



**Stratford
St Mary**

Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



December 2019

Issue 376



Don't forget to recycle
your Christmas Tree
after Christmas.
We will have details in
the January Quartet



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.

Babergh District Council has
launched the

‘Tree for Life’

initiative - they are offering families a tree to mark the arrival of every new child. For more information, go to:

[https://www.midsuffolk.gov.uk/
environment/tree-for-life/](https://www.midsuffolk.gov.uk/environment/tree-for-life/)

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

The Quartet Diary



December

- 3 Raydon Fair Trade Coffee
SSM Coffee Pot
- 5 SSM School Nativity 2 & 5.30pm
- 7 Phoenix Brass Christmas Concert,
Raydon
Shopping Morning Holton
- 8 Christian Aid appeal Higham
- 10 SSM Coffee Pot
- 12 SSM School Carol Concert 2 &
6pm
- 18 Carol singing in Holton
- 19 Carol Singing in Holton
- 24 Midnight Mass - Higham
- 31 Raydon Fair Trade Coffee
Morning

2020

January

- 4 Tea and Singing, SSM
- 8 HSM Parish Council Meeting
- 14 Raydon Parish Council Meeting
- 28 Raydon Fair Trade Coffee
Morning

February

- 11 Raydon Parish Council Meeting

March

- 10 Raydon Parish Council Meeting

April

- 7 Raydon Annual Parish Meeting

May

- 12 Raydon Annual General Meeting

June

- 9 Raydon Parish Council Meeting

July

- 14 Raydon Parish Council Meeting



Editors Corner



We always like to be one of the first to get you into the festive season with the December Quartet all decked out in appropriate graphics. I do note however, writing this in mid November, Christmas street lights have already been turned on in Bury St Edmunds (and probably elsewhere too!) and Christmas has of course been in the shops for weeks. Nevertheless, we take our responsibility seriously - Welcome to Christmas and lots going on in our four villages. You will find all sorts of Christmas Fairs, concerts, and church services all over the four parishes, so please do read through and celebrate the season with something local.

I will just leave you with one more thought - if you would like to post anything to the January Quartet, please remember the deadline is the 19th of December - very close to Christmas and Jane and I will be flying about all over the place. If you can get articles to us early, we would be very grateful!

That just leaves us to wish you all a very happy Christmas whoever you spend it with and whatever you are doing and we will see you once again in the New Year!

Happy reading for another month.

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 2019

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Stratford St Mary

Maintenance Work in Village

Stratford St Mary Parish Council are looking for a contractor to carry out general maintenance work in the village. This will involve repairing of benches, clearing of footpaths and other jobs as and when required.

If you are interested, please email
Parish Clerk:
parishcouncil@stratfordstmary.org.uk



POPPY DAY APPEAL – 2019

The 2019 Royal British Legion Poppy Appeal in Stratford St Mary has raised £1464.65 so far.

Thank you all very much for your donations to this worthy cause. Your generosity is much appreciated.

David Isaac



Join us for a post Christmas afternoon tea and carol singing - Saturday 4th January
4.00 - 5.00pm in Stratford parish room in aid of Dig Deep.

STRATFORD ST MARY INSTITUTE HALL

Please note that requests for bookings should 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.

Steve Kite
42 Strickmere
Stratford St. Mary, CO7 6YG



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. To book the hall and for general enquiries, please phone John Taylor on 01206 323908

Stratford St. Mary Christian Fellowship
(known as Stratford Chapel)
Upper Street, Stratford St. Mary CO7 6JH

We are an evangelical free church serving the
Community and attended by all age groups.

Sunday Services: (every Sunday)
10 am: Morning Service and Junior Church followed
by refreshments
6.30 pm: Prayer and Praise

Midweek Activities:
House Groups at Stratford St. Mary, Dedham and
Capel St. Mary

"The Coffee Pot" for everyone
Tuesdays 9 am - 11 am: during term time

Men's Recreation Evening meeting monthly on
The 1st Wednesday of each month

Sparks Children's Club each Friday during
Term time from 5pm - 6.30pm for ages 7 - 11.

Ignition Youth Club each Friday from 7.30 pm - 9.30 pm
For ages 11 - 18

For further information: Contact Adrian Gates Tel 01473-311919
Or Beckie Wyncoll at beckie.w@liva.com



**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.

PARKED CARS

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

Thank you!



Stratford St Mary Parish Council Emergency Team

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

Norman Woodard

12 Swaynes 01206 323015
Norman.woodard@fatbloaters.com

Chris Griffin

Brook Farm, School Lane 01206
337363/07885 807567
chrisbrookfarm@gmail.com

Steve Kite

42 Strickmere 01206 322482
07958 515573

Bill Davies

3 Spanbies 01206 322990
billdav@hotmail.com



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



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!



Stratford St Mary Primary School would like to welcome members of the community to come and watch the children in Kingfishers and Woodpeckers Class perform their Christmas Nativity 'Hey Ewel'. This

will take place on Thursday 5th December 2019 at Stratford St Mary School at 2pm and 5.30pm.

We would also like to invite members of the community to our Carol Concert which will include children from Swans and Owls Class on

Thursday 12th December 2019 at Stratford St Mary Church at 2pm and 6pm.

We hope you will be able to join us.



Stratford St Mary Primary School are collecting the 'Books for Schools' tokens which appear in the The Sun every day from Saturday 23rd November 2019 till Saturday 18th January 2020. We need to collect 3,500 tokens to claim a set of free Collins Big Cat books worth over £600. Tokens can be collected by anybody so please tell your family and friends to start collecting them for us. Please send in the tokens as you get them so we can keep a count of how many we have collected.

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

Thank you for your support.



Stratford St Mary Parish Council

There are two vacancies on our parish council so if any village resident would like to apply to become a councillor please contact our clerk, Jane Rose, by email on parishcouncil@stratfordstmary.org.uk or you can contact our chairman, Bill Davies, on 322990 if you would like to discuss the matter before making a decision.

**SUFFOLK HISTORIC
CHURCHES TRUST
ANNUAL BIKE RIDE – SAT
14TH SEPTEMBER 2019**

Money from sponsors has now been collected and the total achieved by bikers and donations this year was **£1385.00**. Half of that sum will go to St Mary's Church and the other half will be held in a central fund, from which churches/chapels can bid for help with projects and repairs.

William D excelled himself yet again this year, reaching 39 churches and achieving 94 miles in the allotted time.

Once again, thank you to all the bikers, to the financial supporters, sponsors and to the marshals and helpers in the church. Your assistance is very much appreciated.

David Isaac

**We are collecting
leftover currency
to raise funds for
new play
Equipment.**



Do you have any foreign currency lurking at the back of a drawer? Please put it to good use by donating it to abc Preschool in Stratford St Mary. (Registered Charity No. 1159203)

We are collecting coins and notes both current and withdrawn.

Please bring it in to abc Preschool, in the grounds of Stratford St Mary Primary School,

Monday-Friday 9am-3pm.

Thank you!

abc Preschool CIO, Strickmere
Colchester, CO7 6YG

Telephone (01206) 322466

Email: admin@abcpreschoolstratford.co.uk

Registered Charity No. 1159203



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.





**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
Jenny & John Symons
Celia & Chris Griffin
Bobbie & Steve Kite
Eddie & Verna Castle
Diana & Graham Pearce
Anna Marshall, Roy Miles
Janet, Jonathan Dewey & Family
Sue, Eddie, Ben & Beth Lawrence
Sarah, Andy, Alice & Harriet Brass
Chris, Christine Cousins & Family
Nancy Ablitt, Barrie Cavendish
Linda Kitchen, Pat Ablitt
Sandy & Paul Ranson

Merry Christmas and a Happy New Year

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



The JRSOs continue to promote road safety to the pupils of Stratford St Mary Primary School and the local community.

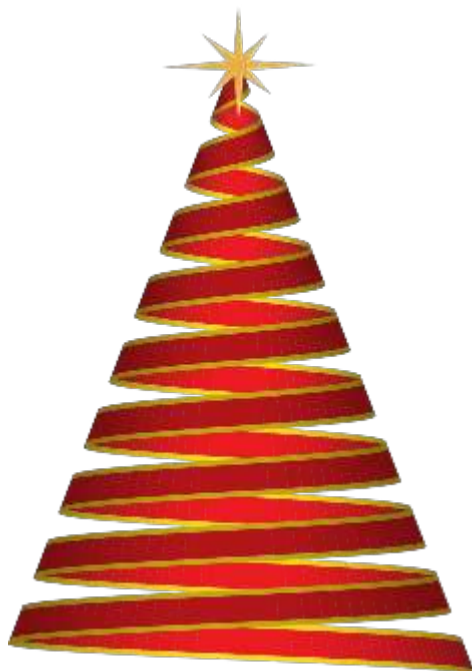
On Friday 1st November 2019 children and staff participated in 'GloWeek' by dressing up in their brightest clothes and donated £1 to the Child Brain Injury Trust. We raised over £70 for the charity. The JRSOs also organised a competition for the children to enter. They were asked to decorate a cycle helmet, reminding them to wear a cycle helmet while riding their bike or scooter. The JRSOs are now planning events for 'Road Safety Week' which runs from November 18th to November 24th. The JRSOs will be encouraging the children to walk to school on Wednesday 20th November. The JRSOs are still collecting used inner tubes and would like to say thank you to those people who have collected them for the JRSOs.

Miss Jones

Your Church Needs You!!!!

Our beautiful old church is in constant need of repair so we are trying to raise funds through a series of events such as the quiz night, cheese and wine evenings, concerts in the church and so on. We have a superb team of volunteers that run the church but we'd like to establish a specific fund raising team to help protect this building and would welcome some new faces and ideas.

Please call Julie on 07989 639 583 if you would like to get involved.



"The Coffee Pot"

-at-

Stratford St Mary Chapel



Stratford St Mary Christian Fellowship welcome all to their community coffee morning. We are situated within the chapel lounge where there is a safe area for children to play whilst you catch up over freshly made coffee, tea and cake.

Every **Tuesday** morning
between 9am and 11am
during term time only.

At around 10.30 am each week there will be Story time and songs for any children and a brief 'thought for the day'

Further information

contact:beckie.w@live.com



Raydon



Fair Trade Coffee Morning

A foggy start to our Fair Trade coffee morning this month, but then November is renowned for fog. However, the sun

soon broke through and before we knew it we were practically a full house. Donations for the book sale on November 16th were in evidence along with bric a brac and all sorts of goodies. Talking of goodies the "Frinton" goodies this month were fruit scones and cheese scones, just the best there are!

We had a rush for the Phoenix Brass concert tickets which went on sale today, movies and musicals being the theme so make sure you get yours soon. As usual there is a light supper and glass of wine included and don't forget that huge Christmas hamper waiting for someone to win.

Our next Fair Trade coffee morning is on December 3rd. It's our "Festive" event when our Christmas tree will be up (again generously donated by Raydon Christmas Trees) and showing off the sparkle. We'll also have some special festive treats so do come along and enjoy our last event of 2019.

Thanks again for another year of support and look forward to seeing you on December 3rd.

Wendy Mumford
01473 312123

There are currently three vacancies on Raydon Parish Council.

If any parishioner would like to apply to become a councillor, please contact Jane Cryer, Parish Clerk, at raydonpc@gmail.com. Alternatively, you can contact the Chairman, Sue Newton, on 07808 818847 if you would like to discuss the matter before deciding whether to put yourself forward for co-option.

Jane Cryer

Clerk to Raydon Parish Council



Crib

Christingle

Christmas Eve

St Mary's Raydon

4.00pm



Raydon Parish Council

Schedule of meetings 2020

All at 7.30pm in the KGF Pavillion

Tuesday 14 January
Tuesday 11 February
Tuesday 10 March
Tuesday 7 April (Annual Parish Meeting)
Tuesday 12 May (AGM)
Tuesday 9 June
Tuesday 14 July
Tuesday 8 September
Tuesday 13 October
Tuesday 10 November



A plea left by the Raydon book stall....

Dear Dog Owner,

Like you this stall is a wonderful spot for a new read at an affordable price. But please when you stop and ponder what next book you will choose keep an eye on your dog!!

As a cyclist I regularly stop to peruse like you but yesterday inadvertently stepped in dog poo cunningly hidden by fallen leaves. (natural build up, I hope not an attempt to camouflage an indiscretion)

Cleaning my cycling shoes of the consequences was not pleasant!! So please spare a thought and show respect for other

"book lovers"

Many thanks

A cyclist

St Mary's Raydon

WANTED

Extra pairs of hands to join our flower arranging team.

No formal qualifications needed just a desire to keep our church looking beautifully cared for.

For further details, please ring me.

ANGELA KING

01473 311120



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/>

AN EVENING OF MUSIC FROM

MOVIES & MUSICALS

AT CHRISTMAS

**MUSIC BY PHOENIX BRASS BAND
PERFORMING AT**

ST MARY'S CHURCH

RAYDON

SATURDAY 7 DECEMBER 2019

AT 7.30PM

**TICKETS £10 EACH WITH A LIGHT SUPPER AND WINE
INCLUDED**

AVAILABLE NOW FROM 01473 311548

Thank you's all round

A huge thank you to everyone who cycled, walked or drove a vintage car for St Mary's Raydon this year. You raised a brilliant total on £609 shared between Suffolk Historic Churches Trust and Raydon Church.

A very special THANK YOU to our intrepid exercise bike rider who achieved 25miles and raised more than half of our total. Make a date for next year, September 12th and perhaps encourage a friend or two to join in as well.

Thanks again everyone.



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

Your Raydon Parish Councillors

Sue Newton (Chair)
07808 818847

Keith Lovering
07939 075143

Howard (Jim) Lowe
01473 313094

Amanda Pyall (Vice Chair)
01473 310050

Sigi Steer
07591 875267

Jayne Tann
01473 828283

Jane Cryer – Clerk
Sunnyside Cottage, Overbury Hall Road
Lower Layham IP7 5NA
01473 824287 / 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 p.m.

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

Raydon and District Gardening Club



Once again we are in the middle of autumn and we are getting a few frosty mornings which means we will soon lose all the wonderful leaf colour which abounds at this time of year for a few brief weeks. Now as a veggie grower November/ December is the start of the new year in a sense as the areas have been harvested and cleared of vegetables, so it's time for preparation. The ground has been covered with a good layer of homemade compost and the digging has begun. It's hard work especially as we get older, but very rewarding as we turn in all the compost and rubbish i.e. weeds etc. knowing it will enhance next year's crops. Also the flower gardens will benefit with additional compost and/or leaf mould as a mulch. Roses need a good helping around the roots to replenish and encourage new flowers for the next flowering season. It's also a good idea to prune roses half way down to help prevent wind rock, then final prune in Springtime. Thinking of Springtime if on cue it's only about 18 weeks away, as we know time flies by.

October meeting, all about bulbs, was another successful evening with Matt Long & his daughter from Riverside Bulbs of Monks Eleigh, but unfortunately not so well attended. They brought a lovely selection of bulbs for sale and they put in a pack of 20 Tulip bulbs in our raffle which was most kind, and a lucky winner will have something special to see next April/May.

November was our annual AGM & social evening rounding off another successful year for Raydon & District Garden Club,

so provided the committee has been re-elected or (a change of personal) to lead us into 2020, it is going to be our 40th anniversary year. I must admit 1980 when we formed it was called in those days Raydon & Shelley GC, it does seem a long time ago, and how things have changed. We used to meet in Shelley Hut, held sweet pea & rose shows, with summer shows held outside in marquees around the two villages. This made for a lot of hard work setting up and taking down afterwards, but we always had plenty of help from both members and others, I remember Fox field Lower Raydon and Shelley Hall before we moved up to Raydon Playing Field. Over 500 entries in those days, then in 1985/86 we condensed the shows to fit Raydon Village Hall, (now maximum 300 entries). A lot less heavy work but still very enjoyable events and with your continued support of this garden club, may it continue to flourish as we look forward to many more successful years. Have a deserved winter rest (only December & January) then look forward to meeting you all again in February 2020 in the village hall as we start another gardening club year.

Geoff Horrex (Chairman)
01473 310422

39th Year



Higham



Christmas at St Mary's, Higham



Sunday 8th December

10am

Launch of our Christian Aid
Advent appeal



Many thanks to all those who attended
the Remembrance Sunday service on
10th November. Over £250 was raised
for the Royal British Legion.

Felixstowe Seafarers Centre

In October, 59 knitted hats and one scarf were delivered to the centre – in time for the colder weather. The crews who man the container ships are mostly from the southern hemisphere and not used to our weather. Thanks to all who knit hats or donate wool – your efforts are much appreciated by the staff at the centre and of course, the seafarers.

Margaret Snelling



Sunday 22nd December

4.30pm

All age Carol Service
followed by
mulled wine and mince pies



Christmas Eve Midnight Mass (begins at 11.30pm)

Please join us for these and
other services around the
Benefice
In the coming month

Holton St Mary



The First Friday of the Month Lunch Club



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.



CAROL SERVICE HOLTON ST MARY

A Service of Nine Lessons and Carols will be held on Sunday, 15th December at 6.30p.m. in Holton St. Mary Church.

The first rehearsal for the choir will be held on Sunday 1st December at 11.30a.m. in Holton Church.

All previous choir members and anyone from across the benefice interested in joining the choir will be very welcome. Please contact me on 07949 391863 or jean.styles@uwclub.net



Praise of Slow.

Slow Stitch group meets every third Thursday of the month **1.30 - 4pm** in the village hall, Holton St Mary.

Everyone is welcome from beginners to experts. Some people bring a project they have started, others join in a group project and some come for the tea and chat.

For more information contact:
Jeanette Appleton m 07768418942

Holton St Mary Social Club

Whist Night

The final Whist Night the current year will be on Friday 27th December.

Early opening on Friday Evening

The next early opening is on Friday 13th December.

Opening during Xmas & New Year.

The Social Club will be open on the following:-

Tuesday 24th December from 8pm until 10pm

Friday 27th December - normal hours

Sunday 29th December - normal hours

Friday 4th January - normal hours

Firework Night

Thanks to all those who helped with the Bonfire Collection and the organisation of the Display. It was another splendid display, and good food back at the Hall.

The Chairman and the Committee would like to wish all club members and villagers a Merry Christmas and a happy and prosperous New Year.

Kind regards

Peter

quaywallslongmate1@btinternet.com

mobile:- 07957 910608

home:- 01473 314150



Holton St Mary Carol Singing

Keeping alive a Christmas tradition, carols will be sung around the village on 18th and 19th December. Please join us.

We shall meet at 6.30pm in Church Square on the 18th at the same time at Bacons Green on 19th. For further details please contact Rosalind Field 01473 310796 or 07759 393026

rosalindfield@yahoo.com



Christmas Coffee and Shopping Morning Saturday 7th December 2019 Holton St Mary Village Hall 9.30 am to 12 noon

Stalls will include
Roger Shipley's Carved Wooden Products
African Crafts from Uganda
Tombola
Made in Holton Stall
And two stalls for children:
Decorating Christmas Biscuits & Making
Your Own Christmas Cards
plus
Coffee, Cakes and Chatter
Proceeds to St Mary's Church,
Holton St. Mary
For further information please contact
Frances Torrington
01473 312046 or
familytorrington@btinternet.com

Christmas Greetings 2019

Claire

Erik & Naomi

Sheila & David

Ron and Daphne

Eileen and Peter

Jean and Emmie

John, Paula & Seb

Chris and Marjorie

Chris, Bid and Archie

Bill and Anne Priestley

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, Dominic, Martha and Lydia Torrington

***Merry Christmas
and a
Happy New Year
to all our
friends in
the 4 Parishes***

Donations have been made to Holton St Mary Church

in lieu of Christmas cards

Dear fellow Parishioners,

I would like to express my deepest thanks and gratitude to all those who have sent cards and messages of good wishes following my unfortunate heart attack when visiting Wales, also and more importantly the support given to Marjorie during those most stressful weeks that I was in both Bangor and Liverpool hospitals. It will be a few weeks before I am up and running but look forward to returning to community activities as energy sees fit.

Chris Haste



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



The Holton St Mary United Charities Trust

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

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

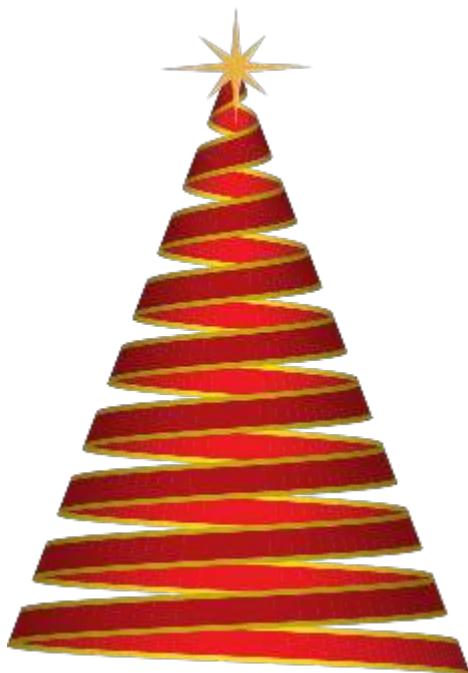


ADVENT CAROL SERVICE

St Mary's Church,
Holton St Mary

Sunday 1st
December at 5.00 pm
"From Darkness to Light"

With music by The Marenzio Singers
All welcome.



Blue Christmas Service – a service for those who are hurting

Blue Christmas services are being held across the diocese this year by the Mothers' Union. Mothers' Union are aware that for some people this year may be the first Christmas without a loved family member who has recently died; it may be a time that has always been difficult. The constant refrains on radio and television, in shops about the happiness of the season, about getting together with family and friends, reminds many people of what they have lost.

At St Mary's East Bergholt the Blue Christmas service on Saturday 7th December at 2.30pm provides the space and time to acknowledge that sadness; also, a safe place of rest, comfort and healing. We invite all those who are hurting this Christmas and their friends who support them, to come and sit with one another in a service that speaks of the love of God for the sad, anxious, lonely and grieving.



Individuals to benefit from more effective, joined-up care in north east Essex and Suffolk

People in north east Essex and Suffolk will soon be able to benefit from even more effective, joined-up health and care services.

Health and care organisations across Suffolk and north east Essex are signing up to a shared framework, called My Care

Record, which will make it easier to deliver more effective joined-up care from January 2020.

Many people assume that patient records are automatically accessible between organisations such as GP practices and hospitals. However this is often not the case. Over time, the NHS has been investing in secure systems that allows information to be viewed between organisations for care.

Where supporting technology is in place, the agreement will enable health and care professionals who are directly involved in an individual's care to access the information they need from their care records even if they work for a different organisation or in a different location. For example, a doctor treating an individual in hospital or a nurse working in the community could view the information they need from a patient's GP record. Benefits of joining up information between health and care providers include better co-ordinated care and quicker diagnosis and treatment. There will also be less need for patients to repeat their story to different professionals. This answers public feedback to health and care organisations over recent years about the importance of joined-up care. In some areas, anonymous information from care records may also be used to help to plan and design how to deliver better services for individuals and the local population as a whole.

My Care Record will also support the best use of clinical time, with less duplication of paperwork, allowing more time for direct patient contact. With this joined up approach, clinicians will be able to ensure that prescriptions are up to date across all health and care organisations and that fewer unnecessary clinical tests are carried out.

People who do not wish for their information to be shared can contact their health and care professional working with them who holds their record.

On 13 November Magistrate Graham Higgins talked of "Tales From The Bench". He looked at our legal heritage, particularly the part played by Suffolk. He also related how the role of magistrates and local events have played a part in this history and brought us up to date with an opportunity to decide how a defendant should be sentenced by briefly outlining a case. He also included some of his unusual experiences on the bench.

We don't hold a speaker meeting in December but instead a Christmas lunch and this year it is being held on Wednesday 11 December at the Ipswich Best Western Hotel, Copdock IP8 3JD. This is always a very popular event so an early reservation is advised.

On 8 January Chris Parfitt, a retired teacher, will enlighten us on "The Mysteries Of Easter Island." He will present an illustrated talk in which he will look at life on this remote island today and he will explore its unique history revolving mainly around the famous statues and some of the theories surrounding them.

Tracy from the Giggly Pig Co will talk on "The Life & Times Of An Essex Bad Girl" on Wednesday 12 February. From prison to a successful Brand is her story. Just how did she manage to change the direction of her life into being a pig farmer and successful sausage producer.

Each month, the Coffee Grinders 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 30 August.

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 370 members and 35 active groups. For further information please visit www.stourvalleyu3a.org.uk where our membership secretary Val Pretty may be contacted.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 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, for safety reasons, due the halls limited capacity.

Remember

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Stour Valley Men's Probud Club

Andy Malcolm talked about the good work undertaken by "The Fishermen's Mission" on 6 November and two weeks later on Wednesday 20 November Sara Waterston of local Hunnabill Funeral Directors talked on "The Humorist Side Of Funerals". Both meetings were much enjoyed by members.

Our speaker on Wednesday 4th December is Simon Gallop introducing us to "The unknown Constable Country". We end the year with our popular Annual Christmas Quiz and it is rumoured that there are some valuable prizes to be won on this occasion.

We will not be meeting on the 1st January and so our first meeting in the New Year will be on Wednesday 15 January when our Member Michael Hole will talk to us about "First & Second World War Prisoner of War Camps".

Carole Wheatley will enlighten us on "Internment in Guernsey during WW2" on 5 February and on 19 February Colin Hopper will present "The Story of London Bridge".

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. New Members are always very welcome at meetings of the Stour Valley Men's Probud Club, just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am.

Please contact Chairman Dave Carman on 01255 880202 for further details.



Constable Singers

We meet on Thursdays [apart from the 2nd Thurs. of the month when we meet at E.B Congregational church] at The Lamb School East Bergholt at 7pm.

We would like to have some new members so if you like singing (no audition, no need to read music as we sing along to backing tracks once we've mastered the tune). 1st session is free and words are provided.

Contact Yvonne 01206298428 or Mel 01206298628 or Paula Mob.07799248747

If you would like for us to come and sing to your group/club/society Please Contact Paula tel Number above

Bin Collection Schedule

Week Commencing

Refuse Week	25 th November
Recycling Week	2 nd December
Refuse Week	9 th December
Recycling Week	16 th December
Refuse Week	23 rd December

Waste Services 0300 1234 000 (option 4) Email: recycling@baberghmidsuffolk.gov.uk
Visit www.recyclenow.com to find your nearest recycling banks

Babergh District Council
Waste and Recycling



Christmas & New Year Bin Collection Schedule 2019-2020

Please ensure your bins are presented by 6.30am
on the day of collection

	Usual Collection	Revised Collection	Change
Refuse	Monday 23rd December	Monday 23rd December	None
	Tuesday 24th December	Tuesday 24th December	None
	Wednesday 25th December	Friday 27th December	2 days later
	Thursday 26th December	Saturday 28th December	2 days later
	Friday 27th December	Monday 30th December	3 days later
Recycling	Monday 30th December	Tuesday 31st December	1 day later
	Tuesday 31st December	Thursday 2nd January	2 days later
	Wednesday 1st January	Friday 3rd January	2 days later
	Thursday 2nd January	Saturday 4th January	2 days later
	Friday 3rd January	Monday 6th January	3 days later
Refuse	Monday 6th January	Tuesday 7th January	1 day later
	Tuesday 7th January	Wednesday 8th January	1 day later
	Wednesday 8th January	Thursday 9th January	1 day later
	Thursday 9th January	Friday 10th January	1 day later
	Friday 10th January	Saturday 11th January	1 day later

From Monday 13th January 2020 normal waste and recycling collections resume.

There will be **NO brown bin collections over Christmas and New Year** (between 23rd December and 6th January) Please refer to brown bin collection calendars available on: www.babergh.gov.uk for details.

Sunday 23rd February 2020

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10am ■ 12noon

Admission 50p

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Individual £50; Family £80.

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More details at
www.clubspark.lta.org.uk/dedhamlta

or email: dedham-tennis-committee@googlegroups.co.uk

SESAW News

Once again there is a rustling of shredded paper at SESAW as more hungry hedgehogs demand their dinner. They will stay with us until they put on enough weight to fend for themselves.

Despite our best efforts, some of our rescue stories do not have a happy ending. One such is Titch, a gentle giant of a mastiff, found tied up on a London building site.

She needed a leg operation upon arrival but soon recovered and went to live with one of our volunteers and her pets.

Unfortunately dogs became jealous of each other and who should share the sofa with the humans.



She returned to SESAW to enjoy her walks and playtime again until a sudden decline in her health. Our usually boisterous girl was found to have a massive growth and sadly, is with us no more. It seems those that get dealt the wrong cards throughout their lives cannot have a happy ending. My, how we all miss her ugly ol' mug gazing at us saying "come on give us a cuddle".

If you have room in your heart and home to give one of our other residents a new start, leave an answerphone message or email us. Please check the website if you plan to visit as we will be closed for a few weeks. Season's greetings and best wishes for 2020 from all of us at SESAW, including me, Kenny (the Boss) Chihuahua.

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



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The Constable Country Medical Practice

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

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Fax 01206 299010

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rt/crime/tellthepolice.aspx](http://www.suffolk.police.uk/safetyadvice/reports/crime/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

27 November, no visit in 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

31 December

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**
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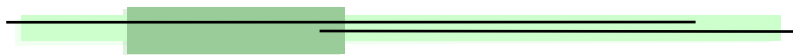
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The Quartet benefice Newsletter and events schedule

Dear Friends

I wonder if you would have been as amazed as I was when, in early September, I visited a local store seeking to buy bulbs to plant for Spring flowering. Gone were the bulbs from their previous stands and in their place preparations were being made for the Christmas display. As the month drew on so Christmas fare appeared on the shelves and I asked myself how can one celebrate Christmas Day with all the special sounds, sights and tastes created over centuries to mark an extraordinary message for the world, when they have already been consumed for weeks beforehand.

The Christmas story is one of God made man bringing tidings of hope and joy, forgiveness for past wrongs and peace to all who will listen. Isn't this a message which should be taken seriously and with thought before rushing into the celebrations?

The days from December 1st to the 25th are known as Advent by the Church and are considered a time of solemnity. Go into your local church and you will find the altar dressed in purple, the same colour as is used for Lent and by Christians given the same importance as Lent, that is, a time for penitence and prayer. The Advent Carol Service held this year in Holton St Mary church on December 1st at 5p.m. expresses this sentiment.

Advent is also a time of looking forward. The word means The Coming or The Arrival. Of course, preparations need to be made for such a great event, so the rehearsals for Christmas services, Nativity plays and carol singing and even the decorations are all the joyous part of Advent. There is a Carol Service in each of the four churches in the two weeks before Christmas. To honour the start of the true Christmas on Christmas Eve, there is a Christingle Service especially for the children at Raydon and Midnight Mass at Higham. So when you hear the age old carol The Twelve Days of Christmas while eating your umpteenth mince pie, remember that Christmas Day is the FIRST day of Christmas only then followed by eleven more days of feasting.

A Happy, Peaceful and Joyous Christmas to you all.

Jean Styles

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	Hugo Parker 01206 337234
Holton	Richard Noel 01206 298276 Paul Torrington 01473 312046
Raydon	Geoff Horrex 01473 310422 Simon Tennent 01473 310320
Stratford	Jonathan Dewey 01206 322148

Services in November and December

	10.00 a.m.	5.00pm
1 st Dec	SSM	Advent Carol Service Holton
8 th Dec	Higham	Raydon
15 th Dec	Raydon	4.30pm Carol Service SSM 6.30pm Carol Service Holton
22 nd Dec	Holton Nativity Family Hour SSM Parish Room	4.30pm Carol Service SSM 5.00pm Carol Service Raydon
Christmas Eve	4.00pm Christingle Crib service Raydon	11.30 pm Midnight Mass Higham led by Revd Simon White
Christmas Day	Family Communion for Christmas Morning SSM led by Revd Canon David Atkins	
29 th Dec	10.30 am Deanery Service at Stoke by Nayland	
5 th January	SSM	Holton

The Advent Carol Service will take place in Holton St Mary on 1st December. This service will be led by the Acting Rural Dean, The Reverend Mark Woodrow, with music by The Marenzio Singers. All welcome.

Midweek Communion: A short service of Holy Communion will be held in the Parish Room at Stratford St Mary at 10am on Wednesday 18^h December..

Morning Prayer: A service of Morning Prayer will take place on Thursday 19th December at Higham Church at 10–10.30am, followed by coffee. All are welcome or do just come for the coffee.

House Group: No House Group in December – resumes again on 23rd January.

Christingle Crib Service: 24th December 4.00 pm at Raydon Church, come and create Christingles, sing carols and listen to readings while waiting for the arrival of baby Jesus.

Elders

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

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



For your prayers:

For healing, for those who are ill or in need, in our parishes & beyond:

Higham: Nicholas Maxwell-Lawford

Holton: Ron Stedman

Raydon: Michael Mumford, May Peacock, Janie O'Brien, David King

SSM: Nancy Ablitt, Laura Kerry, Pat Ablitt & Family

Others: Tory Cook, Helen Gregory, Steve Kupfer, Phil Wyncoll and family.

We pray for our Benefice during the interregnum and for any candidates thinking of applying to be our new incumbent.