

**Stratford
St Mary**

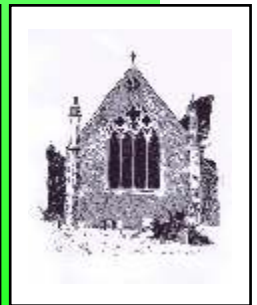
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



August 2018

Issue 360

Wanted anything relating to ponds e.g. koi magazines or books or even koi fish. If you have anything please phone Jane 01473 313053.

For sale

Cast iron round pigs trough lovely round pig feeder, Ideal for plants very heavy £30.00 phone Jane 01473 313053

WANTED: Secondhand wiggle scooter in good condition. Size: older child. If you are looking to sell one please text or call

07817 683 360.

Companion/Home Help Required

Our mother is an independent woman who enjoys living on her own in Stratford St Mary. We are looking for a caring, calm and friendly part time companion who can visit for a couple of hours a few days a week to ensure everything is OK and to provide company and support as necessary with maybe some light chores, meal preparation or trips out. She doesn't need 'care' right now so no experience is necessary. Whilst part-time, there is the possibility of a more full-time position - and even 'live-in' - if that's what suits the right applicant. Hours and role details to suit.

Please call 07710 036854

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

Small Ads pin board



Welcome



Dear friends,

Did you know that originally August was not the eighth, but the sixth month in the

year in the Roman calendar, which began with March? It was called Sextilis in Latin because of being the sixth month; January and February were added to the calendar in about 700 BC. August wasn't named August till 46 BC when Augustus Caesar decided to honour himself and several of the greatest of his triumphs, all achieved in that month.

For those of us born in August, this is an exciting time of year because we're generally on holiday and can relax into our birthdays - though there is also the slight disadvantage to school children that it always comes in school holidays, so no one is around to give you presents or sing happy birthday at school! And it's always the month when exam results come through - well do I remember those days....

When I lived in Paris in the 1980s, August used to be the month when absolutely everyone would be heading to the south of France, and most businesses - in Paris at least - closed down. One just lived with the knowledge that it was no use trying to get anything constructive done till the great migration back up north again at the end of the month. I believe France may have woken up to the real world of work by now!

In many Latin countries 15 August is a great feast day in the Roman Catholic Church because it celebrates the day,

called the 'Assumption', when Mary, the mother of Jesus, was taken up into heaven to join her Son. In the Orthodox Church the same date commemorates the 'falling asleep', 'Dormition' or death of Mary. Neither the Assumption nor the Dormition is recorded in the Bible, but both Churches obviously felt the need to explain what happened to that great woman of the Bible, who said 'Yes' to God, once her Son had left this earth.

If this is a time of year when you hope to have a rest from the cares of your everyday life, I hope you will have a good one. And if, like me, you were an August baby, Happy Birthday!

Rosalind Paul
Rector



The Quartet Diary



August

- 4 Raydon A Fayre
- 5 Raydon Home made Teas
- 14 Raydon Fair Trade Coffee Morning
- 18 R&DGC Summer Show
- 31 HSM Social Club Whist

September

- 2 Raydon Home made Teas
- 7-9 SSM Village Beer Festival
- 8 37th Ride and Stride!
HSM Social Club Progressive
Dinner
SSM Quintuple Games Challenge
- 10 SSM Parish Council Meeting
- 11 Raydon Fair Trade Coffee Morning
- 12 Holton Parish Council Meeting
- 18 Raydon Parish Council Meeting
SSM Neighbourhood Plan
followup meeting
- 26 Autumn Coffee Morning, SSM

27 R&DGC meeting

28 HSM Social Club Whist

October

- 9 Raydon Fair Trade Coffee Morning
- 16 Raydon Council Parish Meeting
- 25 R&DGC Open Charity night
- 26 HSM Social Club Whist

November

- 6 Raydon Fair Trade Coffee Morning
- 11 Sunday Lunch SSM
- 12 SSM Parish Council Meeting
- 14 Holton Parish Council Meeting
- 20 Raydon Parish Council Meeting
- 22 R&DGC meeting

December

- 4 Raydon Fair Trade Coffee Morning

Editors Corner

Well, the heat wave is set to continue, it looks like we are going to have a long hot summer! I hope you are all set to enjoy the holiday season? There's lots planned in our villages over the summer too. There's the Raydon and District Garden Club Summer Show (see page 12) and the Raydon Afayre (big advert on page 14) as well as the Stratford Beer Festival and Village Life Quintuple Games Challenge (page 7), so plenty to keep us occupied!

There are notices for the upcoming annual sponsored Bike Ride and Stride for Suffolk Historic Churches Trust. Don't forget to sponsor someone from your village - the event is very popular and has been a lifeline for many of our rural churches as they struggle to find funds for repair to their buildings.

Another point of interest for you this month is on page 4 - Sandy has started an appeal for used postage stamps. I remember those Blue Peter appeals of many years ago, Sandy is going to need a lot of stamps! Start collecting!

Whatever you end up doing this summer, we hope you have a good time, enjoy the sunshine and keep safe.

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 August 2018

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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:

Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417
07712 591379

hilcairns@tiscali.co.uk

Norman Woodard

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Norman.woodard@fatbloaters.com

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Brook Farm, School Lane 01206
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chrisbrookfarm@gmail.com

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42 Strickmere 01206 322482
07958 515573

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3 Spanbies 01206 322990
billdav@hotmail.com

Power Cuts

Support may be available free for those with medical needs, people of pensionable age or with children under 5.

Register on UK Power Networks website
<http://www.ukpowernetworks.co.uk/internet/en/help-and-advice/priority-services-during-a-power-cut/>
or contact Hilary Cairns on 01206 323417

Stamp Appeal



Collect your used postage stamps and help support blind and partially sighted people across the UK.

Cut used stamps from envelopes leaving a border of 1cm around the stamp(s). There are two collecting boxes in Stratford... one in the Parish Room and one in the Church.

The RNIB can generate about £20.00 per kilo of stamps and any we collect will be sent off every time we have sufficient stamps for a mailing.

It is helpful to keep foreign stamps separate from UK stamps and there is an envelope in each box for this purpose.

Many thanks
Sandy Ranson



Family Hour @ The Parish Room

Every 4th Sunday families and friends come together for breakfast followed by a 30 minute interactive church service.

- Breakfast is from 9.30
- Includes coffee, tea, juice, bacon rolls
- Followed by a short modern service
- A relaxed cafe style
- Everyone welcome
- No charge

Come and join us!



IGNITION Youth Club
Stratford Chapel
Every Friday night
7.30 to 9.30
 Age 11 - 16
 contact Beckie.w@live.com

Stratford St Mary Church,

There but not there!

To commemorate the end of World War One we are planning on purchasing nine of the 'There but not there' silhouettes for benches. They cost £42 each and the sale will benefit a selection of charities supporting service persons and will be used to remember each of the men from the village that lost their lives during the First World War. We will seat each of them in the pews of the church and can be seen the weekend of Remembrance Sunday. We are hoping to raise enough, through donations, to purchase all 9 as a memorial from our village. If you would like to make a donation to the cost of these please do so by posting it to Christine Cousins at 7 Tally Ho Corner, Stratford St Mary, CO7 6JJ. Although these will be representing the 9 lives lost in Stratford St Mary we would like to remember all of those family members lost and will have a memorial to those in the church at the same time, please clearly list your loved one's name with your donation and they will be displayed.

100 Club winners **Here are the July winners**

43 R. Barrell	£ 40.00
155 S. Wood	£10.00
119 J. Marshall	£ 5.00



SSM 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.

We will also be holding a Sunday lunch in the Parish Room on 11th November and there will be more details to follow.
 With many thanks,
 Sarah Brass

Stratford St Mary launch a project to develop a Neighbourhood Plan

At an open meeting held in the Institute Hall on 17th July, the Stratford St Mary Parish Council introduced plans to develop a Neighbourhood Plan for the area under its jurisdiction.

A group of interested residents received a short presentation explaining what a Neighbourhood Plan is, how it could be developed and, more importantly, confirming that its objective would be to set out the expectations and wishes of those who live work and play in the parish, in a way that would have real influence on future development plans for the area.

A lively debate followed the presentation in which a number of ideas relating to the future needs of the parish in respect of housing, transport, environmental and heritage protection were discussed, reaching the conclusion that the development of a plan would be beneficial to the parish in providing a statement of residents' expectations that would not only influence future planning decisions but also provide some protection from unwanted, speculative incursion.

A follow-up meeting will be held in **the Institute Hall on Tuesday 18th September, commencing at 7.30pm**, to commence the detailed planning of the project, engage participants and determine the precise area to be covered by the plan's policies.

That meeting will be critical in deciding whether or not the project will go ahead. Without a substantial level of attendance by a broad representation of the community to provide clear demonstration of people's support for and engagement in, development of the plan, the project cannot proceed.

Further information on Neighbourhood Plans, what is required to prepare one and how to participate can be found at the Parish Council's web-site

<http://stratfordstmary.onesuffolk.net/neighbourhood-plan/>

or for a copy of the briefing document made available at the July meeting, please telephone Brian Such 01206 323091, or e-mail

parishcouncil@stratfordstmary.org.uk.

If you care for your community and its environment please attend this meeting.

PARISH COUNCIL MEETING DATES

10th September, 12th November
7.30pm until 10pm

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 especially as two of members have recently left the village so if you could just spare 1 or 2 hours per month please consider joining us.

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



Beer Festival 2018

Friday 7th to Sunday 9th September

Festival begins 6.pm Friday

Enquiries to: info@stratfordswan.com

INCLUDING

VillageLife

Quintuple (pub games) Challenge

Saturday 8th 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



Telephone 01206 323 091

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

Scratch teams can be formed on the day.

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(also known as Stratford Chapel) Upper Street Stratford St. Mary CO7 6JH. We are an evangelical/charismatic free church, community based and attended by all age groups.

Sunday Services:

10a.m. Morning Service and Junior Church followed by refreshments
6.30pm Prayer and Praise time

Mid-week Groups:

Various House Groups meet at Stratford, Dedham and Capel St. Mary

Men's Recreation Evening: Meeting 3rd Wednesday monthly. All men welcome.

Friday 5pm to 6.30pm Sparks for children aged 7-11 years

Friday 7.30pm to 9.30pm Ignition Youth Club for ages 11- 16 years

For further information: Tel: Phil Wyncoll (01473) 310728 or email: philipwyncoll@btinternet.com

SUFFOLK HISTORIC CHURCHES TRUST CYCLE RIDE & STRIDE – 8 SEP 18

Sponsorship forms for the SHCT Ride and Stride on **Sat 8 Sep** have been distributed to those who have cycled/walked 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 or call into Rosebank, Lower Street.

David Isaac

THE DEDHAM EDUCATIONAL FOUNDATION

The Governors invite applications from

residents in the parishes of:

Ardleigh, Bradfield, Dedham, Great Bromley and Stratford St Mary

for financial grants that are available in the following categories:

Secondary Schools and Sixth Form Colleges;

Applicants must be at least 12 years old on the 1st August of the year of application.

Universities and Colleges of Further Education;

Applicants must have lived in one or more of the five parishes for at least 2 years prior to the application date.

For an application form or further details, please contact the Clerk to the Governors

Mrs Jean Flewin, Coppins, Crown Street, Dedham, Colchester. CO7 6AT

Telephone 01206 322215

CLOSING DATE FOR APPLICATIONS – 31st October 2018

Autumn Coffee Morning

September 26th

Stratford St Mary Parish room, in aid of the East Anglian Air Ambulance.

Cake and produce stall, plants and greeting cards, along with seasonal refreshments. £2.50.

Higham Church

We welcomed Simon Snell the Suffolk Co-ordinator from Christian Aid as a speaker to our service in May. He spoke very interestingly on the work of Christian Aid in Haiti and there was a collection of £331. Thank you to everyone who came, who listened and who contributed. This has been added to the donations following the Good Friday Walk and a total amount of £553.56 was sent to Christian Aid to further their good work.



Your solar panels could cost less than you think

If you've been thinking about installing solar panels for your home, a new scheme will make the process easier for you. "Solar Together Suffolk" is a scheme backed by councils across Suffolk using the power of bulk-buying – where approved suppliers can offer you a discounted price as they receive a large number of orders. All you need to do is register your details at www.solartogethersuffolk.co.uk. There is NO obligation to buy and you will reduce your electricity bills and help Suffolk to become the Greenest County.

Don't delay, you only have until 21 August 2018 to register your details at www.solartogethersuffolk.co.uk

Tree Planting Volunteers Wanted!

The Dedham Vale AONB & Stour Valley team have got over a thousand trees to plant in early 2018, to increase biodiversity and improve the environment

If you could help we would be delighted.

Work-parties are usually on a week day between 10 am and 3 pm but any time you could spare is welcome.

No special skills required, just bring waterproofs and lunch.
Teas, coffees and biscuits are provided.

FOR A LIST OF DATES
please contact Alex Moore Da Luz,
River Stour Project Officer on
07734 967782 or email
Alex.mooredaluz@suffolk.gov.uk

—————
Help support conservation in
the Dedham Vale and Stour Valley
Everyone welcome!

—————
Time approx. 10am to 3pm
—————

Free tea, coffee,
biscuits!

Raydon



Fair Trade Coffee Morning

Who can believe that after all the rain and snow at the beginning of the year we are now desperate for

some more of the "wet stuff"! We were so pleased to be in the lovely cool Church for our July 17th Fair Trade coffee morning away from the scorching sun, we shouldn't moan but.....

Today was all about plans for the "August Afayre" with requests for the hamper, which this year has the theme of "Summer Bar b Que". Also requests for donations for the hoopla stall, plants for the plant stall, cakes for the cake stall, items for the tombola and all sorts of bric a brac and collectables. So, if you can help with any donations then please let us know.

All this whilst we were enjoying lovely Fair Trade coffee and the fabulous cheese scones and banana cake from our lovely Frinton friends.

Thanks again for supporting this event and the library van. Hope to see you all again for our next Fair Trade coffee morning on August 14th when we'll be looking for sponsors for the Suffolk Historic Churches ride and stride, and volunteers to sit in the Church to register visiting riders.

Many thanks,

Wendy Mumford 01473 312123

Highways Issues in Raydon

The Parish Council has requested a site meeting with Suffolk County Council to discuss a number of issues, including lorries turning into Woodlands Road, speeding and extending the 30mph areas. In the meantime, please continue to report issues such as potholes and signage problems via the Suffolk County Council website.

Potholes

We're sure you will all have noticed the many potholes and damaged road surfaces in the village. The PC is logging these as we spot them and reporting them via Suffolk County Council's online reporting tool. However, we would like to remind you that anyone can report damage online, so please do so - if you see anything, go to www.suffolk.gov.uk and then click on the 'report' icon.

30mph signs for your wheelie bins

The PC is in the process of having some self-adhesive 30mph signs printed for wheelie bins (you may have seen these in Higham) - they're coming soon, so keep a look out for them

!Many thanks,

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

Suffolk
Historic Churches
Trust



Annual Sponsored Ride and Stride.

September 8th

The sponsorship forms for this year's annual event will soon be with us, so make sure you save the date of September 8th. We need lots of support here in Raydon to help towards some of the Church repairs we've had to undertake. (Chancel Arch for example)

You can ride a cycle, a mobility scooter, or a horse. You can walk or run, even visit a few Churches if you are shopping in a town (There are 5 in Hadleigh) or sit in our Church and register participants when they arrive. Please! Please! Please! do what you can, get lots of sponsors and raise lots of money! 50% to Raydon 50% to Suffolk Historic Churches Trust.

Thanks in advance
Wendy Mumford 01473
312123

Homemade Teas

at
St Mary's Church, Raydon

Sunday 5 August 2018
Sunday 2 September 2018

Teas served from 3.00 to 5.00 pm



All Welcome



PARKED CARS

If your car is going to be parked for any length of time, on the public highway, please ensure it is not blocking driveways, post boxes, notice boards etc, as this can make access extremely difficult.

Thank you!

Raydon and District Gardening Club

We are now halfway through July as I write this piece and as you may recall last month I said a dripping June etc, well it didn't drip and still we are waiting for some rain. The gardens are beginning to look a bit frazzled with many plants, shrubs & even trees starting to show signs of drought. Ok so we are all trying to keep things watered but a nice steady 2" of rain (minimum needed) over a 24 / 36 hour period would do wonders. We do not want heavy downpour over a short period as water will just flow away and not soak in. My veggie patch is also suffering and cropping of some not so good as previous years.

Saturday 18th August is our annual flower & produce Summer show (in village hall) so I hope you are all scanning the show schedules and please remember to give us indication of what you wish to enter by Wednesday 15th along with your entry fees. This helps us to layout enough table space for each section. Example:- Pre-booked for only 6 vases of flowers in a section then on the day 9 turn up, so problems!!!!. It's always easier to adjust table space down than up so say yes on the Wednesday and if not available on show day we can re arrange. Note:- Late non pre- booked entries on the Saturday can only be accepted if table space allows. There are still a few schedules available from any committee member or in the Church. We can accept photo copies of entry forms if easier but please only one person's entry per entry form to save any complications.

Once again children's entries in some classes need age put on but no names.

Read schedules carefully to avoid problems or disqualifications, and if not sure please give any committee member a call. Village hall will be opened on show day at 8.30am ready for entries. Last entries accepted 10.15am. Judges start at 10.30am. Show open (free entry) for viewing 2.30pm – 4.30pm. Prize presentations 3.30pm. Refreshments and grand raffle to end afternoon. Help clearing away 4.30pm - 5.15pm is always appreciated thank you.

So we come to our September 27th meeting in village hall. A practical workshop on "Propagation" so come along and let's get dirty as we have a go and learn the art.

Advance note:- October 25th is our annual Open Charity Night with special guest Ian Limmer of Beales Roses. More on this next month.

As always your committee looks forward to your support at all events.

Geoff Horrex. 01473 310422



Raydon Parish Council

Your Parish Councillors are:

Nev Davenport 01473 311548
Christine Hempstead 07891 236245
Keith Lovering 07939 075143
Sue Newton (Chair) 07808 818847
Amanda Pyall 01473 310050
Jayne Tann 01473 828283
Jane Cryer - Parish Clerk 07920 713940

The PC would like to remind residents of the importance of keeping hedges under control to improve visibility and safety for neighbours and motorists.

Parish Council meeting dates for the remainder of 2018:

Tuesday 18 September
Tuesday 16 October
Tuesday 20 November

All at 7.30pm in the Pavilion, KGF



NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact
Jane Cryer, Parish Clerk
Sunnyside Cottage, Overbury Hall Road,
Layham IP7 5NA
07920 713940 / raydonpc@gmail.com



Ideal for your special event

The Rayon Pavillion is for hire

Fully carpeted room for up to 80 people
Kitchen and preparation room
Easy parking

Available Morning, afternoon, and evening.

For Details Call Clive Duddridge
Tel 01473 310162

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!

August Afayre

Saturday 4th August

Opening 10.30am Closing 3.30pm

St Mary's Church, Raydon

Lunchtime BBQ



Cake Stall



Plant Stall



Bric-a-Brac



Books



Tombola



Hoopla Stall



Sideshows



Holton St Mary

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

The First Friday of the Month Lunch Club



On the first Friday of every month (except August) there is a Lunch Club in the Village Hall for residents of the village of Holton St Mary. All ages welcome!

A Light Lunch will be served between 12.30 - 2.00 pm at a cost of £3.50 per head. The lunches are a collaboration between some of the organised groups in the village and are non-profit making! Any surplus funds will be reinvested.

If you would like to join us for lunch, please contact Frances Torrington: 312046/familytorrington@btinternet.com Or Sally Thurlow: 312080/salthurlow@gmail.com

The Holton St Mary United Charities Trust

has some funds available to those resident 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 familytorrington@btinternet.com or 01473 312046.

Holton St Mary Parish Council

Next meeting dates:

12th September

14th November

9th January

8pm in the Village Hall

We are also looking for volunteers to help run the lunches and help on the day.

Holton St Mary Social Club

Please remember that WHIST is always
last Friday of the Month
All are welcome, so please do come along
Next Dates :-

Friday 31st August
Friday 28th September
Friday 26th October

Holton Open Golf Day

Great day was had by all at Seckford Hall.
Results were as follows:-
Open Champion Bob Holmes
Runner-Up Chris Clarke
3rd Place Les Norman
Longest Drive Gareth Morgan (275yds)
Nearest the Pin Les Norman - Din
Gupka - Jonathon Dewey
Wooden Spoon Erik Ellis

A big thanks to Steve Carr & Bob for
organising the event.

Progressive Dinner

Saturday 8th September.
Thanks to those who have already been
in touch, otherwise please contact
me(details below) if you wish to participate.

Peter Longmate
quaywallslongmate1@btinternet.com
mobile:- 07957 910608
home:- 01473 314150



Annual Bike Ride and Stride

Saturday 8th Sept 2017, 9am – 5pm



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

- See Suffolk's magnificent historic churches
- Enjoy a healthy bike ride or walk
- Help raise money to keep Holton St Mary Church in good order

For more details and sponsor forms
please contact:

Caroline Favell
tel: 01473 310268
email: martinfavell99@gmail.com

ST JOHN'S CHURCH, GREAT WENHAM, CO7 6PL

SPIRIT OF BRITAIN

AN ORGAN RECITAL TO COMMEMORATE THE END OF WWI

by

PETER HOLDER

of

Westminster Abbey

MUSIC TO INCLUDE HENRY WOOD'S FANTASIA ON BRITISH SEA SONGS

SATURDAY 29th SEPTEMBER 2018
at 6.00 pm

Tickets: £15 (including AFTERNOON TEA from 4.15 pm)

In aid of
SOMERSHAM WARD SUPPORT GROUP
IPSWICH HOSPITAL

SPONSORED
BY

gotelee
SOLICITORS

Contact: **JONATHAN HUNT** 07747 303589
or email jp.hunt@btinternet.com

Recital concludes at 7.00 pm





Hello there

My name is Mark Finbow. I'm producing a new piece of touring theatre for the Seagull Rep. The show is specifically designed to visit community venues. I hope you don't mind me contacting you directly. I often find parish councils are the best people to contact when booking a rural tour.

The new-look Seagull Rep professional touring theatre company are hitting the road during May 2019 with their East Anglian tour of Hound of the Baskervilles and we'd like to give you and your community the chance to be one of the first venues to host this enthralling touring production. The Seagull Rep's Hound of the Baskervilles has been developed during a three week research and development period at The Seagull Theatre, funded by Arts Council England.

Please find further info about the production by contacting me at seagullrepco@gmail.com Should the production be of interest to you and your venue please do get in touch.

We look forward to hearing from you

Mark Finbow
Hound of the Baskervilles Producer

DEDHAM TENNIS CLUB

Dedham Tennis Club is located in the heart of picturesque Dedham village. We welcome new members along with pay as you go coaching and junior groups.

Adults: We have Sunday club sessions from 3pm and Wednesday evening sessions from 6pm during Spring/Summer. We are actively seeking new members so please come and try us out for free.

Coaching: Individual coaching is available from Paul and Steven. Please visit our website for contact details.

Juniors: Group lessons are held on Saturday mornings and the classes are divided according to age and ability. Red balls (ages 5-8, 9:15-10:00), Orange/Green balls (ages 9-11, 10:00-11:00), Yellow balls (12 & up, 11:00-12:00). £5 per session per child. All newcomers are welcome.

Summer camps: 9:00 - 16:00 Tuesday to Thursday, 31 July to 23 August, for all children from Reception age. £25 for a full day and £15 for half a day, with discount for siblings. Contact our junior coach Zico for details: zico.davies@zicotennis.co.uk

For more details, please visit our website clubspark.lta.org.uk/dedhamltc or search "Dedham LTC".

East and west Suffolk CCGs are highly rated

The NHS organisations responsible for commissioning health care services in east and west Suffolk have been highly rated for their performance and patient care.

In the latest annual national assessments by NHS England for 2017/18, NHS Ipswich

and East Suffolk Clinical Commissioning Group (IESCCG) has been rated 'outstanding' and NHS West Suffolk Clinical Commissioning Group (WSCCG) has been rated 'good'.

Dr Ed Garratt, chief officer for both CCGs, said: "This is an incredible result for the CCGs and undoubtedly gives people confidence that their local services are performing well. IESCCG has been given the very highest possible rating and WSCCG has been rated as being one of the best 'good' ratings in the country.

"Both CCGs have been highly praised for their ongoing work to build strong relationships with our local health and care partners, which we know are incredibly important for the future sustainability of NHS services.

"The assessments also recognise the good work we've been doing to carefully manage our finances and ensure that every pound we spend is used effectively.

"Individually, the CCGs have been praised for the introduction of the new Buurtzorg care model, the high levels of diabetes care and the work being done to support GP practices in the delivery of primary care.

"We are proud that health care in Suffolk is regarded as being among the best in England, although we know that more work needs to be done. A major current focus is to identify how we can improve mental health services and we are asking patients and partners how we can best do this, and I would encourage people to participate.

"Our ambition for next year is for both CCGs to be rated 'outstanding'."

Waste collection schedule

August 2018						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
		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 collected this week

 Rubbish collected this week

Bank Holiday Week - everyone's collection will be a day later

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

Helping people get home as soon as possible

A new service has been launched which will help prepare the homes of people who are ready to be discharged from hospital.

Called Homeward Bound, its introduction will see staff from Lofty Heights, a local not-for-profit social enterprise, provide up to four hours of decluttering so there is space for a hospital bed or medical equipment, that there are no trip or falls hazards and that everything is clean to avoid the risk of infection.

People whose home is not suitable to return to can end up staying in hospital longer than necessary. The launch of the service in east Suffolk is another initiative which aims to reduce any delays in discharging those people who no longer need a hospital or community bed environment in which to recover.

This 12-month pilot project is commissioned by NHS Ipswich and East Suffolk Clinical Commissioning Group and could support up to 200 local people, with priority being given to those on low incomes, who are socially isolated, without friends or family living locally, or very frail older people that have no living family or friends.



SESAW NEWS

Now that's something you don't see every day. Maisie, the springer spaniel and I were visiting Lush Cosmetics in Ipswich when a human came striding through the precinct with a tall contraption strapped to his back. Apparently it was the Google Earth guy, mapping the precinct with a 360° camera. And I thought he was there just to photograph me! Mind you, Maisie and I were soon the centre of attention again but I really didn't know where to look when she rolled on her back for tummy tickles. That dog is SO embarrassing!

Jayne and Lorraine endured high temperatures at "All About Dogs" in Hylands Park recently and again at the Long Melford Street Fair. At the time of writing, people are reminiscing about England's football success in 1966 and the heat wave of 1976. We dogs don't mind listening to these memories so long as we don't have to wait on a hot pavement during the conversation. Even my Mexican roots don't protect my little pads in this weather!

We will be at the Beth Chatto Gardens Wildlife Fair, Elmstead Market CO7 7DB, a beautiful venue for two days of fun family events on 22nd and 23rd August. Next is the Wickham St. Paul Dog Show, CO9 2PT at 1pm on the 8th September. Looking ahead, Jayne is busy preparing for our Autumn Fair at Gt.Bentley Village Hall on 16th September.

Our garden is also lovely thanks to our helpers putting in hours of hard work and I'm off to smell the flowers. Maybe they will name a rose after me, Kenny (the Boss) Chihuahua. Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 sesaw – Suffolk & Essex Small Animal Welfare

Coggeshall's 31st Annual Flower Festival

'For All the Saints'

The Parish Church of St Peter ad Vincula

Saturday 25th August – Tuesday 28th August 2018

10 am – 5 pm

11.45 am – 5 pm on Sunday

The Festival also offers a treat for music lovers. Musical recitals will take place in the church during the weekend and on **Saturday 25th August at 7.30 pm there will be a concert of traditional New Orleans Jazz with the Frog island jazz band** (tickets - £12, Concessions £10, Under 16s £2.00). There will be a Sung Eucharist service at 10.30 am and a **'Songs of Praise'** style service on **Sunday 26th August at 5.15 pm** at which visitors will be most welcome.

Delicious homemade cakes and light lunches will be available in the Church for the duration of the festival and we will have our hugely popular preserves and produce stall again. Entry is free – although donations towards the upkeep of the church will be warmly welcomed. Last year 2,200 people came to visit the Festival from all over the county and beyond.

For further information regarding the Flower Festival please contact:
Judy Crawford on 01376 561389 or
jandacrawford@btinternet.com

For tickets for the Saturday evening concert, please contact:
Sarah Wickens 07974 802304 or visit
Copper and Cask Off Licence,
18a Church St Coggeshall

Nayland Horticultural Society

Our Annual Flower Show is on Saturday 4th August 2-5 pm. Schedules and entry forms from Margaret or Trevor Smy, telephone 01206 262022 or e-mail trevor.smy24@gmail.com or visit the website, www.naylandhortsoc.org.uk

Nayland Horticultural Society - date for your diary. Visit to RHS Hyde Hall on Sunday 16th September leaving Nayland at 9am. £20. Visit the website for details. www.naylandhortsoc.org.uk or contact Margaret or Trevor Smy, telephone 01206 262022 or e-mail trevor.smy24@gmail.com

Get into gear for East Bergholt High School Association's **Car Boot Sale** to be held on 16th September from 9.30-noon. Refreshments and car parking are available at the school and entry is 50p. For pitches, costs are: (in advance) cars £5, with trailers £7, domestic vans £10 or (on the day) cars £6, with trailers £8, domestic vans £11. Access for sellers from 8.30 am on the day. Sale opens 9.30 am for buyers. No traders. For more information phone 07776291445.



PAWS WITH A CAUSE

A fundraising country walk for all the family. All proceeds in aid of East Anglian Air Ambulance (EAAA).



**Sunday
30
September
2018**

10am - walks finish 3pm

www.eaaa.org.uk

Glemham Hall
Woodbridge, Suffolk, IP13 0BT

“Around the World in a Container Ship” was the interesting talk by Peter Hesketh, a former Police Officer & Merchant Navy Purser on Wednesday 11 July. As a lone passenger for around 4 months it positively was not a cruise. He explained the attraction of and comments on life at sea when the ship spends so little time in port.

As suggested by Members we are introducing our first August meeting, on Wednesday 8th, when Tania Harrington MA, artist, art lover and researcher will talk on “Art Attack- A History of Vandalism In Art”. She will look at works of art that have been vandalised over the years and the reasons behind these criminal attacks, divided into Political Motivations, Mad Attacks and Artist Attacks. It will be a serious, at times disturbing, but also humorous illustrated talk.

On 12 September Taff Gillingham, Historian, will present a very British view on “Remembrance And The Great War”. Taff advises film makers emphasising the need for historical accuracy on the 1914/18 War.

Richard Heap, Production Director, Stephen Walters & Sons Ltd will introduce us to “Silk Weaving in Sudbury”. His presentation will cover the history of silk weaving and how it came to Sudbury; the Silk Road from China to Sudbury; how silk yarns are processed; the silk trade, partnerships and relationships with supplier and customer and how the company engages with the local community and the environment.

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 330 members and 40 active groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 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.

Remember

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Stour Valley Men's Probus Club

John Field introduced us to “The Treasures of Ipswich” on 4th July and we held our Summer Buffet at The popular Haywain on 18th July when our spouses and Probus Widows joined us for what was an enjoyable event and a tasty meal.

We don't meet in August and return in the autumn on Wednesday 5 September when Tracey Mackness of the Giggly Pie Co will

present her "Life Story". Then on Wednesday 19 September David Ablewhite will return to tell us about "The Other Prince William". Norman Jacobs talks about "Pie 'n' Mash & Prefabs" on Wednesday 3 October and two weeks later on 17 October Sally Chicken's talk is on "The Regeneration of Shotley Pier"

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB
New members are welcomed

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 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

Constable Singers

This would be a good time to come and join our choir as we start on new songs for the coming season. We sing each Thursday at The Lambe School East Bergholt and on the second Thursday of each month at The Congregational Church E.B. starting at 7pm. No audition and words provided and the first session is free after that £5 per session so come along and enjoy.

For further details contact Mel
[01206298628] or Yvonne[01206298428]

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www.roadworks.org is a national web portal hosting a complete and up to date copy of the Council's Street Works Register data. Suffolk County Council subscribes to the site in order that it can broadcast information of works and events on our highways to anyone with access to the internet. It enables anyone to see what is going on, in any area, nearly everywhere in the UK. This website also provides for a notification service which can be tailored according to user. Below is a step by step guide to setting up email alerts from this website:

1. Browse to www.roadworks.org
2. Open the map area for which you would like to receive alerts
3. Click on the envelope icon at the top left of the website
4. Choose your options
5. Click 'Set Alert'

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

Route 14

The bus stops every 4 weeks on
Tuesdays

17 July, 14 August, 11 September, 9
October

Holton St Mary

Church Square - 9.30-9.45am

Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

Sulleys Hill - 11.30 - 11.45am

Higham

The Green - 11.55am to 12.10pm

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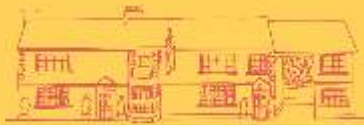
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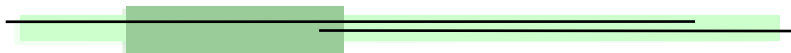
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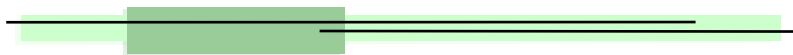
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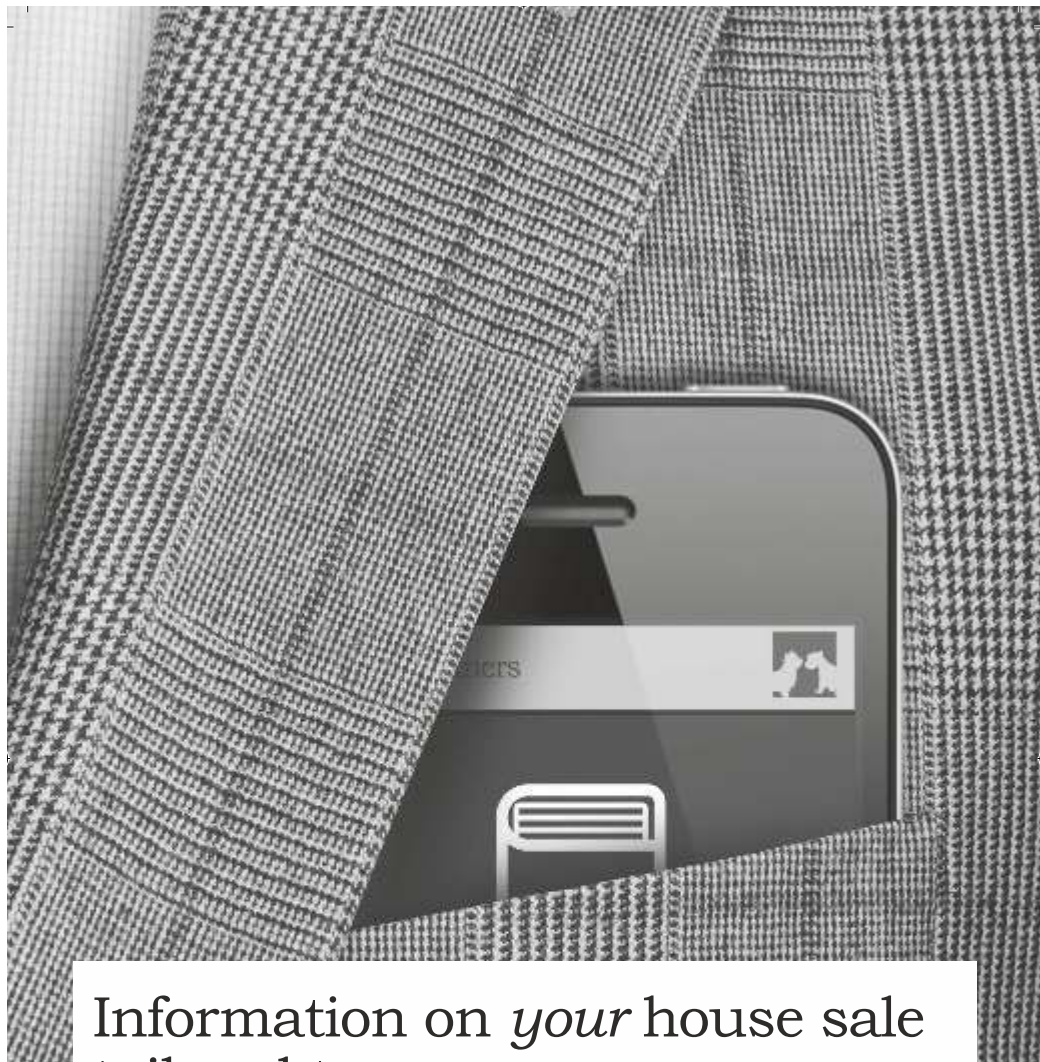
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Please note that her normal day off is Friday.

Churchwardens

Higham Martyn Carr 01206 337325 (Elder)
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Raydon Geoff Horrex 01473 310422
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Nicola Tindall 01787 212340

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 **15 August**.

Home Group

Our Home Group will meet again on 6 September 2.30-4 p.m. at 5 Veyses End. We are using Rowan Williams' book 'God with us' to explore the meaning of the Resurrection. All are welcome.

Trip to the Cathedral

On Sunday 9 September, our parishes are invited to go to the Cathedral in Bury St Edmunds for a tour round the Cathedral, followed by Choral Evensong and tea. We have to be at the Cathedral by 2 p.m., so you may need to have your lunch in the car on the way. If you would like to come on this 'Pilgrimage' with us, please let Revd Rosalind know as soon as possible so that we can organise lifts for those who would like to go but don't want to drive. We shall be home by 6 p.m.

Services in August and September

	8.00 a.m.	10.00 a.m.	6.30 p.m.
5 th August		SSM (+Baptism)	
12 th August		Higham	
19 th August		Holton	
26 th August		Raydon	
2 nd Sept		SSM (Harvest)	Holton
9 th Sept		Higham (Harvest)	Tour of Cathedral
16 th Sept		Holton (Harvest)	SSM
23 rd Sept		Raydon (Harvest)	
30 th Sept		10.30 Deanery Eucharist Elmsett	



New Testament Readings and Collects for weekdays in August

5 August: *Trinity 10*. Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us patience and courage never to lose hope, but always to bring our prayers before you; through Jesus Christ our Lord. Amen.

6th 1 John 3.1-3. The transfiguration of our Lord

7th Acts 4.1-12 John Mason Neale, Priest, Hymn Writer, 1866

8th Acts 4.13-31. Dominic, Priest, Founder of the Order of Preachers, 1221

- 9th Acts 4.32-5.11. Mary Sumner, Founder of the Mothers' Union, 1921
- 10th Acts 5.12-26. Laurence, Deacon at Rome, Martyr, 258
- 11th Acts 5.27-end. Clare of Assisi, Founder of the Poor Clares, 1253

12 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.

- 13th Acts chapter 6. Jeremy Taylor, Bishop of Down and Connor, Teacher, 1667
- 14th Acts 7.1-16
- 15th Acts 7.17-43
- 16th Acts 7.44-53
- 17th Acts 7.54-8.3
- 18th Acts 8.4-25

19 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.

- 20th Acts 8.26-end. Bernard, Abbot of Clairvaux, Teacher, 1153
- 21st Acts 9.1-19
- 22nd Acts 9.19-31
- 23rd Acts 9.32-end
- 24th John 1.43-end. **Bartholomew the Apostle**
- 25th Acts 10.17-33

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

- 27th Acts 10.34-end. Monica, Mother of Augustine of Hippo, 387
- 28th Acts 11.1-18. Augustine, Bishop of Hippo, Teacher, 430
- 29th Acts 11.19-end. **The Beheading of John the Baptist**
- 30th Acts 12.1-17. John Bunyan, Spiritual Writer, 1688
- 31st Acts 12.18-end. Aidan, Bishop of Lindisfarne, Missionary, 651
- 1st Acts 13.1-12. Giles of Provence, Hermit, c. 710



For your diary

4 August	10.30-3.30 Raydon August Afayre
5 August	3-5 p.m. Raydon, Tea in the Church
9 September	Tour of the Cathedral in Bury followed by Evensong



For your prayers

We give thanks for those to be baptised in our parishes over the next few months:
Florence Cook at SSM on 5 August
Coben Leonard Bilton-Heenan at SSM on 7 October

We also thank God for those coming to be married in our churches:
Matthew Griffiths and Hannah Kirkham on 3 August in Holton
Nathaniel Hone and Rhiannon Williams on 18 August in SSM
Samuel Williams and Kathryn Boyd on 1 September in Raydon
Jay Whyatt and Olivia Bailey on 5 September in SSM
Rod Bailey and Laura Bruce on 8 September in SSM
Nicholas Chenery and Stacey Waylen on 21 October in SSM

And we pray for healing for those who are ill or in need, in our parishes and beyond:

Higham:	Margaret Snelling
Holton:	Ron Stedman
Raydon:	David King, Michael Mumford, May Peacock
SSM:	Nancy Ablitt, Laura Kerry, Trina
Others:	Tory Cook, Philip Dean, Helen Gregory, Steve Kupfer, Gail O'Dell