

**Stratford
St Mary**

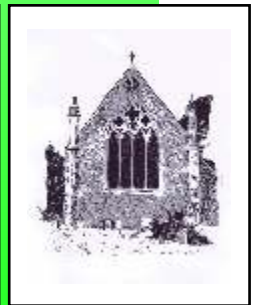
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



February 2019

Issue 366



**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.

Congratulations!

Chloe has been selected to play for England in the Under 15s badminton 8 Nations Cup in the Netherlands in February.

The Charity Stall in SSM has a bathroom cabinet for sale. Good condition
£5

Phone 01206 322626

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



February

- 2 Green Gym Group HSM
- 12 Raydon Parish Council Meeting
- 13 SSM Lunch Club, Parish Room
- 19 Coffee Morning, Higham Church
- 20 Communion, SSM Parish Room
- 22 HSM Whist
- 26 Raydon Fair Trade Coffee Morning
- 27 SSM Coffee Morning, Parish Room
- 28 R&GDC Meeting

March

- 12 Raydon Parish Council Meeting
- 13 SSM Lunch Club, Parish Room
- 16 Big Quiz, Raydon
- 20 Communion, SSM Parish Room
- 26 Raydon Fair Trade Coffee Morning

27 SSM Coffee Morning, Parish Room

28 R & DGC Meeting

29 HSM Whist

April

- 5 HSM Social Club AGM
- 6 R & DGC Spring Show
- 9 Raydon Parish Council Meeting
- 10 SSM Lunch Club, Parish Room
- 13 HSM Quiz Night
- 17 Communion, SSM Parish Room
- 23 Raydon Fair Trade Coffee Morning

24 SSM Coffee Morning, Parish Room

25 R & DGC meeting

26 HSM Whist

May

- 8 SSM Lunch Club, Parish Room
- 14 Raydon Parish Council Meeting
- 15 Communion, SSM Parish Room

Editors Corner

It's funny to be writing this introduction to the February Quartet so soon - it seems like 2019 has only just started rolling and here we are thinking about the second month in the year already. A few new events are popping up in the parishes, but to me it all seems a little quiet while we wait for the better weather to appear. Hopefully we won't have to wait too long.

Around this time of year the Quartet team get together for our Annual General Meeting. We discuss how things have been going throughout the year, if advertising revenue is still covering our costs and if we have any new ideas for the coming year. We do try and implement new ideas to keep the magazine fresh from time to time, and love to have input from all sources to help us keep in touch with what people want.

This year our meeting is in a couple of weeks at the end of January and we hope to be able to let you know more about it in the next issue. If you do have any comments to make, be it a gripe or a thank you or a suggestion, you are always welcome to email the team at quarteteditor@hotmail.co.uk. Every comment helps to keep us in touch with you, the reader and is of course our main objective!

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 2019

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

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



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.



IGNITION Youth Club
Stratford Chapel
Every Friday night

7.30 to 9.30

Age 11 - 16

contact Beckie.w@live.com

07842 207598

INSTITUTE HALL BOOKING CLERK CHANGE

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

We are desperately seeking a Treasurer to deal with the Stratford St Mary Church Accounts of which are in order and on the computer.

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



We would like to say a big 'Thank you' to all the people who collected the Books for School vouchers for us. We collected 1786 tokens, which means we will receive £100 worth of books. We look forward to receiving them and enjoy reading them.

Thank you

From all the children and staff from
Stratford St Mary Primary School

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

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

Sunday Services:

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

Mid-week Groups:

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

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

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

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

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

100 Club winners

| | | |
|------------|--------------------|----------------|
| 49 | G. King | £ 40.00 |
| 104 | S. Gotetlee | £ 10.00 |
| 11 | W .Davies | £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

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

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!

COMMUNITY FIRST RESPONDERS.

CFR's are trained volunteers who are dispatched by the ambulance service to life threatening emergencies in local communities. The volunteers normally work within a radius of 8 minutes drive from their location but depending on circumstances this could be further afield. They can normally get to a casualty before an ambulance can get there, assess the patient and start possible life saving treatment immediately. If the situation changes the CFR can update Ambulance Control to give them an updated assessment of the patient.

The Local area is covered by a CFR bag located in Langham (the bag was supplied by Stratford St Mary Parish Council) and also other bags in Dedham, East Bergholt, Capel St Mary and Manningtree. The bag is presently used by only one volunteer in Langham.

A volunteer can be on call whenever they want, if you are logged off duty, you do not get called.

At the moment the Stratford St Mary bag is not utilised as much as it could be and I would like to improve this. Ideally I would like some volunteers in the Langham, Stratford St Mary, Boxted and Dedham areas to complete the training and then join me in covering our area. The more hours we have the bag active the better cover we have for ourselves.

If you are interested in finding out more about becoming a CFR please contact me (Peter Dawson) on 07775 667753 and I can let you know more about it.



Transport to Medical Appointments.

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

Please give us as much notice as you can.

Graham/Diana Pearce 01206 321297
Jenny Symons 01206 322636

Stratford St Mary Parish Council - Neighbourhood planning update

At the meeting of the Stratford St Mary Parish Council held Monday 12th November, noting the opinions on this topic expressed by parish residents, it was agreed that the parish should defer any decision as to whether or not to proceed with the development of a **neighbourhood development plan** until the content of the Babergh and Mid-Suffolk District Council Joint Local Plan is known.

The most recent information with regard to the 'Babergh and Mid Suffolk Local Development Scheme' can be accessed at: <https://www.midsuffolk.gov.uk/planning/planning-policy/new-joint-local-plan/>

However, as Quartet readers may well have read in the local press recently, the publication of a draft local plan and supporting evidence base, followed by a period of at least six weeks consultation due to take place in spring 2019, has now been deferred for at least four months. This situation leaves towns and parishes that do not have neighbourhood development plans in place with increasing vulnerability to opportunistic, windfall development.

The topic of neighbourhood planning will therefore be included for further discussion at the annual parish meeting scheduled for 8th April 2019, with consideration being given to whether or not Stratford St Mary should continue to defer any decision with regard to development of a neighbourhood development plan. Review of the outcome will then be included 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

any emerging information will be made available on the neighbourhood planning page of the Parish Council website, <http://stratfordstmary.onesuffolk.net/neighbourhood-plan/>

In addition, information on neighbourhood planning can be obtained from: <https://neighbourhoodplanning.org/>

<https://www.babergh.gov.uk/planning/neighbourhood-planning/>

Burglaries in Stratford St Mary

On Wednesday 9th January there were 2 properties in the village which had burglaries during the day, one in Upper St and the other in Lower St.

If anyone saw anything unusual or anyone behaving suspiciously which might have a bearing on these incidents, please telephone the police on 101.

Without wishing to cause alarm these unpleasant incidents act as a reminder to us all to maintain vigilance at all times and to ensure our home security is as high as it can be, even to the extent of having a burglar alarm installed if your home doesn't have one already.

If I can be of assistance in any way, please let me know.

Bill Davies, Neighbourhood Watch Co-Ordinator

3 Spanbies Road...Tel 322990



'We very much appreciated the company of everyone at Charlie's Funeral Services and Hall Farm on 10th January.

It was a very special tribute to Charlie who would have been quietly proud of the warmth that surrounded him'.

Many thanks,

Pat, Pete, Deb & Sarah



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.

Spanish Club

I'm currently learning Spanish and so am looking for people who would enjoy getting together say once a month for an evening of Spanish conversation and culture. Please call or email if you are interested.

Julie
07989639583
julie@jj-associates.co.uk

Need to email Stratford St Mary Parish Council?

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

Latest CCG newsletters are published

The latest newsletters from NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning groups have been published online.

Highlights include:

- Meeting in public of the CCGs' governing bodies next week
- Give your views on services for young people with special educational needs and disabilities
- Book your place at the SPCN Children and Young People's Emotional Wellbeing Conference
- The CCGs have signed up to the Time to Change employer pledge - committing to encourage staff to talk about mental health and promote good mental wellbeing

Go to the Ipswich and East Suffolk CCG website for details



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/](https://www.facebook.com/groups/2167927646605092/)

Coffee Morning

Higham Church



Tuesday 19th February 2019

10am - 12noon

Tea, coffee, cakes & biscuits

all welcome



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.

Raydon



Fair Trade Coffee Morning

A Happy New Year to everyone and I hope we have another good year for our Fair Trade coffee mornings.

We start off with a “first”, yes, the first time that I write some notes about a coffee morning that we haven’t had yet!

January 29th is the first of our Fair Trade coffee mornings for 2019 and the usual visit from the library van. Hopefully we’ll see lots of our regulars here to catch up with each other after Christmas and the New Year.

Just a reminder about our “Big Quiz” which takes place on March 16th in the village hall, it’s a fun evening so gather a group of friends together and join us. It’s only £4 each!

Looking forward to seeing everyone again and enjoying the great coffee and who knows maybe some “Frinton” goodies!

Wendy Mumford
01473 312123



Parishioners have told us that, once again, there have been instances of litter and dog mess on the playing field. The Parish Council can do very little about this, except remind everyone that it is not acceptable! There are litter and dog bins in the village, which are there to be used.

RAYDON PARISH COUNCIL SCHEDULE OF MEETINGS 2019 All at 7.30pm in the KGF Pavilion

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

NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please visit www.raydonpc.org, or contact Jane Cryer, Parish Clerk:

**Jane Cryer
Clerk to the Council
Sunnyside Cottage, Overbury Hall
Road, Layham IP7 5NA**

**07920 713940 / email
raydonpc@gmail.com**



The Big Quiz

Presented by
Michael Mumford of Semer fame

**IN
Raydon Village Hall**

**On
Sat. 16th March 7.30pm**

£4.00 per person - maximum six
contestants per table.

Don't miss the fun
Book your table on 01473 312123
Nibbles and soft drinks provided

In aid of Raydon Church fabric funds

RAYDON CENTURY CLUB WINNERS - Jan 2019

£25 33 Alex Banyard

£15 139 Rosemary Coe

£10 17 Mr & Mrs Aldous

£5 85 Mrs B. Cooper

£5 93 Lee Polding

£5 12 Mrs B. Cooper

£5 67 Miss M Hammond



Suffolk on Board

**It is now possible to request a
connecting communities Journey
online.**

To help make the booking process
more accessible, you can request up
to seven advance return journeys via
our new online request form.

Journeys are charged at an
equivalent bus fare rate and
Endeavour cards are also accepted
offering at least 25% discount

Request a journey at

www.suffolkonboard.com/cc

*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

Raydon and District Gardening Club

January so far has been kind so on the 15th as I write these notes we are halfway through the month. In case you haven't noticed the nights are pulling out and already we have gained about a half hour of extra daylight. It's been nice and mild (for winter) but long range weather forecasts suggests a colder second half of the month with night frosts. Are we following last year's pattern with the worst weather to come towards February and March ?? Remember the snow mid March last year. Before that comes, hope you enjoyed the snowdrops, aconites, hellebores and the very early bred daffodils which have appeared this last week so should be in full bloom by the time you read this. We will soon be able to hear more wild bird song as the birds sort out their breeding territory before nesting starts, some as early as February. Blue tits for example are looking in nest boxes and rooks will soon start building nests high up in trees. Only a few weeks before grass cutting begins once again.

Now February is a month of hope and enthusiasm certainly for Daphne & me as we look forward to the Spring which should only be just around the corner and the dark dreary days of winter fade.

Our first meeting starts in the village hall at 7.30pm on 28th Feb with our guest speaker Fay Jones. Unusual subject called "The Woodland Haberdasher looks at Nettles" and a first for this club. Hopefully the weather will be kind allowing a good turnout of members and guests to start off this 39th year of your Garden Club with refreshments and raffle to finish as usual at all meetings.

March 28th subject is Pelargoniums Explained followed very quickly by Sat 6th April Spring Show Day.

This show is open to anybody provided they live in the restricted villages (see show schedules).

Reminder to members who have yet to renew membership please come along to the Feb meeting to enjoy the evening and pay due subs of £12.50 (no increase on last year). Non member guests on night £2.50 pp payable at door.

Hopefully on the night I can tell you information regarding our summer coach outing venue and date (normally mid June) so you can provisionally book seats.

Your committee looks forward to your support at all meetings and shows etc as we enjoy another great year in the life of Your Raydon & District Garden Club now in our 39th year.

Geoff Horrex, 01473 310422.



Raydon Parish Council

Your Parish Councillors are:

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

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

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



SESAW Spring Fair,

11-2pm 23rd March

at Whatfield Village Hall, Rectory
Road, IP7 6QU

Tables still available at SESA
Easter Fair, 10-3pm 14th April at The
Old School, Long Melford, CO10
9DX. Phone/text 07881 785535 to
book



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!

Ideal for your special event

The Raydon 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

The First Friday of the Month Lunch Club



‘Green Gym Group’

Thank you to those of you who helped with the inaugural ‘Green Gym Group’ session in December; this was much-appreciated.

The next session will be on Saturday, 2nd February 2019.

The session will start at 10.30 and finish between 12.00 and 12.30

The Group will meet in Church Square. It would be very helpful if you could bring your own gardening gloves and, if you have them, one or more of the following: leaf-rake; stiff brush; shears; secateurs; hoe or paver-weeder and a plastic bag.

New for 2019 are some new, high-visibility jenkins with the personalised logo, ‘HSM Green Gym’, kindly donated by a benefactor. It is hoped the ‘Green Gym Group’ will meet on the first Saturday of each month at 10.30am, weather-permitting.

It will be lovely to see you there unless it is raining heavily...

Richard Appleton

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.

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 22nd February
Friday 29th March
Friday 26th April

Future Dates:-

| | |
|---------------------|--------------------|
| Friday 5th April | AGM |
| Saturday 13th April | Quiz Night |
| Saturday 8th June | Progressive Dinner |

Thank you to all those who attended the Drinks & Canapés event, it was enjoyed by everyone, also thank you to those who completed the questionnaire, we will be discussing your suggestions at the next committee meeting.

As from the 1st January you will need to renew your membership. Please ensure that you sign your name in the book at the bar.

Thanks

peter longmate
quaywallslongmate1@btinternet.com
mobile:- 07957 910608
home:- 01473 314150

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!

In Praise of Slow.

Slow Stitch group will now be meeting on a Thursday afternoon 2 - 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



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
01473 312046.

or

SESAW NEWS

Thank you to the many supporters who sent gifts and money for the animals over Christmas, too many to mention but you know who you are. We also met lots of lovely people and their dogs during the Santa Paws appeal at Pets at Home in Colchester.

The other morning I was very surprised when Mother returned from a rescue, looking as black as Ollie the cat! Apparently she had to dislodge a tawny owl from a very sooty chimney, after which they both needed a bath. One of our volunteers was later left red faced after commenting upon the delightful soft tones of the rescued owl. She was most embarrassed when told the owl was elsewhere and the cooing was a recovering collared dove!

Our fundraising events start on 23rd March with our Spring Fair at Whatfield Village Hall, IP7 6QU. Lots to buy plus a raffle, refreshments and free parking. If you have some quality items to sell, try table at our Easter Fair at The Old School, Long Melford on 14th April. Phone/text 07881 785535 to book or download a form from our website.

We are now open again so do visit us if you are looking for a furry friend to complete your family. Although you can see some of our animals on the website there may be new arrivals and it's always good to have a chat in person. You may even be lucky enough to see me, Kenny (the Boss) Chihuahua!

Suffolk and Essex Small Animal Welfare, Reg.Charity No.1124029. Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 www.sesaw.co.uk Usually open 10-1pm Thursday to Sunday but please check first.



Nayland Horticultural Society

Our Annual Spring Show will take place on Saturday 23rd March. Why not have a go at submitting an entry into one of the 18 classes? Bring your entries along to the Church Hall, Bear Street, Nayland, CO6 4HY between 8.15 and 9am for judging. The Show opens at 10am and there will be a raffle, cake stall and refreshments available as well as the wonderful colourful Spring flower exhibits! Entry forms are available on the website or speak to Trevor or Margaret Smy on 01206 262022. Good Luck!

Our Spring Speaker is Hannah Powell from the Perrywood Garden Centre, Tiptree talking about the history of the business and their plans for the future development of their takeover of the Wyevale site near Sudbury. Exciting news for local gardeners!

The talk starts at 7.30pm on Tuesday 26th March in the Church Hall, Nayland, CO6 4HY. Raffle and Refreshments available.

Bin Collection Schedule 2019

| February 2019 | | | | | | |
|---------------|----|----|----|----|----|----|
| 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



East Bergholt High School Association

Sunday 24th February 2019

INDOOR 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

☎ 07776291445



Build it right with Babergh and Mid Suffolk District Councils

Thinking about...

- Building an extension
- Internal alterations ie removal of walls
- Converting your garage
- Creating an annex

Your council can help.

Babergh and Mid Suffolk District Councils, have a dedicated, independent and impartial team with over 100 years combined specialist knowledge in the construction industry. They can help guide you through the processes to make that all-important alteration to your home, whilst ensuring you meet mandatory Building Regulations.

We understand fitting home improvements around your job can be a challenge. Our team will find a way to support you that fits in with your diary. Inspections can also be booked by 10am on the day too, so no need to forward plan if that's not your style.

If you want to find out more about the services your local council offers, just speak to one of the team by heading to the Councils' website at: <https://www.midsuffolk.gov.uk/building-control/>

DEDHAM FOOTPATH GROUP

Enjoy walking, meeting new people?

Then why not come along to walks organised by the Dedham Footpath Group

We walk 4-5 miles on the first Sunday morning of each month from various locations.

Our FEBRUARY 2019 walk will be on Sunday 3 February at 10.30a.m.

Meet at Wivenhoe Village Car Park, CO7 9AZ for a 4-5 mile walk led by Margaret Smith.

The group welcomes all walkers and those with well behaved dogs, kept on leads at all times, are welcome to join us.

For more information email
dedhamFG@gmail.com



The start of a New Year time to start a New Hobby?

Do you know the basics of bridge and would like to play regularly in a social environment, then how about coming along to the Lambe School Wednesday evening bridge group. We meet up in Lambe School, East Bergholt at 7.30 each Wednesday. A regular partner is not essential as we ensure everyone who turns up gets a partner for the evening. If you would like to know more then phone Nigel Clover on 01206 323422.



Stour Valley Men's Probud Club

John Hammond explained the skill of "Will Writing" at our 16 January meeting, a most interesting subject for all those retired!

We hold our New Year Lunch at the popular Haywain, Little Bromley, on 6th February when our spouses and Probud Widows will join us for what will be an enjoyable event and a tasty meal. On 20 February Brian Wilcox will introduce "New Ways Of Working". Brian Wills will present what will be a lecture on particular local interest on Wednesday 6 March when he speaks about "Constable and his Paintings". Our Annual General Meeting will take place on Wednesday 20 March.

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 Probud 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.





Sally Dearman spoke to us on Wednesday 9 January on "Woman Can Fly". This was 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.

"An Afternoon with Joyce Grenfell" by Gillian Grinham is the subject for our 13th February meeting. Gillian is an Author, former teacher and a Director of plays & musicals. She will perform a series of monologues and songs from Joyce's repertoire, interspersed with details of her much loved entertainer's life.

Toni Neobard & Kate Broad, family historians and authors will present "For Better or For Worse" on 13 March. This will be a light-hearted look at marriage and relationships through the eyes of Victorians. What happened if they didn't marry and what if you did but were not happy with your choice? It will be a glimpse at bizarre goings-on showing wedded bliss wasn't always so !

On 10 April the popular speaker Mark Mitchels will talk to us on "The Genius of Charles Dickens". Dickens rose to become a great novelist by sheer talent and determination. He worked a self-imposed schedule that never relaxed and in the end he probably brought about his early death. But the novels survive, to be rediscovered by each generation. What sort of man was he? His genius is astonishing and this talk uses biography and extracts from his books to re-create the man and his achievements.

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 22 February.

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!



EMMA.

Come and see Jane Austen's headstrong, match-making heroine brought to life on stage in this charming adaptation by Michael Bloom

DEDHAM PLAYERS'
SPRING PRODUCTION

27th to 30th March 2019 at 7.45 pm

Assembly Room Dedham. Refreshments included.

Tickets £10 online at
www.dedhamplayers.org.uk or
Shakespeare House Gallery, High Street,
Dedham.

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



HOLY FAMILY ROMAN CATHOLIC CHURCH, BRANTHAM, CO11 1TB

Sundays at 9am

Holy Days Anticipatory 7.30pm
Tuesdays 10 am

Father Christopher Smith,
180 Hawthorn Drive, Ipswich IP2
0QQ

Telephone 01473 684963
office@stmarksparish.org.uk

Constable Singers

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

Local Services

The Constable Country Medical Practice

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

Surgery opening hours

8.00am – 6.30pm Monday to Friday
Telephone 01206 298272
Fax 01206 299010

**36 The Street, Capel St Mary, Ipswich
IP9 2EE**

Surgery opening hours

8.00am – 6.30pm Monday to Friday

Dispensary 8.30am – 6.15pm
(closed between 1-2pm)
Telephone 01473 310203
Fax 01473 311722



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

23 January, 20 February, 20 March, 17
April

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

29 January, 26 February, 26 March, 23
April

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 Pcs0 3041 Cooper babergeast@suffolk.pnn.police.uk
Telephone...101

Local Directory

THE GATTINETTS

OFFICE and WORKSHOP

PREMISES TO RENT

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



www.gattinets.co.uk

Or ring 01206 393089 / 07941 781489 to check availability

Fix-A-Lock

Locksmith - available 24/7

- 24 HOUR LOCKSMITH -
Wooden and UPVC doors

Ted Blanchette

07836 551032

BOOKKEEPER

VICKI LONGDON
AAT LEVEL 4 QUALIFIED

ENTHUSIASTIC AND RELIABLE
METHODICAL AND ORGANISED
SOLE TRADERS TO LARGE
COMPANIES

07960257128
VICKILONGDON@HOTMAIL.COM

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 | Ardleigh
And all surrounding areas

Call Mark on 07759 688 813

THE SUN INN



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

The Sun Inn, High Street, Dedham, Essex CO7 6DF

Telephone: 01206 323351

www.thesuninndedham.com

    SUNINNDEDHAM

It's a blast!

For all children aged 2-4 years at our Ofsted 'Outstanding' rated preschool (October 2018).

We have a wonderful garden and outside classroom, fantastic facilities and are fully equipped for children with SEN.

Open Monday - Friday, 8.45am - 3pm (term time), you'll find us in the grounds of Stratford St Mary Primary School just minutes from the A12.

Totally out of this world.



preschool
Stratford St Mary

01206 322466

admin@abcpreschoolstratford.co.uk

www.abcpreschoolstratford.co.uk



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

Hall Farm Shop & Cafe Restaurant



Located on the outskirts of Stratford St Mary within the beautiful Dedham Vale, **Hall Farm Shop & Cafe Restaurant** offers stunning views, wonderful food and great shopping. It's an experience you'll want to come back to again and again.

The Cafe Restaurant serves the most amazing food, from fabulous breakfasts and delicious lunches to exquisite cheese scones and mouth-watering cakes. Booking is advised.

Our **Farm Shop, Butchery and Deli** stock a wide selection of local and regional quality produce, as well as offering a tempting array of homeware, gifts and plants.

We also host weddings, parties and corporate functions, as well as our own fantastic events throughout the year.

We look forward to welcoming you!

*Lambing season
is nearly here!
Free Farm Trail*

**Real Farm • Real Food
Producing and Serving
with Real Pride**



Shop: 01206 322572, shop@hallfarmshop.co.uk | Restaurant: 01206 323600, cafe@hallfarmshop.co.uk
Hall Farm, Stratford St Mary, Colchester, Essex CO7 6LS | 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

Leisure Hire

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

DOLLS HOUSES



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

Miniature collectables and all those other little bits

01473 310 630 or 07500 488 667

email lesley.artscene@gmail.com

Find us at Dedham Art and Craft Centre

Essex & suffolk
PEST SOLUTIONS



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

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

info@eandspestsolutions.co.uk

Tel: 01473 328092 (Holbrook)



THE FOOD STATION

Catering & Events

Cater Hire

Kitchen Equipment

Tableware

Crockery

Glassware

Cutlery

Fridge Trailer

Contact Emma: 07587 196496

Email: info@thefoodstation.co.uk

www.thefoodstation.co.uk



Home and Garden



Countryside Tree and Garden Services

01206 322935 / 07825 069 048

Andy@countrysidetreeandgardenservices.co.uk

- ✂ Tree Removal
- ✂ Stump Grinding/ Removal
- ✂ Tree Reduction
- ✂ Pruning
- ✂ Pollarding
- ✂ Hedge Trimming
- ✂ 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:

Garden Construction
Fencing
Turfing
Driveways
Patos
Contract Grass Cutting
Commercial Planting

All Aspects of Tree Surgery Including:

Felling
Clearing
Reducing
Reshaping
Fruit Tree Pruning
Hedge Cutting
Stump Grinding

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

Telephone/Fax 01206 230882

Mobile 07710 770280

www.blandlandscapes.co.uk

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

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



Trained Power Sweep • Fully Insured • Certificates Issued
Institute of Chimney Sweeps Member ICS

Lined Woodburners from £40
Open Fires from £45

**ARDLEIGH
CHIMNEY SWEEP SERVICES**



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

ANDREW SMITH

01206 231718 • 07845 249820

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

A R LANDSCAPING



- FENCING & GATES
- PAVING PATIOS
- DRIVES
- STONE & GRAVEL
- GARDEN BUILDING

andy.ratcliffe1231@gmail.com
www.arlandscaping.co.uk

**FOR A FREE ESTIMATE CONTACT ANDY
ON 01473 787219 OR 07833 540703**



Collier & Catchpole 
COLLIERCATCHPOLE.CO.UK

Looking for aggregates,
paving, walling and edging?

Go to our website and
click on our online shop.

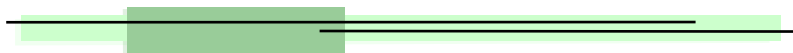
WE DELIVER!

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



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

CHESTNUT POSTS, POLES AND RAILS

Traditional fencing material all cut from
coppiced woodland in Higham.

Longer lasting than modern tanalised soft wood.

No nasty chemicals, safe to handle.

Ideal for garden projects, horse paddocks and stock fencing.

All enquiries welcome.
Call Nick on 07896 054439



DEDHAM VALE TREE SURGERY

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



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

Specialising in big trees in delicate situations

Info@dedhamvaletreesurgery.co.uk
www.dedhamvaletreesurgery.co.uk

mobile 07756 811098
phone 01206 323056

Swift Garden Services S G



DESIGN
PLANTING
CLEARANCE
MAINTENANCE

HEDGE CUTTING AND LAWN MOWING
ALL YOUR GARDEN REQUIREMENTS CATERED FOR

For more information please contact:

R SWIFT (HND Commercial Horticulture)
Telephone 07947 322429



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



GORDON SHORT

PAINTER / INTERIOR & EXTERIOR,
PROPERTY MAINTENANCE
& GENERAL HANDYMAN

- Trustworthy and efficient
- Property Maintenance & General Handyman
- No job too small or too big
- Local and reliable

GIVE ME A CALL:
01473 313053 / 07773 236642
gordonshort1959@icloud.com

**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

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

Andy Smith Roofing



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

01206 322882
07754368693



tenon decorating

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



95 School Lane, Stratford St. Mary,
Suffolk, CO7 6LZ
Tel: 01206 322969
Mob: 07534424493
E-Mail: info@orwellelectrical.co.uk
www.orwellelectrical.co.uk

*Call us for a free
quotation*

- Electrical Installations
- Electrical Testing
- Lighting Design
- Fire Detection Services
- 24-Hour Call out
- Response Maintenance





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

RUSSELL SMITH
HIGH QUALITY
PAINTER & DECORATOR



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

TEL: 01206 323520

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

GRANSON
Plumbing & Heating Services

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:
gransonplumbingandheating@hotmail.com

**gas
safe**
REGISTERED
5030451

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

07834 612009

01206 322063

01473 214215

(estimates given before work undertaken)

In the House

Hicks TV & Audio
Solutions

(Formerly BV Hicks Ltd)

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

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



COLCHESTER FOOT CLINIC

Anglian Podiatry Ltd, 202 Ipswich Road,
Colchester, Essex, CO4 0ES

Providing individual and personal care across
Essex since 1985,

THE FOOT CLINIC @ HARWICH

Anglian Podiatry Ltd,
37 Lee Road, Dovercourt,
Harwich, CO12 3SJ

THE FOOT CLINIC @ DEDHAM

Dedham Doctors Surgery,
Manningtree Road,
Dedham, CO7 6DU

Don't suffer with foot problems, aches and pains - book
an appointment with one of our podiatrists for a
thorough foot health check.

01206 854300

info@colchesterfootclinic.co.uk
www.colchesterfootclinic.co.uk



Shimmy, Shake, Wiggle & Giggle

Dance Fitness



FunDancing Classes

| | | |
|-----|------|------------------------------------|
| Wed | 10am | Nayland Village Hall |
| | 7pm | Boxford Village Hall |
| Thu | 10am | St Mary's Church |
| | 7pm | Capel St Mary |
| Fri | 10am | The Institute Stratford St Mary |

spaces are limited - to reserve yours

**Call Janet on
07506 350 455**

janet@fundancing.co.uk - www.fundancing.co.uk

FunDancing.Suffolk

FunDancing

Mind Body Moment

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

www.mindbodymoment.co.uk

Start with a

Welcome 121
a 60-min private class

Then join

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

Capel St Mary
& Raydon

07506 350 455
janet@mindbodymoment.co.uk





Britannia Flooring

Competitive Prices Reliable Service

CARPET FITTING
SUPPLY AND INSTALLATION
CARPET AND VINYL SPECIALIST
FLOORING ACCESSORIES

**07740 829 499 -
07933 157 121**

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



ann mason
CARE

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

to provide care visits to people
in their own home

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

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

EDg
edwards design group

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

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

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

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



AERIAL & SATELLITE SPECIALISTS

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



For A Free Quote and Advice Call

CAI – RDI & TRUSTMARK APPROVED



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

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



SCHOFIELD
REMOVALS Est.1919

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 Gattinets, 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 PILATES

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



**DEDHAM
OSTEOPATHY**

**Luke Jackman Bsc Hons Ost
Registered Osteopath**

**Tel: 01206 322836/07974 144593
www.dedhamosteopathy.co.uk**

Dedicated to getting you better

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

- Back pain/sciatica
- Pain/stiffness from Arthritis
- Muscle strains
- Hip/knee/ankle pain
- Tennis/Golfers Elbow
- Tendonitis
- Neck/shoulder pain
- Ligament sprains
- One hour initial appointment
- On-site free parking
- Open weekdays, evenings and weekends

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



Foster Physiotherapy & Sports Injuries Clinic

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

Former England Cricketer

Neil Foster

Chartered and Health Professions Registered Physiotherapist

Tel: 01206 299 749

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



For you, your family and your business

gotelee
SOLICITORS

Call us on 01473 211121

Offices in Ipswich, Hadleigh, Felixstowe
and Woodbridge

www.gotelee.co.uk

Mather & Co
SOLICITORS

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

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

Free parking at:

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

Tel: 01206 322763
Fax: 01206 322885
email :
gillmather@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



**Laurie
Pest Control**

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



DOUGLAS STEERS & COMPANY LTD

Private Wealth Management & Independent Financial Advisory Services

**When can I
take money from
my pension?**

**How do I know
what kind of
pension I have?**

**Am I investing
enough into
my pension?**

**Is my pension
fund performing
well?**

**Should I
combine
all my pensions?**

Taking the first step is easier with support.

At Douglas Steers & Company we can guide you through the pensions 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 obligation consultation.

0345 5000 909

advice@douglassteers.co.uk

Douglas Steers & Company, The Old Fire Station, The Quayside Maltings,
High Street, Mistley, Manningtree, Colchester, Essex, CO11 1AR



Authorised and regulated by the Financial
Conduct Authority. FCA Number 705132.

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.

WHITTLES

CHARTERED ACCOUNTANTS

Sound, clear advice Personal, practical approach

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



COLCHESTER OFFICE

The Old Exchange
64 West Stockwell St
Colchester CO1 1HE

T: 01206 762200
E: mail@whittles.co.uk

WEST MERSEA OFFICE

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'

exercise

where do I start?

contact **FRANCESCA TURNER**
Telephone: 01206 299644

Personal Lifestyle Training •
Nutritional Advice •
Therapeutic Massage •



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

Grier&Partners
THE PROPERTY EXPERTS



Contact us on
01206 299222
or drop by the
office

Located in the centre of the village of East Bergholt with a wealth of local connections and a broad approach to marketing property.

We combine a strong friendly family lead team with National marketing and concise social media activity to best effect sales or lettings for our clients. Contact us to see what we can do for you.

Find us on  Facebook &  Twitter
www.grierandpartners.co.uk

Grier&Partners
LAND & NEW HOMES



*For development land enquires contact
John Radford – john@grierandpartners.co.uk*

The Quartet benefice Newsletter and events schedule

Dear Friends,

You will probably be reading this in the first days of February but I am writing this on the first day of January, the first day of 2019. What a terrifying yet exhilarating thought as we face up yet again to normal life after the poignant festivities of Christmas and New Year's Eve. Most of you will have spent time with family and friends and caught up with their news and perhaps had time away from work or other responsibilities that so often engulf us. Now it's back to reality – some of us might be dreading that, but for others it might be a blessed relief to get back to normal life and an ordered existence. I know it is for me as after all, that is what life is about, it's about dealing with everyday challenges, so the sooner you can get on with them the better, surely.

Well yes it is, but in other ways, it's good to have spare time on our hands to reflect on our lives, how lucky or blessed we are (or are not) and perhaps how unfortunate some of our fellow human beings might be.

In 2018, along with the other churches in the Benefice, the Holton St Mary PCC supported several charities. One was FIND (Families in Need) in Ipswich who we support every year; some of you will have supported them yourselves in the past so you know they do wonderful work for the less fortunate in our local society. Another one was GLONEVA, a local Ugandan evangelical charity which aims to enrich the lives of young homeless and often parentless children in Kampala through performance of music, dance or other artistic media. GLONEVA is run by a young man called Nickson who, in his early twenties, having qualified as a lawyer, gave up his career and his livelihood to help those far less privileged than himself. My family and I had the good fortune to meet Nickson and GLONEVA in the summer of 2017 and learn more about his work. He is a truly inspirational young man with a pure message and a steely determination. He shows that even small things can improve immeasurably the lives of those who have very little.

The start of Lent is late this year (6th March) so too early to talk about it in this edition. But before we get to the season of "sackcloth and ashes", it would be good to think positively about what we can do to enrich our own lives perhaps by helping others. Even by contemplating others less fortunate than ourselves, for a few minutes we are giving them our undivided attention, so this is a form of prayer which might at some stage turn into positive action, like the donations our churches made or the time we might spend helping others.

Paul Torrington (Churchwarden Holton St Mary)

BENEFICE CONTACTS, SERVICES AND EVENTS



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 February and March

| | 10.00 a.m. | NB. 5 p.m. |
|------------------------|---|---------------|
| 3 rd Feb | SSM | Holton |
| 10 th Feb | Higham | Raydon |
| 17 th Feb | Holton | SSM |
| 24 th Feb | Raydon Family Hour SSM | Higham |
| 3 rd March | SSM | Holton |
| 10 th March | Higham | Raydon |
| 17 th March | Holton | SSM |
| 24 th March | Raydon Family Hour SSM | Higham |
| 31 st March | Higham Mothering Sunday with Communion by extension | |

Deanery Holy Communion with Imposition of Ashes

Ash Wednesday - 6th March at 7 pm, Polstead Church.

Midweek Communion

There is a short service of Holy Communion in the Parish Room at Stratford St Mary at 10am on the 3rd Wednesday of every month, this month it will be on 20th February.

Morning Prayer – a service of Morning Prayer takes place on the 4th Thursday of the month at Higham Church 10 – 10.30am, followed by coffee. All are welcome or just come for the coffee. This month it will be held on 28th February.

PCC Meetings

SSM Monday 11 February 7.30 pm at Christine Cousin's house

HSM Weds 13 February at 7.45 pm at Oaks Farm House

Elders

Our four church Benefice is fortunate to have five 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.

| | |
|-------------------|--------------|
| Martyn Carr | 01206 337325 |
| Christine Cousins | 01206 322530 |
| Janet Dewey | 01206 322148 |
| Sandy Ranson | 01206 322156 |
| Peter Snelling | 01206 337590 |

Home Group

The monthly House Group is an informal meeting of Bible study and discussion. Tea & Biscuits to follow. The group will meet on Thursday 28th February 2.30 pm to 4 pm at 5 Veyes End, SSM. All are welcome.



For your prayers

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

Higham: Margaret Snelling, the Watkins Family

Holton: Ron Stedman

Raydon: David King, Michael Mumford, May Peacock

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

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

We pray for Martyn Carr as he continues with his Auxiliary Ordination Programme