

**Stratford
St Mary**

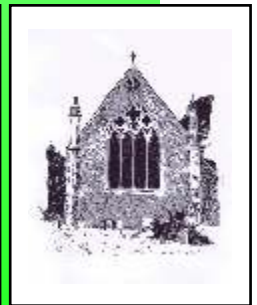
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



February 2020
Issue 378

Babergh District Council has launched the

'Tree for Life'

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

<https://www.midsuffolk.gov.uk/environment/tree-for-life/>

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.

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

- 1 Big Breakfast SSM
Defib & 1st Aid Training, HSM
- 11 Raydon Parish Council Meeting
- 25 Raydon Fair Trade Coffee
Morning
- 27 RDGC Meeting Raydon
- 28 HSM Social Club Whist

March

- 4 SSM Open Gardens Meeting
- 9 Stratford Parish Council Meeting
- 10 Raydon Parish Council Meeting
- 11 HSM Parish Council Meeting
- 14 Globe Theatre Talk, Raydon
- 21 HSM Social Club Quiz with fish
and chip supper
- 24 Raydon Fair Trade Coffee
Morning
- 26 RDGC Meeting Raydon
- 28 Big Breakfast SSM
Medical Cannabis Talk, SSM

April

- 1 Stratford Annual Parish Meeting
- 3 Quiz Night, SSM
- 4 RDGC Spring Show Raydon
- 7 Raydon Annual Parish Meeting
- 15 HSM Annual Parish Meeting
- 17 HSM Social Club AGM
- 21 Raydon Fair Trade Coffee
Morning

May

- 9 HSM Social Club VE Day
Celebrations
- 11 Stratford Parish Council AGM
- 12 Raydon Annual General Meeting
- 13 HSM Parish Council AGM
- 19 Raydon Fair Trade Coffee
Morning

June

- 9 Raydon Parish Council Meeting
- 16 Raydon Fair Trade Coffee
Morning

Editors Corner

I can't believe it's February already - one month of 2020 already gone and although the weather is still cold, I'm beginning to think spring is round the corner!

This time of year is always marked by the Quartet Annual Meeting. Anne, Jane Jenny and Dave get together to discuss the past year and plan ahead for the Quartet. Out of interest you might like to know that Quartet funds have remained fairly static over the past year with income from advertising evenly matching expenditure on printing and distribution. This means there is no need to put the prices up this year despite the added costs of approximately 50 more magazines to print and deliver to all the new houses being built in our villages. Dave does a fantastic job of keeping on top of the changes to distribution and we're very lucky to have him! We ended the meeting by deciding that we will all continue for another year, so local news and events will be delivered to your door as usual!

If you ever think of something you feel local people would benefit from that we could provide in the Quartet, we are always ready and willing to listen to ideas. It's great to have a longstanding team, but easy to get 'stuck in our ways'!

Wishing you happy reading for another month

Anne and Jane

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



Copy deadline for next edition:
19th February 2020

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

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Stratford St Mary. CO7 6JQ

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07930390517

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quartet.advertising@gmail.com

Stratford St Mary

Maintenance Work in Village

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

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

Attention!

Please note there has been a
change of date for the

Stratford St Mary Annual Meeting

From 27th April to

1st April 2020

**Need to email
Stratford St Mary Parish Council?**

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

STRATFORD ST MARY INSTITUTE HALL

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

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

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

STRATFORD ST MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

Special rates for regular bookings.
Heating and lighting are included. To
book the hall and for general enquiries,
please phone John Taylor on 01206
323908

Stratford St. Mary Chapel

Upper Street, Stratford St. Mary CO7 6JH

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

Sunday Services: (every Sunday)

10 am Morning Service and Junior Church followed by refreshments

6.30 pm Prayer and Praise

Midweek Activities:

House Groups at Stratford St. Mary, Dedham and Chapel St. Mary

"The Coffee Pot" for everyone

Tuesdays 9 am - 11 am during term time

Men's Recreation Evening meeting monthly on

The 1st Wednesday of each month

Sparks Children's Club each Friday during

Term time from 5pm - 6.30pm for ages 7 - 11.

Ignition Youth Club each Friday from 7.30 pm - 9.30 pm

For ages 11 - 18

For further information: Contact Adrian Gates Tel 01473-311919

Or Beckie Wyncoll at beckie.w@liva.com

100 Club Winners January

| | | |
|----|-------------|--------|
| 23 | R Bodsworth | £40.00 |
| 64 | S Kill | £10.00 |
| 48 | J. Thompson | £5.00 |

Stratford St Mary Parish Council Emergency Team

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

Norman Woodard

12 Swaynes 01206 323015

Norman.woodard@fatbloaters.com

Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

chrisbrookfarm@gmail.com

Steve Kite

42 Strickmere 01206 322482

07958 515573

Bill Davies

3 Spanbies 01206 322990

billdav@hotmail.com



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.

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

Family Hour @ The Parish Room

Every 4th Sunday families and friends come together for breakfast followed by a 30 minute interactive church service.

- Breakfast is from 9.30 includes coffee, tea, juice, bacon rolls
- Followed by a short modern service
- A relaxed cafe style
- Everyone welcome
- No charge

Come and join us!



Josie Thompson and family would like to thank everyone who sent condolences and kind thoughts on their sad loss. They have been a great comfort to us all. Rex would have been very touched to know how much people thought of him.

Stratford St Mary Parish Council

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

Meeting dates for 2020

09 March

1st April: Annual Parish Meeting

11 May: Annual Parish Council Meeting



Transport to Medical Appointments.

If you live in Stratford St Mary and have difficulty in getting to and from your doctor's surgery our friendly team are happy to help you.

Please give us as much notice as you can.

Graham/Diana Pearce 01206 321297

Jenny Symons 01206 322636

"The Coffee Pot" -at- Stratford St Mary Chapel



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

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

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

Further information

contact:beckie.w@live.com



Stratford St Mary Primary School will be collecting the 'Plant to Plate' tokens which will appear in the Ipswich Star and East Anglian Daily Times, from Saturday 18th January to Friday 27th March 2020.

EVERY school that collects a minimum of 1,000 tokens will receive £130 worth of gardening equipment, whilst the top three (as a ratio to registered pupils) will win £1,000 worth each and personal advice and guidance from Head Gardener Peter McDermott.

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

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



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

We are collecting coins and notes both current and withdrawn.

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

Monday-Friday 9am-3pm.

Thank you!

abc Preschool CIO, Strickmere
Colchester, CO7 6YG

Telephone (01206) 322466

Email: admin@abcpreschoolstratford.co.uk
Registered Charity No. 1159203



SSM Rambling Club

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



Volunteers Needed

for

SSM Open Gardens

Open Village

Saturday 20th June

In addition to our beautiful gardens suggested activities include:

Scarecrow Trail

Classic Cars, Village Photo's & Wedding Dress exhibitions

Mini-market with Art & Crafts Displays, Cakes, Antiques and much more

Garage Sales & Plant sales

Boat Rides

Children's Activities

Everybody is invited to get involved!

If you live, work or play in Stratford St Mary we need you!

***Individuals, Families, Groups, Organisations,
bring your ideas, skills and above all, offers of help, to the
planning meeting***

Wednesday 4th March. Parish Room @ 7.30pm

Be part of it the more the merrier!

for more information contact

Julie: julie@jj-associates.co.uk (call 07989639583) or

Brian: villagelife@stratford-st-mary.org (call 07850668064)





Medical cannabis: weeding out the facts

**An insight into drug trials in medicine and the facts behind
the use of cannabis in medicine**

Professor Richard Appleton

Consultant and Professor in Paediatric Neurology
Alder Hey Children's Hospital and the University of Liverpool

Saturday, 28th March 2020 at 7.30pm
Parish Rooms, Stratford St Mary

£8.00 a ticket which includes wine

All proceeds to Stratford St Mary's Church Fabric Fund

**Tickets are available on the door or in advance from Hall Farm Shop
or Stratford St Mary Post Office (Vale Garage, Upper St)**

Dig Deep fundraising!

We are very honored to have been asked to join a group of ambassadors in a fund-raising walk along the Rift Valley in Kenya for the Dig Deep Charity (see benefice newsletter in this magazine).

We will be fundraising for the charity by holding 3 events, we would love to see as many of you as possible at the following events.

Saturday 1st February

Big Breakfast in the parish room 8.30-11am

Saturday 28th March

Big Breakfast in the parish room 8.30-11am

Hot, cold and children's options available.

Friday 3rd April

Quiz with supper 7.30pm
In Hall Farm café (by kind permission of the Barrie Family)

£10 per person (max 6 per team)

With a raffle organised by Karen Suddes

Please bring your own drinks and glasses.

If you would like to book for the quiz please contact Christine on 01206 322530.

Thank you in advance for your support, Christine Cousins and Sarah Brass.

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



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.

The Village Emergency Telephone

The Stratford St Mary Village Emergency Telephone System (VETS) is now up and running.

If you are with a person who you suspect has had a cardiac arrest, immediately call 999 as normal. An ambulance will be dispatched as soon as possible, however due to the location of Stratford St Mary, this may take a while.

You will probably be alone with the patient and cannot leave them to go and get the village **defibrillator**, so we have a group of 10 volunteers who will respond to a telephone call from you. All the volunteers are on the same number and if a volunteer is available you give them your location, they will collect the **defibrillator** and come to your location, they will then assist in CPR and using the **defibrillator** until the ambulance or medics arrive.

The number to call these volunteers is :-

01206 700919

Your Church Needs You!!!

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

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

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.



Fair Trade c o f f e e morning.

Here we are in 2020, so good wishes for a happy new year to you all.

We haven't had a Fair Trade coffee morning in 2020 yet due to Christmas and the New Year.

Well, that will all change on January 28th when we have our first event, the usual great coffee and good company will on offer at 10am in Raydon Church.

Also tickets will be available for the forthcoming Mark Mitchel's talk on Shakespeare's Globe Theatre which includes delicious afternoon tea. This is a ticket only event on March 14th at 3pm, so come and collect your ticket to make sure you don't miss this excellent speaker.

Do come and enjoy a great coffee and some delicious treats on January 28th a warm welcome awaits you.

Wendy Mumford
01473 312123

Inconsiderate parking

Several instances of inconsiderate parking have been reported to the Parish Council. It is hoped that, once the KGF car park has been extended to create additional spaces, this will help to address the problem. However, we would like to remind parishioners to **call 101** if you spot a vehicle parked on the verges or obstructing the pavements.

Lorry Watch

The PC has been looking into this initiative which is run by Suffolk Trading Standards based at Landmark House in Ipswich, in partnership with Suffolk Highways – it aims to reduce the instances of lorries breaching weight restrictions on our roads. It appears that participation is more appropriate for individuals, so if you are interested in becoming a registered observer, please email Lorrywatch@suffolk.gov.uk for more information.



Raydon Parish Council

Schedule of meetings 2020

All at 7.30pm in the KGF Pavillion

Tuesday 11 February

Tuesday 10 March

Tuesday 7 April (Annual Parish Meeting)

Tuesday 12 May (AGM)

Tuesday 9 June

Tuesday 14 July

Tuesday 8 September

Tuesday 13 October

Tuesday 10 November



Inconsiderate car parking - again!

The footpath along The Street, especially near Noaks Road is often partially blocked by cars parked with their wheels on the path, making access difficult for pedestrians - and, more importantly, mobility scooters. Please try to keep the footpath clear.

Jane Cryer
Clerk to Raydon Parish Council

St Mary's Raydon

WANTED

Extra pairs of hands to join our flower arranging team.

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

For further details, please ring me.

ANGELA KING

01473 311120

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



YOU ARE INVITED TO
AFTERNOON TEA FOLLOWED BY
A TALK BY
MARK MITCHELS

SHAKESPEARE'S
GLOBE THEATRE

SATURDAY 14 MARCH 2020
3.00PM
RAYDON VILLAGE HALL

TICKETS £7.50 EACH
FROM
01473 311548
IN ADVANCE ONLY



There are currently three vacancies on Raydon Parish Council.

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

Jane Cryer

Clerk to Raydon Parish Council

Your Raydon Parish Councillors

Sue Newton (Chair)
07808 818847

Keith Lovering
07939 075143

Howard (Jim) Lowe
01473 313094

Amanda Pyall (Vice Chair)
01473 310050

Sigi Steer
07591 875267

Jayne Tann
01473 828283

Jane Cryer – Clerk
Sunnyside Cottage, Overbury Hall Road
Lower Layham IP7 5NA
01473 824287 / 07920 713940
raydonpc@gmail.com



Ideal for your special event

The Rayon Pavillion is for hire

Fully carpeted room for up to 80 people

Kitchen and preparation room
Easy parking

Available Morning, afternoon, and evening.

For Details Call Clive Duddridge
Tel 01473 310162



Raydon Club

is open to residents of this parish and will in future be held on Wednesday evenings each week from 8.30 till 11 p.m.

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

Raydon and District Gardening Club

We are now in middle of winter and by February if like me you are starting to look forward to the coming "Spring Time". If you have been looking around the garden you will have noticed things are on the move. Daffodil bulbs coming through, snowdrops flowering, aconites starting to flower plus other winter flowering plants, which all help to cheer us up. It's been very mild so far this winter but we have gained at least ½ hour extra daylight and the saying goes "As the days lengthens so the cold strengthens" and as I write these notes, the forecast is for dry days and frosty nights. If you go out for winter walks listen and watch out for the rooks who normally start nesting in February high up in the trees, you may also see flocks of Redwing & Fieldfare, and very often Mistle Thrush, and of course male Great spotted Woodpeckers to name a few.

So we are on Thursday 27th starting our 40th anniversary year with our guest speaker Mrs Tina Loose (new to our garden club) giving us a slide presentation and talk on "Orchids in the Wild".

This will be a most interesting, informative evening and we will be told which species are suitable for growing in your gardens. This evening talk deserves your support so members please bring friends and relations or neighbours along (guest fee £2.50) and who knows they might like to join as well. All evenings finish with refreshments and a raffle.

March 26th Chris Parfitt is our guest speaker on the subject "Cornwall and its Gardens" which again will be a very interesting evening. This will be followed by Saturday 4th April will be Spring Show day, then on the evening of 23rd April Chris Reeves (senior gardener at Helmingham Hall) talking about Helmingham, the garden through a year. A reminder to all members who have yet to renew your membership please do this at the February meeting, still £12.50p.p. and thank you to all who have already renewed.

Hopefully at this meeting I will have details of coach outing (S) and evening outdoor visits as well. Your committee looks forward to your continued support throughout what should be another great gardening year to be enjoyed by us all.

** I think a celebration cake and Ruby wine at sometime this 40th anniversary year is on the cards.

Look forward to meeting you all once again on Thursday 27th at 7.30pm in village hall.

Geoff Horrex 01473 310422.



Holton St Mary

The First Friday of the Month Lunch Club



First Friday of the Month Lunch Club -

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

A Light Lunch will be served between 12.30 - 2.00 p.m. at a cost of £3.50 per head. The lunches are a collaboration between some of the organised groups in the village and are non-profit making!

Any surplus funds will be reinvested.

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

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

Holton St Mary Village Hall

can be hired at very reasonable rates!

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

For further information and booking please contact Bookings secretary

The Holton St Mary United Charities Trust

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

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

Praise of Slow.

Slow Stitch group meets every third Thursday of the month **1.30 - 4pm** in the village hall, Holton St Mary. Everyone is welcome from beginners to experts. Some people bring a project they have started, others join in a group project and some come for the tea and chat.

For more information contact:
Jeanette Appleton m 07768418942

Sunday Lunch



The ever popular Holton St Mary Sunday Lunch run by the Church Fundraising Group, and supported by the HSM Social Club will take place on

Sunday 1st March 2020

In the Village Hall

Price £15 adults £10 children (free for pre-school children)
Now is the time to volunteer or book your place to attend.
To do so, please contact
Sally Thurlow (01473) 312080 or salthurlow@gmail.com or
Marjorie Haste (01473) 311615 marjorie.haste01@btinternet.com
There will be several serving times to stagger the serving queue, between 12.30 and 13.30. If you email or leave a message, please leave a contact number and 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)

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 Date :- Friday 28th February

Early Opening on Friday.
Please note that the next date for early opening is:- Friday 14th February

Forthcoming Events

Quiz Night with Fish & Chip Supper
Saturday 21st March
Look out for the team entry sheet on the Notice Board in the Village Hall
£10 pp.

AGM
Friday 17th April

VE Day Celebration
Marquee on the Millennium Green
Saturday 9th May
From 7pm til late
9 piece Swing Band, Refreshments.
Tickets will be going on sale in February
Members £25, Non-members £30
Period dress optional but appreciated
any queries then please contact me.

HSM Golf Day
Friday 3rd July at Rushmere Golf Club
Tickets £42.50 Contact Bob on 07966 266293

Kind Regards

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

Community Emergency Plans (CEP)

One of our responsibilities as a Parish Council (PC) is to have a Community Emergency Plan. The plan is a clear and structured approach to help villagers in the event of severe weather or a major disaster.

Following a meeting with villagers in early November, the Emergency Planning Officers (EPOs) of the PC would like anyone who is willing and able to provide support in the event of an emergency to complete a form. This form is pinned up in the Village Hall next to the bar. The support could take many forms, including, but not limited to, the use of a chain-saw, 4x4, Calor gas stoves, doing the shopping etc.

The PC and EPOs will hand-deliver a letter to all residents and will also briefly visit all those who may be at greatest risk in an emergency. This will allow the PC to have a priority list to share with the utility providers (power/energy, refuse, telephony) in the event of a significant power-outage or to make sure the Emergency Services know about them.

Holton St Mary Parish Council

Defibrillator and Emergency First Aid Training

There are a few places left on our course in the Village Hall

Saturday 1st February at 2pm

Please contact Anne Priestley if you would like to come
hsmparishclerk@yahoo.co.uk

SESAW News

Eavesdropping can be very confusing. I thought the volunteers were celebrating having perfect eyesight when they were talking about seeing in 20 20 last month. Mum explained this year marks the start of a new decade which inspires many resolutions like getting fit - as she eyed my bulging tummy!

If you want to shed some extra festive pounds don't forget the Nayland 10K takes place on 5th July. SESA W is one of the beneficiaries of this family friendly day and dogs are welcome to accompany their owners. The website will be launched soon for anyone wishing to register at: <https://www.nayland10k.co.uk/>

Thank you to some of our supporters who are already fit. A local group of football playing friends raised £80 which will help keep our kennels warm this winter. So will the blankets in the photo, made by local ladies. As you can see, we couldn't wait to snuggle into the cosy covers - trust one of the cats to join in. More thanks to Monica, Tam and Denise for checking jigsaws ready for our sales, starting with our £1 Sale next month. Door opens at 11am on 14th March at Newton Village Hall, C10 0QS. Look out for lots of bargains in all departments.

I may not have 20 20 vision but there's nothing wrong with my sense of smell which tells me dinner is nearly ready. Time to see what's cooking in the kitchen for 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. Usually open 10-1pm Thurs-Sunday but please check before visiting





Get on Board – FREE Young Trustee Training (for 16 to 30 year olds)

"Get on Board" training will equip young people, aged 16 to 30, with the skills, knowledge and confidence to become a young trustee.

Are you aged 16 – 30 years?

Interested in the role of a trustee?

Already a trustee or in a similar role?

Find out more during this informal training session.

**Wednesday 29th January
5.15pm – 8.15pm**

Venue: One, Ipswich

Book online at the Community Action Suffolk website

**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

Councils' £420k three-year guarantee to support Citizens Advice

At cabinet meetings this week, councillors at Babergh and Mid Suffolk District Councils gave the go ahead to support Citizens Advice (CA) with more than £420k.

Recognising the value of Citizens Advice which is estimated to have saved £8.1m across Suffolk, and with growing numbers turning to them for help - both councils have agreed a more sustainable funding approach with two three-year funding agreements.

Full details about the funding can be found on the councils website.



Dedham Vale and Suffolk Coast & Heaths AONBs are now open for applications

The various grants from and administered by both Dedham Vale and Suffolk Coast & Heaths AONBs are now open for applications. Deadlines for applications vary but are all in mid March 2020, for grant spend April 2020 to March 2021.

Full details of the funds, their geographical range and their priorities, plus applications forms, are available on these webpages:

<http://www.dedhamvalestourvalley.org/grants-and-funding/sustainable-development-fund/>

<http://www.suffolkcoastandheaths.org/grants-and-funding/>

Past Meetings

A speaker meeting took place on Wednesday 8th January 2020 - The Mysteries of Easter Island by Chris Parfitt, retired teacher, looked at life on this remote island today and explored its unique history revolving mainly around the famous statues and some of the theories surrounding them.

Future Meetings & Diary Dates

12 February - The Life and Times of an Essex Bad Girl

From prison to a successful Brand by Tracy from the Giggly Pig Co and just how did she manage to change the direction of her life into being a pig farmer and successful sausage producer.

11 March - Bees and Flowers

Master Beekeeper Jeremy Quinlan will talk on the contest between them to gain benefits from the relationship explained.

8 April - Colchester Roman Circus & The Fenwick Treasure

Philip Crummy, Director & Principal Archaeologist, Colchester Archaeological Trust, speaks about the two most interesting archaeological discoveries in Colchester in recent years.

Each month, the Coffee Grinders meet at The Lambe School Gaston Street East Bergholt CO7 6SD from 10 - 12 noon. This meeting especially welcomes new members but gives all members the opportunity of meeting activity group leaders and committee members whilst enjoying a cup of coffee. The next meeting is on Friday 31 January.

Membership

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 400 members and 40 active groups. For further information please visit www.stourvalleyu3a.org.uk where our membership secretary Val Pretty may be contacted.

Meeting Venue

The Constable Hall Gandish Road East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 and this entitles members to attend the meetings that take place on the second Wednesday of each month, except December. Whilst Visitors are welcome to join us on a limited number of occasions, paying a donation each time, Members are given priority, for safety reasons, due the halls limited capacity.

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





Stour Valley Men's Probud Club

We didn't hold a meeting on New Year's Day and so our first meeting in the New Year was on Wednesday 15 January when our Member Michael Hole gave a most interesting talk on "Second World War Prisoner of War Camps".

Following on from last month's talk on Prisoner Of War Camps in WW2 on 5 February Carole Wheatley will enlighten us on "Internment in Guernsey during the Second World War" and two weeks later on 19 February Colin Hopper will present "The Story of London Bridge".

On Wednesday 4 March Maureen Clarke will talk to us about "The plight of street orphans in India" and we will be holding our Annual General Meeting on Wednesday 18 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. New Members are always very welcome at meetings of the Stour Valley Men's Probud Club, just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am.

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

East Bergholt WI

At our first meeting of 2020 our members were all wished a Happy New Year. We were then reminded of the forthcoming meetings of our Walking and Craft groups, our Coffee morning, our belated birthday party in February and our visit to Hotter Shoes in March. We like to keep our diaries full.

Our Speaker, Adrian James, then showed us many old photos of the village buildings and village life. They brought back many memories to those that had grown up here but were also of an historical interest to those of us that haven't lived here so long.

Our next meeting is on the 5th February when our Speaker will be Wendy Cross talking to us about Reflexology. Prospective members are always welcome to pay us a visit and you can attend up to three meetings as a visitor for a small charge. Our annual subscription for 2020 will be £43.

For further information please contact our President Tina Hurley on 01206 298223 or check out our website at eastbergholtwi.wordpress.com

Constable Singers

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

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

Contact Yvonne 01206298428 or Mel 01206298628 or Paula Mob.07799248747

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



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| Refuse Week | 3 rd February |
| Recycling Week | 10 th February |
| Refuse Week | 17 th February |
| Recycling Week | 24 th February |

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Route 14

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25 February, 24 March, 21 April, 19 May

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St Mary's Raydon - 9.50-10.30am

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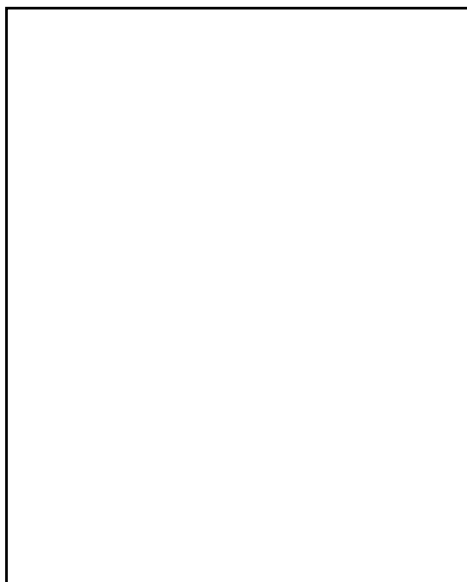


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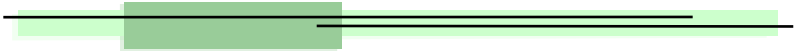
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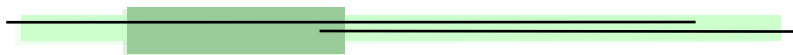
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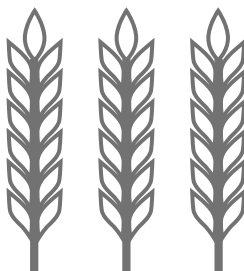
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The Quartet benefice Newsletter and events schedule

Dear Friends

Following on from Nicola's piece in the Quartet last month about my forthcoming adventure to Kenya and my trek through the Great Rift Valley. I thought I would take this opportunity to tell you a bit more about it.

This trip is taking me completely out of my comfort zone, I have never done anything like this before but when my Granddaughter Harriet suggested that Sarah and I join her and others on this trek through the Great Rift Valley raising funds for the charity Dig Deep, I really felt I was being nudged by God to take on this challenge, that God is giving me the courage to travel beyond the borders and boundaries that usually circumscribe my life.

Dig Deep focuses on the 3 T's – Taps, Toilets and Training. Clean drinking water, safe toilets and good hygiene are essential, and yet in rural Kenya, too many children and communities lack these services. This causes entirely preventable disease which disrupts children from learning and parents from earning. It leaves young children stunted from malnourishment and particularly prevents girls from reaching their full potential.

Dig Deep builds infrastructure that will provide a school or community with reliable, clean water (normally by installing a rain water harvesting system). They use locally available materials, training up local artisans and community groups to ensure equipment can be managed and maintained in the long term. The clean water improves health, saves time that was previously used for collecting water and positively impacts school attendance and attainment.

Dig Deep builds ventilated improved pit latrines in schools, providing children with a safe, hygienic and private space in which to go to the toilet. This has a huge on children's health and attendance.

Dig Deep also trains teachers and community health workers in health and hygiene, ensuring that communities understand how diseases are spread and what they need to do to keep their families healthy. Training these key community members to teach others means the knowledge remains embedded and is delivered sensitively.

While we are in Kenya we will also be visiting projects that Dig Deep have been working on.

Do keep an eye out in the Quartet for the fund raising events we have organised.

We very much look forward to sharing with you how this adventure has impacted on us when we return.

May God be with you all
Christine Cousins. (Lay Elder).

BENEFICE CONTACTS, SERVICES AND EVENTS



Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

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

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

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

Benefice website:

www.4marys.org.uk

Churchwardens:

Higham Hugo Parker 01206 337234

Holton Richard Noel 01206 298276
Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148

Services in February

| | 10.00 a.m. | 5.00pm |
|----------------------|---|-------------------|
| 2 nd Feb | Stratford St Mary | Holton |
| 9 th Feb | Higham | Raydon |
| 16 th Feb | Holton | Stratford St Mary |
| | Raydon | |
| 23 rd Feb | Family Hour in the Parish Room SSM from 9.30am | Higham |

Midweek Communion: A short service of Holy Communion will be held in the Parish Room at Stratford St Mary at 10am on Wednesday 19th February.

Morning Prayer: A service of Morning Prayer will take place on Thursday 20th February 10am, followed by coffee at 10.30am. All welcome or just come for coffee.

House Group: House Group on Thursday 23rd January at 5 Veyses End, SSM. 2-30 to 4 pm, following St Peter, "Learning to be like Jesus" and then on 6th February & 27th February.

Study Retreat for Lent: We are delighted to welcome The Revd Canon Dr John Parr to lead the Benefice in a Study Retreat for Lent on Saturday 7th March, Higham Church starting with refreshments at 9.15am, starting at 9.30am till 1pm. To register your interest please contact Nicola Tindall.

Benefice Visit to St Edmundsbury Cathedral: Sunday 23rd February. We have been invited as a Benefice to visit the Cathedral for a tour, Evensong and tea. We are to arrive at the Cathedral by 2.00 pm and tea will finish around 5.00 pm. If you are interested in joining the tour, please contact Frances Torrington on 01473 312046 or familytorrington@btinternet.com.

Elders

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

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



For your prayers:

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

| | |
|----------------|---|
| Higham: | Nicholas Maxwell-Lawford |
| Holton: | Ron Stedman |
| Raydon: | Michael Mumford, May Peacock, Janie O'Brien, David King |
| SSM: | Nancy Ablitt, Laura Kerry, Josie Thompson and Family |
| Others: | Helen Gregory, Steve Kupfer, Phil Wyncoll and family. |

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