

Stratford St Mary

Higham

Holton St Mary

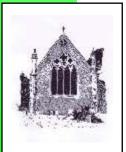
Raydon

Quarte the Parish Magazine









December 2018





Holton St Mary paper delivery service

Hello I'm Freddie Adams and I do Holton St Mary's paper round service. In case you were unaware, I run the service from Monday to Friday and deliver all year round. Payments depend on which paper (or papers) you decide to choose. For each paper I deliver I press 50p delivery charge. So you would pay 50p + your desired paper per day. The service is completely reliable and just saves you the trouble going out to buy a paper yourself. If you would like to query or get a paper please contact me by mobile +44 7511 827524 or by landline: 01473 310 246. Alternatively you could come to my door or post a letter, I'm always up for a chat and getting to know more people in the village. If you prefer this way then my address is Lampitts, Hadleigh Road, Holton Saint Mary, CO7 6NP. Thank you for reading and look forward to delivering your paper.



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.



The Quartet Diary

December

- 1 Raydon Bric a Brac Sale
- 2 SSM Advent Carol Service HSM Carol Service Rehearsal
- 4 Raydon Fair Trade Coffee Morning
- 6 HSM Carol Service Rehearsal
- 8 Christmas Concert, Raydon
- 9 HSM Carol Service Rehearsal HSM Social Club December Social
- 12 HSM Green Gym Meeting Slow Stitching HSM
- 14 Christmas Tree Festival SSM
- 15 Afternoon Tea at Church, SSM
- 16 HSM Carol Service Rehearsal11.30amHSM Carol Service 6.30pm
- 23 Higham Carol Service
- 24 HSM Midnight Mass
- 28 HSM Social Club Whist

January

- 6 Raydon Epiphany Carol Service SSM Epiphany Carol Service
- 9 HSM Parish Council Meeting
- 16 Slow Stitching HSM

February

- 20 Slow Stitching HSM
- 28 R&GDC Meeting

March

20 Slow Stitching HSM

September

7 Suffolk Historic Churches Bike Ride





Well, here we go again! The Christmas Decorations are up (well, in the Quartet anyway!) All the Carol Services and Christmas events are up and posted and now it's time to sit back, relax and enjoy the Christmas season!

Well, perhaps like me you actually have quite a lot still to do and Christmas always seems to come round too quickly, but may we be among the first at least to wish you all a very Happy Christmas. There are events all across the four villages, we hope there is something for you all to enjoy.

It always feels a bit odd preparing the January Quartet just before Christmas, but as regular contributors know, the deadline for the January edition is 19th December. This allows us to get the magazine printed before the bank holidays, and a few days for Dave to get everything delivered and still get a bit of a break himself. If you do want to add anything into the January edition, please try and email your article to us sooner rather than later!

Happy reading, and we'll see you all next year.

Seasons Greetings from all the Quartet team,

Anne and Jane, Dave and Jenny.

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 2018

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

" Wanted in SSM "

We are looking for a person or persons to run the Parish Room at Stratford St Mary.

Don Umfreville is retiring after 32 years of loyal unpaid service to the community assisted by Doug Wright whose health has taken a downturn recently.

It involves overseeing and running of the Parish Room, taking bookings and general maintenance to keep the building inside and out in good order.

The Parish Rooms are in the heart of the village and it would be a great loss if it had to close.



SSM Craft Group would like to thank those who supported the Coffee Morning in aid of the Air Ambulance. £230.50 was raised for this charity, which is based in Norwich and whose services cover a wide area of East Anglia.

Margaret Snelling



Need to email Stratford St Mary Parish Council?

You will need to use parishcouncil@stratfordstmary.org.uk

INSTITUTE HALL BOOKING

Please note that requests for bookings should be be made through the bookings email address: ssminstitute.bookings@gmail.com. Information supplied to book should include a name with contact details and the nature of the event.

This results in a natural queuing system which ensures that first come is first served. I check this address every day and will respond accordingly.

I would also like to say a huge thank you to Norman Woodard for the service he has given acting as the Institute Hall Booking Clark over the years.

Steve Kite 42 Strickmere Stratford St. Mary CO7 6YG



Stratford St Mary Parish Council - Neighbourhood Planning

The possibility of developing a Neighbourhood Plan for the Parish of Stratford St Mary (reported in the October Edition of Quartet) was included on the agenda for the regular meeting of the Stratford St Mary Parish Council held Monday 12th November, for further consideration.

Under that item, it was reported that response on this topic from parish residents had, thus far, been modest and that, from those that had expressed an opinion, the predominant view appeared to be that the parish should defer any decision as to whether or not to proceed with the development of a plan until the content of the Babergh and Mid-Suffolk District Council Joint Local Plan is known.

It was noted that for a plan to be developed for Stratford St Mary, significant financial investment would be required (although some could be recoverable by way of Government grants) as well as meaningful engagement in the process by parish residents.

Taking these facts into account, it was agreed that further consideration as to whether or not to proceed would be deferred until after the publication of the BMSDC Joint Local Plan. The most recently available information indicates that this could be released for consultation in January/ February 2019.

The topic of Neighbourhood Planning will therefore be included for review on the agenda for the regular meeting of the Parish Council, scheduled for May 2019.

In the meantime, Parish residents are invited to contact the council with their

questions or opinions on this important topic, parishcouncil@stratfordstmary.org.uk and emerging information will be made available on the Neighbourhood Planning pages of the Parish Council Website, http://stratfordstmary.onesuffolk.net/neighbourhood-plan/

Information on Neighbourhood Planning can be obtained from:

https://neighbourhoodplanning.org/ https://www.babergh.gov.uk/planning/neighbourhood-planning/



TREASURER REQUIRED FOR Stratford St Mary PCC

We urgently need a volunteer Treasurer for the Church's PCC with effect from January at the latest. You do not have to be a church-goer, but you need to have a good head for figures, to be able to do some basic banking online and in person, and to be able to attend 4 meetings a year to give reports on the state of the church accounts.

If you think you could take on this role, please email Revd Rosalind as soon as possible (rosalind.paul@yahoo.co.uk).

Thank you in advance.



Merry Christmas and a Happy New Year

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



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.



Stratford St Mary Primary School are collecting the 'Books for Schools' tokens which appear in the Ipswich Star and East Anglian Daily Times, from Monday 1st October 2018 to Saturday 8th December 2018. EVERY school that collects a minimum of 1,000 tokens will receive £100 worth of books whilst the top four (as an average to pupils) will win £2,500 worth each (there's over 700 titles to choose from).

If you have any tokens please drop them off at Stratford St Mary Primary School.

Thank you for your support.

100 Club November winners

118	E.Platford	£40.00	
94	B Such	£10.00	



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



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



CHRISTMAS TREE FESTIVAL

SSM CHURCH

Launch Party

14th December 2018 @7.30pm

Tickets to include a drink and nibbles. (see posters for details)

Be the first to experience creative trees from all parts of our village



Afternoon Tea in the Church

15th December 2018 @ 2.30pm

Enjoy our beautiful tree collection while sampling the best of SSM's bakers

We would like all our local clubs and societies as well as our pubs and businesses to provide or sponsor a Christmas Tree

So let your imaginations go wild and come up with some ideas for vour tree!

Call or email Julie to register your interest (07989639583 or julie@jj-associates.co.uk)



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











Peace came down at Christmas



and peace comes to Higham

beginning on Sunday 9th December at 10am

Last Advent we supported Christian Aid with their work by purchasing Mince Pies to hang on a tree and this year we will be doing the same thing but buying doves instead to decorate the church, so do please purchase one











(if you buy one on 9th December there will be a mince pie for you!)



Raydon



Fair Trade Coffee Morning

It was cloudy but mild for our November Fair Trade coffee morning which

today was really buzzing! We were all mulling over the huge success of the afternoon tea and lecture by Mark Mitchells, about the Battle of Jutland, and enjoying some sponge cake filled with lemon curd, Very sticky as some of us found out!

It was so lovely to welcome back our friends from Frinton and others who had been on various holidays, also the late comers of last month arrived in good time today, so it was practically a full house. Also we were able to welcome our Rector for the last time and wish her all good things as she becomes Canon Pastor at Wells Cathedral. We hope for another full house on December 4th, this is our usual "Festive event" when mince pies and dare I say "Frinton" sausage rolls might be on offer! Do come and join us, a warm welcome awaits you and bring a friend or two, especially if you have neighbours who are new to the village.

Thanks again for your support and a Happy Christmas to you all.

Wendy Mumford 01473 312123

Suffolk Historic Churches Trust

Sponsored Cycle Ride

Raydon.

A huge Thank You To our riders.

You achieved the magnificent total of

£620

Our Church will benefit from half of this fantastic amount

I think a special thank you is due to our rider who uses her exercise cycle,

This year she raised over half of our total!!

Also special thanks to our youngest rider, just 11 years old!

September 7th

Is the date for your new diary when once again we will be asking you to

Get on your Bike!

Many thanks again from Wendy Mumford





Epiphany Carol Service

St Mary's Church **5 p.m.**Sunday 6th January

Everyone very welcome.



RAYDON CENTURY CLUB WINNERS - November

£25 K. Newby £15 J. West £10 D. Lugger £5 B. Cooper £5 M. Nelson £5 R. Warvill £5 K. Mason



Sale Of Books Bric a Brac Collectables and other larger items



Raydon Church
Saturday 1st December
10 – 12 noon

Refreshments available

In aid of fabric fund



Christmas Concert

by Phoenix Brass

Saturday 8th December

at 7.30pm at St Mary's Church, Raydon in aid of Church Funds

Raydon and District Gardening Club



Now we are in the middle of Autumn (16/11/2018) with all the lovely leaf colours and mild temperatures at the moment, it is a joy to still get out into the garden either to do something or to just look around. There is always plenty to do in flower gardens or veggie plots at this time of year with tiding up flower beds, perhaps moving a plant to a new site to see if it will grow stronger or make a better colour combination for next year. November is also the time to plant new tulip bulbs and I like to make the most of dry days to dig the vegetable patch including plenty of home made compost. If you need to move a tree or large shrub wait till they are dormant, stake well to protect against wind rock and give them plenty of compost/FYM as a mulch. Might pay to cut roses (not climbers or ramblers) down say half way also to stop wind rocking them about and then final prune in March/April. Nature is busy all around preparing for winter and so must we but hey it's only about 16 weeks when we will be looking forward to the "New Spring".

The October meeting was a great evening with Peter Beales Roses of Attleborough in Norfolk. A great night sadly missed by many, also including myself due to holiday which was a great shame as for those that were in attendance said it was a fantastic evening and because it was our annual charity night meant we fell short on the amount raised this year. These of course are the last gardening club notes for 2018 and like the gardens shutting down for a rest so must we gardeners enjoy a break from jobs to do in the garden.

At this point your committee wishes to say a big THANK YOU for your support

throughout the last 12 months. Hopefully you will all renew your membership (no increase in fees for 2019) and enjoy once again another great varied programme which has just been finalized. Thanks to all who have supplied refreshments, worked in the kitchen, supplied raffle prizes, purchased raffle tickets and helped in clearing up after meetings etc.

Note for your new diaries:- First meeting in 2019 will be the fourth Thursday on 28th February so if you're reading these notes, perhaps new to the village, or just like gardening and have a large, medium, or small garden or perhaps just a collection of pots and tubs, or just window boxes, so would you like to join the Garden Club with like minded members, if so come along on February 28th where a warm welcome awaits.

Have a great winter's rest and it will not be too long before "Spring will be just around the corner" once again. Look forward to seeing you all again at our first meeting in 2019 at the village hall (old primary school) which kick starts our 39th year. Geoff Horrex 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.

Community email group - if you haven't already done so, please join this group. It's a quick and easy way of disseminating information and email addresses are kept confidentially by the Parish Clerk only - all emails are sent out bcc. If you would like to be included, please email Jane Cryer at 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 p.m.

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

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

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 Bookings secretary Tanya Kunz 01473 311570



HOLTON ST MARY CHRISTMAS CAROL SERVICE CHOIR

The Holton St Mary Carol Service of Nine Lessons and Carols will take place on Sunday 16th December at 6.30 p.m.

All singers of any voice are most welcome to join a choir to lead the congregation in familiar carols and to sing some choir only carols.

Rehearsals will take place on Sunday 2nd December at 11.30 a.m. and Thursday 6th December at 7.30 p.m. both in Holton Church. Two further rehearsals will be held on Sunday 9th December at Higham Church and Sunday 16th December in Holton Church, both at 11.30 a.m.

For contact: 01473 828532 or jean.styles@uwclub.net

The 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 p.m. 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

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



CHRISTMAS CAROLS in aid of the Children's Society will be sung in Holton St Mary on the evenings of Wednesday 19th and Thursday 20th December starting at 6.30 p.m. Do please come and join us. We will be meeting in Church Square on the 19th and at Bacons Green on the 20th.

Any queries - please contact Rosalind Field 01473 310796 or Diana Wilson 01206 298192

Holton St Mary Social Club

Please remember that WHIST is always last Friday of the Month at 8pm

All are welcome, so please do come along

Next Dates :-

Friday 28th December

Friday 25th January 2019

Friday 22nd February

Friday 29th March

Friday 26th April

Xmas & New Year Opening

Friday 21st December as normal Sunday 23rd December as normal Monday 24th December Christmas Eve from 8:30 for a limited time Friday 28th December as normal Sunday 30th December as normal Monday 31st December New Years Eve Closed.

Dates for 2019

Friday 5th April AGM
Saturday 13th April Quiz Night
Saturday 8th June Progressive Dinner
October (TBC) Quiz Night
Saturday 26th October Bonfire Collection
Friday !st November Fireworks Night

On behalf of the Committee, we would like to send seasons greetings to everyone in the village and all our members.

Merry Christmas and a happy and prosperous New Year.

peter longmate quaywallslongmate1@btinternet.com mobile:- 07957 910608

home:- 01473 314150

In Praise of Slow.

In this current climate of rushing to meet targets, we are rediscovering the good which comes from meeting together over a cup of tea, preferably with a slice of cake, while at the same time being creative. The aim of Slow Stitching is not to produce anything quickly, or to achieve marvellous results. Slow Stitching is about relaxing and making something by hand, whether knitted, crocheted or sewn.

This is to be an all age group, (children under 16 will need to be accompanied by an adult) Beginners welcome. If you just want to come for the tea and cake, then you too are most welcome. No charge, but donations appreciated.

We meet on a Wednesday afternoon in the Holton St Mary Village hall 3-5 p.m. Dates for the next few months are:

28th November 12th December 16th January 20th February 20th March



For more information:

Jeanette Appleton m: 07768418942



Holton St Mary Parish Council

Next meeting dates: 9th January

8 p.m. in the Village Hall

Christmas Greetings 2018

Claire

Jean & Flora

Erik & Naomi

Sheila & David

Ron and Daphne

Eileen and Peter

John, Paula & Seb

Anne, Bill and Taz

Chris and Marjorie

Chris, Bid and Archie

Richard & Jeanette Appleton

Ernest, Rachel and the Eagle family

Keith, Karen, Tazmin and Isobel Jeffreys

Sally, Ian, Sarah, Nicola, Justin & Matilda

The Thurlow-White family - Sally, Geoff and Sam

Paul, Frances, Martha and Lydia

Merry Christmas and a Happy New Year to all our friends in the 4 Parishes Dominic, Torrington

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

Holton St Mary Green Gym



I have an idea that may be of interest to those who enjoy light gardening and exercise and which may be doubly-rewarding. This is to form a 'Green Gym Group'. The Group would work to keep pavements safe and usable and free of moss, tidying up some verges and other simple green jobs around the village. It would not involve grass-mowing or hedge-cutting as this is already done very professionally in the village. I would hope the Group would be able to meet once a month and work together for 1-2 hours. This would of course be dependent on the weather.

If you would like to hear more about this idea, please do come and share a coffee / tea with me in the Village Hall on:

Wednesday, 12th December 2018 at 4.30pm

It would be really encouraging to see you there.

Richard Appleton



Morning Prayers

Morning prayers, using 'Common Worship Daily Prayer' or a 'Celtic' format is shared each Wednesday between 08.30 and 09.00 in St Mary's Church, Holton St Mary. Everyone is very welcome.

Battle's Over 11/11/18

Heartfelt thanks to all who helped in any way to make a success of our commemoration of the 100 years since the WW1 Armistice. I do not wish to name anyone in particular for fear of leaving someone out, but I am extremely grateful to you all. It was wonderful to see Holton St Mary come together to pay tribute to the brave men from our village who fought for our freedom in that awful war.



Holton St Mary Millennium Green Trust

Century Club winners are:

October: £25 Sally Pearce, £15 Ernest Eagle, £10 Steve & Clare Lyes, £5 each Paula Clark and Nadine Mallam

November: £25 Les Norman, £15 Sally Pearce, £10 Russell Thompson, £5 each David Maddison and Carol Blaxland

December: £25 Steve Carr, £15
Rosemary Coe, £10 Ian Pearce, £5 each
Mike Coulthard and Justine Watson

We would be grateful if you would ensure that winning cheques are cashed before the end of the year.

Marjorie Haste, Secretary



Christmas & New Year Bin Collection Schedule 2018-2019

	Usual Day	Revised Day	Change
Refuse Week	Monday 24th Dec	Monday 24th Dec	None
и	Tuesday 25th Dec	Thursday 27th Dec	2 days later
ш	Wednesday 26th Dec	Friday 28th Dec	2 days later
и	Thursday 27th Dec	Saturday 29th Dec	2 days later
"	Friday 28th Dec	Monday 31st Dec	3 days later
Recycling Week	Monday 31st Dec	Wednesday 2nd Jan	2 days later
"	Tuesday 1st Jan	Thursday 3rd Jan	2 days later
"	Wednesday 2nd Jan	Friday 4th Jan	2 days later
66	Thursday 3rd Jan	Saturday 5th Jan	2 days later
"	Friday 4th Jan	Monday 7th Jan	3 days later
Refuse Week	Monday 7th Jan	Tuesday 8th Jan	1 day later

There will be no brown bin collections over Christmas and New Year between 24th December and 4th January) Please refer to brown bin collection calendars available on: www.babergh.gov.uk for details. From Monday 14th January 2019 normal waste and recycling collections resume.



East Bergholt High School Association

Sunday 24th February 2019

IN DOOR CAR BOOT SALE

East Bergholt High School 10am – 12noon

Admission 50p
Refreshments available
Free Car Park
Tables £5 in advance, £7.50 on the day
Doors open 9am to set up

2 07776291445



support our campaign.

We are trying to prioritise the improvements needed at the A12 Four sisters junction 31 East Bergholt.

We have a Facebook group which people can join and find our online petition.

We have a lot of businesses and people backing the group and would love Quartet readers to join us

Link to us at facebookhttps://www.facebook.com/ groups/2167927646605092/

MONTHLY COLUMN FROM JAMES CARTLIDGE MP

One factor above all is often cited as the reason why our modern politics seems to be unstable, and that is the freeze in wages many have felt since the 2008 financial crash. The argument is made - in my view rightly - that since then living standards for many have at best remained static, fuelling resentment and prompting support for populist leaders and agendas offering simplistic solutions.

As the most striking examples of such populism, Trump delivers protectionism; Corbyn promises nationalisation. I believe neither approach offers anything other than a threat to jobs and prosperity, but not long ago such policies would not even have been considered. That they are mainstream again confirms we live in different times, requiring those of us in Government to spell out how we can ensure that our best days are ahead of us, not a thing of the past.

Thus, I was delighted to hear the latest earnings figures showing the strongest UK wage growth for almost a decade. Many statistics can feel a little intangible – but better wage packets are anything but! And when you factor in the recent fall in inflation, and unemployment remaining historically low, there is much to be confident about.

But it's the wages news that matters, particularly if it means we may be entering a period of prolonged improvements in pay. To quote the Bank of England's chief economist Andy Haldane: "there is more compelling evidence of a new dawn breaking for pay growth, albeit with the light filtering through only slowly."

Which brings me to Brexit. It's perhaps because those who supported Brexit most passionately are driven by concern for sovereignty, and the return of legal powers to Parliament, that in my view too little is made of the most obvious potential upside of leaving the EU. I may have campaigned to Remain, but it seems irrefutable to me that if we both control immigration at more sustainable levels, whilst maintaining the inward investment that drives job creation, we should see further upward pressure on pay for UK workers. That would be a Brexit outcome all should welcome.



NAYLAND HORTICULTURAL SOCIETY

Christmas Fayre, Saturday 1st December at Nayland Village Hall, CO6 4JH. Nayland Horticultural Society will be having a stall with a raffle and plants/ bulbs to buy. This is a fun village event for all the family with Father Christmas, stalls selling ideal Christmas pressies and a performance from Nayland Primary School. Entrance free.

Events for your diary 2019 - March

Nayland Horticultural Society's Spring Flower Show takes place on Saturday 23 rd March which is an ideal time to buy some plants for a good summer's show. There is also a cake stall and raffle. Or maybe you would like to enter some Spring flowers in the Show for fun and see how you do! Entry forms on the website. All very friendly, tea, coffee and cake available!



SESAW NEWS

Everyone is eager to get their jobs finished and hurry home each day now the cold, wet weather has arrived. During the long winter evenings our Craft ladies will be knitting, crocheting and sewing lots of beautiful items (like the pink elephant in the picture) to sell at our sales next year. If you have any spare wool, cotton, material or other craft notions they could use, please get in touch. Contact details below, we can arrange collection of donations which need to be clearly marked CRAFT.



We always have animals awaiting new homes but some stay with us and are available for sponsorship. Choosing one of us to sponsor might be an ideal Christmas present. Email or or leave a phone message for more details.

It's time to thank our volunteers who turn up every week, whatever the weather, to take care of the animals, maintain the buildings and garden or organise sales and fairs. Also the unseen army of people who deliver donations of food or other items and goods to be sold at our fundraising events. Last but not least, we thank the visitors who attend those events. Best wishes for health and happiness to all our supporters from everyone at SESAW including Ollie (the Black) Cat and Kenny (the Boss) Chihuahua.

Suffolk and Essex Small Animal Welfare, Reg.Charity No.1124029. Stoke Road, Leavenheath, CO6 4PP. Usually open 10-1 p.m Thursday to Sunday but please check first. Closed over Christmas.



Stour Valley Men's Probus Club

Recently we were privileged to have Sally Chicken introduce "The Regeneration of Shotley Pier". Sally is one of a committee focused upon bringing back to life Suffolk's only railway pier that is in a bad state and unfortunately were recently refused planning permission for their plans.

Peter James talked about "The Great Essex Earthquake" and later in the month Jo Harrison's talked about "Going Underground". All meetings were much enjoyed by Members.

Our December meeting features Brantham's Famous Quizmaster Paul Oliver presenting his now famous "Xmas Quiz" with a valuable prize for the winner. We hold our New Year Lunch at the popular Haywain on 6th February when our spouses and Probus Widows join us for what will be an enjoyable event and a tasty meal.

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.

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

Our November 14th meeting featured Davis Simmonds, a National Trust speaker and volunteer, introducing "The Coast Of East Anglia". The East Anglian coast is full of contrasts and has much beauty, history and wildlife. His presentation focused on National Trust coastal properties in Essex & Suffolk.

We do not have a speaker meeting in December but hold our popular Christmas lunch this time at the Best Western Hotel, Copdock on Wednesday 5 December. This is always a very popular event and so early booking is advised.

Sally Dearman will speak to us on Wednesday 9 January on "Woman Can Fly". This is the story of one women's journey from jumping out of a landing window, then out of planes, to becoming a civil pilot, then the first women through the RAF's fast-jet flying trains system.

NEW - each month the Coffee Grinders will meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members but gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 28 December.

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a

wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 340 members and 35 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 December. Whilst visitors are welcome to join us on a limited number of occasions, paying a donation each time, Members are given priority to speaker meetings due to the hall's capacity limit for safety reasons.

Remember it's never too late to learn! Join over 400,000 members across over 1,000 U3As throughout the UK today!



Spectacular Sale!
Of NEW & NEARLY NEW
Clothing, Footwear &
Accessories.
For Ladies & Gents

SATURDAY 26TH JANUARY 2019

At The Duchy Barn, Dedham. 10am to 5pm

Donations to Cancer Research and RDA Shelly Centre

Babergh District Council invites residents to come along to their second

Customer Access Point pop-up at Hadleigh library.

Council staff will be on hand once a week to offer local residents the opportunity to meet face to face. In coming weeks, there will also be a permanent iPad for customers to use anytime during the library's opening hours to access online council services.

The pop-up opens on Thursday 18 October and will run for a period of three months

You can find the team at Hadleigh Library, 29 High St, Hadleigh, Ipswich, IP7 5AG on Thursday afternoons from 1:30-5pm.

EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt, CO7 6RZ

Pastor - Mrs Maralyn Bambridge

<u>Services</u> - Each Sunday morning at 10.30 led by the pastor unless otherwise stated

<u>Coffee Mornings</u> - Each Thursday 9.30 to 11.30 am

Church Secretary – John Jeffreys Tel 01206 298737 Email i.jeffreys.eb@btinternet.com





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

Telephone 01473 684963 office@stmarksparish.org.uk

Constable Singers

Our Christmas music will be performed at Dove Close Capel St Mary on 30th Nov, at Constable hall Xmas Bazaar, at Charity event at Bypass Nurseries Capel St Mary at 5.30 p.m. and on 9th Dec at The Cross Inn Bromley 6.30 p.m.

We welcome new singers especially sopranos to join us no audition, words provided, first session free we just sing to enjoy ourselves at the Lambe School East Bergholt each Thursday of the month starting at 7 p.m. apart from the 2nd Thurs. when we meet at the Congregational Hall East Bergholt. We sing music from the musicals and various popular songs. We currently have members from 16 yrs. to 80 yrs. For more information contact Mel 01206298628 or Yyonne 01206298428

Constable Country Patient Participation Group update

Flu vaccinations

Members of the Patient Participation Group (PPG) have provided help with flu days for the third year running. This year has been complicated, with 5 different more vaccines, including a separate one for the 65s and over. Add to that vaccinations for shingles and pneumonia for eligible patients, and it gets even more complicated! This year the practice was concerned that there may well be problems with the supply of vaccines for each session. A brand new supplier had been awarded the contract by NHS England and there were worries about having enough of each vaccine to meet demand. Unfortunately vaccines ran out for certain groups at the second flu day in East Beraholt. Many patients understandably upset by this, but it was beyond the control of the practice.

Missed appointments

In October there were 133 missed appointments, which equates to 22 hours of wasted clinical time. Most of these are blood tests and appointments with the practice nurse or doctors. Now that repeat text reminders can be sent to patients closer to the appointment date, hopefully the number of missed appointments will reduce.

Getting an appointment

PPG members are currently monitoring the availability of appointments by ringing the surgery at set times during the day, Monday to Friday, from early morning to late afternoon. We are keeping a record and will discuss the results at our regular monthly meetings.

Regular blood tests

We know that there are still issues with getting appointments for blood tests at both surgeries. Please let us know if you are experiencing difficulties and we will take this up with the practice.

Christmas and New Year

The run up to Christmas is often very busy. As the weather turns colder and the coughs and colds start, you can, in the first instance, ask pharmacists for advice. Please also remember that the receptionists will do their very best to get an appointment for you, but they may need to offer alternative appointments with the GP+ service if it's very busy. Also don't forget that there is a volunteer driver service to take you to appointments at either of the two surgeries in Capel St. Mary and East Bergholt. Just ask the receptionist when you book your appointment.

New development in the area

We are frequently asked what plans are in place to accommodate additional patients from new housing. In the longer term the practice will need to review the facilities available at both surgeries, to plan for the future of health care. It may be, for example, that practices will be asked to provide accommodation for outreach clinics for the merged Colchester and Ipswich hospitals. This issue will be kept under review by the practice and the PPG.

Kathy Pollard, Chair Constable Country Patient Participation Group

Email: constablecountryppg@gmail.com
01473 311384

014/3 311384





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



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

MOBILE LIBRARY

Stratford St Mary - Route 11

The bus stops every 4 weeks on Wednesdays

28 November, 23 January

Black Horse - 11.05am - 11.20am Tally Ho! Corner - 11.25am - 11.45am Strickmere (School Lane end) - 11.50am - 12.10pm

Route 14

The bus stops every 4 weeks on Tuesdays

4 December, 29 January

Holton St Mary

Church Square - 9.30-9.45am

Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

Sulleys Hill - 11.30 - 11.45am

Higham

The Green - 11.55am to 12.10pm

The customer service line 01473 283838 is staffed 9am to 5pm from Monday to Friday and can handle any library customer queries renewals and reservations to any general library queries. An answer phone is available outside of operating hours and people can also email help@suffolklibraries.co.uk

Crime prevention

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

















OFFICE and WORKSHOP





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

Email:lesley.artscene@gmail.com

Mark's Travel Service

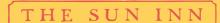
(Dedham's Private Hire)

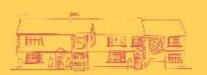


- · Over 20 years experience
- Based locally in Dedham
- · Local or long journeys
- · Airports | Seaports
- · Business contracts
- School run contracts
- · Multi Seat Vehicle

Dedham | Stratford St Mary | Langham Higham East Bergholt | <u>Ardielgh</u> And all surrounding areas

Call Mark on 07759 688 813





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







y 🛐 💿 😇 SUNINNDEDHAM





Ofsted 'Outstanding' full day and sessional nursery care and education for children aged 3 months to 5 years. We are open Monday to Friday from 8am to 6pm.

Children are provided with excellent opportunities to participate in exciting and fun activities that enable them to explore learning across all areas.

For more details about our services please contact Shelley on 01206 323093 or via email on info@orchardbarns.co.uk Orchard Barns Kindergarten, 6 Higham Road, Stratford St. Mary, CO7 6JU Flatford Mill Field Studies Centre Come and study a wide range of subjects in our unique location, nestled in the heart of the Dedham Vale. A constant source of inspiration in the past, the present and for the future.

www.field-studies-council.org/flatfordmill. You can also contact us by phone on 0845 330 7368 (local rate), or by email at enquiries.fm@field-studies-council.org



Shop: 01206 322572, shop@hallfarmshop.co.uk | Restawant: 01206 323600, cate@hallfarmshop.co.uk Hall Farm, Stratford St Mary, Colchester, Essex CO7 6L5 | www.hallfarmshop.com



An independent village store for your everyday shopping needs

Fresh fruit and veg.

Fresh bread.

Local produce.

Wines, beers and spirits.

Newspapers and Magazines.

Dry Cleaning and Laundry Service.

Orders Delivered by Arrangement.

SHOP OPENING HOURS:

MON - FRI: 7am to 6pm SAT: 8am to 5pm SUN: 9am to 2pm

POST OFFICE HOURS:

MON - FRI: 9am to 5.30pm SAT: 9am to 12.30pm

01206 262335

Hair at Woodview

Copdock Salon and mobile hairdresser

Angela // Austin

State Registered Hairdresser with over 26 years' experience

Cutting • Blow-dry and Sets Colours • Perms Proms and Weddings

For more information and appointments call

01473 731925 or 07595 029679

2, Woodview Cottages, London Road, Copdock IP8 3JJ



Marquee and Equipment Hire

- Marquees erected on most surfaces
 - * Awnings * Walkways
 - * Extensions to Buildings * Linings
 - * Lighting * Furniture
 - * Flooring & Staging
 - * Heating

Summer or Winter Weddings Anniversaries Corporate

Brochure upon request www.leisurehiremarquees.co.uk

(01206) 242196

OLLS 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



Your local pest control experts for home & business

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

info@eandspestsolutions.co.uk
Tel: 01473 328092 (Holbrook)





Home and Garden



Countryside Tree and Garden Services

01206 322935 / 07825 069 048

Andy@countrysidetreeandgardenservices.co.uk

- ★ Tree Removal
- ★ Stump Grinding/ Removal
- * Tree Reduction
- M Pruning
- W Pollarding
- **₩ Hedge Trimming**
- M Hedge Removal

We are a friendly family run business based in Stratford St Mary, we pride ourselves on being a reliable local business. Our team of tree surgeons are all fully qualified and insured.

Feel free to contact us to have a chat and arrange a free no obligation quote.

www.countrysidetreeandgardenservices.co.uk



Bland Landscapes Ltd.

Specialists in Private & Commercial Tree Surgery & Landscaping

All Aspects of Landscaping Including:

All Aspects of Tree Surgery Including:

Garden Construction
Fencing
Turfing
Driveways
Patios
Contract Grass Cutting
Commercial Planting

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









GETTING YOUR GARDEN READY FOR SUNSHINE?

Visit our yards in IPSWICH and COLCHESTER for a wide range of fencing, trellis, decking, paving, artificial grass, sleepers, decorative aggregates and much, much more.

With service you can expect from an independent builders' merchant which has been around for almost 200 years.

COLCHESTER 01206 715500 | **IPSWICH** 01473 689605



Looking for aggregates, paving, walling and edging?

> Go to our website and click on our online shop.

WE DELIVER!



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

A & M Gardening Services

- Lawn mowing, Strimming - Edge cutting - Ground clearance - Hedge cutting - Pruning, - Weeding - Mulching

> Please ring 07775 788150

Raydon Christmas Trees

Pick your own or choose one pre-cut

Open 9-5 FRI, SAT, SUN in November Every Day in December until Christmas Eve

You can choose your tree(TAG IT), pay for it and come back to collect closer to christmas

W: raydonagricultural.co.uk

E: christmas@raydonagricultural.co.uk

M: 07456022934

A: Blackstump Cottage, Woodlands Road,

Raydon, IP7 5QD

Near Raydon Railway Walk





T elephone 07947 322429

Good quality seasoned logs for sale.

Collected or delivered.

Call Rob at Stratford Hills Farm on

07979 237868





Design, Implementation and maintenance of Garden Landscapes Now Planting for Winter and Christmas

Gardens Wendy Norman 07756 364560

Email wendy@finestgardens.co.uk

RHS qualified

Member of The Gardeners Guild

Mending your home



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

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

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

Andy Smith Roofing

TILING AND SM
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



"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

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



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

Call us for a free

- Electrical Installations

- Fire Detection Services

- Electrical Testing

- Lighting Design

quotation





95 School Lane, Stratford St. Mary, Suffolk, CO7 6LZ

Tel: 01206 322969 Mob: 07534424493

E-Mail: info@orwellelectrical.co.uk www.orwellelectrical.co.uk

TRUST MARK

















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

Ashley Short

Carpentry, Joinery, Property Maintenance & General Handyman



Kitchen fitting Bespoke units made
Decorating,
Renovations
No Job too small
Local and Reliable

01473 311226 07904 875556



David Price

Painter and Decorator

Period and Modern Properties Interior and Exterior Free Estimate Gutter clearance Fully Insured

Over 30 years Experience

TEL 01206 975917 MOBILE 07872 001929

dpricedecorators@yahoo.com

Nigel Bruce

Industrial & Domestic

ELECTRICIAN

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



HIGH QUALITY
PAINTER & DECORATOR



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

TEL: 01206 323520

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



Gas Safe Registered Engineers Local, Friendly & Reliable Service

- Boiler & Central Heating Installations, Servicing & Repairs
- Power Flushing
- Under Floor Heating
- Bathrooms, Wet Rooms
 Taps & Showers
- Gutters, Downpipes
 & Drain Rodding

TELEPHONE: 07912 161 646

EMAIL: gransorplumbingandheating@hotmail.com



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 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 31/12/2018

07834 612009 01206 322063 01473 214215

(estimates given before work undertaken)

In the House



(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





Mind Body Moment

teaching the safe Solomon Yogalates Method (fusion of Pilates & Yoga) to adults

www.mindbodymoment.co.uk

Start with a Welcome 121 Taster Classes Available

a 60-min private class

Then join

Mind Body Moment Classes: 4 x weekly 90-min classes (max 8 clients)

& Raydon

07506 350 455



Capel St Marv

Do you need help with any of the following?

- Assembly of flat-pack furniture
- Chauffeuring
- Electrics and plumbing
- Help with using the internet
- Lawn and hedge cutting
- Painting
- Repairs
- Video and audio installation

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

Paul Oliver Tel: 07772 884877 pauloliver1111@gmail.com



CARPET FITTING
SUPPLY AND INSTALLATION
CARPET AND VINYL SPECIALIST
FLOORING ACCESSORIES

07740 829 499 -07933 157 121

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





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.

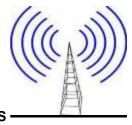
Visit our showroom in East Berghoff or our website: www.edwardsdesigngroup.co.uk Email: info@edwardsdesigngroup.co.uk

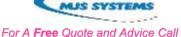
The Gattinetts, Unit 2s. Hadleigh Road East Bergholt, Colchester CO7 SQT 01208 299760



AERIAL & SATELLITE SPECIALISTS

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





CAI - RDI & TRUSTMARK APPROVED







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

DianaM Cleaning

- · Home weekly cleaning
- Home deep cleaning
 - Office cleaning

Contact information: Diana Marinova

Mobile number: 07925 624123

Email address: dianamarinova61@yahoo.co.uk

Chiropody/Podiatry service Direct to your home

Covering Stratford, Higham, Holton, Raydon & all local areas.

For enquiries please contact

Mr C Dunn, BSc Hon's Podiatry.

MChS, HPCP Registered Chiropodist/Podiatrist.

01473 211217 07803601085



Removals and Storage



We cover local, national and international moves.



We have over 100 clean and safe self-store units.



We've been moving people from Suffolk and Essex for nearly 100 years.



Our staff are long serving and fully trained to BAR standards.



Find out about our specialist moving services; from pianos and paintings, to full packing services. We're always happy to help!

Your move, safe in our hands

01206 233376 | www.schofieldremovals.co.uk | info@schofieldremovals.co.uk



Dedham Vale Homecare Ltd

'Care with Integrity'

TAILORED CARE • MEAL PREPARATION • TRIPS OUT • SHOPPING SUPPORT TO APPOINTMENTS • LIGHT HOUSEWORK AND LAUNDRY

Dedham Vale Homecare provides support, companionship & care to people in their own homes. We provide a bespoke service to meet identified individual needs with dignity and privacy.

The Gattinetts, Hadleigh Road, East Bergholt CO7 6QT
www.dvhc.co.uk
info@dvhc.co.uk
01206 299683

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

Professional Services

Victoria Baker

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

Group and individual sessions in a private, comfortable studio.

Cedar Building, Foxash Estate Harwich Road, Lawford Colchester, CO11 2LR



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



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



gotelee

Call us on 01473 211121

Offices in Ipswich, Hadleigh, Felixstowe and Woodbridge

www.gotelee.co.uk

Mather & Co

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

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 322895 email :

email: gilmather@aol.com



www.mathersolicitors.co.uk

Making Your Will

Retired solicitor Trevor Dodwell is local and his home visit service writes Wills and Lasting Powers of Attorney.

Please call 01206 263420 or email trevordodwell@aol.com www.thewillbusiness.com



1 Threadneedle (Main) Street, Dedham, Colchester CO7 6HH

Tel: 01206 322674

Web: www.pedicarefootclinic.co.uk
Email: nicola.pedicare@gmail.com

Mob: 07732 039726

Nicola Rampton Dip.FH MAFHP

Foot health
check and
treatments for a
range of foot
problems and
conditions



Is your dog home alone? If you need a local Dog Walker covering Higham and its surrounding areas please call Michael Oliver 07939 0444 27 Complimentary first walk

Professional Dog Walking Certificate & Canine First Aid . Fully insured and DBS checked

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



Free advice, surveys and quotations Rats, Mice, Squirrels, Moles, Rabbits, Wasps, Hornets, Cluster Flies, Bed Bugs,

The answer to all your pest problems

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

T: 01473 396807

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

WHITTLES

Sound, clear advice Personal, practical approach

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



The Old Exchange 64 West Stockwell St Colchester CO1 1HE

T: 01206 762200

E: mail@whittles.co.uk

15 High Street West Mersea CO5 8QA

T: 01206 385049

E: mail@whittles.co.uk

www.whittles.co.uk

PAMPERED VILLAGE PAWS

New Dog Grooming Salon and Dog Walking Service in Stratford St Mary

Please call Natalie on **07747482313**, visit Facebook or email

Pamperedvillagepaws@gmail.com

'Where every dog is special'

d occessors occasion d



持秦春春春春

持衛衛



DOUGLAS STEERS & COMPANY LTD

Private Wealth Management & Independent Financial Advisory Services

0345 5000 909

advice@douglassteers.co.uk



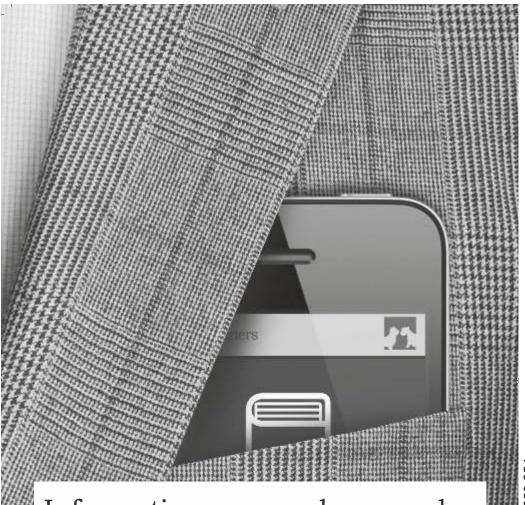
Taking the first step is easier with support.

At Douglas Steers & Company we can guide you through the pension process, talk you through your pension options and help you build a retirement plan by understanding your goals.

So, if you find yourself asking these questions and more, get in touch today for a FREE, NO OBLIGATIONCONSULTATION

Authorised and regulated by the Financial Conduct Authority.

The value of your investment can go down as well as up and you may not get back the full amount invested.



Information on *your* house sale tailored to you There's nothing worse than being out of the loop when selling or letting your property,

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





The agent with the Terrier spirit



Dear Friends

Happy New Year! Don't worry, I haven't lost the plot and got a month ahead of myself, as the Church celebrates the New Year with the beginning of Advent. This is an odd coincidence as the Benefice goes forward after nine years, without Revd Rosalind at the helm. For those who attended Rosalind's farewell service I hope you enjoyed the 'goodbye' the

The Quartet benefice

Benefice put on, thanking her for the years of prayerful support and leadership she gave to us all, in the Deanery and in the Diocese. We wish her every happiness in her new role at Wells Cathedral.

So, we are facing the new year with some trepidation but also excitement as we move into an Interregnum. A chance for all of us to reflect on how we can build on Rosalind's legacy and continue to grow in God's love as a thriving Benefice. Day to day responsibility for each church lies with the Churchwardens and beginning next month they will be writing this column. We are fortunate to have seven dedicated men(!) – unusually we currently have no women churchwardens but that could change - SSM is short of a warden and Higham needs to replace Martyn Carr as he progresses through training on the Auxiliary Ordination Pathway. Please consider whether you could offer yourself for either of these posts.

To help the Benefice move seamlessly through the Interregnum we are very grateful to Frances Torrington for offering her help as an Administrator and thank her for the gifts she will bring. We are also fortunate to be well-supported by a team of clergy from the Deanery who will lead different services over the coming months.

However, I still find many things buzzing around in my head, particularly at this time of year; carol services, Christmas lists, food and gifts to buy, family to organise and care for. Which one of these everyday concerns surfaces depends on how well I slept the night before. Should I not just step back, take a deep breath and reflect on the enormity of what we celebrate on 25th December? Can we not use this time of Advent to prepare properly for Christ coming into the world? To help us feel ready to welcome Jesus into our lives, the Benefice offers a variety of services beginning with the Advent Carol Service at SSM on Sunday 2nd December, Carol Services at Holton and Higham later in the month and the Crib Service at Raydon on Christmas Eve. We offer you a warm welcome to all these services.

May the light of Christ Jesus shine in our hearts and I wish you all a peaceful, happy and well-prepared Christmas.

Nicola (Reader)

BENEFICE CONTACTS, SERVICES AND EVENTS



Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

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

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

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

Benefice website:

www.4marys.org.uk

Churchwardens

Higham Martyn Carr 01206 337325

Hugo Parker 01206 337234

Holton Richard Noel 01206 298276

Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422

Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148

Services in December and January

	8.00 a.m.	10.00 a.m.	NB. 5 p.m.
2 nd Dec		Holton	SSM Advent Carol Service
9 th Dec		Higham	Raydon
16 th Dec		Raydon	6.30 Holton Carol Service
23 rd Dec		SSM	4.30 pm Higham Carol service
24 th Dec		Raydon Crib Service	11.30pm Holton Midnight Mass
25 th Dec		Higham	
30 th Dec		10.30 am Deanery Eucharist Hadleigh	
6 th Jan		SSM Epiphany Carol Service with Communion	Raydon Epiphany Carol Service
13 th Jan		Higham	Holton
20 th Jan		Holton	SSM
27 th Jan		Raydon SSM Family Hour	Higham

Midweek Communion

There is a short service of Holy Communion in the Parish Room at Stratford St Mary at 10 am on the 3rd Wednesday of every month, this month it will be on 16th January.



Elders

Martyn Carr 01206 3372325 Christine Cousins 01206 322530 Janet Dewey 01206 322148 Sandy Ranson 01206 322156 Peter Snelling 01206 337590



Home Group

Our Home Group will meet again on 24th January 2.30-4 p.m. at 5 Veyses End. All are welcome.



For your prayers

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

Others: Serena Benson, Tory Cook, Helen Gregory, Steve Kupfer

We pray for Martyn Carr as he continues his training on the Auxiliary Ordination Pathway