

**Stratford
St Mary**

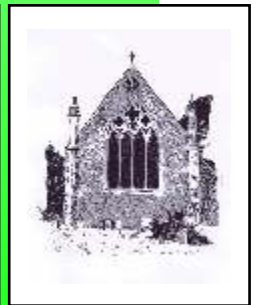
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



February 2017

Issue 342

Babysitting Services

Responsible teenager
available for babysitting in
Stratford St Mary area.

Contact 01206323604 for
more details

Free to a good home

We're pulling down our 6' by 10'
double glazed upvc
conservatory this spring - could
anybody make use of it?

Ring Anne on 07941 781489



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

Age 11 - 16
contact Beckie.w@live.com



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

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

Small Ads pin board

Welcome



Dear friends,

We had a great celebration of a new phase in the

life of St Mary's Higham on 15 January, welcoming our Bishop to bless the new south door and facilities. Churches have always been community spaces, so it will be good to be able to use the church more for concerts, mother and toddler groups and so on. Grateful thanks to all our donors who made this possible, to Andrew Potter who drove the whole project forward on behalf of the PCC, and to everyone in Higham who supported the project and gave so generously of both time and money. Please do go and have a look. Here

is a photo of the Bishop doing his blessing of the new door (surrounded by children and toys - wonderful!).

Speaking of children, I would like to remind you that on 5 February we shall have our first 'Sunday School' during the 10 a.m. service at SSM. It will be open to primary school age children, and I do hope it will be well used; come and enjoy the fun!

This month we start thinking about the period leading up to Easter, and you will find in the centrefold a notice of the Ash Wednesday services on 1 March that will be available around the Deanery for those who would like to attend and to receive the traditional cross made in the form of ash on their foreheads.

May God bless you as you move forward into this time of thinking about your life in the light of Jesus' sacrifice of himself for you on the cross.

Rosalind Paul
Rector



The Quartet Diary



February

- 1 Stour Valley Men's Probus Club
- 8 Stour Valley U3A Meeting
- 15 Stour Valley Men's Probus Club
- 16 Coffee Morning, Higham Church
- 21 Raydon Parish Council Meeting
- 23 R & DGC Meeting
- 24 HSM Social Club Whist night
- 26 HSM Annual Sunday Lunch
- 28 Raydon Fair Trade Big Brew

March

- 1 Stour Valley Men's Probus Club
- 8 Stour Valley U3A Meeting
- 13 SSM Parish Council Meeting
- 15 Stour Valley Men's Probus Club AGM
- 21 Raydon Parish Council Meeting
- 23 R & DGC Meeting
- 28 Raydon Fair Trade Coffee Morning

April

- 8 R & DGC Members Spring Show
HSM Social Club Quiz Night
- 18 Raydon Parish Council Meeting
- 21 Good Friday Walk
- 22 Constable Singers Concert
- 24 SSM Annual Parish Meeting
- 25 Raydon Fair Trade Coffee Morning
- 27 R & DGC Meeting

May

- 8 SSM Parish Council Meeting
- 16 Raydon Parish Council Meeting
- 25 R & DGC Evening Woodland Garden Visit

June

- 20 Raydon Parish Council Meeting
- 25 R & DGC Annual Coach Outing

July

- 10 SSM Parish Council Meeting
- 18 Raydon Parish Council Meeting

Editors Corner

February is a short month isn't it, only 28 days - I think we all just want to get to March and hope the weather improves!

Well. The Quartet is slightly longer/bigger than last month with a few more articles and events being advertised. Find out about some Coffee mornings coming up in February in Higham (page 7) and Raydon (page 9) and a whole Sunday Lunch in Holton (page 13).

We've had a lot of communication from NHS this month asking us to help spread the word about keeping healthy, so you will see a few articles in the back of the editorial section alluding to this.

We have a lovely voucher on the Higham page this month with a special offer for those with a dog, Michael is offering to walk your Dog! We wish Michael well with his new venture.

Keep warm everyone, and don't worry, February is quite short, it will soon be March!

Happy reading

Anne and Jane,

Articles for the Quartet are included if we have room, and if, in the opinion of the editors, they are of general interest to our readers. Please remember all articles will be subject to editing. We prefer you to contact us via email where possible.



Copy deadline for next edition:
19th February 2017

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Stratford St Mary

A note for Everyone

Just a reminder for house names/numbers to be visible. If an emergency vehicle needs to find your house at night, will it find it easily?

Lots of names/numbers are hidden behind bushes - it would only take a few minutes to clear it but those few minutes might make a huge difference if the emergency vehicle finds your house first time.



SSM Rambling Club

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

Dave George 01206 322297

STRATFORD St. MARY PARISH ROOM

letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring Don Umfreville at Christmas Cottage,

Upper Street.

Tel : 322 626.

Stratford 100 Club Winners

Happy New Year

January

59	J.Cavendish	£ 40.00
5	L.Paiolo	£ 10.00
34	J.Elby	£ 5.00

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

PARISH COUNCIL MEETINGS

AT THE INSTITUTE

13th March

24th April Annual Parish Meeting

8th May

10th July

11th September

13th November

7.30pm till 10.30pm

Transport to medical appointments.

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

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

Please give us as much notice as you can.

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

SSM

Open Gardens 2017

Be Prepared

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

More the merrier so drop a line to Julie on:

Julie@jj-associates.co.uk



The Institute hall

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

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

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

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

Sunday Services:

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

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

6.30 p.m. Prayer and Praise

Mid-Week Groups:

Tuesday 7.30 am - 9.30 am - Men's

Recreational Evening (2nd Tues every month)

Wednesday 7.30 pm – 9.30 pm - Bible

Discussion and Fellowship Evening

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

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

For further information:

Telephone: Phil (01473) 310728

Email : philipwyncoll@btinternet.com

<http://www.stratfordstmarychapel.com>



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.

COMMUNITY SPEEDWATCH SCHEME

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

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

Please contact

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

Higham

Coffee Morning



St Mary's Church

Higham

10.30am

Thursday 16th February, 2017

Tea, coffee, cakes & biscuits

All welcome

Run for MS-UK

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



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

mark@ms-uk.org or 01206 226500.



Voucher

GREETING AND FIRST WALK FREE

WOOFY WALKS

In Higham and its surrounding areas

Please call Michael Oliver 07939 0444 27

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

Raydon



Fair Trade Coffee Morning

Following our very "Festive" event in December we began again on January 3rd 2017. It was a very

cold start for the new year but it was great that so many of you came along. I was able to let everyone have a copy of the report from our "Festive" event which somehow is still floating around in space and never got to the Quartet!

The main topic of conversation was how and where we had all celebrated Christmas, we all seemed to have had some lovely social gatherings with friends and families, as well as being spoiled in one way or another with gifts.

Our next gathering is on January 31st, but the most important Fair Trade event is on February 28th. This is our annual "Big Brew" when we have lots of fair trade goods to buy, also a cake stall and any other "Bring and buy" goods you could donate. If anyone would like to help then that would be most appreciated, so lets make a very big effort to raise lots of money to: "Change a family's future"

As ever a very big thank you for your support and look forward to seeing you on January 31st and February 28th.

Wendy Mumford 312123

Raydon Century Club Draws:

JANUARY

£25	11	Mr T Cooper
£15	96	Mr & Mrs Girling
£10	92	Mr R Grant
£5	63	Archie Cook
£5	113	Laura Smith
£5	131	Mr & Mrs King
£5	24	Y Hajaig

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

Tuesday 21 February
Tuesday 21 March
Tuesday 18 April
Tuesday 16 May
Tuesday 20 June
Tuesday 18 July
Tuesday 19 September
Tuesday 17 October
Tuesday 21 November
Tuesday 19 December

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

Jane Cryer

Clerk to the Council

**Sunnyside Cottage, Overbury Hall Road,
Layham IP7 5NA**

07920 713940 / raydonpc@gmail.com

From Raydon St Mary's Church.



Somebody has been in Raydon Church and either stolen or thrown away part of one of the figures from our Nativity Crib which has been standing in the Chancel over Christmas. The figures were hand made and cannot be easily replaced.

The item concerned is one of the Three Wise Men who just happens to be a black person. The head has been taken between Monday 16th and Thursday 19th January..

If this is just a childish prank perhaps the person concerned would be kind enough to return the item by placing it on table nr Vestry door. We can then repair the figure. We sincerely hope it's not because of the colour.

Probably not related

Other items have been taken from our Church Stall this same week after it has been closed for the day (after dark) which seems to be an increasing problem. If anybody happens to see such activity ie Car with headlights on parked by stall at night try and get number plate so we can inform police.

Geoff Horrex / Simon Tennent
(Church Wardens).

SPEEDING – HELP TO MAKE RAYDON SAFER



communityspeedwatch

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

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

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

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

You can find out more about Community Speedwatch by visiting:

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

Jane Cryer

Clerk to Raydon Parish Council

01473 824287 / 07920 713940

raydonpc@gmail.com

Raydon and District Gardening Club

In this part of the country we have been very lucky with our winter weather so far with only a light covering of snow on 12th January followed by light snow again on 13th. Then we are of course having a few frosty days and nights. This colder weather always comes it seems with the nights "pulling" (light enough now to see your garden at five o'clock) that's better, and we have also enjoyed some lovely sunrises (if you're up early) and the sunsets have been just stunning.

Hope you have all had a look around the gardens as the Snowdrops are coming out + the early Hellebore and I heard the other day the earliest Daffodils are showing colour (they are bred to flower in January).

By the time you read this the Rooks will be starting to build nests, and several garden birds are already paired up, including the Blue & Great tits who are deciding which nest box to use as the breeding season is getting closer. Now is the time to get the lawn mower out, cleaned & serviced ready, as it's only about 4-or 5 weeks away from grass cutting once again. Here's hoping the Spring will arrive on time and be slightly warmer than last year so everything has a good start. I always get very enthusiastic this time of year but remember what my Grandfather said, boy you marn't (Suffolk for must not) get too ahead of the season, but Dad always said you have to take advantage of a good weather window especially when working on clay soils.

So to club business and the first meeting for 2017 will be on Thursday 23rd of February and the guest speaker will be Mr Ian Tinton

on "Quality Garden Products" and how to achieve better garden produce & flowers at the same time as helping the environment. I actually met Ian last year at an autumn plant fair and found the subject fascinating, so asked him to come along for what I hope will be an interesting evening.

This will be followed in March by Jan Michalak, about the National Plant collection of New Zealand. Then Spring Show 8th April. I will have details of venue and costs hopefully for our annual coach outing on Sunday 25th June.

Looking forward to meeting you all on 23rd February

Geoff Horrex (01473 310422)



www.raydon-gc.org.uk

Just a quick note to say a big thank you to everyone who has joined in with knitting squares for baby blankets for Haiti. There is a news letter on the way from Haiti with news of where our last blankets were used which hopefully I'll be able to share with you soon. Our latest batch was collected from Orpington this week and will be despatched to Haiti in mid January.

I have another suitcase full here and great news, we've had a volunteer from SSM who has offered to sew the squares into blankets. So.....No chance of being bored during the winter months then, just keep knitting for Haiti babies!!

Many thanks from Wendy Mumford 01473

Big Brew

Please come to our Fair Trade BIG BREW

And help change a family's future.

In
Raydon Church
on

February 28th 2017

From 10.15 until 12 noon

Large range of
"Fair Trade" goods to buy

Also cake stall
and bring and buy stall

Jams, pickles, plants, etc.

All donations and help much
appreciated

Contact Wendy Mumford
01473 312123

RAYDON PARISH COUNCIL

Your Parish Councillors are:

Nev Davenport	-	01473 311548
Kathy Herbig	-	01473 310024
Sue Newton (Chair)		07808 818847
Amanda Pyall	-	01473 310050
Jayne Tann	-	01473 828283

Parish Clerk:

Jane Cryer	-	07920 713940
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At a recent meeting, our Suffolk County Councillor mentioned that, since December 2014, all our black bin waste goes to the Energy-from-Waste facility at Great Blakenham and is used to power 30,000 homes in Suffolk. Suffolk now recycles 53% of all rubbish produced. We wondered whether residents would be interested in glass recycling facilities here in Raydon?

Your Parish Council would welcome your ideas and opinions on this or anything else that affects Raydon - please feel free to contact any of us, or email the Parish Clerk at raydonpc@gmail.com.

The next meeting of the Parish Council is on Tuesday 21 February, at 7.30pm in the KGF Pavilion all parishioners are welcome to attend as observers.

Raydon Club is open to residents of this parish and will in future be held on Wednesday evenings each week from 8.30 till 11 pm.
Licenced bar, pool, darts etc.
Look forward to seeing you!

Holton St Mary

Holton St Mary Millennium Green Trust

Century Club winners for the last 3 months of 2016 are

October 2016 -

£ 25 No 80 Mick Coulthard, £15 No 45 Dori Clark, £10 No 67 Ann & Chris Shirley, £5 No 34 Keith & Karen Jeffreys and £5 No 60 Rosina Mann

November 2016 - £25 No 102 Anne & Ron Joyes, £15 No 101 Claire Rowan, £10 No 21 Judith Morgan, £5 No 88 Vera Pender and £5 No 87 Nick Joplin

December 2016 - £25 No 67 Ann & Chris Shirley, £15 No 34 Keith & Karen Jeffreys, £10 No 26 Bob Holmes, £5 No 88 Vera Pender and £5 No 94 Chris Haste

Subscriptions for 2017 are now due, £12 for the year and if you have not yet been contacted and would like to take part please let me know on 01473 311615. The next draw will take place towards the end of March covering January, February and March.

Marjorie Haste, Secretary

Holton St Mary Social Club

WHIST - last Friday of the month.
next date: 24th Feb

Quiz Night- Saturday 8th April

First Friday of the Month Lunch Club



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

A Light Lunch will be served between 12.30 - 2.00 pm at a cost of £2.50 per head.

The lunches are a collaboration between some of the organised groups in the village, and are non-profit making!

Any surplus funds will be reinvested.

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

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



The ever popular
**Holton St Mary Annual
Sunday Lunch**

run by the Church Fundraising
Group, and supported by the HSM
Social Club will take place on

Sunday 26th February 2017

In the Village Hall

Price £15 adults £10 children

If you would be willing to help,
please contact Sally Thurlow 01473
312080 or salthurlow@gmail.com

There will be several serving times
to stagger the serving queue

If you email or leave a message,
please say if you prefer an early or
later serving (we will try to
accommodate this), how many in
your party (and any children) and
any special requirements
(especially vegetarians and non-
pork/beef eaters please)

This popular event is always fully
subscribed so book early to avoid
disappointment.

To book your place, please contact
Frances Torrington 01473 312046
or familytorrington@btinternet.com

Thanksgiving Service for the life of
Ronald Beau Jackaman, 11am 10th
February, St. Mary's Church, Stoke
by Nayland. All welcome to join the
family afterwards at Assington
Village Hall, The Street, Assington,
CO10 5LW. If desired, donations in
memory of Ron can be made on the
day, or sent direct to: SESAW,
"Idano", Stoke Road, Leavenheath,
CO6 4PP

Holton St Mary Village Hall

can be hired at very reasonable
rates!

Available during the day and most
evenings (not Friday) from £17.00
Saturdays from £35.00

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

SESAW NEWS

Brrrr! Was I glad to get home after a brisk walk with Debbie in the freezing fog! My little paws were too cold to type until I thawed out so I could tell you a story with a happy ending.

After many years, Gertie the Staffie finally has a home and sofa of her very own where she enjoyed her Christmas dinner. She came to SESAW from the Dog Pound where she was under the threat of the needle nearly a decade ago. So never give up hope for a rescue animal, there is usually someone out there prepared to give them a chance. We hope the same will be true for an abandoned family of cats and kittens that was living rough until rescued by one of our good hearted Volunteers.

I'm looking forward to our Easter Fair at Whatfield Village Hall on 1st April and our Spring Fair at Long Melford on 23rd April. If you have anything to sell, tables are still available, call 01206 263269 to book your space.

Despite the cold weather, SESAW is open to visitors 10-1pm, Thurs-Sun.

Spring may be round the corner, but right now, a cosy bed by the Rayburn is the best place for most dogs 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

Keeping healthy during the cold weather



The Met Office has issued a Level 3 cold weather alert across the East of England, meaning there is a 90% probability of severe cold weather between now and Friday this week.

GPs at the NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning groups are encouraging people to be aware of the dangers of cold weather and to be prepared.

Dr Mark Shenton, a GP in Stowmarket and chairman of NHS Ipswich and East Suffolk CCG said: "It is important to stay aware of the fact that cold weather can cause serious illness such as stroke, heart attack and pneumonia, especially if you have a long-term health condition or are aged over 65."

Dr Christopher Browning, a GP in Long Melford and chairman of NHS West Suffolk CCG said: "Take some simple precautions to keep healthy in the cold weather, and don't forget to look out for others too."

Get a flu vaccination - it's not too late. Everyone aged 65 and over, people with certain long-term medical conditions, young children and pregnant women are entitled to a free flu vaccination. Flu can cause deterioration in a long-term health condition and result in an admission to hospital. Flu can cause middle ear and sinus infections

in young children and could damage the health of an unborn baby. If you haven't yet had a flu vaccination contact your GP practice to make an appointment

Be prepared - making sure you stock up on some essentials that can help you and your family cope with common conditions such as colds, coughs, stomach upsets, flu and earache, will mean that you are better prepared. Your medicine cabinet should include:

Paracetamol
Anti-diarrhoeal medicine
Rehydration mixture
Indigestion remedy
Plasters

Ask your pharmacist for advice on what you should keep at home.

Wash your hands –by washing your hands regularly you could prevent catching or spreading a cold or norovirus, the winter vomiting bug. Make sure your children get into the habit of regular hand washing and always wash your hands before cooking and eating.

Look out for others – remember to keep an eye out for elderly relatives, neighbours and friends. Spare a few moments if you can to pop round for a chat

Keep your home warm – your main living room should be between around 18-21C (65-70F). You could also use a hot water bottle or an electric blanket (but not both at the same time) to keep you warm while you're in bed

Keep active and eat well - move around at least once every hour and don't sit down for long periods of time. Try to have hot meals and warm drinks regularly throughout the day. Food is a vital source of energy and will help to keep your body warm

Wrap up well - wrap up well when you go out in the cold. Wear lots of thin layers - clothes made from cotton, wool and fleecy fibres are particularly good and help to maintain body heat

Know what to do should you need help – NHS 111 is a free 24/7 urgent medical telephone advice line. Trained advisors will be able to give you advice on a health condition affecting you or your family

Suffolk's Warm Homes Healthy People service operate a local rate helpline number 03456 037 686. Offering free home energy surveys, emergency winter fuel payments, temporary loan of heaters and dehumidifiers and general advice. Eligibility criteria apply. Call the helpline for more information

Your local pharmacy - don't forget your local pharmacist is a great source of help and advice and can advise on the best over the counter medicine for your condition. Many pharmacies are open long hours and you don't need an appointment to speak to the pharmacist. If you are feeling unwell, pop in for help and advice before making a GP appointment.



Message from our NHS partners

Our doctors, nurses and paramedics are under a lot of pressure today, and they are asking for your help.

Most of the people we are seeing at the hospital's Emergency Departments and at the GP surgeries need a lot of time to make sure they are treated well. This is not unusual – people who are already quite ill get a lot sicker during the colder winter months.

You can help by using pharmacies and, if that is not enough, by ringing 111.

- Pharmacies are open for good long hours including evenings and weekends and can help with lots of conditions, like if you have a cold, a sprain or strain, if you have small cuts and bruises, have indigestion, heartburn or diarrhoea. You don't need an appointment to speak with the pharmacist.
- If you are not sure what to do, call 111 for free. It is a 24/7 service.
- The Wellbeing Suffolk service offers support if you feel stressed or depressed. Call them on 0300 123 1781 to find out how they could help. If you feel in crisis, are in despair or suicidal call the Samaritans on 116 123.

Constable singers meet every Thursday at Lambe School apart from 2nd Thursday when we meet at Congregational Church Cemetery Lane E.B. at 7pm. We sing music from the musicals and pop songs. Words provided no audition. Further details from Mel 01206298628 or Yvonne 01206298428

Dear Dedham Vale and Stour Valley Parishes

You may be aware that the 26 strong organisation known as the Dedham Vale Area of Outstanding Natural Beauty (AONB) and Stour Valley Partnership, has an aspiration to undertake a boundary review of the nationally designated landscape.

We are seeking to understand if this is a view shared by residents and other interests in the area and have compiled a short (3 questions) survey to understand if others support this aspiration. This survey is open to 28 Feb 2017 and if you have the opportunity to promote the link to the survey I would really appreciate it.

The link to the survey (and a little background information) is:

<http://www.dedhamvalestourvalley.org/planning-and-projects/aonb-boundary-review/>

Many thanks

Simon

Simon Amstutz

AONB Manager

Dedham Vale AONB and Stour Valley Project

t: 01394 445225 m: 07971 909649 dd
01394 445222 w:

dedhamvalestourvalley.org

CONSTABLE SINGERS CONCERT

on Sat 22nd April

AT
Congregational Church
East Bergholt
7p.m.

Further details from
Posters/magazines nearer the time of
concert.

EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt,
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

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

Coffee Mornings - Each Thursday 9.30
to 11.30 am

Church Secretary – John Jeffreys

Tel 01206 298737

Email j.jeffreys.eb@btinternet.com

Dedham Community Farm urgently seeks volunteers

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

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



SUFFOLK BEREAVEMENT SUPPORT(SBS)

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through the commitment of Councillor
Gordon Jones

Suffolk Community Action Registration
No. CAS2398/16

Waste & Recycling Collection Schedule 2017

February 2017						
Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

 Recycling collected this week

 Rubbish collected this week

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Stour Valley U3A

On Wednesday 11th January Dr Geoffrey Kay, former lecturer at Norwich School of Art & Anglia Ruskin University, spoke on 'Drugs, Sex & Death' – the Pre-Raphaelite Brotherhood. In mid-19th century a group of young artists began to sign their work with the initials PRB; for a short time gallery visitors baffled. He informed us what that united these artists and how and why they were determined to alter the course of British art for the next 50 years.

On Wednesday 8th February Prof John Midwinter FRAE, FRS., formerly at BT & UCL will speak on "The Truth About Climate Change". His lecture will explore evidence that we are changing the climate of our planet, probably irreversibly, and this will be linked to a discussion of what this probably portends and why we should be very concerned.

On Wednesday 8th March Mark Mitchels will speak on "The Sutton Hoo Ship Burial". This will be an illustrated lecture that attempts to re-create the moment. It will tell the story of the excavation and when a remarkable people sent their leader on his final voyage. This was one of the greatest treasure ever found on English soil, and a Royal tomb.

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

We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 230 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Val Pretty may be contacted.

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C l u b**

Our only January meeting was on Wednesday 18 January when Tom Tyler talked about "When Motoring Was Fun". This sentimental journey reminded us all of many happy memories.

On Wednesday 1 February Peter Gant will talk on "100 years of Postcards" and on 15 February Dudley Chignell will present "The Four Seasons in East Anglia". On Wednesday 1 March Joyce Kimber speaks on "Ciphers & Enigma" and the Annual General Meeting will be held on Wednesday 15 March.

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB. Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.

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June, 12 July, 9 August, 6 September

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

Route 14

The bus stops every 4 weeks on Tuesdays,
28 February, 28 March, 25 April, 23 May,
20 June, 18 July, 15 August, 12 September

Holton St Mary

Church Square - 10.00 - 10.15am

Raydon

St Mary's Raydon - 10.20am - 11.05am

Lower Raydon

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Higham

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Companion

/kəm'panjən/

noun

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2. talking to my new friend Mary

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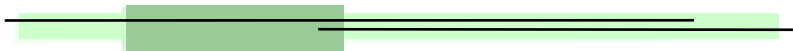
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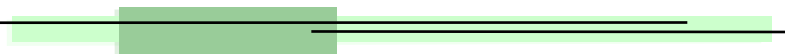


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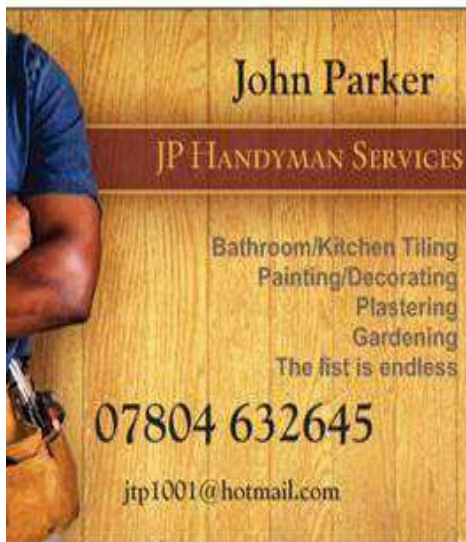
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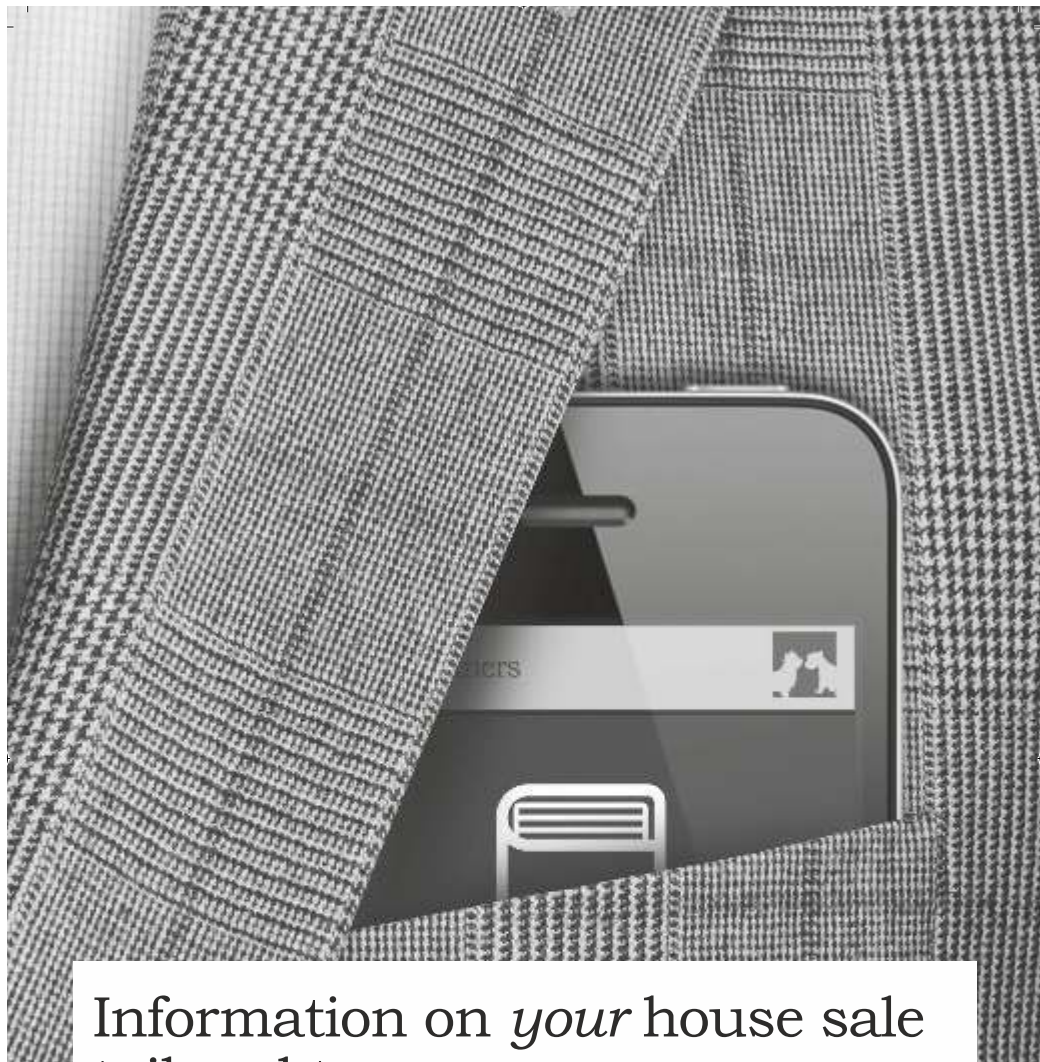
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BENEFICE CONTACTS, SERVICES AND EVENTS



Contact details

Rector: Revd Rosalind Paul: The Rectory, Raydon, IP7 5LH. Tel.: 01473 310677.

Email: rosalind.paul@yahoo.co.uk Benefice website: www.4marys.org.uk

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

Churchwardens

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

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

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

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

Morning Prayer

Morning Prayer will be said at the following times this month:

1 February 9.30 a.m. SSM

6 February 9.30 a.m. Raydon

Please do feel free to use our churches to say your own prayers even when I can't join you.

Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **15 February**.

Services in February and March

		10.00 a.m.	NB. 5pm
5th		SSM	Holton
12th		Higham (Matins + HC)	Raydon
19th		Holton	SSM
26 th		Raydon + SSM Parish Room	Higham
5 th March		SSM	Holton
12 th March		Higham	Raydon
19 th March		Holton	SSM
26 th March		All to SSM Parish Room for Mothering Sunday	Higham

Services across the Deanery for Ash Wednesday (1 March)

8.30am	St. Mary's, Hadleigh	BCP Eucharist
9.30am	Whatfield	Holy Communion with Ashing
10 a.m.	St James' Nayland	Holy Communion with Ashing
6.30pm	St. Mary's, Aldham	Compline
7.30pm	St. Mary's, Hadleigh	Eucharist with Ashing



New Testament Readings and Collects for weekdays in February

5 February: *4th before Lent.* Lord of the hosts of heaven, our salvation and our strength, without you we are lost. Guard us from all that harms or hurts and raise us when we fall, through Christ our Lord. Amen.

6th John 15.1-11. The Martyrs of Japan, 1597

7th John 15.12-17

8th John 15.18-end

9th John 16.1-15

10th John 16.16-22

11th John 16.23-end

12 February: *3rd before Lent.* Eternal God, whose Son went among the crowds and brought healing with his touch, help us to show his love in your Church as we gather together and by our lives as they are transformed into the image of Christ our Lord. Amen.

13th John 17.1-5

14th John 17.6-19. Cyril & Methodius, Missionaries to the Slavs, 869 & 885

15th John 17.20-end. Sigfrid, Bishop, Apostle of Sweden, 1045

16th John 18.1-11

17th John 18.12-27. Janani Luwum, Archbishop of Uganda, Martyr, 1977

18th John 18.28-end

19 February: *2nd before Lent.* Almighty God, give us reverence for all creation and respect for every person, that we may mirror your likeness in Jesus Christ our Lord. Amen.

20th John 19.1-16

21st John 19.17-30

22nd John 19.31-end

23rd John 20.1-10. Polycarp, Bishop of Smyrna, Martyr, c. 155

24th John 20.11-18

25th John 20.19-end

26 February: *Sunday next before Lent.* Holy God, you know the disorder of our sinful lives; set straight our crooked hearts, and bend our wills to love your goodness and your glory in Jesus Christ our Lord. Amen.

27th John 3.1-21. George Herbert, Priest, Poet, 1633

28th John 3.22-end

1st 1 Timothy 6.6-19. **ASH WEDNESDAY**

2nd John 4.1-26. Chad, Bishop of Lichfield, Missionary, 672

3rd John 4.27-42

4th John 4.43-end



For your diaries

1 February 7-9.15 p.m. Hadleigh Growing in God Pitstop for the whole Deanery



For your prayers

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

Holton: Ron Golding, Gerard Noel

Raydon: Cliff Cooper

SSM: Laura Kerry, Reg Price, Trina

Outside the Benefice: Tory Cook, David Craig, Ina Day, Helen Gregory, Chris Naya, Cécile O'Dell