



**Stratford
St Mary**

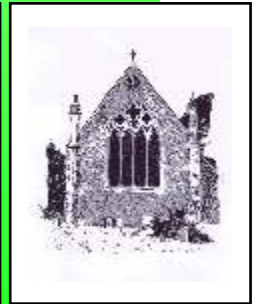
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



December 2016

Issue 340

Christmas Surprise for Children

Two superb French antique single beds from the big house.

Ian Young Email for pictures
ian@svpltd.fsnet.co.uk



Small animal cage.

As new. Include bowl, water bottle and new animal print hammock. Easy clean, collapsible. Suit rats, ferrets indoor rabbits. £25 on. Lower Raydon. 01473 311796.

Wanted

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

FREE! Small donation to Stratford St Mary Roof Fund would be appreciated.

Computer desk

H 86cm x W 81cm x D 50cm

2 Drawer Filing Cabinet

H 71cm x W 47cm x D 68cm

Corner Bathroom Cabinet

with mirror and shelves

H 63cm x W 46cm

New Google Chromecast

A cast iron saucepan stand

Diana Wilson
01206 298192

FREE

Re-roof your pet home
Roofing felt-Four Pieces,
Each. 1 Metre x 50cms (approx)
Telephone, 01206 323022.



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,

You will find a card enclosed with this edition of Quartet; do

please have a look at all the different services we are offering across our 4 parishes this Christmas, and come and join us if you can.

I am writing as we are faced with yet another strange new world reality - first Brexit and now Donald Trump. I wonder what other peculiar choices humanity is going to make before this year ends!

The most peculiar choice of all would be to choose peace - in our homes, in our work lives, and most of all within and between countries. Why do I say that? Well, if you think about it, how much easier is it to argue with someone - especially when you think you are in the right - than to let it go and be the bigger person?

But that is what Jesus - the Prince of Peace - asks us to do at every level of our lives. It is not weak not to start or respond to an argument; in fact it is more a sign of weakness to do so than to say to yourself, 'This doesn't need to turn into an argument; let's find ways of agreeing instead'. It's a much harder route to walk, but it's the one that we need to choose if we want a larger

peace throughout the world to mimic the peace we try to bring to our homes.

So instead of picking a fight after you've had one too many at Christmas dinner, or responding to someone else trying to do so, why not take a moment and say to yourself, 'Is this really worth fighting over? What might it do to my relationships? Would I rather be thought of as a peace-disturber or a peace-bringer?' Why not bring some peace into your home this Christmas, and may the Prince of Peace himself be with you and yours.

Have a very blessed Advent and a wonderfully joyful Christmas.

Rosalind Paul
Rector



The Quartet Diary



December

- 1-3 Nayland Pantomime
- 6 Raydon Fair Trade Coffee Morning
- 7 Stour Valley U3A Christmas Lunch
Stour Valley Men's Probus Club
- 10 Phoenix Brass Concert Raydon
SSM Christmas Fayre
HSM Social Club Christmas Dance
- 11 HSM 9 Lessons and Carols
SSM Carol Service
- 15 Raydon Parish Council Meeting
- 17 Stratford Christmas Light Up
- 18 Higham Carol service
Raydon Carol Service
- 21 Stour Valley Men's Probus Club
- 22 Christmas Singing, Constable Singers
- 24 SSM Crib Service
Raydon Midnight communion

January 2017

- 3 Raydon Fair Trade Coffee Morning

- 11 Stour Valley U3A Meeting
- 18 Stour Valley Men's Probus Club
- 19 Raydon Parish Council Meeting
- 31 Raydon Fair Trade Coffee Morning

February

- 23 R & DGC Meeting
- 28 Raydon Fair Trade Coffee Morning

March

- 28 Raydon Fair Trade Coffee Morning

April

- 8 R & DGC Members Spring Show
- 21 Good Friday Walk
- 25 Raydon Fair Trade Coffee Morning

June

- 25 R & DGC Annual Coach Outing

August

- 19 R & DGC Summer Show



Editors Corner

Well here we are again - Christmas is just around the corner and before we know it, we will be in 2017. Another year gone.

We had better make the most of what's left in 2016 then! Do have a good look through the Quartet, we've got lots of all sorts of Christmas events for you from concerts to Santas - plenty for everyone!

As we get to the end of another year, we would like to take the opportunity to thank all our regular contributors who put the effort in month after month to come up with something to say to keep you up to date with what's going on in your area. It's not easy to keep things fresh and interesting, but as editors we really do appreciate it, as it makes the whole magazine feel far more 'friendly'

If there are any aspiring writers, young or old who would like to submit articles for publication, we are always happy to hear from you - just email quarteteditor@hotmail.co.uk and we'll see what we can do!

All that is left for us to do is to wish a very Happy Christmas to you all.

Keep safe, stay healthy, and we'll see you all again in 2017!

Merry Christmas

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 December 2016

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

Editors:
Anne Wicks; 1 Corpus Christi
Cottages, Holton St Mary. CO7 6NN

Jane Lelliott ; 5 Swan Meadow,
Stratford St Mary. CO7 6JQ

Distribution: Dave Leach
07930390517

Invoicing: Jenny Leach
quartet.advertising@gmail.com

Stratford St Mary



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.



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.

Closure of Public Telephone Kiosks

BT has advised us of its intention to disconnect the telephone lines in many public phone boxes in South Suffolk owing to a lack of use by the public. We have two kiosks in Stratford St Mary, one in Upper St and the other in the Ipswich- bound lay-by on the A12 just outside the village.

Do residents have any opinion on whether we should ask BT to keep the telephone lines operational for possible future use in the event of an emergency given the indifferent mobile phone coverage experienced in the past throughout the Dedham Vale or should we simply agree to having the phone lines disconnected? Would anyone like to see the phone boxes taken over by the community for alternative use or simply have them removed completely?

If you have any views on this please contact the parish clerk by email on parishcouncil@stratfordstmary.org.uk or attend our next council meeting on Monday 14th November at the Institute Hall, Higham Road commencing at 7.30pm when our decision on this issue will be made.

Stratford St Mary Parish Council





Junior Road Safety Officers at Stratford St Mary Primary School

At Stratford St Mary Primary School we are actively involved with the Junior Road Safety Officer Scheme. We have three JRSO's who promote road safety to our pupils, parents and the community. The JRSO's have arranged a number of events for the children and parents at Stratford St Mary School from walk to school days, advice on parking, brightness days, scooter ability club and competitions. They have also been on speed checks with the community speed watch team and taught the children at Orchard Barns and abc Pre-school how to cross the road correctly. At the moment the JRSO's are concentrating on **Road Safety Week** which takes place during the week of the 21st – 27th November 2016. This year the focus of the campaign is around – Slow, Sober, Secure, Silent, Sharp and Sustainable as well as getting people to sign up to the Brake Pledge to slow down. **The JRSO's would like to remind drivers to slow down to 20mph when near schools and to always wear their seatbelts.**

Miss Jones



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

POPPY DAY APPEAL – 2016

The 2016 Royal British Legion Poppy Appeal in Stratford St Mary has raised £995.00 so far with further donations still to be received. Thank you all very much for your generous donations to this worthy cause supporting injured servicemen and woman and their families.

David Isaac



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

12 Swaynes 01206 323015

Norman.woodard@fatbloaters.com

Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

chrisbrookfarm@gmail.com

Steve Kite

42 Strickmere 01206 322482

07958 515573

Bill Davies

3 Spanbies 01206 322990

billdav@hotmail.com

Who Can't Love Fireworks

The skies began to darken and rain hovered in the air but the wind we had worried about stayed away leaving the most muted gentle evening in its wake. But that peace wasn't to last. The lights came on at the entrance to the school playing field and it was like walking into wonderland. Dramatic colours lit the trees and the atmosphere was tinged with excitement as the children ran around waving their light sabres and dancing in the snow so cleverly provided by our hosts around the band tent. Music floated on the air and the hot dogs and hot coffees deliciously held the cold at bay. The anticipation was rising and suddenly SWISH! The first of the fireworks exploded into the air.

What followed was a glorious array of dazzling colour, cracks and bangs as the display unfolded, on and on to the sheer delight of adults and children alike. People had come from near and far and their ooohs and aaahs were testament to the spectacular event playing out before our eyes.

It was an evening that Stratford can be truly proud of, perfect in every way and a joyous way to bring the community together. Well done the SSM Crew!



Stratford 100 Club Winners

129	G. Fox	£ 40.00
31	T. Davies	£ 10.00
144	M. Pyman	£ 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.

Dave George 01206 322297



SSM

Open Gardens 2017

Be Prepared

SSM is proposing to host an "Open Gardens" event next year in either May or June so wanted to give everybody time to prepare. We intend to combine this with refreshment stops and some form of entertainment along the way so please let us know if you would consider opening your garden to the public for the day.

More the merrier so drop a line to Julie on:

Julie@jj-associates.co.uk





*Wish all readers of Quartet
a very happy Christmas and a
healthy, prosperous and
above all, peaceful new year*



Saturday 17th December at 4pm

Stratford Christmas Light-up

Help decorate the village Christmas tree and
see Father Christmas again when he visits
Stratford St Mary to light-up the tree.

and after,

**Santa's Grotto, Carols, Christmas music and
seasonal fare at the Swan**

e-mail villagelife@stratford-st-mary.org

Christmas Fayre

(raising money for SSM church roof fund)



Tea & Cakes
Local crafts and bric-a-brac
Musical interludes
Children's activities
Village Archives



Stratford St Mary Church
Saturday 10th December
11.00am – 2.00pm

Whether you're an artist, a baker, a candlestick maker or indeed if you simply want to de-clutter, any items you wish to donate for the stalls are all greatly appreciated
(call Julie on 07989 639 583)



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**

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:

Tuesday 7.30 am -9.30 am - Men's

Recreational Evening (2nd 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

<http://www.stratfordstmarychapel.com>





**SEASONS GREETINGS TO ALL
OUR FRIENDS & NEIGHBOURS
IN STRATFORD ST MARY AND
THE BENEFICE FROM:**

Dave & Mary George
Iris, Don & David Umfreville
Margaret & Graham Kitson
Jane & Barrie Cavendish
Jenny & John Symons
Celia & Chris Griffin
Eddie & Verna Castle
Nancy Ablitt, Linda Kitchen
Janet, Jonathan Dewey & Family
Sue, Eddie, Ben & Beth Lawrence
Sarah, Andy, Alice & Harriet Brass
Chris, Christine, Ann, Henry & George Cousins
Archie Carmichael, Roy Miles, Anna Marshall
Pat & Charlie Ablitt

Merry Christmas and a Happy New Year

Donations have been made to Stratford St Mary Church in lieu of Christmas Cards



**Trees can be left between Saturday 7th Jan and Tuesday 10th Jan.
Collection will be made from 6.30am on Wednesday 11th January.**

**Trees must be less than 7' tall & must have all decorations,
stands & pots removed. Please call 01449 778678 for further details**



**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.



**IGNITION Youth Club
Stratford Chapel
Every Friday night
7.30 to 9.30**

Age 11 - 16

contact Beckie.w@live.com



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



Raydon



Fair Trade Coffee Morning

Our November Fair Trade coffee morning on the 8th was practically standing room only! What a great turn

out this month, it seemed cars were mended, (so wonderful Frinton goodies) gas fitters finished and other appointments complete.

We had a stall full of bits and bobs left over from the book sale of November 5th, the sale itself raised £160 which was not quite as good as previous sales. However, the bonfire and fireworks the same evening were the "talk of the town" as they say, quite spectacular and enjoyed by all.

Suffolk Phoenix Brass are performing again this year with the Christmas concert on December 10th so posters, tickets and the list for "Hamper raffle donations" were all in evidence.

How speedily the year has gone, with our next Fair Trade coffee morning being the last of 2016. As usual it will be a "Festive and Free" event on December 6th. It will be lovely to have a full house again so do hope you can make it.

Many thanks for another year of support for Fair Trade.

Wendy Mumford 312123

Raydon Century Club Draws:

NOVEMBER

£25 117 M Hajaig
£15 111 Mrs M Burls
£10 148 Ms R Gooch
£5 46 Mrs D Horrex
£5 75 Mr K Whiting
£5 42 Mrs P Palfreman
£5 19 Mrs K Mason



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

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



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!



Another Scam

Most of us get agitated by cold calling telephone calls and do what we can to block or avoid them. One such way is to register with the Telephone Preference Service (TPS). However, some criminal elements are using that to defraud unsuspecting people. We have been made aware of people being contacted by telephone by those purporting to be from the TPS. They will either attempt to get you to 'sign up' to the service, for which you will be told there is a charge or that your TPS agreement is about to expire and needs to be renewed. Both will require all your personal details and credit card details to be provided. BEWARE - THIS IS A SCAM! The TPS is a FREE service and anyone wishing to register can find more details on their website at www.tpsonline.org.uk. The TPS will never contact you requiring payments or credit card details and once registered there is no further need to update it. If you suspect you have been contacted by a fraudulent organisation the advice is to report it to Action Fraud at <http://www.actionfraud.police.uk>

Knitting

Just to say a very big "Thank you" to everyone at Fair Trade coffee mornings and SSM craft group for all your knitted squares. These are much needed in Haiti and Gambia for the babies, and if anyone would like to sew them together then it's 7 squares by 6 squares.

A total of 42 squares per blanket, I have a supply of squares ready and waiting so if you like sewing rather than knitting then just get in touch. Thanks again to everyone

Wendy Mumford 312123



Raydon Bonfire Lights up the Sky.

Thanks to your great support the Raydon Bonfire and Fireworks party was another great success .

Thank you all very much. We were blessed with good weather, generosity at the collection buckets, and good appetites at the BBQ and bar.

The Bonfire roared with its warming flame, and it was great to hear your applause at the end of the firework display.

This is a community event run by volunteers and a special thanks goes to them. From pallets providers to burger buyers to bar babes to all the helpers in between a very warm appreciation.

See you next year

Clive Duddridge - Chairman, King George the V Playing Field.

Raydon and District Gardening Club



Another garden club year passes what seems oh so quickly yet again. I hope you as members and guests have enjoyed another varied mix of gardens, monthly meetings with all different subjects by guest speakers from around Suffolk, coach outing to Woburn Abbey Gardens, and our annual Charity night which this year raised £222.00 for the East Anglian Air Ambulance. Thank you all for supporting the garden club once again in our 36th year. By the time you read these notes It will not be too long before we as gardeners start thinking Spring. If like me you are busy preparing the ground i.e. digging the veggie plot, weeding flower beds, removing dead vegetation, re siting some plants or shrubs, and all before winter arrives with cold days , sharp frosts or perhaps snow. At the moment (mid Nov) there is still plenty of colour in the gardens due partly to a fantastic autumn which we have had for colour and warmth. So it's rest time in December & January for both gardens, and yourselves ready for the next Spring which is on cue about 12/14 weeks away. I accidentally dug up some daffodil bulbs the other day and their roots are already quite long. (they start growing from mid August) and by the time you receive the January copy of Quartet the earliest bred Dutch types will almost be flowering.

Your committee will be working hard to organize another varied programme for 2017 so if you members have a favourite garden subject you would like please let your committee know as soon as possible so we can incorporate it into our thinking. If you know a speaker as well that's even better.

Also a big Thank You to all those members who support us by renewing membership

each year but are unable to attend evening meetings for whatever reason i.e. health, not able to drive at night or just getting older and need to stay in the warm. Your contributions help this club stay successful for the enjoyment of other gardeners. Thank you also everybody who helps in any other way i.e. supplying raffle prizes, buying tickets, refreshments, washing up, clearing hall after meetings and much more.

Advance notice The first meeting in our 37th year will be Thursday 23rd February 2017. Have a well earned rest and I and your committee all look forward to meeting you all again for another new gardening year. If you are reading this but not a member why not come along & join us, it's a great community village club that deserves your support, together we "GROW".

Best wishes for Christmas & the New Year.

Geoff Horrex, (01473 310422)



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

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



Raydon St Mary's Plant Stall.

Once again I would like to thank anyone who has given plants, vegetables, and any other things to do with gardening, for our plant stall, which goes towards keeping our ancient Church maintained and open.
Daphne Horrex.



Tickets, including wine and light supper, £8.50
available from 01473 310320 & 01473 312123

In aid of Church Fabric Fund

Run for MS-UK

Join the MS-UK Colchester Half marathon team and be part of this amazing event on Sunday 12 March 2017.



Every penny you raise will help MS-UK offer our vital services to local people in Essex living with multiple Sclerosis. Plus you will get all the support and encouragement that you will need to take part and your very own MS-UK running top! For more information contact Mark today on

**mark@ms-uk.org or
01206 226500.**



Aged 40 to 74? Find out about your FREE NHS Health Check

Even though you might be feeling great, if you're over forty you might be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy. Having the health check will better prepare you for the future and will enable you to take steps to maintain and improve your health.

What will happen at the check?

The check will take between 20-30 minutes and will involve the health professional asking you a few simple questions regarding your family history and lifestyle. They will also check your height, weight and other details, as well as test your blood pressure and complete a simple blood test to check your cholesterol level.

After the check they will talk to you through your results and explain to you what they mean, giving you personalised advice on how to lower your risk and maintain a healthy lifestyle. You may also be prescribed further treatment or medication to help maintain your health.

Arrange your NHS Health Check

If you are aged 40-74 and have not had a stroke or been diagnosed with heart disease, high cholesterol, high blood pressure, kidney disease or diabetes then you are eligible for a free NHS health check. To arrange the check please contact your registered GP practice who will be able to make an appointment for you. Alternatively, you can also contact OneLife Suffolk to arrange the check for you on 01473 718193.

Holton St Mary



Christmas Greetings 2016

Claire

Ron & Sylvia

Jean and Flora

Sheila and David

Erik and Naomi

Ron and Daphne

Eileen and Peter

Anne, Bill and Taz

Chris and Marjorie

Reverend Rosalind Paul

Sally, Ian, Nicola, Justin & Sarah

Chris, Bridget, John ,Paula and Seb

Ernest, Rachel and the Eagle family

Keith, Karen, Tazmin and Isobel Jeffreys

The Thurlow-White family - Sally, Geoff and Sam

Paul , Frances, Dominic, Martha and Lydia Torrington

**Merry Christmas
and a Happy
New Year to all
our friends in
Holton St Mary**

Donations have been made to Holton St Mary Church in lieu of Christmas cards

HOLTON ST MARY CAROL SERVICE

There will be a service of Nine Lessons and Carols in Holton St Mary Church on 11th December at 6.30p.m.

Choir rehearsals will take place in the church at 7.30p.m. – 8.30p.m. on:

Thursday 24th November

Wednesday 30th November

Thursday 8th December

And on 11th December from 4.30p.m. – 5.30p.m.

Anyone wishing to join the choir will be very welcome.

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



Holton St Mary Social Club

A big thank you to all who participated and helped with the bonfire night festivities

Whist – Last Friday of the month

Christmas Dance – 10th December – Tickets available from John Partridge 01473 311677

Quiz Night – February – Date TBC

First Friday of the Month Lunch Club



On the first Friday of every month 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 £2.50 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 on 312046 or Sally Thurlow on 312080 or email Frances on familytorrington@btinternet.com or Sally on salthurlow@gmail.com

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



I do not feel able to organise Carol Singing round the village this year. I have Carol sheets, collecting tin and a list of the houses where we sang last year. If anyone is interested in taking it over perhaps they could phone me on 01206 298192

Thanks Diana

Christmas at Flatford

Come and celebrate Christmas at Flatford on Saturday 3 and Sunday 4 December, between 10.30am – 3.30pm.

Each year Flatford hosts a traditional Christmas celebration to get you in the mood for the festive season. This year, the ancient hall of Valley Farm will be decorated for a Tudor Christmas. Greenery garlands will hang from the ancient walls and frame the huge inglenook fireplace, where a cosy wood fire will keep the winter chill at bay. Tables will be laid for a festive feast and costumed Tudors will be on hand to tell you about winter activities and Christmas customs.

The festive theme continues in the Tea Room, where you'll be able to enjoy seasonal favourites like mince pies and mulled wine. If you prefer something savoury, you may enjoy our delicious cheese and onion pasties or sausage rolls. Back by popular demand is the tasty mince pie scone, a Flatford favourite!

The National Trust Gift Shop will be open, and in the RSPB's Wildlife Garden, you will be able to make natural decorations and bird feeders and browse the volunteers' craft stall. You can also join in the ancient custom of wassailing an apple tree, believed to ward off evil spirits so the tree has a bumper crop of fruit. You may even meet a very special visitor!

On the second weekend, you can enjoy festive music too. In the Tea Room, the Constable Singers will perform carols and Christmas songs on Saturday afternoon whilst Brantham Community Choir will entertain people on Sunday afternoon.

Entry to the event is free, however, there will be a parking charge of £4.00 per car for non National Trust members and a small donation for some activities.



Stour Valley Men's Probuss Club

Our November speakers were on 2nd John Stark who introduced us to the "Mid Suffolk Light Railway" and on Wednesday 16th Homestead Senior Care spoke to us on "Senior Fraud". Both informative meetings were much enjoyed by our members.

Our December meetings are:
7th ~ Robin Finch "Entertains"
21st ~ Paul Oliver "Christmas Quiz"
We are also holding our popular Christmas Lunch at The Venture Centre, Lawford on Sunday 11 December.

Our only January meeting will be on Wednesday 18 January when Dr J Knight will talk on the life and works of Sir John Betjeman, CBE who was an English poet, writer, and broadcaster who described himself in Who's Who as a "poet and hack". He was Poet Laureate of the United Kingdom from 1972 until his death in 1984.

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 Probuss 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.

**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



**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 Country Patient
Participation Group report
November**

We were pleased to host another well received talk in early October at Capel Methodist Church. Dr. Nick Robinson, consultant cardiologist, talked about the advances in heart surgery and how to prevent heart disease. As the nation gets heavier blood pressure is also rising, increasing the risk of stroke and heart problems. With illustrations he showed that modern heart surgery is far less invasive and extremely effective, for example, by inserting stents to re-inflate collapsed blood vessels. He also talked about signs to look out for – including a feeling of indigestion after exercise.

We asked those present at this talk, and at our previous talk on diabetes, to suggest future topics. Suggestions so far include: dementia, healthy living/weight loss, men's health, women's health (including dealing with menopause), kidney problems, mental health, dementia, stroke, asthma and CPR (resuscitation). If you have any other suggestions please either email us at constablecountryppg@gmail.com or you can use one of the PPG comment cards in the waiting rooms.

We are alternating the venue for the talks between Capel St. Mary and East Bergholt. Please look out for notices on future talks in village magazines, in the waiting rooms and on parish council notice boards.

Kathy Pollard (Chair) 01473 311384



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



The Village Players
Presents
Cinderella
By Kenneth Williams & John Mortimer

Thursday 1 - Saturday 3 December 2016
Nayland Village Hall

Thursday - December 1 7.30pm
Early Performance - All tickets £10.00

Friday 2 December 7.30pm
Saturday 3 December 2.30pm
Sunday 4 December 4.30pm
Tickets £10.00 / £5.00 Children

Book online at villageplayers.co.uk
or available from Nayland Post Office
(afternoons only) from 31 October

This production includes a generous donation to Just Giving
01206 298737



Working to help our community

Thank you to all who attended our Coffee Morning and Introduction to First Aid in the Benneworth Lounge in September. It was good to see so many people there. As it was so successful we are planning to hold another Coffee Morning in February, this time jointly with the Royal British Legion. The focus will be on Dementia Awareness with a session run by 'Dementia Friends Champions' who are funded by the Alzheimer's Society to promote better understanding of dementia, how to relate to those who live with dementia and to dispel some of the misconceptions about the condition. It could be very useful for many people living in and around East Bergholt. The date and venue will be given in January's edition.

On a more general note, please note that the Community First Responders can ONLY respond at the request of The East Anglian Ambulance Service. The only way to get the responder on call to help is to call 999 or 111, please do not try and contact responders on their private numbers.

As we come to the end of a very busy year we want to thank you for all the support you have given throughout the year. Your contributions help us to keep the team going and to make sure the Community Defibrillators are maintained and ready for use at all times.

We do still need more responders so, if you enjoy helping people and are looking for local volunteer work, please give us a ring to find out more on 01206 298692.

All that is left is to wish you and your families and friends a very happy, healthy and peaceful Christmas and 2017.



Waste & Recycling

Collection Schedule 2016

December 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 collected this week

 Rubbish collected this week

Christmas schedule		
Date	Change	Revised date
Mon 19 th	No change	
Tues 20 th	No change	
Weds 21 st	No Change	
Thurs 22 nd	No change	
Fri 23 rd	No change	
Mon 26 th	1 day late	Tues 27 th
Tues 27 th	1 day late	Weds 28 th
Weds 28 th	1 day late	Thurs 29 th
Thurs 29 th	1 day late	Fri 30 th
Friday 30 th	1 day late	Sat 31 st



Stour Valley U3A



On Wednesday 9 November Adrian Wright FRGS talked on "Earth on Fire". Hawaiian larva oozes continuously while Krakatoa & Vesuvius have been ~ dormant for decades - sometimes centuries- between cataclysmic events. This illustrative talk examined volcanic variety, exploring reasons for such diversity.

Whilst we do not have a speaker meeting in December our popular Christmas Lunch will take place on Wednesday 7th December in the Constable Hall.

On Wednesday 11th January Dr Geoffrey Kay, former lecturer at Norwich School of Art & Anglia Ruskin University, will speak on 'Drugs, Sex & Death' – the Pre-Raphaelite Brotherhood. In mid-19th century a group of young artists began to sign their work with the initials PRB; for a short time gallery visitors baffled. What was it that united these artists and how did they determine the course of British art for the next 50 years?

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.

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 where membership secretary Val Pretty may be contacted.

Kenny's SESAW News

Here we are again, at the end of another year, approaching another festive season. Apologies for my unenthusiastic intro but like everyone at SESAW, my little heart is very heavy just now. It's difficult to be cheery as Mum's dear husband, Ron, passed away recently. The two of them started animal rescue decades ago, right here in their own home. My canine pals, Barney, Daisy and Tyler were Dad's constant companions and nearly as inconsolable as Mum but everyone has been very kind. SESAW is closed, except by prior appointment and the wonderful Volunteers are working hard to keep the Sanctuary running as smoothly as possible.

We are grateful to all our supporters, both at this sad time and throughout the year. Without all these good people, SESAW could not exist. Despite our sorrow, animals in need continue to arrive. If you are looking for a family pet or companion to share your hearth please get in touch and someone will contact you as soon as possible. Meanwhile, best wishes for a happy, healthy and safe Christmas from me, Kenny (the Boss) Chihuahua.

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



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

www.powercut105.com

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



CONSTABLE SINGERS

Will be singing

**CAROLS AND CHRISTMAS
MUSIC**

at

**FLATFORD RESTAURANT
1.30PM TO 3PM
ON SAT. 3RD DECEMBER**

**and HARE AND HOUNDS
7PM ON
THURS. 22ND DECEMBER**

We practice every week on a Thursday and for further details please contact Mel 01206298628 or Yvonne 01206209428 [apologies to 298408 which was quoted in the last email]



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



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



Crime prevention

<http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx>
PC 1347 Gilkes Pcs0 3041 Cooper babergheast@suffolk.pnn.police.uk
Telephone...101

MOBILE LIBRARY

Stratford St Mary - Route 11

The bus stops every 4 weeks on
Wednesdays
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

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 .

Local Directory

THE GATTINETTS

OFFICE and WORKSHOP

PREMISES TO RENT

- Central **East Bergholt** with excellent road and rail links
- Various sizes with tailored leasing arrangements
- Carpeted offices with own toilets and kitchenette
- Quiet rural location with plenty of parking

www.gattinets.co.uk

Or ring 01206 393089 / 07941 781489



Conference room available

Contact Anne on 07941 781489 for more details

Fix-A-Lock

Locksmith - available 24/7

- **24 HOUR LOCKSMITH -**
Wooden and UPVC doors

Ted Blanchette

07836 551032

ARTSCENE

Local Mobile Picture Framing Service
30+ years experience

*Oil paintings, Photos, Prints, Medals,
3D/Box frames, X-Stitch, Tapestry,
Mount Cutting, Stretching*

Also Frames cut to size for the DIY enthusiast

FOR MORE DETAILS TELEPHONE
LESLEY ON 01473 310630 (Bentley)
MOBILE 07500 488667

Mark's Travel Service

(Dedham's Private Hire)



- **Over 20 years experience**
- **Based locally in Dedham**
- **Local or long journeys**
- **Airports | Seaports**
- **Business contracts**
- **School run contracts**
- **Multi Seat Vehicle**

Dedham | Stratford St Mary | Langham
Higham East Bergholt | Ardleigh
And all surrounding areas

Call Mark on 07759 688 813

THE SUN INN



A REFUGE THAT'S EASY TO FIND BUT HARD TO LEAVE,
WHERE TIME SLOWS DOWN IN THIS RUSTIC RETREAT.

The Sun Inn, High Street, Dedham, Essex CO7 6DF
Telephone: 01206 323351
www.thesuninndedham.com

    SUNINNDEDHAM



Souters Holiday Cottage Higham

Ideal for short breaks, longer stays, visiting friends or family overspill.
All enquiries welcome.

Phone Nick and Cath Marno (01206) 337316

email: nickmarno@tiscali.co.uk

www.soutersholidaycottage.co.uk

DOLLS HOUSES



Kits and Houses
Room boxes and wall displays
Furniture - Wallpaper
Lighting - Figures

Miniature collectables and all those other little bits

01473 310 630 or 07500 488 667

email lesley.artscene@gmail.com

Find us at Dedham Art and Craft Centre

Essex & suffolk PEST SOLUTIONS



**Your local pest control experts
for home & business**

- Free advice, fast response
- Highly accredited, fully qualified & insured
- Discreet & confidential

www.eandspestsolutions.co.uk

Tel: 01473 328092 (Holbrook)

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.



preschool
Stratford St Mary

01206 322466

abc.preschool@tesco.net

www.abcpreschoolstratford.co.uk



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

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



Come and join us for our Christmas Musical Memories event at the Delphi Club in Sudbury

Saturday 17 December, 2.30-4.30pm

Mulled wine or fruit juice will be provided on entry, along with the opportunity to purchase raffle tickets. Between 3pm and 4pm, enjoy festive singing with our residents and staff. Refreshments and mince pies will be available and the raffle will then be drawn.

Sharing information and supporting families – it's all part of the way we care

- Residential and dementia care homes
- Not-for-profit group

To purchase tickets or for further information, please contact **Blackbrook House care home** on **0808 102 4058**

The Delphi Club
Newton Road, Sudbury, CO10 2RR



With the festive season soon to be upon us, why not come and visit Hall Farm and peruse our wide range of quality produce and giftware. Hampers are prepared with items that can be carefully selected individually by the customer or by our professional staff. Corporate hampers are very popular and make a great thank you gift to staff. See our website for more information regarding our festive menus.
www.hallfarmshop.co.uk



**Hall Farm Shop/Cafe
Stratford St Mary
Colchester Essex
CO7 6LS**

**Tele:
01206 322572 Shop
01206 323600 Restaurant**

Home and Garden

Lillies of Raydon
Florists

Let Us Help You Make Someone's Day

Visit our website
www.Lillies-of-raydon.co.uk

Call Diane today!
Tel: 01473 823647
Mobile: 07715 869941

Or email us
Email: Lillies.of.raydon@gmail.com





Countryside Tree and Garden Services

We are a Higham based, family company carrying out all types of tree and hedge work in your area. We are a fully qualified, trustworthy team who can offer you these services;

Crown reduction & shaping
Tree felling
Pollarding & pruning
Hedge trimming

Crown lifting & thinning
Sectional dismantle
Storm damage
Hedge maintenance

Call us on 07825 069 048 / 01206 322 935

countrysideandgarden@hotmail.co.uk

www.counsidetreeandgardenservices.co.uk



Bland Landscapes Ltd.

Specialists in Private & Commercial
Tree Surgery & Landscaping

All Aspects of Landscaping Including:

Garden Construction
Fencing
Turfing
Driveways
Patios
Contract Grass Cutting
Commercial Planting

All Aspects of Tree Surgery Including:

Felling
Clearing
Reducing
Reshaping
Fruit Tree Pruning
Hedge Cutting
Stump Grinding

Suppliers of Seasoned Logs & Woodchip Mulch
Serving Dedham & Surrounding Villages for 25 years

Telephone/Fax 01206 230882

Mobile 07710 770280

www.blandlandscapes.co.uk


Ivydene, Frating Road, Ardleigh, Colchester, Essex, CO7 7SY

Hicks TV & Audio Solutions

(Formerly BV Hicks Ltd)

**Are you having trouble setting up or
operating your TV / Audio or DVD?
Has your equipment stopped working?
Does your TV need a re-tune?**

**Help is at hand - Call Toby Hicks
01449 741056 / 07968 686035**




STOUR VALLEY SWEEP
All Flues & Chimneys Swept
call Graham
on 07769 874594

Trained Power Sweep • Fully Insured • Certificates Issued
Institute of Chimney Sweeps Member **ICS**
4 Parsons Field, Dedham, Essex CO7 6BZ

**Good quality seasoned
logs for sale.**

Collected or delivered.

Call Rob at
Stratford Hills Farm on
07979 237868



Hillside Garden Design
Est. 1990

- Planting, design & small landscaping projects
- Regular garden maintenance
- Free estimates & advice from a qualified Horticulturalist

Call Anna Davey
01473 280071 • 07980 820103

DEDHAM VALE TREE SURGERY

NPTC qualified, fully
insured
24 hr emergency tree
work
Hedge maintenance
and reduction
Logs kindling and wood
chip supplied
Stump grinding

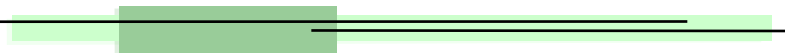


All tree work
undertaken
Crown reduction and
shaping
Crown lifting and
thinning
Pruning and pollarding
Felling, sectional
dismantling

Specialising in big trees in delicate situations

Info@dedhamvaltetreesurgery.co.uk
www.dedhamvaltetreesurgery.co.uk

mobile 07756 811098
phone 01206 323056



PLANT CENTRE, GARDEN & CAFE

For Specialist and Popular Plants
An extensive range of plants from
trees and shrubs to alpines,
herbaceous, climbers, roses and
grasses. Gardening sundries, gifts,
seeds, compost and pots.

OPEN DAILY 10am-5pm
East Bergholt Place, CO7 6UP
Tel: (01206) 299 224
sales@placeforplants.co.uk
www.placeforplant.co.uk

ARDLEIGH CHIMNEY SWEEP SERVICES



- Traditional and Power Sweeping
- CCTV Inspections
- Safety Certificate Issued
- Fully Insured

ANDREW SMITH

01206 231718 • 07845 249820

31 HARWICH ROAD, LAWFORD, MANNINGTREE, ESSEX CO11 2LS

Swift Garden Services 

DESIGN
PLANTING
CLEARANCE
MAINTENANCE

HEDGE CUTTING AND LAWN MOWING
ALL YOUR GARDEN REQUIREMENTS CATERED FOR
For more information please contact:
R SWIFT (HND Commercial Horticulture)
Telephone 07947 322429

Mending your home



Decorating Centre
Layer Rd, Colchester CO2 9JY
01206 216000
www.kentblaxill.co.uk

KB
Kent
Blaxill

BAILAND CONSTRUCTION LTD

EXQUISITE ATTENTION TO DETAIL

TOAD HALL
THE HEATH
DEDHAM
ESSEX
CO7 6BT
01206 323230

WWW.BAILANDCONSTRUCTIONLIMITED.CO.UK
ENQUIRES@BAILANDLTD.CO.UK

Jackson

Plumbing and Heating East Anglia Ltd

- ❑ Installation - We install all makes and models of boilers, Combi and condensing specialists
- ❑ Servicing - All models serviced from £50.00
- ❑ Repair and Maintenance - All work Guaranteed, highly skilled engineers
- ❑ Plumbing - Bathrooms, cylinders, leaks etc
- ❑ OAP 15% Discount

Special reader discounts for residents of Higham, Holton St Mary, Raydon and Stratford St Mary

£10.00 discount - Servicing boilers and minor repairs

£30.00 discount - larger repairs

£150 discount - boiler changes

£250 discount - full installation

These offers are valid until 31/12/2016

07834 612009

01206 322063

01473 214215

(estimates given before work undertaken)

Michael J Byles

Plumbing & Heating

Specialist in Oil Boiler Installations,
Maintenance & Servicing
- Oftec registered.

General Plumbing & Heating
work also undertaken.

Tel: 01206 822225
Mobile: 07717 012433
Email: Michaeljbyles@aol.com

RUSSELL SMITH

*HIGH QUALITY
PAINTER & DECORATOR*



Period
property
specialist with
over 20 years'
experience.
References
available.

TEL: 01206 323520

'Jon-Pat', School Road, Langham, Colchester

S.E.P

Property Maintenance

Maintenance, Repairs, Refurbishment Works undertaken

Contact
Andrew Stobbs

Mobile No. 07778 314295
Or 01206 765003



**Philip
Avery**

Domestic Electrician
Local, reliable,
competitively priced

Registered Part P electrician
Plumbing
Carpentry / joinery
Home improvements/maintenance

2 The Gardens,
Raydon
Tel: 01473 311261
Mob: 07923 434689
avery218@btinternet.com



David Friend Oil Heating Services
Oil Fired Boiler Service, Repair and Installation Specialist



- ***Servicing and commissioning of oil fired boilers.***
- ***Boiler and system breakdowns.***
- ***AGA's, Rayburns and Stanleys.***
- ***Oil tank replacement and installation.***
- ***Oil boiler replacement.***
- ***All central heating system components catered for.***

No call out charge. Free quotes.

Tel 01394 411839 Mobile 07786 971425



David Price

Painter and Decorator

*Specialising in Complete redecoration and Restoration
Interior and Exterior
All Wall Coverings and Lime Washing
Period and Modern Properties
Free Estimate and Colour Advice
Clean Out and Repair Guttering
Fully Insured*

TEL
01206 679920
MOBILE
07872 001929
Over 30 years Experience

Nigel Bruce

Industrial & Domestic
ELECTRICIAN

‘The Swift’, Upper Street, Stratford St. Mary,
Colchester CO7 6JW
Telephone: 01206 322751



Andy slocombe brickwork serving the dedham vale

*for all your building requirements
property maintenance, roofing, block paving, landscape,
repairs & restoration*

tel 01206 322884 / 07786 871364
*3 Constable Row Manningtree Road
Dedham nr Colchester Essex CO7 6DW*

G Ranson Plumbing & Heating

Friendly service, Corgi Registered Plumber
Based in Stratford St. Mary
No call out charge
All jobs considered
Quotes given before work undertaken
Taps, Radiators, Bathrooms, Boilers,
Servicing, Guttering
Email: greg_62@hotmail.co.uk
Tel: 07912161646

Brett Valley Installations

Oil boiler Service Engineer.

Very experienced in fault diagnosis and repair, servicing and installation of oil fired boilers and heating systems.

Local, Reliable, Competent.

Nick Marno Tel. 01206 337316 or 07896 054439

S.W. STIFF

Carpentry & Building Maintenance

For all your carpentry & building maintenance, call for a no obligation free quote. No job too small.

**CONTACT : Steven
on 07811 005241**

Andy Smith Roofing

TILING
SLATING
FASCIAS AND GUTTERING
LEADWORK
POINTING
GENERAL PROPERTY MAINTENANCE
30 YEARS EXPERIENCE



For more information contact
Harvest Cottage, Upper Street
Stratford St Mary CO7 6JW

**01206 322882
07754368693**



tenon decorating

**"We are Specialists in
Grade II Listed Buildings"**

For all your internal and external painting and decorating work:



*Doors, Windows, Skirting and Fascias
Artexing and Coving
General Repair and Maintenance*



*Floor and Wall Tiling
Wallpapering
NVQ2 Qualified*

**A PROFESSIONAL PAINTING & DECORATING SERVICE
FROM PEOPLE YOU CAN TRUST**

For a FREE Estimate Contact Steve Ferguson on 07719 357322 or 01206 393351

www.tenondecoratingltd.co.uk – stevendferguson@btinternet.com

Sbras, East End, East Bergholt, Colchester, Essex CO7 6XQ



In the House

COLCHESTER FOOT CLINIC

REGISTERED CHIROPODISTS
& PODIATRISTS

292 Ipswich Road, Colchester, ESSEX. CO4 0ES

TEL/FAX: 01206-854300

www.colchesterfootclinic.co.uk

Colchester Foot Clinic has outreach clinics at the following locations:

MANNINGTREE OSTEOPATHIC CLINIC

Exchange House, 22 South Street,
Manningtree, CO11 1BG

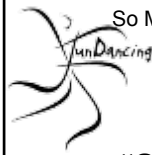
TUESDAY 9.00 am - 12.30 PM

DEDHAM DOCTORS SURGERY

Manningtree Road,
Dedham, CO7 6DU

WEDNESDAY 2.00 – 5.00 PM

To contact our receptionist for more details,
or to make an appointment, please call us
on **01206 854300**



So Much More Than a Dance Class

Any age and ability are very welcome
No partners required

“Strictly” style Dance-a-cise Classes

60 minute class only £5.50

in

The Institute, Stratford St Mary
every

Friday morning

Classes also in:
Brantham, Capel St Mary, East Bergholt,
Great Waldingfield, Hadleigh & Nayland

Spaces are limited - to reserve yours

Call Janet on 07506 350 455

janet@fundancing.co.uk

www.fundancing.co.uk



Fun_Dancing



FunDancing.Suffolk

PGBlinds&
shutters.co.uk

QUALITY MADE TO MEASURE
BLINDS & SHUTTERS

- CONSERVATORY BLINDS
- VINYL SHUTTERS • VENETIANS
- ROMANS • ROLLERS • VERTICALS

COMPETITIVE DISCOUNTED PRICES

OFFICE : 01206 322771

MOBILE: 07979 590990

EMAIL : sales@pgblindsandshutters.co.uk



Do you need help with any of the following?

- Assembly of flat-pack furniture
- Electrics and plumbing
- Help with using the internet
- Lawn and hedge cutting
- Painting
- PAT Testing
- Rubbish clearance
- Video and audio systems
installation and setup

I offer a personal, professional and
reliable service with public liability
insurance. Based in Brantham.

Paul Oliver

Tel: 07772 884877

pauloliver1111@gmail.com



Britannia Flooring

Competitive Prices Reliable Service

CARPET FITTING
SUPPLY AND INSTALLATION
CARPET AND VINYL SPECIALIST
FLOORING ACCESSORIES

**07740 829 499 -
07933 157 121**

www.britanniaflooring.co.uk
(Based in Dedham)



ann mason
CARE

**Full and part-time
care workers required**

to provide care visits to people
in their own home

- Flexible Hours
- Pay to match qualifications and experience
- Training provided if required

For further information call: **01206 233372**
Or visit: www.annmasoncare.co.uk

EDg
edwards design group

Over 25 years of professional making & fitting
of curtains and blinds using the very best available
products.

Fabrics, wallpaper, paints, floor coverings,
cabinet furniture, lighting & upholstery.

Visit our showroom in East Bergholt or our
website: www.edwardsdesigngroup.co.uk
Email: info@edwardsdesigngroup.co.uk

The Gallinella, Unit 2a, Hadleigh Road
East Bergholt, Colchester CO7 8QT
01206 299760



AERIAL & SATELLITE SPECIALISTS

- **DIGITAL TV AERIALS**
- **SKY & FREESAT**
- **ADDITIONAL TV POINTS**
- **TV WALL MOUNTING**
- **WIFI EXTENDERS**
- **AUDIO SYSTEMS INCLUDING SONOS**
- **BUGULAR ALARMS**
- **CCTV SYSTEMS**
- **REPAIRS & MAINTENANCE**



For A Free Quote and Advice Call

CAI – RDI & TRUSTMARK APPROVED



www.mjssystems.co.uk
Strickmere, Stratford St Mary, CO7 6NX

3 TASTER TREAT

Soothe away your stresses with our
Aromatherapy Back Massage

followed by a Refresher Facial
to cleanse and hydrate, to finish relaxing
Reflexology pressure point massage

Tel: 01206 323450

High Street, Dedham, CO7 6HA

www.theretreatdedham.com



The Retreat

Hot & Beauty



1hr £40



Get a new look

One to one experience
with our senior stylist
specialising in colouring
& cutting.

We offer you a relaxing
hair treatment, cut or
style in the ambiance of
the Retreat

High quality service
at affordable prices



The Retreat

Hot & Beauty

Phone for an appointment today

01206 323450

High Street, Dedham, CO7 6HA

www.theretreatdedham.com

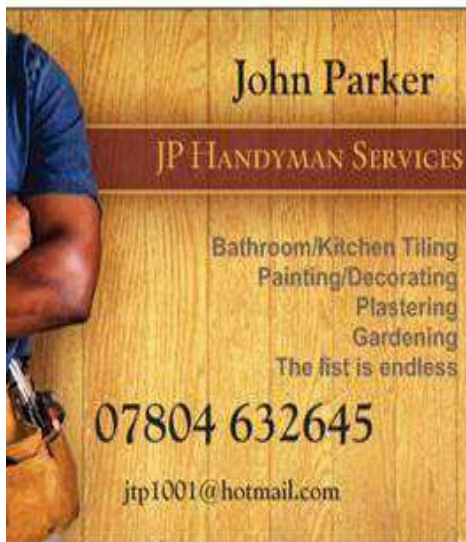
DianaM Cleaning

- Home weekly cleaning
- Home deep cleaning
- Office cleaning

Contact information: Diana Marinova

Mobile number:
07925 624123

Email address:
dianamarinova61@yahoo.co.uk

A business card for John Parker's JP Handyman Services. The card has a wood-grain background. On the left, there is a partial image of a person's arm in a blue shirt holding a tool. The text on the card includes the name 'John Parker', the business name 'JP HANDYMAN SERVICES', a list of services: 'Bathroom/Kitchen Tiling', 'Painting/Decorating', 'Plastering', and 'Gardening', the slogan 'The fist is endless', the phone number '07804 632645', and the email 'jtp1001@hotmail.com'.

John Parker
JP HANDYMAN SERVICES

Bathroom/Kitchen Tiling
Painting/Decorating
Plastering
Gardening
The fist is endless

07804 632645
jtp1001@hotmail.com

Home Appliances

Domestic
Appliance
Repairs

***For a Fast, Genuine Repair
Service Throughout a 20
Mile radius of Ipswich***

REPAIRS TO MOST MAKES OF

- * WASHING MACHINES
- * DRYERS * DISHWASHERS
- * VACUUM CLEANERS
- * COOKERS

ANYTIME

(01473) 780238

Mobile 07484 733384

2 CHURCH ROAD
CHELMONDISTON, IPSWICH



A HANDYMAN SERVICE

Casper M A De Boer
Pilchard's ,4 Visdelou Terrace
Shotley Gate, IP9 1PR
Phone: 01473788 222
Mob: 07789 751 781

Flatpack assembly - Carpentry
Plumbing - Curtains - Draft
proofing - Decorating - Painting

CRB checked. Established 1988.
info@casperdeboer.co.uk
No job too large or small,
so just make the list.
Please contact me for costs
and references anytime.

**Removals
& Storage**

**R & D SCHOFIELD
LTD**

Established 1919

Moving made easy



- Local & long distance
- European & worldwide
- Professional packing service
- Pianos - Antiques - Fine Art
- Part loads & single items
- Short & long term storage
- DIY packaging materials for sale
- Long serving staff
- Free quotations & advice
- Regular London service

When flexibility and service is important

Colchester

01206 322255

Clacton on Sea

01255 408075

Sudbury

01787 259078

www.schofieldremovals.co.uk

Foxash, Harwich Road, Lawford
Manningtree, Essex CO11 2LR

info@schofieldremovals.co.uk



The home of heating


BENTLEY
fire shop

Visit our stunning showroom to discover the latest:

- contemporary & traditional woodburning stoves from top brands
- exquisite fireplaces & eye-catching fires
- beautiful range cookers, including Rayburn Heatrangers & AGA City 60

Or, talk to one of our heating & plumbing experts on installing oil, gas or biomass heating systems.

Find your perfect winter warmer



E-Classic outdoor biomass boiler



Biomass



Fires & Fireplaces



Range Cookers

For more information call us on **01206 251118**
or visit **www.bentleyfireshop.co.uk**



exercise
where do I start?

contact **FRANCESCA TURNER**
Telephone: 01206 299644

Personal Lifestyle Training •
Nutritional Advice •
Therapeutic Massage •

FITNESS THERAPY

Fitness & Therapy Ltd •
Personal Training Gymnasium • Unit 38, The Gattineths
• Hadleigh Road • East Bergholt • CO7 6QT

Yoga-Nut with Katie Courts

Highly-qualified **yoga** teacher & nutritionist at **Stratford-St-Mary's Parish Rooms**.

NEW CLASS! Thursday evenings **PiYo**. Cardio class based on yoga and Pilates moves.

Monday evenings: **Hatha** and **Flow yoga**.

Use yoga &/or nutrition to heal long-term injuries, lose weight, & find energy!

For more information and bookings email:

ktcourts@gmail.com;

Tel: **01206 323757**;

www.yoga-nut.co.uk



Professional Services



**DEDHAM
OSTEOPATHY**

**Luke Jackman Bsc Hons Ost
Registered Osteopath**

Tel: 01206 322836/07974 144593

www.dedhamosteopathy.co.uk

Dedicated to getting you better

Osteopathy and Western Medical Acupuncture clinic ideally located in the heart of the Dedham countryside, providing treatment for you and your family.

- Back pain/sciatica
- Pain/stiffness from Arthritis
- Muscle strains
- Hip/knee/ankle pain

- Tennis/Golfers Elbow
- Tendonitis
- Neck/shoulder pain
- Ligament sprains

- One hour initial appointment
- On-site free parking
- Open weekdays, evenings and weekends

Experienced practitioner who has worked in busy multi-disciplinary practice, giving a greater depth of knowledge in managing your treatment and follow up care



Foster Physiotherapy & Sports Injuries Clinic

- Back, neck & sciatic pain
- Trapped nerves
- Hip, knee, ankle, hand & wrist injuries
- Whiplash injuries / Shoulder problems
- Tennis / Golfers' elbow
- Muscle tension / strains

Former England Cricketer

Neil Foster

Chartered and Health Professions Registered Physiotherapist

Tel: 01206 299 749

Victoria Cottage, Heath Road, East Bergholt, CO7 6RL

Mather & Co SOLICITORS

For Conveyancing + other specialised property matters. Family, Wills & Probate and Powers of Attorney.

Efficient, flexible, local, and low cost friendly service.

Free parking at:

Hill House, Grove Hill, Langham, Colchester
CO4 5PJ. No parking problems just off A12

Tel: 01206 322763
Fax: 01206 322885
email :
gllmather@aol.com



www.mathersolicitors.co.uk

Joe Rudland M.Ost
Registered Osteopath



Joe Rudland is an experienced Osteopath working at our satellite clinic in the
Constable Country Medical Practice
Specialising in the treatment of musculoskeletal problems including back/neck
pain, sprains, headaches, whiplash, tendonitis and arthritis.

Call today and let your recovery begin.

Tel: 01473 217592

www.gilmourpiper.co.uk

Making your will

I offer a home visit service for clients wishing to make their wills, lasting powers of attorney or advance decisions (to refuse medical treatment). As a retired solicitor I help my clients make well planned arrangements (including providing witnesses to ensure legal acceptance) at a very competitive price.

Please call 01206 263420

or email me at trevordodwell@aol.com

www.thewillbusiness.com

Victoria Baker PILATES

Personally designed courses to improve posture, joint alignment, movement and strength.

Group and individual sessions in a private, comfortable studio.

Unit 18
Dedham Vale Business Centre
Manningtree Road
Dedham CO7 6BL



Tel: (01206) 322244
Mobile: 07887 987280
victoria@victoriabakerpilates.com
www.victoriabakerpilates.com

Maths & Science Tuition

Tuition from an experienced Teacher
From Year 5 upwards

Celia Iredale
Tel: 01473 314151
Mobile: 07450 769944
Email: celia.iredale@btinternet.com
<http://celiairedaletutoring.co.uk>



Call us on 01473 211121

gotelee
SOLICITORS

31-41 Elm Street, Ipswich, IP1 2AY
Also offices in Hadleigh, Melton,
Felixstowe and Woodbridge

info@gotelee.co.uk
www.gotelee.co.uk



WHITTLES

CHARTERED ACCOUNTANTS



Count on us to help you with your tax returns

**Business advisory, tax, audit and accounting services
for companies, charities, trusts and individuals**

The Old Exchange, 64 West Stockwell St, Colchester, Essex CO1 1HE. Telephone: **01206 762200**
15 High Street, West Mersea CO5 8QA. Telephone: **01206 385049**

www.whittles.co.uk



REFLEXOLOGY

Marion Gill. M.A.R.

Tel: 01473 314008

Practitioner for 20 + years

Operating from
Holton St Mary and
Stow Health Medical Centre,
Stowmarket.

www.mariongillreflexology.co.uk

THE BARN VETERINARY PRACTICE

Robert M Hill BVMS MRCVS

Wenham Road, Copdock, Ipswich

Tel: 01473 730213

2A Ashcroft Road (off Norwich Road), Ipswich

Tel: 01473 743460

Consultations by appointment
24 Hour Emergency Service

Monday-Friday: 8.30am-7pm.

Saturday: 9am-12noon.

Sunday: 10am-1pm (Ashcroft Rd only)

**MODERN DIAGNOSTIC, MEDICAL
AND SURGICAL FACILITIES ON SITE
CAR PARKING**

Surgical Operating Theatre • Ultrasound scanner
Radiography Department • Electrocardiography
Own laboratory for rapid testing • Endoscopy
Hospitalisation with isolation ward • Stabling



Laurie Pest Control

The answer to all your pest problems

Free advice, surveys and quotations
Rats, Mice, Squirrels, Moles, Rabbits,
Wasps, Hornets, Cluster Flies, Bed Bugs,
Fleas, Moths, Flies, Fly killers & Screens

The Street, Raydon IP7 5LW
E: info@pestsolution.co.uk
www.lauriepestcontrol.co.uk
T: 01473 396807

Penrose & Partners VETERINARY SURGEONS

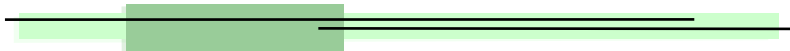
Upper Street
STRATFORD ST MARY
Tel: 01206 323414

"Friendly, Professional, Local"

Mon-Fri 8.45-12.30 & 2.30-6.30 (4.00 Wed)
Sat morning at Brinkley Lane

Consultations by appointment
Operating Theatre

Main Branch 70 Brinkley Lane, Highwoods,
Colchester 01206 842608
www.penrosevets.co.uk

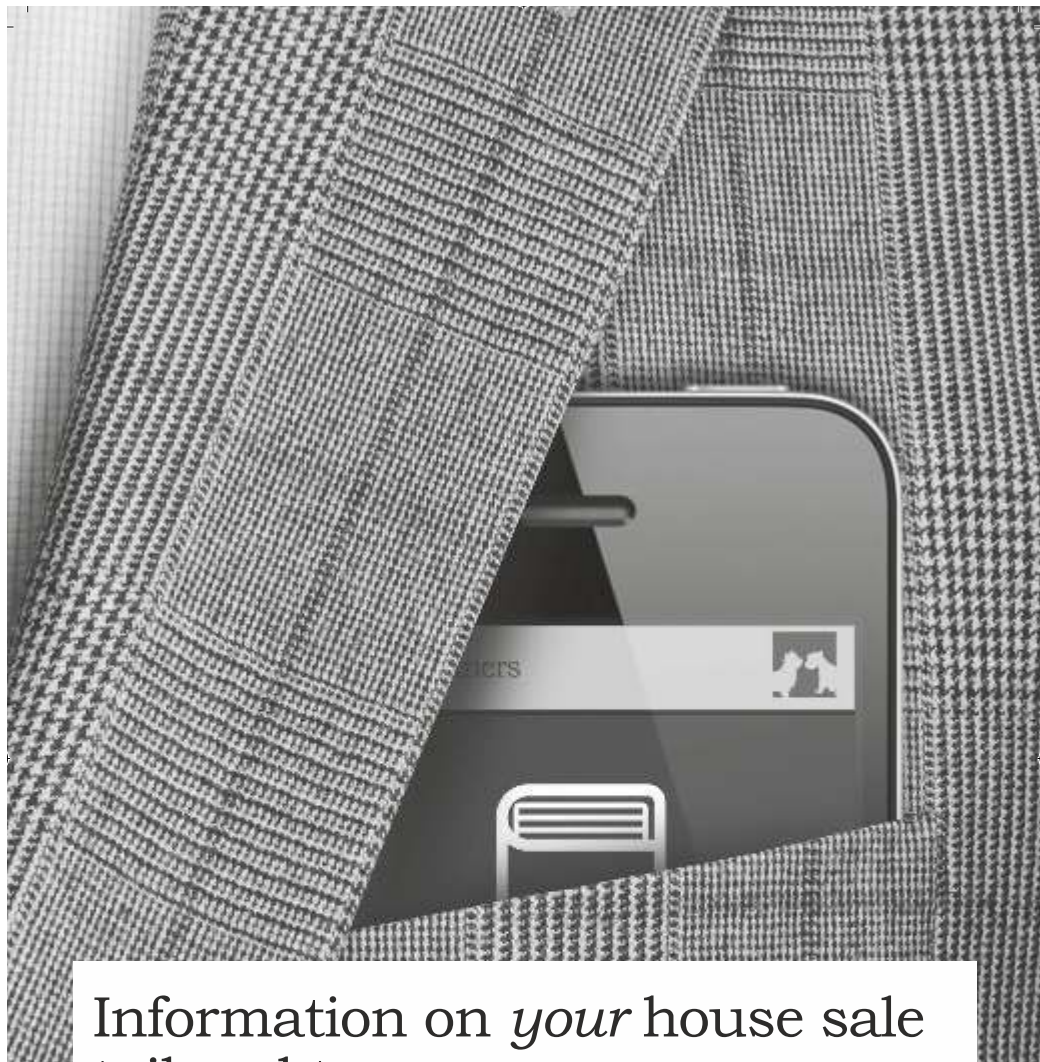


John L. Haste

Monumental Mason
and Consultant,
Memorial renovations.
New Memorials supplied.



15, Helston Close
Kesgrave, Suffolk
IP5 1JT
Tel: (01473) 636657



Information on *your* house sale tailored to you

There's nothing worse than being out of the loop when selling or letting your property, which is why at Grier and Partners we are dedicated to giving you information on your property's performance 24/7.

Our Myhousebook feature is a secure online journal, which you can use whenever you're on the move. Providing you with up to date information on your house sale or let, including Rightmove visits and viewing feedback, all included as part of our exceptional standard of friendly and professional service. We believe this is what sets us apart from ordinary estate agents that just don't have our spirit to win.

Sound refreshing? Contact us today on 01206 299222 or visit us online.

Find us on  Facebook &  Twitter

www.grierandpartners.co.uk

Grier&Partners

*The agent with the
Terrier spirit*



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 Benefice website: 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

Higham Martyn Carr 01206 337325 (Elder)
Hugo Parker (01206 337234)

Holton Paul Torrington 01473 312046
Jean Styles 01473 828532 (Elder)

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Christine Cousins 01206 322530 (Elder)
Jonathan and Janet Dewey (Elder) (01206 322148)

Morning, Midday and Evening Prayer

Wednesday 7th: **3.30 p.m.** Holton

Monday 12th: 9.30 a.m. Raydon

Wednesday 14th: **12 noon** SSM

Wednesday 22nd: 9.30 a.m. Higham

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 **21 December**.

Services in December and January

		10.00 a.m.	NB. 5pm
4 th		SSM	
11 th		Higham	4.30 pm SSM Carol Service 6.30 pm Holton Carol Service
18 th		Holton	4.30 pm Higham Carol Service 6.30 pm Raydon Carol Service
24 th			11.30 pm Raydon Midnight Communion
25 th		Higham (Christine Cousins) Holton (Revd Rosalind + Richard Appleton to preach)	
1 st		SSM	Holton
8 th		Higham	Raydon
15 th		Holton	Higham (with Bishop)
22 nd		Raydon SSM Parish Room	
29 th		10.30 a.m. SSM, Deanery Eucharist	



New Testament Readings and Collects for weekdays in November

4 December: *Advent 2*. Almighty God, purify our hearts and minds that, when your Son Jesus Christ comes again as judge and saviour, we may be ready to receive him who is our Lord and our God. Amen.

- 5th 1 Thessalonians 1
- 6th 1 Thessalonians 2.1-12. Nicholas, Bishop of Myra, c. 326
- 7th 1 Thessalonians 2.13-end
- 8th 1 Thessalonians 3. The Conception of the Blessed Virgin Mary
- 9th 1 Thessalonians 4.1-12
- 10th 1 Thessalonians 4.13-end

11 December: *Advent 3.* God for whom we watch and wait, you sent John the Baptist to prepare the way of your Son; give us courage to speak the truth, to hunger for justice, and to suffer for the cause of right, with Jesus Christ our Lord. Amen.

- 12th 1 Thessalonians 5.1-11
- 13th 1 Thessalonians 5.12-end. Lucy, Martyr at Syracuse, 304
- 14th 2 Thessalonians 1
- 15th 2 Thessalonians 2
- 16th 2 Thessalonians 3
- 17th Jude. O Wisdom!

18 December: *Advent 4.* Eternal God, as Mary waited for the birth of your Son, so we wait for his coming in glory. Bring us through the birth pangs of this present age to see, with her, our great salvation in Jesus Christ our Lord. Amen.

- 19th 2 Peter 1.1-15. O Root of Jesse!
- 20th 2 Peter 1.16-2.3. O Key of David!
- 21st 2 Peter 2.4-end. O Morning Star!
- 22nd 2 Peter 3. O King of the Nations!
- 23rd 2 John. O Emmanuel!
- 24th 3 John. **Christmas Eve**

25 December: **Christmas Day.** God in Trinity, eternal unity of perfect love, gather the nations to be one family, and draw us into your holy life through the birth of Emmanuel, our Lord Jesus Christ. Amen.

- 26th Acts 6. **Stephen, Deacon, First Martyr**
- 27th 1 John 2.1-11. **Jude, Apostle and Evangelist**
- 28th Matthew 18.1-10. **The Holy Innocents**
- 29th John 1.1-18. Thomas Becket, Archbishop of Canterbury, Martyr, 1170
- 30th John 1.19-28
- 31st John 1.29-34. John Wyclif, Reformer, 1384



For your diaries

- 10 December 11 a.m. - 2 p.m. Christmas Market, SSM
 7.30 p.m. Phoenix Brass Band concert, Raydon
- 13 December 1.30 p.m. SSM School Christingle in the church



For your prayers

- For Nicola Tindall as she continues her studies to become a Reader and for Richard Appleton as he begins to exercise his Readership here.
- For those who are ill or in need:

Holton: Ron Golding, Gerard Noel

Raydon: Cliff Cooper

SSM: Laura Kerry, Reg Price, Trina

Outside the Benefice: Tory Cook, David Craig, Ina Day, Helen Gregory, Steve Kupfer, Nick Middleton, Cécile O'Dell, Thomas Quick