

**Stratford  
St Mary**

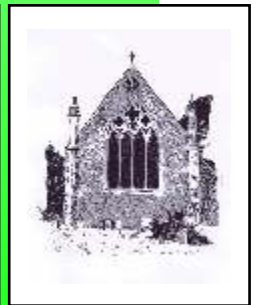
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**August 2016**

Issue 336

**OFFICE FURNITURE FOR SALE –  
OFFERS INVITED**

19 black stacking office chairs,  
2 tables 2 desks

Please contact Sarah Mann, Home-  
Start South Suffolk & District, Unit 2  
Hadleigh Enterprise Park, Crockatt  
Road, Hadleigh IP7 6RJ – tel 01473  
822822, or email

[sarah@homestartsouthsuffolk.co.uk](mailto:sarah@homestartsouthsuffolk.co.uk)

Wanted classic /old car or  
motorcycle wanted for restoration  
project, anything considered please  
call graham (local resident ) on  
01206 322557

**WANTED**

For growing family extending oak  
dining table approx 6' closed and  
extending to approx 8' to 9' when  
open.

Payment by negotiation.  
Chris 07950 230923

Classic 1962 - 2a - short wheel base  
pickup Landrover for sale, which  
has had extensive refurbishment  
work carried out over the past two  
years.

Offers in the region of £4,250

Contact Tony Shephard, Higham.  
Tel: 07883029461

**Concrete Coal Bunker**

Free to collect from Holton St  
Mary

Phone Anne 07941 781489



You can place items for sale or wanted on the Small Ads Pin Board for free.  
Just email [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk) with your advert.  
We will place it for one month space permitting.

# Small Ads pin board

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# Welcome



Dear friends,

As I write in the middle of July, a so-called 'Christian' website in the USA is claiming

that the amount of madness going on in the world at present is heralding the end-times - on July 29th this year. So if you are reading this in early August, presumably that prediction did not come true! Jesus said that only God the Father knows when the end of the world is to come, so we have to wait his timing.

However, it is true that there is so much violence and hatred happening out there (let alone discussions in our country about under what circumstances we might use a renewed Trident nuclear weapon), that it may well seem to some of us that God has deserted us. He has not; all of these situations are of human making and we need to face up to our responsibilities for our own petty squabbles that only mirror in brief what is happening out there in the wider world. So, as families become bored with each other over the long summer holidays, think about having a little more patience with each other!

I wonder what you are feeling about the shock result of the Referendum? For some of us it will all be very unsettling; for others it will herald an exciting new start. As I write, Theresa May has moved into Downing Street to replace David Cameron, and two candidates have declared themselves in opposition to Jeremy Corbyn in the contest for leadership of the Labour Party. Let us all pray that, once the Cabinet reshuffles have bedded down and departments of

State that are going to be reorganised understand what their new brief is, and once the Labour contest has been settled, we can all work towards a better peace for our country and its place in the world, particularly in Europe.

On a more local level, I have to report that, after the July edition of Quartet had gone out, we heard that we had not received a much-hoped-for grant from the government to replace the stolen lead on the roof of Stratford St Mary church. So we now need to get back to some serious fundraising in an attempt to get the roof done before the winter sets in. If you can be of any help, we would be enormously grateful to hear from you.

On a pleasanter note, I wonder if there is any inhabitant of our 4 parishes who would like to create a small allotment in the Rectory garden in exchange for keeping my garden tidy? At present it has assumed jungle-like proportions, and I would love someone to do regular weeding, keep the shrubbery cut back, trim the hedges etc, in return for the use of some land. If this appeals to you, I would need to know that you were a bona fide resident of one of our parishes, and you would need to provide references vouching for your honesty. You would need to be happy with an annual contract, renewable every summer as long as I live here, as obviously this cannot be binding on my successors when I retire. Do be in touch if this is your sort of thing.

Have a good summer.

Rosalind Paul  
Rector

# The Quartet Diary



## August

- 5 Stour Valley U3A Summer Dinner
- 6 Raydon Summer Afayre  
Nayland Flower Show
- 7 Homemade Teas, Raydon
- 16 Raydon Fair Trade Coffee Morning
- 20 R&DGC Summer Show

## September

- 4 Homemade Teas, Raydon
- 7 Stour Valley Men's Probus Club
- 10 Suffolk Churches Historic Bike ride
- 12 SSM Parish Council Meeting
- 13 Raydon Fair Trade Coffee Morning
- 14 Stour Valley U3A Meeting
- 21 Stour Valley Men's Probus Club
- 22 R&DGC meeting  
Raydon Parish Council Meeting
- 24 Free First Aid Event and Coffee Morning, East Bergholt

- 30 Macmillan Coffee Morning,  
Raydon

## October

- 11 Raydon Fair Trade Coffee Morning
- 13 Raydon Parish Council Meeting
- 15 HSM Social Club Quiz Night
- 19 World Famous Psychiatrist to Visit Essex

## November

- 8 Raydon Fair Trade Coffee Morning
- 14 SSM Parish Council Meeting
- 15 Raydon Parish Council Meeting

## December

- 6 Raydon Fair Trade Coffee Morning
- 15 Raydon Parish Council Meeting

## January

- 19 Raydon Parish Council Meeting

## April 2017

- 21 Good Friday Walk

# Editors Corner

As I write this, it's the hottest day of the year so far. The sun is beating down, the birds are singing and it feels really great to be living and working in this beautiful part of the country.

I hope the fine weather will continue on into August for us all, as many of us take a break or receive visitors for the summer. Whatever you 're planning to do, don't forget to join in some of the event happening around our four parishes (and beyond) and make your summer even more enjoyable!

I'll mention a couple of special events coming up in August - both of them in Raydon!

The Raydon and District Garden Club Summer flower and produce Show is on the 20<sup>th</sup> August - a great traditional event, and amazing to see the size of some people's onions!

Also in Raydon this month is the Afayre on the 6<sup>th</sup> August another great chance to get out there and enjoy a day out! See page 15 for details of what's going on.

Whatever you decide to do this summer, we hope you enjoy a good break in the sunshine!

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> August 2016**

**Contact details:** Email:  
quarteteditor@hotmail.co.uk

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# Stratford St Mary

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## Are you interested in local History?

Stratford St Mary is looking for a new Archivist. This will be someone who is responsible for collecting and ensuring the care of historic journals, letters, photographs and other works relating to Stratford St Mary. The Parish Council currently have the present information stored, but if the right person is able to keep to documents safely and securely at home this would be an advantage but not absolutely necessary. Also if anyone is interested or has experience in converting documents to electronic format this would also be a bonus. Please contact a member of the Parish Council or the Clerk on [parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk).

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## STRATFORD St. MARY PARISH ROOM

letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.  
all day - £38.00.

A session is 5 hours i.e. morning -  
afternoon- evening

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring  
Don Umfreville at Christmas Cottage,  
Upper Street.  
Tel : 322 626.

## Transport to medical appointments.

If you live in Stratford St Mary and have difficulty in getting to and from medical appointments our friendly team are happy to help.

We can also help with transport to visit people in hospital.

Please give us as much notice as you can.

ring:. **Charlie Ablitt on 01206 322684**  
**Lynn Badcock on 01206 323788**

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## COMMUNITY SPEEDWATCH SCHEME

This has been in operation since 2013 and is run by village residents giving their time in order to make our village safer for residents of all age groups by encouraging motorists to drive through our village at no more than the legal limit of 30mph.

We would, however, welcome a few more volunteers into the scheme so if you could spare just 1 or 2 hours per month please consider joining us.

Please contact  
Bill Davies, 3. Spanbies Road,  
tel 01206 322990 for more details.

# SUFFOLK HISTORIC CHURCHES TRUST CYCLE RIDE/WALK

## 10 SEPTEMBER 2016

Sponsorship forms for the ride on **Sat 10 Sep** have been distributed to those who have cycled in previous years. If you have not received a form or would like to cycle, walk or run to support a church of your choice, please contact me on 322259, call into Rosebank, Lower Street, or pick up a form from the Post Office.

Judi Isaac



Colin the fishmonger has his fresh fish van in the lay-by at the bottom of Church Hill in Stratford every Thursday morning from 10.30am to 1.30pm

Stratford St Mary Parish Council website has now been updated. Please pop over to [www.stratfordstmary.onesuffolk.net](http://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](mailto:parishcouncil@stratfordstmary.org.uk)

Please note the following dates for the Parish Council meetings:

September 12th 7.30pm  
November 14th 7.30pm

## Stratford St Mary Parish Council Emergency Team

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

### Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417

07712 591379

[hilcairns@tiscali.co.uk](mailto:hilcairns@tiscali.co.uk)

### Norman Woodard

12 Swaynes 01206 323015

[Norman.woodard@fatbloaters.com](mailto:Norman.woodard@fatbloaters.com)

### Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

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

### Steve Kite

42 Strickmere 01206 322482

07958 515573

### Bill Davies

3 Spanbies 01206 322990

[billdav@hotmail.com](mailto:billdav@hotmail.com)



Contact UK Power Networks

0800 783 8838 (24 hours a day) or from a mobile 0333 202 2021

Text POWER and your postcode to 80876

[ukpowernetworks.co.uk](http://ukpowernetworks.co.uk)





# **Beer Festival 2016**

**Friday 16<sup>th</sup> to Sunday 18<sup>th</sup> September**

**Festival begins 6.pm Friday**

**Enquiries to: [info@stratfordswan.com](mailto:info@stratfordswan.com)**

**INCLUDING**

## **VillageLife**

### **Quintuple (pub games) Challenge**

**Saturday 17<sup>th</sup> September 4pm to 8pm**

**A team competition across five traditional pub games**

**Boules; Darts; Suffolk Quoits; Skittles &**

**Nine Men's Morris**

***Teams of five, all ages and genders***

**Enquiries and team entries to**

**[villagelife@stratford-st-mary.org](mailto:villagelife@stratford-st-mary.org)**

***Telephone 01206 323 091***

***Can't raise a team but still want to play?***

***Scratch teams will be formed on the day.***

**For the more energetic, there will also be opportunity to  
play the new team game**

**EXTERMINATE**



## High pollen count - hay fever advice

It is estimated that over 10 million people in the country suffer from hay fever and it affects people of all ages.

Local GPs are reminding people of the action they can take to reduce their exposure to pollen and what can be done to control hay fever symptoms.

Dr Mark Shenton, a GP in Stowmarket and chairman of NHS Ipswich and East Suffolk Clinical Commissioning Group said: "We all like to get out and about when the weather's good although for some the burden of hay fever can make everyday life tough, affecting social plans and emotional wellbeing. Thankfully there are things you can do to help yourself.

"The best way to control hay fever is with antihistamines. Antihistamines can be purchased over the counter from your pharmacy without a prescription and should be taken as soon as possible to get into your system. If you've got any questions or concerns about using antihistamines the pharmacist will happily advise you."

Dr Christopher Browning, a GP in Long Melford and chairman of NHS West Suffolk Clinical Commissioning Group said: "Try to avoid grassy areas at certain times of day when pollen counts are highest, such as in the early morning, evening and at night. Wear wraparound sunglasses to stop the pollen getting into your eyes when you're outdoors.

"Change clothes when returning home from a day out as pollen can cling to hair and clothing. Try to avoid drying clothes outside as it will help prevent bringing pollen into your house. A bath before bed can help to avoid pollen transferring to bed sheets.

"Vacuuming regularly and dusting with a wet cloth can help to collect the dust and

stop any pollen from being spread around, especially if you have pets in the house.

"And don't forget that alcohol worsens hay fever. Beer and wine contain histamine, the chemical which sets off allergy symptoms in the body."

If you are still struggling with persistent symptoms make an appointment with your GP. Help your GP by listing the symptoms, when they happen, how often they occur and if anything specific seems to trigger them. Your GP may then offer tests to identify the allergen that is causing the symptoms.

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**IGNITION Youth Club**  
**Stratford Chapel**  
**Every Friday night**  
**7.30 to 9.30**  
Age 11 - 16  
contact [Beckie.w@live.com](mailto:Beckie.w@live.com)

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## Stratford St Mary Rambling Club

Main contact is the chairman, Don Umfreville on 01206 322626. Unless stated otherwise, we meet up at 09:45 at the Parish Room, Upper Street, Stratford St Mary.

## MUMS & TOTS



Every Tuesday 9.15 – 11.30 a.m.  
Stratford Chapel, Upper Street  
Stratford St. Mary CO7 6JH

Join us every Tuesday morning at Mums & Tots. A great way to meet other mums, dads, grandparents & carers while the little ones get creative and play.

£1.00 per session  
Drinks & snacks provided  
For more details call Becky on (01206) 323095



Community  
First Responders

Interested in becoming a CFR?

Why not find out what it is about?

Look at the CFR link on the East of England Ambulance Services website. You can even apply on line!

If you watch the training video - do not be alarmed - you are never expected to do mouth to mouth.

For further information, please contact your local co-ordinator.

## STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(known also as "Stratford Chapel")  
Upper Street, Stratford St. Mary CO7 6JH

We are an evangelical/charismatic and community based Church attended by all age groups

### Sunday Services:

10 a.m. Morning Praise & Worship  
followed by refreshments

10.15 a.m. -11.15 a.m. "Sparks on Sunday" for children aged 5 – 11 years and Youth Group for ages 12-16 years.  
6.30 p.m. Prayer and Praise

### Mid-Week Groups:

Tuesdays 9.30 am – 11.30 am - Mums & Tots (during term time)

Tuesday 7.30 am -9.30 am - Men's

Recreational Evening (2<sup>nd</sup> Tues every month)

Wednesday 7.30 pm – 9.30 pm - Bible

Discussion and Fellowship Evening

Friday 5 pm – 6.30pm – "Sparks on Friday" for Children ages 7 – 11 years

Friday 7.30pm – 9.30pm - "Ignition" Youth Club for teens ages 11 – 16 yrs

### For further information:

Telephone: Phil (01473) 310728

Email : [philipwyncoll@btinternet.com](mailto:philipwyncoll@btinternet.com)

<http://www.stratfordstmarychapel.com>

### 100 Club winners July

S. Brass      £ 40.00

E. Pring      £ 10.00

J. Claydon    £ 5.00

## Devolution Update and Consultation

Have your say in the devolution of your County. Please follow the link below to complete a questionnaire online:-

<http://www.babergh.gov.uk/news-archive/devolution-consultation-starts-today/>

Or alternatively visit the Stratford St Mary website ([stratfordstmary.onesuffolk.net](http://stratfordstmary.onesuffolk.net)) and print off and complete a paperbased questionnaire and post it for free to Norfolk County Council.

It is important that everyone has their say. Please note the deadline is 23<sup>rd</sup> August to complete the questionnaire.

A couple of frequently asked questions are below:

### **Q. What is the benefit of Devolution?**

A. Devolution moves decisions currently made by central government in Westminster to a local level, offering greater local control over the decisions that impact on our lives. It gives us the chance to prioritise and accelerate improvement of our roads, railways and digital connectivity, as well as creating jobs and building homes where they are needed.

### **Q. What are the costs associated with a Combined Authority and a Mayor?**

A. There will be costs but we will be looking to reallocate resources and expertise from within member authorities to deliver the work of the Combined Authority



## SESAW NEWS

Our Open Day will be over when you read this and if you visited us, you will know more about it than me at time of writing. Instead I'll tell you about a naughty resident – no, it's not me!

Last month Storm, the sheep, lived up to his name when his brothers were being sheared. As his turn came, our woolly wriggler smashed out of the pen and stormed off in disgust. Despite his superior air when they came in that night, his triumph was short lived and he is now devoid of his thick coat, just like his siblings. The story continues as we plan to follow one of the fleeces on its journey from field to finish. Watch this space!

We were delighted to find we raised £537 at our £1 Sale last month. The Volunteers enjoyed a warm at St. Luke's Church Hall in Tiptree and look forward to holding another fundraising event there in the future.

As August is holiday time please check the website or ansaphone before you visit in case we are closed, or leave a message. Right now, it's time to follow Mum as she checks all the animals awaiting homes. I'm sure they all look forward to a chat with me, Kenny (the Boss) Chihuahua.

## The Institute hall

can be hired at reasonable rates for a wide range of social activities. For more information please contact our booking secretary, Norman Woodard on 01206 323015, his email is [ssminstitute.bookings@gmail.com](mailto:ssminstitute.bookings@gmail.com) and his home address is 12 Swaynes, Stratford St Mary.

Many thanks to all our 100 Club subscribers for your continued support in helping us to maintain your village hall. Membership costs only £1 per month and you could win £40 first prize in our monthly draw. Contact Norman Woodward (address and phone number as above) if you wish to join.

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## STRATFORD ST MARY PARISH COUNCIL

### Notice of Vacancy

Notice is hereby given that there is a vacancy on Stratford St Mary Parish Council. The vacancy has previously been advertised, and no election has been requested. The Council is now able to fill the vacancy by co-option.

Application should be made in writing to the Chairman to the Council and delivered or posted to **3 Spanbies Road, Stratford St Mary, Suffolk CO7 6YH**  
**EMAIL [billdav@hotmail.com](mailto:billdav@hotmail.com)**

Applicants are asked to give brief reasons for offering their services to the Council. Any elector interested in applying is welcome to contact the Chairman for further details. The successful applicant will be chosen following consideration by the Parish Council.

## Village Life - A Book of Memories



Collaboration is underway between VillageLife and the Church Fabric Fund to create a book of stories/anecdotes and photographs covering all aspects of village life with particular reference to changes over time (i.e. the history behind village names such as 'Gooseacre'; the various shops we've had, petrol stations, tea rooms, the doctors and the morgue etc.) as well as tales about village characters such as the one about the church warden pinching wood for the church boiler from Tilly's fish drying operation in Church Cottage.

The project will be officially launched at HMQ 90 in June and we will be looking for volunteers to help with the gathering of information as well as contributions from villagers who have memories they would like to share. The information gathering will be undertaken in various ways, involving coffee mornings; wine & cheese evenings etc. to help stimulate everybody's memory process. We also plan to devote one of VillageLife's Stories by the Fire evenings at the Swan next winter, to readings from the collection, as part of the final selection process.

**If you would like to 'be part of it', call Julie on 0798 963 9583 or Brian on 01206 323 091**

**VillageLife – be part of it!**



## Fair Trade Coffee Morning

Not a bad day for our June 21st gathering, but

thankfully a huge improvement on the day before. It had been a day of torrential rain, storms and flooding with nearly an inch falling in just a few hours! We didn't manage a proper "El Fresco" event but some of us managed to gather in the sunshine in the Church porch. This was instigated by our little four legged friend Toby from Frinton, together with some wonderful light banana cake.

We were able to welcome our newest Raydon resident this morning, as well as visitors from Holton St Mary and Hadleigh.

More squares for the Haiti babies arrived today and I've passed onto the knitters the huge bag of wool that was donated. I'll be taking the squares to the "sewing upper" in Orpington on July 21st so please bring your squares to our next Fair Trade coffee morning on July 19th. No need to pack away the needles though as I'll be going again in October.

Well, I'm sure the "August Afayre" will be our hot topic at our next event and any donations for the hamper (Store Cupboard theme) this year I believe, tombola or hoopla will be most welcome, as would any bric a brac and collectables.

So, again it's a big thank you for your continued support for our Fair Trade coffee morning.

Wendy Mumford 312123

P.S. At last! At our Fair Trade coffee morning on July 19th it was 30' C so an "Alfresco" event at last!!!

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## Raydon Parish Council Schedule of Meetings All at 7.30pm in the KGF Pavilion

Thursday 22 September  
Thursday 13 October  
Tuesday 15 November  
Thursday 15 December  
Thursday 19 January 2017

***NB: if you would like to see  
copies of the minutes of any  
Raydon Parish Council meetings,  
please contact Jane Cryer, Parish  
Clerk (details below)***

**Jane Cryer  
Clerk to the Council  
Sunnyside Cottage, Overbury Hall  
Road, Layham IP7 5NA**

**07920 713940 /  
[raydonpc@gmail.com](mailto:raydonpc@gmail.com)**

## **Suffolk Historic Churches Trust Bike Ride and Stride**

Calling all Raydon Riders:  
Saturday, September 10th 2016 is  
the day for the 35th year of this  
event. This sponsored ride helps  
maintain our lovely church, as half  
of the monies raised goes directly  
to Raydon for the church  
maintenance fund. By their very  
nature, old churches cost such a lot  
for their upkeep and all donations  
are so greatly received. It usually is  
a glorious day with much fun  
cycling or walking between  
churches. Come along and get  
some exercise at the same time as  
helping a great cause!

Please collect your sponsor forms  
from the back of the church from  
August 1st.



**Raydon Club** is open to residents of  
this parish and will in future be held on  
Wednesday evenings each week from  
8.30 till 11 pm.

Licenced bar, pool, darts etc.  
Look forward to seeing you!

## ***Homemade Teas***

***at  
St Mary's Church, Raydon***

***Sunday 7 August 2016  
Sunday 4 September 2016***

***Teas served from 3.00 to  
5.00 pm***



*In aid of our Fabric Fund.*

## **A BRING AND BUY SALE**

WILL BE HELD AT  
**RAYDON VILLAGE HALL**  
ON  
**SEPTEMBER 3RD**  
AT 10AM,

STALLS WILL INCLUDE  
CAKES, TOMBOLA, BOOKS, PLANTS  
etc. REFRESHMENTS AND  
RAFFLE,

IN AID OF EAST SUFFOLK  
ASSOCIATION FOR THE BLIND

PLEASE CONTACT BETTY  
COOPER IF YOU WOULD LIKE TO  
DONATE ANYTHING ON 01473  
310088

# Raydon and District Gardening Club

Summer time has arrived this week in a hurry as I write these notes, with the temperature standing at 82 degrees and I guess you are like me and having to do a lot of watering. This is the time of year when you wish you had not purchased so many flower pots, but hey it's the display that makes it all worth while. Just imagine what it might be like if we had no flowers to give us constant colour, scent, & texture !!!!! I suggest we would all be very depressed. We need nature to give us that calming influence in life. For those of you who grow veggies, we are now starting to reap rewards for all the effort put in during the Spring planting season as we harvest the many different crops.

On June 26th we had excellent summer outing to Woburn Abbey. Heavy rain on route soon gave way to another sunny day and was enjoyed by all. The additional garden show was a great bonus and several purchases came home on the coach (but I did ban trees). So looking forward to 20th August it's The Annual Flower & Produce Show once again. Please pre-book your entries by Wed 17th if possible then put entry forms through the letter box c/w entry fees as usual either to High Elms Raydon or The Old Forge Lower Raydon. If you need schedules phone any committee member and have a go; it's great fun. As the saying goes (Be in it to win it) Cups and cash prizes up for grabs.

Enter and help keep this traditional village event alive and vibrant. If you live in the the named villages (see schedule) you don't have to be a member to enter.

Our first Autumn indoor meeting will be 22nd September, a evening with Shrubland Garden Centre & Plants.

All are welcome to these evenings, and non members it's still only £2 payable on the door. Look forward to meeting you all again soon.

Geoff Horrex (01473 310422)



[www.raydon-gc.org.uk](http://www.raydon-gc.org.uk)



## **SPEEDING – HELP TO MAKE RAYDON SAFER**

It is a matter of extreme concern to your Parish Council that speeding traffic in the village is becoming more prevalent by the day - and statistics show an alarming picture.

Your Parish Council is determined to try to alleviate this problem and is considering a number of speed detection devices suitable for our road conditions and effective as deterrents.

Research has involved a lengthy consultation with neighbouring parishes who have already acquired such equipment and operated it for some time. We can report that the most effective means of curbing speeding, based on our consultation, appears to be Community Speedwatch. Some parishes say that the results have been conclusive - speeding has been noticeably reduced.

However, this would require volunteers to operate the equipment. Please contact me if you would be prepared to participate, should the PC decide to go ahead with this initiative – full training would be given.

You can find out more about Community Speedwatch by visiting:

<http://www.suffolk.police.uk/safetyadvice/roadsafety/knowthelaw/speeding/communityspeedwatch.aspx>

**Jane Cryer**

**Clerk to Raydon Parish Council**

**01473 824287 / 07920 713940**

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

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*If you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact Jane Cryer, Parish Clerk on 07920 713940, or email her at [raydonpc@gmail.com](mailto:raydonpc@gmail.com).*



## **RAYDON PARISH COUNCIL NEEDS YOU!**

Raydon Parish Council should have nine Parish Councillors - at the moment we have only five. We wish to fill the four vacancies in order to be able to represent you as effectively as possible. In particular, we are keen to recruit people from Lower Raydon as the existing Councillors are all from the upper part of the village.

The job of a Parish Councillor is to represent the interest of the village as a whole. As a Parish Councillor you will represent the electors of Raydon in raising and discussing those issues on which the Parish Council is empowered to act. You will be expected to attend the regular Council meetings, which are held monthly on a Thursday. Membership of the Council is open to electors whose residence is in Raydon or within 3 miles of Raydon, or whose principal place of work is Raydon. Training is available through SALC (Suffolk Association of Local Councils).

If you wish to support your village and are interested in becoming a Parish Councillor, please contact me

**Jane Cryer**

**Clerk to Raydon Parish Council**

**01473 824287 / 07920 713940**

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



## August A Fayre



**A** mazing family day out

**U** nbelievably good barbeque

**G** reat plant stall

**U** nusual range of bric-a-brac

**S** uperb cake stall

**T** errific teas and coffees

**A** bsolutely fabulous grand raffle

**F** antastic second hand books

**A** tempting tombola

**Y** esterday's vintage vehicles to explore

**R** ange of family games

**E** veryone's favourite hoopla

St Mary's Church, Raydon  
SATURDAY 6 AUGUST 2016  
10am until 4pm

## World Famous Psychiatrist to Visit Essex

On Wednesday October 19<sup>th</sup> at 1.00 p.m. Dr Norman Rosenthal, clinical professor of psychiatry at Georgetown University Medical School in Washington D.C. and the first physician to diagnose and name Seasonal Affective Disorder (S.A.D.) and prescribe light therapy to treat it, will be giving a public talk at Firstsite in the High Street, Colchester, CO1 1JH. There is no charge for entrance.

Recently Dr Rosenthal has published research on Botox therapy for alleviating depression and Transcendental Meditation (TM) for reducing anxiety and treating Post Traumatic Stress Disorder in US military personnel.

Dr Rosenthal is the author of *Winter Blues* and the best-selling book *The Gift of Adversity*. His latest book *Super Mind: How to Boost Performance and Live a Richer and Happier Life Through Transcendental Meditation* follows on from his previous best selling book *Transcendence*. *Super Mind* draws on the experiences of people from all walks of life, including highly successful business people, directors and actors: (e.g. Ray Dalio, David Lynch, Hugh Jackman). *Super Mind*, which reached number one on the Washington Post best sellers list, describes how TM helps people access expanded states of consciousness, thereby promoting personal growth and boosting performance. Rosenthal supports these observations with a survey of 600 TM practitioners.

TM can reduce anxiety and symptoms of post-traumatic stress disorder, and reduce the adverse effects of stress on the body -- such as high blood pressure, cardiovascular disease, heart attacks and stroke. Referring to the hundreds of peer-reviewed research studies on TM, Rosenthal notes "In my 37 years as a practicing psychiatrist, TM is one of the most potent non-drug treatments I have encountered. I recommend it frequently in my own clinical practice"

In addition to speaking privately to doctors and academics in Essex, Dr Rosenthal will be speaking at the Institute of Psychiatry in London and the Department of Psychiatry at Cambridge University. The title of these talks is *The Quest for Innovative Treatments in Psychiatry and Medicine: a Personal Perspective*. Dr Rosenthal has published more than 200 scholarly papers. In *Super Mind* Dr Rosenthal compares and contrasts transcendence with mindfulness, illustrating how they differ in their technique and effect.

To book a place at the talk on October 19<sup>th</sup> at 1.00 p.m. Firstsite, Lewis Gardens High St, Colchester, CO1 1JH visit: <http://uk.tm.org/web/essex/introductory-talks> Entrance is free.

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# Holton St Mary

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## Holton St Mary Millennium Green

Winners of the recent Century Club draws are:

April: £25 Peter Starling, £1 Steve & Clare Lyes, £10 Dr. J. Adams, £5 each Karen & Keith Jefferies and Chris Clark

May: £25 Sheila Stiff, £15 David Morgans, £10 Alec & Eunice Threlkeld, £5 each Carla Vincent and Eileen Starling

June: £25 Brian & Joan Keen, £15 Paul Oliver, £10 Natalie Unwin, £5 each Dori Clarke and Rob Clarke

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A donation has been made so that residents of Holton St Mary may receive training in the use of the Community Public Access Defibrillator. To express an interest in training please give contact details to the Parish Clerk via email: [hsmparishclerk@yahoo.co.uk](mailto:hsmparishclerk@yahoo.co.uk) or 01473 824388

## The First Friday of the Month Lunch Club!



### First Friday of the Month;

Every first Friday of the month, a lunch club is held in the Village Hall for residents of Holton St Mary. A light lunch is served between 12.30 and 2.00 pm at a cost of £2.50 each.

The First Friday of the Month Lunch Club is a collaboration between some of the organised groups in the village, and is non- profit making!

Any surplus funds are reinvested.

To reserve a place, please contact Frances Torrington (01473 312046/ [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com) ) or Sally Pearce 01473 311572 / [pearces8@hotmail.com](mailto:pearces8@hotmail.com) at least a week beforehand for catering purposes.

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Macmillan Coffee Morning – Friday 30th September – 10.30am

Paula Partridge & Janet Cracknell are holding a Macmillan Coffee Morning

Come and join us for homemade cakes, coffee/tea, raffle and a natter.

**SUFFOLK HISTORIC CHURCHES  
TRUST**

**Sponsored Bike Ride and  
Walk**

Saturday 10th Sept 2016, 9am – 5pm

Cyclists and walkers of all ages are invited to take part in the annual Bike Ride and Walk.

If you enjoy cycling and/or walking, why not take part this year and cycle or walk around the Suffolk countryside and raise money for Holton St Mary Church?

Apart from discovering the beauty of our countryside, churches and chapels, you will find it is a challenge and a good day out.

If you do not wish to cycle or walk, you can still take part by being one of those who welcome and sign in visiting cyclists.

For more details and sponsor forms please contact:

Caroline Favell

tel: 01473 310268

email:

avell@mayfields99.freemove.co.uk

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**Holton St Mary Social  
Club**

Whist – Last Friday of the Month

Quiz Night – 15<sup>th</sup> October

**Holton St Mary Village  
Hall**

can be hired at very reasonable  
rates!

Available during the day and most  
evenings (not Friday) from £17.00

Saturdays from £35.00

For further information and booking  
please contact Rachel Eagle on  
01473 310550



**Stour Valley Men's  
Probus Club**

On 6 July Lewis Tyler talked to us about "The River Gipping Trust" and on 20 July David Brown spoke on "The Land of the Dragon". Our popular Summer Lunch took place at the Venture Centre on Sunday 17 July.

No meetings take place in August and our September speakers are on 7th - Tom Hodgson "What the Papers Say" and on 21st – Francis Boardman "The Battle of Waterloo".

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.

# REPORT TO PARISHES, Mid-Samford Ward: July 2016

**Babergh District Councillor, Sue Carpendale**  
[sue.carpendale@babergh.gov.uk](mailto:sue.carpendale@babergh.gov.uk)

## **New joint Chief Executive for Babergh and Mid Suffolk**

I am pleased to be one of the group leaders who will be part of the process to recruit a new chief executive, as I was for the appointment of Charlie Adan some six years ago. At that point the two Districts were still to hold a referendum as to whether we should abolish the two separate councils and form a new single one. In the event, Babergh residents voted strongly against such a move. However, facing cost pressures, Council remained in favour of merging the management and officer teams into one, but still serving two sovereign councils. The new Chief Executive will inherit a much smaller workforce, but still be the Head of Paid Service for two distinct councils. We hope to make a recommendation by the end of summer, with the new appointment taking effect from early in the New Year.

## **Devolution**

The Devolution debate rumbles on. Will it, or won't it come to pass? All of Suffolk's councils, including Babergh, have agreed to support the deal currently on offer to Norfolk and Suffolk but four Norfolk councils, including Norwich rejected the deal. The "offer" is potentially very advantageous, with powers, resources and responsibilities being devolved to the region. The new Mayoral Combined Authority (MCA) would be responsible for accelerating growth in the local economy, and improving the life chances and quality of life for residents. The priorities are economic development, housing, infrastructure, transport, employment and skills.

However, many people are wary of a directly elected mayor (acting as chair of the

new combined authority) and, without question, this constitutes an additional layer of local government, with its own costs – including staff and consultants – scrutiny and other committees. The proposed governance arrangements include provisions to precept and could put a 2% levy on business rates. Councils will be expected to contribute funds and support in kind. Arguments in favour of the deal point to money available to help deliver on core initiatives – including digital connectivity, infrastructure and transport. These have particular potential to enhance access for disabled and older people, who form a large and increasing percentage of the Norfolk and Suffolk populations. The challenge will be to deliver on the promises.

Norfolk and Suffolk are regarded as a functional economic area, borne out by the successful New Anglia Local Enterprise Partnership (NALEP). The new Mayor must develop transport and spatial strategies. 240,000 new homes are proposed for the two counties by 2036.

Public consultation is now open online and will run until 23<sup>rd</sup> August. This will be supplemented by over 5000 telephone interviews, with the results reported back to the Secretary of State. A series of deadlines must be met in order to meet the statutory requirements for the mayoral election next May. However – there are uncertainties raised by four Norfolk councils' rejection of the deal, the outcome of the EU referendum, and current leadership issues at national government level. The deal and the consultation are now available on: <https://www.eastangliadevo.co.uk/>. You can respond online; by email; or download, complete and post a hard copy. Make what you will of the questions and how they are asked.

## **Dedham Players Autumn Production - "Lend Me A Tenor"**

This funny and highly entertaining farce will be staged at Dedham on 26th to 29th October. Keep your diaries free and look out for our main advert nearer the time (tickets when available from [www.dedhamplayers.org](http://www.dedhamplayers.org) or Shakespeare House Gallery, Dedham).

This production will be directed by acclaimed international actor and director Kelvin Hastings-Smith whose performance as "The Dresser" in April was unsurpassed. The play centres around a hotel suite where two scantily clad women both believe they are with Il Stupendo, a world famous tenor, after the man himself passes out temporarily and his place is taken by his assistant Max.

A sensation on Broadway, you'll fall about at this madcap, screwball 1930's set comedy. Book as soon as tickets become available. DON'T MISS IT!

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## **Dedham Community Farm urgently seeks volunteers**

Do you love ANIMALS and have a few hours a week to spare.

If so, we urgently need help with Animal Welfare, Maintenance and Land Management. We are a not for profit community farm which stands on 14 acres in the beautiful Dedham Countryside. Run by Volunteers and Occupational Therapists we aim to bring the pleasure and therapeutic value of the human-animal bond to people with disabilities and learning difficulties.

Please contact either Cath on 07825 952 560 or Debbie on 07788 718 817 for more information.

## **CONSTABLE SINGERS**

NEW MEMBERS WELCOME . Would you like to come and join us ? We meet on a Thursday at the Lambe School at 7pm apart from 2nd Thursday when we meet at Holton Village Hall.

No Audition, you don't have to read music as we sing along to CD backing tracks. Words provided for popular and songs from the musicals and it is just an evening of fun and enjoyment. singing is a well known as a distressing activity. First session free.

We occasionally sing at sheltered and care homes also hope to have a charity concert later in the year.

Contact Yvonne 01206 298428 or Mel 01206 298628 for further details.

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## **EAST BERGHOLT CONGREGATIONAL CHURCH**

Cemetery Lane, East Bergholt,  
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

**Services** - Each Sunday morning at 10.30 led by the pastor unless otherwise stated

**Coffee Mornings** - Each Thursday 9.30 to 11.30 am

Church Secretary – John Jeffreys  
Tel 01206 298737

Email [j.jeffreys.eb@btinternet.com](mailto:j.jeffreys.eb@btinternet.com)

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### **Free First Aid Event & Coffee Morning**

Saturday 24 September 2016, 10am  
– 12 noon  
Benneworth Lounge, Gandish Road,  
CO7 6TP

Come and learn some **First Aid Basics**

Join us for coffee/tea and cake  
Meet your local Heartwatch team

Any questions? Contact Val Ayton  
01206 298692

***Working to help our community***

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## **Nayland Flower Show Saturday 6th August**

2pm-5pm Nayland Village Hall, Church Lane  
(off High Street) CO6 4JH.

Refreshments, produce stall, raffle - entry  
50p.

There are 89 classes for vegetables, fruit,  
flowers, flower arranging, photography, art,  
craft, cookery, country drinks as well as  
family and children's sections. Non  
members are welcome to enter classes –  
schedules and more info from  
[www.naylandhortsoc.org.uk](http://www.naylandhortsoc.org.uk) or Lorraine  
01206 262807

## **Hadleigh Locality Safer Neighbourhood Team**

Hadleigh Locality SNT forms part of the  
Southern or Central area of Suffolk  
Constabulary along with 5 other SNT  
Localities Ipswich West, Ipswich Central,  
Ipswich East, Felixstowe and Woodbridge.  
The Hadleigh Locality team is currently led  
by Sgt. 1417 Gary Milbourne.

The team covers an area of 49 Parishes  
ranging from Hemingstone in the North to  
Brantham in the South and from Shotley  
and Pinewood in the East to Nayland-with-  
Wissington in the West.

The local police encourage members of  
the public to report minor crime or  
concerns as such information can often  
help to 'complete a jigsaw'.

Station opening times:

- Ipswich Police Station: Mon-Fri 9am -  
5pm and Sat 10am-6pm
- Bury St Edmunds Police station: Mon-Fri  
9am - 5pm and Sat 10am-6pm
- Lowestoft Police Station: Mon-Fri 9am  
- 5pm and Sat 10am-6pm

Contacting your SNT; -

Non-emergency telephone number **101**

E-mail [Hadleigh.snt@suffolk.pnn.police.uk](mailto:Hadleigh.snt@suffolk.pnn.police.uk)

For Facebook like the Suffolk  
Constabulary page to find out what has  
been happening across the whole force.

Like us on Facebook - Suffolk  
Constabulary

Did you know as well as liking us on  
'Facebook' you can now follow us on  
'Twitter'?

Our 'Twitter' account is now live.

Twitter @HadleighPolice

**In an emergency dial 999. You should  
dial 999 when life is threatened or  
people are injured, or if there is a crime  
in progress or an immediate police  
response is necessary.**




## Waste & Recycling

### Collection Schedule 2016

August 2016						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

 Recycling this week

 Rubbish collected this week

**Bank Holiday week, everybody's Collection will be a day later**

## Stour Valley U3A



On Wednesday 13 July Brian Cornell, a former Thames lighterman on the River Thames, talked on "The Thames Watermen & Lightermen". This was a most interesting first-hand account of the operating practices of the Port of London in the post-war era.

We don't have a speaker meeting in August but hold our popular Summer Dinner on Friday 5 August at the Constable Hall.

On Wednesday 14 September Dr John Ashdown-Hill FSA, FRHistS, historian, writer & lecturer will talk on "Mythology of Richard III". He will explore the traditional mythology & modern myths which have emerged since the discovery of his remains in 2012. Was he a usurper? How many did he kill? Who was really responsible for finding his remains?

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 230 members and 21 groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Val Pretty may be contacted.

Remember It's never too late to learn! Join the 361,477 members across 969 U3As throughout the UK today!

## HOLY FAMILY ROMAN CATHOLIC CHURCH, BRANTHAM, CO11 1TB

Sundays at 9am

Holy Days Anticipatory 7.30pm

Tuesdays 10 am

Father Christopher Smith,

180 Hawthorn Drive, Ipswich IP2 0QQ

Telephone 01473 684963

[office@stmarksparish.org.uk](mailto:office@stmarksparish.org.uk)



## Grass Cutting

One thing that you can guarantee every year is that grass will grow. It will grow at a different rate, depending upon the amount of rain that falls and the hours of sunshine – and the weather in general. The challenge for every local authority is managing that growth in a sensible way.

Locally, the verges adjacent to roads and visibility splays at junctions in rural areas are cut by Suffolk Highways, in accordance with a predefined schedule. The cutting heads on the tractors that are used cut to a standard 1.2metre width and this 'single swathe cut' adjacent to main carriageways is carried out on all of the roads on that schedule.

In addition, visibility splays at junctions are generally cut back to a distance of 3m from the give way or stop lines, although this may be extended in some cases due to the geometry of the junction's layout. All grass is cut to a length of 75mm.

## When will the grass be cut in my area?

Suffolk Highways will cut verges adjacent to the A-road and B-road network twice during the grass growing season. The first cut will begin on May 2nd and will take around two weeks to complete. The second cut will begin on 11th July and will take a further two weeks to complete. The verges on C-roads and unclassified roads will receive a single cut beginning on 6th June and will take around six weeks to complete.

## How will the grass be cut?

Suffolk Highways has mobilised a fleet of seven tractors which will be working throughout May, June and July to ensure the full programme of cutting is completed

on time. The tractors will display the Suffolk Highways livery together with the relevant high visibility markings and beacons. Operatives are fully trained and competent in the use of the machinery, as well as being familiar with the requirements of traffic management whilst on the network.

## How will the service be managed?

Suffolk Highways will maintain daily contact with its supply chain partners ensuring any variations to the programme of works are identified quickly and efficiently. Services will be monitored to ensure daily productivity rates are kept as high as possible and the overall operation runs smoothly and efficiently.

## Where can I find out when the grass in my area will be cut?

A programme of works can be found on the county council's website at [www.suffolk.gov.uk/grasscutting](http://www.suffolk.gov.uk/grasscutting)



Ronnie Dawson and Yvonne Amoss would like to say a great big Thank You to everyone who came along to our 13th Garage Sale on 11th June. Without your help we wouldn't have achieved a fantastic total of just over £7000. Half this will go to the St Elizabeth Hospice (The Carla Dawson Tribute Fund), the other half will be divided between The Cystic Fibrosis Trust, Woolverstone Wish at Ipswich Hospital and Marie Curie, with smaller donations going to The Nepal Children's Trust and the Brantham Village Hall Brick Appeal.

This brings our grand total collected to over £43,000. Once again, we donated all the leftover items to Acorn Village at Mistley, who made several trips to clear out our garages.

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# Local Services

## The Constable Country Medical Practice

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

### Surgery opening hours

8.00am – 6.30pm Monday to Friday

Telephone 01206 298272

Fax 01206 299010

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

### Surgery opening hours

**8.00am – 6.30pm Monday to Friday**

Dispensary 8.30am – 6.15pm  
(closed between 1-2pm)

Telephone 01473 310203

Fax 01473 311722

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## Stratford Village PO Opening times

### SHOP:

Monday to Friday 8.30am to 1pm and  
2pm to 5pm

Saturday 8.30am to 1pm

### POST OFFICE:

Monday to Saturday (inc) 9.00 am to 1pm  
01206 323152

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on  
Wednesdays

10 August, 7 September, 5 October, 30  
November, 28 December

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,

### Holton St Mary

Church Square - 10.00 - 10.15am

### Raydon

St Mary's Raydon - 10.20am - 11.05am

### Lower Raydon

Sulleys Hill - 11.10 - 11.25am

### Higham

The Green - 11.35 am to 11.50 am

16 August, 13 September, 11 October, 8  
November, 6 December

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) .

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## Crime prevention

<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 Directory

THE GATTINETTS

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Golf Tuition is available please ask at the Pro Shop or give us a call for more details

**Old Joes Golf Club**  
**Joes Road, Cornard Tye,**  
**Great Cornard, Sudbury, CO10 0QB**  
**Tel: 01787 374807**  
**Email: [info@patrickcollinsgolf.com](mailto:info@patrickcollinsgolf.com)**

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**email [lesley.artscene@gmail.com](mailto:lesley.artscene@gmail.com)**

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**Tel: 01473 328092 (Holbrook)**

### OPENING HOURS

Pub 11.00am - 11.00pm  
Lunch 12noon - 2.30pm  
(3pm weekends)  
Dinner 6.30pm - 9.30pm  
(10pm weekends)

In addition to our seasonal changing a la carte menu, we have a weekly set menu and bar board available.

### ENSUITE GUEST ROOMS

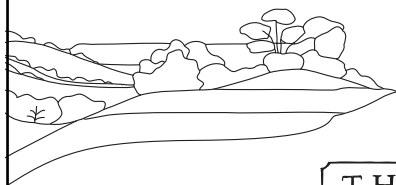
Seasonal offers, packages and corporate rates available. Picnics and cycle hire by arrangement.

### PRIVATE PARTIES

Catered for both at the pub or at your home; drinks, dinner and more.

### SPECIAL EVENTS

- Wine tasting dinners
  - Quiz nights
  - Live music
- See website for further details.



## THE SUN INN

The Sun Inn, High Street, Dedham, Essex CO7 6DF Tel: 01206 323351  
Follow us on Twitter @SunInnDedham www.thesuninndedham.com



Ofsted 'Outstanding' full day and sessional nursery care and education for children aged 2 – 5 years.

This small and welcoming nursery offers:

**Breakfast Club 8.00am – 9.00am** (term time only)

**After School Club 3.15pm – 6.00pm** (term time only)

School escort to and from Stratford St Mary School

**Holiday Clubs.** All school holidays for children aged 3 – 11 years

**French Club.** Every Thursday 4.30pm – 5.30pm (term time only)

For more details about any of the above services please contact Shelley on

01206 323093 or via email [Shelley@orchardbarns.co.uk](mailto:Shelley@orchardbarns.co.uk)

Orchard Barns, 6 Higham Road, Stratford St Mary, CO7 6JU

# It's a blast!

For all children aged 2-4 years at our Ofsted 'Outstanding' rated preschool (July 2015).

We have a wonderful garden and outside classroom, fantastic facilities and are fully equipped for children with SEN.

Open Monday - Friday, 8.45am - 3pm (term time), you'll find us in the grounds of Stratford St Mary Primary School just minutes from the A12.

**Totally out of this world.**



Stratford St Mary

01206 322466

[abc.preschool@tesco.net](mailto:abc.preschool@tesco.net)

[www.abcpreschoolstratford.co.uk](http://www.abcpreschoolstratford.co.uk)



## **Souters Holiday Cottage Higham**

Ideal for short breaks, longer stays, visiting friends or family overspill.  
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email: [nickmarno@tiscali.co.uk](mailto:nickmarno@tiscali.co.uk)

[www.soutersholidaycottage.co.uk](http://www.soutersholidaycottage.co.uk)




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 countrysidetreeandgarden@hotmail.co.uk  
[www.countryside-tree-and-garden-services.co.uk](http://www.countryside-tree-and-garden-services.co.uk)



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[www.placeforplant.co.uk](http://www.placeforplant.co.uk)

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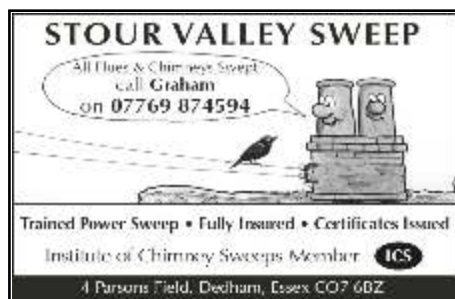


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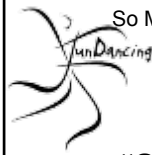
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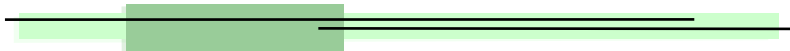
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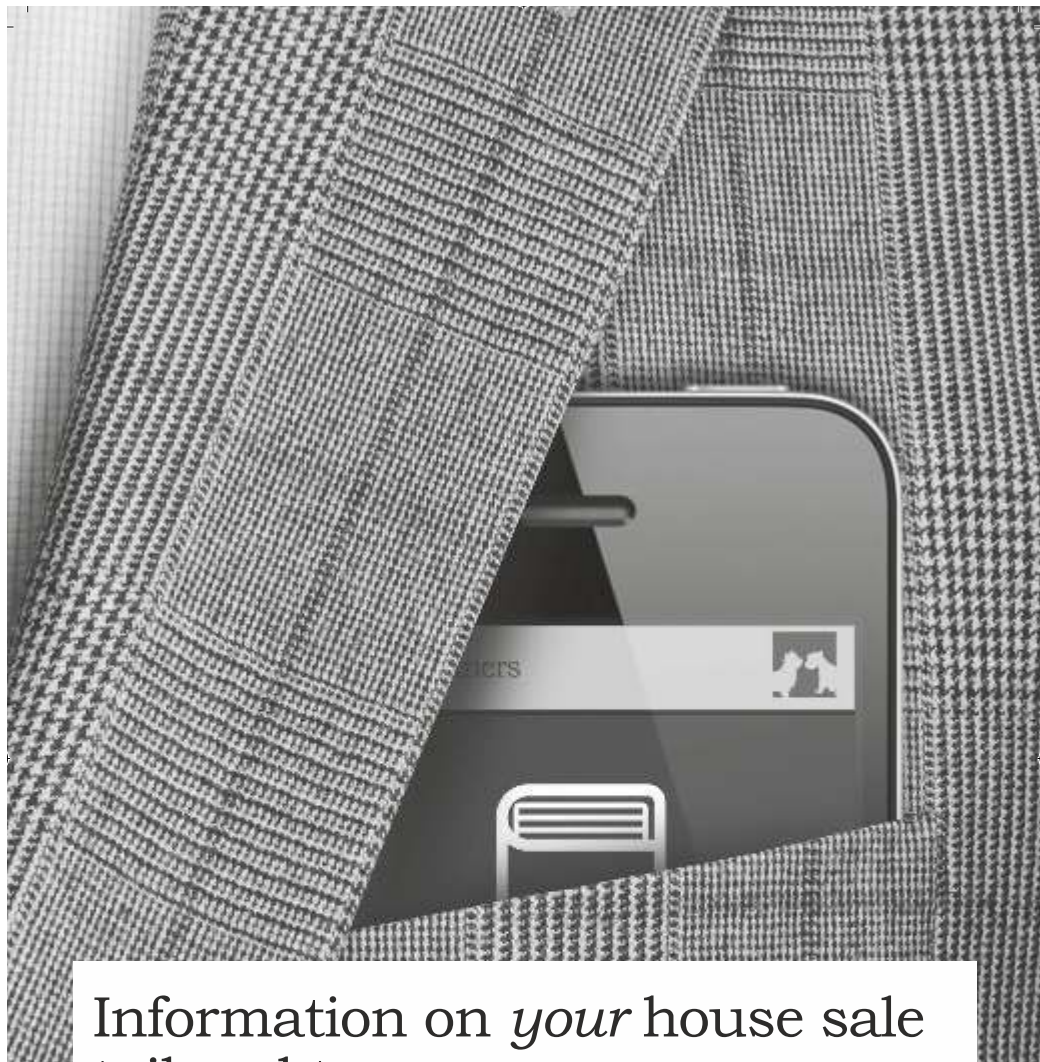
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## BENEFICE CONTACTS, SERVICES AND EVENTS



### Contact details

*Rector:* Revd Rosalind Paul: The Rectory, Raydon, IP7 5LH. Tel.: 01473 310677.  
Email: [rosalind.paul@yahoo.co.uk](mailto:rosalind.paul@yahoo.co.uk) Benefice website: [www.4marys.org.uk](http://www.4marys.org.uk)

Please contact the Rector direct to talk about baptisms, confirmations, weddings, funerals, or for home visits. **Please note that her normal day off is Friday.**

### *Churchwardens*

<b>Higham</b>	Martyn Carr 01206 337325 (Elder) Hugo Parker (01206 337234)
<b>Holton</b>	Paul Torrington 01473 312046 Jean Styles 01473 828532 (Elder)
<b>Raydon</b>	Geoff Horrex 01473 310422 Simon Tennent 01473 310320
<b>Stratford</b>	Christine Cousins 01206 322530 (Elder) Jonathan and Janet Dewey (Elder) (01206 322148)

### Prayer Walks in August

The walks this month - which are open to anyone (and dogs!) who would like to join us - will be as follows:

1 August:	11.30 a.m. starting from Stratford church and ending with a pub lunch
8 August:	11 a.m. starting from Raydon church
15 August:	11 a.m. starting from Holton church
22 August:	11 a.m. starting from Higham church

### Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **17<sup>th</sup> August.**

## Services in August and September

	8.00 am	10.00 a.m.	6.30p.m.
7 <sup>th</sup> August		SSM	
14 <sup>th</sup>		Higham	
21 <sup>st</sup>		Holton	
28 <sup>th</sup>		(Preacher Revd Carl Melville)	
4 <sup>th</sup>		Raydon (Rev. Janice White)	
September		SSM Harvest	Holton
		(Revd Tim Jones)	
11 <sup>th</sup>		Raydon Harvest + Baptism	<b>5pm</b> Higham Harvest
18 <sup>th</sup>		Holton Harvest	
25 <sup>th</sup>	Higham	Raydon SSM Family Hour	



## New Testament Readings and Collects for weekdays in August

7 August: *Trinity 11*. God of glory, the end of our searching, help us to lay aside all that prevents us from seeking your kingdom and to give all that we have to gain the pearl beyond all price, through our Saviour Jesus Christ. Amen.

8th Acts 6. Dominic, Priest, Founder of the Order of Preachers, 1221

9th Acts 7.1-16. Mary Sumner, Founder of the Mothers' Union, 1921

10th Acts 7.17-43. Laurence, Deacon at Rome, Martyr, 258

11th Acts 7.44-53. Clare of Assisi, Founder of the Minoresses (Poor Clares), 1253

12th Acts 7.54-8.3

13th Acts 8.4-25. Jeremy Taylor, Bishop of Down and Connor, Teacher of the Faith, 1667

14 August: *Trinity 12*. God of constant mercy, who sent your Son to save us, remind us of your goodness, increase your grace within us, that our thankfulness may grow, through Jesus Christ our Lord. Amen.

15th Luke 11.27-28. ***The Blessed Virgin Mary***

16th Acts 9.1-19

17th Acts 9.19-31  
 18th Acts 9.32-end  
 19th Acts 10.1-15  
 20th Acts 10.17-33. Bernard, Abbot of Clairvaux, Teacher of the Faith, 1153

21st August: *Trinity 13.* Almighty God, you search us and know us; may we rely on you in strength and rest on your in weakness, now and in all our days, through Jesus Christ our Lord. Amen.

22nd Acts 10.34-end  
 23rd Acts 11.1-18  
 24th John 1.43-end. **Bartholomew the Apostle**  
 25th Acts 12.1-17  
 26th Acts 12.18-end  
 27th Acts 13.1-12. Monica, mother of Augustine of Hippo, 387

28 August: *Trinity 14.* Merciful God, your Son came to save us, and bore our sins on the cross; may we trust in your mercy and know your love, rejoicing in the righteousness that is ours through Jesus Christ our Lord. Amen.

29th Acts 13.13-43. The Beheading of John the Baptist  
 30th Acts 13.44-14.7. John Bunyan, Spiritual Writer, 1688  
 31st Acts 14.8-end. Aidan, Bishop of Lindisfarne, Missionary, 651  
 1st Acts 15.1-21. Gilles of Provence, Hermit, c. 710  
 2nd Acts 15.22-35. The Martyrs of Papua New Guinea, 1901 and 1942  
 3rd Acts 15.36-16.5. Gregory the Great, Bishop of Rome, Teacher of the Faith, 604



### For your diaries

6 August Raydon August Afayre

11 August Open house at the Rectory from 11 a.m. to 8 p.m. Drop in for a cup of tea and a biscuit during the day (bring your sandwiches with you if you'd like to have lunch in the garden), or something a bit stronger from 6-8 p.m. You are welcome to bring the whole family.

15 September 10.30 a.m. a weekly Healing Course is being offered at St Mary's Hadleigh, led by Revds Rosalind Paul and Martin Thrower. The last session will be on 3 November. All who are interested in the Christian ministry of healing are welcome to attend. Please let Rosalind know in advance if you would like to come, so that she can order a course book for you.

1 October 2-5 p.m. an afternoon on vocation with Jane Williams and others. What do you feel your Christian faith is calling you to do? It might be to be ordained, but it might be to use your faith in another workplace setting. Come and hear about how others do it!

9 October 10 a.m. Higham: we shall be doing a full sung Matins for the first time in many years, and we are keen to recruit singers to help with leading the responses, psalms and canticles. If you are interested, please let Rosalind know.



#### For your prayers

- For Nicola Tindall as she continues her studies to become a Reader
- For the new Curates in the Deanery - Sue Foster and Simon White
- For Hannah Crossley and Robert Page, to be married in SSM on 12 August, and for Kim Schofield and Adam Ardley, to be married in SSM on 20 August
- For those who are ill or in need:

**Holton:** Ron Golding, Gerard Noel, the Wilsons

**Raydon:** Cliff Cooper

**SSM:** Frank and Laura Kerry, Reg Price, Trina

**Outside the Benefice:** Sarah Bilton, John Bunker, David Craig, Helen Gregory  
Nick Middleton, Cécile O'Dell