO -
Black Horse Public House - Primary
School - Dog Grooming Salon -
Rosebank, Lower Street

Hopefully you will support this worthy cause, despite the disruption to normal life in 2020.

Thank you, David Isaac

SSM 100 Club Winners

The October winners are:

37	G.Kitson £ 40.00
32	L.Ellingham £10.00
20	E.Barrell £ 5.00



Hello Residents of Stratford st Mary

Update from the Stratford St Mary Emergency Team-Covid

Some points to consider to help reduce the impact of another Lockdown.

Prescription, re-ordering and delivery can be arranged by visiting 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, Tesco's, Asda, Sainsbury's, Morrison's and Ocado.

Local stores for delivery and or collection

Hall Farm 02306 322572

Birchwood Farm shop 01206 323797

Post Office 01206 323716

Colchester Diary 01206 870055

As the threat of the virus grows daily there is a need to resurrect the dedicated helper scheme for vulnerable residents. Our volunteers have now returned to work so we can offer a reduced service for prescriptions collection from Dedham Pharmacy on a Monday, Wednesday and Friday.

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.

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.

Stay safe!!

Kelly Martin



SUFFOLK HISTORIC CHURCHES TRUST ANNUAL BIKE RIDE – SAT 12TH SEPTEMBER 2020

Money from sponsors has now been collected and the total achieved by bikers and donations this year was **£1660.00**. Half of that sum will go to St Mary's Church and the other half will be held in a central fund, from which churches/chapels can bid for help with projects and repairs.

William D achieved an exciting 36 churches, covering 82 miles in the allotted time. Unfortunately a mid-afternoon puncture put paid to his proposed tally.

Once again, thank you to the bikers and financial sponsors. Your support is very much appreciated.

David Isaac

A letter from your POSTMAN

I would like to thank the villagers of Stratford St Mary and Higham for their friendship, kindness and banter over the last twenty years I have been your postman.

It is now time to retire from Royal Mail and I will miss the many friends (and mishaps) I have made over the years.

Hope to see you about, keep safe.

Bob

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

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

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

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

The number to call these volunteers is :-

01206 700919

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

Road Closure in Dedham

Suffolk Highways plans to undertake maintenance to Dedham Mill Bridge on B1029 Dedham Road, Dedham. The work will involve the replacement of the existing bearings at the south end, resurfacing, installation of new movement joints and painting of the barriers.

The works are programmed to start on 5 October and will continue until 4 December 2020. Please note that during this time, it will be necessary for the road to be closed 24/7 to enable the works to be carried out safely. Temporary traffic signals will also be in place, as detailed below.

- 5 October to 11 October 2020 – Temporary Traffic Signals
- 12 October to 29 November 2020 – 24/7 Road Closure



- 30 November to 4 December 2020 – Temporary Traffic Signals

The road will be closed from the junction of Church Road, Stratford, to Dedham Mill Bridge. Pedestrian & cyclist access will not be available during the road closure.

For the duration of the road closure, traffic will be diverted via

Clockwise diversion route - B1029, Birchwood Road, A12, A1232 and B1029

Anticlockwise diversion route - B1029, A12, Birchwood Road and B1029

Please note that Dedham Riverside Car Park (near Mill Pond) will be closed for the duration of the works however, alternative parking is nearby.



Fair Trade coffee morning

It was with trepidation that we approached our next Fair Trade coffee morning on October 6th. What would the weather

be like? We had suffered torrential rain all day on Saturday and Sunday and on Monday some sunshine then more heavy showers!

Well, it started off very grey and dismal looking but with Geoff's help we got everything ready outside in case a few hardy souls came along. We needn't have worried though, the sun came out just as we were about to start and nearly twenty hardy souls arrived. We had cyclists, participants from Hadleigh and Holton St Mary and of course our "Frinton Friends" bearing goodies to go with our wonderful Fair Trade coffee. Most of the money from the Suffolk Historic Churches Trust has been collected, and our star octogenarian "exercise bike" rider managed 20 miles and raised £360!! This will be shared between Raydon Church and the trust. What a fantastic effort and a huge thank you to her, it is such a great example to us all of what you can achieve with determination!!

Well, we're determined to continue our Fair Trade coffee mornings, November 3rd is the next one and it's very likely to be cold, so look out the winter woolies and do join us, the welcome will be warm !!

Many thanks for being brave

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 raydonpc@gmail.com.



Raydon and District Garden Club

Hopefully you have all enjoyed the Autumn colours either in your gardens or, if on trips, out in the wider countryside and the hot dry summer I guess seems already to be fading quickly into the back of our memories. November of course is the start of the new gardening year as we prepare for the New Spring to come once again. It's time to plant new bulbs if not already done so, but especially tulip bulbs which if planted in November to December, it helps to ward off tulip fire disease that causes papery brown patches on stems and foliage and withering of the flower heads which can absolutely decimate your spring display. Of course you may have a tree or shrubs to re-locate or plant anew so now is a good time before the ground gets frozen or too wet. There seems to be a lot of the dreaded Honey fungus about this year especially on old tree or hedge stumps left in the ground. It's always best to have these removed but is quite hard work, so it's easier perhaps to just leave them in but once they start to decay honey fungus follows.

As I write these notes the Rooks, a odd Jay + several Magpies are collecting acorns off a neighbouring Oak tree and overhead 4 Buzzards are circling above and drifting south. Have you seen the winter thrushes yet? Redwing, Fieldfare & Mistle Thrush as they arrive into the UK to feed off all the wonderful berries on the surrounding hedgerows. When walking the footpath which surrounds the golf course in Raydon you may see quite large flocks in most years.

Club news of course is a bit thin as nothing can get started again yet and at this point must confirm to you members that the Social evening + AGM normally held end of November has been cancelled. What a 40th year we have endured with only the

February meeting going ahead as planned. No shows, no coach outing, no garden visits and no club meetings what a disaster !! or is it? We have all had a rest or in my case plenty of time in the garden (thank goodness for gardens) and time to reflect and unwind which is not always a bad thing but I must admit I have missed seeing you all. Now over winter (with things not looking much better) let's all keep positive and be optimistic for next year. Your Garden Club is alive and raring to go again as soon as we are allowed to which hopefully will be in early Springtime or at worse March / April. The village hall sale is moving forward so perhaps by December I will be able to confirm it's sold. This means of course we could have a (new) venue to use at the King George playing field. It's just been re decorated outside and looks very smart, the car parking area has just been renovated and extended with a nice new tar-mac surface (so no more mud and pot holes) and I guess by the time we start to use this venue the nights will be pulling out, daffodils everywhere and we will be forgetting another winter, as we look forward to a new gardening year as normal. Things will get better and we will meet again and if you think about it by the time you read these notes Spring (if it's on cue) is only 16/17 weeks away, as they say "Time flies so quickly." Don't forget we need a few more new members for 2021. Geoff Horrex, 310422 / 07810086143

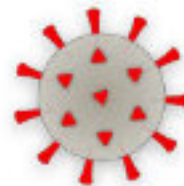


Suffolk Historic Churches Trust Sponsored Cycle Ride and Stride

Thank you to the Raydon riders and striders, we have an excellent total so far with more still to collect. The current amount raised is £465 which is brilliant. So a huge thank you to everyone and look forward to another event next September.

Thanks to all involved.

Wendy Mumford, 01473 312123



The 'lockdown' would seem to be likely to continue for several more months so please be assured that the The Phone Tree is still active.

So if you have any need of help – shopping, prescriptions, or just a phone call - do not hesitate to call either

Simon Tennent 01473 310320 or Geoff Horrex 07810086143 and we will find someone available to provide assistance.

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

Raydon Parish Council

Schedule of meetings 2020

All at 7.30pm via Zoom until further notice

Tuesday 10 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



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.

In my final days as Holton Parish Clerk, our Suffolk County Councillor, Gordon Jones sent through an article by Suffolk Trading Standards warning of a few email scams going round at the moment. A few days later I found one in my inbox, so was quite relieved I knew I could delete it!

As a consequence, I thought it worth sharing with you too:

Fake Penalty Charge Notice

The email claims the recipient has driven on a road that has a charging scheme and as such a penalty is payable. Note however that it does not give details of the vehicle, the location, nor the date or time of

the incident.

If you receive the same or a similar email, do not click the link. This is a phishing scam designed to steal your personal information and money.

If you receive it, forward the email to report@phishing.gov.uk

Fake Facebook pages wanting you to enter their competition for a free holiday. The pages have been set up by scammers for 'like-farming', using your interaction to harvest personal data.

Before liking a page, especially a big business like Center Parcs, check if it has a blue tick. This means the page has been verified by Facebook. You can also look at the Page transparency to see when it was created. The real Center Parcs page was created in August 2010. This fake page was created on 1st April 2020 and changed it's name on 6th September 2020.

The fake Christmas at Lapland page was created on 22nd June 2020 and has only two posts. The Page transparency shows that it is managed by two profiles, one in Brazil, the other in Tanzania.

Don't just look at the competition post. Look at the page history, and the other posts on the page. Does it look genuine?

If you come across a fake page on Facebook, report it by going to the page and tap *** from the top right and select "Give feedback or report this Page". Select "Scams and Fake Pages".

Fake promotions or competitions on Facebook typically urge users to either engage with a Facebook post (e.g. share and comment) to win a prize, or click a link to claim a prize. Or possibly both.

Our recommend is to never interact with these types of Facebook posts.

Higham

Remembrance Sunday

8th November – 10.50am



You are invited to attend a short act of Remembrance and service in Higham church on this day.

As this is the 75th Anniversary of the ending of the Second World War we would like to include contributions from members of the village describing the service family members and friends may have made.

These are people who do not necessarily have to have served within the armed forces but how they may have served their fellow man in a different capacity.

Please contact Rev'd Nicola with information you would be happy to read or have read out during the service and please contact Hugo Parker to let him know if you will be attending.

My family Village

After June & July Quartet writing down some of my childhood days I have been asked for some more about Higham so here we go again.

Unlike many other surrounding villages, as far as housing goes, Higham is one of those villages which has changed very little since I lived at Bridge House close to the River Brett from part of the 1940's, 1950's and some of 1960's.

Some of the country cottages have gone and been replaced by a few larger houses, but I guess the biggest change is in the character of the people. Many people in those days did not have their own motor cars so did not go anywhere except perhaps by bike or bus to do the weekly shopping. Perhaps some of you can remember "Norfolks" coach company which used to come through Higham from Nayland on a Tuesday and ended up in Ipswich once per week. If I remember right it used to go to Colchester as well but on alternate weeks.

Mum took us on the bus to mainly buy clothes as in those days we had a local groceries service delivered by van from Mr Tice from his shop in Stratford St Mary (opposite the water mill). Mum put her order in for the following week to Mr Tice when he arrived with our food so she always had to think ahead, not easy when in the fifties as we were still on rations till 1953. Anything forgotten you either went without or sometimes I was sent by bike to the shop in Stratford.

A character who lived close by in no 2 (mid terrace) Bridge cottages was a Mr Bernard Wright always known as 'Bummy'.

He kept a gun dog in a wire kennel at the bottom of his garden (forgotten dogs name) and it's a good job I didn't believe everything he told me. Talk about long stories and one of his favourites was when we went fishing (I was 8-9yrs) he claimed one day a kingfisher sat on the end of his rod just waiting to snatch the fish on his line when reeled in. He also caught a young jackdaw and kept it as a pet which he taught to talk.

In those days life was a hard existence and he used to go out shooting rabbits etc for him and his dog to eat, also he taught me how to set a snare successfully and it's still hanging up in my shed to this day but not been used by me since 1968.

Now how would you re-act today if you saw a older man walking down to the river Brett wearing a multi coloured dressing gown and material slippers and wandering in a not so straight line !!! I can only guess but in the years I lived in Higham it was common place to meet Mr Fred Boucher who lived at the top of the hill walking down (wet or dry days) to the common land meadows by the Brett where he kept some of his race horses.

Eccentric he was but a lovely knowledgeable person to talk to when not under the influence. Sadly he lost two out of the three race horses during a very bad thunder storm as they were spooked and drowned in the river. I remember a few days later him sitting in our kitchen at Bridge House having a drink (Gin was his tippie) with Dad talking about the storm and loss of his horses but when Dad said he was sorry for his loss his reply was well boy I will just have to buy two more. Lucky he was reasonably well off as he enjoyed many of his horses winning at Newmarket.

He wanted to take me to one of the races to see his horse running but Dad was not keen so I did not go !!! perhaps it was just

as well although I was disappointed at the time (I was only 11 yrs).

Fred had a car, a dark green Vanguard saloon (he called it the tank) which was parked outside his back door on the slope of his drive. He always backed down the drive and turned out on the road (not much traffic in those days).

Now one day he was in a hurry (that was his excuse) and on reaching the road missed his brake pedal but stamped harder on his accelerator pedal which took him across the road and through the wall opposite. "Opps!" Thankfully nothing on the road but the wall was badly damaged and his car also. It was never repaired but still drivable.

Now another character was a Mr Alfred Easey who used to ride around on his tricycle. In 1953 he had the honour of planting the nowadays large copper beech tree on the village green as part of the Queen Elizabeth coronation party held (very wet day) that year.

I was only 8 years old then with blonde curly hair and the tree was only a sapling but we have both lived and grown older, me being white on top but the tree in all its glory looks a picture especially in Springtime and now with Autumn colours.

Ok that's it for now with part two in December as I will take you on a walk around Higham next month with further names and house names I still remember all those happy 52 years ago including The Bridge, The Old Post Office, The Kings Head, The Guildhall, Tunmers farm and the Old Vicarage + Barn which was used for !!!!!

It's only a month to wait.

Geoff Horrex.

Holton St Mary

The First Friday Lunch Club



Well on the second Friday in September we resumed the First Friday of the Month Lunch Club lunches, accompanied by our COVID Safety measures, both for the lunch and for the Hall (with thanks to the Hall Committee). It was a good trial with relatively few people (15) enjoying a simple ploughman's lunch and some coffee and cake, but more importantly a good chat with people they have not seen for ages. In addition, we were observed by the Babergh Council Food Safety Officer as we had finally got round to registering properly as a food business (which we needed to do because it is a regular lunch). The advantage of this is that we now have our feedback (all positive and five stars) and more importantly, we are able to continue, resuming "First Fridays" from now on, despite the "Rule of 6", keeping the groups smaller than 6, but we think we can fit over thirty while keeping everyone safe.

So if you want to come, and are in Holton St Mary, or used to be - contact Sally or Frances to put your name down (salthurLOW@gmail.com or 01473 312080 or familytorrington@btinternet.com or 01473 312046

SATURDAY 7th NOVEMBER IS
CHURCHYARD AND CHURCH
CLEAN UP DAY

IN HOLTON ST MARY
FROM 9.30 AM TO 12.00 NOON
Are you able to help?

(For as little or as long as you like.)
If yes please contact Frances Torrington
on

familytorrington@btinternet.com
Refreshments will be provided.
Please bring your own tools!



Green Gym Group: 7th November

Flushed with our success at having planted approximately 200 daffodils and narcissi bulbs at our last session, the Group will help with the Church grounds clear-up on 7th November This starts at 09.30 and at 10.30 the Group will move to the Millennium Green to give the willow tunnel some tender loving care. Any queries, do please contact me. Thank you.

Richard Appleton



CHRISTMAS GREETINGS 2020

TIME IS SHORT

Send your greeting **NOW** to have it included in the December Quartet.

Pass your name and contribution for Church Funds to

Frances Torrington A.S.A.P.
familytorrynton@btinternet.com

Absolute closing date 12th November

Holton St Mary Parish Council

The date of our next meeting will be
November 11th 2020 at 8pm.

This meeting will be held via zoom, please contact the parish clerk at hsmpparishclerk@gmail.com if you wish to attend.

Liz Sims is the new Parish Clerk for Holton St Mary, she can be contacted on the email address noted above.

The Holton St Mary United Charities Trust

has some funds available to those residents in the village of Holton St Mary who are in need. If you feel you might want to make an application please contact:

Paul Torrington on
familytorrynton@btinternet.com or 01473 312046.



Memory Jogger

Have you had a really good meal out, or know of a local supplier or retailer that you feel needs shouting about? We're starting a section on page 27, under local services for you to leave a recommendation. After all, it's good to promote quality local services!

Email us with your experiences at quarteteditor@hotmail.co.uk

Want to book a coronavirus test ? - please don't call 111 or your GP practice

The NHS is urging people not to call its 111 helpline or their GP practice or visit their hospital's emergency department if they want a coronavirus test.

That's the message from health professionals across Suffolk and north east Essex who have highlighted a big increase in call volumes, with some GP practices reporting that one in five telephone calls relate to coronavirus testing.

Instead, tests should be booked via the Government website - <https://www.gov.uk/get-coronavirus-test> - or the NHS 119 dedicated helpline.

Kevin Whomes, practice manager at Swan and Forest GP surgeries in west Suffolk, said: "This big increase in call volume is placing an extra burden on our already very busy staff, as well as making it more difficult for patients with primary care needs to contact us.

"It's quite right that anyone with coronavirus symptoms gets tested, and it's clear people are making an effort to arrange a test. But I urge them not to contact their practice if they have an inquiry about testing or are having difficulty in organising a test, as we have no access to the test system."

Belinda White, Regional Manager at Care UK which operates the 111 service across Suffolk and north east Essex, said: "As always the 111 service is here 24/7 for all urgent medical help and advice. What we cannot do is book COVID-19 tests.

"We understand it must be so frustrating for patients who have to sit in a call waiting line to have their query answered only to be told that they have come through to the wrong service so please dial 119 for test help.

"By dialing 119 for tests you are helping us to ensure we can support those with medical issues promptly at this time of increased pressure."

Anyone with coronavirus symptoms can get a test.

Coronavirus symptoms are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste



The Local Government Boundary Commission for England

We have recently published draft recommendations for new divisions, division boundaries, and division names for Suffolk County Council.

We are now inviting comments on those recommendations.

Take a look online at <https://consultation.lgbce.org.uk/node/18495>

Our consultation closes on 23 November 2020.

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 about our local activities: stourvalleyu3a.org.uk.

You can also get in touch by email: Graham Manuel (chair) gandamanuel@gmail.com or Sue Basted (secretary) 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.



Stour Valley Men's Probus Club

Sadly, this will be the last article appearing in this magazine from our Club. An Extra Ordinary meeting, called by the Committee, was held on Wednesday 16 September at the covid secure Ogilvie Hall, Lawford to discuss "The Future Of The Club".

In past years, despite trying hard, we have been unable to recruit sufficient new members despite a strong presence in many local magazines and the local paper. With an ageing membership most members had, over the years, held various committee positions.

Having been formed in 1985 we have held meetings at various local halls and we now find ourselves, due to COVID restrictions, without access to our current venue, the St John Ambulance HQ in Manningtree, with no known date for a future opening, if at all.

The number of active members has reduced to such a position which is not self-financing and the committee recommended to members that the club be closed. After discussion the proposition was unanimously approved by the members present and following the constitution it was agreed that funds held by the Club after all debts are paid-off will be distributed to charity as agreed by the committee. Please ring President Dave Carman on 01255 880202 or Secretary Graeme Forsyth on 01206 399049 if you need to make contact with the Club.

BRANTAM GARAGE SALE TRAIL

"This year's garage sale trail took place on Sunday 13th September. We had 80 houses on the trail in the end and everyone the committee spoke to on the day seemed to be enjoying themselves!

All the donations have now come in and we can announce that we made £625 for our three charities: St Elizabeth Hospice (via the Carla Dawson tribute fund), Brantham Village Hall and Brantham Scout & Guide Hut (Project 2017)

This amount is fantastic considering we were unable to use the Village Hall this year and have our usual BBQ stall/teas & coffees to boost our income. Plus with all the uncertainty over Covid restrictions etc. We feel very happy that the sale was able to go ahead this year to benefit our charities.

We would like to thank the following people:

*Yvonne Amoss and Ronnie Dawson (The original organisers of the garage sale) for their support and enthusiasm.

*Alastair McCraw for his encouragement and sage words of advice.

*Chloe's for their support in collecting donations before and after the sale, opening on a Sunday and for selling trail maps for us.

*Lynn Laws for photocopying our trail maps for us for free.

*All the people who offered re-assurance and motivation when things were not going quite as planned.

*The sellers who donated more to our charities after the sale was over because they'd done so well selling on the day.

*Everyone who took part by selling.

*Everyone who came and enjoyed the day with some bargain hunting! It wouldn't have happened without any of you!

*Everyone else who played a part in the sale.

We will be back bigger and better next year! Hopefully with use of the village hall and with covid just a horrible memory. Perhaps there will be some other fun things happening throughout the village too!

Date to be confirmed soon!

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Home-Start in Suffolk is the county's largest family support charity. They offer struggling families throughout Suffolk practical help and emotional support in a friendly, non-judgemental way through their army of over 200 volunteers.

The families supported by Home-Start in Suffolk are facing a wide range of challenges including mental health issues, disability, physical health problems, poverty and domestic violence.

During 'normal' times these volunteers visit a family once a week in their own home, however as a direct response to the current pandemic they have adapted their service to offer the 'Families connected telephone support', teaming up with the emotional well-being hub to connect families who desperately need help to trained volunteers who can support and offer advice and guidance during this uncertain time. We are actively seeking more volunteers to support families through our home visiting or our telephone support. Full training is provided and our volunteers are continually supported by their allocated coordinator. Joining our amazing team of volunteers is rewarding and right here in Suffolk supporting vulnerable families.

If you have children and you are struggling through a difficult time and you think you could benefit from the friendly, supportive

service offered by Home-Start in Suffolk you can either self-refer through the website www.homestartinsuffolk.org or you can ask a professional such as your health visitor, teacher or GP to refer on your behalf.

For more information on getting support or volunteering please call the Martlesham office on 01473 621104 or email headoffice@homestartinsuffolk.org.

Chernobyl Children's Lifeline & Charity Shop

Only a few weeks ago we were enjoying a late summer but all of a sudden everyone is getting ready for Christmas!

Halloween and Bonfire Night look as if they will not be able to happen in the traditional way so, like so many shops we have started to put out our Christmas Stock and what a selection we have! Lots of brand new items that will make great gifts but as usual, all at very low prices. Tree decorations, Cards, Jigsaws and books all with a Christmas theme are also now available. Also in stock we have disposable Face Masks at 1.00 for a pack of 10 and Hand Sanitiser at 80p. per bottle or 2 for 1.50.

This year we may not be able to make our annual trip to Belarus to deliver the Christmas Stocking program to the children but everything is safely stored and as soon as travel becomes possible we will be off. We know the children who receive these gifts will appreciate them just as much whether we get there in December January or February, they will be waiting!

Although we do not get involved in matters of politics I must just touch on the situation in Belarus, some of you may have seen or read some articles in the news regarding the recent elections. Without going into

detail I can tell you that what you may have heard does not give true representation of what has actually been taking place. People are suffering terrible retribution for just expressing an opinion the state does not agree with, human rights do not exist, as I am writing this message I received an update that the Head of the Transplantation department at the Children's Cancer hospital has been arrested and put into prison for the crime of joining a video appeal on behalf of Doctors opposing the state violence, detainment and torture of ordinary people. She is the only qualified consultant in the whole of the department which means all procedures and treatment that need her input have had to be stopped.

There are so many Charitable causes that are all in desperate need of support, our Charity is not widely known, we do not advertise and receive no funding other than what we can raise ourselves. Many people will say Charity begins at home but please, do give a thought to the Children and families of Chernobyl.

Thank you

Elizabeth Parker
01449 760343
www.ccllmidssuffolk.org.uk

SESAN News

There's no doubt about it, Autumn has well and truly arrived, although I'm a little confused. Mum says her clock has gone back (but to where?) then adds "Winter drawers on" with a sort of smirk. She also says look out for hedgehogs nesting in the bonfire before you set light to it and keep all your pets safe indoors as the firework season approaches. Now that I DO understand.

Our indefatigable fundraisers will be at the Bridge Farm Barns Festive Fair on Saturday 14th November in Monks Eleigh, IP7 7AY. Sheila and Elaine have oodles of "classy stuff" and Jeanette will be running her Terrific Tombola. If you have any last minute items that might suit either stall, please leave them, clearly marked "TOMBOLA" or 'CLASSY', at SESAW or phone 07881 785535 to arrange collection. We can also accept vintage and antique items for next year's sales. By the way, Sharon is now making a Christmas range of masks, please phone Jayne on 07720 079370 to order.

Despite restrictions, Joan has secured a place for SESAW at the Christmas Tree Festival in St. Peter's Church in Sudbury next month. She is busy assembling mug shots of the volunteers to decorate the boughs, I wonder who will be the fairy at the top. This annual celebration is a wonderful start to the festive season and a beautiful sight to behold. Perhaps Mum will let one of the SESAW animals visit the Festival, maybe even me, (Kenny the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare,
Reg. Charity No.1124029. Stoke Road,
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www.sesaw.co.uk info@sesaw.co.uk



Having a flu vaccination will help protect you, your family and your NHS

Health professionals across north east Essex and Suffolk are emphasising that it has never been more crucial for people in at-risk groups to have a flu vaccination.

It is safe to attend a flu clinic to have your vaccination. This year there will be a change to the way flu vaccinations are delivered as health teams need to factor in social distancing and infection prevention measures in order to continue to keep people safe.

Some GP practices may be offering drive-through appointments at community centres or village halls, and practices will soon be contacting those eligible by letter, telephone or text to offer specific time appointments rather than the usual drop-in sessions. Please be patient – you don't need to contact your GP practice as they'll be in touch with you.

Many local community pharmacies are also offering bookable flu vaccination appointments for those who are eligible. So please contact your pharmacy for details. Pharmacies are working with GP colleagues to ensure the best possible access to the vaccine for all eligible groups and may be able to offer evening or weekend appointments.

While a flu vaccination will not protect you against Covid-19, it will reduce some of the very serious consequences of flu, which can lead to existing health issues getting worse or the development of conditions such as pneumonia or bronchitis, middle ear infections in children or brain damage in unborn babies.

The vaccine won't stop all flu viruses but if you do get flu after vaccination it is likely to be milder and shorter-lived than it otherwise might have been. For most children the flu vaccine is a quick and easy nasal spray. Children aged 2 and 3 receive

the vaccine through their GP and those at school from Reception to Year 7 will receive it in school.

By having a flu vaccination you'll not only be protecting your own health, but also helping prevent the spread of flu to others as well reducing the risk of hospital admission and protecting our precious NHS resources.

Patients in 'at risk' groups who are eligible to receive a free flu vaccination include:

everyone aged 65 years or over

women who are pregnant

those aged six months to under 65 years in clinical risk groups including patients who suffer from a chronic illness, such as Chronic Obstructive Pulmonary Disease (COPD), kidney disease, hepatitis, Parkinsons, HIV and diabetes

children aged two or three years old on 31 August 2020

all primary school-aged children

children with a health condition that puts them at a greater risk of flu

long-stay residential care homes

carers

all frontline health and social care workers

This year also includes:

year 7 secondary school-aged children

household members of those who may have been shielding

later in the year the age range will extend to those aged 50-64

Dr Hasan Chowhan, a GP in Colchester and chairman of NHS North East Essex Clinical Commissioning Group, said: "We've been planning hard to ensure we're able to deliver an effective flu vaccination programme this year, working with our primary care and community pharmacy colleagues.

"Things will certainly be a bit different this year, since drop-in appointments are currently not practical. So instead, over the coming weeks, practices will be busy contacting their eligible patients to book them in for appointment. I urge people not to contact their surgery to try and book an appointment. Please wait until you are contacted. Don't worry, we will be in touch."

Dr Mark Shenton, a GP in Stowmarket and chairman of NHS Ipswich and East Suffolk Clinical Commissioning Group, said: "I want to reassure people that it is safe to attend a flu vaccination appointment at the GP practice or community pharmacy, and I urge people not to be deterred from protecting their health this winter.

"The momentous events of the last seven months have certainly given us all cause for anxiety and concern, but if anything, these events have given everyone in an at-risk group even greater reason to have a flu vaccination.

"The flu vaccination will help protect your health and the health of your loved ones, so please don't ignore the appointment invitation from your GP practice."

Dr Christopher Browning, a GP in Long Melford and chairman of NHS West Suffolk Clinical Commissioning Group, said: "This year will see an extension of those people in the at-risk groups who are eligible for a free flu vaccination, including members of households where people were shielding and young people in Year 7 at school.

"Additionally, it has been announced nationally that people aged 50 – 64 years will be eligible to receive a vaccination later this year. It's important to remember though that people in this age category will not be

contacted until at least November and this depends on availability of the vaccine."

Junchao Jiang, Pharmacist from Parade Pharmacy in Sudbury, said: "This flu season will be our biggest challenge yet so making a booking with your local community pharmacy is essential so we can deliver your flu jab in the safest method possible. Many community pharmacies are offering evenings and weekend bookings so please speak to your local team about what they can offer you so we can keep you well."

Cllr James Reeder, Suffolk County Council Cabinet Member for Public Health and Prevention said:

"If you intend to receive your flu vaccination from your GP please wait until you are contacted by the surgery. Once you are contacted it is incredibly important that you take up your appointment. It's important not only for your health, but also for those you love as it reduces the chance of spreading the flu virus.

"Flu can be deadly, with an estimated 10,000 people dying each year in England and Wales. The flu vaccine is our best protection against it. Although things will be different this year, please be assured that measures have been put in place to make sure it is safe for you and those you love to have your flu vaccination."

Visit the NHS website for more information on flu vaccination



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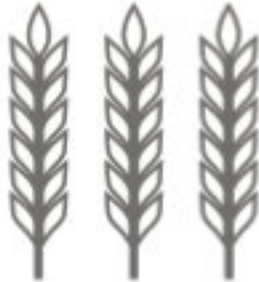
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Advent *n.* an arrival or coming esp. one that is awaited.

It is a bit early, actually four weeks early, to be writing about Advent in the church sense, but the next Quartet is likely to arrive on your doorstep just after Advent Sunday, 29th November. So here in advance let's see what Advent means to us!

"Advent: an arrival or coming..." Well Christmas is still a long way off but it is coming and offers the excitement of new birth, new beginnings, sharing, joy and all the other words we sadly cannot sing this year but surely will in our own little bubble!

Next - are we waiting for the coming of a Covid vaccine? Is it the expectation that a vaccine will return us back to "normal" life? We must surely hope so. In the meantime we should continue with common sense and prayer, which has seen us through the last nine months. We must continue providing support and encouragement to all the less fortunate in our villages.

And then there is the satisfaction of joining the on-line Advent Study Group (see details in these pages) where one's knowledge and understanding of the Bible will be greatly enhanced.

What else have we been waiting for? What/Who is coming? Well after two years without a Rector someone is coming! We are delighted that the Reverend Manette Crossman will become our new Rector in December and we warmly welcome her and her family into the Benefice. Dare I say she is well worth waiting for! We hope she enjoys a long, stress-free and happy time with us and that she finds a committed, enthusiastic community ready to support her in all she plans. The last three years have been difficult for those attempting to keep the four churches active and relevant to all, which has been successful thanks to the total commitment of Nicola Tindall and others in the whole Benefice. Without their support and the help of local, retired clergy our churches would not be as strong as they are.

So what are **you** waiting for – come and join us in making Rev Manette welcome in the Four Marys Benefice, supporting her and our community at this difficult time and sharing the good news that Advent brings.

Keep safe Simon Tennent, Churchwarden Raydon

Benefice Services and Events

Benefice Contacts

Deacon:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

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

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

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

Benefice website: www.4marys.org.uk

Churchwardens:

Higham Hugo Parker 01206 337234

Holton Richard Noel 01206 298276
Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148



Services in November

Please check the Benefice website for up-to-date information www.4marys.org.uk.

1st November Stratford St Mary
10am Holy Communion for

All Saints & All Souls' Day
8th November
Remembrance Sunday
There will be an Act of Remembrance in all four churches in the Benefice at 10.50 am.
There will be a service of Communion at Holton St Mary Church following on from the Act of Remembrance in that church.

15th November
Higham
10.00 am Holy Communion

22nd November
Raydon
10.00 am Holy Communion

29th November
Raydon
Combined Benefice Service

10.00 am Holy Communion

A mid-week service of Morning Prayer in the Parish Rm, SSM, will take place on Wednesday 18th November at 10am. Please contact Christine Cousins 01206 322530 if you would like to attend.

Due to Covid restrictions there will be no House Group in November.

Stratford St Mary (Lady Chapel - accessed via churchyard) will be open for Private Prayer on Wednesdays & Saturdays from 10.00 am to 2.00 pm. The other churches in the Benefice will be closed except for Sundays when services take place.

Stop Press - Diocese announces Revd Manette Crossman to be our new incumbent - hurrahs all round! We pray for our Benefice as we come towards the end of the vacancy.

Benefice Advent Bible Study

This year the Benefice is going to be holding an Advent Bible Study via Zoom, using the book 'A Strange Christmas' by Krish Kandiah. If you wish to have the book for daily devotions it is available from Amazon/other book retailers for around £5.99 ISBN: 978-1-78259-892-3. If you just wish to join the weekly group meeting please let Revd Nicola know and she can send you the relevant pages. For those without access to a computer we will make the discussions available in paper form.

We are aiming to meet at 7.30pm, Monday 30th November, Monday 7th December, Tuesday 15th December, and Monday 21st December. Each session will last between 60 and 90 minutes.

Please contact Revd Nicola for the weekly Zoom link.

Elders

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

Christine Cousins 01206 322530

Janet Dewey 1206 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:	Michael Mumford, May Peacock, Janie O'Brien & her family
SSM:	Nancy Ablitt, Laura Kerry, Josie Thompson & family
Others:	Helen Gregory